

Wednesday, September 25, 2018

Today's Activities:

- Goal Setting

- Today students will CONTINUE & FINISH writing themselves a letter to their Senior Self about the Goals they set for themselves in the 9th grade.

- Students should refer to their [GOAL SETTING WORKSHEET](#) and the [GOAL SETTING INFO SHEET](#) to complete this assignment.
- Letters should be: Handwritten or Typed
  - Addressed to themselves
  - Include their 3 Goals of where they imagine themselves at the:
    - End of Qtr 1 (9th Grade)
    - End of 9th Grade
    - In 5 Years
  - [SAMPLE LETTER](#)
- Students will complete this assignment in Advisory TODAY.
- Please collect ALL the letters TODAY.
- Please turn in ALL letters to Mrs. Street in her office or turn into her mailbox TODAY.
  - Please paperclip letters together, indicate on a sticky note the Advisory Teachers Name.

- Announcements:

- As we are coming to the end of **Suicide Awareness Month** please remember, **BE THE CHANGE** and help break the stigma on Mental Health. Seek support if you are having thoughts of Suicide or have friends making comments about hurting themselves.

Please remember to **ACT**

**Acknowledge:** Listen to your friends, don't ignore threats.

**Care:** Let your friend know you care!

**Tell:** a trusted adult that you are worried about your friend.

In addition, we would like for you to fill out these yellow bookmarks and identify your strengths and coping skills. It is a great way to remind us about the importance of taking care of ourselves.

We encourage all of you to take the pledge and break the stigma on Mental Health. Please remember, your GLT, Teachers, and School Social Workers are here to help.

- Please take a minute to watch the following [video](#), "Off the Script"
  
- HELIX HOMECOMING DRESS UP DAYS
  - Monday, 10/1/18 - Friday, 10/5/18
    - MONDAY - Meme Day
    - TUESDAY - Matching Martian (dress up like an alien)
    - WEDNESDAY - Sleepy Astronaut (PJ day)
    - THURSDAY - Blast From The Past (Decade Day)
    - FRIDAY - Lost in a Black Hole (Black Out)
  
- HELIX HOMECOMING DANCE - A Night Under the Stars
  - Saturday, 10/6/18 from 7:00pm-10:30pm in the Helix Science Quad
  - Tickets on sale NOW in the Dawg House.
    - \$15 with an ASB Card
    - \$35 without an ASB Card - You receive an ASB Card with the purchase of your Homecoming Ticket
    - \$35 for Guest
  - Remember you need to get cleared before you purchase your ticket.
    - Clearance Forms must be signed by the Attendance Office, Library & Finance Office.
      - ANY TRUANCY will result in LOSS of Dance with NO REFUND!
      - Finance Office should be last stop, so you can purchase ticket at that time.
    - Clearance Forms & Guest Passes can be found in the Attendance Office, with the Grade Level Administrative Assistants & at the Front Desk in the Main Office with Mrs. Carroll.

- Last chance to purchase tickets will be on Friday, 10/5/18 @ Lunch.

- **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.

- **PTSA ART REFLECTIONS CONTEST**

- The theme this year is Heroes Around Me.
  - For more information regarding submission guidelines [CLICK HERE](#).
  - For application [CLICK HERE](#).
- All submissions are DUE by Friday, 10/12/18 in the Helix Library.

- **NHS: READ WITH A SCOTTIE AT OKTOBERFEST**

- The Helix NHS will have a booth at the La Mesa Oktoberfest from Friday, 9/28/18 to Sunday, 9/30/18.
  - They will have a place for young children to sit with a Helix NHS member and read a picture book.
  - They are looking for book donations because their goal is to have enough books to GIVE the book to the child after reading it.
- How can you help?
  - Please bring a book donation to Room 1320 by Friday, 9/28/18.
    - There is box in the front of the room near Mrs. Hull's desk.
  - ANY and ALL picture books or books for young readers are welcome.
  - A donation of 5 books will be worth ONE Community Service Hour.

- **COMMUNITY SERVICE OPPORTUNITY**

- Interested in completing community service hours with the La Mesa Police Department?
- Beginning Saturday, 10/6/18 small groups of students will work with Mr. Diaz on community service projects in conjunction with the La Mesa Police Department.
  - Meet at the La Mesa Police Department Lobby @ 9:00am.

- Projects will run through the 2018-2019 school year.
- For more information or to sign up, please contact Mr. Diaz @ [jdiaz@helixcharter.net](mailto:jdiaz@helixcharter.net)
- **GOT PLANS? - SAVE THE DATE**
  - Got Plans? College & Career Fair
  - Saturday, 10/20/18 @ Cuyamaca College from 9:00am-12:00pm
  - For more information [CLICK HERE](#)
- **COLLEGE VISITS - SEPTEMBER 2018**
  - [VANDERBILT UNIVERSITY](#)
  - Wednesday, 9/26/18 @ 8:00am in Room 180 @ Helix.
  - [UNITED STATES AIR FORCE RECRUITER](#)
  - Wednesday, 9/26/18 @ Lunch in Room 180 @ Helix.