



# Capital High School Newsletter

October 2020

## October At A Glance

**College Application Week:**

**Sept 28th-Oct 2nd**

**ACT Test for Seniors: Oct 6th**

**PSAT Testing: Oct 14th**

**Picture Day: Oct 19th (A day) Oct 23rd (B day)**

**End of 1st Quarter: Oct 30th**

## 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.**

## National Merit Semi-Finalists and the PSAT!

**Congratulations to the following two seniors who were recently notified of being National Merit Semi-finalists! Sarah Heller, Tyler Almquist and Victor Scott.**

**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 14th* at Capital High School 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 \$20.00 and it must be paid by WEDNESDAY, Oct 7th to the bookkeeper. Hope to see you signed up soon!**



# YEARBOOK TO-DO LIST

Tuesday, OCTOBER 6TH Tuesday, OCTOBER 6TH

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 6th, the price increases to \$80.00
- > Senior Ads are due! Purchase in person, online at [www.yearbookforever.com](http://www.yearbookforever.com) or <https://helenaschools.revtrak.net>
- > 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), <https://helenaschools.revtrak.net> or pay using check or cash through the book keeper, Mrs. Barker, or Mrs. Toivonen in room T-6.

Facebook: Capital High Counseling Instagram: bruincounseling Twitter: @bruincounseling

## Thursday, October 1 The Free Application for Student Financial Aid (FAFSA) Opens

The FAFSA takes roughly 30 minutes to complete and requires both parent and student information.

<https://studentaid.gov/h/apply-for-aid/fafsa>

### Why Should I Complete the FAFSA?

- Receive financial aid to help pay for college
- Work-study opportunities
- State and Institutional Grants (\$\$ you don't have to pay back)
- Scholarships

Tuesday, October 6 The ACT will be offered, free of charge, to all seniors.

## Scholarships

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

## College Application Week:

Sept 28th-Oct 2nd

Montana college and university application fees are waived during this week. **APPLY!!**



## 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.



Tyler Ream, Ed.D.  
Superintendent

55 South Rodney Street  
Helena, Montana 59601  
Phone (406) 324-2001  
Fax (406) 324-2035

September 14, 2020

Dear Parents / Guardians:

This letter is being sent to the parents/guardians of all middle and high school students in Helena Public Schools.

Helena Public Schools believe that mental wellness is critical to the academic success of students. Some children go through temporary periods of stress, sadness or anxiety due to multiple factors, such as the loss of a family member, a relationship breakup, or changing to a new school. For other students, these periods of stress, sadness or anxiety can be more than just situational, and can be a sign your child is struggling. As a result, we have partnered with Intermountain to make free, voluntary, behavioral health and wellness Screenings available to our middle and high school students through the School Based Outpatient Therapy (SBOT) services of Intermountain.

Helena Public Schools is proud to be working with Intermountain to help safeguard the health and welfare of our students, and we hope that you will take advantage of this confidential service for your child. Although your child may or may not have participated in past years, we remind you that a child's mental health can change within the course of a year, and an annual mental wellness and substance use screening may be beneficial. Please read the information below, and if you would like your child to participate, fill out, sign and return the Parent Consent Form to the address on the form.

Here is how the program works. Intermountain [is in charge](#) of the behavioral health and wellness screening process. Your child will not be screened without your signed permission. If signed permission is given, screening will take place during school hours in a private setting at the student's school. Below are three steps to the screening process:

**Step One:** Students will meet one-on-one with the School Based Outpatient Therapist (SBOT). This can happen in person or via a remote platform. During this meeting, the therapist will interview the student about general signs and behaviors exhibited by students who could be struggling. Questions include topics on thoughts of self-harm or suicide, signs of emotional distress, and incidents of substance use. Screenings will occur between now and the end of this school year. If you feel your son or daughter would benefit from more immediate support, please contact your school counselor.

**Step Two:** If your child's screening indicates a potential mental health or substance use issue, or if he or she asks for help, the School Based Outpatient Therapist (SBOT) will initially evaluate for immediate risk of self-harm, and will contact you to make a plan to meet your child's needs.

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Parents/Guardians

Page 2

**Step Three:** You will be notified by the School Based Outpatient Therapist (SBOT) of the results. If everything appears to be within normal response for your child, you will be sent a letter indicating such, to the address you provided on the permission form. If your child has a follow-up meeting with the SBOT for further evaluation, the SBOT will contact you about the overall results, and discuss ways of providing your child with the help needed.

Again, this behavioral health and wellness screening is provided at no cost to you, but this does not provide follow-up evaluation and treatment services. It is up to you to decide if you want to obtain any additional services for your child. The School Based Outpatient Therapist (SBOT) will provide you with information about therapists in the community who serve adolescents and/or therapy services that are available at your child's school. At your request, a referral can be coordinated. Also, you may request that follow-up services be provided by the SBOT.

We also want to share with you the website, "[www.HelenaYouthCrisis.org](http://www.HelenaYouthCrisis.org)" that was developed in 2015. The website provides a roadmap for helping youth in crisis. When your youth or family is in crisis it is difficult to know what to do or who to call for help. Getting the [help](#) you need can be confusing and exhausting. The website is a simple guide for navigating through crisis situations, and the community services that may help.

Please do not hesitate to call the Curriculum and Instructional Services Administrator for Helena Public Schools, Joslyn Davidson, at 324-2037, if you have any questions.

Sincerely,

Tyler Ream  
Superintendent

Enclosures

Behavior Health and Wellness Screening Parent/Guardian Consent Form

Montana DPHHS Poster: WARNING SIGNS – of someone who may be at – RISK OF SUICIDE

**Mental Health and Substance Use Screening**  
**Parent/Guardian Consent Form**

Please return this form as soon as possible to:      Helena Public Schools  
Attn: Mental Health Screening Coordinator  
55 South Rodney Street  
Helena, MT 59601

I have read and understand the letter that describes the mental health and substance use screening offered by the Helena Public Schools. I am the parent / legal guardian of the child named below, and:

\_\_\_\_\_ I would like my child to participate: (please initial)

Student's Name (Please Print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gender (Please Circle): M - F - prefer not to answer

School (Please Circle): HMS - CRA - HHS - CHS| - PAL - Access to Success

Grade (Please Circle): 6 - 7 - 8 - 9 - 10 - 11 - 12

Has your child been previously screened (Please Circle): Yes No Don't Know

Date form is being signed: \_\_\_\_\_

Parent / Legal Guardian's Name (Please print): \_\_\_\_\_

Parent / Legal Guardian's Signature: \_\_\_\_\_

Please provide the following information so the School Based Outpatient Therapist can contact you:

Mailing Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

City / State / Zip Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Best times to reach you: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\_\_\_\_\_ Phone Number: \_\_\_\_\_

## **From the Desk of the School Nurse,**

As the medical community continues to learn more about COVID-19, recent developments have changed the way we respond to student and staff illness. Under normal circumstances, students with illness such as a temperature 100 degrees, significant coughing and gastrointestinal concerns were sent home until 24 hours after the symptoms were gone or improving.

Governor Bullock has released a set of protocols called "Outbreak Response Protocols: K-12

<https://covid19.mt.gov/Portals/223/Outbreak%20Response%20Protocols%20K-12.pdf>

Based on the protocols, the illness guidelines have changed:

**Low Risk Symptoms of COVID-19** include: Nausea (stomachache), vomiting, diarrhea, sore throat, muscle aches or pain, headache, weakness or fatigue, runny nose or nasal congestion, fever of 100 degrees or more

**High Risk Symptoms of COVID-19** include: Coughing, shortness of breath or difficulty breath and loss of taste or smell

**If the student has 1 new or unexplained Low-Risk Symptom and has had NO exposure to someone with COVID-19, student must stay home until 24 hours after symptom is gone without the use of fever/pain reducing medication.**

**If the student has 1 new or unexplained High-Risk symptom or 2 new or unexplained Low-Risk symptoms (and has had no exposure to someone with COVID-19) student must remain home until one of the following criteria are met:**

Parent provides a note from their health care provider clearing the student for school. Under this circumstance, students may return 24 hours after the fever is gone and symptoms are getting better without the use of fever/pain reducing medications.

If a health care provider's note clearing the student for school is **not** provided, the student must stay home for 10 days and symptoms have improved

If the student is tested, follow the direction of their health care provider.

**Please contact Shannon McNamee RN, NCSN for any questions or concerns**