



Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA

HELIX HI-LITES

Volume XLXII, Issue 8
Principal: Douglas D. Smith

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

June, 2003
Editor: Pam Davis

PTSA President's Message

Good luck to all the graduating seniors! We will miss you! You have accomplished much in your time at Helix and we wish you all the very best with your post secondary school adventures!

With an admittedly short summer think about making the most of the time off that you do have. There won't be much, if any, time to procrastinate on how best to spend your time. If you don't already have plans for a vacation away from home consider short quick getaways.

Vacations don't have to be two weeks in Hawaii to be memorable (don't tell my kids that I said that!). Remember back to your youth when you were riding in the back seat of the family car. Traveling to a cousin or family friends home, (Are we there yet?). These are the memories that carry over into adulthood.

Consider contacting friends who live outside of our area and suggest a house swap for a week or two. It's a great and affordable way to "just get away". Every city and town in America has so much to offer. Exploring an unfamiliar location is a good way to interact with different family members and is just another way to explore specific interest areas that maybe have gone unnoticed until now. If you are unable to leave home for any part of the summer consider planning "family dates" with each other. Set aside one day or evening that the family will set out to see parts of the city they haven't been to before or would like to revisit.

Balboa Park is a great place to begin. It is larger than Central Park in New York and it has more cultural attractions than the Smithsonian Institution in Washington D.C. You could plan to visit one or two attractions a week and still not see them all. Only in Balboa Park can you visit the world's largest zoo, eat in a sculp-

ture garden, hike through a Palm Forest, study the history of aviation and

attend a Shakespearian production and never move your car! Don't forget to pack a picnic lunch or dinner for your travels. Involve the whole family in your choices of food. Sometimes planning a theme picnic and searching for an out of the way park is an adventure in itself. Consider a French theme for your picnic; bread, cheese, fruit and sparking cider, the possibilities are endless. Perhaps a different family member each week can be in charge of planning the food for your picnic.

Take suggestions from all of your family members for places to visit. Make a list or draw the suggestions out of a hat. A few suggestions for free or affordable adventures are Cabrillo Monument, the San Diego Mission, Old Town or Palomar Mountain.

Great picnic sites include Presidio Park, several areas set aside with grassy areas at the Embarcadero, Spanish Landing, Shelter or Harbor Islands, Tuna Harbor (named for the commercial fishing industry, adjacent to Seaport Village) and several areas in Chula Vista at the Marina (take interstate 5 South, exit J Street west for Bayside, Marina View and Bay Front Parks). Don't forget locations closer to home, Harry Griffen Park in La Mesa has 53 acres of grassy area and is a great place for kite flying!

Another idea is to visit neighborhood Farmers Markets. Many communities have them, including La Mesa, Del Mar, Pacific and Ocean Beach and Hillcrest. Take time to smell the roses-have a great summer.

Lori Free-Trout, PTSA President
(For more information and directions regarding many of the above mentioned areas check "signonsandiego".)

Help Wanted

The Helix Foundation, a non-profit organization created to help Helix, has operated a very successful scrip program with precious donated time from many important folks for several years. Gaydeen Dollar has been the captain of our scrip program for some time now. Sadly for us, the time has come for her to "graduate." This leaves us desperately searching for someone to fill her shoes. If you think you might be interested please call the school at 644-1940 and ask for Helix Foundation.

Congratulations

Darius Shipp, a senior, was named State Champion in Thematic Interpretation at the California High School Speech Association State Tournament. The tournament included students from all over the state. Darius competed against 55 other speakers, all of whom were top speakers from their individual leagues.

Math Department

Helix High has a new mathematics department chair, Jeffrey Babbitt. He has seventeen years of experience teaching mathematics and will be an outstanding department chair.



Thank You!

I would like to take this opportunity to bid farewell to our PTSA President, Lori Free-Trout. This is her last as our President and she is going to be missed tremendously. I have been working with Lori through PTA in one way or another since our kids were in elementary school. She is a strong supporter for all our children and I know she will continue in her efforts on their behalf.

- Pam Davis, Editor

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

Class of 2006



Moving?? If you will be moving, or your child will not be attending Helix next year, please call 644-1940 x147 and let us know. We have a waiting list for next year and need to know if there will be space available for incoming students. It is also important that your student bring a signed note to school the last week (June 9) and check out.

Summer registration will be June 24th through July 12th. Everyone returning to Helix next year is required to participate in summer registration, and you should have an appointment. Because of our tight schedule, we are unable to reschedule these appointment times. Although we would prefer to have both parent and student attend, the parent (or other adult family member) is the only one required to attend. You should have received the packet of registration forms in the mail. Make sure you bring these forms, and any required documents, with you. If you have any questions, please call 644-1940 x123.

Traveling this summer? Please take a few minutes to **visit college campuses** with your high school student. It is not too early to begin talking and considering college choices. You can call ahead to admissions for a campus tour, or just drop by the campus. We have a number of local colleges you can visit. Although visits during the school year are more informative, a summer visit can give you and your student a basis for discussion about college options.

If you would like to improve your student's **reading** skills, there is a class offered by SDSU and Cuyamaca College designed for the

high school student. The class is designed to improve study skills as well as reading for a nominal cost. If you would like more information, contact (800) 978-3532.

Summer school starts June 20th. If your student failed a class, we have scheduled them to retake it in summer school and/or 5th period next school year. A "D" in any course required for college also needs to be retaken. A student can take only one quarter of one class in the summer. Contact

School Health Index

Some members of the School Health Index (SHI) nutrition interest group toured the Cafeteria and food carts during lunchtime on Friday, May 9th. Some recommendations made were, to provide taste tests and food fairs for students, increase the amount of healthy stand-up food choices for students through food services and vending machines, develop and implement a marketing plan to increase student choices of healthy food and free lunches. Also, to complete on-going student surveys, renovate the south side of the cafeteria, increase healthy food information through bulletins, orientation, registration and handbooks. In addition, a focus group dedicated to the healthy student, and to implement partnerships with restaurants and food vendors. If you are interested in advocating for healthy foods for you child, contact Pat Feldman at (619) 466-8579.

Shelly Burns

Teacher Honored

Denise Hume was honored as the Helix Teacher of the Year at GUHSD's Board Meeting held at Mount Miguel High School on Thursday, May 22nd. **Congratulations De-**

Summer School Information

Summer School begins June 20th at 8:00 am. Schedules will be mailed in the first week of June.

Students who do not receive a class may attempt to crash/add the class that morning. The Crash center opens at 7:30 am in Exl building.

Students not in attendance on the first may lose their seat in the course to a student wishing to crash/add the class. Thanks!

Kevin Osborn, Dean of Students
Summer School Director

Restructuring Committee Are You Interested?

If so I would like to extend an invitation to any parents interested in joining the Restructuring Committee to email me at hestes@helixcharter.net. Meetings are the second Tuesday of the month starting in August.

Thanks You

Howard Estes, Restructuring Chair

Nutritional Information

The following is a response made by Ed Blonz, Ph.D (a nutritional scientist based in Northern California) when he was asked about partially hydrogenated fat in his column, which appeared on 11/6/02 in the San Diego Union:

Here are some basic points:

1. Trans fats are the fats to avoid.
2. Partial hydrogenation is the process that changes liquid fats to solids and changes the normal fatty acids in vegetable oil into trans fats.
3. Avoiding foods made with partially hydrogenated vegetable oil is the same as avoiding those that contain trans fats.
4. Traditional vegetable shortening is partially hydrogenated vegetable oil with a little water whipped in, so foods made with shortening will contain trans fats.

Note the use of the term "traditional." There are now a few shortening products that are made in a way that reduces or eliminates trans fats. These products should state clearly on the label that they contain no trans fats. If the label says nothing, it is reasonable to assume the product is a traditional shortening.

5. Our food labels will eventually list the amount of trans fats in a serving, but until that time, we have to rely on the ingredient statement for guidance."

Please read the labels on the packages you buy. It is quite surprising how many food packages (even packages labeled low fat and healthy) contain partially hydrogenated oils.

Pat Feldman

Be Sure to Eat and
Play Smart, and Have
A Great Summer!

Instrumental Music Department Summer Information

July 8.....	Band Practice (winds and percussion) 7:00-8:30 p.m.
July 8-29	Color Guard Rehearsals Tuesdays 5:00-7:00 p.m.
July 22.....	Band Practice (winds and percussion) 7:00-8:30 p.m.
July 31, Aug. 1	Drumline Camp all day 9:00 a.m.-4:00 p.m.
August 4.....	Instrumental Music Student Leadership Symposium all day, location to be announced
August 5.....	Freshman Band Camp 9:00 a.m.-3:00 p.m.
Aug. 6-8 & 11-12.....	Band Camp at Helix (<i>Schedule below for band and guard</i>) 9:00 a.m.-12:00 p.m. Marching 1:00-4:00 p.m.Music 4:30-6:00 p.m.Marching and Playing Bagpipes meet 9:00 a.m.-12:00 p.m.
August 7.....	Orchestra Camp 7:00-8:30 p.m.

Information Available

Are you interested in reading about tough issues that your child could be experiencing? If so, call Judy Kirk at 644-1940 ext. 444 or stop by her trailer #1530 and pick up "Quick Tip" pamphlets written by **The Parent Institute**. Some of the titles include: *The Disrespectful, Angry Child*; *Is Your Child Under Too Much Pressure?*; *Popularity & Friendship Problems*; *Violence*; *Bullies*; *Ten Way to Help Your Child Deal with Peer Pressure*; *Help Your Child Avoid problems with Diets and Eating Disorders*; *Helping Your Child Cope with Divorce*; *The Apathetic Child* and many more.

Class of 2003 Activities Calendar

- June 6th Student Appreciation Day
June 7th "Reflections" 2003 Prom – SD Design Center 8pm-Midnight
June 9th Senior Awards Nights
June 10th Seniors last day in classes
June 11th Pick up cap and gown
June 12th GRADUATION DAY ☺
- A.M.– Grad Breakfast and Graduation Practice (pick up prom pictures)
 - 6pm – 2003 GRADUATION CEREMONY
 - Grad Night aboard Sprit of San Diego, Gym will be open from 9-10:45.
- Buses leave at 11 p.m.!!

Thank You

The Class of 2003 would like to thank the Helix PTSA for 4 years of support and encouragement. We appreciate the dedication and time spent making our years here at Helix memorable.

Social Studies Department Oral History Reception

Congratulations to all the 11th grade students who made the Oral History Program a success! Over 100 Senior Citizens from our community participated in the event which showcased the wonderful Performing Arts, Fine Arts and talent of our students. A special thanks to everyone who helped make this event a success!

Congratulations to the 9th Grade Honors Geography students who represented the San Diego County Water Authority at the Metropolitan Water District Forum on May 21st and May 22nd! You did a great job in arguing the water issues of our region!

Summer Prep Courses

Summer Prep Courses will be offered this summer in Honors Geography, AP European History; AP United States History and AP Econ/Government. Talk to your counselor to sign up or join the "waiting" list for these classes. Get a head start on your summer assignment!

Another Successful Senior Project

The Deaf and Hard of Hearing Program at Helix Charter High School wishes to express our great appreciation to **Natalie DeVillar**, student who will be graduating this year. Natalie spent many long hours doing fundraising activities in order to purchase a brand new set of 2003 World Book Encyclopedias for our classroom. Our other old set was almost 20 years old and was falling apart. We use these encyclopedias in the classroom every day. There is no way to adequately express our thanks to this wonderful senior student who helped our classroom environment become a lot better for now and for the future generations of deaf and hard of hearing students! Thanks again, Natalie!

Helix PTSA Web Page Coming Soon!

One of Helix PTSA's most important goals is to look for new ways of improving communication with parents. In this age of electronic information, we would like to thank **Lori Free-Trout** for being the driving force in the development of our PTSA web page. Parent volunteers, **Suzanne** and **Greg Koppman-Gue**, have worked diligently to create a web page that is user friendly for our parents. Please look for the new Helix PTSA web page to be on line by the beginning of next school year.

Robin Peterson

Summer's Almost Here

Fun in the sun, fun in the sun, fun in the sun!!!! YIPPEE!! SUMMER!! Along with fun goes sunscreen! Please remember to use an SPF sunscreen appropriate for your activity, skin tone, time of day. Remember, the hours that you can get the most damage from the sun's UV rays is between 10am and 2pm, soooooooo, take that umbrella to the beach and sit under it once in a while!! Summer is a time for relaxing, reflecting and preparation for the new school year. I know, I know, nag, nag, nag and school isn't even over with yet! Be safe and be healthy, we want to see you in great health (mental, physical and spiritual) in August!!

Shelly Burns

Attention Helix Parents

A great many opportunities exist at Helix High School for you to be involved in your student's academic life by choosing from a variety of volunteer activities. No matter what your interest or time availability, there is something for everyone at Helix. Jump into the heart of PTSA by joining the Board to assist in directing our PTSA programs for the coming year, or sign up to help with concession stand or ticket sales for sporting events. Let us know where we can find the place that is just right for you.

Are you interested in having some input into the vision and direction of Helix High School? Focus Groups for the coming year are looking for parents to be a part of these discussions. These groups meet every other Wednesday morning for about 45 minutes. There are six criteria that the groups will focus on: Assessment and Accountability, Curriculum and Instruction, Student Support, Culture, Leadership, and Staff, Vision and Purpose. Each criterion will have 3 or 4 focus groups. The time commitment is relatively small and parent input is invaluable. Many of our major changes over the years have started with Focus Groups. These groups are one of the best ways for parents to have input. If you are interested in joining one of these groups or would like more information

on volunteering at Helix, please contact me at petersontalk@juno.com Or for Focus Groups, you can contact Mr. Berg (Faculty member) at Helix High School. Your participation and support are an important key to your student's success.

Robin S. Peterson, Executive Vice President

Grad Nite 2004

Attention parents of the class of 2004! If you are interested in helping with Grad Nite 2004, please e-mail Lisa Hamann @ lhmann@cox.net or call her at 466-7230.

"Reflections"

Helix High School Prom

will be held at the

San Diego Design Center

6455 Lusk Blvd, San Diego, CA 92121

on **Saturday June 7th**

from **8pm to Midnight**

Bids are on sale May 19th until June 6th, \$25 single and \$40 couple.