Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA

HELIX HI-LITES

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Principal: Douglas D. Smith | PTSA President: Lori Free-Trout | Editor: Pam Davis

Helix PSTA Election for Governing Board Parent-at-Large Member

On February 22nd, 2003, during Saturday Parent/Teacher Conference Day, the election for the 2003-2004 term of the Parent at-large member of the Helix Charter High School Governing Board will be held. The privilege of voting will be extended to all parents with students attending Helix for the 2003-2004 school year.

To qualify as a candidate you must have a student attending Helix for the 2003-2004 school year. If you are interested in submitting your name, please send in an application answering the questions in the example application below. It would be a time commitment of approximately 10 to 15 hours a month.

The deadline for submitting applications is noon on Monday January 6th, 2003. Applications are to be returned to the front office of Helix Charter High School, Attn: PTSA, mailed to Helix Charter High School, 7323 University Ave. La Mesa, CA 91941, Attn: PTSA, or faxed to 619-462-9266 by the deadline.

Candidate Application

Name:
Phone Number:
E-mail address:
Personal Information:
Prior School Involvement:
I would like to hold this position because:
How many Governing Board meetings have you attended in the past?

CALENDAR UPDATES

Jan 1-3	Winter Break
Jan. 6-8	***INTERSESSION***
Jan. 13	First day of Quarter 3
Jan. 15	PTSA Meeting
Jan. 20	Martin L. King Day—No School
Jan. 22	Back to School Night, PTSA Elections / Founder's Day
Jan. 25	Winter Formal (Montezuma Hall)
Jan. 27	Charter Board Meeting
Jan. 29	Parent Shadow Day
Feb. 10	Lincoln's Holiday—No School
Feb. 17	Washington's Holiday-No School
Feb. 22	Parent/Teacher Conferences Parent at Large election

DANCE DRESS CODE

This article is to review our dress code policy as it relates to our dances (both formal and informal). The dress code is very specific to what is acceptable and not acceptable for students attending classes either on or off the Helix campus. We expect our students to dress appropriately and in a dignified manner when they attend dances. Certainly, there are specifics appropriate for dances, but are not considered acceptable during school time. For example, students wearing a sleeveless gown, or students wearing headgear at a dance, is most acceptable if worn appropriately. What is not acceptable (or inappropriate) would be clothing worn that reveals body areas which are not usually shown and which are revealing. Examples of this look would be dresses slit on the sides from top to bottom, skirts slit to just below the hips, tops slit down the front to either near or below the waist, etc.. Shirts must also be left on at all times.

Appropriate dancing behavior is also mandatory if wishing to remain on the dance floor and/or continue to attend the dance. Sexually explicit dancing (ie. freaking, grinding or dirty dancing) or any dancing which may result in a disruption and/or injury is prohibited.

Please review these guidelines with your son or daughter so that their presence at our dances be always appreciated and welcomed.

Community Representative Needed for Our Helix Charter High School Governing Board

The qualifications for this position are that you must reside or have a business within the Helix Charter High School attendance area and must not be employed by the school. Duties would entail attending the Governing Board Meetings once a month and making decisions about our school and how it is run. It would be a time commitment of approximately 10 to 15 hours a month.

The Community Representative will be appointed by the existing Helix Governing Board President in the month of March. The term for the Community Representative will be 2 years. If you meet these qualifications and would like to submit a short resume of yourself and what you would bring to this board, please submit to the principal's office by 2/7/03.

If you have any questions, please feel free to contact Judy Kirk current Board President at 644-1940 x444.

Please visit these parent-friendly and informative web sites.
http://www.foothillscouncil.org • Helix High School: helixcharter.net

Junior Class Update

California High School Exit Exam

As the California law states currently, no student will be granted a high school diploma after June 2003 without passing both the Math and the English language sections of the Exit Exam. This means that if your student does not pass, he/she will not be able to participate in graduation ceremonies nor receive their high school diploma from Helix until the exam is passed. Please talk with your student about the importance of this exam.

If your student has not yet passed the English and/or Math section of the California High School Exit Exam, there will be another opportunity for retaking the exam on January 14th – 16th . Congratulations to all students who passed both sections of the exam. Keep up the great work.

For those students who have yet to pass either the Math and/or English sections of the test, there will be a MANDATORY 6-day review course. The course will be held during the three day intersession, 1/6 – 1/8 from 8am – 12pm, as well as 1/9, 1/10, and 1/13 from 3:00pm – 4:30pm.

Notification of whether your student has passed the test is received by mail after each testing session. (The state usually takes a couple months to get us the results.) If your student took the test (or should have) in September, you have not received notification yet and should plan on your student attending the review course. You WILL be notified by mail before the class starts if your student did pass and no longer needs to attend OR did not pass and therefore MUST attend.

If you have questions regarding the review course please contact Mr. Al Love, Vice Principal, at alove@helixcharter.net or 644-1940 x124.

SAT Testing

Please do not forget to sign up for the SAT college entrance test this year.

San Diego State will admit any student who lives in the San Diego County area, South of the 52, that meets the minimum requirement for admission.

Don't let the time pass you by! Please make an appointment to see Mrs. Levy, Mrs. Singer, or Mrs. Gunion if you have questions regarding the test or college entrance. SAT Prep packets and registration forms are available in the career center in Room 201 or you can go on line to www.collegeboard.com

Junior Parent Night

The Junior team hopes to see all of you at our parent information night January 29th. We will be discussing senior project proposals, career option graduation plans, post high school options, college admissions procedures, and other pertinent junior issues. Mark your calendars. More information to follow.

Smaller Learning Communities At Helix?

Helix has been talking about implementing *Smaller Learning Communities* for some time. They may become a reality sooner than many people realize. This could mean a big change for your child's education at Helix.

We strongly recommend that you attend H.C.O.P.'s next town hall meeting to learn about what they are and to voice your opinions about them.

When: Wednesday, February 5th
Where: Helix (Room 1300)
Time: 6:30-8:00 p.m.

**Refreshments and babysitting provided.*

Track News

Head Coach Ray Mounts and Assistant Dave Schultz are again looking forward to another banner year for the track and field teams. Last year, the girls and boys teams were both league champions and were both among the top five strongest teams in the county. The boys team was one of the top five programs in the state of California!

If you are looking for something for your son or daughter to do after school that is extremely worthwhile, character building, supportive of academics, and fun, seriously consider strongly encouraging them come out for track and field.

Practice starts Monday, February 24, after school at the track, runs every weekday until about 4:30 or 5:00 PM, and THERE ARE NO CUTS! Anyone who stays out and completes the season in May, receives an Athletic Award provided they remain in good standing.

With 16 different events in track and field, there is something for everyone. Whether she or he wants to run, throw, or jump, please encourage your daughter or son to be part of this wonderful and highly regarded after school program!

Sophomore News

Thanks to all of the Sophomores who helped out with our fundraiser in December. It was quite a success. The Class of 2005 will be in charge of putting on next year's Winter Formal Dance. The officers are beginning to discuss the dance. Remember, we meet every Wednesday in Room 280 at lunch. All sophomores are encouraged to stop on by.

Michele Hoeger

H.C.O.P. News

An H.C.O.P. meeting on nutrition was held at Helix High School on November 20, 2002. Representatives from the Grossmont Union High School District (GUHSD) Food Service Department, the Nutrition Network News, and the Helix faculty informed and shared information regarding food offered at Helix with parents/guardians who were able to attend. It was a great opportunity for questions to be answered and for new ideas to be offered and considered for future action.

A very special thank you to: Larry Harrison (Director of Food Service, GUHSD), Cindy Brow (Production Supervisor, GUHSD Food Service), Robin Pelletier (Program Manager, Nutrition Network News), Scott Patton (Marketing Teacher at Helix High School), The Parents/ Guardians who attended the meeting, and Dave Watkins and Kelly Focht for their efforts in arranging this informative meeting.

Have a Happy & Healthy New Year!

Senior Project Board Presentations

Do you want to be a Judge?

Have you wondered what your student must do for the "senior boards?" A great way to find out is to serve as a judge on one of the panels. The experience: •Is surprisingly straightforward. •Will show you what is required of students. •Helps Helix build students' competence and self-confidence.

This year's presentations will be on the afternoons of Tuesday, June 3, and Wednesday June 4.

If you are interested in judging, please contact Bill Ehlers at either 619-466-2637 or bnsehlers@cox.net. If e-mailing, please leave your phone number. Bill will call you back.

Cross Country

Another Season has come to an end for the highly successful Helix Ladies Cross Country Team. The varsity won its third league championship, was CIF Runner-Up for the second year as well as qualifying for the state cross country championships for the second time. Ladies Cross Country team is undefeated, ranked fifth in the county and finished the year ranked tenth in the state. Jamie Marliere, April Montgomery, and Olga Gorobets were ALL-CIF selections. The girls JV squad also had an outstanding year finishing 4-1 in duals but won the Grossmont Conference Title for the third year in a row. Ray Mounts is the head coach and can be found in Rm 50 on the campus if any young ladies are interested in this program.

The boys team composed of youthful group grew to become a very competitive squad. Their third place finish allowed the team to make its first journey northward to the state meet since 1991, also punctuated the season in frenetic fashion by finishing12th. Junior Babey Wagnew led the Highlanders with an eighth-place overall finish in 15:24, followed by teammates Garrick Frew (64th, 16:31), DrewTidmore (97th, 17:02), Juan Torres (135th, 17:35), Ahmed Ali (147th, 17:41),Allen Feldman (167th, 18:12) and Tim McGraw (186th, 18:48).Babey Wagen was an All-League, CIF, and State performer this year. Dave Schultz is the boys coach in his 18th year. Any boy interested in this sport should contact him at Helix High.

Social Studies

This month the Social Studies Department is spotlighting the academic achievement of Helix students who are enrolled in AP Comparative Government and AP American Government. Helix is one of 20 schools in the county who offer AP Comparative Government to student. Based on the results of taking this course and passing the AP Exam, Helix ranks 2nd in the county. Students who pass this exam earn college credit in addition to high school credit.

Helix is one of 52 schools in the county who offer AP American Government and Politics to students. Based on the results of taking this course and passing the AP Exam, Helix ranks 21st in the county.

Students who pass this exam earn college credit in addition to high school credit. Mr. Watkins is the current AP teacher of these courses and he has been instrumental in the growing number of students taking this course. Last year, Mr. Watkins was able to help increase the number of students passing these exams. "Students who want to go to college, have good working habits, should take these AP classes because they can earn college credit while in high school. I'll help them prepare for the exam, they just need to try their best and hopefully they can leave Helix with a diploma and college units" says Mr. Watkins.

Below the top ten schools are listed by the number of exams passed in 2001/2002 in AP Comparative Government. For a more complete listing of this and other AP Exam results for the Social Studies department visit http://www.helixcharter.net/faculty/patrevi/ssdept/ssdept.htm

School Number of AP Comparative Government

County School	Rank	Exams Passed
El Camino	1	60
Helix	2	20
Granite Hills	3	11
Valhalla	4	9
Poway	5	5
Ramona	5	5
La Costa	7	3
West Hills	7	3
Monte Vista	9	2
San Dieguito	9	2
Kearny	9	2

College & Career Center News

Families of Senior students - A Financial Aid Workshop will be held on January 14th at 6:30p.m. in Room 1300. This workshop will assist with completing the Free Application For Federal Student Aid (FAFSA) and address many FAQ's regarding the financial aid process. A reservation form was distributed to your student during Advisory. Please contact us or complete this form and return it to the College & Career Center no later than December 19th if you are interested in attending. It is preferred that you initially register online at www.FAFSA.ed.gov to obtain a PIN# www.Pin.ed.gov. You and your student will need this PIN# to access and monitor the progress of your application. All Seniors and their families are strongly encouraged to complete the FAFSA regardless of your student's educational/career plans as no consideration for aid can be made without the completion of this form. Questions or concerns? Contact us at ext.148. or rcech@helixcharter.net

Grade Point Average (G.P.A.) Verifications (for Cal Grant purposes) will be provided to the state from Helix. Please note that the FAFSA must first be completed in order for a student to be eligible for a Cal Grant. Cuyamaca & Grossmont Colleges will visit Helix monthly to answer student questions. Check with the College & Career Center for specific dates/times.

Scholarships are still available for qualifying students. Visit the College & Career Center regularly as scholarship opportunities arrive daily.

Important Suggestion to Seniors. Be sure to keep an eye on deadline dates for all you do or submit. If the document says postmarked by, that means you can mail on the date due. However, if it says must be received by a certain date, be sure to give it at least five days for mail service.

Do you or your student have questions about the college admission process, financial aid, career and educational training or need assistance with deciding what your student might want to study or start a career in? Helix offers assistance to families of our 9-12th graders with our eGuidanceCenter located at www.eguidance.com. Simply log on to this site using our school's Site ID: 10000041 and enjoy many interesting and informational activities designed to assist families and their students. Contact us at ext.136 if you have any questions regarding accessing or using this site.

Math News

California Math League, American Math Competitions, UCSD Math Contest: Every Wednesday at lunch in room 260 (Mr. Babbitt's room) students meet to challenge themselves with a math contest. The contests come from the state and around the country. Some weeks the contests are just practice and some weeks they are actual competition. Every time a student answers a question correctly they are rewarded with food (usually pizza) or other prizes. All students are invited to try their luck but beware that the problems are challenging.

Golfing

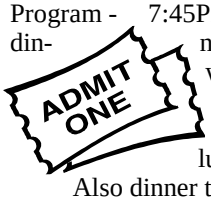
Helix Charter H.S. is now selling discount tickets ($12ea.) for the 2003 Buick Invitational at Torrey Pines Golf Course (Feb.10 & 16). 100% of all ticket sales go directly back to Helix for support of extra-curricular programs. Contact Frank Theroux at 644-1940 x136 or ftherou@helixcharter.net for purchase information.

DECA needs adults who know about are just interested in business to judge at the DECA District Conference, The conference will be held on Saturday February 1, 2002 from 10 A.M. until 4 P.M. at the Fashion Institute of Design and Merchandising (FIDM), located @ 1010 2nd Avenue; San Diego(@ 2nd & Broadway, across from Horton Plaza).

There will be complementary breakfast and lunch for all judges participating. Please R.S.V.P. by contacting Scott Patton at (619)644-1940-ext. (502). You can also reach him at the emailing address: spatton@helixcharter.net

Football Banquet

The Varsity Football Banquet will be held Jan. 8, 2003. Dinner -6PM-7:30PM Program - 7:45PM. Tickets for banquet dinner can be obtained 2 ways. 1) Dinner tickets sold at school on Dec. 10th, 11th and 12th at lunch in room 1410.



Also dinner tickets will be sold on Dec. 18th, 19th and 20th at break in room 1410. 2) Dinner tickets can also be reserved by e-mail from Dec.21 to Jan.6th at kvanmat@helixcharter.net

Remember to put players name and amount of dinner tickets you would like in the e-mail. Tickets can be picked up and paid for the night of the event at the will call table.

*** ONLY PRE ORDER DINNER TICKETS CAN BE PAID FOR AT THE DOOR

*** NO REFUNDS - YOU PAY FOR WHAT YOU ORDER

Thank You

Kris Van Matre

Administrative Football Assistant

Helix Drumline Donates Thanksgiving Dinner To Underprivileged Family

Members of the Helix Charter Drumline, led by Ronnie Valles, donated personal funds to purchase a complete Thanksgiving dinner for an underprivileged family. The dinner included a large 22-pound Butterball turkey, stuffing, mashed potatoes and a pumpkin pie. Several canned goods were also included in the package that was given to Skyline Wesleyan Church, which distributed it to a needy family.

The drumline is having a toy drive for underprivileged kids during the holiday season. If you would like to donate a toy take them to the band room and there will be a special "Drumline" box or call 619.785.9011 to make pick up arrangements. Thank You.