

Parent/Guardian Newsletter

Issue 4

Table of Contents:

1. Free Courses from Naviance CCLR Live by Kaplan
2. Follow us on Social Media
3. SBAC
4. California School Parent Survey 2018-2019
5. Championship Playoff's
6. Parent Volunteer's Needed
7. The Highlander Players
8. Thanksgiving Break
9. Aspire Mini Sessions
10. Wellness Center Updates
11. Volunteer Opportunities
12. Donations
13. Free and/or Reduced Lunch Application
14. Social Media Safety Webinar



FREE Courses

[Hobsons](#), the education technology leader and company behind [Naviance](#), and [Kaplan](#), a leader in instructional innovation, enter an exclusive partnership to support the Naviance College, Career, and Life Readiness (CCLR) [Framework](#) for student success. Students now have free access to a series of engaging livestreaming and video on-demand courses by Kaplan to develop the skills and mindset needed to succeed in life. For more information, please click on the link below.



[Naviance CCLR Live b...](#)

www.kaptest.com



Social Media ASPIRE.pdf

Download
345.9 KB

What is SBAC?

Smarter Balanced is the result of state education agency staff, teachers, higher education faculty, and other educators working together to create a “best of the best” assessment system with the ultimate goal of increasing the number of students who are well prepared for college and careers.



This effort began with the recognition that most assessment systems were disjointed, outdated, and did not offer a cohesive set of tools to help educators improve teaching and learning. In 2010, 30 states came together to submit a grant application to create a system that would redefine assessments to feature the following characteristics:

- Conducted online and customizable for students
- Composed of test questions that measure essential skills such as critical thinking, writing, and problem-solving
- Provides the widest array of features ever assembled to ensure testing is fair for all student
- Supports teachers in professional development and in-class assessment tools

The consortium of states that developed Smarter Balanced were awarded a \$178 million federal grant, with the state of Washington acting as the fiscal agent. Over the next four years, these states and educators from across the country built an assessment system that would make history by becoming the most widely used test in the United States.

In 2014, as the federal grant was ending, Smarter Balanced became a public agency housed at the University of California-Los Angeles (UCLA) Graduate School of Education and Information Studies. Smarter Balanced is now funded by the states that use its system. It is governed by [its membership](#), which sets its budget and policies, operates the system, and continues to support research and development to further improve assessment.

Helix Charter High School strives on always improving their SBAC results within, as well as in the county. Please take a moment to view our 2018 SBAC results



Helix 2018 SBAC Results.pdf

Download
254.9 KB



[Smarter Balanced: M...](#) www.smarterbalanced.org

Smarter Balanced supports high-quality teaching, improves learning outcomes for all students, and prepares students for life after high school.

California School Parent Survey: Helix Charter High School 2018-2019

Helix needs you to complete this online survey to learn more about your opinions of Helix. If you have any questions about this survey, contact Mrs. Trevino at trevino@helixcharter.net



Access to this online survey starts Thursday, November 1st, 2018

- **PURPOSE** - Obtain parent perceptions of Helix Charter High School. All questions apply to Helix only.
- **PARTICIPATION** - Voluntary and very important. The information you provide will help guide district and school efforts to promote safety, enhance learning supports, and improve student achievement.
- **ANONYMOUS** - Designed so that no one can be identified from the data. You do not have to respond to any questions that you feel could be used to identify you. Simply skip any such questions.
- **RESULTS** - are for the use of your district. The California Department of Education and WestEd will preserve data confidentiality and refer any data request to the district.
- **INSTRUCTIONS FOR COMPLETING SURVEY** - If you have more than one child at Helix, you will only need to complete one survey for this school. Please fill out just one survey about Helix using your oldest child as a reference.
- **HOW TO ACCESS SURVEY** - surveys.wested.org/csps/KR493CJ

THANK YOU FOR TAKING THIS IMPORTANT SURVEY!

Encuesta para Padres/Tutores: Helix Charter High School 2018-2019

Helix necesita que usted llene una encuesta por internet para aprender más acerca de sus opiniones sobre Helix. La encuesta es una oportunidad para comunicar sus percepciones acerca de la escuela de su estudiante (hijo/hija). Si tiene alguna pregunta sobre la encuesta, comuníquese con Sra. Trevino a su correo electrónico trevino@helixcharter.net



Tendrá acceso a la encuesta a partir del 1 de Noviembre de 2018.

- **PROPOSITO** - Obtener percepciones de los padres acerca de Helix Charter High School. Todas las preguntas se refieren solamente a Helix.

- **PARTICIPACION** - Es voluntaria y muy importante. La informacion que proporcione ayudara a guiar a lost esfuerzos del distrito y de la escuela para promover la seguridad, mejorar las cosas que respaldan el aprendizaje, mejorar los logros de los alumnos.
- **ANONIMA** - Esta disenada para que nadie pueda ser identificado a traves de la informacion que proporciona. No tiene que responder ninguna pregunta que piensa que se pueda usar para identificarlo. Simplemente pase por alto esas preguntas.
- **RESULTADOS** - son para que su distrito pueda usarlos. El Departamento de Educacion de California y WestEd mantendra la confidencialidad de la informacion y referira cualquier peticion de datos al distrito.
- **INSTRUCCIONES PARA COMPLETAR LA ENCUESTA** - Si usted tiene mas de un nino registrado en Helix, por favor solo complete una encuesta sobre Helix, usando su hijo mayor como referencia.
- **COMO ENTRAR A LA ENCUESTA** - surveys.wested.org/csps/KR493CJ

GRACIAS POR ACOMPLETAR ESTA ENCUESTA TAN IMPORTANTE!

 **California School Cli...**

surveys.wested.org



Championship Playoff Game-FRIDAY

Congrats to he Varsity Football team on being seeded 3rd in the CIF Division I Championship Playoffs. Helix will play this Friday, 11/9/18 vs Grossmont @ 7pm, with gates opening at 6pm.

Ticket Prices:

- Adult - \$10
- Students/Senior Citizens
- \$6 (Helix ASB cards are not accepted at CIF games)

Skip the ticket booth line by purchasing your tickets online. There is a small fee for online purchases. Go straight to the gate with your online receipt!

[Purchase your ticket TODAY by clicking here](#)

Parent Volunteers Needed

Helix Football ticket booth's & Concession Stand need your help. If you are available on Friday November, 9th please sign up using the link below. We look forward to your help!

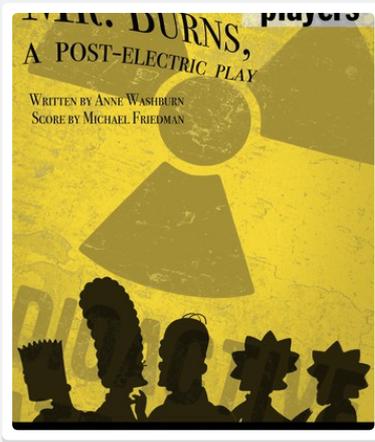
Once a Scottie, Always a Scottie!





[CIF Football voluntee...](#)

signup.com



Mr. Burns, A Post-Electric Play

What happens to pop culture after the fall of human civilization? What about 7 years after the fall? Or even 75 years? Mr. Burns, a Post-Electric Play, endeavors to find out. When nuclear power plants across the country begin to "go up", a small group of survivors gather in the woods and begin to recount an episode of The Simpsons. Over the course of the play's three acts and three-quarters of a century time-span, casual storytelling evolves into ritual, and one Simpsons episode evolves into a myth and legend for a post-apocalyptic world.

Mr. Burns may not be appropriate for small children. It contains realistic gunfire and depictions of violence

Helix Black Box Theater
7:00pm

Saturday 11/10/18
Friday 11/16/18
Saturday 11/17/18

Ticket Prices

- General Admission - \$10



Thanksgiving Break - Nov. 19-Nov. 23

No School Monday, 11/19/18- Friday, 11/23/18 in observance of Thanksgiving. Take the opportunity to complete your 40 hours of Community Service.



Aspire Mini Sessions

FREE [Aspire mini sessions](#) will be available during Thanksgiving break for all students interested. Here are a few of the sessions available.

- Introduction to Archery (Requires Field Trip Permit)
- Crazy Invent Competition
- Woodburning
- Skate/Bicycle Camp(Requires Field Trip Permit)
- Knitting/Crafting
- Gaming Tournament

For more information or to sign up see Ms. Huy in Room 1420 or send her an email to huy@helixcharter.net

Don't forget to click on the [link](#) to see the detailed information on all the mini sessions!

- With ASB Card - \$8

Click [here](#) to purchase tickets

WELLNESS CENTER UPDATES

The Helix Support Center is staffed by 2 School Social Workers Danielle Yee, PPSC/LCSW and Lorena Fernandez, PPSC/LCSW and Social Work Interns from SDSU and USC.

What is the Helix Wellness Center?

A safe and caring place for you or your friends or family members, because we all hit rough spots in the road and we don't have to walk alone.



Treat Yo Self

Starting Thursday, 10/4/18 until December, the Wellness Center will host the Treat Yo Self group.

The focus of this group will be on self-care and mindfulness.

The group will run every Thursday at Lunch in the Wellness Center.

See/Email/Call Mrs. Yee in the Wellness Center, x227, yee@helixcharter.net for more information.

Grief Group (Lvl 1)

10/24/18-12/2/18 (Can still join)

The Grief Group will meet Wednesday's in the Wellness Center rotating between 2 periods.

The group will be offered by Elizabeth Hospice.

Parent Permission Required.

See/Email/Call Mrs. Yee in the Wellness Center, x227, yee@helixcharter.net, for permission forms.

Grief Group (Lvl 2)

Spring Semester 1, January - March, the Wellness Center will hold a Grief Group for students who have already participated in grief programs and want to connect for support on campus.

The group will run every Tuesday from 8:00am-8:45am.

See/Email/Call Mrs. Yee in the Wellness Center, x227, yee@helixcharter.net for permission forms.



Anxiety Group

Ongoing group that meets every Monday at lunch in the Wellness Center Group Room.

See/Email/Call Mrs. Fernandez in the Wellness Center, x395, fernandez@helixcharter.net for more information.



Pee Wee Sports
2-10 years old
Boys and Girls

Skills and Drills
Practices will be in the Gym
Friday nights 6:15pm to 7:15pm

Contact: Coach Mark Horton
Cell: 619-823-3754

Sign-ups: Before sessions 6:00pm to 6:15pm
Cost: \$40 for every 5 week session (cash only)
Includes pee wee gym ball 7.00 per

Session 1	Flag Football	Oct. 5th - Nov. 2nd, 2018
Session 2	Basketball	Nov. 9th - Dec. 14th, 2018
Session 3	Soccer	Jan. 11th - Feb. 8th, 2019
Session 4	Baseball	Feb. 15th - Mar. 15th, 2019
Session 5	Flag Football	Mar. 29th - Apr. 26th, 2019
Session 6	Basketball	May 3rd - May 31st, 2019

Located at:
Lemon Grove Recreation Center
3131 School Lane, Lemon Grove 91945

Lemon Grove Rec Center

Pee Wee sports needs your help.

Contact Mark Horton for more information
619-823-3754

Chollas Lake Little League
6000 College Green Drive
San Diego, CA 92115
(619) 929-8657

VOLUNTEER OPPORTUNITIES -- FALL 2018

Opportunity 1 - Coaches
Volunteer coaches are a key component to our core mission of developing the character of our players, whose ages range from 4 to 24. The Fall season runs from September and November. Our managers (head coaches) should plan to be available for games on Sunday afternoons and 1-2 practices during the week. Serving as an assistant coach provides for a less demanding schedule.

Opportunity 2 - Umpires
Volunteer umpires can work on a flexible schedule under the supervision of our Director of Umpiring. No previous experience is necessary and free training and feedback are provided.

Opportunity 3 - Field and Turf Management
Work under the supervision of our Director of Field Development and league officials to implement and maintain baseball complex, including fields and turf. Four separate baseball fields and a practice area comprise the current Chollas Lake Little League complex.

Opportunity 4 - Nonprofit Management
Work under the supervision of our League President and officials to successfully manage and operate a nonprofit entity. Volunteers can have meaningful roles in a variety of these aspects of Chollas Lake Little League, including operations, marketing, volunteer management, communications, events planning, snack bar management, and community relations.

Opportunity 5 - Group Opportunities
We have opportunities for group volunteer efforts. For instance, participate with your group in our Field Clean-Up Day.

All interested persons should contact our League Vice President:

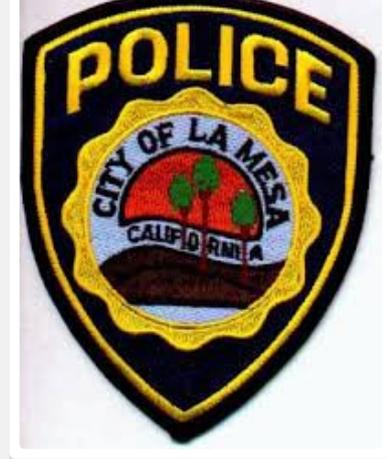
Jeremy Moffitt, Vice President
Chollas Lake Little League
6795 County Drive
San Diego, CA 92115
royhobbs09@hotmail.com
(619) 929-8657

Chollas Lake Little League is a registered non-profit entity serving the College Area and Oak Park neighborhoods of San Diego with a physical location at 6000 College Green Drive, San Diego, California 92115. We are an equal opportunity provider serving all persons regardless of age, color, national origin, citizenship, marital or physical disability, race, religion, creed, gender, sex, sexual orientation, or gender identity. Volunteers and coaches strive to develop the character of the youth participating in our league by teaching hard work, dedication, teamwork, respect, confidence, and responsibility through the sport of baseball. All applicants will be required to submit to a background check before starting work.

Chollas Lake Little League

Chollas Lake little league is looking for volunteers.

Contact Vice President for more information:
Jeremy Moffitt
619-929-8657
royhobbs09@hotmail.com



La Mesa Police Department: Ongoing Opportunity

- The La Mesa Police Department is looking for volunteers. 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 Dept. Lobby @ 9AM
- Projects will run through the 2018-2019 school year

For more information or to sign up, please contact Mr. Diaz via email:

jdiaz@helixcharter.net

DONATIONS

Are you looking for a tax write off? Helix is starting a Guitar Club at Helix and would love to take any gently used Guitars off of your hands. Contact Mrs. Burrough at burrough@helixcharter.net



Free And/Or Reduced Lunch Application Benefits

Why should I complete and submit a free and reduced lunch application?
You may be eligible for....

- Free breakfast and lunch
- College application waivers
- Funds to expand school programs
- Funds to purchase educational supplies and materials

Waivers for exams:

- SAT- College Admission (\$64.50)
- ACT –College Admission (\$67.00)
- A.P. – Advanced Placement (\$94)

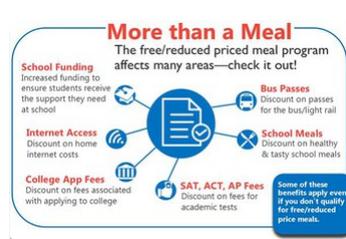
****Students who take the SAT using a test fee waiver can receive **FOUR** college application fee waivers. Most colleges participate.**

The free/reduced priced meal program affects many areas

- School Funding (Increased funding to ensure students receive the support they need at school)
- Internet Access (Discount on home internet costs)
- College App Fees (Discount on fees associated with applying to college)
- Bus passes (Discount on passes for the bus/light rail)
- School meals (Discount on healthy & tasty meals)
- SAT, ACT, AP fees (Discount on fees for academic tests)

**** Some of these benefits apply even if you don't qualify for free/reduced price meals.**

[Submit an application TODAY!](#)



2018 Social Media Safety Webinar

Screen time for tweens and teens is a fact of life these days. According to a recent study from the Pew Research Center, teen cell phone access is at an all time high with 95% of teens reporting they own or can access a smartphone

Banning technology won't help prepare your children for their future. Instead, we recommend giving them limited access to screens, monitoring their activity, and having regular digital safety discussions together

Social Media Safety Webinar for Parents of Kids Age 8-18

Parents: Get a solid social media foundation to keep your kids safe and smart online



Free Family Safety W...

smartsocial.com

Join this free social media safety webinar to learn about bad apps your students should avoid. Our digital citizenship expert will share online safety tips.

