

WEDNESDAY, OCTOBER 31, 2018

TODAY'S ACTIVITIES:

- Fall Semester I Honor Roll

- Please congratulate all of our student on a job well done for Fall Semester I
 - Certificates are in your mailbox. (PLEASE PICK UP)
 - We had **258** students on the *Honor Roll-way to go Class of 2022!!*
 - Please distribute Honor Roll Certificates to students.
- *Honor Roll* means students have a **3.5 GPA or higher** for their Fall Semester I classes.
- If students are absent, please return the certificates to Mrs. Street ASAP.

All students will be given a treat during lunch time. Please stop by the office between 500 and 520 (Pantry) for your treat

next week we will recognize perfect attendance

If you have time after certificate distribution and reminders feel free to do one of the activities in the [link](#)

REMINDERS

- WINTER SPORTS PHYSICALS

- Will be offered in Sports Medicine Room on Thursday, 11/1/18 @ 3:00pm.
- \$25 Cash ONLY
- All paperwork must be filled out before seeing the doctor.
- Forms & info available [HERE](#)

- WINTER SPORTS TRYOUTS SCHEDULE

- SATURDAY, 11/3/18
 - Boys Basketball - All practices @ the Boys & Girls Club
 - Varsity - 8:00am - 9:00am
 - JV/Frosh - 8:45am - 10:00am
 - Girl's Basketball - All practices @ the Boys & Girls Club

- **All Levels** - 10:00am - 12:00pm
- **MONDAY, 11/5/18**
 - **Boy's Soccer** - 3:15pm on the Lower Field
 - **Girl's Soccer**
 - **Varsity** - 3:15pm on the Lower Field
 - **JV** - 6:00pm in the Stadium
 - **Girl's Water Polo**
 - **Returners** 3:15pm - 5:15pm
 - **Freshman** 5:15pm - 7:00pm
 - **Wrestling** - 3:15pm in the Multipurpose Room
- **FREE HEART SCREENING FOR AGES 12-25: ERIC PAREDES SAVE A LIFE FOUNDATION**
 - Sunday, 11/4/18 @ Valhalla High School from 9am - 3pm.
 - Must register ahead of time [HERE](#).
- **DJUSTED BELL SCHEDULE - CALIFORNIA HEALTHY KIDS SURVEY**
 - Wednesday, 11/7/18.
 - Please note there is NO ADVISORY on this date
 - 2nd Period starts at 10:08am
- **SCREENAGERS THE DOCUMENTARY**
 - Helix Family First presents at no charge, a screening of Screenagers the Documentary.
 - Thursday, 11/1/18 at 7:00pm in the PAC (Performing Arts Center).
 - Doors will open at 6:30pm & close 5 minutes after the screening begins.
 - Seating is limited to theater capacity.
 - Best for children 10 years and up.

COLLEGE VISITS

- **VANGUARD UNIVERSITY OF SOUTHERN CALIFORNIA**
 - Wednesday, 10/31/18 @ Lunch in Room 180 @ Helix
- **COLORADO STATE UNIVERSITY PUEBLO**
 - Friday, 11/2/18 @ Lunch in Room 180 @ Helix

ATHLETIC EVENTS

- ***CO-ED CROSS COUNTRY***

- *Varsity* - Wednesday, 10/31/18 @ Monte Vista High School @ 3:30pm
- ***GIRLS FIELD HOCKEY***
 - *JV* - Wednesday, 10/31/18 @ El Capitan High School @ 4:30pm
 - *Varsity* - Wednesday, 10/31/18 @ El Capitan High School @ 3:30pm
- ***BOYS WATER POLO***
 - *Varsity*
 - Congrats to the Varsity Water Polo team on being seeded 2nd in the CIF Division III Championship Playoffs.
 - ***Quarterfinals Game*** - Friday, 11/2/18 @ La Jolla High School @ 7:45pm.
- **FOOTBALL**
 - *Varsity* - Congrats to the Varsity Football team on being seeded 3rd in the CIF Division I Championship Playoffs.
 - Helix will host the winner of Madison vs Grossmont
 - Friday, 11/9/18 vs Madison or Grossmont High School @ 7:00pm
 - Gates will open at 6:00pm