

CAPITAL HIGH 2024 OCTOBER NEWSLETTER

PHOTO BY NATALIE BILLETTE



OCTOBER AT A GLANCE:

SEPT. 30TH-OCT. 4TH: HOMECOMING WEEK!!!! GO BRU!!!! ALSO COLLEGE APPLICATION WEEK

OCT. 3RD AND 4TH: STATE GOLF (KALISPELL)

OCT. 4TH: FALL ASSEMBLY/HOMECOMING ASSEMBLY SCHEDULE/HOMECOMING DANCE AFTER FB GAME (GAME 7PM)

OCT. 7TH: FALL CHORAL CONCERT (CHS AUDITORIUM) @ 7PM

OCT. 14TH-BAND CONCERT (CHS AUDITORIUM) @ 7PM

OCT. 15TH: CHS/HHS OR ORCHESTRA CONCERT (CHS AUDITORIUM) @ 7PM

OCT. 16TH: PICTURE RETAKES

OCT. 17TH: PSAT (MORE INFO INSIDE)

OCT. 17TH AND 18TH: STATE CONVENTIONS-NO SCHOOL!!!!

OCT. 22ND: SENIOR PICS DUE

OCT. 26TH: STATE X-COUNTRY (MISSOULA)

OCT. 29TH- FALL ORCHESTRA CONCERT (CHS AUDITORIUM) @6PM

FROM THE OFFICE:

STUDENT PARKING PERMITS ARE REQUIRED FOR ALL STUDENT LOTS!!!!

TICKETING FOR NO PERMIT HAS BEGUN.

PERMITS ARE AVAILABLE IN THE MAIN OFFICE FOR \$5.00



CHROMEBOOK ACCIDENTAL DAMAGE WAIVER

DON'T LET THIS HAPPEN TO YOU! REMEMBER TO PURCHASE THE ACCIDENTAL DAMAGE WAIVER. IT MUST BE REPURCHASED EVERY YEAR. PARENTS MAY PAY \$15 PER YEAR TO PROVIDE ACCIDENTAL DAMAGE PROTECTION FOR THE DISTRICT-PROVIDED DEVICE. IN THE EVENT THAT THE DEVICE IS ACCIDENTALLY DAMAGED OR FOUND TO BE DEFECTIVE, THE DISTRICT WILL PROVIDE A REPLACEMENT DEVICE, SUBJECT TO THE LIMITATIONS. IT DOES NOT COVER FOR LOST CHROMEBOOKS OR LOST CHARGERS. IF YOU OPT OUT OF THIS COVERAGE ANY DAMAGE TO THE DEVICE WILL BE CONSIDERED A FINE AND ADDED TO THE STUDENT'S FEES.

COVERAGE MAY BE PURCHASED ON-LINE AT [HTTPS://HELENASCHOOLS.REVTRAK.NET/](https://HELENASCHOOLS.REVTRAK.NET/)

PSAT INFORMATION

HELLO!

YOU ARE RECEIVING THIS EMAIL BECAUSE YOU ARE REGISTERED TO TAKE THE PSAT/ NMSQT ON OCTOBER 17, 2024.

****STUDENTS: YOU WILL RECEIVE A TEAMS MESSAGE FROM A COUNSELOR IN OCTOBER ABOUT IMPORTANT TEST DAY INFORMATION. PLEASE BE LOOKING FOR THAT TEAMS CHAT!!**

TEST INFORMATION

WHEN: OCTOBER 17, 2024

WHERE: CHS-PLEASE ENTER THROUGH THE LIBRARY FOYER.

TIME: STUDENTS SHOULD CHECK IN NO LATER THAN 7:30AM TO BE READY FOR TESTING AT 8:00AM (TESTING SHOULD CONCLUDE AT APPROXIMATELY 12:00PM).

DEVICE: STUDENTS MUST TEST ON A SCHOOL-ISSUED CHROMEBOOK. IF YOU DO NOT HAVE A SCHOOL-ISSUED CHROMEBOOK, PLEASE TEAMS MESSAGE MRS. MELDRUM IMMEDIATELY.

CHROMEBOOKS: STUDENTS MUST LOG OFF, SHUT DOWN, AND RESTART THEIR CHROMEBOOK PRIOR TO THE 10/17 TEST. THIS WILL ALLOW FOR THE BLUEBOOK TESTING APP TO DOWNLOAD THE CURRENT APPLICATION. *PLEASE NOTE THAT WE WILL NOT HAVE TECH SUPPORT ON TESTING DAY, SO IT IS VERY IMPORTANT THAT STUDENTS HAVE THE LATEST VERSION OF BLUEBOOK READY TO USE. *IF THE TECH PIECE MAKES YOU NERVOUS, PLEASE HAVE YOUR STUDENT CHECK IN WITH THE LIBRARY SO WE CAN CHECK THAT EVERYTHING IS READY TO GO!

WHAT TO BRING: FULLY CHARGED, SCHOOL-ISSUED CHROMEBOOK, CHARGING CORD, CALCULATOR, WATER, SNACKS (THE SCHOOL WILL NOT BE PROVIDING WATER OR SNACKS)

WHAT NOT TO BRING: ELECTRONIC DEVICES OF ANY KIND (CELL PHONE, IPAD, ANY WATCH THAT CAN CONNECT TO THE INTERNET)

PLEASE EMAIL MRS. MELDRUM WITH ANY QUESTIONS.

DANA M. MELDRUM

SCHOOL COUNSELOR (LAST NAME E-K)

CAPITAL HIGH SCHOOL

HELENA, MT

406.324.2491

406.324.2501 (FAX)

PHOTO BY LUKE MCCARTHY





**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:





Angel Fund

The Angel Fund grant provides basic clothing/shoes and warm outerwear to students qualifying for free/reduced lunch. Students who qualify should follow the steps below for Angel Fund assistance. If you have not applied for free/reduced lunch and believe you qualify, go to <https://dca.opi.mt.gov/FRAPP?SponsorNum=0487>.

Step 1-

To begin the application process, you must first stop by the Counseling Center and pick up an application from Mr. Arin or Mrs. Decker. Capital High School's Angel Coordinator is Corissa Decker. Her contact information is cdecker@helenaschools.org and 406-324-2490.

Step 2-

Please complete this application, sign it and return it to your coordinator (Mrs. Decker). Applications are available starting October 1. The period for spending Angel Funds runs from October 1 to November 16, 2024. Students who qualify for free/reduced lunch also qualify for Angel Fund assistance.

Step 3-

If your child is approved for Angel Fund assistance, your Angel Coordinator will provide you with a signed pink copy of your application. The pink copy of the application acts as a voucher and will specify the dollar amount approved. The limit for middle and high school students is \$200. Once you receive this pink voucher, you may shop for school-appropriate items at one of the following Helena merchants:

Target (see information below)

TJ Maxx

Walmart

Old Navy

Please be sure to bring the pink voucher with you to the store. The merchant will need this in order to place your child's items on hold (with the exception of Target).

Step 4-

When you have finished selecting the items at the store, please double-check to make sure all merchandise is school-appropriate. Inappropriate items will not be accepted, and the shopping process may not be repeated. Take your items to the store's Customer Service desk and ask the clerk to place the items on hold for The Angel Fund. Target will not be placing orders on hold this year, rather there will be shopping blocks. These shopping blocks are listed below. All other locations are available for shopping during regular business hours. Ask the clerk for the total dollar amount of all items selected. Give the clerk the top portion of the pink voucher. They will use this to put your child's items on hold. Fill in the bottom portion of the pink voucher, including the total dollar amount of the purchase, and return it to your Angel Coordinator. An Angel Fund representative will visit the store, approve your selections and pay for the merchandise. You will be contacted by your coordinator when your child's merchandise has been paid for and is ready to be picked up.

Angel Fund Continued...

TARGET Shopping Dates and Check-Out Times

If your family is interested in shopping at Target for your Angel Fund purchases, please note that there are designated dates and times. You must shop on one of these days and be prepared to check out at the assigned time for that date. You will be taking your merchandise home the day you shop.

****You will shop AND have your items paid for on the same day.**

****Please plan to have your shopping completed and ready to be paid for during the designated check-out time.**

****You must have the pink copy of your Angel Fund application that has been signed by the Angel Fund Coordinator at your student's school.**

Shopping Dates and Check-Out Times:

Wednesday, October 2 (10-11 AM)

Thursday, October 3 (10-11 AM)

Monday, October 7 (6-7 PM)

Tuesday, October 8 (4-5 PM)

Wednesday, October 9 (4-5 PM)

Thursday, October 10 (5-6 PM)

Monday, October 14 (10-11 AM)

Tuesday, October 15 (10-11 AM)

Wednesday, October 16 (5-6 PM)

Thursday, October 17 (8-9:30 AM)

Monday, October 21 (4-5 PM)

Tuesday, October 22 (10-11 AM)

Wednesday, October 23 (10-11 AM)

Thursday, October 24 (10-11 AM)

Monday, October 28 (6-7 PM)

Tuesday, October 29 (6-7 PM)

Wednesday, October 30 (10-11 AM)

Monday, November 4 (4-5pm)

Tuesday, November 5 (5-6pm)

Wednesday, November 6 (8-9:30am)

Thursday, November 7 (10-11am)

Monday, November 11 (4-5pm)

Tuesday, November 12 (4-5pm)

Wednesday, November 13 (5-6pm)

Thursday, November 14 (4-5pm)

Monday, November 18 (4-5pm)

Tuesday, November 19 (10-11am)

Wednesday, November 20 (10-11am)

Thursday, November 21 (8-9:30am)



PHOTO BY MAKAYLA KLEIN

NEWS FROM THE GERMAN CLUB!!!



MTSS AT CAPITAL HIGH SCHOOL: BE RESPONSIBLE, BE RESPECTFUL, BE A GRADUATE.

FRIDAY, SEPTEMBER 6TH WAS THE CAPITAL HIGH SCHOOL FRESHMEN BRUIN SPIRIT KICK-OFF FOR OUR FIRST HOME FOOTBALL GAME. FRESHMEN WERE GIVEN A FREE TICKET FOR ADMISSION TO THE GAME AS WELL AS SIGNING UP FOR A FREE T-SHIRT DRAWING.

THE RECIPIENTS OF THE FREE T-SHIRT DRAWING WERE:

ADDY ALLEN

KYLER DEBOER

SAWYER MERGENTHALER

CHARLOTTE PORTER

EVELYN SIMPSON



Homecoming 2024



Friday Schedule

Period 0 - 7:25-8:15

Period 1 - 8:20-9:00

Period 2 - 9:05-9:45

Assembly - 9:50-10:25 (35 minutes)

Period 3 - 10:30-11:10

Period 4 - 11:15-11:55

Lunch - 11:55-12:25

Period 5 - 12:25-1:05

Period 6 - 1:10-1:50

Period 7 - 1:55-2:30

BBQ and pep rally 2:35-3:15 (in front of school)

At 2:35, students will be released for a BBQ in the front of the school. Activities will be hosted by various clubs and Homecoming Royalty will be announced!

More information for Teachers:

Door Decorating: begins Thursday, 9/26 and can continue until Thursday of homecoming week, 10/3.

- Doors must be completed by 2nd period, Thursday, 10/3 for judging.
- A form will be sent out during homecoming week to sign up to have your door judged.
- Our theme this year: **BLOCKBUSTER BRUINS!**
- Remember: the earlier we can get our doors decorated, the more festive our week will feel – and this will hopefully help to drive student engagement and excitement!

Friday - Morning Pep Assembly: (9:50-10:25) – this is a short one!

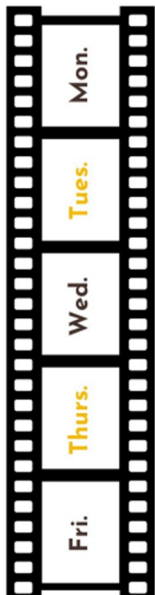
- We showcase activities/sports, introduce nominees for Homecoming Royalty, and get the students hyped up about the afternoon pep rally.
- Students will vote for Homecoming Royalty directly after the morning assembly (as soon as they return to class).
- A link for students to use for voting will be sent to you and posted on graduating class Teams' pages closer to the day.

Friday - Afternoon Pep Rally: (2:35-3:15) will be held right out in front of the school.

- We will have a free BBQ, games and activities (provided by various clubs), music, etc.
- Winners of Homecoming Royalty will be announced to students at this pep rally.
- The winners will also be announced at the football game.
- Staff: Please stick around to help our students enjoy these festivities!

Dance: Friday night (10/4) beginning after the football game: **9:00pm-11:00pm.**

- Students should use the school's main entrance to attend the dance.
- The dance is **casual, and free!**
- Students (including any high school aged guests) will need their student ID to enter.



Pajama Day



Twin Day



Country vs. Country Club



Class Colors

Seniors - Blue
Juniors - Red
Sophomores - Green
Freshmen - Pink
Staff - Gray



BruOut/Neon BruOut



BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR VISIT GOFAN.CO & SEARCH CAPITAL HIGH SCHOOL



From the Desk of the School Nurse: Energy Drinks and October Health Screening

Energy drinks have become very popular for students and adults alike. The cans are colorful and attractive with popular names like Rockstar, Monster Energy and Red Bull. The CDC reports that as many as 50% of adolescents (10-19) report drinking energy drinks.

Energy drinks contain high amounts of caffeine and other legal stimulating ingredients like Taurine, L-carnitine and Guarana. They can also include large amounts of sugar

The American Pediatric Association recommends that caffeine be limited but that energy drinks are not appropriate for children and adolescents, due to the high levels of caffeine these drinks contain.

Some of the potential negative effects of energy drinks include:

Dehydration (not enough water in your body): Caffeine is a substance can increase urine production and fluid loss

Heart Concerns: Some of the effects of caffeine on the heart include:

Increased heart rate and blood pressure due to the release of noradrenaline and norepinephrine.

- Palpitations or extra beats in some individuals

- Increased in blood pressure and heart rate

- Anxiety, feeling nervous and jittery

- Insomnia, the inability to sleep

What can parents do if they are concerned about their student drinking energy drinks?

Talk to your student about drinking these drinks in moderation and the side effects they may experience from drinking them (above).

Encourage your students to consider other drinks instead, like water and milk and sports drinks for those engaging in intense exercise.

Set an example by limiting intake of energy drinks

Keep all energy drinks where small children cannot access them!

OCTOBER HEALTH SCREENINGS: We will be screening 9th graders for Hearing.

Each year 9th graders are screened for hearing per OPI mandates. For more information, see: <https://dphhs.mt.gov/schoolhealth/schoolnurse/schoolhealthscreenings#:~:text=The%20Hearing%20Conservation%20Program%20through%20the%20Montana%20Office,on%20the%20primary%20responsibility%20for%20conducting%20these%20screenings.>

Please let the school nurse know if you have concerns for your students hearing at smcnamee@helenaschools.org

Smiles Across Montana will be visiting CHS on October 23rd. There is a wonderful opportunity for CHS students to receive preventative dental services right here in the building! Cleanings and preventative care are provided by professional registered hygienists associated with Smiles Across Montana (SAM), based on what the student's needs are. SAM is a mobile, nonprofit dental program that focuses on the prevention of oral and systemic disease. SAM submits for financial reimbursement if a family has dental insurance and provides scholarships to cover the cost of services not covered. If there is not insurance or billing information provided by the family, the student will automatically be opted into the SAM Foundation Scholarship to cover the cost of services. Each student will be seen by a registered dental hygienist working under the direct general supervision of a dentist. Please see the attached permission form for a complete list of services that may be provided. Each appointment is expected to last 10-40 minutes.

FROM THE NURSE CONTIUED....

If your family is interested in your student receiving dental preventative care during school, in the school building, please contact the school nurse at smcnamee@helenaschools.org.

For more information:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/energy-drinks-and-kids>

<https://www.michiganmedicine.org/health-lab/parents-perk-dangers-caffeine-teens>

<https://www.chla.org/blog/advice-experts/dangers-energy-drinks-kids#:~:text=Things%20to%20Remember%201%20Keep%20energy%20drinks%20away,alcoholic%20beverages%20and%20energy%20drinks%20in%20your%20home.>

<https://www.cdc.gov/healthyschools/nutrition/energy.htm>


<https://nutritionsource.hsph.harvard.edu/sports-drinks/>



What is in an energy drink?

A beverage that may contain large amounts of:

- Caffeine
- Added sugars
- Other stimulants such as guarana, taurine, and l-carnitine



Energy drinks can contain large amounts of sugar, sometimes as much as **27 teaspoons** in one can.

Dangers include:

- Dehydration
- Irregular heartbeat & heart failure
- Anxiety
- Insomnia

Nationwide, **75%** of school districts do not have a policy in place governing caffeinated beverages for sale in vending machines, schools stores, or a la carte lines.



Recommended caffeine consumption

American Academy of Pediatrics recommends

Adolescents aged 12–18 should not exceed **100 mg/day** or an average cup of coffee



What can schools do?

-  Teachers can educate students about the potential harms of consuming too much caffeine
-  Coaches can educate athletes about the difference between energy drinks and sports drinks, and potential dangers of consuming highly caffeinated beverages
-  School nutrition staff can ensure that only healthy beverages such as fat-free/low-fat milk, water, and 100% juice are sold



www.cdc.gov/healthyschools/nutrition