

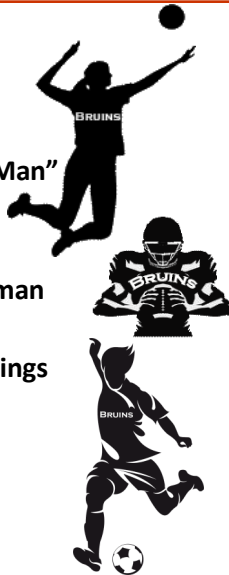


Capital High School Newsletter

November 2019

November AT A GLANCE

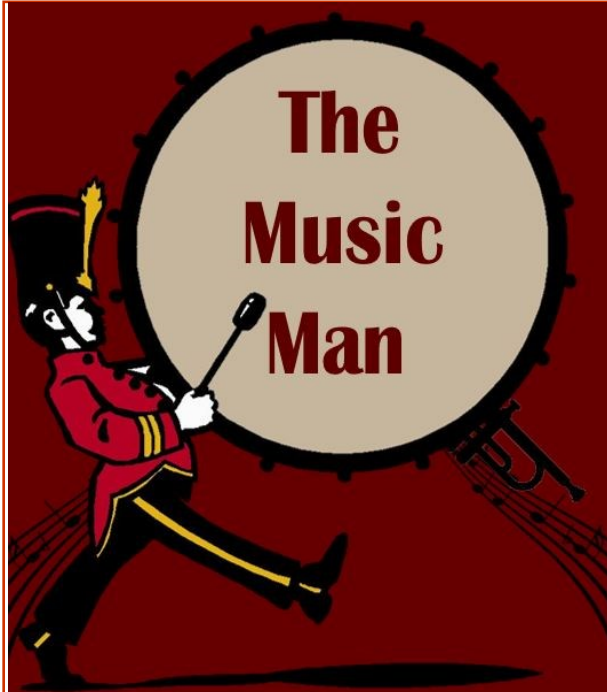
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|-----------|--------------------------------|
| 1st | End of 1st Quarter |
| 14th-16th | Crosstown Play "Music Man" |
| 21st-23rd | 7pm @ CHS Auditorium |
| 14th-16th | State Volleyball in Bozeman |
| 18th-19th | AA Choral Festival in Billings |
| 27th-29th | Thanksgiving Break |



Quarter 1 Report Cards

The first quarter of the 2019-2020 school year ends on Friday, November 1st. You can expect your student to bring home a report card the week of November 13th.

Please feel free to email or call your student's teacher if you have questions or concerns regarding a grade your student may have received. Teacher emails and phone numbers can be found on the CHS website or you may call the school at 324-2500.



A Crosstown Musical Production

November 14-16, 21-23 at 7:00 p.m.
Capital High School Auditorium

Tickets: \$10 for adults, \$8 for students/seniors

Purchase tickets at the door or online:

chsd.cbooktix.com



Yearbooks are on sale now!!

Lifetime Bruin
Memories!!!

Purchase one online at yearbookforever.com or in person from Mrs. Dioso, the bookkeeper, or Mrs. Selch in room 216. Yearbooks are \$80.

PROM 2020

Where:
Helena Civic
Date: May
9th, 2020

Attention Students, Parents, Family Members and Friends-

Students, Parents, Family Members and Friends- let's go see the pristine blue waters of Greece and the wonders of Italy with Capital High's Premiere Travel Club! Ancient ruins such as the Roman Forum and the Colosseum will speak to the power of the Roman Empire. While at the Vatican and St. Peter's Basilica you will witness Michelangelo's Fresco masterpieces. During your stay in Greece you will view 5th century BC architecture, art and artifacts. Don't let this amazing educational opportunity elude you! Stop by room T7 (the photo room-east end of the shops) to gather information or contact Mrs. Anderson (406-459-9311) (gandeson@helenaschools.org) or Mrs. Butler (406-431-2460) (susieduany@gmail.com) who will provide you with the details to make this dream trip a reality.



Congratulations!!!

Ezra Rojas and Mason Skains competed in the welding rodeo Saturday at Helena College. They took first place and won a \$2000 welder for the school and 5 welding helmets. Great job!!! Also, thank you to Mr. Weber for leading the charge in this competition!



All-State Orchestra Qualifiers

Zach Boles-Cello
Maren Elliot-Violin

Kylie Heit-Cello
Ali McAllister-Bass

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 this current semester.

Please stop by the Career Center to check out job postings and college scholarship opportunities. Jobs and scholarships are also posted on our webpage: <https://chs.helenaschools.org/about/counseling-career-center/>. Follow us on Instagram @BruinCounseling and Facebook @Capital High Counseling for updates on college and military visits, scholarships, and events!

Parent Counsel Meeting

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



ADVANCED PLACEMENT UPDATE:

CollegeBoard made a big change to the registration and ordering of AP exams this year. The deadline for CHS to order exams is November 15th. Tests will still be administered the first two weeks of May. The schedule for exams can be found at <https://apcentral.collegeboard.org/courses/exam-dates-and-fees>.

Through their AP class, students enrolled in their AP section online giving them access to resources and automatically registering them for the AP exam.

If your student is NOT going to take the exam(s), they need to notify their teacher(s) by November 8.

If your student is going to take the exam(s), payment started October 11th and runs through October 31st. The cost is \$100 per exam and should be paid by check (made out to CHS) or cash through the CHS bookkeeper.

CollegeBoard is charging a \$40 late order fee, and a \$40 unused/canceled PER EXAM, which your student will be responsible for if they initially decide not to take the test and then decide later to take it after November 15 (your student would pay \$140 per exam) or if they decide not to take the exam after November 15 (your student would receive a \$60 refund per exam). Additional fees will not be assessed for school related activities, illness, or emergencies.

For questions, contact the counseling department at 324-2604.



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

From the Desk of the School Nurse- Asthma

Medication for some students is essential to be administered in school for the student’s wellbeing. If a medication is a prescription medication, for it to be administered or taken in school, it must be checked in with the school nurse, kept in a locked cabinet and administered by trained staff. Students are not allowed to carry and administer prescription medication.

High School students can self-carry and self-administer any over the counter (non-prescription) medication. However, they are not allowed to share with other students.

If you have questions or concerns about medication in the high school setting, please contact you school nurse, Shannon McNamee RN, NCSN @ 406-422-7013.



CHS Clubs 2019-2020

Art Seen & Heard	Art Club	Bruin Performance	BPA	Cine Club
Lunch – Rm. 14 Thursday Mrs. Cook	Lunch – T7 2 nd & 4 th Monday Mrs. Anderson	Lunch – Gym 1 st and 3 rd Wednesday Mrs. Engstrom	Lunch-Rm. 213 Thursday Mrs. Norman	Lunch – Rm. 111 Mrs. VanDam
Chess Club	Coding Club	Construction Management & Design	DECA	Drama Club
Lunch Rm. 20 Mr. Warner	After School T6 Friday Mr. Murphy	Lunch – 1 st and 3 rd Tuesday Mr. Canney Tech 1	Lunch Tech 1 Mr. Dawes	Lunch Auditorium Monday Mrs. Brayko
Environthon	eSports	FCA	FCCLA	Fly Fishing Club
Lunch Rm. 232 Tuesday Mrs. Bosch	Lunch Rm. 122 Mr. Ward	Lunch Rm. G-2 Mr. Ruff	Lunch Rm. 116 Mrs. Basinger	Lunch Rm. 203 Wednesday Mr. Caffery
Folf Club	French Club	German Club	Green Club	HOSA
Lunch Rm. 205 Mr. Clinch	Lunch Rm. 111 Mrs. VanDam	Lunch Rm.105 Mr. Langreder	Lunch Rm. 230 Tuesday Mrs. Urban/Mr. Tuss	Lunch Rm. 204 Wednesday Mr. Duncan / Ms. Bosch
Key Club	Latin Club	Math Club	MBI/YAC	NHS
Lunch Rm. 6 Mrs. Lunday	After School Rm.105 Thursday Mrs. Richmond	Lunch Rm. 208 Friday Mr. Peterson / Mr. Chart	Lunch Rm.213 various dates Mrs. Norman/Mrs. Waterman	Lunch Rm. 12 2 nd and 4 th Wednesday each month Mr. Zarnowski
Niceness is Priceless	Outdoors Club	PEERS	Power Lifting Club	Queer Straight Alliance
Lunch Rm. 231 Tuesday Mrs. Sieminski/Mrs. Waterman	Lunch Rm. 210 Mr. Anderberg	Lunch Rm. 100 Mrs. Hassler/ Mrs. Fjeseth	Lunch Rm. Wrestling Rm. Wednesday Mr. Carter (starting in December)	Lunch Rm. 123 Mrs. Cleveland
Robotics Club	Science Club	Skills USA	Spanish Club	Student Council
Lunch Rm. 202 Tuesday Mrs. Humbert/Mrs. Lunday	Lunch Rm. 202 Thursday Mrs. Humbert	Lunch Rm. T8 1 st and 3 rd Mr. Croft	Lunch Rm. 101 Tuesday Senor Lyng	Lunch Rm. 211 Mrs. Goody
World Travel	Youth Alive	Youth In Government	YouCat Chat	Photo Club
Lunch Rm. 115 Friday Mrs. Anderson	TBD	Lunch Tech 2 Mr. Kaiser	Lunch Rm. 210 Mr. Casey/Mr. Anderberg	Lunch Rm. T7 1 st and 3 rd Monday Mrs. Anderson

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

CAPITAL HIGH SCHOOL

November Newsletter

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

October Lunch Menu by Sodexo

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

Mon: Corn Dog **Tues:** Rib-B-Que **Wed:** Toasted Cheese Sandwich

Thurs: Hot Dog **Fri:** Chicken Tender Sandwich

PIZZA

Everyday Selections: Cheese Pizza, M/W/F: Pepperoni,

Tues: Sausage, **Thurs:** Hawaiian

*Offered with Toasted Garlic Caesar Salad

Weekly Specials

Nov. 4-8 & Nov. 18-22

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

Nov. 11-15 & Nov. 27-29

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

Everyday: Sweet & Sour Chicken

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

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

Fri: Creamy Sriracha Ch.

Choice of Side: Sesame roasted carrots or roasted broccoli