

Advisory December 12th, 2018

ACTIVITY:

[Video for today's activity](#)

DO I SPEND MY TIME WISELY?

This activity sheet will show you how you spend your time on an average day. Remember, a day starts at midnight, and ends just before the next midnight. Your day should add up to 24 hours.

Work with your class to complete the questions on how they spend their time.

<u>Activity</u>	<u>Hours spent</u>
<u>Sleeping/napping</u>	
<u>Eating/snacking</u>	
<u>At school , in classes</u>	
<u>After school, clubs, etc.</u>	
<u>Jobs or responsibilities</u>	
<u>Home responsibilities</u>	
<u>Recreation</u>	
<u>Watching TV</u>	
<u>Talking on the telephone and/or texting, computer</u>	
<u>Visiting friends</u>	
<u>Homework/studying/practicing</u>	

I spend most of my time _____
I spend less time _____ than I should because _____

My biggest 'time-waster' is _____
if I could, I would spend more time _____
_____ and less time _____

REMINDERS

● HELIX eSPORTS - SMASH ULTIMATE TOURNAMENT

- Thursday, 12/20/18 & Friday, 12/21/18 from 2:00pm-4:30pm in ExL (Room 1600)
- Come de-stress from finals & fight your way to the top to be the ultimate winner!
- There will be TWO separate tournaments one on each day.
- Each day prizes will be awarded to the 1st - 4th place winners.
- Gameplay rules will be emailed on Monday, 12/17/18 & brackets will be assigned the day of the tournament.
- Want to play? Sign up with [Ms. Gianas](#) in room 1605 or [Mr. Pross](#) in ExL to secure your spot.
- **You MUST sign up by Friday, 12/14/18 at 11:59pm to participate! The first 64 students to sign up will get a spot. (32 students on Thursday & 32 students on Friday)**
- Spectators are also welcome if you would like to come and watch!

● WHIMSICALLY WONDERFUL WINTER WONDERLAND

- Thursday, 12/13/18
- Wear your favorite Ugly Christmas Sweater & join ASB at the sandpit at lunch for some games & snow!

● STUDENT EMPOWERMENT HOLIDAY MOVIE NIGHT

- Student Empowerment is hosting a Holiday Movie Night after Finals on Thursday, 12/20/18, from 1:15pm-3:30pm.
- They would like you to help select the movie by [VOTING HERE](#).

● ADJUSTED BELL SCHEDULE - FALL SEMESTER 2 FINALS

- See schedule linked above for finals on Thursday, 12/20/18 & Friday, 12/21/18.

● WINTER BREAK - NO SCHOOL

- Monday, 12/24/18 - Tuesday, 1/8/19
- Enjoy your winter break!
- Take this time to complete Community Service Hours.
- Have fun, be safe, relax & recharge for the Spring Term, so we can finish the 9th grade strong!

- **SPRING TERM 2018-2019**

- Starts Wednesday, 1/9/19.
- 1st Period starts @ 8:55am, don't be late!
- We will distribute your Spring Semester I Schedules in the quad between the PAC & the Administration Building from 7:30am-8:45am.

ATHLETIC EVENTS

- **GIRLS BASKETBALL**

- ***JV***
 - Wednesday, 12/12/18 @ Matador Christmas JV Tournament @ TBD
 - Thursday, 12/13/18 @ Matador Christmas JV Tournament @ TBD
 - Friday, 12/14/18 @ Matador Christmas JV Tournament @ TBD
 - Saturday, 12/15/18 @ Matador Christmas JV Tournament @ TBD
- ***Varsity*** - Saturday, 12/15/18 @ Hilltop-Crawford Tournament @ 6:00pm

- **BOYS SOCCER**

- ***JV*** - Thursday, 12/13/18 vs Crawford High School @ 4:00pm
- ***Varsity*** - Thursday, 12/13/18 vs Crawford High School @ 6:00pm

- **GIRLS SOCCER**

- ***JV***
 - Thursday, 12/13/18 @ Santana in Vaqueros Tournament @ 3:30pm
 - Saturday, 12/15/18 vs Patrick Henry in Vaqueros Tournament @ 12:45pm @ Helix
 - Saturday, 12/15/18 vs El Camino in Vaqueros Tournament @ 6:00pm @ Helix
- ***Varsity***
 - Thursday, 12/13/18 @ Santana in Vaqueros Tournament @ 5:00pm
 - Saturday, 12/15/18 vs Central in Vaqueros Tournament @ 11:00am @ Helix

- **GIRLS WATER POLO**

- ***Novice*** - Wednesday, 12/12/18 @ Valhalla High School @ 6:30pm
- ***JV*** - Wednesday, 12/12/18 @ Valhalla High School @ 4:30pm
- ***Varsity*** - Wednesday, 12/12/18 @ Valhalla High School @ 5:30pm