



Capital High School Newsletter

January 2020

January AT A GLANCE

9th-10th	Night to Shine Auditions
20th	MLK Day—No School
21st	Locker Cleanout
21st-23rd	Semester Tests
24th	End of 1st Semester
24th	Records Day-No School
27th	3rd Quarter Begins
31st-1st	State Speech & Drama



One Week
before CHS
Semester Tests



Two days
before CHS
Semester Tests



After CHS
Semester Tests



Night to Shine:

Auditions will be held on January 9th and 10th at Helena Middle School.

Tickets go on sale on Thursday January 9th, 2020. All seating is reserved: \$20 Premium, \$30 VIP. The Night To Shine production will be held on February 18th, 2020 at the Civic Center.

Capital High DECA Club is selling UpTop Gear:

- T-Shirts: \$25
- Long-Sleeve Shirts: \$30
- White Hoodies: \$40
- Grey Hoodies w/ White Strings: \$42



Semester Test Schedule

The semester test schedule is listed below. Please note that the class periods are different on these days. It would be in your student's best interests to avoid scheduling appointments on these days. Also, it is very difficult and disruptive to deliver messages to students on these dates.

Tuesday, January 21

- Period 0 8:20 – 9:40
- Period 1 9:55 – 11:15
- Lunch 11:15 – 11:50
- Period 2 11:50 – 1:10
- Make-up 1:24 – 2:45

Wednesday, January 22

- Period 3 8:20 – 9:40
- Period 4 9:55 – 11:15
- Lunch 11:15 – 11:50
- Period 5 11:50 – 1:10
- Make-up 1:25 – 2:45

Thursday, January 23

- Period 6 8:20 – 9:40
- Period 7 9:55 – 11:15
- **LUNCH WILL NOT BE SERVED**
- Make-up 11:50 – 2:45

CHS RECOGNITION BOARD

Science Olympiad Results

Congratulations to the CHS participants, as a team, they placed 3rd overall!



2nd place protein modeling: Mariah Mercer and Sarah Heller
2nd place sounds of music: Zach Boles and Seamus Whyte
2nd place astronomy: Tyler Almquist, Brandon Warren, Nate Turner and Celina Lee
2nd place Chem Lab: Tyler Almquist and Seamus Whyte
2nd place Gravity vehicle: Ashton Shipley, Brandon Warren and Killian Humbert
3rd place fossils: Erin Robinson and Killian Humbert

CHS Talent Show

The following students all qualified for the recent CHS Talent Show held on Thursday, December 12th. The amount of talent on display was unbelievable!

Jenna Rahn and Amanda Haab
Fehr's Four Jazz Band
Elizabeth Soula
Wes Bruski
Aurellia Anderson

Jasmine Hruska and Slayden Rasmussen
Eowyn Malcomson
Kayla Bridges
Amelia Sigafos
Devyn Wunderwald

The four finalists selected by a panel of judges are:

Malachi Austria, Maggie Knudson, Kaylee Metzger and Kate Loble

These finalists will perform at our winter assembly on Dec. 20th! Good luck to all!

Registration for the 2020-2021 School Year

After the start of the 2nd semester the counseling department will begin our process of registering students for next school year. It's very important for us to get accurate student requests so we can build a schedule that accommodates students class choices as much as possible. Each week we will be presenting on the first day of the week and registering students on the Friday. Our hopes are that during the week if students or parents have questions about class selection that they make appointments to meet with their counselor to discuss all their options.

Juniors

Classroom Presentations- Monday February 3rd
Junior Parent Night- Wednesday February 5th
Registration for grade 12- Friday February 7th

Freshman

Classroom presentations- Tuesday February 18th
Registration for grade 10- Friday February 21st

Sophomores

Classroom presentations- Monday February 10th
Registration for grade 11- Friday February 14th

CRA 8th graders

Classroom Presentations- Monday March 2nd
CHS Counselors at CRA Parent Teacher Conferences Tue/Wed March 3rd, 4th
CRA Tour of CHS- Wednesday March 4th
8th grade Parent Night- Thursday March 5th
Registration for grade 9- Friday March 6th

How far will \$80 go these days?



17 Venti Lattes
@ \$4.65 each from Starbucks



26.6 gallons of gas



4 3/4 supreme pizzas
at Pizza Hut



A yearbook that lasts forever

These days \$80 in the hands of a student doesn't go very far. Make an investment that will last.

Give them a yearbook.

www.yearbookforever.com (credit/debit)

Mrs. Selch room 216 or the book keeper (cash/check)



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On the day of your event, Buffalo Wild Wings® will donate 20% of sales from all guests who display this flyer.

We look forward to helping your organization meet it's financial goals. Together we can make a positive impact and help our community needs.

(Present this to your server on the date and time listed below)

CHS Boys Basketball Team

WEDNESDAY

January 8th, 2020

3190 N Sanders, Helena

406.495.9464

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CHS Boys Basketball Team

WEDNESDAY

January 8th, 2020

May NOT Distribute on Buffalo Wild Wings' property.

Buffalo Wild Wings 3190 N Sanders Helena 406-495-WING



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ADMIT 1

Thanks to many donors, the Bruin Pantry was able to provide more than THIRTY families with the gift of a \$50-\$100 grocery-only gift card over winter break. Thank you to Ms. Bawden and Mrs. Goody for organizing this endeavor!



We want to thank the following individuals and groups for their contributions to this year's winter break gift cards:

CHS Students & Staff

CHS Student Council

Crowley Fleck Law Firm

Helena Nazarene Church

Hal & Mary Jacobsen

Town Pump Charitable Foundation

From the Desk of the School Nurse

Hearing Protection

Many of our high school youth enjoy hunting; it is part of Montana's culture. However, consistent use of hearing protection in both target practice and during the hunt may not be the priority.

If students do not wear adequate hearing protection, they are at risk of experiencing hearing loss in the opposite ear from which they fire the rifle. This is because the angle of the head while shooting may offer some protection to the ear closest to the rifle whereas the opposite ear is exposed to the sound of the blast.

The best way to prevent hearing damage during hunting and target practice is the use of some barrier-like protection such as ear plug and ear muffs. These should be used during while they or another person is shooting and during target practice/sighting in.

For more information, please visit:

<https://www.aafp.org/afp/2001/0315/p1053.html>

<https://www.healthyhearing.com/report/7904-Shooting-sports-and-hearing>



Gunshots and hearing loss -- why hearing protection is vital

When used correctly, firearms provide security, livelihood, and recreation for millions of Americans. The National Rifle Association boasts more than five million members and according to the National Shooting Federation, 20 million people spend \$16.9 billion annually on target shooting, a sport which supports more than 329,000 jobs.

www.healthyhearing.com



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

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HELENA, MT
PERMIT NO. 94

CAPITAL HIGH SCHOOL

January Newsletter

January 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

PIZZA

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

Tues: Sausage, **Thurs:** Hawaiian

*Offered with Toasted Garlic Caesar Salad

WEEKLY SPECIALS

Jan. 6th-10th & Jan 20th-24th

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

Jan. 13th-17th & Jan. 27th

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