



Capital High School Newsletter

August 2025

If your student **WILL NOT** be attending CHS this year, please call us at 406-324-2500

and let us know.

This information will free up classes for other students.

Thank you!!!!

2025 Class Schedule & Textbook Pickup

Wednesday	8/20	Seniors	12-3:00 pm
Thursday	8/21	Juniors (& Seniors)	12-3:00 pm
Friday	8/22	Sophomores (Jrs & Srs)	12-3:00 pm

****Freshman will pick up books and schedules on their 1st day of class.**



****Please allow extra time, as you will need to pick up your textbooks at the Textbook Center when you receive your class schedule.**

Textbooks and Library books should be returned to CHS. We prefer that you pay for any remaining fines at the Lincoln Center (District Office) in summer or **on Revtrak to expedite your textbook and schedule pickup process.** CHS can start receiving payments for fines **on August 14th.** If you are paying fines the day of pickup, **please allow extra time as the lines can be long.**

Calendar at a Glance

8/20-22 Schedule/textbook pick up (10-12 grade)

8/23 Booster Club FREE BBQ

8/27 Bruin Beginnings
Freshmen 1st day and school tour for new students

8/28 All students report to classes

9/1 Labor Day—No School

9/3 Picture Day



New Student Orientation and Tour

Are you a 10-12th grade student that is new to Capital High School? We have a **NEW student orientation & tour of CHS!**

When: August 27th at 12:00 pm

**Where: CHS—enter into the CHS Foyer
(Entrance #1—by the flag poles)**

ATTENDANCE

**FOR ALL ATTENDANCE
QUESTIONS, PLEASE CALL
THE ATTENDANCE LINE**

406-324-2499

**24 hours a day / 7 days a
week**



1st Day of School

**Freshman—August 27th
Grades 10-12—August 28th**

Each teacher will inform students of the supplies needed for that specific class.

Freshmen...this is exclusively for YOU!

On behalf of the entire staff of Capital High School, we welcome your student to high school! We look forward to getting to know our new Bruins and to make their next four years is full of enriching educational experiences. To help ensure that your student is “college and/or career ready” upon graduation, please encourage them to get involved in one of the many activities found at Capital High. In regard to almost all curricular areas/pathways found at CHS, “there is a club for that!”

To start our freshmen off in a positive fashion, the annual, introductory **Bruin Beginnings** is scheduled for **Wednesday, August 27th**. This day is dedicated to introducing new students to both our building and staff. Students will also experience the opportunity of moving through their own schedule with only one grade level present in the building.

Students should arrive by **8:15 am** in the front of the school (front courtyard to pick up their name-tag). Students can congregate in the front courtyard until they head across the street to Northwest Park to get into their assigned groups (and meet their upper-class mentors!). After forming their assigned groups, they will then head into the gym for the kick-off assembly. Orientation day will end at **approximately 3:00** that afternoon. District bus routes will run at regularly scheduled times on this day. Students should bring a backpack, a lunch if they want (pizza will be provided free of charge), and a lock (if they want to check out a locker) as they will receive their schedule and books for their classes on this day. They can bring home their books or can request a locker and place their belongings in their locker.

Sports Physical Clinic

Mr. Ruff and St. Peter’s Medical Group will be hosting a physical clinic here at CHS.

All athletes must have a current physical to participate!

**When: August 11th and 12th,
CHS Library (use the library
foyer entrance), 4:00-?
(depending upon provider
availability)
Cost: \$25.00**

Sports/Activity Fee

Sport participation fees for the upcoming school year are as follows:

High school student activity card—\$30 for the school year (gets you in free to all fall-winter-spring sports)

1st activity—\$90 (activity card included)

2nd activity—\$60

3rd activity—\$60

Adult activity card—\$60

K-8th grade—\$30

Please pay these fees on Revtrak and show your receipt to obtain your card

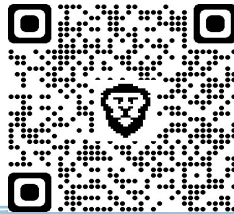
Revtrak online payment system

Revtrak can be found on our CHS website home page (or the QR Code listed below) and is a convenient way to make payments. **We prefer you make all payments using this online system.** Select Capital High School, add items to your cart, then check out.

Revtrak is used for:

A/P exams, prom tickets, student fees/fines, class fees and sports fees.

Any questions regarding Revtrak—please contact our bookkeeper Charmaine Barker at 406-324-2482



Booster Club Meetings

The CHS Booster Club meets the 2nd Tuesday of every month except June, July and December. Meetings are held in the CHS Library Conference Room at 6:30 pm. Everyone is welcome to attend!

Booster Club Contact: Pat Drynan; Chair
pat.drynan@helenasg.com

Booster Club FREE BBQ

August 23rd 10:00—1:00 pm

Capital High front lawn

*Opportunity to join the Booster Club
(free t-shirt included)

*Purchase activity passes

*Payments taken for sport fees

This is a fun and excellent opportunity to support CHS activities through the CHS Booster Club. The Booster Club's purpose is to raise funds to help support high school activities including DECA, music programs, athletic events, banquets, Student Council, Teacher Appreciation Day, etc.

WE HOPE TO SEE YOU THERE!!

CHS Booster Club is also looking for members and workers. They help raise funds and support all activities at Capital High School. They are an enthusiastic, positive group of people who work to benefit all students at CHS. Please consider joining this great group.

Student Parking

The purchase of student parking permits begins on August 20th in the Main Office. All students are required to have a parking permit to park on school property. The cost of a permit is \$5 and is good for the 2025-26 school year. In order to obtain a permit, a student must fill out an application form. Please bring the following when you come to purchase your permit:

1. Current driver's license
2. Current vehicle registration (including temporary plates)
3. Parent/Guardian signature on back of completed application
4. \$5 cash/check/Revtrak (show receipt)

Permit must be visibly displayed in vehicle so as to be seen from the front of the vehicle. Any vehicle parked on school property without a properly displayed permit is subject to receiving a fine from the district.

Students are ONLY permitted to park in the WEST STUDENT LOT, ON THE STREET IN FRONT OF THE LIBRARY, AND IN THE OUTER RING OF THE FRONT LOT. Students need a permit to park in any of these approved areas. **No student parking in the front lot or the back parking lot - these areas are reserved for staff and guests only and students will be fined.** Thank you!

CHS Booster Club Membership Form



2025-26 Yearbook Information

Purchase yours early!!!

How to purchase your yearbook:

-Purchase during your schedule pick-up in August through Charmaine Barker, the CHS Bookkeeper.

Go to www.yearbookforever.com or <https://helenaschools.revtrak.net/capital-high-school/chs-yearbooks/> and purchase using a credit card. The current cost is \$70 but will increase to \$80 on Nov. 1st and \$85 on Jan. 25th. You must use a credit card on Revtrak. All informational forms can be found starting in September at: <https://chs.helenaschools.org/extracurricular/clubs-activities/yearbook/>

Questions? Email: capitaldomeyearbook@gmail.com

BRUIN MOBILE APP

The MHSA Bruin Mobile App is free to download to a smart phone or tablet, and provides scores, schedules, rosters, news links and a direct link for sports radio coverage. It's been very popular and we're hoping that even more Bruin fans download it this upcoming year.

Dress For School

With the start of school, summer clothes need to be left at home and school appropriate clothes need to be worn.

Thank you!

Picture Day

Wednesday, 9/3

Make-up Day

Wednesday, 10/15

Buses...

Students need to re-register to ride the bus each year. Download the Edulog Parent Portal App on your phone to sign up and receive notifications.

Students interested in participating in MHSA sanctioned activities

Each athlete **MUST** have a completed and signed physical form, signed concussion form and drug/alcohol form before they can participate in tryouts or start practice. Bring the completed forms the first day. All required forms can be picked up in the Main Office at CHS or found on our website. The cost is \$90 for the first sport which includes the required activity ticket. For more information on CHS sports, please see our website. MHSA requires a current physical to participate.

FOOTBALL

August 13 Gear check out at 5 pm

August 15-20 (Not Sun.) Practice starts. 8-11 am and 3-6 pm.

August 21 Practice 3-6 pm. **August 22** Brown and Gold Scrimmage TBD

August 23 Parent meeting at 11 am in the CHS auditorium.

August 25-27 Regular season practice from 4-6 pm with noon meetings once school starts

GOLF

August 12 Informational meeting for anyone interested in trying out for the golf team at 6:30 pm at Bill Roberts golf course. Athletes will need a completed physical and concussion form.

August 14 Tryouts will be at Bill Roberts golf course 7 am

August 15 Tryouts will be at Green Meadow Country Club at 7 am (and 16th & 18th if needed).

Boys Soccer

Capital High Boys Soccer head coach: Stefan Wall, swall9@helenaschools.org, (406) 459-1938

Friday, August 15 — First Official Day of Fall Soccer Program

Tryouts start at 9:00 am at Northwest Park at CHS. You must have a physical by this date.

You must bring all required forms to tryouts. No forms, no tryout. Forms can be found on CHS's webpage at <https://chs.helenaschools.org/extracurricular/>.

9:00 – 11:30 am: Tryouts and evaluation of players. Bring soccer shoes, shin guards, white or light grey t-shirt and a water bottle. You do not need a ball.

Saturday, August 16 Tryouts continue 8:00 – 10:00 am and 2:00--3:30 pm, then team selections will be made. It is important to note that **your son will need 8 practice days** before he can play in a regular season game. Please make sure you take this into consideration when making plans after August 15th, including dental work, orthodontic, family reunions, home renovations, trips, etc.

August 19-25 Preseason training begins and continues through the week, with training times at NW Park 7:00-9:00 am and 5:00- 7:00 pm.

Saturday, August 23 Mandatory Parent Meeting (At least one parent must attend); 10:00 am Capital High School Auditorium; Activity fees can be paid. Bruin gear for sale. Join the Booster Club!

Tuesday, August 26 Regular practice starts 4-6 pm.

Boys and Girls Cross Country

Friday, August 15 from 7-9 am: First official day of practice @ Northwest Park Softball Fields across for CHS student parking lot. Please come ready to run and bring water and a snack for after the workout. To participate, students must have a completed Concussion Form, Activities Participation Form, Preparticipation Physical Form, Drug and Alcohol Form, and paid the Fall Sports Activity Fee. Forms can be found at <https://chs.helenaschools.org/extracurricular/athletics/>

Saturday, August 16 – Practice 7-9 am and Team Parent Meetings

We will introduce the 2025 Cross Country coaching staff, provide information for the 2025 season, and information pertaining to our Running Camp at Homestake Lodge.

Boys Team @ 7:15 am @ NW Park softball field bleachers while the boys are out for a run.

Girls Team @ 9:00 am @ NW Park softball field bleachers.

Tues. August 19-Thurs. August 21—Running Camp at Homestake Lodge. Camp permission forms will be due Sat. August 16. If you have any questions, and to receive camp permission slip forms, please contact Coach Beskid or Coach Tuss.

Coach Beskid (Boys Head Coach)- phone: (630) 853-1747 email: cbeskid@helenaschools.org

Coach Beskid (Girls Head Coach)- phone: (406) 202-3406 email: dtuss@helenaschools.org

Girls Soccer

Hello parents and welcome to fall sports and Girls Soccer!

We will have a parent meeting on August 14th at 5:30 pm at Northwest Park (the park across the street from Capital where all soccer practices take place). I encourage you all to attend. Paperwork for the season as well as vital information will be delivered at this meeting. Players will need a completed physical and concussion form for the first day of practice. All forms can be found on the CHS website.

Our first practice will be on Friday, August 15th from 11:30 am -2:00 pm and on Saturday, August 16th from 7:30-9:30 am. On Monday, August 18th we will start two-a-days with practice from 7:00-9:00 am and 5:00-7:00 pm all week.

Brandon Price, CHS Girls Soccer Head Coach



Bruin Volleyball 2025

FRESHMAN

**Friday
August 15th**
8:00am - 9:15am:
Physical Testing
9:30am- 11:30am:
Skills Practice

**Saturday
August 16th**
11:00am - 1:00pm:
Skills Practice
1st round of cuts will follow
practice

**Monday
August 18th**
10:00am -12:00pm:
Skills Practice
2nd round of cuts (if needed)

SOPH-SENIOR

**Friday
August 15th**
8:00am - 9:30am:
Physical Testing
2:00pm - 4:00pm:
Skills Practice

**Saturday
August 16th**
8:00am - 10:00am:
Skills Practice
2:00pm - 4:00pm:
Skills Practice and cuts

**Monday
August 18th**
8:00-10:00am
Practice
2:00pm - 4:00pm: Practice
*Possible Cuts if needed

Online registration for tryouts is now available! Please note that attendance at tryouts is **mandatory**, and all athletes must have a signed physical and concussion form prior to the first practice. Participation in tryouts will not be allowed without these completed forms.

BROWN AND GOLD SCRIMMAGE

Saturday, August 23rd Capital High Gym
Freshman VS **Sophomore** 8:00am-9:00am
JV VS **Varsity** 9:30am-10:30am

Following the scrimmage, a **mandatory parent meeting** will be held in the gymnasium. At least one parent or guardian must attend to receive important information and complete required handbook signatures. After the meeting, families are welcome to join the BBQ, pay participation fees, sign up for the Booster Club, and purchase official Bruin gear.



Parent/Student Handbook

Once complete, please check out our new Student Handbook for the 2025-26 school year at www.chs.helenaschools.org

Most of your questions about school rules can be answered by reading the handbook.

Josten's will be distributing graduation packets on August 29th during 3rd period. Please ask your senior for their packet.
Questions?

Please call Travis, our Josten's rep, at 406-443-3844.

Driver's Education

New registration for Drivers Ed opens August 27th. Electronic registration information is on the helenaschools.org. For further information please email:

trafficeducation@helenaschools.org

Sodexo Food Services

If you believe your family qualifies for free & reduced lunches, we encourage you to apply. Free and Reduced application is on the CHS website.

Sodexo Meal Prices

K-12 student breakfast

\$2.00

Grades 6-12 student lunch

\$3.10

To pay online, create an account at mymealtime.com

Demographics

Please log on to PowerSchool and update your student's demographics if there are any changes in your address, phone number, etc.
Thank you!

Senior Photos & Senior Ads for Yearbook

Deadline: Friday, October 31st

Senior photos must be emailed by photographers to capitaldomeyearbook@gmail.com. Be sure to receive a confirmation email from yearbook staff. If you don't get one, email jtoivonen@helenaschools.org. If your senior does not have a photo taken and turned in by the deadline, the school picture day photo of the student will be used. There is no charge for senior photos, but there is a charge for the senior ads. Senior Ads must be ordered through www.yearbookforever.com. Forms for senior ads can be found at <https://chs.helenaschools.org/extracurricular/clubs-activities/yearbook/>. If you are unable to order online, you must schedule an individual appt. with Jamie Toivonen by emailing jtoivonen@helenaschools.org prior to the deadline. No forms will be accepted without a meeting.

Senior All Night Party

For information, please go to the "Graduation" button on the home page of our website.

CHS Parent Council

Join Mr. Zanto on the last Wed. of each month at 3:30 pm in the

Library Conference Room. First meeting is September 24th.

See you there!

6 Credit-Bearing Courses Requirement!

As we finish schedules, please remember that students in grades 9-12 must be enrolled in a minimum of 6 credit bearing classes. Students wishing to appeal this requirement must schedule a meeting with an administrator.

Students who choose to end their day early, must have a plan for leaving the campus. (For example; if a student does not have a 7th period, they cannot linger in the building or the parking lot).

Thank you!



Don't let this happen to you! Remember to purchase your Chromebook Damage Insurance (Technology Fee) to cover damaged chromebooks! **It must be re-purchased at the start of every year!**

It can be purchased on Revtrak. Please note that it does not cover lost chrome books. It also does not cover damaged or lost chargers.

Find RevTrak on-line at the following link. <https://helenaschools.revtrak.net/>
Make sure to choose the correct school - CHS, then Technology Fee and enter the student's name.

Welcome back (or welcome to) Capital High School!

I hope that you had a great summer and are ready for both the hectic and exciting time that is associated with the annual start of a school year!

Please be sure to take time to review the dates, information, reminders, and expectations contained in this newsletter to help ensure a positive start to the school year. As we approach the new academic year, I would like to stress the importance of students getting involved at Capital High. For those of you who have been involved in activities—keep it up! For those of you who have not participated in clubs/activities—make it a priority this year!

As we continue to focus on ensuring that all students are both college and career ready, “Intervention Time” will once again be included in the Monday schedule. Similar to last year, Intervention Time will be approximately 45 minutes in length.

During this period, teachers will meet with students to provide extra support, make-up opportunities, accommodations for specific needs, and extended learning. This time allows students the opportunity to make up items, such as that test that they missed due to the choir festival the previous Friday or to make up (and

give teachers that time to set up) the science lab that they missed when being sick the previous week. As a parent, you know how difficult it can be to help students with their math homework or for them to find time to make up a test or to get extra time in the welding lab without being late for their job after their school day ends. As teachers continue to collaborate on Monday afternoons to create and implement a common scope and sequence for their respective curriculum, they can now split up the skills they will focus on for each intervention time as well. Please encourage your student to take advantage of Intervention Time!

Besides a focus on academics and the importance of being involved, I would like to stress regular attendance as it is vital to success in not only courses for this year, but to assist in building skills that will be important in students' futures. Students, be sure to make decisions this year that will prepare you for whatever options you pursue after high school. Take advantage of the opportunities found at Capital High School and have a fantastic school year.

As always, Go BRU!

Brett Zanto
Principal