



Capital High School Newsletter

May 2019

Important Notice

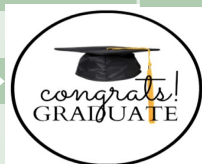
MAY AT A GLANCE

2nd	Vigilante Work Day
3rd	Vigilante Parade— No School
3-4th	State Musical Festival
6th	Senior Awards Night
7-18th	AP Exams
8th	Spring Pep Assembly
9-10th	Divisional Track, Missoula
9-10th	Tennis Divisional, Butte
11th	Prom— Great Northern Hotel 8-11:00 pm
16th-17th	State Tennis Great Falls
14th	Orchestra Spring Concert
20th	Choir Concert
21st	Senior Grad Walk
21st	Band Concert
22nd	Activities Fair
20-24	Arts Trade show
23—25th	State Softball, Helena
24-25th	State Track, Kalispell
27th	Memorial Day— No School
28th	Senior Locker Cleanout

Yearbooks

Yearbook Distribution is Tuesday, May 28th in the library from 12-3 p.m. Students **MUST** bring an I.D. to receive their yearbook to decrease the amount of yearbooks picked up in other student names and prevent theft. Any yearbooks **NOT** picked up on Tuesday can be picked up Wednesday at lunch or during 7th period from room 216. **PLEASE** do not come before lunch on Wednesday as the yearbook needs time to reorganize any books not picked up. You may also come Thursday and Friday during 3rd, 4th, lunch, or 7th period. Please do not disturb Mrs. Selch's class to receive your yearbook. Yearbooks will be available during the previously listed open periods **only**. We have about 20 yearbooks left to sell. They are \$85 each.

Please see Mrs. Selch to purchase your copy!



Seniors!!

To ensure that you receive your diploma on graduation day, you must have your fines/fees paid. Please

- .keep checking that your name does not appear on the fine list that will be posted
- . Return all books and uniforms
- . Pay all fines early
- . Park appropriately your final week of school
- . Check PowerSchool for fines

Please note: The regular bookkeeper will be out of the office the day before graduation,. So if you have questions, ask early!




CHS RECOGNITION BOARD

Elaina Patten- Hunger Dinner hosted at CHS:


Recently, Elaina Patten hosted a dinner at CHS after applying for the Youth Leadership Council that the First Lady and Gov Bullock support. She also hosted this same dinner recently at the Capitol for the state legislature. Please see the news footage at the following address:

<https://kxlh.com/news/helena-valley-news/2019/04/08/fight-childhood-hunger-week-kicks-off-with-capitol-demonstration/>

This project all started because of her involvement with Ms. Bawden and the Bruin food pantry. Thank you Elaina for all of your efforts!



Capital High School received a National Wildlife Federation and EPA EcoSchools \$1000 water grant. Mr. Caffery's AP Environmental Science classes will be completing a stream restoration project this spring using native plants students have been growing at CHS.



Students from the CHS Green Club presented at the SMART Schools Symposium hosted by the Department of Environmental Quality in March. The students presented to other schools and state employees about the "greening" projects at CHS. The projects include our student-led recycling program, updates on our greenhouse (we have a footer with plans to build this summer), solar panels, reducing single use plastics, elementary school outreach, reduction in paper use, and a graduation gown drive! Through these efforts we have recycled over 5000 pounds and saved over 80,000 pieces of paper through online registration guides and newsletters. Combined, all these projects have saved the school over \$7,800. If you would like to partner with green club on "greening" projects please contact Green Club Advisor



Capital High Students Excel at State SkillsUSA Conference!

The followings students made the podium at the Skills USA state leadership conference:

Jeremiah Gibson 2nd Automotive service technology
Caleb Senn 2nd CNC Milling

Kyler Nelson 1st CNC Milling
Lucas Trefzger 3rd CNC Milling

Savannah Schneider 3rd Extemporaneous speaking

The team of Savannah Schneider, Lucas Trefzger, David Hanson, Caleb Senn and Wes Bruski - 2nd Quiz Bowl



The American Legion Constitutional Essay Winner:

Congratulations to Capital High School Sophomore Hailey Carpenter on winning The American Legion Constitutional Essay contest! Hailey will be awarded a \$400 scholarship. This is the 3rd time Hailey has won at the Department level and the 5th time she has competed in the contest.

CHS RECOGNITION BOARD

Montana Recognizes Thirteen High School Women for Computing Achievements

As part of an effort to encourage more young women to choose careers in technology, the National Center for Women & Information Technology (NCWIT), NorthWestern Energy, and Carroll College recognized 13 Montana high school women from 10 high schools for their accomplishments and aspirations in computing and technology. The award event will be held in the Fortin Science Center Scola at Carroll College on Saturday, April 6 and features four Montana IT women from NorthWestern Energy, Northrop Grumman and SRI international talking about their technology careers.

The NCWIT Award for Aspirations in Computing was created to promote the computing aspirations of young women, introduce them to leadership opportunities in the field, and generate visibility for women's participation in technology fields. Winners are acknowledged for their outstanding aptitude and interest in technology and computing, leadership ability, academic history, and plans for post-secondary education.

National judges pick the Montana winners. The 2019 Montana winners include Capital students:

Isabelle Melton (also 2018 winner)

Lauren Helbling

Congratulations to Isabelle and Lauren!

District Music Festival- top performances in orchestra

This Year our Orchestras Received:

Chamber Orchestra – Judge 1: Superior
Judge 2: Superior
Sight-Reading: Superior

Concert Orchestra - Judge 1: Excellent
Judge 2: Excellent
Sight-Reading: Superior

Solo's and Ensembles: Superiors Ratings and heading to State Festival:

Asher Casey – Freshman – String Quintet
Zach Boles – Sophomore – Cello Solo, String Quartet
Anna Boughton – Junior – Violin Solo, String Ensemble
Alex Crisp – Junior – Violin Solo, 3 duets, String Ensemble
Savanna Flemings – Senior – Violin Solo
Braelyn Germaine – Freshman – Viola Solo, Duet, String Quintet
Amanda Haab – Sophomore – Violin Solo
Nathan Hallauer – Senior – Viola Solo, 2 Duets, String Ensemble
Kylie Heit – Freshman – Cello Solo, String Quartet, String Quintet
Jasmine Hruska – Junior – String Quartet, String Ensemble
Ryan Johnson – Junior – Violin Solo, 2 Duets, String Quintet
Ella Krumm – Sophomore – Violin Solo
Ali McAllister – Junior – Bass Solo, String Ensemble
Ben McCabe – Senior – Violin Solo
KatieLee McLaughlin – Violin Solo
Ella Perschon – Freshman – String Quintet
Slayden Rasmussen – Freshman – Bass Solo, 2 String Quintets
Hailey Rosquist – Freshman – String Quintet (continued on next page)

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Sam Settle – Junior – Violin Solo, Duet, String Ensemble
Asher Steichen – Freshman – String Quintet
Christian Zehr – Freshman – Cello Solo, String Ensemble

Jenalyn Sleed – Freshman – Violin Solo, String Quintet
Kennedi Steinagel – Junior – Violin Solo

Performing in other solos and ensembles and receiving Excellent Ratings (II)

Austin Bell – Junior – Cello Solo
Savanna Flemings – Senior – Violin/Cello Duet
Jasmine Hruska – Junior – Cello Solo, Violin/Cello Duet
Megan Lund – Sophomore – Violin Solo
Heather Rankin – Sophomore – Violin Solo
Lillian Keeton – Violin Solo
Elizabeth Walker – Sophomore – Violin Solo

Alex Crisp – Junior – Violin/Bass Duet
Tabitha Flemings – Sophomore – Violin/Cello Duet
Jesse Hruska – Freshman – Violin Solo, Violin/Cello Duet
Clay Perry – Sophomore – Cello Solo
Kaden Robinson – Senior – Violin Solo
Keeton Puliot – Sophomore – Violin/Bass Duet

Performing in other solos and ensembles and receiving Good Ratings (III)

Jack Anderson – Sophomore – Violin/Viola Duet, String Quartet
Ben Buschini – Senior – String Quartet
Amber Edinger – Sophomore – Violin Solo
Tony Martin – Freshman – Bass Solo, Violin/Bass Duet

Austin Bell – Junior – String Quartet
Krista Blankenship – Senior – Viola Solo
Megan Lund – Sophomore – Violin/Bass Duet

Choir Students Excel at District Music Festival

The following students received superior ratings for either their solo or ensemble- congratulations!

Superior Ratings for Vocal Solos:

Skylar Shields Wes Bruski Elijah Johnson Gabe Beckman

Superior Ratings for Vocal Ensembles:

Darby Bushnell Alli Larsen Josie Wunderwald Shiloh Corcoran
Elena Gonzales Bea Pujol Devyn Wunderwald Malachi Austria
Ray Clevenger Jasmine Hruska Emma Schlimgen Reese Sheldahl
Molly Stetzer Skylar Shields Wes Bruski

Band Students Excel at District Music Festival!

Congratulations to the following band students who received superior ratings and will be going on to state.

Riley Anderson Charlie Michaletz Logan O'Connell August Schneider
Payton Schuma Christian Zehr

Old Cameras Collecting Dust? Consider giving them a new home!

"Photography is a mixture of science and art that creates magic." - Scott MacQuarrie, Documentary Photographer.

Next school year students will discover the magic of science through the study of photography in a new class -The Science and Art of Photography! The camera, perfect for creating art, also captures and teaches us scientific understandings. Many of the earliest photographers were not considered artists: they were scientists, engineers, chemists, astronomers, botanists and inventors. Embarking on this photographic exploration, students will learn how science, chemistry and math play a role in the success of photography. We will look at how light is made up of packets of energy and how the eye perceives these as colors and contrast. Students will explore the effects of filters. Also, we will learn about culture changing inventors like Polaroid's Edwin Land and how the camera became its own darkroom, as well as make our own instant art. They will discover for themselves that sometimes science and art, or scientists and artists, can be one and the same.

If you have any old cameras or film, consider donating them to the photography class for their study of science and art. We will make use of a variety of cameras from today's impressive cell phone cameras to **twin lens reflex cameras**, aged **polaroid cameras** and **bellowed Kodaks of the early 1900's, etc.** We would love to revive your old cameras into a wonderful new sci-art adventure of discovery.

The Art and Science movement is not new, yet its reach is currently building momentum. Science-inspired artists find connections that reflect a common purpose – one that integrates the truth of science and the power of art. – Linda Alterwitz, Scientific Photographer

We are going to Rome and Athens in June of 2020! Come to our meeting at CHS, May 15th, at 5:30 pm, Room 116

There is nothing quite like the antiquities of Rome and Athens and the experience to see them first hand that is bound to be one of life's most magical moments! Students will transport back in time to discover the ancient city of Athens named for Athena, goddess of war and wisdom, where intrigue will lead them to the Acropolis to view the Parthenon, perhaps the world's greatest architectural feat. Students will climb 80 steps to the entrance and glimpse an unforgettable view from the Parthenon, a UNESCO site. See the Temple of Athena Nike, which once housed a gold statue of the goddess, her wings clipped to prevent her from deserting the city. A walking tour will take you by Hadrian's Arch and the Temple of Olympian Zeus, built in 515 B.C. to honor the most powerful of all Greek gods.

In a recently commissioned survey, students said an EF tour is :

Life-changing

Increases success in their personal and professional lives

Increases their ability for critically thinking and solving problems because of their EF experience

Raises the statistics for those who earn a BA or higher

Raises the college grade point average to above 3.0; with nearly half earning a GPA between 3.5 and 4.0

Elevates their communication and collaboration skills as a result of their international experience

EF is the most reputable student travel organization, with 50 + years of experience. We ask every student and parent to read the exemplary on-line reviews. We guarantee the lowest prices because we believe in making travel possible for everyone. Our itineraries are educational, featuring experiential learning activities and visits to the best sites. Expert local guides add in-depth knowledge along the way. We are committed to your safety. We have hundreds of offices around the world, with local staff who can assist your group anywhere you travel. Plus, parents can always reach us 24 hours a day. Your 24-hour EF Tour Director stays with your group around the clock on tour, providing insight about your destination as well as great tips.

A tour like this is a great way to enhance learning opportunities in high school **for any** student! Therefore, any interested student is welcome to join the club and participate in the tour. We will be having an informational meeting May The trip is designed to **focus on art and design** around the world, as well as **global, cultural** and **travel skills** necessary in our current world. Therefore, to add to a student's positive **life experiences**, we have organized a rich tour that is offered each year in a different part of the world.

For Art & Design Students, an educational trip such as this is a perfect way to **make the most of the subject that you love!** The key to understanding and appreciating the artwork that is available to us today, and **our own artistic styles**, is learning the story behind each art era and culture. Therefore, to **enrich students' art education**, we have worked hard to offer a trip each year for kids to **develop their artistic understanding and abilities.**

Space is limited. If you are interested, please contact the sponsors listed below or have students stop by for a packet.

Mrs. Butler

sbutler@helenaschools.org

Mrs. Anderson

ganderson@helenaschools.org

Attention Parents of 2019-20 Juniors and Seniors!

We are looking for a few good kids to help out with Bruin Beginnings New Student Orientation in August. We need about 80 student leader volunteers to help freshmen transition into high school. These leaders should have a good attitude about high school and like to work with others. They need to be willing to give up two days of their time before schools starts on August 26 and August 28, one day for training and one day for Bruin Beginnings. They will work with a group of 10 freshmen and show them the ropes of Capital High.

If this sounds like something your junior or senior would like to do, please encourage him or her to fill out the attached Link Crew Application Form (following page) and turn it into Ms. Morand in room 104 right away. We need to have our crew figured out before school is out!

Any questions? Contact me at kmorand@helenaschools.org 324-2541

Peer Mentoring and Link Crew Application

We are looking for juniors and seniors with a positive attitude about CHS and life, who have great attendance, who care about others, and who like kids and helping people. Does this sound like you? Join us in Peer Mentoring and/or Link Crew!

Name (print) _____ Your grade level in 2019-20: 11 or 12 (circle)

Please write your SUMMER address, phone number and e-mail (if you have one, and only if you use it):

ADDRESS _____

city: _____ zip code: _____

PHONE #s cell: _____ home: _____

E-MAIL _____

Your t-shirt size: _____ (these are generally regular, men's t-shirts)

Please mark the one that applies to you:

_____ I am interested in the **Peer Mentoring Class and Link Crew** which puts on the **Bruin Beginnings (Freshmen Orientation)—All peer mentors are expected to do Bruin Beginnings. It is your first activity grade of the year.**

(Be sure to see your counselor for registration. Turn in this application in room 104.)

_____ I am interested in **Link Crew Only—Bruin Beginnings/Freshman Orientation.**

(For Bruin Beginnings only, return this application to Morand in room 104.)

I, _____ (sign name) am committed to the following:

- **One day of training** right before school starts.
- **Freshmen orientation** day.
- Possible **follow-up activities** with my freshmen during the school year.

Answer this prompt below: "Why I Want to Be a Link Leader and/or Peer Mentor" (feel free to use the back)

(Questions? See Ms. Morand in room 104 or contact: kmorand@helenaschools.org phone: 324-2541)

Graduating Seniors—Class of 2019

Attention Senior Parents: If you would like extra graduation tickets, please email your request to Monica Crow (mcrow@helenaschools.org). Please include your name, student's name and phone number.

Commencement practice will be held on Thursday, May 30, 2019 in the PE Center after semester tests are completed, at approximately 9:30am. **If a senior does not attend practice, he/she will not be allowed to attend graduation.**

Students who participate in the graduation ceremony are expected to abide by the following guidelines:

- As you enter the PE Center, you will be given a walk list, find your name and take a seat according to the list.
- Remain seated and quiet until Mr. Zanto is finished with announcements.
- You will be asked to line up according to the walk-in list to practice entering. Look for the person holding a sign with your row number and follow them. That person will instruct you how to line up.

If the weather is bad on the day of graduation, you will line up in the upper gym in the PE Center. If the weather is good you will line up in the PE Center (with the ceremony outside at Nelson Stadium).

Commencement exercises begin at 10:00 am, therefore, **SENIORS MUST REPORT BY 9:00am (in the PE Center if it is at Nelson Stadium or in the Upper Gym in the PE Center if it is in the PE Center). DO NOT WEAR YOUR GOWNS**, but please bring them. Appropriate dress is expected. Example: Girls – dress pants, dress, skirt & blouse, heels or flats. Boys – dress slacks, shirt, dress shoes. You may put your cap on any time before or during lining up. Use of alcohol/drugs before or during graduation or rehearsal will not be tolerated. Anyone suspected of use will be removed from the lineup, both at rehearsal and at graduation.

ARMY NATIONAL GUARDACADEMIC ALL TEAM AWARD

Winter 2018-2019 Honorees

The MHS/Army National Guard Academic All Team Award is given to the top varsity team that exhibit outstanding academic achievement during the school year's second quarter of play for that activity to each MHS schools' classification (AA, A, B and C).

MHS member schools calculate their students' accumulative average for the award. Winter selections are determined using only students who have participated in second quarter activities including Boys' Basketball, Girls' Basketball and Wrestling

Congratulations to both the Boys Basketball team as well as the Girls Basketball team for being awarded the highest average GPA for all AA high schools!

Boys Basketball- 3.662 GPA

Girls Basketball- 3.892

HELENA SCHOOL DISTRICT #1
CAPITAL HIGH SCHOOL
55 S. RODNEY
HELENA, MT 59604

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PERMIT NO. 94

CAPITAL HIGH SCHOOL

MAY Newsletter

School Lunch Menu

Grill: Everyday choices include hamburger/cheeseburger

- Monday**—Chicken Nuggets
- Tuesday** – Corn Dog
- Wednesday** – Chicken Patty Sandwich
- Thursday** – Hot Dog
- Friday**—Chef’s Choice

Pizza: Everyday choices are cheese and peperoni pizza

- Monday**—Sausage
- Tuesday**—Meat Lovers
- Wednesday**—Garlic Chicken
- Thursday**—Taco Pizza
- Friday**—Veggie Pizza

Salads & Deli Sandwiches: Everyday choices are Chicken Caesar

- Salad & Fresh Turkey Sandwich
- Monday**—Buffalo Chicken Salad/Ham Sandwich
- Tuesday**—Chef Salad/Italian Sub
- Wednesday**—Garden Salad/Chicken Caesar Wrap
- Thursday**—Crispy Chicken Salad/Ham Sandwich
- Friday**—Spinach Salad/American Sub

AN ALL YOU CAN EAT SALAD BAR AVAILABLE DAILY WITH PURCHASE

Fresh Garden Salad Greens plus Fruit & Vegetables, in an inviting variety.
Low Fat or Fat Free Milk included with all meals.

- 1 Cheesy Bread Sticks & Marinara
- 2 Grilled Cheese & Tomato Soup
- 3 Vigilante Day—No School
- 6 Teriyaki Chicken and Rice
- 7 Beefy Nachos
- 8 Tater Tot Casserole
- 9 Chicken Mashed Potato Bowl
- 10 Happy Mac & Cheese
- 13 Chicken & Cheese Tot’Chos
- 14 Beef Taco Burger
- 15 Pretzel & Cheese Sauce
- 16 Orange Chicken & Rice
- 17 Fish n’ Chips
- 20 Bean & Cheese Burrito
- 21 Ravioli’s and Roll
- 22 Turkey Gravy w/Mashed
- 23 Sloppy Joe
- 24 Fry Friday—Loaded Bacon Fries w/Roll
- 27 No School Memorial Day
- 28 Fish PoBoy
- 29 Mini Corn Dogs
- 30 BBQ Pulled Pork
- 31 Beefy Mac

