

CHS MARCH 2025 NEWSLETTER



MARCH AT A GLANCE:

MARCH 3RD: SATS, JAZZ, AND 8TH GRADE (CHS AUDITORIUM @ 7PM)

MARCH 3RD-4TH: STATE AA BAND FESTIVAL

MARCH 10TH: SPRING SPORTS BEGIN

MARCH 10TH: TENOR-BASS, TREBLE, JUBILETTES (CHS AUDITORIUM @ 7PM)

MARCH 10TH: CHS CHOIR SPRING CONCERT (CHS AUDITORIUM @ 7PM)

MARCH 13TH: 8TH/9TH GRADE COMBINED ORCHESTRA CONCERT (HMS AUDITORIUM @ 6PM)

MARCH 13TH-15TH: STATE AA BASKETBALL (BOYS AND GIRLS) IN BOZEMAN

MARCH 24TH: CONCERT WITH CRA 8TH GRADE (CHS AUDITORIUM)

March 31ST-APRIL 4TH: SPRING BREAK

STUCO NEWS:

Applications for Student Council Class Officers and Student Body Officers for the 2025-2026 school year will be available towards the end of March. Information will be available soon on your graduating class teams page. In the meantime, if you are interested in running for a position, or just want to get more involved, speak with a current STUCO member, or stop by and talk with Mrs. Tholt in room 210! Student Council meets Tuesdays at lunch in room 210 — everyone is welcome!

ALSO FYI....

PROM IS MAY 9TH!!!!!!

2025-26 CHS Registration Timeline

Counselors will present on classes at the start of the week and register requests at the end of the week. The middle of the week is reserved for registration questions from parents and students of the current grade level registering.

Grade 12 Registration (current Junior students) Week of February 24th-28th

Grade 11 Registration (current Sophomore students) Week of March 3rd-7th

Grade 10 Registration (current Freshman students) Week of March 10th-14th

Grade 9 Registration (current 8th-grade students) Week of March 17th-21st

Monday, March 17th - incoming freshman receive registration materials at CRA (periods 4-6)

Tuesday/Thursday- Counselors at CRA Parent Teacher Conferences 3-6PM

Wednesday, March 19th- incoming freshman tour Capital High School (busing provided from CRA to CHS- 8:40- 11:00)

Wednesday, March 19th Parent meeting for incoming freshmen at CHS - 6:30- via teams/in person at CHS

Friday, March 21st- collect all incoming freshman registration forms (periods 1-3)

Attention Senior Families

Graduation is fast approaching, and Seniors will NOT receive their diploma if they have outstanding Fines/ Fees at CHS. Please check PowerSchool & Mealtime. We appreciate you getting these fees paid as soon as possible.

Several Seniors do have money in their CHS Mealtime account. Please look at your balance. You can login at mymealtime.com. If your student is not going to be using any balance you have remaining on your account, you have 3 options for these funds. 1. You can request a refund 2. If you have another student in the district, you can transfer those funds to your other student. 3. You may donate the funds to help pay down Students in Need accounts that have negative Mealtime balances. Please contact our bookkeeper Charmaine Barker at cbarker1@helenaschools.org or at 324-2482 to resolve student balances. Thank You!!!

NOTES FROM THE GERMAN CLUB!!!!

German Club is hosting Stammtisch (a conversation group) on Saturday March 22nd 11 am to noon at the Lewis and Clark Library. Anyone with an interest in speaking German is welcome

NATIONAL
SCHOOL
BREAKFAST
WEEK



All students eat FREE!
March 3-7th

Every day we offer a rotating variety of breakfast entrees that are not listed on the monthly menu. Those items may include: Whole Grain cereals, WG pop tart, yogurts, WG cereal bars, and Nutri grain bars, WG Muffins, Scooby snacks, Frudels and oatmeal. Students also have access to a variety of fresh and canned fruits along with fresh cold local milk.

Monday March 3rd

Fresh baked UBR - Ultimate Breakfast Rounds



Tuesday March 4th

Fresh Sausage and Cheese Breakfast Sandwich



Wednesday March 5th

Breakfast Pizza



Thursday March 6th

Scrambled Eggs, Pancakes, Triangle Hashbrowns



Friday March 7th

Homemade Montana Flat Head Cherry Muffins



FRESH MEALS ARE ON THEIR WAY! NEW VENDING MACHINES IN BOTH HIGH SCHOOLS.

You will be able to use your **student id number** to purchase lunches and/or breakfast during meal periods. Or you can buy these all day a la carte, using cash or credit cards.

Please help us out by taking this survey and see what kind of things we are going to be offering in this machine
NEXT WEEK!





MRS. COOK'S ADVANCED STUDENTS MONSTER PROJECT

Mrs. Coil's 2nd grade students from Four Georgians were asked to draw a scary monster and advanced art students were tasked with making these scary beasts less threatening. Sometimes when we are young (and a bit older, too) things may seem scarier than they really are. The art students were asked to take the scary monsters and tell their story through imagery and compassion. They transformed these monsters into a beast of kindness, love, and acceptance. Without changing the outward appearances of these monsters, the art students hope to teach younger kids that sometimes it's what's on the inside that truly matters.



PUZZLE MANIA



Do you like doing puzzles? Do you like competition? Do you have the **NEED** for **SPEED**?
We are looking for 4 teams of 4 to compete in a puzzle competition. The inaugural event will be held in the library during lunch, Thursday, March 13th. Sign up your team in the library.
Serious applicants only! 😊



Book Madness



Get Ready to Rumble! It's Library Book Madness!

Is your favorite book the ultimate champion? Do you have strong opinions about which story reigns supreme? Then get ready for your Library's Book Madness!

This March, we're pitting your beloved books against each other in a head-to-head, page-turning tournament!

The tournament bracket is in the library foyer. Scan the QR code to vote for your preferred book each week to help advance it to the next round. We will be awarding prizes each Friday; the only requirement is participation.

From the Desk of the School Nurse- Vaping and E-Cigarettes

The dangers of smoking are well known and there is no controversy in recommending that students do not smoke. There is a new type of nicotine product that many parents are just being introduced to, filled with new and confusing terminology. Vapes, Juul and vape pens are all forms of e-cigarettes, have nicotine and they are dangerous. The devices can look like markers or USB flash drives. They have disposable flavor pods that you may have noticed in the trash. They smell and taste like fruit products such as strawberry and cherry or bubble gum.

One danger that older students and adults may overlook is the danger posed to young children in homes with e-cigarettes available where they can reach them. Because the e-cigarettes are flavored, small children may be attracted to them, break the pods and drink the juice. There are reports of children becoming ill after ingesting e-cigarette juice.

In one study, it was found that 27% of high school students have used e-cigarettes in the last month. Parents can look for signs that their high school student may be vaping such as cutting back on caffeine or frequent nosebleeds.

Liquid nicotine poisoning symptoms include the following:

Vomiting

A fast heartbeat

Jittery and unsteady appearance

Difficulty breathing

Increased saliva

For information on e-cigarettes and how to talk to your student about them, please go online to:

<https://www.lung.org/stop-smoking/vape-talk/>

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

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 your school nurse. If there is a change in your student's health, please provide a new health history to the school. [Health-History-Form.pdf](#), contact your school's nurse or go to [Helenapublicschools.org](https://helenapublicschools.org) and click on School Nurse and Health Services. "Health History Form" link can be found towards the bottom when you scroll down.

For questions, please contact your school nurse, Shannon McNamee RN at smc-namee@helenaschools.org

More than **5 million** U.S. youth are using e-cigarettes¹

How much do you know about the epidemic?

E-cigarettes, also known as “vapes,” are becoming increasingly popular among teens.

In fact, they are the most commonly used tobacco product among both middle and high school students.² You may have already seen or heard about students vaping in your school, but it is important to know that certain types of vapes can be used very discreetly.

SOME TEENS REPORT USING E-CIGARETTES IN SCHOOL BATHROOMS AND EVEN IN THE CLASSROOM.²

Learning more about the different types of e-cigarette products is an important first step in addressing youth vaping.

DID YOU KNOW:

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.²

Some devices popular among teens — like JUUL and myblu — are as small as a USB flash drive and even look like one.^{2,16}

Certain products emit very low amounts of aerosol or “vapor,” which makes them easier to use discreetly than combustible cigarettes.^{9,11}

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes³ may contain as much nicotine as a pack of 20 regular cigarettes.²

A Big Problem... A SMALL DEVICE

In 2019, over

27% of high school students

and over

10% of middle school students

were using e-cigarettes.¹



CENTER FOR TOBACCO PRODUCTS

Source: Cullen, et al. JAMA 2019

Note: All numbers presented here are estimates.

www.fda.gov/tobacco



@FDATobacco



facebook.com/fda



FDA

Many teens have **dangerous misperceptions** that lead them to believe that vaping is harmless.⁹

Important facts to share with youth

Vape aerosol can contain harmful chemicals

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.^{4,5}

There can be danger behind the flavor

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.⁴

Want an example? Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.⁴

Most vapes contain nicotine, which is highly addictive

Vaping delivers nicotine to the brain in as little as 10 seconds.⁷ A teen's brain is still developing, making it more vulnerable to nicotine addiction.^{8,14}

Nicotine exposure during the teen years can disrupt normal brain development.^{8,14} It may have long-lasting effects, like increased impulsivity and mood disorders.^{8,12,15}

Vapers could be inhaling metal particles into their lungs

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.^{10,11}



FDA's Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes, including cracking down on illegal sales to anyone under 18 and holding retailers and manufacturers accountable for marketing practices. Also, in addition to our national peer-to-peer public education campaign called "The Real Cost" FDA has joined forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we've created a **free lesson plan and research activity** for teachers to educate their students on the health risks of e-cigarette use. Please visit the [Scholastic youth-vaping-risks site](#) to access these resources.

Quitting Help Is Available

There is an urgent need to share resources with teens who are addicted to e-cigarettes to help them quit. Together with the National Cancer Institute, the FDA has launched a series of web pages to help.

- » [Smokefree Teen](#) — If you identify teens using e-cigarettes at school, it is critical to share the resources at Smokefree Teen to help them quit.

Other Resources

If you know a student who has experienced unexpected health or safety problems related to e-cigarettes, we encourage you to report this incident to FDA through the online [Safety Reporting Portal](#). These reports are confidential and help the FDA identify trends and causes.

To follow recent information on outbreaks linked to e-cigarette use, visit the [FDA](#) and [CDC](#) websites.



Tobacco Cessation Resource Teen Programs

Not On Tobacco®

Not On Tobacco® (N-O-T) is the American Lung Association's voluntary tobacco/vaping cessation program for teens ages 14 – 19. Over the 10-session program, participants identify their reasons for using tobacco, including e-cigarettes, healthy alternatives to tobacco use and people who will support them in their efforts to quit. Visit Lung.org, call 1-800-LUNGUSA or email NOT@Lung.org to learn more.

NOT For Me

A free self-guided, online program that leverages the American Lung Association's Not On Tobacco® (N-O-T) program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products. Visit NOTForMe.org to learn more or register.

Smokefree TXT

A mobile text messaging program that provides 24/7 tips, advice and encouragement, sign-up for SmokefreeTXT, by texting QUIT to (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step-by-step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This free app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help teens become smokefree and live a healthier life. Download on iTunes and Android or visit Teen.Smokefree.gov. This program is designed and run by the National Cancer Institute.

Lung HelpLine

The American Lung Association is committed to helping educate, intervene and prevent the use of tobacco and nicotine by the next generation. The Lung HelpLine, available via phone or online, is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through our website at Lung.org. Certified tobacco treatment specialists provide guidance and support along with developing individualized quit plans.