

JUNE 2026

CAPITAL HIGH NEWSLETTER



Bruins JUNE Snapshot:

June 1st: Modern Band Concert @ CHS Auditorium 7PM

June 1st: SENIORS - Locker Cleanout, 2nd period (homeroom)

June 2nd - 4th: Seniors - Semester Testing

June 4th: Graduation Practice @ Carroll College (after 1st period)

June 4th: Class of 2026 Picnic (after Grad Practice) @ Centennial Park

June 5th: Underclassmen Locker Cleanout, 2nd period (homeroom)

June 6th: CHS Class of 2026 Graduation @ Carroll College 11:30AM

June 5th, 8th, & 9th: Semester Final Exams (see attached schedule)

June 9th: End of 4th quarter - Last Day of School

June 10th: Records Day! Grades due by 12PM

June 10th thru August 26/27: Have a safe and fun summer!

August 10th: St. Pete's Student Physicals @ HHS (see attached)

August 19th: Senior schedule release and textbook pickup 12-3PM

August 20th: Junior schedule release and textbook pickup 12-3PM

August 21st: Sophomore schedule release and textbook pickup 12-3PM

August 26th: First day of school, Grade 9

August 26th: Freshmen schedule release and textbook pickup during Bruin Beginnings

August 27th: First day of school, Grades 10-12



CLICK HERE



CAPITAL HIGH SCHOOL CALENDAR


HELENA, MONTANA



HOME OF THE BRUINS



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 and Mealtime for balances. 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!!!

The following students were winners of our High Five drawings for 4th 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

Addisyn Bailey
Russell Baker
Brooklyn Bibeau
Taylor Bowen
Aaron Bretz
Lucas Call
John Casiano III
Cooper Clark
Hayden Crawford
Cloie Disney

Kallie Dupree-Felton
Aryanna Ekness
Rheagan Harlow
Cash Kipp
Timber Mergenthaler
Jayson Parsons
Reese Sonsteng
Quintin Soto
Belle Taylor
Leo Tomaszewski

**CAPITAL
HIGH FIVE!**



Semester Test Schedule

MONDAY, JUNE 1 - NORMAL DAY

TUESDAY, JUNE 2 - REGULAR SCHOOL DAY, SENIORS TEST IN PERIODS 2,3,4

WEDS. JUNE 3 - REGULAR SCHOOL DAY; SENIORS TEST IN PERIODS 5,6,7

SENIORS

THURS. JUNE 4

- SENIORS TEST PERIODS 0 & 1 - STUDENTS THEN RELEASED FOR GRAD PRACTICE

FRIDAY, JUNE 5

- NO SCHOOL FOR SENIORS

**GRADES 9-11
FRIDAY
JUNE 5TH**

0 PERIOD 8:20-9:40

1ST PERIOD 9:55-11:15

LUNCH 11:15-11:50

2ND PERIOD 11:50 - 1:10

MAKE-UP TESTS 1:25 - 2:40

GRADES 9-11

**GRADES 9-11
MONDAY
JUNE 8TH**

3RD PERIOD 8:20-9:40

4TH PERIOD 9:55-11:15

LUNCH 11:15-11:50

5TH PERIOD 11:50 - 1:10

MAKE-UP TESTS 1:25-2:40

**GRADES 9-11
TUESDAY
JUNE 9TH**

6TH PERIOD 8:20-9:40

7TH PERIOD 9:55-11:15

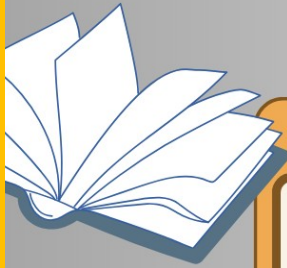
LUNCH 11:15-11:50

MAKE-UP TESTS 11:50 - 2:40

GRADES 9-11

26-27 FALL SCHEDULE RELEASE

& Textbook Pickup



SENIORS

**WEDNESDAY
AUGUST 19TH
12-3PM**

JUNIORS

**THURSDAY
AUGUST 20TH
12-3PM**

SOPHOMORES

**FRIDAY
AUGUST 21ST
12-3PM**

FRESHMEN

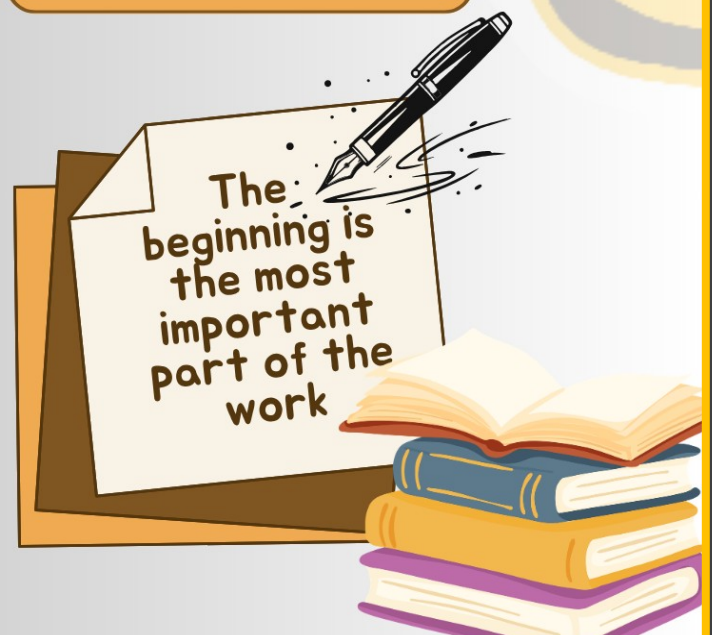
**WEDNESDAY
AUGUST 26TH
DURING BRUIN
BEGINNINGS**

Follow Us!



@CHSBRUINS

Find up To Date
information on
chs.helenaschools.org



FROM THE DESK OF THE **SCHOOL NURSE:**



THE IMPORTANCE OF TEEN PHYSICAL ACTIVITY

MAY WAS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH!

Join our community as we participate in physical activity, which has been shown to build strong muscles, improve thinking, attention, academic performance, and emotional health, with regular to moderate/vigorous exercise. The teenage years are important years for learning healthy habits like eating for nutritional health and developing fitness.

High school can be very stressful for teens, between meeting academic requirements, socializing, and, for many, incorporating a job into their routine. Exercise can help teens manage stress as it releases feel-good endorphins (brain chemicals) and lowers hormones like cortisol, that contribute to stress. This can even reduce the risk of depression! Research has suggested that school sports participation is associated with academic performance, a positive body-image and self-esteem.

Here are the Guidelines for Physical Activity for Americans (2nd Edition), provided by the Department of Health and Human Services:

Key Guidelines for School-Aged Children and Adolescents

- ***Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:***
 - ***Aerobic: Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.***
 - ***Muscle-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.***
- https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf***

While out in the sun, don't forget the sun block! Most skin cancers are caused by too much Ultraviolet (UV) light. Protect your skin when outside by:

- **Wearing a broad-spectrum (protects from ultraviolet A (UVA) and ultraviolet B (UVB) sunscreen with SPF of 15 or higher.**
- **Staying in the shade**
- **Wear long sleeves and pants**
- **Wear sunglasses to protect your eyes from UVA and UVB radiation, which decreases the risk of developing cataracts.**
- **Wear a hat that has a brim all the way around that shades your face, ears, and the back of the neck.**

Contact your school nurse, Shannon McNamee, RN at smcnamee@helenaschools.org for more information or questions.

JUNE 6 | 7 PM - 3 AM | HELENA CIVIC CENTER

GET INVOLVED

VOLUNTEER | DONATE | BUY A TICKET

HELP US KEEP OUR SENIORS SAFE
Open to ALL Helena area seniors!



VOLUNTEER

DONATE

TICKETS



Sign up to volunteer, donate, or purchase a ticket. Help us make this night a success!



Volunteers—open to all Helena-area high school parents (including freshmen, sophomores, and juniors) and community members interested in getting involved.



For more information visit helenasanp.com.





Supporting Students Who Will Change the World

The Capital High Travel Club would like to extend a heartfelt thank you to Eric Cottrill and his team at Old Montana Electric for their incredible generosity and support of student travel and leadership opportunities this year.

Through several significant scholarships provided to our student travelers, Old Montana Electric has helped make life-changing educational experiences more accessible for Capital High students. Their support will impact students participating in a variety of international programs over the next several years.

One group of students will travel to Thailand, where they will take part in meaningful service work and cultural exchange. Another group will explore the unique and threatened ecosystems of the Galápagos Islands, learning firsthand about conservation, biodiversity, and environmental responsibility. Students selected for the Global Leadership Summit in Prague will collaborate with international teams to tackle real-world global challenges and develop leadership skills focused on creating positive change. And the last group will travel to Japan, building understanding and breaking down cultural barriers through immersive international experiences.

These opportunities help students grow into thoughtful, globally aware young adults who return home with greater confidence, compassion, and perspective. Old Montana Electric's support reminds students that when a community believes in young people, it gives them the confidence to step forward and make a difference in the world themselves.

Old Montana Electric is helping "light the way" for these students so they can someday light the way for others through leadership, service, compassion, and global understanding.

On behalf of the students, families, and the Capital High Travel Club, we would like to extend our heartfelt thanks for your incredible generosity and support.



Grateful
for you!



MARK YOUR
CALENDARS!

MAMMA MIA!™

AUDITIONS!



SEPTEMBER 1



3:45 PM



CHS AUDITORIUM



NO EXPERIENCE NEEDED!



NOTHING TO MEMORIZE!



JUST BRING YOURSELF
AND GIVE IT A TRY!

SEE YOU THERE! ♥

PURCHASE YOUR CAPITAL DOME YEARBOOK TODAY BEFORE WE RUN OUT

www.yearbookforever.com

<https://helenaschools.revtrak.net/capital-high-school/chs-yearbooks/>



Questions:

Contact Jamie Toivonen

jtoivonen@helenaschools.org



● EXTRA CAPS & GOWNS LAYING AROUND? ●

DO YOU HAVE AN EXTRA CAP OR GOWN AT YOUR HOUSE THAT COLLECTS DUST? IS YOUR STUDENT GRADUATING, AND YOU ARE LOOKING FOR A HOME FOR THEIR CAP AND GOWN AFTER GRADUATION? THE CHS GREEN CLUB IS COLLECTING USED CAPS AND GOWNS SO THAT NEXT YEAR'S SENIORS CAN REUSE THEM!!! PLEASE DROP THEM OFF AT MAIN OFFICE.

STUDENT ATHLETE
**SPORTS
PHYSICALS**

X



sphealth.org

HELENA & CAPITAL HIGH SCHOOL

Monday, August 10

4:00 P.M. - 7:00 P.M.

@HELENA HIGH

\$25

**All proceeds are donated to
Helena & Capital High athletic
programs!**

Cash or check only

Insurance will not
be billed



St. Peter's Health

PROUD TO PARTNER WITH
LOCAL SCHOOLS TO SUPPORT
STUDENT ATHLETES

*Required of all student athletes by the Montana High School Association
Questions? Paul Cullen, Helena High | pcullen@helenaschools.org or
Shawn Ruff, Capital High | sruff@helenaschools.org*

Hello SUMMER

Find unique summer opportunities on the CHS Counseling and Career Center website.
<https://chs.helenaschools.org/departments/counseling-and-career-center/summer-opportunities/>

MT Natural Resources
Youth Camp

Jr. Police Leadership Academy

Carroll College Sports Medicine
Summer Camp

Women in STEM Opportunity:
Yellowstone Wildlife Ecology

AHEC MT Heads Up Camp

Camp M!ManaG!sh

MCC Youth Program

Yellowstone Writing Projects
Youth Writing Camp

MSU Future Rural Educators
Camp

More opportunities being added all the time!



PUREVIEW | Health Center

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.





Boys & Girls State 2026



High School Counselors & Government/History Teachers,

The American Legion and the American Legion Auxiliary would like to share information about **Boys State** and **Girls State**, an exceptional opportunity for high school juniors. Boys and Girls State is a once-in-a-lifetime, weeklong program designed for students entering their senior year. This year's session will take place **June 14–20** and provides participants with firsthand, practical insight into how state government functions. Thousands of Montana students have attended since the program's founding, and we strongly believe your students will benefit greatly from this experience.

The program is privately funded and presented by the American Legion and the American Legion Auxiliary. Students participate in positions at the city, county, and state levels, including running a mock legislature. They draft and submit bills and resolutions, engage in representative government, and elect officials such as the Governor, Lieutenant Governor, and Secretary of State, among others. In fact, the 2025 class had 3 drafted bills that Montana Legislators are considering introducing during the 2027 Legislative session. Change happens here.

Participants selected to attend **Boys Nation** or **Girls Nation** will travel to Washington, D.C., in July, where they gain leadership experience, valuable life lessons, and a deeper understanding of U.S. government and civic responsibility. This seven-day national program has helped shape thousands of promising futures in public service, as well as careers in government, law, education, media, the military, and many other fields.

We are asking counselors and teachers to help us share this opportunity with students. Our goal is to have **100 boys and 100 girls** from high schools across Montana participate in this year's session. The application process is now open and can be completed online at **mtlegion.org** under the Programs tab.

The registration code is below. If you would like more information or wish to refer an interested student who has questions, please contact **Duane Cunningham** at **deptmtadjutant@gmail.com** or **406-465-1451**.

Very Respectfully –
Duane Cunningham
Program Registrar



**Last Chance
Music**



**Performance
Camp!**

June 14-19

Ensembles

Master Classes

Small Group Instruction



<https://lastchancemusic.org/>

BAND • ORCHESTRA • CHOIR