



Capital High School

March 2024

Photo by Taylin Thomas



March at a Glance:

February 29th-March 2nd: Boys and Girls Western AA Basketball Divisionals in Butte

March 4th-8th: Sophomore Registration (world Cultures/AP Human Geo classes)

March 5th: Freshman Parent Night 6pm (CHS Auditorium/online)

March 6th: CTE Parent Night 6pm-8pm (CHS Auditorium)

March 11th-15th: Freshman Registration Week @ CRA

March 13th: 8th Grade visit to CHS

March 16th: **PROM!!!** Lewis and Clark County Fair Grounds 8pm-11pm*****

March 25th-29th **SPRING BREAK!!!**

Summit Education's
DROP-IN SESSIONS

Offering:

- ACT/SAT prep
- test prep
- paper writing or outlining
- study skills
- resumes

Drop-in sessions will be available:
Mondays and Wednesdays from 6-7pm

\$30
per 1/2 hour session

To schedule a session with Kristyna, visit or scan:
<https://summiteducation.savespace.com/drop-in-sessions>

Is your student looking for a summer job? Have them stop down in the Counseling Department to see Ms. Aspen to learn more about our Helena Summer Jobs Program



OTHER CHS HAPPENINGS AND INFO...

Cultural Fundraising Dinner

Inara Rasul



Azerbaijan



Kyrgyzstan

Celebrate Turkic New Year with us!
Enjoy delicious Azerbaijani and Kyrgyz cuisine, and support a fundraising project. Support students in Azerbaijan and Kyrgyzstan with school supplies. Mark your calendars! Everybody is welcome!

For more information follows us on our Instagram page: @TurkicTreasures

Location: St. Paul's United Methodist Church (512 Logan, St)
Time: 05:30-7.30p.m.
Date: 03/20/2024



Photo by Alaina O'Connor



Photo by Cecily Blaz



CHS will be Spreading the Word of Inclusion by 'Choosing to Include.' . Around the world, exclusion and discrimination continue to divide people with and without intellectual and developmental disabilities. We think the world would be better if everyone were included. We are changing that with grassroots action for inclusion. That's Spread the Word and why we Choose to Include and ask that students take the Pledge to Include and take action for a more inclusive world.

Choose to Include Week will take place March 18th-22nd.

There will be dress up days as well as inclusive activities-more info to come!

Miscellaneous CHS Information Continued...

Spring Sports Parent meetings:

Girls Track: Thursday March 14th @ 6pm CHS Auditorium

Boys Track: Saturday March 16th @ 10am CHS Gym

Tennis: Saturday March 16th @ 10am CHS Library

Softball: **TBD**

Students interested in participating in MHSAA 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 9th: ACT-JUNIORS ONLY DAY (Grades 9, 10, and 12 students on remote learning day)-check in with Mrs. Meldrum or Mr. Morris for any ACT related questions.



PHOTO BY
ALYVIA
SPERRY

From the Desk of the School Nurse: **Celebrating National Nutrition Month!**

The teenage years are marked by rapid body and brain growth (puberty) so students **need extra nutrition to fuel these physical changes**. A focus on eating healthy food helps students do that. Eating healthy food means eating fresh food from 5 main food groups: Grains, dairy and dairy alternatives, fruits, vegetables, and protein. The teenage years are also an important time to create and maintain a healthy relationship with food.

Here are some tips from to help celebrate Nutrition Month:

Add Fruits and veggies to add color, fiber, flavor, vitamins, and minerals to a student's diet. It is recommended to have fruits and vegetables be half of our plates. <https://www.myplate.gov/myplate-plan>

Ensure the right amount and quality of protein for students and athletes.

Teens need between 10 to 30% of their daily calories from high quality proteins.

<https://www.eatright.org/health/essential-nutrients/protein/how-teen-athletes-can-build-muscles-with-protein>

Check and compare portions with recommended serving sizes.

<https://www.niddk.nih.gov/health-information/weight-management/just-enough-food-portions>

Healthy snacks and lunches packed at home can keep students' energy levels up while at school.

Choose water over other fluids, especially those with sugar or caffeine.

Learn about food labels and what valuable information is available!

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/default.cfm>

- The Helena Public Schools Nurses request updated health information annually or anytime there are changes throughout the school year. A link to health forms and the school nurse contact information can be found [at](#) this link: [Health History Form](#)

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

<https://www.midlandhealth.org/main/blogs/healthy-tips-in-honor-of-national-nutrition-month-6>

<https://www.eatright.org/for-teen>



Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have ¹ chronic diseases.



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³

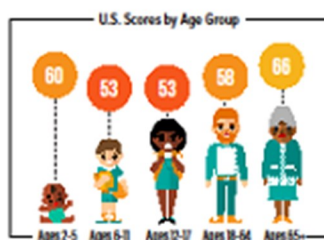


Healthy eating can help... but first, we need to do it.



59

The Healthy Eating Index Score shows that Americans do not align their eating choices with the Dietary Guidelines. (On a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of:⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest \$10/person each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD SAVE THE UNITED STATES \$16,000,000,000 annually within five years!⁵

That's a **5.6x** return for every \$1 invested!

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

“ [USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease. ”

ACADEMY OF NUTRITION & DIETETICS

DATA-DRIVEN

“ With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines. ”

AMERICAN COLLEGE OF CARDIOLOGY

FOR ALL AGES

“ Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood... ”

AMERICAN ACADEMY OF PEDIATRICS

Released jointly by USDA and HHS every 5 years, the Dietary Guidelines for Americans is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.

www.cnpb.usda.gov/dietary-guidelines infographic references
USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion
September 2017
Revised February 2018