WELCOME TO CAPITAL HIGH

A GUIDE TO HELP YOU NAVIGATE CHS

BE A GRADUATE
BE RESPONSIBLE
BE RESPECTFUL
Bruins
capital High School
CAGITAL HIGH SCHOOL EXPECTATIONS

THE CAPITAL CODE

BE RESPECTFUL

- Use appropriate language.
- Cell phone use is allowed in hallway and class only if a teacher gives permission.
- We ask that hats be removed when entering the building.

BE RESPONSIBLE

- Keep up with your grades in Powerschool.
- Be prepared and on time for class (5 min. passing period).

BE A GRADUATE

- Complete the graduation requirements.
- You must earn a D or higher to earn credit.
NEW STUDENT CHECKLIST

__ Get your schedule from your counselor.
__ Get a tour from a career center assistant.
__ Get a locker from the attendance office.
__ Get ID photo taken in room ______.
__ Add money to lunch account (bookkeeper).
__ Get a parking pass (main office).
__ Get books for classes (library).
__ Get computer access/email (library).
__ Get Powerschool log in (counselors).
### MONDAY CLASS SCHEDULE

(EARLY OUT)

<table>
<thead>
<tr>
<th>Period</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period 0</td>
<td>7:32</td>
<td>8:15</td>
<td>43 min</td>
</tr>
<tr>
<td>Period 1</td>
<td>8:20</td>
<td>9:03</td>
<td>43 min</td>
</tr>
<tr>
<td>Period 2</td>
<td>9:08</td>
<td>9:51</td>
<td>43 min</td>
</tr>
<tr>
<td>Homeroom</td>
<td>9:51</td>
<td>9:56</td>
<td>05 min</td>
</tr>
<tr>
<td>Period 3</td>
<td>10:01</td>
<td>10:44</td>
<td>43 min</td>
</tr>
<tr>
<td>Period 4</td>
<td>10:49</td>
<td>11:32</td>
<td>43 min</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:32</td>
<td>12:11</td>
<td>39 min</td>
</tr>
<tr>
<td>Period 5</td>
<td>12:11</td>
<td>12:54</td>
<td>43 min</td>
</tr>
<tr>
<td>Period 6</td>
<td>12:59</td>
<td>1:42</td>
<td>43 min</td>
</tr>
<tr>
<td>Period 7</td>
<td>1:47</td>
<td>2:30</td>
<td>43 min</td>
</tr>
</tbody>
</table>

Teacher PLC time 2:40-3:40
# Tuesday-Friday Class Schedule

<table>
<thead>
<tr>
<th>Period</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period 0</td>
<td>7:25</td>
<td>8:15</td>
<td>50 min</td>
</tr>
<tr>
<td>Period 1</td>
<td>8:20</td>
<td>9:10</td>
<td>50 min</td>
</tr>
<tr>
<td>Period 2</td>
<td>9:15</td>
<td>10:05</td>
<td>50 min</td>
</tr>
<tr>
<td>Homeroom</td>
<td>10:05</td>
<td>10:10</td>
<td>5 min</td>
</tr>
<tr>
<td>Period 3</td>
<td>10:15</td>
<td>11:05</td>
<td>50 min</td>
</tr>
<tr>
<td>Period 4</td>
<td>11:10</td>
<td>12:00</td>
<td>50 min</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:00</td>
<td>12:35</td>
<td>35 min</td>
</tr>
<tr>
<td>Period 5</td>
<td>12:35</td>
<td>1:25</td>
<td>50 min</td>
</tr>
<tr>
<td>Period 6</td>
<td>1:30</td>
<td>2:20</td>
<td>50 min</td>
</tr>
<tr>
<td>Period 7</td>
<td>2:25</td>
<td>3:15</td>
<td>50 min</td>
</tr>
</tbody>
</table>
GETTING AROUND CHS

1st Floor
GETTING AROUND CHS

2nd Floor
GETTING AROUND CHS

Basement
**IMPORTANT INFORMATION**

**Phone #s**
- Bus (First Student) 227-7400
- CHS Attendance Hotline 324-2499
- CHS Resource Officer 949-3683
- CHS Main Office 324-2500

**Websites**
- School Website chs.helenaschools.org
- Powerschool https://ps.hsd1.org/public/
- ACT Website actstudent.org
- SAT Website sat.collegeboard.org
- Career Cruising careercruising.com

**Supplies**
- Pens (Black, Red)
- Pencils
- Binder
- Folders
- Notebooks
- Lock
- Colored Pencils
  * Specific courses may require additional supplies

** We have angel fund supplies for students who are in need
**GET INVOLVED AT CHS**

**MHSA Activities**

**Fall**
- Football
- Cross Country – Boys, Girls
- Volleyball
- Golf - Boys, Girls
- Soccer – Boys, Girls

**Winter**
- Basketball- Boys, Girls
- Speech & Debate
- Swimming
- Wrestling

**Spring**
- Track- Boys, Girls
- Softball
- Tennis- Boys, Girls

**Year Round**
- Cheerleaders
- Cadettes (Dance Team)

**MHSA Activities have Eligibility Requirements**

- Must fill out MHSA form in registration packet
- Must have passed 4 semester classes previous semester
- Additional rules can be found at www.mhsa.org

**CHS Clubs/Activities**

- Art Club
- Band
- Big Bucks Club
- Bruin Vision
- Business Professionals (BPOA)
- Chess Club
- Chorus
- DECA
- E.Sports Club
- E.C.O. (Environmental Co-op)
- Envirothon
- FCCLA
- Feminist Club
- Fife & Drums Club
- French Club
- German Club
- Green Club
- Key Club
- Latin Club
- Link Crew (Peer Mentoring)
- Model United Nations
- National Honor Society
- Orchestra
- Outdoors Club
- Paw Print
- PEERS
- Pep Band
- Respect Club
- Science Club
- Shred Club
- Shufflerz
- Skills USA-VICA
- Spanish Club
- Student Council
- Thespians/Drama
- Vigilante Parade
- Yearbook
- Youth Alive
- Youth First/Young Life
- Youth Legislature Delegation (MT)
COMMON QUESTIONS

LUNCH

Lunch at CHS is from 12:00-12:35 (11:32-12:11 on Mondays)

We have an open campus for lunch, but be advised that 35 minutes is a short time frame.

We also offer lunch in 2 areas

- Cafeteria (school lunch accounts, cash)
- Main Lobby (cash only)

Free and Reduced Lunch forms are available from the bookkeeper.

DRIVER’S (TRAFFIC) EDUCATION

We run 3 sessions of driver’s education a year-fall, spring, summer.

Up-to-date sign up information can be found at-

http://helenaschools.org/departments/traffic-education/
## Capital High Graduation Requirements

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four years of English</td>
<td>4</td>
</tr>
<tr>
<td>One year of World Cultures</td>
<td>1</td>
</tr>
<tr>
<td>One year of American Government</td>
<td>1</td>
</tr>
<tr>
<td>One year of American History</td>
<td>1</td>
</tr>
<tr>
<td>Two years of Science</td>
<td>2</td>
</tr>
<tr>
<td>Two years of Math</td>
<td>2</td>
</tr>
<tr>
<td>One and one half years of Human Performance</td>
<td>1.5</td>
</tr>
<tr>
<td>One half year of Health</td>
<td>0.5</td>
</tr>
<tr>
<td>One year of Fine Arts</td>
<td>1</td>
</tr>
<tr>
<td>One year of CTE (Career and Tech Ed)</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>21</strong></td>
</tr>
</tbody>
</table>

* The Montana University System Requirements are set at a higher standard than the graduation requirements. They recommend the Rigorous Core of Study and the CHS Counseling Department recommends it to all students who plan on attending a 4-year university.

### Rigorous Core Requirements
- 4 years of English
- 4 years of Math (1 year beyond Algebra II)
- 3 years of Science
- 3 years of Social Studies
- 3 years of Concentrated Electives
CHS Counseling Department

Last Name of Student:

A-D Mr. Robinson
E-K Mrs. Meldrum
L-Ri Ms. Bawden
Ro-Z Mr. Ferlicka
Career Counselor Mrs. Orzechowski

Keep Up with Us!

CHS Scholarship Website
http://chs.helenaschools.org/departments/college-career-center/

CHS Counseling Facebook
https://www.facebook.com/BruinCounseling

CHS Counseling Twitter
@BruinCounseling

CHS Counseling Text Alerts
Text this number 81010
With this message @423f2
Dual Credit Courses are classes taught at CHS, where students are eligible to also earn college credit with a partner intuition for a heavily reduced rate ($150). See your counselor for more info.
### Advanced Placement (AP)

<table>
<thead>
<tr>
<th>CHS Course #</th>
<th>AP Courses – must score 3 or higher on AP Exam</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1306</td>
<td>AP English III Language &amp; Composition</td>
<td>Year -3</td>
</tr>
<tr>
<td>1406</td>
<td>AP English IV Literature</td>
<td>Year -3</td>
</tr>
<tr>
<td>2306</td>
<td>AP American History</td>
<td>Year -3</td>
</tr>
<tr>
<td>2406</td>
<td>AP American Government</td>
<td>Year -3</td>
</tr>
<tr>
<td>2426</td>
<td>AP European History</td>
<td>Year -3</td>
</tr>
<tr>
<td>4301</td>
<td>AP Biology II – test offered only</td>
<td>Year -3</td>
</tr>
<tr>
<td>4410</td>
<td>AP Chemistry – test offered only</td>
<td>Year -3</td>
</tr>
<tr>
<td>5356</td>
<td>AP Spanish 5</td>
<td>Year -3</td>
</tr>
<tr>
<td>6191</td>
<td>AP Art History (HHS)</td>
<td>Year-3</td>
</tr>
</tbody>
</table>

AP courses are honors courses taught at CHS, where a student has an opportunity to take the College Board AP test for college credit ($91).
Holiday and Student Dismissal Dates

August 24 & 25  Staff Orientation
August 20  First Day of School
Grs 1-5, Gr 6 CRA & HMS, Grs 9-12 PAL, Gr 9 CHS & HHS
August 27  First Day of School
Grs 7-8 CRA & HMS, Grs 10-12 CHS & HHS
August 31  First Day of School for Kindergarten
September 7  Labor Day - No School - District Closed
October 15 & 16  State Conventions-No School
November 2  2nd Quarter Begins

November 25-27  Thanksgiving Break-No School
November 26 & 27  District Closed
December 21 - Jan. 1  Winter Break-No School
December 25, 26 & 1  District Closed
January 18  Martin Luther King Day-No School
January 19-21  HS Semester Testing
January 21  K-8 12:00 p.m. Early Dismissal
P.M. K-8 Staff Records Day
January 22  No School K-12, HS Staff In-Service-Records Day
January 25  3rd Quarter Begins

February 6  4th Quarter Begins
March 6  Spring Break-No School
April 6  5th Quarter Begins
April 22  Vacation Day-No School
May 6  Vigilante Day-No school Grades 9-12
11:00 AM Dismissal K-8
May 30  Memorial Day-No School-District Closed
June 4  High School Graduation
June 8-11  HS Semester Testing
June 9  Last Day & 12:00 p.m. Early Dismissal
Students K-8
P.M. K-8 Staff Records Day
Last Day for Staff K-8
June 9  Last Day for Students 9-11
June 10  HS Staff In-Service-Records Day
Last Day for 9-12 staff

All Mondays are Professional Release days for HSD staff.
School will dismiss early every Monday—please see below
for your school's Professional Release schedule.

*Elementary:  8:30-2:30
*Middle School:  8:05-2:15
*High School:  8:20-2:30
** Buses will run according to abs schedule on Mondays

Holiday or Break- No Schools- All Grades
Staff Orientation
Last Day of School 9-12 Students
High School Semester Testing
Early dismissal Students K-8/holidays K-8 Records Day
HS staff in-service records day-No School K-12
Vigilante Day-K-8 released 11:00 AM/HHS No School

Helena School Board approx._
painted 