



Capital High School

March Newsletter

2023

March at a Glance:

March 2nd-4th: Divisional AA Basketball in Kalispell (tickets must be purchased through GoFan-link can be found on school website)

March 9th-11th: State AA Basketball in Butte

March 13th-17th: Incoming Freshman Registration/ Presentations

March 27th-31st: **SPRING BREAK NO SCHOOL**

CLOUD 9
FORMAL DANCE

WHEN: MARCH 18TH
WHERE: CAPITAL HIGH GYM
TIME: 8:00 P.M.-11:00 P.M.
FOR GRADES 9-12!
COST: \$25 PER TICKET

Tickets can be purchased through Revtrack starting March 1st

Join the Niceness is Priceless club for a night of dancing! All proceeds go to the club to help spread kindness throughout CHS!!!!

CHS BRUIN BOOSTER CLUB Spring Brunch

Please join us on Saturday, March 18 from 10:00 am - 1:00 pm in the Capital High Main Foyer for the annual CHS Bruin Booster Club Spring Brunch. This brunch marks the start of Spring activities here at CHS.

The Booster Club is a group of parents, faculty and volunteers dedicated to strengthening student excellence at Capital High and our level of support depends upon Bruin Boosters like you. The Club works in conjunction with school educators, staff, and parents to promote school spirit, athletics, academics, and enhance the educational experience. The Capital High Booster Club is a registered not-for-profit organization that supports all students by providing financial assistance for extra-curricular activities as well as enhancements to school facilities.



Travel is so much more than just planes, trains, and all the sites! Through educational travel, students gain a new perspective, develop a sense of independence, and build skills for the future through fun hands-on learning and engaging local experts.

We believe strongly in the numerous scholastic and personal benefits that come from traveling abroad. *Bruins Abroad* has made a difference in the lives of students for over 15 years! Our program is safe, educational and life changing.

Students are excited to depart this month on our educational tour to France! They will traverse the country's rich culture and history from galleries of the Louvre to the awe-inspiring chateaux in the Loire Valley. They will explore the magical Versailles, dine at the maze-like subterranean grottos created by thousands of years of geologic evolution, and practice their French. But even more importantly Bruins will gain an incredible understanding of what it took for our troops to help liberate Europe during WWII. Students will learn about the incredible bravery and logistics on D-Day, witness remnants of the floating roadways and piers of the war port, visit the Pointe du Hoc Ranger Monument commemorating our special forces, and pay tribute to troops at the Normandy American Cemetery & Caen Memorial.

On our next tour students will learn about government, history, art, UNESCO sites, indigenous peoples, and geothermal features like Yellowstone. Plus, they will snorkel, hike, participate in cultural exchange, and make lifelong friends! We are opening up a few more spots on our next tour. Your teen is invited to join us for a once-in-a-lifetime travel experience in the summer of 2024 on a crosstown mini study-abroad to Australia & New Zealand.

Students can create personalized learning projects, choose to earn university credit, compete in project competitions, and have help writing their college application essays." Crikey mate, that's definitely bonza!"

We will have an informational parent meeting on April 20th at 5:30 pm. Please RSVP here for more information <https://bit.ly/3SUxMoT> . Space is limited.



Every travel experience is an opportunity for growth, but *educational* travel goes even further. It's a chance for students to appreciate what they have and better understand the world and their ability to affect change—an understanding that can shape the way a student interacts with new communities, experiences, and ideas. It is an experience that invests in personal ethics and values, while building character traits for resumes, scholarships, and life in general.

CHS Student Exploration Summer 2022



Miscellaneous CHS Information

Spring sports begin March 13th....Students interested in participating in MHSА sanctioned activities for Spring Sports:

Each athlete MUST have a completed and signed physical form, signed concussion form and drug/alcohol form before they can participate in tryouts or start practice.

April 11th: ACT-JUNIORS ONLY DAY (Grades 9, 10, and 12 students optional attendance)- check in with Mrs. Meldrum for any ACT related questions.



From the Desk of the School Nurse:

College Vaccinations- For students being away from home and living in dorms for the first time, college life can be fun and exciting. However, high stress and lack of sleep can also decrease your student's ability to fight off infection. There are several vaccines that are recommended for young adults entering college and the work force:

Meningitis- The Meningitis infection causes the membrane around the brain and spinal cord to become inflamed. While rare, this infection is very dangerous. There are two Meningitis vaccinations your health care provider may offer, meningococcal conjugate vaccine and serogroup B meningococcal vaccine. Please visit with your student's health care provider about which one is appropriate.

Human Papillomavirus (HPV) Vaccine- The HPV vaccine is important because it protects students from cancers caused by the HPV virus. Most people with this infection will have no symptoms or health problems but sometimes it can cause cancer of the genital system. It is recommended for both males and females.

Influenza- The CDC recommends getting vaccinated for flu, especially if your student has a condition that puts them at high risk of flu complications, such as asthma, diabetes, pregnancy, or anything that weakens the immune response.

Some colleges will accept the immunizations listed on the student's transcript, some will not. If you would like a copy of the legal immunization certificate your student has on file with the school, please email your school nurse at: smcnamee@helenaschools.org or call at 324-2481. If you leave a message, please state the name of your student clearly with their date of birth.

For a Healthy School,

Shannon McNamee RN, NCSN

