

WEDNESDAY, APRIL 3, 2019
Smore Parent/Guardian/Student Newsletter

ANNOUNCEMENTS:

- Senior Defense is next week, April 10th, 11th, and 12th. Please make sure to pay close attention to the [adjusted bell schedule](#)

Period 1	7:50	-	8:42
Period 2	8:49	-	9:41
Period 3	9:54	-	10:46
Period 4	10:53	-	11:45
Lunch	11:45	-	12:15

ACTIVITY: Let's learn more about the Senior Project and brainstorm some ideas.

What is the Senior Project?

At Helix Charter High School we are proud to offer students a college-preparatory environment and a high level of academic rigor. We have many requirements above and beyond a typical high school, including A-G graduation requirements, community service hours, taking a post-high school track exam (such as SAT, ACT or ASVAB), taking a community college class, as well as the Senior Project. Part of our Helix tradition includes going above and beyond the traditional high school experience and it is a great source of pride for our students, staff and alumni.

In addition, the Senior Project teaches and reinforces several critical skills that we have identified as crucial to being ready for college and career:

- Independently creating and drafting a detailed plan. (Proposal)
- Searching out credible expertise and support. (Consultant)
- Learning a new skill outside of the traditional classroom. (Lessons / Stretch)
- Executing the plan you have outlined. (Project)
- Reflecting on the project and providing evidence of successful completion. (Defense)
- Preparing a cohesive presentation in front of a group of adults and community members. (Boards)

2. What are the requirements of the project?

Please refer to the Senior Project Overview page of the Senior Project Website, which explains the requirements of the project in detail, including when the various stages will take place. Click on ["more detailed information"](#) for more specific explanations.

3. Is the project going to be expensive? Who will pay for it?

Projects can vary greatly in cost. Many types of projects are totally free, while others are quite expensive. Students should take this into account when choosing their project and should discuss this with their parent/guardian prior to writing the proposal. Parents are allowed to provide financial support for the project if they so choose. Receipts for all things purchased must be included in the student's portfolio.

Please see the guidelines below for a relative idea of cost: Specific costs are listed on the guidelines sheet for each category- have your student show you this, or email the SP Coordinator if you have any questions.

Free/ least expensive: Education/Teaching, Coaching, Literature, Film, Websites, Scrapbook, Manual, Music (if student already has access to instrument).

Moderate cost: Sewing/knitting/crocheting, Fitness, Performing Arts, Cosmetology/Barbering, Event Planning, Art.

More expensive: Landscaping, Construction, Baking, Cooking, Cookbook, Automotive.

4. Why can't the consultant be a family member?

One of the goals of the project is to encourage students to find a credible expert in their chosen category, to branch out into the community and work with a professional to glean new skills and knowledge. While family members can be very knowledgeable in various areas, our goal is for students to work with someone in a professional manner and have a "stretch" when it comes to finding that person, and learning from them outside of the traditional classroom/ home setting.

5. What types of projects are not allowed?

The following projects either do not meet the minimum requirements, do not involve enough learning, do not require enough of a stretch, or are too large in scope to be verified. There may be other projects that are not allowed / do not meet the requirements that are not listed here. For specific questions, please email the Senior Project Coordinator, Amanda Dolphin, dolphin@helixcharter.net.

General Projects:

- Beach Clean-ups
- Park Clean-ups
- Food drives
- Recycling drives
- Clothing / supply drives
- Fundraising
- Walks (such as an AIDS awareness walk)
- Partner projects
- Volunteering (may be used for Community Service but not as your Senior Project).
- Bake sales (See Baking Project Guidelines if you are interested in baking).
- Babysitting
- Anything you are already doing (such as a sport you already play or an instrument you already play).

Education-related:

- Helping out at a school (You may teach at a school, simply helping out is not enough).
- Tutoring students. You must teach in a school classroom.
- Starting a club
- Presenting information (Powerpoint) about a random topic.

Construction-related:

- Making skateboards.
- Using a kit to make any constructed item.

Coaching-related:

- Coaching a team that you are a member of.
- Running a one-day sports clinic. ALL Clinics must run a minimum of 4 days, coaching at least 2 hours per day. ALL Clinics must be associated with a **HELIX** sports team.
- Coaching a group of children/neighbors/friends. ALL Coaching projects **MUST** be associated with an **OFFICIAL** sports organization such as AYSO, La Mesa Little League, etc...

Helix-related:

- Starting a club.
- Being involved in AIRBANDS (You can be involved at any level, it just cannot be your Senior Project.)
- Coaching a team that you are a member of.
- Running a one-day sports clinic. ALL Clinics must run a minimum of 4 days, coaching at least 2 hours per day.
- A Helix dance
- An ASB-activity that is already happening (Multicultural Day, Dances, Student Appreciation Day, Blood Drives).

Technology-related:

- Building a Computer.
- Playing videogames /videogame competitions.
- Using a kit to create any technology-based items.

Scrapbook-related:

- Scrapbooking for friends or family (You must scrapbook for a client such as a team, club, business, or organization.)
 - Traditional Scrapbooks. ALL Scrapbooks must be made **online** with a program such as Shutterfly.
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- If you have other questions that are not answered here, please email the Senior Project Coordinator, Alicia Gibson, gibson@helixcharter.net or visit the Senior Project website found at www.helixcharter.net or by clicking on this [direct link](#).

ATHLETIC EVENTS

- Baseball
 - *Frosh*
 - Thursday, 4/4/19 vs Olympian High School @ 4:00pm
 - Saturday, 4/6/19 @ Otay Ranch High School @ 1:30pm
 - *Frosh-Grey* - Thursday, 4/4/19 @ Grossmont High School @ 4:00pm
 - *JV*
 - Thursday, 4/4/19 vs Santana High School @ 4:00pm
 - Friday, 4/5/19 @ Santana High School @ 4:00pm
 - *Varsity*
 - Thursday, 4/4/19 @ Santana High School @ 4:00pm
 - Friday, 4/5/19 vs Santana High School @ 4:00pm
- Boy's Golf
 - *JV* - Wednesday, 4/3/19 @ Santana High School @ 4:00pm
 - *Varsity* - Thursday, 4/4/19 @ Steele Canyon High School @ 3:30pm
- Boy's Lacrosse
 - *JV* - Thursday, 4/4/19 vs Grossmont High School @ 5:30pm
 - *Varsity* - Thursday, 4/4/19 vs Grossmont High School @ 7:15pm
- Boy's Tennis

- Varsity
 - Wednesday, 4/3/19 @ Steele Canyon High School @ 4:00pm
 - Thursday, 4/4/19 @ Santana High School @ 4:00pm
- Boy's Volleyball
 - JV - Thursday, 4/4/19 @ Valhalla High School @ 4:30pm
 - Varsity
 - Thursday, 4/4/19 @ Valhalla High School @ 5:30pm
 - Friday, 4/5/19 @ West Coast Challenge @ 3:00pm
 - Friday, 4/5/19 @ West Coast Challenge @ 5:00pm
 - Friday, 4/5/19 @ West Coast Challenge @ 7:00pm
 - Saturday, 4/6/19 @ West Coast Challenge @ 9:00am
 - Saturday, 4/6/19 @ West Coast Challenge @ 11:00am
- Girls Lacrosse
 - JV - Thursday, 4/4/19 @ Santana High School @ 5:30pm
 - Varsity - Thursday, 4/4/19 @ Santana High School @ 7:00pm
- Girls Sand Volleyball
 - Varsity - Friday, 4/5/19 @ Coronado High School @ 3:30pm
- Softball
 - JV - Wednesday, 4/3/19 vs Monte Vista High School @ 4:00pm
 - Varsity
 - Wednesday, 4/3/19 vs Monte Vista High School @ 4:00pm
 - Friday, 4/5/19 vs El Cajon Valley High School @ 4:00pm
- Swim & Dive
 - JV - Friday, 4/5/19 vs West Hills High School @ 4:30pm
 - Varsity
 - Friday, 4/5/19 @ West Hills High School @ 4:30pm
 - Saturday, 4/6/19 @ Dive Finals @ 10:00am
- Track & Field
 - Varsity - Thursday, 4/4/19 @ West Hills High School @ 4:00pm