

FEBRUARY 2025 CHS NEWSLETTER

PHOTO BY KNOELLE FERGUSON



FEBRUARY AT A GLANCE:

JAN 31ST-FEB 1ST: STATE SPEECH AND
DRAMA (BELGRADE)

FEB 3RD-4TH: AA ORCHESTRA FESTIVAL

FEB 3RD AND 6TH: PAL INFORMATION
NIGHTS (4PM BOTH NIGHTS @ PAL CAM-
PUS)

FEB 5TH: WINTER ASSEMBLY (9:53-
10:40)

FEB 10TH: CHS FRESMAN AND JAZZ
BAND CONCERT (7PM CHS AUDITORIUM)

FEB 13TH-15TH STATE WRESTLING
(BILLINGS-METRA)

FEB 14TH-15TH: STATE SWIM MEET
(GREAT FALLS)

FEB 17TH: PRESIDENTS DAY-NO SCHOOL

FEB 20TH-22ND/FEB 27TH-MAR 1ST: CHS
WINTER PRODUCTION OF "MEAN GIRLS-
HS EDITION" (6PM CHS AUDITORIUM)

FEB 24TH: CHS CHOIR CONCERT WITH
CRA (CHS AUDITORIUM 7PM)

FEB 27TH-28TH: JAZZ TOUR (ALL DAY,
ALL SCHOOLS)

FEB 28TH: TRADE AND INDUSTRIES
NIGHT (6M-8PM @ CHS)

ANGEL FUND FUNDRAISER!!!!

Capital High School will be running a fund-raiser February 10-14 to support Angel Fund. The Angel Fund is a nonprofit 501(c)(3) Corporation helping Helena School District children with school items including clothing, shoes, and school supplies.

- To donate, students will bring change or cash to their homeroom class each day and the classes with the most donations will win an exciting prize! "Little by little, a little becomes a lot." With these little donations we at Capital High school can come together and make a big difference in our school and community.

If you would like to contribute to the fundraiser we encourage you to send your student with cash or change or consider contributing directly to Angel Fund at <https://www.angelfundhelena.org>

Student Council members will collect change each day during lunch to announce which team of homerooms are in the lead the following day. Please leave your change in an accessible place so we can come by to collect it!



The Angel Fund

Together, we are helping
kids have a better life!

WINTER TRADES DAY!!!

Monday, February 10, is our winter trades day. We are showcasing industry professionals from the Steel framing, Cabinetmaking, Flooring, Drywall, Electrical, Plumbing, Heavy Equipment, Sheet Metal/HVAC and Metal Art industries. Students will spend the day rotating through various hands-on sessions working with industry professionals on different skills that are used in the industrial trades. We are thankful for Dick Anderson Construction, Silver City Stone Cabinetry & Tile, Williams Academy, Hamper Plumbing, Montana Electrical Training Center, Grizzly Drywall, Jon Canney, Pioneer Flooring, Sleeping Giant Mechanical for volunteering their time and effort to work with our students. Materials & Supplies have been graciously donated by Power Townsend, Northwest Drywall & Montana Army National Guard.



Capital High School Theater Presents

PRODUCTION OF

MEAN GIRLS

HIGH SCHOOL VERSION

Book by **TINA FEY**
Music by **JEFF RICHMOND**
Lyrics by **NELL BENJAMIN**

Based on the Paramount Pictures film **MEAN GIRLS**

February 20 - Opening Night, 6:00 PM
February 21, 22, 27, 28, 6:00 PM
March 1 - Closing Night, 6:00 PM

Directed by Laura Brayko
Musical Director Thomas Baty
Choreographed by Skylar Denney
Assistant Director Natalie Renk

For tickets and info: <https://www.vancoevents.com/us/CV0F>

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI (mtishows.com).



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:



Carpenter
HVAC Plumber
Welder Chef
Roofer

CHS Trade and Industry Night

When: February 28th

Time: 6:00 pm – 8:00 pm

Interested in a Trade? Come
find out more information
about different trade career
paths. Both Parent and
students welcome!

Beautician
Mechanic
Electrician
Construction
Industrial Fashion
Machinist

SENIOR PARTY INFO!!!!!!

Senior families this message is for you! We are so excited to be sharing with you the all night party is scheduled and ready for volunteers! We are grateful to Laura Shirtliff for helping us get senior and junior parents and any others organized and involved. We are going to have a meeting for all high school senior parents (and willing junior parents) in the area on Wednesday February 12th at 6pm at Capital High School cafeteria. Please show up or send someone so we can get you involved in whatever way you can help. This is all volunteer run. Also, please see the following information about how your business or you can sponsor. We will be acknowledging in writing sponsors of games at \$1000 and higher if you would like to combine with someone else with a \$500 donation, we will put your name on that as well! Thank you so much for all who have Volunteered and sponsored already. Ticket information will follow this spring! We are trying to keep the costs low, so all of our seniors across the Helena area can attend.



HELP US KEEP OUR GRADUATING SENIORS SAFE!

Community donations help us provide an event that offers a safe environment for graduating students to celebrate their accomplishment!

67th Annual Helena Senior All Night Graduation Party

Saturday, June 7, 2025

DONATE

We're looking for donations of new items such as bikes, laptops, video or other games, microwaves, luggage, trips, sunglasses, tool kits, camping equipment, coffee makers, club memberships, gift cards or certificates.

SCAN HERE TO DONATE ONLINE



This alcohol and drug free event is an entirely volunteer effort that is planned and organized by parents.

Donations from our community provide a night of food, games, fun, and memories for our graduates... as well as prizes!

Helena Senior All Night Party (SANP) is a non-profit 501(c)(3) group.
Your donation is tax deductible.
(Tax ID #74-3167239)

Donors will be recognized on our social media pages and website, and at the party.

Or become a sponsor!

\$1,000 LEVEL
DISPLAY ON GAMES AND MORE!

\$5,000 LEVEL
MAJOR NAME DISPLAY!

Or you can make your donation by check (made payable to SANP) and send it to:

Helena Senior All Night Party
P. O. Box 7486
Helena, MT 59604

To arrange pickup or drop off of an item, please email senioranp@gmail.com or call or text Aimee Grmoljez Shanight at (406) 459-5958

 **300-400 STUDENTS EXPECTED TO ATTEND**



CHS MUSIC NEWS: New York City 2026

The next music and art tour to New York (led by Mr. Cleary and Mrs. Shockley) will happen in spring 2026, and all middle and high school students are welcome to join the fun! While 2026 seems a long way off, planning early makes it easier to save the money needed for such an exciting experience.

Mr. Cleary has been working with EF Explore America to create an exciting and engaging tour for all student and adult participants. Anyone who wants to be a part of this tour may contact Mr. Cleary at kcleary@helenaschools.org or Mrs. Shockley at rshockley@helenaschools.org for general information about this amazing educational opportunity.

Everyone is also invited to our second enrollment meeting on Wednesday, February 26 at 6:00 pm. To accommodate a large group of students and families, this meeting will be held online using Teams. If you would like a link to attend the meeting, or if you just want to sign up for email updates, 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 artistic depth of New York!



Ironhorse Youth Music wrapped up an exciting fall semester in December and appreciates everyone who supported us at our December 14 concert. The spring semester kicked off with rehearsals at the start of January and enrollment is still open for all interested students. Our diverse ensembles welcome students of all ages and ability levels who want to explore challenging symphonic and choral literature with their peers. Ensembles meet on Thursdays, but we also offer a lesson program for students interested in private instruction.

If you would like to learn more about our organization, or want 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) if you are interested in joining an Ironhorse program!



Last Chance Music Camps 2025!

The days are finally getting a little longer, and that means it is time to think about all the sunlit activities that summer will bring. Ironhorse Youth Music is thrilled to present Last Chance Music Camp and Last Chance Lesson Camps as two of those exciting activities! Musicians from orchestra, band, or choir are invited to join the excitement of Helena's own summer music day camps once again this year.

Please contact Mr. Cleary (kcleary@ironhorsemusic.org) if you have questions, check out the camp webpage (<http://lastchancemusic.org>), or encourage your child to pick up a brochure from their music teacher (which will be available sometime this month). We continue to explore new opportunities to provide every student with a fantastic summer music experience; we look forward to working with your child as part of the Last Chance Music Camps!

MTSS NEWS:

CHS 2nd 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!

Zemirah Across the Mountain

Howard Lewis

Analiyah Barrientes

Gavin Mow

Josiah Arnoux

Maria Mozer

Oak Blacksmith

Peyton Murray

Teagan Clement

Daniel Parker

Tanner Davis

Garrett Smith

Hayden Downing

Rylan Stout

Trey Frydenlund

Ben Sova

Jaiden Grooms

Hudson Swant

Tell Grossman

Alice Townsend

Violet Hannan

Dakota Welch

Oliver Holbrook

Tatum Zanto

*****A Huge Thank You to Coke and Pepsi!*****

We extend our sincere gratitude to Coke and Pepsi for their generous support of MTSS at Capital High School. Their kind donation of products has been instrumental in making our Pop-a-Shot activity during basketball game halftimes a resounding success.

This exciting initiative not only adds a fun and energetic dimension to our games but also provides a valuable opportunity for Bruins to support Bruins by raising funds for our MTSS programs.

We deeply appreciate Coke and Pepsi's commitment to our school community and their dedication to fostering positive student engagement. Thank you!"



From the Desk of the School Nurse- Attendance and Guidelines for Health Room Visits

In Middle School and High School, it is very important for students to be in class, learning.

According to research, absenteeism is one sign as early as 6th grade that the student is at risk of not graduating from high school. Missing a few days a month, over the course of the school year (10%), can affect a student's academic success.

According to the National Attendance Awareness Campaign, led by Attendance Works, students should miss no more than 9 days of school each year to stay on track to graduation and be engaged in the classroom.

The US Department of Education states that "irregular" attendance can be a better predictor of whether students will be a high school drop out more than test scores. Not finishing high school, when compared to students who do, leaves students more likely to live in poverty and be in poor health.

Graduating from high school is considered a Social Determinant of Health!

To support students in increasing seat time, the following guidelines for when to send a student to the health room were shared with teachers:

For More Information, please contact your school nurse, Shannon McNamee RN, AE-C, NCSN @ smcnamee@helenaschools.org or visit the following websites:

Keep Your Child On Track in Middle and High School: Pay Attention to Attendance-https://www.attendanceworks.org/wp-content/uploads/2019/06/Middle_High_Handout_042924.pdf

<https://www.attendanceworks.org/>

Why Is School Attendance Important? The Effects of Chronic Absenteeism:

<https://soeonline.american.edu/blog/importance-of-school-attendance/>

Every School Day Counts: The Forum Guide to Collecting and Using Attendance Data: <https://nces.ed.gov/pubs2009/attendancedata/chapter1a.asp>

Strategies to Improve Student Achievement: https://www.ed.gov/sites/ed/files/about/its/initiatives/raise-the-bar/1_9_AcademicSuccessBookletResource_v2_508_v3rev59.pdf

Healthy People 2030 Education Access and Quality: <https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/high-school-graduation>

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/>.

Student Health Needs: 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. 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 link to the health history form is found here: Health History Form <https://helenaschools.org/wp-content/uploads/2020/05/Health-History-Form.pdf>

NEWS FROM THE NURSE CONTINUED....

WHEN TO KEEP STUDENTS IN CLASS VS. WHEN TO SEND TO THE NURSE

Keep students in class and try this:

Headache:

- Use **WOW** method: (Water, Oxygen, Wait)
- Water: Get a generous drink of water
- Oxygen: Take 10 deep breaths
- Wait: Wait 10 minutes, take "screen break"
- *Allow to rest with head down if needed

Mild Cold Symptoms:

- Sneezes & runny nose – Have student use a tissue & wash hands.
- Occasional Cough – Get a drink of water.

Stomachache (and nausea):

- Send to bathroom
- Send to get a drink of water/eat small snack
- Often, they perceive hunger as stomachache
- If almost breakfast/lunch time have them wait in class

Minor cut/scrape/abrasion

- Have student wash area with soap and water or use wet wipe
- Cover with band-aid
- *If minor bleeding, have student apply pressure

Minor bruise/bump

- Cold paper towel on the area, rest, try elevation of the area

Blister/popped pimples:

- Wash w/ soap and water, cover w/ band-aid

Itchy Bug Bites:

- Wash area with soap and water, then cold paper towel (send to nurse if its red or swollen)

Anxiety/Stress/Crying:

Try calming the student, reassuring measures, refer student to counselor if needed.



Revised: 10.1.2024 (BR)



Send to the nurse:

- ✓ Chronic health conditions needing care: Diabetes, asthma, anaphylaxis, seizures
- ✓ Excessive coughing, shortness of breath, trouble breathing
- ✓ Head injury, confusion, loss of consciousness, fainting
- ✓ Suspected fracture or sprain (if something appears to be broken call for help, do not move child)
- ✓ Significant Bleeding (including nose bleeds) /traumatic injury that happened in school
- ✓ Abdominal/neck/back injury (do not move)
- ✓ Eye injury
- ✓ Scheduled medications
- ✓ 2 or more symptoms of acute illness such as COVID-19, influenza, etc.

10 / 10

The first ten minutes and the last ten minutes of each period are the most important to maximize learning. No students should leave the classroom during those times unless it is an emergency.



Grocery Share

**1 in 7 of our neighbors
may need food support**

If you, or someone you know
needs food support, groceries are
available at **Helena Food Share**

Getting Help is Easy:

- Visit our new Grocery Share Market at **1280 Boulder Ave**
- Come up to once a week to shop for your groceries
- There are no income requirements



If kids need extra weekend food support, pick up a Kid Pack.
Contact your School Counselor or Principal to sign up.
Call 406-443-3663 or visit HelenaFoodShare.org for more info.

1280 Boulder Ave, Helena
Mon & Thur 12:30 – 6:30 &
Tue, Wed & Fri 12:30 – 3:30

CHS PHOTO CORNER....



PHOTO BY NATALIE BILLETTE



PHOTO BY MAKAYLA KLEIN



PHOTO BY JACI LYMAN



PHOTO BY GRACI
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PHOTO BY EMMA ROUNS