



# MT HELIX ACADEMY

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## SUPPLIES LIST FOR Jr. High School STUDENTS 2022-2023 School Year

**Parents**, all of the supplies listed below are available at the La Mesa Office Depot, located at 8481 Fletcher Parkway. If you shop there, Mt. Helix Academy will receive a 5% rebate on your purchase. Just give them the Mt. Helix Academy account number **(70200298)** when you check out.

1-one-inch, 3-ringed binder for Science (7<sup>th</sup> and 8<sup>th</sup> graders only)

1-two-inch, 3-ringed binder

1-pack of lined paper 3-hole punched for the binder

1-pack of graph paper

1-package of 3x5 index cards

10-sheet protectors

8-tab dividers inserted in the two-inch binder and with the following labels:

Important Information

Language Arts

Math

History

Science

Vocabulary/Spelling

Spanish

Computer Literacy

7-one-subject spiral notebooks

3-sharpened #2 pencils,

3-blue ballpoint ink pens

3-red ballpoint ink pens for making corrections

1-highlighter.

Please do not bring white out.

1-calculator

1-Spanish-English dictionary.

1-combination lock for student locker

Paper books covers to cover textbooks (book socks are not allowed as they damage the bindings of the textbooks)

1-Phys Ed Uniform

See the Lands' End website to order PE uniforms. Students may purchase plain gray or royal blue shorts and plain white, gray, or royal blue t-shirts. No logo other than the Mt. Helix Academy logo is acceptable. Shorts should be at an appropriate length.

1-refillable water bottle