

CAPITAL HIGH SCHOOL

NOVEMBER 2024

NEWSLETTER



Photo by Hannah Zimmerman

NOVEMBER AT A GLANCE:

November 1st: End of First Quarter

November 4th: 2nd Quarter Begins

November 7th-9th, 14th-16th: CHS Fall production
"Just Another High School Play" @ 6pm CHS Auditorium

November 8th: CHS Football Home AA Playoff game @
7pm Vigilante Stadium

November 11th-12th: AA Choral Festival in Bozeman

November 23rd: Winter Formal @ 8pm-11pm Fairgrounds

November 27th-29th: Thanksgiving Break (NO SCHOOL)

Attention AP Students:

The deadline (November 14th) for AP exam registration is approaching quickly. If you plan to take an AP exam in the spring, please register through your College Board account and pay for the exams through RevTrak as soon as possible to avoid a late fee. Here are the links to College Board and RevTrak:

<https://account.collegeboard.org/login/login?appld=292&DURL=https%3A%2F%2Fwww.collegeboard.org%2F>

<https://helenaschools.revtrak.net/capital-high-school/capital-hs-ap-exam-fee/>

Please see Ms. Lindner or your teacher if you have any questions!

CHS 1st Quarter High Five Award Winners

The following students were winners of our High Five drawings for 1st quarter. Student names go into the High Five drawing for having been identified by a CHS staff member for being "caught" doing something that exemplifies our Capital Code— Be Responsible, Be Respectful, Be A Graduate. Congratulations!

Nolan Amsk	Makayla Lintner
James Beatty	Derik McLellan
Josh Griffeth	Cameron Nelson
Jayson Hall	Grace Nicholson
Eleora Heisel	Andrew Tighe
Cooper Clark	Andy Roberts






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:



Supporting Your Teen: Parent's Guide



Teens needing support is common

- Life has its highs and lows, and obstacles like stress and feeling down are part of the journey.
- Connecting your teen with someone who can guide them is like having an expert lead the way through unfamiliar terrain, helping them through challenges.

25% OF MONTANA TEENS WERE BULLIED IN SCHOOL IN 2023

43% OF MONTANA TEENS FELT SAD OR HOPELESS EVERY DAY IN 2023

Problem solving sessions are available

- Visiting a counselor doesn't have to be a big deal. It offers a calm space in the middle of a hectic life where teens can talk about anything troubling them.
- Like a doctor, they keep everything confidential.
- These sessions help your teen discover their own solutions to various challenges, such as:
 - social media
 - life stressors
 - concentration problems
 - sleep issues
 - bullying
 - and more

Parental acceptance matters

Silence doesn't mean they don't need support

- Even when teens have caring parents, it can be hard for them to share what's really happening. This doesn't reflect on your parenting.
- Less than half of teens regularly talk to their parents about their struggles (48%).
- Less than a quarter discuss it with their friends (22%).

Self-reliance is key in rural communities, but support makes it easier

- Self-reliance is a valuable trait, but it doesn't mean your teen has to handle everything on their own.
- They can use their self-reliance to support their mental health, while also benefiting from additional help.

HELP IS AVAILABLE

Just like treating a broken bone, seeking help for mental health is essential and doesn't mean weakness. Teens need their parents' support to get the help they need.

DISCUSS MENTAL HEALTH SCREENING WITH YOUR TEEN'S DOCTOR

Bring up mental health screening during your teen's next appointment or include it in their annual health check-ups.


CALL OR TEXT 9-8-8

Available 24/7, this free service connects you with a trained crisis counselor for immediate support.

PUREVIEW'S SCHOOL-BASED RESOURCES

Provides individual counseling, safety planning, and stress reducing services. Access is easy: teens can speak with a counselor at school, with complete privacy.

Scan for more info





Capital High School Presents
Just Another High School Play
 By Bryan Starchman

In the CHS Auditorium
 November 7-9 at 7:00
 November 14-16 at 7:00

Produced by special arrangements with Eldridge Publishing Co.

Tickets
 Students/Seniors: \$8
 Adults: \$10
 VIP: \$15
 Buy now on Revtrack!




Winter Formal: A Night in Neverland

Saturday, November 23rd 2024

Lewis and Clark Fairgrounds

8pm-11pm

Tickets are \$30 and are available on RevTrack

****You will need to bring your receipt (or screenshot of RevTrack receipt) and your student ID to enter the dance**

****Guest Passes for non CHS students will be available in the Records Office starting November 11th. Students must first purchase their dance ticket and their non CHS guest's dance ticket prior to obtaining a guest pass. Receipt (or screenshot) for both tickets showing the order number(s) is required for guest pass.**

BERLIN WALL ART SHOW!



HELP US CELEBRATE THE FALL

- NOVEMBER 8 4PM-8PM DURING ART WALK @ HOLTER MUSEUM
 - VIEW THE STUDENT ARTWORK ON THE WALL
- NOVEMBER 9 4 PM @ HOLTER MUSEUM
 - JOIN MSU PROF. SCHWEPPE AND MSU GERMAN INSTRUCTOR KATE KITHIL IN A DISCUSSION ON THE SIGNIFICANCE AND IMPACT OF THE WALL
- NOVEMBER 9 8:30 PM @HOLTER MUSEUM
 - IN COMMEMORATION OF THE FALL, HELP US TEAR DOWN THE WALL

Thank You to our sponsors:



Photo by Makayla Klein

From the Desk of the School Nurse: Health Care Coverage

Many Montana families have lost Montana Medicaid and/or Healthy Montana Kids (HMK) Plus coverage due to the "Medicaid Rewind" that started April of 2023. During this period, families had to go through a re-determination process to see whether they still qualified for their children to receive health insurance through HMK Plus.

If a family needs assistance in either applying for coverage, accessing care with or without coverage, and explaining coverage options there is help with Cover Montana:

- Go to <https://covermt.org/find-local-help/> This will allow families to make an appointment with "application assisters" also called "navigators". Most of the assistance is done, by appointment, over the phone.
- Call Cover Montana Helpline at 406-461-6991 or (844) 682-6837; leave a message if no one answers

Most Montanans qualify for financial help.



HealthCare.gov

Family Size	Montana Medicaid	Healthy Montana Kids	Montana Health Insurance Marketplace
	If your monthly income is at or below this amount and you are between 19 - 64, you may qualify for Montana Medicaid.	If your monthly income is below this amount, your kids under 19 may qualify for Healthy Montana Kids.	If your income is above eligibility for Medicaid or HMK, you may qualify for tax credits to purchase coverage on the Health Insurance Marketplace at healthcare.gov .
1	\$1,732/mo	\$3,276/mo	
2	\$2,351/mo	\$4,446/mo	
3	\$2,969/mo	\$5,616/mo	
4	\$3,588/mo	\$6,786/mo	
5	\$4,207/mo	\$7,956/mo	
6	\$4,825/mo	\$9,126/mo	

<https://covermt.org/>

For more information:

<https://www.mt.pca.org/medicaid-unwind/#:~:text=There%20are%20now%20more%20than,as%20the%20%E2%80%9C%20Medicaid%20unwinding,%E2%80%9D>

Cover Montana Website: <https://covermt.org/>

<https://www.healthcare.gov/>

<https://apply.mt.gov/>

<https://dphhs.mt.gov/hcad/OfficeofPublicAssistance>



Photo by Ben Sovia