

Wednesday, October 3, 2018

Today's Activities:

- Test Taking Tips
  - 5 School days until Quarter 1 Finals.
    - Please continue to work hard, turn in all assignments, prepare & study for finals, eat healthy balanced meals & sleep at least 8 hours a day.
    - Let's finish the Quarter Strong. Remember these are the first grades that will appear on your High School Transcript.
    - YOU GOT THIS!!!
  - Review handout on the [Top 10 Test Taking Tips](#) - to prepare & be ready for Quarter 1 Finals on Wednesday, 10/11/17 & Thursday, 10/12/17.
    - [Finals Schedule for 10/11 & 10/12](#)
      - Period 1: 7:50 - 9:00
      - Period 2: 9:05 - 10:15
      - Period 3: 10:35 - 11:45
      - Period 4: 11:50 - 1:00

REMINDERS

- F.L.Y. CLUB
  - First Generation Low-Income Youths Club
  - Encourage students who are college bound to join this club.
  - First meeting is on Tuesday, 10/9/18 @ Lunch in Room 180.
- VOTE FOR HOMECOMING KING & QUEEN
  - It is time to vote for the 2018 Homecoming King & Queen.
  - Voting is open to all Helix students.
  - Voting will close on Friday, 10/5/18 @ 12:45pm.
  - Be sure to come to the Homecoming Football game on Friday, 10/5/18 to see who gets crowned as King & Queen at Halftime.
- HELIX HOMECOMING DRESS UP DAYS
  - Monday, 10/1/18 - Friday, 10/5/18
    - THURSDAY - Blast From The Past (Decade Day)
    - FRIDAY - Lost in a Black Hole (Black Out)
- HELIX HOMECOMING FOOTBALL GAME
  - Friday, 10/5/18 @ 7pm vs Valhalla
  - Please [see policies](#) regarding attending a Home Football Game @ Helix.

- ALL STUDENTS MUST HAVE A VALID HELIX ID CARD TO ENTER ON THE HOME SIDE ONLY.
  - ALL NON HELIX STUDENTS MUST SIT ON THE VISITORS SIDE.
  - Stay after the game for the homecoming firework show!
- **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
  - Last chance to purchase tickets will be on Friday, 10/5/18 @ Lunch.
- **FALL SEMESTER I FINALS - THURSDAY, 10/11/18 & FRIDAY, 10/12/18**
  - Please review adjusted bell schedule linked above.
- **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](#)
- **SAT VS ACT PRESENTATION - SAVE THE DATE**
  - Thursday, October 18, 2018 @ 6pm in ExL (Room 1600)
  - We encourage all 10th grade students & families to attend to learn about tests and which one may be best for you.
- **COMMUNITY SERVICE OPPORTUNITIES**
  - Sunday, 10/7/18 - [Purple Stride Run/Walk](#)
  - Saturday, 10/20/18 - [Beautify Chula Vista](#)
  - Friday, 10/16/18 - [Rolando Elementary Fall Festival](#)

## **COLLEGE VISITS**

- **UNIVERSITY OF SOUTHERN CALIFORNIA**
  - Wednesday, 10/3/18 @ Lunch in Room 180 @ Helix.
- **NAVAL ROTC**
  - Thursday, 10/4/18 @ Lunch in Room 180 @ Helix.
- **SPELMAN COLLEGE**
  - Sunday, 10/7/18 @ 5:30pm @ The Point.

- HARVARD, PRINCETON, UNIVERSITY OF VIRGINIA, WELLESLEY & YALE
  - Sunday, 10/7/18 @ 7:00pm @ Chula Vista School for the Performing Arts.
- SAN DIEGO STATE UNIVERSITY EOP
  - Tuesday, 10/9/18 @ Lunch in Room 180 @ Helix.
- CETYS UNIVERSIDAD
  - Wednesday, 10/10/18 @ Lunch in Room 180 @ Helix.
- LA SALLE UNIVERSITY
  - Thursday, 10/11/18 @ 1:00pm in Room 180 @ Helix.
- JOHN HOPKINS UNIVERSITY
  - Saturday, 10/13/18 @ Hilton San Diego Bayfront at 2:00pm @ Helix.
- UNIVERSITY OF CALIFORNIA, MERCED
  - Tuesday, 10/16/18 @ Lunch in Room 180 @ Helix.
- WHITTIER COLLEGE
  - Wednesday, 10/17/18 @ Lunch in Room 180 @ Helix.
- CHAPMAN UNIVERSITY
  - Thursday, 10/18/18 @ Lunch in Room 180 @ Helix.
- ST. JOHN'S UNIVERSITY
  - Friday, 10/19/18 @ Lunch in Room 180 @ Helix.

#### ATHLETIC EVENTS

- **GIRLS FIELD HOCKEY**
  - **JV** - Wednesday, 10/3/18 @ Granite Hills High School @ 6:15pm
  - **Varsity** - Wednesday, 10/3/18 @ Granite Hills High School @ 5:00pm
- **GIRLS GOLF**
  - **Varsity** - Wednesday, 10/3/18 @ Patrick Henry High School @ 3:30pm
- **GIRLS TENNIS**
  - **JV** - Thursday, 10/4/18 @ Steele Canyon High School @ 4:00pm
  - **Varsity** - Thursday, 10/4/18 @ Steele Canyon High School @ 4:00pm
- **GIRLS VOLLEYBALL**
  - **Frosh** - Wednesday, 10/3/18 @ Grossmont High School @ 4:00pm
  - **JV** - Wednesday, 10/3/18 @ Grossmont High School @ 4:00pm
  - **Varsity**

- Wednesday, 10/3/18 @ Grossmont High School @ 5:30pm
- Friday, 10/5/18 @ Southern California Invitational @ 3:30pm
- Saturday, 10/6/18 @ Southern California Invitational @ 9:00am

- **BOYS WATER POLO**

- **Novice**

- Thursday, 10/4/18 @ West Hills High School @ 6:30pm
    - Saturday, 10/6/18 @ Valhalla Tournament @ TBD
    - Saturday, 10/6/18 @ Valhalla Tournament @ TBD
    - Saturday, 10/6/18 @ Valhalla Tournament @ TBD
  - **JV** - Thursday, 10/4/18 @ West Hills High School @ 4:00pm
  - **Varsity** - Thursday, 10/4/18 @ West Hills High School @ 5:00pm

- **FOOTBALL**

- **Frosh** - Thursday, 10/4/18 @ Lincoln High School @ 4:30pm
- **JV** - Friday, 10/5/18 vs Valhalla High School @ 4:30pm
- **Varsity** - Friday, 10/5/18 vs Valhalla High School @ 7:00pm  
(HOMECOMING GAME)