

WEDNESDAY, OCTOBER 16, 2019

TODAY'S ACTIVITIES:

● SOPHOMORE INTERVIEW - RESUME

- This week students will begin to work on their "Resume." This is a tool that will be used for Senior Boards, college applications and hopefully down the road when they seek employment. In advisory we will be visiting it, on occasion, to update information so as to keep it current.
- STEP 1: Have student make a copy of the "[Resume Template](#)" go to: [bit.do/helixresume](http://bit.do/helixresume)
- STEP 2: Change the title of the Google Doc to "Resume: Last Name, First Initial (ID#)"
  - Example: Resume: Dawg, S (1234)
- STEP 3: Save/Organize the Resume into your Google Drive "Portfolio" folder
- STEP 4: Edit the Resume to include your information for each category
  - Use the [Resume Example](#), [Writing a Resume](#), and [Resume Breakdown](#), to complete each section of the resume.
  - Please keep in mind that for many students there will be a lot of blank spaces. Consider the blank spaces as opportunities for places where you can get involved and do things that may be of value for your college & career goals.

REMINDERS

● [SAT/ACT PREP COURSE](#)

- Wednesday's from 6pm-7:30pm in Room 1300. Please bring your chromebook!

● [PSAT/NMSQT - SATURDAY, 10/19/19](#)

- Students may CRASH the PSAT/NMSQT @ Helix on Saturday, 10/19/19.
- There are 25 spots available for Crashers. If you would like to CRASH the PSAT, please see a member of your Grade Level Team before 3:21pm on Friday, 10/18/19, to get your name on the list.
- Crashers can still arrive in front of the 10's Building @ 7:00am to CRASH on Saturday, 10/19/19 & bring the following:
  - \$20 Cash to pay for the PSAT/NMSQT
  - Student ID Card
  - #2 Pencils & Calculator
  - Water & Snack

- **ASB APPLICATIONS**

- Applications for ASB are now available.
- ASB is an excellent opportunity to help improve Helix by being leaders on campus. By joining ASB, you have the opportunity to participate in and plan Homecoming, Airbands, Pep Rallies, and other school events.
- Applications are due on **Thursday, 10/24/19 @ NOON**.
- A **MANDATORY MEETING** for **ALL** applicants will be on **Thursday, 10/24/19 @ Lunch** in the ASB Room, Room 1200

- **COLLEGE VISITS**

- It is never too early to start learning about different colleges.
- Remember to check [Naviance](#) daily to see what colleges will be on the Helix Campus.
- Colleges are visiting Helix daily so make sure you sign up for the visit, attend the presentation & ask questions.
- Students who pre-register, attend & stay till the end of the presentation will be entered in a raffle for gift cards!

### **COMMUNITY SERVICE OPPORTUNITIES**

- **ROLANDO ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**

- Rolando Elementary is looking for volunteers for their Fall Festival on Friday, 10/25/19 from 3:00pm - 9:00pm.
- A FREE MEAL will be provided to those you volunteer.
- If you are interested please contact Darci Payne, Rolando PTA VP of Volunteers at [darci.v.payne@icloud.com](mailto:darci.v.payne@icloud.com)

- **OAK PARK ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**

- Oak Park Elementary is looking for volunteers for their Fall Festival on Friday, 10/25/19 and various events during the 2019-2020 school year.
- If you are interested please contact Cathleen Mingo, Oak Park Elementary and Music Conservatory PTA Volunteer Coordinator at [volunteerwithyouroakparkpta@gmail.com](mailto:volunteerwithyouroakparkpta@gmail.com).

- **CLAY ELEMENTARY FALL FESTIVAL - FRIDAY, 10/25/19**

- Clay Elementary is looking for volunteers to help with their Fall Festival on Friday, 10/25/19 from 5:00pm - 7:00pm.
- The Volunteer Positions include: Set Up, Game Booths & Clean up. For more information about each position & the available times [CLICK HERE](#).
- If you are interested in volunteering, please email Clay Elementary PTA at [clayptavolunteer@gmail.com](mailto:clayptavolunteer@gmail.com) with what position you are most interested in & 1 or 2 alternate positions.

- **LA MESA ARTS ACADEMY FALL CARNIVAL - SATURDAY, 10/26/19**

- La Mesa Arts Academy is looking for volunteers to perform various functions at their Fall Carnival on Saturday, 10/26/19 from 10:00am - 10:00pm.
- If you are interested in volunteering please sign up here:  
[https://signup.com/mobileweb/2.0/vspot.html?activitykey=996989014634294030#anonymous\\_invite\\_page](https://signup.com/mobileweb/2.0/vspot.html?activitykey=996989014634294030#anonymous_invite_page)

## **ATHLETIC EVENTS**

### ● **CROSS COUNTRY**

- *Varsity* - Thursday, 10/17/19 @ El Cajon Valley High School @ 3:30pm

### ● **BOYS WATER POLO**

- *Varsity*
  - Thursday, 10/17/19 vs High Tech High School @ 4:20pm @ Varsity San Diego Open
  - Thursday, 10/17/19 @ Varsity San Diego Open @ 7:40pm
  - Friday, 10/18/19 @ Varsity San Diego Open @ 5:00pm
  - Saturday, 10/19/19 @ Varsity San Diego Open @ 9 or 11am
  - Saturday, 10/19/19 @ Varsity San Diego Open @ 1, 2, 3 or 4pm

### ● **FOOTBALL**

- *Frosh* - Thursday, 10/17/19 vs Grossmont High School @ 5:15pm
- *JV* - Friday, 10/18/19 @ Grossmont High School @ 4:30pm
- *Varsity* - Friday, 10/18/19 @ Grossmont High School @ 7:00pm

### ● **GIRLS FIELD HOCKEY**

- *Varsity*
  - Varsity Tournament - Friday, 10/18/19 vs TBA @ TBD
  - Varsity Tournament - Saturday, 10/19/19 vs TBA @ TBD