



# Capital High School

## September

### 2024



### Student Parking

The purchase of student parking permits begins on August 23rd down in the Textbook Center. All students are required to have a parking permit to park on school property. The cost of a permit is \$5 and is good for the 2024-25 school year. In order to obtain a permit, a student must fill out an application form. Please bring the following when you come to purchase your permit:

1. Current Driver's License
2. Current vehicle registration (including temporary plates)
3. Parent/Guardian signature on back of completed application
4. \$5 cash/check/Revtrak (show receipt)

Permit must be visibly displayed in vehicle so as to be seen from the front of the vehicle. Any vehicle parked on school property without a properly displayed permit is subject to receiving a fine from the District.

**Students are ONLY permitted to park in the STUDENT PARKING LOT on the west side of the school, in front of the library or in cut out lot in front of the staff parking lot WITH CURRENT PARKING PERMIT!!!**

Parking in front of the school is reserved for Staff and Visitors only. **\*\*NO PARKING IN STAFF PARKING LOTS\*\***

**Ticketing for no permit visibly displayed begins on September 16th.**



### SCHOOL-BASED BEHAVIORAL HEALTH SERVICES

#### Fostering Resilience and Hope

Our school-based services provide a safe and supportive environment for students to discuss their thoughts, understand their emotions, and develop healthy strategies for navigating life stressors. To enroll your student, please register Here or scan the QR code:



### September at a Glance:

August 29th: FIRST DAY OF SCHOOL

August 30th: Class Assemblies in CHS Gym: 1st period: Sophomores, 2nd period: Juniors

3rd period: Seniors

September 2nd: NO SCHOOL-Labor Day

September 4th: PICTURE DAY (English Classes)

September 18th: Open House 5:30-6:30pm

September 25th: College and Career Fair 1:30-3pm

September 30th-October 4th: HOMECOMING WEEK- Homecoming dance is October 4th 9pm-11pm

September 30th-October 11th: College Application Week

### Helpful reminder to parents for our Attendance procedures:

Planned and pre-arranged appointments/absences: In order for your student to leave campus during the school day, the Attendance office needs either a phone call, an email, or a handwritten note. Please notify Attendance (324-2499) at least an hour before the student needs to leave school. You may also send an email to [CHSAttendance@helenaschools.org](mailto:CHSAttendance@helenaschools.org) or send a note with your student to be taken to the main office. A pass will be delivered to that student's class and the student will then be excused to leave at that particular time. Students will not be able to leave class without a pass. Please be considerate of the amount of time it can take for a pass to reach the classroom. We do not interrupt classrooms with phone calls to excuse students.

If your student needs to leave during the school day and has not received a pass from the Attendance office, please remind them to stop by the main office. We will call someone on the contact list to make sure that the student is excused by the parent or guardian. If the student leaves before being excused, the student will be marked Unexcused.

If a student provides a medical note from the doctor, they will be marked Medical. Students are allowed 10 Excused absences per semester. Medical absences do not count towards the 10 allowed Excused absences.

# MTSS AT Capital High School



Responsible, Be Respectful, Be a Graduate. Have you heard this before? These are the expectations at Capital High School known as the Capital Code—the expectations we have for all students and staff at our school through Multi-Tiered Systems of Support (MTSS). Capital High School is working hard this year to continue our work with the Capital Code in the classroom and also in the community.

Want to help? Please encourage your child(ren) to Be Responsible, Be Respectful, and Be a Graduate. Use these expectations at home in your daily interactions with them. This will pay dividends in the long run. Together, parents, Capital High School, and the Helena community can help ensure we are preparing our students to be responsible, respectful, lifelong learners.



# News from the Counseling Department:

## Dual Credit Sign Ups

Capital High School and Helena College have partnered once again to offer college credit for several advanced courses at Capital High.

The following courses offer high school and college credit at the same time.

|   |                                    |
|---|------------------------------------|
| English 4/College Writing                               | AP Calculus AB*                    |
| English 4/ College Lit (S2 sign up)                     | AP Calculus BC*                    |
| Communications in the Workplace (Formerly Tech Writing) | AP Stats*                          |
| Technical Math  | MS Word                            |
| Contemporary Math (S2 sign up)                          | MS Excel                           |
| College Algebra   | Machining 3                        |
| Stats (S2 sign up)                                      | Auto 3 (S2 sign up)                |
| Pre-Calculus  | *Can choose AP or Dual Credit opt. |



Students in the courses listed will receive their registration materials for the college credits on either September 5th or 6th and the forms will be due a week later on the 12th and 13th. Helena College reps will be at CHS the 12th and 13th to process the paperwork and all forms must be signed and submitted by 2PM on the 13th .

Helena College will once again be participating in the Montana University System's 1-2 Free program, where 2 classes (up to 6 credits) will be completely free. Any credits beyond that will be at the reduced dual credit rate of 57ish per credit (most classes are 3-4 credits)

Be on the look out for the forms and if you have any questions please reach out to Mr. Robinson at [jrobinson@helenaschools.org](mailto:jrobinson@helenaschools.org)

## Additional news from the counseling department

September 12th= Last Day to make schedule changes without penalty

September 25th= College and Career Fair at Carroll College 1:30-3

October 2nd-6th= College Application Week

We will be hosting a Senior Parent Night, date TBD, watch your email for the counseling department fall newsletter which will have the time, date, and location of the meeting.

October 17th- PSAT/NMSQT

October 25th= AP Payment Deadline (will open up end of September)

# Other CHS Happenings!!!!



|        |  |   |
|--------|--|---|
| Mon.   |  | <b>Pajama Day</b>   |
| Tues.  |  | <b>Twin Day</b>   |
| Wed.   |  | <b>Country vs. Country Club</b>   |
| Thurs. |  | <b>Class Colors</b><br>Seniors - Blue<br>Juniors - Red<br>Sophomores - Green<br>Freshmen - Pink<br>Staff - Gray |
| Fri.   |  | <b>BruOut/Neon BruOut</b>   |

## New York City 2026

As a new school year gets moving, Mr. Cleary and Mrs. Shockley are looking ahead to Spring Break in two years and the next music and art tour to New York! Although that seems a long way off, planning early makes it easier to save the money needed for such an exciting experience.

To get the planning process started, Mr. Cleary has been working with EF Explore America to craft a dynamic and engaging experience for students and family members alike. Anyone interested in being a part of the 2026 tour may contact Mr. Cleary at [kcleary@helenaschools.org](mailto:kcleary@helenaschools.org) or Mrs. Shockley at [rshockley@helenaschools.org](mailto:rshockley@helenaschools.org) for general information about this amazing educational opportunity.

Everyone is also invited to our very first tour recruiting meeting on Monday, September 23 at 6:00 pm. To accommodate a large group of students and families, this first meeting will be held online using Teams. If you would like a link to attend the meeting, or if you just want to get on our email list, please visit <https://short.cleary.xyz/nyc26rsvp>.

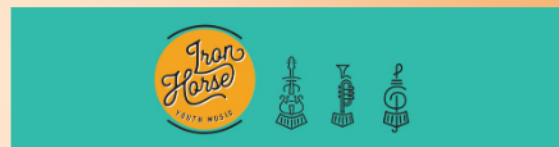
We hope you will consider being a part of this travel adventure so we can all experience the majesty of New York!

## THE MET, LIVE AT

### C.R. ANDERSON MIDDLE SCHOOL

The Helena School District is in its seventeenth year partnering with the Metropolitan Opera Company (the MET) for the Live in Schools program! The Live in Schools program provides tickets to as many as five operas each season to introduce students to this incredible art form. Each opera is streamed live to our local movie theater, and the MET provides rich and detailed educator guides that help teachers and students learn about each show.

Our first show is still more than a month away—Grounded on Saturday, October 19—but we want to remind students and families that everyone is welcome to be a part of the Live in Schools program. If you want to attend an opera or assist the program, please contact Mr. Cleary anytime at [kcleary@helenaschools.org](mailto:kcleary@helenaschools.org). We hope to see you at the opera!



Ironhorse Youth Music is excited to announce the start of its 2024-2025 season! Our diverse ensembles welcome students of all ages and ability levels who want to explore challenging symphonic, wind and percussion, and choral literature with their peers. Most ensembles meet on Thursdays, but we offer a variety of programs all with unique schedules.

This year, we are particularly excited about the return of the Ironhorse Opera Chorus, a collaboration with the Helena Symphony that will perform in Hansel and Gretel this November!

If you are interested in learning more about our organization, or in obtaining an enrollment brochure, please visit our website (<https://ironhorsemusic.org/>). We welcome strings, brass, woodwind, and percussion players along with vocalists. Talk with your music teacher or contact Mr. Cleary ([kcleary@ironhorsemusic.org](mailto:kcleary@ironhorsemusic.org)) if you are interested in joining an Ironhorse program!

## What Do Students Say is One of Their Top Experiences of High School?

Bruins Abroad!! Experiential travel with the CHS Travel Club is simply how we bring learning to life. The program blends classroom and experiential learning together. This ensures students gain valuable experiences that will transform the way they look at the world.

Educational travel is fun, but it is also important for many reasons—it allows students to leave their comfort zones and grow as individuals, it expands their knowledge of the world and inspires them to see it in new, open-minded ways, and it helps students to realize their potential within their own communities. 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! And your student is invited to join the CHS Travel Club on our upcoming tours!

We have only few spots left on our STEM tour to England & France in June of 2025. We will see Big Ben, Buckingham Palace, medieval castles, the Eiffel Tower, the Arc de Triomphe, and Mona Lisa at the Louvre. We will admire the architecture of Notre Dame, cruise along the River Thames, enjoy a London theater performance, capture amazing photos, and observe the city from “The London Eye” Ferris wheel! During an interactive set of workshops with scientists, engineers, researchers, and practitioners we will work to solve the mystery of Stonehenge, plant our feet in different hemispheres at the Royal Observatory, learn about the role math can play by cracking codes next to the giant Colossus computer that broke the Enigma code, and explore forensics science with criminal investigation experts!

We are also planning ahead for Thailand in June of 2026 - Meaningful. Sustainable. Unforgettable! This trip through Thailand is service meets sightseeing meets seriously beautiful temples and gorgeous views. Students will work with local communities on projects related to education, the environment, or community development. Travelers will visit an elephant sanctuary that works toward conservation and ending mistreatment. Here, they will learn about the majestic creatures, watch them feed, bathe, and interact with each other in their normal social patterns. An unforgettable life-changing experience. And then they will head to the incredible city of Bangkok to explore meandering canals, historic sites, and local flavors. To wrap things up we will visit the gorgeous coast to enjoy amazing beaches, see national parks, and explore Thailand’s unique culture. This is known as one of the best tours for a mix of education, culture, service, and beauty. Students return with incredible gratitude, a spark for life, and a global education that is outstanding.

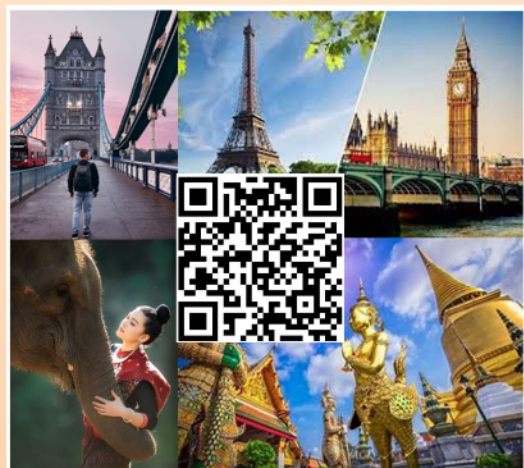
Well, what more can a parent want for their teen? What are you waiting for? Sign up for the informational parent meeting on September 25th at 5:30 pm in room T7 (the photo room in the shops next to the bleachers).

Please RSVP to find out more information: <https://bit.ly/3KV689E>

**Genevieve Anderson CHS Travel Club [ganderson@helenaschools.org](mailto:ganderson@helenaschools.org) 406-459-9311**

See the reasons why teens pick this as one of their most amazing high school experiences ever @ Big Sky and Beyond on Instagram.

<https://instagram.com/bigskyandbeyond?igshid-ZDdkNTZiNTM%3D>



## From the Desk of the School Nurse: Nursing Health Services

Helena Public School Nurses work in every school building with each nurse serving multiple schools/programs. The school nurses' professional responsibilities cover a broad range of activities including:

-Health screenings such as hearing and vision. One of the most important components of school nursing practice is health screenings. Health screenings promote student academics by identifying possible concerns in vision and hearing. Throughout Fall, Winter and Spring, CHS and PAL students may receive a vision screening or hearing screening. If there is a concern, the school nurse will contact the parent/guardian to discuss the concern and resources available as needed. All 9th grade students received a hearing screening at the beginning of the year. Parents are encouraged to email the nurse at [smc-namee@helenaschools.org](mailto:smc-namee@helenaschools.org) if they have a concern regarding their student's vision or hearing.

-Direct care for the student visiting the health room for complaints of illness or injury.

-Health consultation for students managing chronic health conditions with parents and their student.

-Medication management for both scheduled medications and as needed medications.

-Health education and health counseling as appropriate

Parents may meet the school nurse at academic team meetings regarding their student's progress and challenges. Parents may receive calls from the school nurse to identify health and safety measures for their students. The nurses serve as chronic disease case managers, bridging the gap between parents, health care providers and staff.

### Health Insurance and Medical Care

One barrier for students receiving appropriate health care is lack of health insurance. If this is a challenge for your family, there is assistance:

1: PureView Health Center-1930 9th Ave., Helena; 406-457-0000; <https://pureviewhealthcenter.org/>

2: Helena Indian Alliance-501 Euclid Ave; 406-449-5796; <https://www.hia-mt.org/>

\*\*\*Clinics will need a copy of all vaccinations already given, especially if the vaccinations were given outside of Montana. Your student's vaccination record may be obtained through a school nurse, if a record has been turned in.\*\*\*

3: Medicaid and Health Montana Kids Health Coverage; 1-888-706-1535; <https://apply.mt.gov/access/jsp/access/Home.jsp> and <https://dphhs.mt.gov/HMK/> for information about applying for coverage.

### Nutrition Choices

Breakfast and lunch is served at school. If there are financial concerns, there may be assistance. Families with various income levels may qualify for free or reduced lunch, depending on different factors, not just income. Please explore whether your family may benefit from this program here <https://helenaschools.org/departments/food-services/>.

Please contact your school nurse for questions or concerns regarding the Free and Reduced Lunch Program at [smc-namee@helenaschools.org](mailto:smc-namee@helenaschools.org).

### Field Trips

Students experience a wide variety of educational settings, including field trips. For your student's safety and comfort, please ensure that students are dressed appropriately for shifting weather, including sun block, water, footwear, and warm weather clothing, as appropriate.

## **From the Desk of the Nurse continued:**

Please keep frequent field trips in mind especially if your student has a health condition, like severe food/insect sting allergies and/or Asthma. Emergency medications like an epinephrine injector may not be available; so please ensure that your student carries one for emergencies if you and the health care provider feel an allergic reaction is possible. Asthma inhalers are not available unless the student has one prescribed and carries it.

If you have questions or concerns about how your student's health needs can be met while in school, please do not hesitate to contact me at [smcnamee@helenaschools.org](mailto:smcnamee@helenaschools.org). My office number is 324-2481. If there is a change in your student's health, please provide a new health history to the school. The health history form is found here: [Health History Form](#)

Shannon McNamee BSN,RN,AE-C, NCSN

CHS and PAL Nurse: 324-2481; [smcnamee@helenaschools.org](mailto:smcnamee@helenaschools.org)