

Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA

Helix Hi-Lites

Volume LIII, Issue 8
Principal: Douglas D. Smith

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

May, 2004
Editor: Pam Davis

PTA President's Message

Dear Helix Parents, Students and Community members,

I would like to take this opportunity to thank the many volunteers who helped make the work of PTSA possible this year. Every hour you gave was indeed an important contribution to our school. Whether you served nachos at a football game or provided input to a campus committee, you are a vital part of what makes Helix an exceptional school. My sincerest thanks go to our newsletter editor, Pam Davis, for providing our community with a link to what's happening at school, and all the other Board members who quietly performed their responsibilities with great professionalism and dedication.

At the conclusion of this school year, Helix will graduate two parents who have served PTSA with a commitment far above that of anyone else. They have been a great source of inspiration, knowledge and leadership for so many people. To **Lori Free-Trout** and **Lisa Hamann**, I extend my deepest gratitude for your guidance and friendship. And on behalf of all the students and families you have served, Helix is a better place, because a part of your energy and enthusiasm will remain long after the conclusion of the Graduation ceremony on June 10, 2004.

I look forward to serving you again in the 2004-05 school year. Enjoy your summer!

Sincerely,

Robin S. Peterson, PTSA President

Class of 2007

Summer Registration Appointments

By now all current 9th grade students should have a summer registration appointment. If you still do not, then please call Mrs. Milburn at 644-1940 ext. 259 to make that appointment. It is mandatory that every student and his or her parent/guardian attend a summer appointment. Parents and students who fail to attend the appointment could lose their opportunity to attend Helix Charter High School next year. If you forgot or lost when the appointment is, do not worry-- we will be mailing out reminders prior to the appointment.

Summer Reading Skills Program

Classes are being offered this summer through San Diego State and Cuyamaca College for extended studies in reading and study skills. They have programs from 4th to 12th grade. The tuition for these classes is \$299. For more information call 800-978-3532.

Kathy Gunion

Counselor Class 2007

619-644-1940 ext. 146

Kevin Osborn

Asst. Principal

619-644-1940 ext. 241

Important Grad Nite 2004 Information

*Disneyland has a few house rules
for Grad Nite Attendees.*

Dress to Impress. All guests attending Grad Nite are encouraged to dress up. This party is a big deal for everyone and the name of the game is looking' good! Here's what NOT to wear:

- Any clothing affiliated with a school, sports team, group, club, etc. (i.e. letterman jackets, clothing with school logos, etc.)
- Clothing not in good repair (torn jeans, shirts, etc.)
- Extremely revealing clothing (i.e. bathing suit tops or bottoms, see-through clothing, etc.)
- Hats (official Disneyland Resort merchandise acceptable) Play It Safe. Disneyland will be searching everyone and their belongings before entering the Park. Here are the things that need to be left at home:
- All backpacks, briefcases, hip packs, camera bags, tote bags, and oversized purses larger than 8 1/2" x 11"
- Cameras, cell phones, and pagers are OK if not in a case
- Shoes with skate wheels
- Weapons, knives, chemical irritants of any kind, laser pointers
- Prescription medication (inhalers are ok)
- Over-the-counter medication (inhalers are ok)
- Tobacco products (cigarettes, cigars, chewing tobacco, snuff, etc.) and related materials (lighters, matches, pipes, etc.)
- Alcohol or any controlled substance
- Bandanas (either worn or hanging from belt loops/pockets etc.)
- Glass containers and/or fluids of any kind. This includes water, any drinks and perfumes
- Food and beverage (including water bottles and snack items)
- Snack items include but are not limited to gum/mints/candy (no candy containers i.e. altoids, certs, etc.)
- Spiked style jewelry or belts
- Aerosol cans/bottles

For more information about Helix's Grad Nite, e-mail Lisa Hamann, PTSA Grad Nite 2004 Chair
@lhamann@ibswb.com.



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



Did You Know?

Whether you choose to visit the nearby coast, venture across the country or voyage around the world, your vacation will create a lifetime of memories for you and your family. Just make sure those memories consist of the good times you shared, rather than the debt that's still lingering. Over 50% of Americans plan to travel this year, and 78% of them will be putting the cost on their credit card. Here are some tips to ensure that your vacation souvenirs are not unpaid bills:

Plan first. Take advantage of a travel agent, Internet travel deals and magazines to research the best deals on hotels and airfare. Think about your preferences—would you rather choose a more expensive hotel, or spend less money on a room and stay longer?

Establish a budget. Be realistic about where you can go and what you can spend. According to the American Automobile Association, a family of four should budget at least \$244 per day. Include all of the major expenses, as well as admission prices, souvenirs and snacks. Get your family involved; children and teens can help make decisions and save some of their money for the trip.

Set up a vacation nest egg. Establish a savings account or money market account, and set up automatic transfers from your checking account. The money will be deposited automatically, without tempting you to use it for something else. Some financial institutions offer a summer certificate to help you save faster with a higher rate.

Use credit cards wisely. The advantage of a credit card is that it's so convenient, accepted practically everywhere. That may also be the disadvantage. Take a credit card for unexpected expenses, but if you need to use it, make sure it's the one with the lowest interest rate.

Consider a home equity loan. If you still need funds, talk to your financial institution about a home equity loan. Because the loan is secured against your home, you'll get a lower interest rate, and you may be able to deduct the interest from your taxes (consult your tax advisor).

Good planning and money management mean a more relaxing vacation for everyone. Bon voyage!

For more information 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*

CALENDAR UPDATES

June 1, 2 Senior Boards, minimum days	June 9, 10 Final Exam Schedule
June 7 Senior Awards Night	June 10 Graduation 6:00 p.m.
La Mesa Community Center	

Class of 2006

California High School Exit Exam

You should have received the your child's results on the California High School Exit Exam (CAHSEE). We were very pleased with the overall results. Only 22 of the 522 eligible 10th grade students did not take the tests. Makeup tests will be taken May 11th & 12th. The CAHSEE has two parts, Mathematics and English-Language Arts. There are 450 points possible on each test and 350 is the passing score. On the English-Language Arts test, we had 85% of the students pass with an average score of 387. On the Mathematics test, we had 84% of the students pass, with an average score of 384.

Summer Registration

You should have made your summer registration appointment. Summer registration will be June 14th to July 3rd this year. If you do not have an appt., please call Joan Ulrich at 644-1940 x123.

This is a critical year for your student, both in meeting high school graduation requirements and meeting college expectations. Because we have so much important information to review with you this summer, the summer registration will be formatted differently than in the past. We will meet in a group to review the high school graduation and college entrance information and then distribute the schedule for next year. Your student should have provided us with the courses they have selected for next year before the end of 3rd quarter. When the summer registration appointment was made on April 7th or 14th, any special requests regarding the schedule should have been given to us. We will do our best to schedule your student into the courses needed for graduation and college and honor any requests that were made.

Summer School

Summer school is designed for students who need to repeat a class to improve the grade. Students may take one quarter of one course in summer school. Summer school this year will be from Monday, June 21st to Friday, July 16th. Students who failed a course through 3rd quarter have been scheduled to retake the course in summer school or during 5th period. Colleges will not accept a "D" grade in any course required for admission. If you would like your student to retake a course in summer school, please have them see Mr. Schultz or Mrs. Irving immediately. Any student who fails a course in the 4th quarter needs to report to summer school on June 21st at 7:00 AM. You should receive a post card reminder if your student has enrolled in summer school.

Summer Plans

School will start next year on Wednesday, August 11th. Please make your summer plans accordingly.

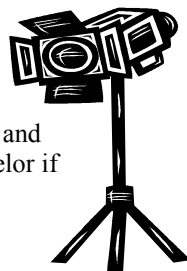
The 10th Grade Team

Mimi Test x 122	Kris Irving x147	David Schultz x 143
Assistant Principal	Counselor	Academic Advisor
mtest@helixcharter.net	kirving@helixcharter.net	dschult@helixcharter.net

Athletic Dates

May 24...CIF Tennis Championships
May 25...CIF Baseball Playoffs begin
May 29...CIF Softball and Track and Field Championships
June 2....Outstanding Senior Athlete Awards Dance Room 6p.m.
June 4&5....State Track and Field Championships
June 12....Athletics Golf Fundraiser at Barona Creek 2:00 p.m.
Damon Chase

Social Studies Spotlight



The Helix Social Studies Department wishes to remind parents and students of summer opportunities at Helix. Contact your counselor if you are interested in taking any of the following courses:

- ▶ **Honors Geography Summer Prep Course**
- ▶ **Advanced Placement European History Summer Prep Course**
- ▶ **Advanced Placement United States History Summer Prep Course**
- ▶ **Advanced Placement Economics/Government Summer Prep Course**

These prep courses will help prepare students for the regular course taught during the school year. The Social Studies Department is committed to offering student support to continually better prepare students who wish to attend colleges. One great way to prepare for college may be to challenge yourself with a "college level course for college credit" while in high school.

Paula Ann Trevino, Teacher

Focus Group for Bond Monies

The Physical Environment focus group is planning a Saturday Design Day in mid-May for interested parents, faculty and students to analyze, discuss, and set priorities for our use of Bond monies. The date is not yet set, but if you are interested in being included, email Howard Estes at hestes@helixcharter.net. This session will probably last from 9-12. More information to follow.

Howard Estes, Teacher

Does Your Student Have a Scrip Account?

What is scrip? The concept is simple. We purchase gift certificates (scrip) from popular retailers, like Starbucks, Barnes and Noble, Baskin and Robbins, Pizza Hut plus many fast food chains, Blockbuster, Linens and Things and so many more retailers at a discount. Parents then buy the gift certificates from us at face value. You then spend the scrip at the retailer, where it's worth the full face value. You haven't spent an extra dime nor did you have to change stores. A percentage of each gift certificate goes into a student account. It's like **free money** that can be used for any school related event, for example: sports, yearbooks, ASB card, PE clothes, or any other high school expense. The savings can really add up.

For all you old scrip buyers, there is a new card called the Encompass card that you can use anywhere that accepts the American Express card, for example Costco.

Scrip can be purchased at Helix every Thursday morning in the front office from 7-8 a.m. or at our

New Scrip House



on Tuesday evenings
from 6:00-8:00 p.m.

The Coffey House

4716 Maple Ave., La Mesa
(619) 469-5620

Call if you get lost

Directions: from the front of Helix:
Turn right (east) on University
Turn left (north) onto Maple

**Start Your Own
Scrip Account Today!**

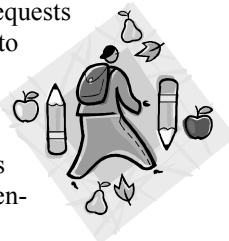
College Recruiting Workshop

On Thursday, June 3 at 6:00 in room 1300 there will be a NCAA Recruiting Workshop for all 9th, 10th, and 11th graders. The purpose of this workshop will be to inform student-athletes about planning for college recruiting. This is especially important because of changes that take effect with the class of 2008. Any questions contact Damon Chase at ext. 524.

Damon Chase
Teacher/Athletic Director
Athletic Trainer

Summer School Dates:

- Students and faculty have 1 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)
- Summer school requests can be submitted to each Grade Level Team through out Term II as remediation needs of students are identified.



Kevin Osborn, Teacher

Helix Athletics 7th Annual Golf Fundraiser

Saturday, June 12, 2004
Barona Creek Golf Club
2:00 PM Shotgun

\$100.00 Donation Includes:

- ♦ Green fees/cart
- ♦ \$25 Casino Chips
- ♦ Range balls
- ♦ Tee prizes
- ♦ Dinner following golf
- ♦ 4 Person Scramble
- ♦ Long Drive/Closest to the Pin
- ♦ Team Awards
- ♦ Great Raffle Prizes

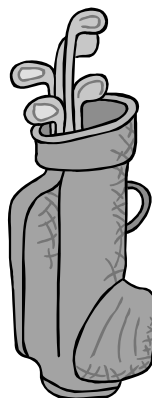
Reserve Your Spot Today!

Golfer #1. _____
Golfer #2. _____
Golfer #3. _____
Golfer #4. _____

Makes checks payable to Helix Athletics

Money due by 6/5/04

Contact Damon Chase (619) 644-1940 ext. 524 for more info.



Attention Senior Parents

SENIOR PROJECT

- Senior Practice Boards: May 21st
- Only students who have passed both the paper and portfolio will be assigned a practice board for this day.
- Students MUST pass a practice speech before they will be assigned to senior boards
- Check the website for more information:

www.helixcharter.net/seniorprojects

Senior Boards are June 1st and 2nd

- Only students who have passed the paper, portfolio and practice speech will be assigned to boards on these days.
- Students need to check the postings around schools the week before boards as to which day/time/room they have been assigned.
- Dress Professionally (like for a job interview)
- Bring project to boards whenever possible
- Check the website for more information:

www.helixcharter.net/seniorprojects

Senior Prom: June 5th

- Bahia Hotel in Mission Beach
- If you purchased a senior survival packet, that is good for a single ticket.
- See Attendance Policy for Prom below
- Cash or Money Order ONLY (no checks accepted)
- Bids go on sale:
 - May 19th – May 29th \$25 single \$50 couple
 - June 1st – June 4th \$30 single \$60 couple
- Sales end at lunch on June 4th**
 - In order to purchase Prom Bids students must have:
 - Id Cards for each person on the Bid
 - Attendance records for each person
 - Proper payment
- Pictures will be available after graduation rehearsal on Thursday, June 10th.



Senior Prom Attendance Policy:

Please note that effective 5/5 thru 6/5/04, any trancies or unverified absences, period or full day, will result in a loss of privilege to attend the Prom. This applies to Helix Seniors and any underclass guests. All seniors have been advised in advance of this policy. An attendance clearance must be obtained from the Attendance Office before a Prom Bid may be purchased.

GRADUATION Ceremonies Participation

- Students must pass ALL their current classes AND all aspects of the senior project in order to participate in the graduation ceremonies this June.
- Attendance is becoming an issue. Students need to be in class on time daily.

GRADUATION WEEK SCHEDULE

- Senior Final Exams are Monday and Tuesday June 7th and 8th (regular school day schedule)
- Senior Awards Night is Monday June 7th at 6:30 at the La Mesa Community Center
- Cap and Gown Distribution is Wednesday, June 9th in the wrestling room from 9:00 – 10:30. (This is the only time the seniors will be on campus this day)
- Graduation Rehearsal is on Thursday, June 10th on the football field starting at 8 AM (Seniors are excused from school after rehearsal has ended.)
- Senior Breakfast is following rehearsal
- ALL GRADUATES must report to the weight room with cap and gown in hand (NOT ON) no later than 5 PM

Cathy Singer, *Counselor*

School Health

The San Diego Union Tribune, dated April 29, 2004, reported that the Nathan Hale School, a K-8 school in New Haven, Connecticut has become a "junk food-free school". This is an effort to fight childhood obesity and potential health problems, such as diabetes. The New Haven School District has also decided to change the way the schools fundraise by selling plants and conducting penny drives instead of food and candy sales. In addition, they are addressing physical education by designing larger gyms.

Throughout the United States, schools are continuing to educate our children by working toward providing healthful food on campus and encouraging physical education for all students. Helix Charter High School is included in the schools that are working to make a difference with the passage of the "Resolution Establishing Healthy School Nutrition and Physical Exercise Policy".

Become involved and support this effort to provide our students with the nutritional and physical education they will need to lead healthy lives.

Pat Feldman, PTSA

Thanks to the La Mesa Rotary!

La Mesa Rotary kindly donated over \$600 to the Helix Library to purchase books on ethics. Our students do many social issues research papers, so the ethics books have come in handy. A BIG THANKS to Rotary!

Karen Skullerud, Librarian



QUOTES

"At the desk where I sit, I have learned one great truth. The answer for all our national problems - the answer for all the problems of the world - come to a single word. That word is "education."

Lyndon B. Johnson

