

CAPITAL HIGH SCHOOL

JANUARY 2025

NEWSLETTER



PHOTO BY DESTINY WEBER



JANUARY AT A GLANCE:

DECEMBER 23RD-JANUARY 3RD: WINTER BREAK

JANUARY 20TH: MARTIN LUTHER KING DAY: NO SCHOOL

JANUARY 22ND-24TH: SEMESTER TESTING

JANUARY 24TH: END OF 1ST SEMESTER

JANUARY 27TH: RECORDS DAY-NO SCHOOL

JANUARY 28TH: 3RD QUARTER BEGINS

JANUARY 31ST-FEBRUARY 1ST: STATE SPEECH AND DRAMA (BELGRADE)



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 OR SCAN THE QR CODE:



1st Semester Test Schedule January 22-24, 2025

Wednesday - January 22

8:20 - 9:40 - Period 0 Exam

9:55 - 11:15 - Period 1 Exam

11:15 - 11:50 - Lunch

11:50 - 1:10 - Period 2 Exam

1:24 - 2:45 - Make-up Exam

Thursday - January 23

8:20 - 9:40 - Period 3 Exam

9:55 - 11:15 - Period 4 Exam

11:15 - 11:50 - Lunch

11:50 - 1:10 - Period 5 Exam

1:24 - 2:45 - Make-up Exam

11:50 - 2:45 - Make-up Exam

FRIDAY-JANUARY 24

8:20-9:40- PERIOD 6 EXAM

9:55-11:15- PERIOD 7 EXAM

11:15-11:50- LUNCH

11:50-2:45-MAKE-UP EXAM

MONDAY-JANUARY 27

NO SCHOOL-RECORDS DAY

WINTER/SPRING DRIVERS ED!!!!

REGISTRATION FOR WINTER/SPRING SESSION FOR DRIVERS ED WILL OPEN UP ON JANUARY 6TH AND RUN UNTIL JANUARY 15TH. CLASSES WILL BE ROUGHLY FROM FEBRUARY 3RD-APRIL 18TH

A LINK TO REGISTER WILL BE LIVE ON THE DISTRICT WEBSITE (<https://helenaschools.org/departments/drivers-education-program/>) ON JANUARY 6TH, OR PEOPLE MAY STOP BY 815 FRONT STREET (PAL) TO FILL OUT A PAPER FORM.



PHOTO BY LACY WOOD



**PREP
FOR THE FUTURE**

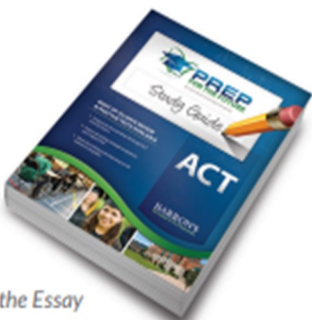
by Sycamore Learning Company

Dear Parents & Guardians,

After working with more than 60,000 students across the country over the last 15 years, Sycamore Learning Company's founder designed this 5-hour seminar to help high school students prepare for the upcoming ACT® with specific strategies to maximize scoring on each section of the test. Each ACT® seminar includes an extensive study guide that has 3 full-length practice tests with in-depth answer explanations for each question and 5 hours of in-class instruction.

Also Included in the Seminar:

- A presentation full of tips and strategies that help students achieve their highest possible scores.
- A special focus on the Math and Science sections.
- Detailed explanation on how to write the Essay portion of the test.
- Highly-rated and experienced presenter conducting the seminar.



The only materials needed for the seminar will be a calculator and two pencils. Enrollment may be limited, so please register as soon as possible to ensure your student does not miss out on this opportunity. We look forward to helping your student perform his or her best on the upcoming ACT®!

ACT® SEMINAR

**Capital
High School**

February 3 & 4

6:00pm-8:30pm

**Only
\$ 125**

For additional questions regarding this seminar,
please call us toll-free at: (866) 223-9691.

REGISTER ONLINE TODAY @
www.PreppfortheFuture.com

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 :



From the Desk of the School Nurse: Healthy Montana Kids Medicaid (HMK) Re-Determination After the "Un-Wind"

During the Covid-19 public health emergency, the Montana Medicaid office did not process redeterminations to see if members still qualify. After April, 23', HMK started the process of determining whether enrollees still qualified. This process is called "Medicaid unwinding".

According to an article in the Daily Montanan, based on statistics provided by DPHHS, almost half of the Montanans who lost coverage were children. This has disrupted medical care for these students, until coverage can be redetermined and started again.

If your children have lost their HMK coverage due to this process, there is assistance!

Please call CoverMontana at (844) 682-6837 or go to <https://covermt.org/>

What is CoverMontana? CoverMontana is a nonprofit program of the Primary Care Association. The purpose is to connect Montanans who have questions about enrolling in health insurance options with a local enrollment navigator who can answer questions and assist the family.

Helena has two Federally Qualified Health Centers that can meet your family's health needs:

PureView Health Center

<https://pureviewhealthcenter.org/about-and-history>

"PureView Health Center is a Federally Qualified Healthcare Center (FQHC) with clinics in Helena and Lincoln, Montana"

1930 9TH Ave, Helena, MT 59601 Phone: 406-457-0000 Fax 406-500-2130

Sliding Fee Discount Program Available

Helena Indian Alliance

501 Euclid Ave.

Helena Montana, 59601

406-449-5796; 406-442-9244

For families without medical insurance, a sliding fee scale, based on income, is available

<https://www.hia-mt.org/>

"We are a Federally Qualified Health Center providing primary care, mental health services and youth programs for the entire Helena Community" are a Federally Qualified Health Center providing primary

Helena Public Schools serves breakfast and lunch in our school buildings. To apply for a free and reduced lunch program, please visit:

<https://helenaschools.org/departments/food-services/>

FROM THE DESK OF THE NURSE CONTINUED.....

To find out how to apply for SNAP (Supplemental Nutrition Support Program) or other assistance benefits: please call the Montana Public Assistance Helpline at 1-888-706-1535, apply online at www.apply.mt.gov, or contact a local assistance office.

For more information about the Medicaid Unwinding process:

<https://dphhs.mt.gov/assets/MedicaidPHEFinalDataReport.pdf>

<https://www.mtpca.org/medicaid-unwind/#:~:text=This%20process%20is%20often%20referred%20to%20as%20the,a%20different%20group%20will%20start%20the%20renewal%20process.>

<https://dailymontan.com/2023/10/06/montana-data-shows-44-who-lost-coverage-in-medicaid-unwinding-were-kids/>

<https://dailymontan.com/wp-content/uploads/2023/10/Medicaid-Disenrollment-Statistics-1BCB.pdf>

For more information about CoverMontana:

<https://covermt.org/>

For questions about these services, please contact Shannon McNamee, RN, School Nurse at Capital High School, smcnamee@helenaschools.org.



PHOTO BY GRACI SIMMONS