

CAPITAL HIGH SCHOOL DECEMBER 2024 NEWSLETTER



PHOTO BY CECILIA GONZALEZ

DECEMBER AT A GLANCE:

**December 9th: CHS Band Concert
(CHS Auditorium) @ 7pm**

**December 10th: CHS Choir Winter
Concert (CHS Auditorium) @ 7pm**

**December 12th: Advanced Orchestra
Concert (Capitol Rotunda)**

**December 17th: Winter Orchestra
Concert (CHS Auditorium) @ 6pm**

December 20th: Winter Assembly

**December 23rd-January 3rd: WIN-
TER BREAK!!!**

A NOTE FROM THE BRUIN PANTRY:

DUE TO GENEROUS DONATIONS, THE BRUIN PANTRY IS ABLE TO PROVIDE WEEKEND FOOD BAGS FOR STUDENTS/FAMILIES. IF YOU NEED A FOOD BAG, PLEASE HAVE YOUR STUDENT STOP BY THE COUNSELING OFFICE AND SPEAK TO THEIR SCHOOL COUNSELOR. THE BRUIN PANTRY CAN PROVIDE ONGOING WEEKEND BAGS AND HAVE THEM READY FOR PICK UP EACH FRIDAY!!!



Now Hiring Paraprofessionals

Benefits include:

*Health Insurance
Retirement Benefits
Flex Benefits
11 Paid Vacation Days
9 Paid Sick Days
8 Paid Holidays
3 Paid Personal Days
up to 14 School vacation days paid
Summers off with possible summer work available
Work hours that match your child's school times
and more!*

For more great benefits, check out the para CBA at
<https://helenaschools.org/departments/human-resources/collective-bargaining-agreements-chas/>

NOTICE FROM THE OFFICE

PLEASE CHECK THE LOST AND FOUND IF YOU ARE MISSING ANYTHING!! WE HAVE A SMALL MOUNTAIN OF CLOTHING AND OTHER BELONGINGS. CLOTHING ITEMS WILL BE DONATED BEFORE THE END OF THE MONTH!!!

**COME ONE
AND COME
ALL AND
MAKE YOUR
DEBUT AT
CHS!!!!**



S Stockman Bank
Member FDIC

Auditions for

NIGHT TO SHINE

JANUARY 15 & 16TH

4pm to 8 pm

Helena Civic Center

SIGN UP FOR AN AUDITION

Sign-ups open
11/22/2024 to 1/8/2025

To register your act scan :



AUDITIONS

for

MEAN GIRLS

HIGH SCHOOL VERSION

December 3rd, CHS Auditorium @ 3:30

No singing or dancing experience necessary! No need to prepare anything.

Just bring a positive attitude and come be a part of our first-ever CHS Winter Musical!

(Show dates are February 20-22, 27, 28 & March 1. No rehearsal over holiday break.)

Email questions to Ms. Brayko: lbrayko@helenaschools.org



PHOTO BY CHRIS DOWELL



PUREVIEW

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:



PHOTO BY KORTNI COURCHANE

From the Desk of the School Nurse- Vision, Learning and the Importance of a Professional Eye Exam

Did you know:

80% of classroom learning is visual?

20% of students have a vision concern?

Undiagnosed and uncorrected vision problems can impact a student's school performance, both academic and behavioral

According to the American Optometric Association, the following vision skills are needed for effective reading and learning:

Visual acuity: the ability to see clearly in the distance for viewing the chalkboard, at an intermediate distance for the computer and up close for reading a book.

Eye focusing: the ability to accurately maintain clear vision as the distance from objects changes, such as when looking from the chalkboard to a paper on the desk and back. Eye focusing allows the student to maintain clear vision over time such as when reading a book or writing a report.

Eye tracking: the ability to keep the eyes focused when looking from one object to another, moving the eyes along a printed page or following a moving object like a thrown ball.

Eye teaming: the ability to coordinate and use both eyes together when moving the eyes along a printed page, and to be able to judge distances and see depth for classwork and sports.

Eye-hand coordination: the ability to use visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.

Visual perception: the ability to organize images on a printed page into letters, words and ideas and to understand and remember what is read.

(<https://www.aoa.org/healthy-eyes/caring-for-your-eyes/back-to-school?sso=y>)

Symptoms of a possible vision issue include:

Complains of blurred vision

Rubs eyes frequently

Squints

Able to read for only a short time

Reading comprehension can be a challenge

Holds things very close.

Says eyes are tired

Has headaches when reading

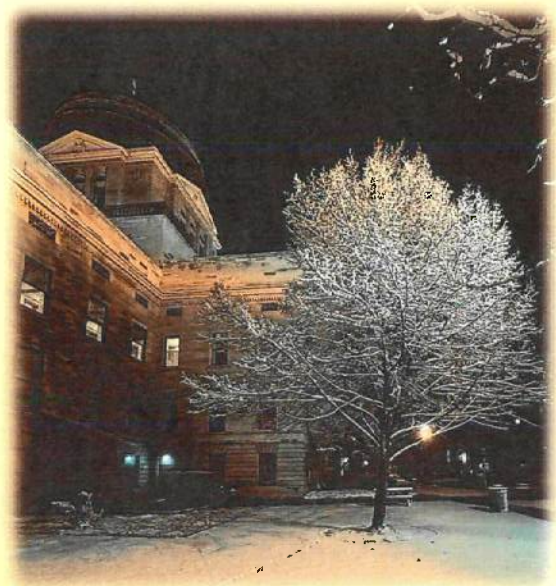


PHOTO BY MAKAYLA KLEIN

From the Desk of the School Nurse continued:

Trouble visualizing what is being read

Difficulty spelling words correctly

Short attention span

A vision screening done in the school setting will not pick up many vision concerns as the vision screens are focused on distance vision. A comprehensive eye exam is a thorough exam done by an eye doctor, either an ophthalmologist or optometrist. The eye doctor can diagnose the student's medical or vision problem and provide treatment. If you receive a vision referral from your school nurse, or notice any of the above symptoms, it is important to contact your preferred eye doctor and schedule an appointment.

If you have concerns for your student's vision and would like them screened, please do not hesitate to contact Shannon McNamee RN smcnamee@helenaschools.org

Financial assistance for a vision exam and/or glasses may be available.

For a Healthy School,

Shannon McNamee BSN,RN,NCSN

406-324-2481

Resources:

<https://www.aoa.org/AOA/Documents/Practice%20Management/Clinical%20Guidelines/Consensus-based%20guidelines/Care%20of%20Patient%20with%20Learning%20Related%20Vision%20Problems.pdf>

<https://www.chop.edu/news/health-tip/vision-problems-and-learning-difficulties>

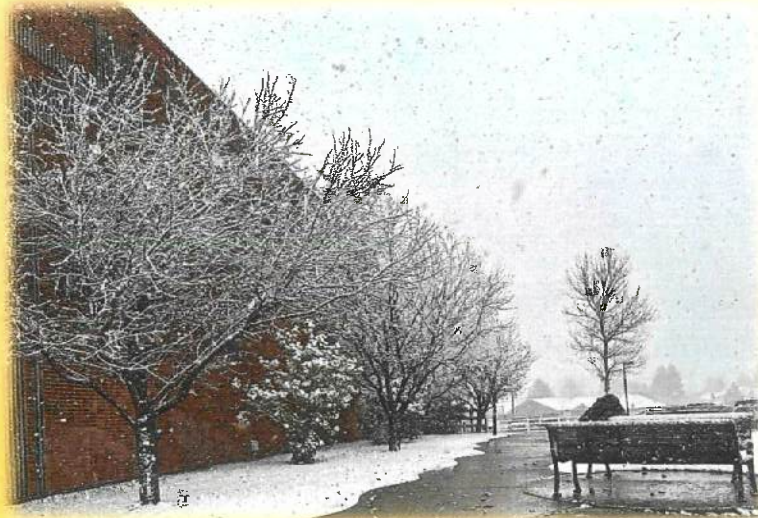


PHOTO BY

AUDREY MANDERA