

Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA Helix Hi-Lites

Volume LIII, Issue 6
Principal: Douglas D. Smith

Foothills Secondary Council, Ninth District, Inc., CCPTS
PTSA President: Robin Peterson

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Editor: Pam Davis

What Are Fat and Calories?

The following information was taken from the KidsHealth.org website:

You want to look and feel your best. But does this mean you should watch your weight, eat fat-free foods, and count calories? Start by getting the facts on fat and calories, then decide for yourself.

Fats, or lipids, are nutrients in food that your body uses to build nerve tissue (like the brain) and hormones. Your body also uses fat as fuel. If fats that you've eaten aren't burned as energy or used as building blocks, they are stored by the body in fat cells. This is your body's way of thinking ahead: by saving fat for future use, your body plans for times when food might be scarce.

A calorie is a unit of energy that measures how much energy food provides to your body. When some people hear the word calorie, they think calories are a bad thing. But the truth is that everybody needs to have calories. Your body needs calories to function properly. How Are Calories and Fat Represented on Food Labels?

Food labels list calories by the amount in each serving size. Serving sizes differ from one food to the next, so to figure out how many calories you're eating, you'll need to do three things:

1. Look at the serving size.
2. See how many calories there are in one serving.
3. Multiply the number of calories by the number of servings you're going to eat.

4, 4, and . . . 9?

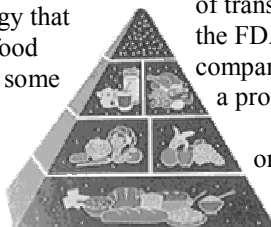
Food calories come from carbohydrates, proteins, and fats. A gram of carbohydrate contains 4 calories. A gram of protein also contains 4 calories. A gram of fat contains 9 calories - more than twice the amount of the other two. That's why a food with the

same serving size as another may have far more calories. A high-fat food has many more calories than one low in fat and higher in protein or carbohydrates.

Fat and Calories in a Healthy Diet

The Food Guide Pyramid shows that fats should be used sparingly. The American Heart Association recommends people get as much of their daily fat intake as possible from unsaturated fats and that they limit saturated fats and trans fats - or at least keep their consumption of these fats to no more than 10% of their daily diet. Saturated fats are listed on food labels. Keeping track of trans fat is also going to be easier - the FDA requires that, by 2006, all food companies list the amount of trans fat in a product on its food label.

There is more useful information on the KidsHealth.org website about fat, calories, and many other topics important to you and your student(s).



A Very Important Apology

In last month's newsletter an important group was not given credit for their support and participation in the School Health Index which became a part of the Resolution Establishing Healthy School Nutrition and Physical Exercise Policy for Helix Charter High School. A sincere thank you to all the Helix High School teachers who support the efforts to provide a healthy campus for the students attending Helix High School. A special thank you to Beth Leighton, Damon Chase, Julie Damschen, and Scott Patton.

Pat Feldman, PTA

Summer School Dates

Students and faculty have one week off before summer school starts (June 14 through June 18).

Summer School starts Monday, June 21 and runs through Friday, July 16. (20 school days).

Grade Level Teams will be accepting summer school requests in late February and March when collecting students' course requests for next year. Summer school requests can be submitted to each Grade Level Team throughout Term II as remediation needs of students are identified.

Kevin Osborn, Dean of Students



Health Fair Coming

The Health committee is planning to hold a health fair at Spring Fling. Keep an eye on the daily bulletin for updates. If you would like to participate or know of anyone in a health related business that would like to participate, please call Shelley Burns at 697-6589 or send me an email at tartan@cts.com.

Shelley Burns, PTA

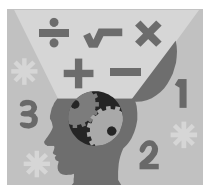
CALENDAR UPDATES

Mar. 16,17 Final Exam Schedule
Mar. 18-19 INTERSESSION
Mar. 22-26 Quarter Break
Mar. 29 First day of Quarter 4
Apr. 9 School Holiday
Apr. 8-13 Spring Break
May 19 Spring Fling
May 31 Memorial Day—No School

Class of 2005

Be sure to prepare your Senior Project Proposal. Your proposal is due April 7th. We have discussed the proposal in Advisory for the past eight weeks and provided worksheets and examples to assist you in drafting a quality proposal. More information and examples are available by accessing Helix' website (www.helixcharter.net) and viewing the Senior Project link online. Ms. Christian has a link to her e-mail address if you have specific questions or wish to run some ideas by her. Please have your completed proposal done and submitted by the deadline. Good luck!

College entrance exams (ACT/SAT I & II) should be taken this term if you plan to apply to any four-year colleges or universities next fall. There are only a few dates remaining for you to sign up for and take the test. If you do not take any exams this term, you will have only one or possibly two dates next fall to take these tests. Do not delay in registering for them. You can register online. More information is available in the College & Career Center (Room 201).



SAT Deadlines:

Registration Deadline	Test Date
March 25, 2004.....	May 1
April 29, 2004.....	June 5

ACT Deadline:

Registration Deadline	Test Date
May 7.....	June 12

Mark Faulk, Counselor



Did You Know?

Tax season may not be as exciting as baseball season or as welcome as spring, but with some preparation, you'll be seeing blue skies on April 15. Here are ways to make sure that you get the most out of your meeting with your tax preparer.

- **Assess your situation early** so you'll be able to accurately describe it and find a tax professional who is best suited to your needs.
- **Review last year's return** because it will help you remember deductions you were able to make and any unique tax situations that you'll need to discuss.
- **Organize** all receipts by category, and assemble other relevant documents such as W-2 forms, 1099s, sales journals, bank statements, rent receipts, investments and records relating to real estate. If you're not sure whether or not your preparer will need the information, bring it with you.
- **Bring relevant computer disks**, such as the ones you use to track your finances on Quicken or Microsoft Money.
- **Consider saving programs that offer potential tax advantages**, such as a regular IRA, Roth IRA or Coverdell Education Savings Account.
- **Have a list of questions** ready to make the most of your time—and your preparer's time—so you have a productive meeting.
- **Don't delay** sending follow up information if your preparer has requested additional documentation from you.

Make paying for college less taxing, too - remind your graduating senior to apply for the California Coast Credit Union scholarship program by April 2, with \$11,500 in available funds. Go to calcoastcu.org and hit the link on the homepage for an application.

For more information on IRAs or an account application, please call California Coast Credit Union toll free at (877) 495-1600, visit the La Mesa branch at 8131 Allison Avenue or visit calcoastcu.org. California Coast Credit Union is a partner in education with Helix Charter High School.

Terri Miracle,
*Community Relations Manager for
California Coast Credit Union*

Sports Schedules

March 22 - Softball vs. El Cajon-3:30
Baseball @ El Cajon
Volleyball @ Granite Hills-6:00
March 23 - Boy's Lacrosse vs La Jolla-6:30
Tennis vs. Mt. Miguel 3:30
March 24 - Softball @ West Hills-3:30
Baseball vs. El Capitan
Volleyball vs. Mt. Miguel-6:00
March 25 - Tennis @ Granite Hills-3:30
Track @ Steel Canyon 3:30
March 26 - Softball vs. Grossmont-3:30
Baseball @ Santana-3:30
March 29 - Softball @ El Cap-3:30
Baseball vs. West Hills
Boy's Lacrosse @ Santana
Girl's Lacrosse @ Bonita Vista
March 31 - Volleyball @ Valhalla 6:00
Girl's Lacrosse vs Grossmont 3:30
Boy's Lacrosse vs. Granite Hills-6:30
April 1-Softball vs. Castle Park-3:30
Girl's Lacrosse @ San Dieguito 5:30
Tennis @ Monte Vista
Track vs. Monte Vista-3:30
April 2 - Volleyball @ Monte Vista 6:00
Boy's Lacrosse @ Eastlake 5:00
April 5-8 - Softball Longhorn Tournament TBA
Baseball Lions Tournament. TBA
April 14 - Baseball @ Granite Hills (DH) 12:00
April 16 - Softball vs. Hilltop-3:30
Tennis vs. Eastlake
April 19 - Baseball vs. Valhalla-4:00
Softball @ Patrick Henry
Boy's Lacrosse @ Monte Vista
Girl's Lacrosse vs. Monte Vista
April 20 - Tennis vs. Steele Canyon
April 21 - Volleyball vs Steele Canyon
Boy's Lacrosse vs. Grossmont 3:30
April 22 - Tennis @ Mt. Miguel
Track @ Valhalla 3:30
April 23 - Volleyball @ Mt. Miguel
Damon Chase,
Teacher/Athletic Director/Athletic Trainer

The Best Time of 2004 is already scheduled

Get the babysitter booked for April 17th. Grab your Poodle Skirts, your Nehru Jackets, your tie-dye T-Shirts, whatever era is in your attic and rock on over to "HELIX ROCKS", HIMA's annual dinner and Auction. Don't wait to reserve your seat(s). We are going all out this year to make it a sellout! There are only 200 seats available! Call now! Operators are standing by. We have individual and full table ticket prices. Here are all the details.

Event: Helix Rock's Sponsored by: Helix Instrumental and Music Association

Date: April 17th, 2004

Time: 6:00 P.M. til Midnight

Place: The Crystal Ballroom, 414 N. Magnolia Ave., El Cajon, CA 92020

Attire: Come in your favorite rock 'n roll era clothing from the 50's to today.

Price: \$25.00 per person . Adults only for this event

Price Includes: Admission, dinner, coffee and/or tea, and dancing. Alcoholic drinks and soda are available for purchase

Reservation #: 619.433.3664



Family Time

This hectic world we all find ourselves living in is sometimes overwhelming. I often find myself actually scheduling time with my children so that we can see each other more than just running in and out of the door.

More than ever, as they move forward in their own lives that seldom include us, dinner time remains the one opportunity where we can all come together. It does take some scheduling. We find ourselves eating at unconventional times, to accommodate our busy lives, but the pay off is worth it. It doesn't matter what the meal is. A traditional dinner, a large salad, pancakes, fast food...the important thing is that we are sitting down together, at the table.

How to begin communication and keep the conversation upscale and free of negative and inappropriate discussions? Try this simple exercise. Ask these three questions or devise questions of your own. 1. Name one kind thing you did for someone else today. 2. Name one thing you learned today. 3. Name one thing you did



today for exercise. (Alternate options: Name your favorite male and female athlete. Name something today that amazed you. Name someone you met today for the first time or a friend you made today.)

This prompt will work for ages 3 to senior citizens, so it can be done every night. You just might be surprised at some of the answers. They are good ice breakers and will most likely stimulate more conversation.

Give it a try. You have nothing to lose. It works at my house. Good luck!
Lori Free-Trout, PTA

Scottie Tots

Our on-site 3 week pre-school operated by the Child Development classes - will begin May 3rd and run until May 21st from 9:30 to 12:30 daily except Wednesdays. This is a great opportunity for the Child Development students to get "hands on" experience, for the preschoolers to get a little outside socializing, and for mom and dad to have a few hours to relax. Cost is \$2.00 per day to cover snack and activities. For more info contact Beth Leighton at bleight@helixcharter.net, or 644-1940 ext 390.

Beth Leighton, Teacher



Helix Charter High School Choral Department

presents...

Choral POPS 2004

That's Entertainment



featuring songs from

Movies, Television & Broadway

Friday, May 21, 2004 at 7:00 pm

Saturday, May 22, 2004 at

2:00 pm & 7:00 pm

at the

Performing Arts Theatre

Ray and Joan Kroc Corps Community Center
6845 University Ave, San Diego, CA 92115

Tickets go on sale **April 19, 2004**

(619) 644-1940 (ext. #360)

CHEER TRYOUTS for next the school year will begin on May 3, 2004 at 3:10 in the Dance room. All students must have a completed sports packet and physical to tryout.

All levels are welcome even if you have never cheered before! We're looking for enthusiastic, energetic school-spirited students. Practices will teach the basics. For more information contact Beth Leighton at bleight@helixcharter.net or 644-1940 ext 390.



Save the Dates

The Helix Instrumental Music Department's Pops Concert 2004 will be "Nightmare on Highlander Way 2--The Sequel" and be held in the gymnasium on May 13-15 at 7:00 p.m.



The Helix Wind Symphony and Symphony Orchestra's Final Concert will be held at the Joan Kroc Performing Arts

Center on Wednesday, June 2 at 7:30 p.m.

More information to follow...

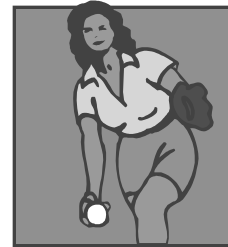
Russ Sperling, Teacher

Varsity Softball Schedule

March 22nd	El Cajon Valley @ Helix	3:30
March 24th	Helix @ West Hills	3:30
March 26th	Grossmont @ Helix	3:30
March 29th	Helix @ El Capitan	3:30
March 31st	Championship @ Northside	

April 1st	Castle Park @ Helix	3:30
April 5th	Long Horn Tournament	
April 6th	Long Horn Tournament	
April 7th	Long Horn Tournament	
April 8th	Long Horn Tournament	
April 16th	Hilltop @ Helix	3:30
April 17th	Helix @ Serra (Double Header)	11:00/1:00
April 19th	Helix @ Patrick Henry	4:00
April 21st	Mount Miguel @ Helix	4:00
April 23rd	Helix @ Granite Hills	4:00
April 28th	Valhalla @ Helix	4:00
April 30th	Helix @ Monte Vista	4:00

May 5th	Steele Canyon @ Helix	4:00
May 7th	Helix @ Mount Miguel	4:00
May 12th	Granite Hills @ Helix	4:00
May 14th	Helix @ Valhalla	4:00
May 17th	Monte Vista @ Helix (Senior Day)	4:00
May 19th	Helix @ Steele Canyon	4:00
May 22nd	Playoffs	



JV SOFTBALL SCHEDULE

March 20th		RBHS Bronco Tournament	
		Helix vs. Escondido	12:00
		Helix vs. Torrey Pines	4:00
March 22nd		El Cajon Valley @ Helix	3:30
March 24th		Helix @ West Hills	3:30
March 26th		Grossmont @ Helix	3:30
March 27th		RBHS Bronco Tournament	
		Helix vs. Mt. Carmel	4:00
March 29th		Helix @ El Capitan	3:30

April 1st	Helix @ Castle Park	3:30
April 3rd	Grossmont Tournament	
	Helix vs. Granite Hills	9:00
	Helix vs. Westview	3:00

April 5th	Grossmont Tournament	
	Helix vs. Orange Glen	1:00

April 6th	Grossmont Tournament	
	Helix vs. Steele Canyon	11:00

April 7th Grossmont Tournament
Semi Finals (9:00)/Championship game 1:00

April 16th	Hilltop @ Helix	3:30
April 17th	Serra @ Helix (Double Header).....	11:00/1:00

April 19th	Patrick Henry @ Helix	4:00
April 21st	Mount Miguel @ Helix	4:00

April 23rd	Helix @ Granite Hills	4:00
April 28th	Valhalla @ Helix	4:00

April 30th Helix @ Monte Vista4:00

May 5th	Helix @ Steele Canyon	4:00
May 7th	Helix @ Mount Miguel	4:00

May 12th	Granite Hills @ Helix	4:00
May 14th	Helix @ Valhalla	4:00

May 17th	Monte Vista @ Helix	4:00
May 19th	Steele Canyon @ Helix	4:00

June 1st..... Banquet

Varsity Roster

Jersey #	Student	Grade
1.....	Andrea Ness	12
2.....	Kristen Frosio	12
3.....	Jessi Hecht	11
5.....	Hayley Gorham	11
9.....	Adriana DeJong	12
10.....	Lauren Brady	12
11.....	Teather Nichols.....	12
13.....	Krystle Lopez	12
14.....	Sipau Lee	11
16.....	Jessica Smith.....	12
22.....	Sarah Alberts	12
27.....	Laura Smith	11
Coach.....	Jaime Kahler	



FROSH SOFTBALL SCHEDULE

March 20th.....	San Pasqual Tournament.....	TBA
March 25th	Helix @ Granite Hills	3:30
March 26th	Helix @ Grossmont	3:30
March 27th	San Pasqual Tournament.....	TBA
March 31st	Helix @ Mira Mesa JV	3:30
April 12th	Grossmont @ Helix	4:00
April 14th	Helix @ San Dieguito Academy	4:00
April 19th	Helix @ Mar Vista JV.....	4:00
April 23rd	Granite Hills @ Helix	4:00

April 30th	Monte Vista @ Helix	4:00
May 3rd	Helix @ Julian JV	4:00
May 7th	San Dieguito Academy JV @ Helix	4:00
May 12th	Helix @ Granite Hills	4:00
May 14th	Mar Vista JV @ Helix	4:00
May 17th	Helix @ Monte Vista	4:00
May 19th	Helix @ Grossmont	4:00
June 1st	Banquet	

Attention Senior Parents

As we head into the home stretch your student and the senior team needs you more than ever.

SENIOR PROJECT

Portfolios are DUE: Monday, April 19th

- Information on putting the portfolio together is available in the senior project manual (see your student) or online at www.helixcharter.net. Go to the senior project link, then to portfolio.
- Portfolio Defense will take place April 20th, 21st, 27th or 28th
- Each student will be assigned a 15-minute appointment to discuss his or her project. Students should be familiar with everything in their portfolios and be able to answer questions regarding their project.

Senior Papers are Due: May 12th

- If your student has English this Term
- If your students already had English, then their paper should already be passed and **MUST** be present in the portfolio

Senior Boards are June 1st and 2nd

- Only students who have passed both the paper, portfolio and practice speech will be assigned to boards on these days.
- Students will be notified the week before boards as to which day/time/room they have been assigned.
- Dress Rehearsal is May 26th

COLLEGE UPDATES

Students should be receiving notifications from the Universities throughout this month. Most schools will be sending an email as well as an official letter. Students should be checking email regularly.

ALL letters offering admissions are PROVISIONAL letters. Offers of admission CAN be revoked. Some common reasons schools will revoke an offer are: the final transcript does not match the stated application information, a student's overall grades have dropped significantly (this is very subjective), a student does not meet correspondence deadlines, the student does not graduate.

If students have questions about any notification they receive they may make an appointment to see me for assistance. They need to bring the notification with them to the appointment.

When a student has made his/her decision as to which school they plan to attend, they must notify the college before the indicated deadline. (The deadline is included in the notification offering admissions.)

Especially in California, due to the financial condition of the state, many universities are actually going to enroll far less freshman than have been enrolled in the past. This is why making a decision early and following through quickly on ALL information requested is critical.

Cat-6 Testing

April 21st, 22nd, 27th and 28th are the dates of the State's mandated testing. Seniors do not take these tests. The senior team is putting together a schedule of activities for each student each day. Students have been asked, through advisory, to let us know what activities they are interested in. Some of the activities available are: *Senior Project Defense, Grossmont and Cuyamaca College Registration, CSU placement test prep classes, AP prep, research field trips and the senior picnic. Every student is required to participate in at least one activity a day. The length of the school day will vary. For students needing to work off campus, an excursion form signed by the parent must be filed before that day. Excursion forms will be made available through advisory class.

*Required

Cathy Singer, Counselor