



Pursuing Educational Excellence in a Caring, Positive Environment.

Helix Charter High School PTSA Helix Hi-Lites

Volume XLXIII, Issue 1
Principal: Douglas D. Smith

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

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Editor: Pam Davis

PTA President's Message

I hope that you have all enjoyed a smooth transition out of summer and into the new school year. PTSA looks forward to helping you and your student make this a very successful year. Our newsletter is a vital link in the communication between home and school. We hope you will find its contents valuable. Another way to find out about PTSA activities is to visit our web page through the Helix Charter website at www.helixcharter.net. You are also invited to attend our monthly Board meetings which are held the 2nd Wednesday of each month at 6:30pm in the library. There are a great many opportunities for parent involvement at Helix. Let us help you find the opportunity that is just right for you. Please feel free to contact me with questions at petersontalk@juno.com or 469-9975.

Helix is looking for parents interested in serving on focus groups to help formulate an action plan for the Restructuring Committee. Most of the focus groups meet on Wednesday mornings and the Restructuring Committee will meet on Oct.4, Nov. 9, and Dec.9 at 3:00 in room 1470. As we realize these may be difficult times for parents to attend, PTSA will also form a parent group to meet at its convenience and send a representative to the Committee meetings. To find out more about how your valuable input can help shape the future of Helix Charter

High school, contact Mr. Berg at rberg@helixcharter.net or you can reach me at the address and number above. Sincerely,

Robin Peterson, PTSA President

PTSA Needs Your Help

Helix PTSA is a great way to get involved with your student's life without getting in their face! Throughout the year we are always in need of parents to help out with different functions and activities at school. At this time the open PTSA board positions are: Campus Pride, Founder's Day, Safety, Hospitality, Outreach, Reflections, Scholarships, Football Ticket Sales, and 1st VP of Programs. To volunteer, please fill out the form on the back of the address page and either mail it to:

Helix High School
7323 University Avenue
La Mesa, CA 91942
Attn: PTSA

Or have your student drop it off at the office to be placed in the PTSA mailbox.

If you have any questions, please email Robin Peterson at peterston@juno.com

SAT Prep

The Fall SAT Prep classes, sponsored by AVID and PTSA, will be held on Thursday evenings, October 2, 9, 16, and 23. 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!

Seniors taking the SAT on October 11th are encouraged to take advantage of the first two weeks of the Prep class. Any seniors who have paid and attended this Prep program in the past are also encouraged to attend (don't forget your book). If you are repeating the class, please sign up with Mr. Kirk in room 1470.

When should Juniors take the SAT?? Many students test in the winter and spring of the junior year to ensure having their best test score on their high school transcript when they apply for college in October of the senior year. Testing in the spring also ensures time to retest a third time if you need to raise your scores. Another advantage of spring test

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Attention Senior Parents!

Help make your student's whole graduation experience a marvelous memory by helping with the PTSA sponsored Grad Nite 2004. Our goal is to make sure the kids have a great time in a supervised and safe, alcohol and drug free environment. The more parents that help, the more we can do for the kids and believe it or not, now is the time to get started. If you are willing to be on the Grad Nite Committee, or help in some way – big or small – please contact Lisa Hamann, Grad Nite Chair, at hamann@cox.net or 466-7230 (h).

CALENDAR UPDATES

Sept. 15	Progress Reports Due
Sept. 20	Saturday Parent / Teacher Conference Day
Oct. 9, 10	Final Exam Schedule
Oct. 13, 14	INTERSESSION
Oct. 15	First day of Quarter 2
Oct. 16	Final Grades Due
Oct. 31	Homecoming

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

10th Grade Parents

Welcome back from the 10th grade team. Our offices have moved since last year. Mr. Schultz has been out ill since school started but is expected to be back by the end of August. This made the beginning of school very hectic. If you have any questions or concerns, please contact us. The main school phone is (619) 644-1940. Mrs. Ulrich on extension 123 can make you an appointment to meet with any of us.

Mrs. Test, Assistant Principal-ext. 123 or 122. mtest@helixcharter.net. Mrs. Irving, Guidance Counselor-ext. 123 or 147. kirving@helixcharter.net. Mr. Schultz, Academic Advisor-ext. 123 or 143. dschult@helixcharter.net. Mrs. Ulrich, Secretary-ext. 123. jurich@helixcharter.net

We are off to a good start this year with the second largest class in the school and the largest percent of students who returned. Our classes are all full, so please encourage your students to attend tutorials, use their free time wisely and see us if they have any concerns.

We will continue to monitor student grades and absences. Teachers will now be notifying us sooner if students are having a problem. All teachers will be maintaining their grades online (www.helixcharter.net) this year. Look for information on a parent workshop on using the online grade information in this newsletter.

If your son or daughter is not active in a sport or club, this is the year to begin. Check the Daily Bulletin online for club meetings and sports tryout information. Community service is also a positive for college admission and scholarships. There are not many scholarships for 10th grad-

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SAT Prep

ing is that many colleges will send you information about admission, advanced placement, scholarships and special programs.

For more information about SAT I and SAT II testing dates and registration, be sure to log on to www.collegeboard.com or visit the career center.

ers, check the scholarship portion of the bulletin for more information.

All students planning to attend a four year college after graduation should take the PSAT. The PSAT will be held on **Saturday, October 18th**, here at Helix. The cost is \$12 and if you didn't reserve a test during summer registration, you can still pay at the Finance Office. Students will receive practice test materials shortly.

Here's to a successful 10th grade year!!



"Welcome back!"

Those words have been said over and over to parents, students and staff at Helix since the first day of school. "All right already! Enough is enough!!" Or, is it? With the hustle and bustle of beginning a new school year, many stressful events are apt to happen. A new school environment, meeting new friends and old, becoming frustrated at the fact that your classes are at opposite ends of the campus and "Just exactly how am I supposed to go to the bathroom, run across the campus so I'm not late to my next class and smile all at the same time?" Cheerful? Me? It sounds stressful doesn't it?

Take a few seconds to look within yourself and see how fast your heart is pumping. Are you going to throw-up, does your head hurt? Do you think the **students** feel the same way? I'll bet they do. Close your eyes and take a deep breath and exhale. Do it again. Feel your heart rate slow down? Now do you see your mental "To Do List" fall into order and there isn't so much chaos in your mind?

Breathe slowly. Breathe deeply. Breathe with a purpose. You'll get there.

Shelly Burns, Health Chairperson

School Health Index

As we are all working toward a good school year for our students, let's not forget the importance of good health. Last school year, and during the summer, a group of students, teachers, administrators, and parents participated in the School Health Index. The School Health Index is a self-assessment and planning guide that helped Helix assess the physical activity and nutrition programs on campus. This group answered questionnaires dealing with: School Health Policies and Environment; Physical Education and Other Physical Activity Programs; Nutrition Services; and, Family and Community Involvement. Recommendations resulting from the completion of these questionnaires will be presented to the Helix administration and the school board this Fall.

If you have any questions about the School Health Index please contact Pat Feldman at (619) 466-8579 or e-mail, pat.feldman@cox.net. Have a SUCCESSFUL and HEALTHY school year!

Pat Feldman

Highlander Band Prepares for Competition Season

The 120 musicians, 24 Color Guard Members and 20 Bagpipers are busy preparing for another competition season this fall. With field show music from the rock opera "Tommy," and for parade performance the "Ancient and Honorable Artillery Company March" by Sousa, the Highlander Band will compete at familiar venues including Mt. Carmel and Arcadia. The season will wrap up with an exhibition show of the district bands at Monte Vista High School on Tuesday, November 25 at 6:00 p.m. Be sure to stay in the stands at half time to cheer on the band!

Plan For Winter Concert

Save the evening of Tuesday, December 16 for the Music Department's annual Winter Concert, featuring the bagpipes, choirs, band and orchestra. Come see our high quality "Grammy Signature School" performers in action.

September 20th Parent Conference Day!

Learn about the Internet and what your Student uses for research!

Welcome to the Helix Library. The Library will be open Saturday, September 20th to show parents how to access Library Research critical to your student's success at Helix. Please drop by when you have a few minutes during your morning of conferences.

Health News

In continuing with the health agenda from last year, PTSA will again be participating with other local agencies to promote a healthy diet for the population on campus. One focus is the need for enhancement of the school lunches. Different varieties of foods were one suggestion offered by a student last year. In hopes that students will have the choice to make healthier choices in foods for lunch, PTSA will continue to focus time and energy to meet this goal. It is enormously important that we have input as well as assistance from parents and students to help facilitate this change. Please join with us and help make this program happen.

Shelley Burns

Parents Needed

GATE (gifted education) needs one parent to serve on the District GATE parent's Council. This group meets bi-monthly at GUHSD offices. It is a good place to get information on GATE programs and have input.

Helix Restructuring committee is looking for interested parents who want a voice in decisions affecting Helix programs. We meet (generally) on the 2nd Tuesday of the month at 3:05 in Room 1420. Our first meeting is Tuesday, September 9th).

Any parent interested in either opportunity, contact Howard Estes at X353 or hestes@helixcharter.net

Membership

Yikes! We are already back in school (I don't know about you, but I'm still in denial) and kicking off our PTSA Membership drive. Many thanks to all of you who have joined Helix PTSA-we welcome your support! The money helps to support many activities and programs that greatly benefit all Helix Highlander students.

For those of you who didn't have an opportunity to join yet, here is some vital info you need to know to become a PTSA member. The membership levels are as follows:

\$10 Basic

\$25 Scottie

\$50 Golden Scottie

Make your check out to: Helix PTSA - Include your name, your student's name, grade, & ID#. Also include your phone# & e-mail please. You can send this to:

Helix High PTSA
7323 University Ave
La Mesa, CA 91940

I am looking forward to a great PTSA year at Helix! Won't you join us in supporting our children?! Sottie Power!!!

If you have any questions, please feel free to call me, I would love to hear from you.

Lia Thibodeau, Membership

Helix Adult School

Do something good for yourself this fall! HELIX ADULT CENTER, located on the Helix High School campus, is offering morning, afternoon and evening classes running from September 2nd – December 12th. Some of the computer classes offered will include Intro to Computers, Beyond Intro., Windows, On-line Banking & E-mail, Internet and Quick-Books. We also offer classes ranging from Physical Fitness and Tai Chi to Tole Painting and Japanese Brush Painting. If you know an older adult who would enjoy

some fun this summer, La Mesa Senior Center has classes ranging from Computer, Internet, E-mail, and Scanning to Art, Music, Flower Arranging and fitness classes. The cost for these courses range from \$20 - \$35. Pre-registration for computer classes begins on September 2nd. Please call (619) 644-3555 for more information and details and watch for the Grossmont Adult School Fall Schedule catalog mailed to East County residents in August. Fall classes begin September 2nd. Please join us!

Attention Senior Parents

The senior team hopes this year is running smoothly for your student and you.

EMAILS Many emails have been returned to me. If you have not been contacted by me yet (I have sent several out so far) please e-mail me at csinger@helixcharter.net.

SENIOR PICTURES Yearbook pictures must be taken and selected by the end of September. Call Vollenweider Photography (619) 280-3070. The fee is \$5 for a yearbook only picture sitting, or \$25 if you would like a sitting for later purchase. Any questions regarding yearbook issues should be directed to the advisor, Pat White, pwhite@helixcharter.net or 644 – 1940 ext. 341.

GRADE CHECKS Teachers are posting grades on line. Visit the Helix Web Page at www.helixcharter.net and go to the check grades on line link. Find the teacher's name. You may need to ask your student (or their teachers) for his/her password. Each class could potentially have a different password although most teachers use the students ID# or birthday.

SENIOR PROJECT UPDATE *Senior Project Proposals* are/were due September 17th. Remember this is a process. Your student cannot fail their proposal. It is either marked approved or revise. If they come home upset that they "failed" please remind them they just need to revise and resubmit. Your child's explanation of the project must be perfectly clear, so that upon completion, it will pass.

COLLEGE UPDATES It is about time to begin the **college application** process. Your student should be in the process of narrowing down his/her choices. I recommend applying to 3 cam-

puses. Most applications range from \$40 - \$60 per campus. Remember, your student will only attend one school. Does he/she really need acceptance letters from 10 campuses? Have them do their homework NOW and save the money for tuition and books.

There may be money out there to help with an application fee to one campus if your student meets the following selection criteria: The student:

1. Has completed the entrance requirements with a C or better.
2. Has a SAT score that when combined with his/her GPA meets the eligibility requirements. (If not SDSU, he/she must meet the average admissions requirements from last year.)
3. Matches **one** of the following categories:
 - a. Will be a 1st generation college student. (Neither parent graduated from college.)
 - b. Is a member of an underrepresented group at the campus they would like to apply to.
 - c. Has financial need. (Must meet one of the qualifiers listed below)
 - i. Qualifies for free/reduced lunch
 - ii. Receives social services financial support
 - iii. Has recently had a serious financial set back (ex: lay off of main income provider for family.)

If your student matches 1-3, please have them see me or email me ASAP. I have written a grant and if funded, the money will be limited. I will be keeping a list of students who qualify in the order they have proven to me that they meet the selection criteria stated above. This is how the money will be dispersed until it is gone. All students receiving a part of this grant will be REQUIRED to attend the college application workshop during intercession in order to receive the grant.

VARSITY FOOTBALL

DATE	MEET	SITE	TIME
Sept. 12	Fallbrook	Fallbrook	7:30 p.m.
Sept. 19	♣Vista High	Helix	7:30 p.m.
Sept. 26	El Camino	El Camino	7:30 p.m.
Oct. 3	Mira Mesa	Helix	7:30 p.m.
Oct. 10	BYE	BYE	
Oct. 17	Steele Canyon	Monte Vista	7:30 p.m.
Oct. 24	Valhalla	Valhalla	7:30 p.m.
Oct. 31	♦Granite Hills	Helix	7:30 p.m.
Nov. 7	♥Mount Miguel	Helix	7:30 p.m.
Nov. 14	Monte Vista	Monte Vista	7:00 p.m.

JUNIOR VARSITY

Sept. 12	Fallbrook	Fallbrook	4:30 p.m.
Sept. 19	♣Vista High	Helix	7:30 p.m.
Sept. 26	El Camino	El Camino	4:30 p.m.
Oct. 3	Mira Mesa	Helix	7:30 p.m.
Oct. 10	BYE	BYE	
Oct. 17	Steele Canyon	Monte Vista	4:30 p.m.
Oct. 24	Valhalla	Valhalla	4:30 p.m.
Oct. 31	♦Granite Hills	Helix	4:30 p.m.
Nov. 7	♥Mount Miguel	Helix	7:30 p.m.
Nov. 14	Monte Vista	Monte Vista	4:00 p.m.

FROSH

Sept. 11	Fallbrook	Fallbrook	5:15 p.m.
Sept. 18	♣Vista High	Helix	5:15 p.m.
Sept. 25	El Camino	El Camino	5:15 p.m.
Oct. 2	Mira Mesa	Helix	5:15 p.m.
Oct. 9	BYE	BYE	
Oct. 16	Steele Canyon	Monte Vista	5:15 p.m.
Oct. 23	Valhalla	Valhalla	5:15 p.m.
Oct. 30	♦Granite Hills	Helix	5:15 p.m.
Nov. 6	♥Mount Miguel	Helix	5:15 p.m.
Nov. 13	Monte Vista	Monte Vista	5:15 p.m.

♣ Youth Day ♦ Homecoming ♥ Parent Day

LADIES CROSS COUNTRY

Sept. 12	Mustang/Baron Invite	3:00 p.m.	Rohr Park
Sept. 20	Woodbridge Invite	5:00 p.m.	Woodbridge HS, Irvine
Sept. 26	Southbay Invitational	3:30 p.m.	Rohr Park
Sept. 27	Stanford Invitational	3:30 p.m.	Stanford Univ.
Oct. 3	Monte Vista	3:30 p.m.	Chollas Lake
Oct. 10	*Valhalla	3:30 p.m.	Lindo Lakes
Oct. 17	"Granite Hills	3:30 p.m.	Harry Griffen Park
Oct. 24/25	Mt. Sac Invitational	TBA	Mt. San Antonino College
Oct. 31	*Mount Miguel	3:30 p.m.	Santee Lakes
Nov. 7	Steele Canyon	3:30 p.m.	Steele Canyon HS
Nov. 15	League Finals	4:00 p.m.	Harry Griffen Park
Nov. 22	CIF Finals	TBA	Morley Field, Balboa Park
Nov. 29	State Finals	TBA	Woodward Pk, Fresno
Dec. 10	Banquet	6:00 p.m.	La Mesa Rec Center

Dual Meets in Bold *Indicates home meets Times subject to change

BOYS WATER POLO

Sept. 13	El Cajon Tournament @ El Cajon	JV	TBA
Sept. 16	RBV @ Helix	JV / V / N	4:00
Sept. 18,19,20	Poway Tournament @TBA	V	TBA
Sept. 24	West Hills @ Helix	JV / V	4:30
Sept. 26,27	AFC Tourney @ Coronado/Westview	V	TBA
Oct. 3	Mt. Miguel @ Helix	JV / V	4:30
Oct. 10	Granite Hills @ Mont. Middle	JV / V / N	4:30
Oct. 11	El Cajon Tournament @ El Cajon HS	N	TBA
Oct. 13	Valhalla Tournament @ TBA	V	TBA
Oct. 15	Valhalla @ Helix	JV / V / N	4:30
Oct. 16,17,18	Valhalla Tournament @TBA	V	TBA
Oct. 23	Valhalla Tournament @ TBA	JV	TBA
Oct. 24	Monte Vista @ Monte Vista	JV / V	4:30
Oct. 24,25	Valhalla Tournament @ TBA	V	TBA
Oct. 29	Steele Canyon @ Helix	JV / V	4:30
Oct. 30,31	LEAGUES @ TBA	V	TBA
Oct. 31	Valhalla Tournament @ TBA	V	TBA

November schedule TBA



WOMEN'S VOLLEYBALL

J.V. 5:00 p.m. Varsity 6:00 p.m.

Sept. 16	El Cajon Valley vs. Helix
Sept. 18	Helix vs. Grossmont
Sept. 23	Santana vs. Helix
Sept. 25	Helix vs. El Capitan
Sept. 30	BYE
Oct. 2	Mount Miguel vs. Helix
Oct. 7	Helix vs. Granite Hills
Oct. 9	Valhalla vs. Helix
Oct. 14	Helix vs. Monte Vista
Oct. 16	Steel Canyon vs. Helix
Oct. 21	Helix vs. Mount Miguel
Oct. 23	Granite Hills vs. Helix
Oct. 28	Helix vs. Valhalla
Oct. 30	Monte Vista vs. Helix
Nov. 4	Helix vs. Steel Canyon

MON., TUES., THURS., FRI. SCHEDULE

- Period 1 - 7:50 to 9:23 • Period 2 - 9:28 to 11:01 • Period 3 - 11:14 to 12:47
- Lunch-12:47 to 1:17 • Period 4 - 1:22 to 2:55 • Period 5(extended day)-3:00 to 4:30
- **LIBRARY HOURS - 7:15 to 4:00 DAILY**

WEDNESDAY SCHEDULE - All Teachers Meeting - 7:50 to 8:10

TUTORIAL I— Soc. Science, Science, Art, Tech, Performing Arts - 8:15 to 8:55

TUTORIAL II—English, Math, Foreign Language, P.E., Special Ed. - 8:55 to 9:35

- Period 1- 9:40 to 10:40 • Period 2- 10:45 to 11:45
- Advisory- 11:50 to 12:10 • Lunch 12:10 - to 12:45 • Period 3 - 12:50 to 1:50
- Period 4 - 1:55 to 2:55 • Period 5(extended day) - 3:00 to 4:30

MINIMUM SCHOOL DAY SCHEDULE

- Period 1 - 7:50 to 8:58 • Period 2 - 9:03 to 10:10 • Period 3 - 10:15 to 11:20
- Period 4 -11:25 to 12:35 • Lunch -12:35 to 12:50 • Period 5(ext. day) - 12:50 to 1:58

FINAL EXAM SCHEDULE

1st Day • Testing Period 1 - 7:50 to 9:47 • Period 2 - 9:52 to 10:24

Break - 10:24 to 10:31 • Testing Period 3 - 10:36 to 12:33

• Period 4 - 12:38 to 1:10 • Period 5 - 1:15 to 3:12

2nd day • Period 1 - 7:50 to 8:22 • Testing Period 2 - 8:27 to 10:24

Break - 10:24 to 10:31 • Period 3 - 10:36 to 11:08

• Testing Period 4 - 11:13 to 1:10 • Period 5 - No Class