

Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA

HELIX HI-LITES

Volume XLXII, Issue 5
Principal: Douglas D. Smith

Foothills Secondary Council, Ninth District, Inc., CCPTS
PTSA President: Lori Free-Trout

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Editor: Pam Davis

Helix PTSA Founders Day

Congratulations to all the people who were award recipients at the Association meeting in the Gym at Back to School Night.



Benton Hart Award
Robert Berg

PTA Honorary Service Award
Donnie Van Hook & Kathi Turner

Very Special Person Award
Lon Schmidt
Jeff & Laurie Buffington
Teresa & John Markey

These people were awarded for continually going above and beyond the call of duty to support the students of Helix.

A very special thanks to the Founders Day Chairperson, **Laura Lauzier** and her committee - **Bonnie Sardo** and **Lori Free-Trout** for a job well done!

A huge thanks to the presenters- **Doug Smith**, **Jeff Babbitt**, **Shelley Burns** and **Lisa Hamann**.

An additional thanks to **Robin Peterson** for the Hospitality for the evening.

An extra special thanks to **Bonnie Sardo**, **Robin Peterson** and **Bonnie Riggins** for, you know what...!

Governor Proposes Budget Reduction K-12 Education

On Friday, January 10, 2003, Governor Davis presented one of the most difficult state budgets in recent California history. He characterized this budget as a set of painful decisions. He asserts his budget protects public education and meets the requirements of Proposition 98.

Under the Governor's proposal K-12 public education will be forced to cut \$1.5 billion from funding levels approved in the September 2002 budget. On average this translates into mid-year reductions of \$254 per student. Even more devastating, the cumulative effect of the current year and next years proposed budget cuts are over \$1000 per student! The Governor's proposal moves to the legislature where there will be numerous counterproposals.

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 2/14/03.

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

Parent-at-Large Election Results

Congratulations to Lori Free-Trout, who was elected as the Parent-at-Large representative to the Helix Charter Governing Board. Lori was the only parent who submitted a candidate application. On the recommendation of the PTSA Board a motion was brought to the association to vote for the candidate by a voice vote and dispense with the ballot election.

The ballot election is usually held during the spring Parent-Teacher Saturday conference day. Elected terms are for one year and individuals may be elected for no more than three

successive terms. Lori's new term will begin in April.

As incoming PTSA President, Robin Peterson will also serve on the Helix Governing Board as the PTSA representative.

Suzanne Koppman-Gue
PTSA Parliamentarian

CALENDAR UPDATES

Feb. 10..... Lincoln's Holiday—No School
Feb. 11..... Progress Grades Due
Feb. 17..... Washington's Day—No School
Feb. 22..... Parent/Teacher Conference
March 18,19 Final Exam Schedule
March 20-22 INTERSESSION
March 24-28 Spring Break

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

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Social Studies News

This month the Social Studies Department is spotlighting the academic achievement of Helix students who are enrolled in AP United States History. Helix is one of over 60 high schools that offers AP United States History to students. The AP United States History Exam is one the most offered AP Exams in the county. Almost every school in San Diego County has an AP United States History program. Based on the results of taking this course and passing the AP Exam, Helix ranks 22nd in the county (4th in the GUHSD). Students who pass this exam earn college credit in addition to high school credit.

Mr. Richard Sutton is the AP United States History teacher and is one of the most respected members of the Social Studies Department. His commitment, dedication and enthusiasm are characteristics that make him a favorite by many students. For the summer of 2003, AP United States History will be offering a 10-day Summer Prep Course to help students prepare for this course.

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

School	Rank	Exams Passed
La Jolla	1	97
Torrey Pines	2	83
Granite Hills	3	76
Rancho Bernardo	3	76
Valhalla	5	69
Bonita Vista	6	68
El Camino	6	68
Poway	6	68
Scripps Ranch	9	61
University City	10	57

(Some other GUHSD Schools)

School	Rank	Exams Passed
West Hills	19	34
Helix	22	29
Grossmont	24	27
Santana	26	25

Sophomore Corner

The Winter Catalog fundraiser was a big success. Thanks to all those who participated. We made over \$1000. The officers are now looking forward to planning next year's winter formal.

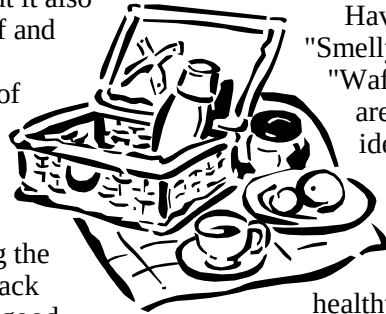
We meet every Wednesday in room 260 at lunch. Stop by to see what's happening.

Michelle Hoeger, Class Secretary

What is School Health?

Part 2

In a previous edition of the PTSA newsletter, I spoke of school health. The fact that health includes the melding of the body, mind and spirit. School health combines these same characteristics. Yes, school health includes our children's body, mind and spirit connection but it also includes that of the staff and the physical campus too. Now that the first of the year is past, our student's focus may be on senior projects, junior research papers, making the Softball, Baseball or Track team. We need to be in good physical shape to accomplish these things, and good diet and exercise are just the start of improving our health. It seems that everywhere we are, we hear or read about the increasing number of people with Type 2 diabetes in this country. More often than not, one of the causing factors of



this type of diabetes is obesity. What can we do about reversing this trend? Baby steps. When parents give their children lunch money, do we know what they're buying to eat? Chips and soda, and a candy bar for desert! Wow!! That's a lot of sugar! What can a lot of sugar cause? Type 2 Diabetes! Let's help ourselves as well as our children!

Have you ever heard of a "Smelly Lunch Box Buster" or, "Waffle Sandwiches?" These are a couple of neat lunch ideas found on the National PTA web site! Go to <http://pta.fen.com> and find all sorts of different ideas for a healthy meal for your student.

We live in a climate where we can enjoy the outdoors year round. Suggest to your child a group picnic at lunchtime. For example, one child can bring enough cut up veggies and dip for 4 or 5 picnickers, another can bring sandwich roll ups for the group, and another can bring sliced, fresh fruit for all. No more standing in lines waiting for food! Share the bounty!! Let everyone bring his or her own drink. It may be a soda today but let's remember those baby steps. Today, baby carrots and dip, tomorrow, OJ and bottled water. Look at the "good" food they eat!

Shelly Burns, PTAHealth Chairman

The Highland Players

present

Children of Eden

a new musical

Children of Eden uses well known bible stories as a platform to share a story of love, betrayal and most importantly, family. This is a truly magical show for families of any race, religion and background. Children of Eden opens Thursday, Feb 20 and runs Feb 21, 22, 26, 27, 28 and March 1 in Helix's Little Theater. Show time is 7 pm. Tickets are \$8 and \$6 for each student with an ASB card.

The Grossmont Union High School District Honor Band recently performed at the Joan Kroc Center. On January 18, 65 of the District's top musicians assembled to show their talents. Of the 65 musicians, 23 (or 35%) were from Helix. Congratulations to these talented students and to Helix's Instrumental Music program for such an impressive showing.

Student Poems Published

Thirty-six Helix student poets will have poems published in the Creative Communication Fall 2002 Anthology. Congratulations to these student writers for daring to write and submit their work. We congratulate the following:

Minna Abassi	Alex Lewis
Sara T. Berhe	Joanie Marquez
Andrea Brooder	Shannon McGrath
David Bush	Manuel Mendoza
AJ Caluya	Keith Miller
Anthony Castanos	Andrea Newell
Joseph Chow	Kevin Ostberg
Aaron Deleon	Kyle Reed
Kari DePrima	Anthony Reynoso
Katie Dowd	Teddy Shu
Josie Gerk	Bernadette Siscon
Jenna Ingrassia	Laura Smith
David Kennedy	Galina Storozhenko
Jessica Krueger	Lisa Tam
Annie Lam	James Thomas
Jessica Ledesma	Ramon Tojos

Opportunities To Get Involved

The Helix PTSA Nominating Committee submitted their report to the members on Wednesday, January 22, 2003. Congratulations to the slate of new officers elected to the Helix PTSA Board for the 2003-04 school year. There are still many opportunities for parents to get involved with PTSA and the school. PTSA programs include Campus Pride, Community Involvement, District Advisory Council, Founder's Day, Grad Night, Health & Safety, Human Relations, Hospitality, Legislation, Outreach, Parent Education, Reflections and SAT Preparation. And while there are still openings to serve on the Board, there are also a variety of ways you can help out at Helix for single events. Parents and community members are a key ingredient in keeping our students connected to school. PTSA involvement is also a great way to keep the lines of communication open between the home and the school. For more information on how you can be a part of our Scottie Pride, please contact Lori Free-Trout at freetrout@juno.com or (619) 469-0801 or Robin Peterson at petersontalk@juno.com or (619) 469-9975. Thank you for supporting our Helix students.

Robin Peterson
Executive Vice President

Van Matre Wins Sports Award

Congratulations to Dave Van Matre San Diego High School Football Assistant Coach of the Year. Following is an article.....

The San Diego High School Sports Association has selected DAVID VAN MATRE from Helix High School as a recipient of the Service to Sports Award as the San Diego High School Football Assistant Coach of the Year. This award will be presented to Coach Van Matre on Monday (Feb. 3) at 6 p.m. at the Scottish Rite Temple in Mission Valley. Van Matre has been a part of the East County football scene for more than 25 years. He was head football coach at Valhalla High from 1980 to 1984 and has served in various capacities for the Highlanders since that time.

California High School Exit Exam Mathematics Study Guide for Parents and Students

The state board of education has recently released a draft of a mathematics study guide to help in preparation for the mathematics portion of the state mandated California High School Exit Exam (CAHSEE). Parents of 10th and 11th grade Helix students are invited to a workshop to preview this handbook on Wednesday, February 19, 2003 from 6:30pm – 8:00pm in room 410. For more information please contact David Watkins at 644-1940 x398 or Cheryl Tyler at 644-1940 x199.

9th Grade Parent Information

The 9th grade team has been meeting with students and parents to help with adjustment to high school and improve academic success. If you have any questions or concerns, please contact any member of the team. We have a handout listing all of the support available at Helix Charter High School. Many parents request weekly progress reports for their freshman, contact Mrs. Kirk if you want to have your child bring grades home weekly.

EXL tutors are working with students on their homework and study skills. We are alternating writing with silent reading to give students more practice writing. We will be introducing test-taking skills during third and fourth quarter. Let Mrs. Kirk know how we can better help your child. Please make sure your child brings a book for silent reading. We can always use books or magazines for reading in EXL.

It will soon be time to request classes for next year. Please review the material carefully with your child. The course request information is used to determine which classes will be taught. It may not be impossible to make changes if your child changes his/her mind at a later date.

Colleges will not accept a "D" in any course required for admission. 9th grade students must pass English, Algebra and Physical Education (both quarters) before enrolling in 10th grade classes. If your child needs to retake a course to improve the grade, one quarter may be taken in summer school. Any other classes must be taken in 5th period or as an elective. Look for more information to come home soon.

We are here to help you.

Your 9th grade team.

Mrs. Test x123	Kris Irving x147
Judy Kirk x444	Dave Schultz x143

Attention Parents of Seniors

Graduation Day will be here before we know it! And Helix PTSA wants to assist in making it a most memorable time for our students. We can't do it without your help! Parent volunteers and community donations are needed to provide our Seniors with a fun and safe Grad Night event. If you are interested in helping out or have community resources for donations, please contact Robin Peterson at petersontalk@juno.com or (619) 469-9975 or Lisa Hamann at Lhamann@ibswb.com or (619) 466-7230. An informational and organizational meeting will be held soon. You will be contacted with the meeting date, time and location. Thank you for supporting our Helix Seniors. What better way can we celebrate their accomplishments than by giving of our time and energy to make memories that will last a lifetime?

Robin Peterson
Executive Vice President

Attention: Parents & Guardians

You love your children. You want the best for them. Show it by creating opportunities for them to make healthy food and physical activity choices. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. Research has shown what parents have known all along - children who eat breakfast do better in school. If you knew then what you know now, would YOU do it differently? Would you have made better choices? Help your child make healthy choices for life - today!

Helix High School will be participating in a special program, the School Health Index (SHI). The SHI is a planning guide that can help schools assess their physical activity and nutrition programs. It is based on national standards and guidelines.

The SHI was developed by the Centers for Disease Control and Prevention in partnership with school health experts, school administrators and staff, parents and national education and health organizations. The SHI has been approved by our PTSA Board to evaluate the nutrition and health programs at Helix High School. If you would like to participate in the School Health Index, please contact Pat Feldman at (619) 466-8579 or e-mail, pat.feldman@cox.net.

Eat healthy - your children are watching!

Career Center News

Reminder to Seniors parents and guardians

Submit the Free Application For Federal Student Aid (FAFSA) and then the Cal Grant Grade Point Average Verification Form ASAP. These forms are available in the College & Career Center (Rm.201). If you need assistance, call or visit the Center every Tues. or Thur. between 8:30a.m and noon when a representative from Cal SOAP (California Student Opportunity Access Program) will be available to answer your questions.

Cal SOAP will sponsor a free Cal Grant & FAFSA Application Workshop on Sat., Feb.15th at the National University Spectrum Center. To register, call 858-569-1866 or visit www.sandiegocalsoap.com. Bilingual assistance and college counseling will be available.

Financial Aid Workshops will also be held at Granite Hills HS on Wed., Feb. 5th & at Monte Vista HS on Thur., Feb. 6th. Contact those schools directly for registration info.

Many scholarships are currently available for students who qualify, encourage your student to visit the College & Career Center regularly and view the Scholarship List. Scholarships are also available for viewing online in the Daily Bulletin under College and Career Center.

Helix Charter High students and families are encouraged to visit our free, online career and educational guidance resource at www.e-guidance.com. The eGuidanceCenter is great for exploring career and education options, making plans for college or other post-secondary training, choosing the right school, preparing for the SAT or ACT, searching for scholarships and much more. The Parent Center section offers activities you can do with your student and the ability to receive information relevant to assisting your student with decisions regarding career and life planning. You must use our school site ID# - 10000041 when registering.

Attention Division 1(Sophomore) Parents/Guardians. Your student will be selecting his/her Div. 2 Graduation Option in March. An Information Night is scheduled for Wednesday, Feb. 26th from 6:30-8:15p.m. Families with last names A-K will meet in Rm.1300 and families with last names L-Z will meet in the Dance Room (near Girls P.E.). The Helix Graduation Options, Soph Div. 1 Speech, Registration for 03-04 and eGuidance Center are the topics that will be discussed. Please plan to attend so that you may assist your student with this important decision for graduation from Helix and beyond.

Helix High PTSA Executive Board Election

On January 22, 2003 at Back to School Night the PTSA association elected the following slate of officers for the 2003-2004 Executive Board.

President: Robin Peterson
Ex VP: Suzanne Koppman-Gue
1st VP programs: OPEN
2nd VP Communications: Sandy Rosenthal
3rd VP Ways and Means: Lori Free-Trout
Recording Secretary: OPEN
Treasurer: Cheryl Schmidt
Auditor: Ron Asbury
Historian: Jennifer Venter

QUOTE

"I haven't failed. I've found 10,000 ways that don't work."

- Thomas A. Edison

SAT PREP

The Spring SAT Prep classes, sponsored by AVID and PTSA, will be held on Thursday evenings, February 20 and 27, and March 6 and 13. Information and registration forms are now available in the career center. The cost is only \$35 and includes the "Preparing for the SAT I" manual. The first class begins at 6:00 in room #1470; remaining classes start at 6:30 and end at 8:45PM. Each 2-hour long class provides instruction, testing strategies and practice in the math and verbal sections of the SAT. Students wishing to maximize their test-scoring potential should not miss this opportunity!

When should students take the SAT?? Many students test in the spring of their junior year to ensure having a test score on their high school transcript when they apply in October of their senior year. Testing in the spring also ensures time to retest if you need to raise your scores. Another advantage of spring testing is that many colleges will send you information about admission, advanced placement, scholarships and special programs.

For more information about Spring SAT testing dates and registration, be sure to visit the career center or on line at www.collegeboard.com

Donated Turkey

Mr. Russ Sperling received a Thank you letter from Skyline Church for the Thanksgiving turkey donation "Dear Mr. Sperling: Words are hard to find for me to thank the kids in the drumline from Helix Charter School who donated their own money to supply a complete turkey dinner to a single Mom and her son. Without their caring and gifts, there would have been no

Thanksgiving this year in that home! They were touched doubly that the kids would work so hard to help someone who was needy! Please extend our thanks to those who gave so freely to help another enjoy not only the food, but the love that came with it! Sincerely, Bo Knowlton, Congregational Care Dept. Skyline Church"