

WEDNESDAY, SEPTEMBER 12, 2018

TODAY'S ACTIVITIES:

- **SUICIDE AWARENESS MONTH - YELLOW RIBBONS**

- Please distribute the yellow ribbons that were placed in your mailboxes.
- September is Suicide Awareness Month and we will be wearing yellow ribbons as a sign of hope, caring and prevention.
- If you are feeling unsafe or having thoughts of suicide please seek help and if a friend talks about hurting himself or someone else it is important to **ACT**
 - **Acknowledge** - listen to your friend, do not ignore threats.
 - **Care** - let your friend know you care.
 - **Tell** - tell a trusted adult that you are worried about your friend.
- Please remember that your counselors, teachers, Grade Level Teams and Wellness Center are great resources and are here to help.
- Remember you all have the **National Suicide Prevention Lifeline** number on the back of your ID's.
 - You can also text the **Crisis Line** by texting "HOME" to **741-741**.
- Please show the following videos:
 - [THIS IS BEYOND SADNESS](#)
 - [TOMORROW NEEDS YOU](#)

REMINDERS

- [**HEFAR BEAT THE HIGH COST OF COLLEGE - FAMILY FIRST NIGHT**](#)
 - Thursday, 9/13/18 @ 6:00pm in Room 1600 (ExL)
 - Extremely valuable for students & their families.
 - Come learn about the ins & outs of financial aid, as it makes it easier for parents to adjust appropriately for college.
 - Especially important for middle to upper class families who may not qualify for much if any federal & state aid.
- [**PICTURE MAKE-UP DAY**](#)
 - Thursday, 9/20/18 in Room 600 (Multipurpose Room)
 - **ONLY** for students who did not take their yearbook picture during Summer Registration.
 - See link for assigned times to take picture.
- [**SAVE THE DATE - HELIX HOMECOMING DANCE**](#)

- Saturday, 10/6/18
- More information regarding ticket prices, location & times to come.
- **SAT VS ACT PRESENTATION**
 - Thursday, October 18, 2018 @ 6pm in ExL (Room 1600)
 - We encourage all students & families to attend to learn about tests and which one may be best for you.

ATHLETIC EVENTS

- ***COED CROSS COUNTRY***
 - *Varsity* - Friday, 9/15/18 @ Mt. Carmel/ASICS Invite @ 8:00am
- ***GIRLS FIELD HOCKEY***
 - *JV* - Thursday, 9/13/18 @ La Jolla High School @ 4:45pm
 - *Varsity* - Thursday, 9/13/18 @ La Jolla High School School @ 3:30pm
- ***GIRLS TENNIS***
 - *JV* - Thursday, 9/13/18 @ West Hills High School @ 4:00pm
 - *Varsity* - Thursday, 9/13/18 @ West Hills High School @ 4:00pm
- ***GIRLS VOLLEYBALL***
 - *Frosh* - Thursday, 9/13/18 @ Grossmont High School @ 4:00pm
 - *JV* - Thursday, 9/13/18 @ Grossmont High School @ 4:00pm
 - *Varsity* - Thursday, 9/13/18 @ Grossmont High School @ 5:30pm
- ***BOYS WATER POLO***
 - *Novice*
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD
 - *JV*
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD
 - Saturday, 9/15/18 @ Rancho Bernardo Tournament vs TBD @ TBD

- **FOOTBALL**

- **Frosh** - Thursday, 9/13/18 @ St. Augustine High School @ 3:30pm
- **JV** - Friday, 9/14/18 vs St. Augustine High School @ 4:30pm
- **Varsity** - Friday, 9/14/18 vs St. Augustine High School @ 7:00pm
 - Please [see policies](#) regarding attending a Home Football Game @ Helix.
 - ALL STUDENTS MUST HAVE A VALID HELIX ID CARD TO ENTER.