

MARCH 2026

CAPITAL HIGH NEWSLETTER



Bruins March Snapshot:

March 2nd-3rd: AA Band Festival

March 5th: 8th/9th grade orchestra concert @HMS

March 5th: Manufacturing & Mechanics night @ Helena College Airport Campus 5:30PM

March 9th: Saturday's Children w/ CRA Choir @ CHS Auditorium

March 10th: CHS Choir Spring Concert @ CHS Auditorium

March 12th: State Basketball Tournament @ Billings

March 12th: AP Exam fees due by 11:59 pm

March 17th: Happy St. Patrick's Day, Bruins!

March 17th: Class of 2030 Registration and CHS Tours

March 24th: Concert with CRA 8th grade @ Civic Center

March 27th: End of 3rd Quarter (**grades due April 7th @ 12:30pm*)

March 30th thru April 3rd: Spring Break –No School!

April 6th: 4th quarter begins



CLICK HERE



A dark grey rounded rectangle containing social media icons for Facebook, Instagram, and a lightbulb icon. Text reads: "DID YOU KNOW? Capital High is on Facebook & Instagram- Be sure to like and follow us!". At the bottom are "FOLLOW US" buttons for Facebook and Instagram, each with a Bruins mascot icon.



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!!!

DEADLINE



AP EXAM

Registration Deadline

The FINAL deadline to register for AP Exams is March 12th. The total cost will be \$80 per exam. Please pay through RevTrak by 11:59 PM on March 12th. Students will also need to register for the class in their student College Board account. See Mrs. Boggs with any questions.

Please see the links to register here:

[Helena Public Schools RevTrak](#)

[AP Classroom](#)



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.





Capital High
School

STUDENT COUNCIL

OFFICER APPLICATIONS

CHS StuCo officer applications, for grade level offices and student body offices, will be available beginning March 9th. Applications can be picked up from the Main Office, the Counseling department, the library, and Mrs. Tholt's room (210). The application consists of three parts: a signed Understanding of Commitment page, a Teacher Recommendation page, and the completion of an online form. After your application is submitted, it will be reviewed and you will be notified via Teams Chat if your name will appear on the ballot. While StuCo experience is a plus, it is not a requirement to run for office - though you will be expected to join if you are elected.

Applications are due to Mrs. Tholt on or before Wednesday, April 15th. Voting will take place on Wednesday, April 29th.

GET INVOLVED!

GO BRU!

MANUFACTURING & MECHANICS NIGHT

WHAT: MEET WITH PROFESSIONALS AND INSTRUCTORS IN THE TRADES!

WHEN: MARCH 5, 5:30 TO 7:30

WHERE: HELENA COLLEGE AIRPORT CAMPUS

WHY: WE WANT YOU IN THE SHOP!



**SIGN UP
TODAY!**



DID YOU



Capital High School is a nationally recognized Unified Champion School. Special Olympics Unified Champion Schools include students with and without intellectual disabilities in three main ways: inclusive leadership, whole school engagement, and unified sports. Every March we celebrate the Spread the Word campaign, a campaign with the goal of spreading inclusion through our communities.

CHS will be celebrating Choose to Include Week March 23-27. The Choose to Include campaign reminds students that when we give others the chance to fulfill their dreams, everyone wins. Follow [chs_s.o.u.l_club](#) on Instagram for more information on the dress up days and lunchtime activities for the week.

KNOW?





Students and staff have a wide variety of allergies that may cause mild symptoms but can also cause a severe, life-threatening reaction.

A food allergy is an immune system response to a food allergen that the body mistakenly identifies as harmful, leading to various symptoms that can range from mild to severe. A severe reaction can be life-threatening and is called Anaphylaxis.

In the United States, the following nine foods account for 90% of serious allergic reactions: peanuts, tree nuts (e.g. cashews, pecans, pistachios) milk, eggs, fish, crustacean shellfish, wheat, soy, and sesame.

In the school setting, peanuts and tree nuts are among the top allergens that cause severe reactions. Food allergens account for 60 percent of severe allergy reactions. However, 1 in 4 severe allergy reactions occur in students without a diagnosis of allergy.

Treatment with an epinephrine injector is the first line of defense

Students that are at high risk for anaphylaxis due to any allergen may have or self-carry an epinephrine injector, which is prescribed by a health care provider. Each school building has 1 set of stock epinephrine injectors that are housed in the building at all times.

Parents of students in high school who are at risk for severe reactions are recommended to discuss with the health care provider whether their student should carry an epinephrine injector in case of a reaction off school grounds, as in a field trip.

Safety in school for students with one or more food allergies is of great concern for school staff. Sodexo does not provide breakfast and lunch items that contain peanuts or tree nuts of any kind.

All parents can assist the school community to keep students safe by:

- not providing food for classroom parties or school events that include peanuts and tree nuts
- Providing store bought food items with the ingredients listed
-

To remain 100 percent effective, epinephrine must stay at room temperature (68-77 degrees Fahrenheit or 20-25 degrees Celsius).

Epinephrine solution deteriorates rapidly on exposure to air or light, turning pink from oxidation to adrenochrome and brown from the formation of melanin. If the epinephrine is discolored or cloudy, then it is no longer good. However, if it appears clear, this does not necessarily mean it hasn't degraded or otherwise expired.

Please let Shannon McNamee, RN, school nurse at CHS and PAL know if you have questions or concerns at 324-2481 or smcnamee@helenaschools.org

PreACT[®] ACT[®]

APRIL 8th

preACT : Sophomores will test in the gym
(more details to come)
ACT Juniors (parents have received 3 emails
with very specific testing details)

****No school for Freshmen and Seniors****



Juniors



April 8th please bring:

-Fully charged, school-issued, Chromebook with charging cable!

-Photo ID (school ID or driver's license)

-Pencil or pen (we will provide scratch paper)

-Approved calculator

*If your student does not have a Chromebook, please contact Mrs. Meldrum immediately to get on the computer list. Devices will be limited and not able to pick up on test day!

Sophomores



April 8th please bring:

~Photo ID (school ID or drivers license)

~#2 pencils (we will provide scratch paper)

~Approved calculator

Juniors & Sophomores

April 8th *what NOT to bring:*

-CELL PHONES OR ANY ELECTRONIC DEVICES (including watches that connect to the internet and Meta glasses)

-Backpacks

-Food/Drink (we will provide during designated breaks)

-Reading Materials

-Hats

-Watches

****Please be aware that we will confirm with each student before they enter their testing room that they do not have an electronic device. If they bring a device, we will be holding it until the end of the test.**

Scholarship Opportunity

 Class of 1981 \$4,000

MEMORIAL

Scholarship

APPLICATION DEADLINE: APRIL 10, 2026

REQUIREMENTS

- ✓ All 2026 CHS Graduates are eligible!
- ✓ No minimum GPA
- ✓ Funds must be used to support studies at any accredited institution of higher learning. This includes technical programs and trade schools in addition to traditional colleges and universities.
- ✓ Letter of Recommendation specific to this scholarship

APPLY NOW



To find the application, go to the CHS Scholarship Web Page
Here: [CHS Scholarship webpage](#)

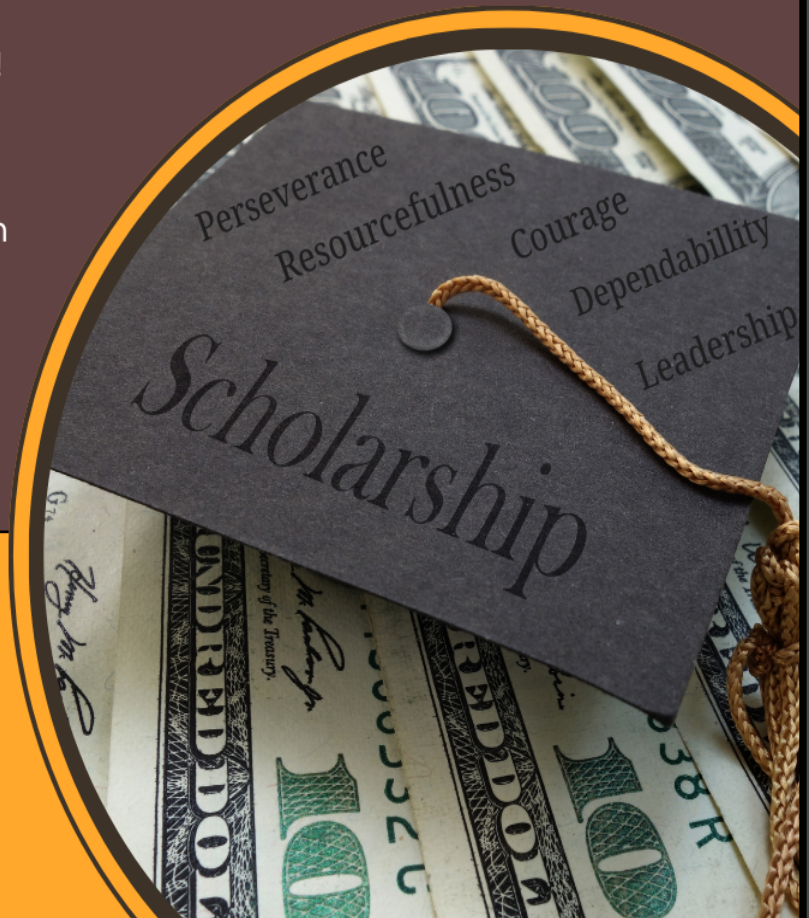


chs1981scholarship@gmail.com



Questions? Contact:
Sarah Vulk-Kelly
Capital High School, Rm 113
406-324-2497

Or:
Miss Aspen Herndon
CHS Counseling Center
406-324-2483



COLLABORATION BUFFALO DOLLS



MS. COOK'S ART 2 CLASS COLLABORATED WITH MR. PICHARDO ON A CULTURAL ART PROJECT FOCUSED ON CREATING BUFFALO DOLLS INSPIRED BY THE TRADITIONS OF THE BLACKFEET AND OTHER INDIGENOUS PLAINS CULTURES. THROUGH THIS LESSON, STUDENTS LEARNED THE CULTURAL SIGNIFICANCE OF THE DOLLS, THE TRADITIONAL MATERIALS USED AND LISTENED TO THE DAKOTA ORAL STORY OF HOW THE BUFFALO GOT HIS HUMP. THIS LESSON WILL BE SHARED WITH 1ST GRADE ELEMENTARY STUDENTS ACROSS THE DISTRICT THROUGH THE INDIAN EDUCATION FOR ALL (IEFA) PROGRAM, GIVING MR. PICHARDO AND MS. COOK'S ART STUDENTS THE OPPORTUNITY TO TEACH YOUNGER STUDENTS HOW TO MAKE THE DOLLS WHILE SHARING THE TRADITIONS AND STORIES.





Invites You To



PATHWAYS TO POSSIBILITIES

This Transition Fair is an excellent place for students and their families to prepare for future employment, future education, and learn about available resources.

Vendors from across the area will be in attendance!

- ✓ Learn About Adult Services
- ✓ Get Your Questions Answered
- ✓ Collect Valuable Resources



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APRIL 2026

02 - 06 PM
At Capital High
School in the
Cafeteria

Questions? Contact



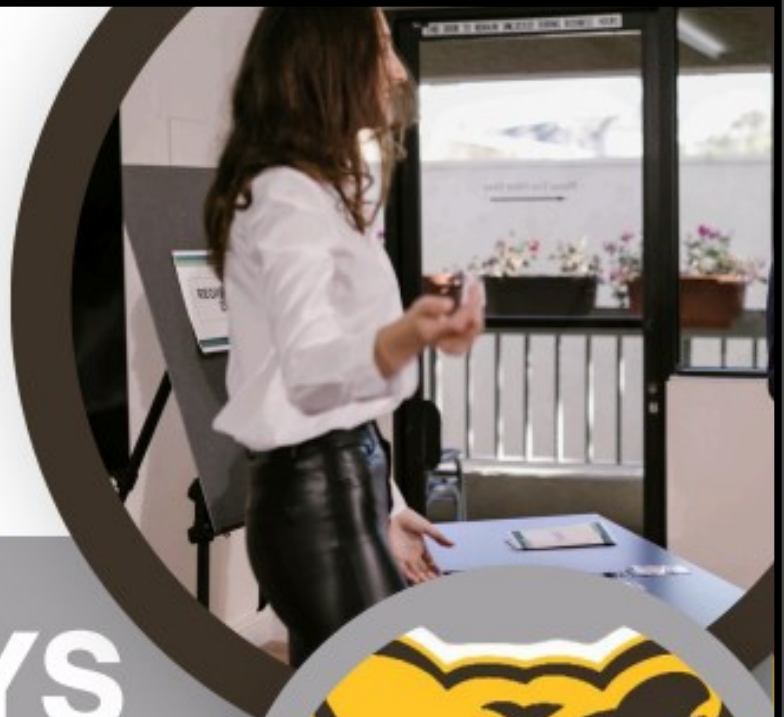
marketing@bloomconsultingco.com



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES



Invites You To
Become A Vendor At



PATHWAYS TO POSSIBILITIES

This Transition Fair is an excellent place for students and their families to prepare for future employment, future education, and learn about available resources.

Students, and their families, from across the area will be in attendance!

- ✓ Meet Students & Parents
- ✓ Showcase Your Services
- ✓ Attend Free

Register Now At



Questions? Contact



marketing@bloomconsultingco.com



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APRIL 2026

02 - 06 PM
At Capital High
School in the
Cafeteria



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

2026 Helena Senior All Night Party

Graduation Night
June 6, 2026

Doors Open
at 7pm

linktr.ee/HelenaSANP



Tickets on Sale NOW !!

\$80 - Earlybird Rate (through 4/15)

\$90 - Regular Rate (4/16 - 6/5)

\$100 - At the Door (6/6)

Ticket Prices include:

*All games, activities, & entertainment

*All-you-can-eat food & drink

*Prize eligibility for all Helena-area graduates



EF GLOBAL LEADERSHIP SUMMITS

Capital High School Global Leadership Summit Team - Apply for July 2027!

For the past 20 years, the CHS Travel Club has had the privilege of leading Capital High School students on transformative international tours. We've watched students gain confidence, discover independence, and return home with a deeper understanding of the world—and themselves.

In July 2027, I am excited to invite a small, select group of Capital High students to apply for something truly special: the EF Global Leadership Summit—a one-of-a-kind experience that blends international travel with a dynamic, multi-day leadership conference. The 2027 Summit is especially extraordinary as the keynote speaker will be Malala Yousafzai, Nobel Peace Prize Laureate and global advocate for girls' education.

What is the EF Global Leadership Summit?

The EF Global Leadership Summit combines an educational tour with an immersive leadership conference experience. It is open to rising 9th graders through graduated seniors, and students from around the world come together to collaborate on real global challenges.

The experience culminates in a live “pitch-off” where student teams present innovative solutions to global issues. The winning project is showcased at the Nobel Prize Museum in Stockholm, Sweden.

Who Should Apply?

This is a high-level international leadership experience and is not a free program. There is a cost associated with participation, which includes travel, accommodations, conference programming, and an authentic cultural tour experience before the conference exploring the best of Italy. The conference and tour will last 12 days.

However, not all applicants will be selected. This is an application-based opportunity, and only a small, dedicated team of Capital High students will be chosen to represent our school.

I am looking for students who are:

- Curious about the world
- Willing to step outside their comfort zone
- Interested in leadership and global issues
- Ready to collaborate, listen, and grow
- Eager to represent both Capital High and Montana on a global level

This will be a small, application-based team, ensuring a meaningful and personalized experience. Those selected will be invited to an information parent-student meeting that will further explain the costs, expectations, and travel details.



How to Apply? Applications are due by March 25th

Interested students can find the application by scanning the QR code or clicking on the link here: [Application](#)

Once applications are reviewed, selected students and families will be invited to an informational meeting to review program details, expectations, and costs to be held in April.

Questions?

If you are ready to challenge yourself, meet students from around the world, and be inspired by leaders like Malala Yousafzai, I encourage you to apply. Application deadline is **March 25th, 2026**.

Let's represent Capital High School on the global stage! 🌍🌟

If you have any questions about the Summit, the application process, expectations, or cost, please don't hesitate to reach out.

You can email me directly or stop by and visit in person. My classroom is located in the Shops building – T7, the “May You Soar” Eagle Door.

I am always happy to talk with students who are curious about this opportunity.

Mrs. Anderson

Travel Leader & International Speaker

Photography Teacher | Capital High School | 406-459-9311 | ganderson@helenaschools.org