



# Capital High School Newsletter

October 2019

## October AT A GLANCE

- 3rd Senior Baby Ads due
- 3rd Senior Pictures due
- 3-4 State Golf—Great Falls
- 7th Fall Choral Concert—CHS Auditorium
- 14th Band Concert
- 14th CHS-HHS Orchestra Concert
- 16th PSAT Test date, Civic Center
- 16th Picture Retakes
- 16-17 MMEA All State Festival—Missoula
- 16-18 All State Band, Choir & Orchestra—Missoula
- 17-18 State Conventions—No School
- 26th State Cross Country—Great Falls



## Parking Permits

Students must purchase a parking permit to park in the Student Parking lot. The price is \$5 per permit for the school year. Forms are available at the main office or on the CHS website.

**Ticketing has begun.**

## National Merit Semi-Finalists and the PSAT!

Congratulations to the following two seniors who were recently notified of being National Merit Semi-finalists! **LEA HOHENLOHE & CAROLINE SOUTHWORTH**

There are approximately 16,000 semifinalists across this country. These academically talented high school seniors now have the opportunity to continue in the competition for approximately 7,500 National Merit Scholarships. Semi finalists represent less than 1% of U.S. high school seniors, and were selected by their scores from the 2018 PSAT. Congratulations to Ethan and Beatrice!

**Speaking of the PSAT.....**The Capital High Counseling Department is offering *the PSAT (Practice SAT) Exam on October 16th* at the Civic Center from 8-12. We would love to get as many JUNIOR students as possible to participate.

This test is a great opportunity to practice taking a standardized exam and at the end the students get a score report that shows them every question they got right and wrong to help better prepare students for the ACT in April.

In addition, students who take the exam automatically qualify for participation in the National Merit Scholarship Program. The cost is \$16.00 and it must be paid by **WEDNESDAY, Oct 9<sup>th</sup>** to the bookkeeper. Hope to see you signed up soon!

Thursday, **YEARBOOK** Thursday,  
**OCTOBER 3RD TO-DO LIST** OCTOBER 3RD

Questions? Email [capitaldomeyearbook@gmail.com](mailto:capitaldomeyearbook@gmail.com)

Download order forms: <http://chs.helenaschools.org/extracurricular/clubs-activities/capital-dome-yearbook/>

- ~ Last day to purchase a yearbook for \$70.00.  
 On October 4th the price increases to \$80.00
- ~ Senior Ads are due! Purchase in person or online at [www.yearbookforever.com](http://www.yearbookforever.com). Photos/text can be emailed.
- ~ Senior photos are due! Email [capitaldomeyearbook@gmail.com](mailto:capitaldomeyearbook@gmail.com)
- ~ To order a yearbook or ad go to [www.yearbookforever.com](http://www.yearbookforever.com) or pay using check or cash through the book keeper, Mrs. Dioso, or Mrs. Selch in room

**CALLING ALL ADVENTURERS!**

Dungeons and Dragons is a fantasy role playing game that happens to be tons of fun! We meet in Room 114 on Thursdays from 3:30 to 4:30. Everyone is welcome!

**Congratulations Savanah Schnieder!!**

Savanah Schnieder who graduated this Spring, took 3<sup>rd</sup> place in the National Wildest Parts contest with her stirrup she made for her senior project. Savanah won \$500 cash

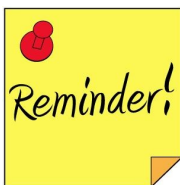


**Come See the CHS Thespians perform "The Music Man"**

Nov 14th-16th 7pm CHS Auditorium  
 Nov 21st-23rd 7pm CHS Auditorium

**Tickets:**

Adults \$10  
 Students & Seniors \$8



**MHSA Eligibility Requirement:**

Students must pass at least four classes to remain eligible. Likewise, for a student to be eligible for a spring activity, he/she must pass at least four classes

**Parent Counsel Meeting**

**When: 1st Thursday of the Month**  
**Where: Library Conference Room**  
**Time: 12:00pm**

**PROM 2020**

**Where: Helena Civic**  
**Date: May 9th, 2020**  
**Time: 8-11pm**

**Scholarships**

Seniors are encouraged to check out the CHS Scholarship Page at: <https://chs.helenaschools.org/about/counseling-career-center/scholarship-opportunities/>.

Scholarships are also on display in the Career Center. Please check often as more are added weekly.

**College Application Week** is September 30 – October 4. Montana college and university application fees are waived during this week. There will be treats and extra support in the Career Center for anyone who would like help with the application process.





# Lewis & Clark Public Health

1930 Ninth Avenue  
Helena, MT 59601  
406-457-8900  
publichealth@lccountymt.gov

July 31, 2019

Contact: Nate Wellington, Tobacco Use Prevention Health Educator, 406-457-8924

Gayle Shirley, Communications Manager, 406-457-8908

## **New Quitline Tailored to Teens Who Want to Stop Tobacco Use**

The Montana Tobacco Quitline has launched a new program for teens who want to stop using tobacco products, including electronic cigarettes and vapes.

Nearly 5 million teens across the nation are vaping and using tobacco. Lewis and Clark Public Health has seen a significant increase in the number of local high school students who use electronic nicotine products. In 2019, 49% of students reported being current users, compared to 27% in 2015. Yet there have been few resources specifically available to help young people stop.

“While there are similarities, the teen quit experience is very different from the adult experience,” according to Dr. Thomas Yli-oja, clinical director at National Jewish Health, which operates the Montana quitline for the state Department of Public Health and Human Services.

“This program allows us to meet teens where they are, communicate with them via channels they are comfortable with, and support them through their quit journey.”

The new program, called *My Life, My Quit*, provides teens with a coach who listens to their unique needs, provides personalized support, and helps them develop a plan to become free from nicotine. The program includes educational materials created with the assistance of teens, subject matter experts, and community stakeholders.

To access the program, teens can text or call a dedicated toll-free number (1-855-891-9989), or they can visit [mylifemyquit.com](http://mylifemyquit.com) for real-time coaching. The program is free, confidential and discreet. Information cannot be shared without the teen’s consent.

“With the growing epidemic of non-traditional tobacco products like e-cigarettes and vaporizers, and the marketing tactics targeting teens, it’s important for youth to have a resource specifically tailored to help them quit and recognize the health effects of these products,” said Nate Wellington, tobacco use prevention health educator at Lewis and Clark Public Health. “This is what the mylifemyquit.com program is designed to do.”

### **From the Desk of the School Nurse- Asthma**

Research has shown that school attendance is an important element in high school graduation. Asthma is one of the leading reasons why students miss school. Asthma can disrupt sleep, and decrease a student's ability to concentrate and remember what he is learning in the classroom and what he is studying at home. Students with Asthma should have regular check ups with their doctor or other health care provider to make sure his/her medications and treatment plan is working well.

If you or your student have questions or concerns about his/her Asthma, please see your school nurse, Mrs. McNamee or call her at 406-422-7013. For more information:

<https://www.cdc.gov/healthyschools/asthma/index.htm>

<https://dphhs.mt.gov/schoolhealth/schoolnurse/schoolnurseandlongtermhealthconditions/asthma>

[https://www.nhlbi.nih.gov/files/docs/resources/lung/asth\\_sch.pdf](https://www.nhlbi.nih.gov/files/docs/resources/lung/asth_sch.pdf)

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

# CAPITAL HIGH SCHOOL

October Newsletter

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
HELENA, MT 59601  
PERMIT NO. 94

## October Lunch Menu by Sodexo

## Weekly Specials

### EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

### FAST TAKES

**Offered Daily:** Chef salad, chicken Caesar wrap, turkey and cheese, ham and cheese, Italian or hummus.

### GRILL

**Everyday Selections:** Classic Hamburger/Crispy Chicken Sandwich  
**Monday:** Corn Dog **Tuesday:** Rib-B-Que **Wed:** Toasted Cheese Sandwich  
**Thursday:** Hot Dog **Friday:** Chicken Tender Sandwich

### PIZZA

**Everyday Selections:** Cheese Pizza, M/W/F: Pepperoni,  
**Tu:** Sausage, **Th:** Hawaiian

\*Offered with Toasted Garlic Caesar Salad

**Sept 30th– Oct 4th/Oct 14th-18th/Oct 28th-Nov 1st**

**Choice of :** Lo Mein, Steamed brown rice, oven fried brown rice

**Everyday:** Sweet & Sour Chicken

**Mon:** Teriyaki Beef **Tuesday:** General Tso Ch.

**Wed:** Spicy Orange Ch. **Thur:** Teriyaki BBQ

**Fri:** Creamy Sriracha Ch.

**Choice of Side:** Sesame roasted carrots or roasted broccoli

**Oct 7th-11th/Oct 21st-25th**

**Choice of:** Tortilla chips, Tortilla, Cilantro Lime Rice or Taco Salad Bowl

**Everyday:** Taco Beef or Cheddar Cheese Sauce

**Mon:** Carnitas served with refried beans or Aztec corn

**Tues:** Fajita chicken served with Mexican black beans or Aztec corn

**Wed:** Carnitas served with refried beans or Aztec corn

**Thurs:** Fajita chicken served with black beans or Aztec corn

**Fri:** Carnitas served with refried beans or Aztec corn