

WEDNESDAY, OCTOBER 10, 2018

- **Resourceful**
 - **Goal Setting**
 - Have students watch the following video about being Resourceful
 - [Resourceful Video](#)
 - [Resourceful Newsletter](#)

REMINDERS

- **FALL SEMESTER I FINALS - THURSDAY, 10/11/18 & FRIDAY, 10/12/18**
 - Please review adjusted bell schedule linked above.
 - Good luck to all our 9th graders. YOU GOT THIS!
- **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.
- **79th DISTRICT YOUNG LEGISLATORS PROGRAM (YLP)**
 - Interested in learning about State & Local Government?
 - Motivated to make a positive difference in the community?
 - If you answered YES, then apply for the 79th District YLP
 - [Applications](#) due Wednesday, 10/31/18
- **SDSU PACIFIC ISLANDER STUDENT ASSOCIATION HIGH SCHOOL CONFERENCE**
 - SDSU Pacific Islander Student Association High School Conference on Saturday 11/3/18 from 9:00am-5:00pm at SDSU.
 - If you are interested in attending please fill out the [individual student registration form](#).
 - If you have dance group that would like to participate please fill out the [talent competition form](#).
- **COMMUNITY SERVICE OPPORTUNITIES**

- Saturday, 10/13/18 - [Language Academy Carnival](#)
- Saturday, 10/20/18 - [Beautify Chula Vista](#)
- Friday, 10/26/18 - [Rolando Elementary Fall Festival](#)

COLLEGE VISITS

- [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

- **CO-ED CROSS COUNTRY**
 - **Varsity** - Friday, 10/12/18 @ El Cajon Valley High School @ 3:30pm
- **GIRLS FIELD HOCKEY**
 - **JV** - Wednesday, 10/10/18 @ Santana High School @ 5:00pm
 - **Varsity**
 - Wednesday, 10/10/18 @ Santana High School @ 6:00pm
 - Saturday, 10/13/18 Highlander Cup @ Helix TBD
- **GIRLS GOLF**
 - **Varsity** - Thursday, 10/11/18 @ Louise Parks Match Play @ 3:15pm
- **GIRLS TENNIS**
 - **JV** - Thursday, 10/11/18 vs Grossmont High School @ 4:00pm
 - **Varsity** - Thursday, 10/11/18 vs Grossmont High School @ 4:00pm
- **GIRLS VOLLEYBALL**
 - **Frosh** - Wednesday, 10/10/18 @ El Capitan High School @ 4:00pm

- *JV* - Wednesday, 10/10/18 @ El Capitan High School @ 4:00pm
- *Varsity* - Wednesday, 10/10/18 @ El Capitan High School @ 5:30pm
- **BOYS WATER POLO**
 - *JV*
 - Saturday, 10/13/18 @ Valhalla Tournament TBD
 - Saturday, 10/13/18 @ Valhalla Tournament TBD
 - Saturday, 10/13/18 @ Valhalla Tournament TBD
- **FOOTBALL**
 - *Frosh* - Thursday, 10/11/18 @ Grossmont High School @ 5:15pm
 - *JV* - Friday, 10/12/18 vs Grossmont High School @ 4:30pm
 - *Varsity* - Friday, 10/12/18 vs Grossmont High School @ 7:00pm