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: Robin Peterson | Editor: Pam Davis

Computer Workshop for Parents/Guardians

Helix will offer an evening workshop to teach parents/guardians how to access your child's grades online and guide you through the Helix website. Spaces are limited, please call Ms. Foncerrada at 644-1940, ext 127 to reserve a spot.

November 12th at 6:00 p.m.

Valuable Resource For Students

Our school subscribes to an online career and educational guidance resource called **eGuidance Center**. The **eGuidance Center** is great for exploring career and educational options, making plans for college or other training, choosing the right school, preparing for the SAT or ACT, searching for scholarships and much more.

10th grade students will need to do an activity from **CareerFinder** section of this site. There are also resources for parents including a free monthly newsletter. Information about the **eGuidance Center** will be distributed in advisory on October 8th.

If your child had Tech Discoveries last year, she/he should already have an account and a password.

1. Find eGuidance Center at www.eguidance.com
2. Enter the username and password or sign up for a new account. Our school ID is 10000041. You need to complete all fields in the registration form.

The Parent Center includes a library of articles, career and college planning activities, the newsletter and Career Parent magazine.

Eating Healthy Is So Important

Most of us know how important our children's health is to their ability to concentrate and have a successful day at school and at home. There are several web sites that can enlighten all of us about how to go about providing tasty, healthful food for our families. Here are just a few web sites: American School Food Service Association; Monica.Buhlig@sdcounty.ca.gov; and, www.kidsorganics.com. You may be able to find, among other things, some very useful ideas for meals at home.

If you have any questions about what is being done at present to provide healthier food on campus, please contact Pat Feldman at (619) 466-8579 or email, pat.feldman@cox.net.

Pat Feldman, *School Health Chair*

Do you and Your Family Need Health Insurance?

If so, you will want to attend a parent meeting on Wednesday, the 29th of October in Room 1300 at 6:30 p.m. at Helix Charter High School.

San Diego County Health Services Personnel will present health information and taking applications for ***affordable*** Health Coverage.

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Check Us Out On-Line

Check out the NEW Helix PTSA link at www.helixcharter.net

Click on Helix PTSA for information about programs, minutes, newsletter,

President's Message

Do you know what PTSA does at Helix? Our programs which include Community Involvement, District Advisory Council, Campus Pride, Grad Night, Health and Safety, Legislation, Newsletter, Outreach, Parent Education, Reflections, SAT Preparation, and Scholarships are described in the PTSA Parent Handbook and on our webpage at www.helixcharter.net. These programs are funded by two primary sources – Membership and Football Concessions. Please join us in enhancing the high quality of education at Helix by becoming a PTSA member. We have three membership levels to choose from: $10, $25, and $50. You can mail your contribution to:

Helix PTSA
7323 University Ave.
La Mesa, CA 91941

Please be sure to include you name and address, so we can mail your membership card to you.

Learn more about your PTSA by attending our monthly meetings held on the second Wednesday of each month in the Helix Library at 6:30pm.

Thank you,
Robin S. Peterson
PTSA President

CALENDAR UPDATES

Oct. 31	Homecoming
Nov. 11	Veteran's Day—No School
Nov. 12	PTSA Assoc. Meeting 6 p.m. Helix Library
Nov. 17	Quarter 2
Nov.26-28	Thanksgiving Break, No School

Students Return December 1st

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

ASB Elections

Elections for the upcoming ASB class of 2004-2005 are coming! The ASB acceptance process will be taking place the entire month of November. The first week of November 3-7 will be set aside for applications. Applications will be available in the ASB room on Monday, November 3rd and are due by Friday, November 7th. The following week will include informative meetings on Wednesday, November 12th and Thursday November 13th. November 15-16 will be reserved for an ASB overnight "lock-in" in the school gym where students will be evaluated based on their qualifications and participation. Assuming most of our current ASB members return, there will be approximately 25 positions available for new members. From our returning ASB class, 4 executive officers (Pres, VP, Treasurer, Secretary) will be selected through a school wide election process during the week of November 17th. We will announce the members of the new 2004 ASB class on Monday, November 24th.

Sports Tryouts

Winter sports tryouts start November 15. If you are interested in playing Boy's Basketball contact Coach Singer in room 1350 or call 644-1940 ext. 447. Girl's Basketball contact Terry Hinds ext. 722. Boy's Soccer contact Jeff Kepper ext. 520, Girl's H20 Polo contact Lenelle Wylie ext. 181. Wrestling contact Ken Jenkins ext.708

All athletes must have a pre-participation physical exam done by a Medical Doctor (M.D.) and insurance coverage forms completed in order to participate. For further information or questions call Athletic Director Damon Chase at 644-1940 ext. 524.

- Quote -

Treat a person as he is, and he will remain as he is. Treat a person as if he were what he could be and should be, and he will become what he could be and should be.

- Anonymous

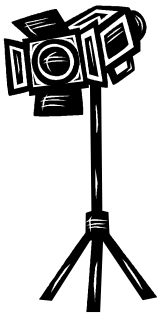
Speech Tournament Judges Wanted

The Helix Speech Team is looking for people to judge at their speech tournaments. The team is required to provide a certain number of judges per entry at each tournament; without the help of our community, it is possible that some students will not be able to participate in the tournaments. No experience or special skills are necessary. Tournaments take place throughout the year; the next tournament is Saturday, November 8. For more information, please contact Gregg Osborn at ext. 366 or Jennifer Osborn at ext. 450.

Highland Players

The Highland Players open their 2003-2004 season with the Agatha Christie mystery "Ten Little Indians". Show dates are November 12, 13, 14 and 15 at 7 pm and an understudy matinee on November 15 at 2 pm. Tickets are $8, or $6 for each student with an ASB card. For more information, log on to the Highland Players' website at members.cox.net/highlandplayers

Social Studies Spotlight



Congratulations to **Lauren Ritchey**, **Jo-An Thomas, Sarah Matteson** and **Marian Pavlovich** for being honored by the Metropolitan Water District's "Water Politics Essay Competition". These ladies each received an award and Lauren won a trip to Sacramento. Lauren (accompanied by geography teacher Garry Wilcox) was able to meet with State legislators to discuss water issues in the region. In the Spring of 2004, Helix will again send a group of 9th grade geography students to compete in the "Water Politics Forum".

Also in Social Studies –

Helix is a College Prep school and the Social Studies department believes that many of our students are capable of completing college level work while in high school. Our Honors/Advanced Placement program has continued to grow over recent years. The growth in these courses (Honors Geography, A.P. European History, A.P United States History, A.P. Macroeconomics, A.P. Microeconomics, A.P. Comparative Government, A.P. U.S. Government, and A.P. Psychology) is largely due to a partnership effort between parents, teachers, students and the guidance department. Through early detection and recommendation, more Helix students are being given the opportunity to earn college credit for courses while in high school. The Social Studies Department is committed to preparing students for these exams.

Below is a comparison of all the Social Studies Departments in the Grossmont High School District. The data compares the number of students who passed a Social Studies A.P. exam. It also shows the number of exams that were administered last Spring and the departments pass rate. Not only are Helix students passing a significant number of exams, Helix students are passing a very high percentage of social studies exams. This is a result of excellent student attitude and effort as well as teachers preparing students to be successful. If you would like further information, contact Paula Ann Trevino at patrevi@helixcharter.net

School Name	# of Exams Passed	# of Exams Administered	Pass Percentage
Helix Charter	**168**	**237**	**70.9%**
El Cajon Valley	18	99	18.2%
El Capitan	43	98	43.9%
Granite Hills	187	362	51.7%
Grossmont	84	266	31.6%
Monte Vista	35	143	24.5%
Mount Miguel	15	109	13.8%
Santana	30	57	52.6%
Steele Canyon	5	59	8.5%
Valhalla	170	383	44.4%
West Hills	85	192	44.3%

Winter Concert

The Helix Instrumental Music Department presents its Winter Concert. The Concert will take place on Tuesday, December 16 at 7 p.m. in the Helix Gym. For ticket information, contact Russ Sperling, or tickets should be available at the door.

School to Career

This is the first installment of tips for parents and guardians on how to help your student navigate this often changing world we all live in

First and foremost, instill in your student that "**KNOWLEDGE IS POWER**!" In this day and age, our children have the choice to become highly educated or unemployable. I tell my children often that the more education that they have, the more opportunities are available to them. Without their High School diploma, the chance of gainful employment will be extremely limited.

Tip #1 - Encourage your teen to investigate a variety of careers. Talk about work and your own job at the dinner table. Talk with friends and relatives about work when your children are present - but don't air complaints and gossip.

Tip #2 - Stress to your teen that school is their work. **Attendance is important**! You don't take a day off from work just because you feel like it. That goes for school, as well.

Tip #3 - Explore with your teen, without being judgmental, her/his personal talents, strengths, likes and dislikes. Ask: What do you like? What skills do you have? Do you like being around people? Do you like things neat and organized? Do you prefer working outdoors or indoors? Do you like taking things apart? Do you prefer school courses with a lot of "doing" or with a lot of "reading"? The more teens know about themselves the easier it'll be for them to recognize the careers that suit them best.

In the next installment look for information on how to expose your student to a variety of workplaces.

Lori Free-Trout

Thank You Football Concessions Helpers

A HUGE THANKS to all of you who have volunteered in the concession stands at the JV and Varsity games. In the first two home games, we have served nearly 2000 hot dogs, 40 pounds of baked potatoes, countless Nacho Boats and they keep coming back for more! The following are people who have been so generous with their time, I just can't thank them enough. Amory Boyce, Cylthnia Long, Tammy and Mark Beach, Joann Viloria, Lucia Stone, Sarah Ortiz, Denise Diaz, Larnita Golston, Aprell Bradford, Jeanne Tanida, Pam Kettering, Becky Lopez , Sheila Reed, Diane Correia, Lisa Ames, Pam Kettering, Kim Ulle, Lon Schmidt, Marianne Cleveland, Kim Williams, Ray Kirk, Vro Saltzman, Elaine Winchell, Ray Kirk and Rainbow Trout.

Thanks also to "The Lisa" for the use of her propane tank. Thanks to Bonnie Riggins for countless trips to order and pick up the food and load it into the stands!

Special thanks to John & Teresa Markey for "Making it Happen" on the Visitor side, and Jeff Buffington for carrying on when they head into the bleachers to watch the Varsity game!

The TICKET SELLERS! Beth Saltzman, Jackie Crow, Barbara Spagnola, Robin Peterson, Sandy Rosenthal, Lia Thibodeau, Jesslyn Ponce-Dick, Suzanne Koppman-Gue and Debbie Smith.

Special thanks to Kelsey Peterson who continues to work both games to fill in the empty spots!

Thanks to Jennifer Amat for the helpful tickets!

Thanks to Caroline Ulle, Cheryl & Lon Schmidt and Bonnie Riggins for making sure that everything runs smoothly and that I'm not left alone in the stands long after the stadium lights have been turned off and you are all home in bed watching the Prep Pigskin Report!

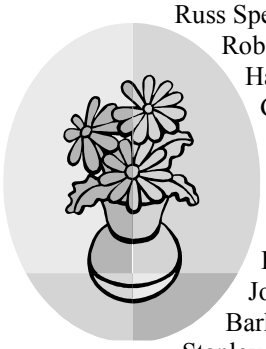
If I've forgotten anyone, I apologize. Go Scotties!

Lori Free-Trout

Thank You

Teachers and Staff

Thanks from the bottom of our hearts to the Helix Staff who are supporting the PTSA by joining. They are: Jeff Babbit, Carrie Lintvedt, William Bible Jr., Sharon Church, Carole Hutchins, Beth Leighton, Ann Morgan, Cheryl Tyler, Doris Whiteing, Rebecca Skullerud (Kullrich), Julie Wood, Leslie Messier, Paul Messier, Julie Damschen, Gerry Kirk, Paullette Faulk, Wendy Paff, Barbara Dagmen, Rosie Cech, Peggy Crabtree, Brian Anderson, Rick Ash, Judy Kirk, Christine Colera, Lois Sczepaniak, Martha Foncerrada, Colleen Robinson, Giff Asimos, Brandi Hollis, Dan Baits, Michelle Mosteller, Rob Berg, Linda Sullivan, Mark Faulk, Russell Buckley, Russ Sperling, Colleen Robinson, Trina Hansen, Steve Griswold, Kris Irving, Jaime Kahler, Jim Arnaiz, Trampus Thomason, Heather Johnston, Zach Barkett, Gerald Stanley, Cathy Singer and Kevin Osborn.



Girls Volleyball

Thanks to Caroline Ulle, Renee Milburn, Deborah Salazar, Consuelo Ortiz and Frances Chiecuto for helping with GYM concessions. Your help has been GREATLY appreciated!

Special thanks to Teather for the coffee!

What's Up with PTA

PTA is working on revitalizing Parent Ed. programs as well as running our ongoing "Promoting Voting" Birthday Card program. We are also just completing a parent focus group giving input for the self-study required for our re-accreditation. A new PTSA display for students is in the 100 building featuring legislative information.

Our next association meeting will be held November 12 at 6 p.m. in the Library.