

MAY 2026

CAPITAL HIGH NEWSLETTER



Bruins May Snapshot:

April 30th: Vigilante Workday

May 1st: Vigilante Parade—No School!

May 1st & 2nd: State Music Festival @ Helena

May 2nd: SKOR DEKAM Track & Field

May 4th– 15th: AP Exams

May 7th: Varsity Tennis @ Home vs. Senior & Skyview

May 8th: 2026 Prom @ Great Northern Hotel 8PM-11PM

May 15th: Varsity Tennis @ Home vs. Big Sky & Butte

May 18th: CHS Spring Choir Concert @ CHS Gym 6PM

May 19th: CHS Band Concert @ CHS Auditorium 7PM

May 20th: CHS Plant Sale @ CHS Greenhouse 11AM-2PM

May 21st & May 22nd: Divisional Tennis—TBD

May 23rd: Divisional Track @ Helena

May 25th: Happy Memorial Day! No School!

May 26th: Spring Orchestra Concert @ CHS Auditorium 6PM

May 27th: Senior Grad Walk @ CRA & Westside Elem. Schools 9:45AM

May 28th & 29th: State Tennis @ Kalispell

May 28th—30th: State Softball @ Missoula

May 28th & 30th: State Track @ Missoula

CLICK HERE



CAPITAL HIGH SCHOOL CALENDAR



HELENA, MONTANA



HOME OF THE BRUINS

AP EXAM SEASON IS ALMOST HERE!

PLEASE SEE THE FOLLOWING SCHEDULE AND TESTING INFORMATION:

Day (8 AM)	Test	Location	Day (12 PM)	Test	Location
4-May	Biology	Lincoln Center	4-May	European History	Lincoln Center
5-May	Human Geography	CHS Gym	5-May	Government	CHS Gym
5-May	Chemistry	Lincoln Center			
6-May	English Literature	Lincoln Center	6-May	Physics 1	Lincoln Center
7-May	Physics 2	Lincoln Center	7-May	Stats	Lincoln Center
8-May	US History	Lincoln Center	8-May		
11-May	Calc AB/BC	Lincoln Center	11-May		
12-May	French	CHS Library	12-May		
13-May	English Language	Lincoln Center	13-May	Physics C: Mechanics	CHS CCR
14-May	Spanish	Lincoln Center	14-May	Physics C: Electricity	CHS CCR
			14-May	Computer Science Principles	CHS Library
15-May	Environmental Science	Lincoln Center	15-May	Computer Science A	CHS Library

07:45

**FOR MORNING EXAMS:
PLEASE ARRIVE BY
7:45 AM**

11:45

**FOR AFTERNOON
EXAMS: PLEASE
ARRIVE BY 11:45 AM**

**STUDENTS MUST HAVE
THEIR STUDENT COLLEGE
BOARD ACCOUNT
USERNAMES &
PASSWORDS MEMORIZED!**

**ALL STUDENTS WITH
TESTING ACCOMADATIONS
WILL CHECK IN AT THE CHS
COUNSELING CENTER**

!!! Important things to note:

- Students will need to be able to log in to their student College Board account to take exams. Please make sure Usernames/Passwords are memorized!!!
- Students will need a school-issued chromebook for exam day. We will have some available on-site if students don't have one checked out already.
- Majority of AP exams will take place at the Lincoln Center (1325 Poplar St). Please take note of exams taking place at CHS.
- All students who have been approved for testing accommodations will take their exams at CHS
- Students should arrive at least 15 minutes before scheduled exam


!!! What to Bring on Exam Day:

- Fully charged chromebook and charging cord
- College Board account login information
- No. 2 pencil and blue or black pen
- Approved calculator (if allowed for exam)

!!! What Not to Bring on Exam Day:

- Electronic equipment of any kind except devices being used for digital AP Exams.
- Mechanical pencils, No. 3 pencils, or colored pencils.
- Rulers or straightedges (these are allowed only for Physics exams).
- Watches that beep or have an alarm.
- Hats are not permitted to be worn while testing.



**IF YOU ARE PARKING AT THE LINCOLN
CENTER FOR TESTING - PLEASE PARK ON
THE STREET IF THE LOT IS FULL.
DO NOT BLOCK LOT EXITS.** 

Please reach out to Mrs. Boggs if you have any questions or need help accessing your College Board account. Thank you!

DID YOU KNOW?

CAPITAL HIGH SCHOOL HAS AN AMAZING INCENTIVE PROGRAM FOR STUDENTS!

STUDENTS THAT ARE ON THE QUARTERLY HONOR ROLL CAN EARN AN INCENTIVE CARD AND GET DISCOUNTS OR FREE STUFF FROM PARTICIPATING LOCAL BUSINESSES.

CAPITAL HIGH SCHOOL
STUDENT INCENTIVE PROGRAM
EXAMPLE
NEED TO PRESENT SCHOOL ID
& CARD AT TIME OF PURCHASE



Special Thanks to these participating businesses!

- Bank of the Rockies
- Big Sky Cycling
- Buffalo Wild Wings
- Capital Sports/Rivals
- Chili's Restaurant
- Crossroad Sports & Fitness
- Crumbl Cookies
- Great Divide
- MacKenzie River Pizza
- Maurices
- ODOBA
- Sapphire Nutrition
- Sleeping Giant Lanes
- Staggering Ox
- Steffano's U-Bake Pizza
- Subway
- Taco Bell
- Universal Athletics

COMING SOON

DISCOUNTS FROM
CAPITAL CITY
NUTRITION AND
JERSEY MIKE'S SUBS!!

Pen & Ink Magazine

2026



join us

LAUNCH PARTY FOR PEN & INK MAGAZINE

WEDNESDAY, MAY 6 AT 5:30 P.M.
THE HOLTER MUSEUM OF ART

JUNIOR SENIOR 2026 PROM



**MAY 8
8-11PM**


**@ Great
Northern**



**PURCHASE TICKETS ON REVTRACK
\$35 PRESALE \$40 AT THE DOOR**



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!!!

PLANT



SALE

THE CAPITAL HIGH SCHOOL PLANT SALE WILL BE FROM 11-2 ON WEDNESDAY, MAY 20TH AT THE CHS GREENHOUSE (BY THE STUDENT PARKING LOT). STUDENTS IN BIOLOGY, CULINARY, AND AP ENVIRONMENTAL SCIENCE HAVE BEEN GROWING TOMATOES (ROMA, BIG BOY, EARLY GIRL, SUNGOLD, CHERRY, ETC.) AND PEPPERS (JALAPENO, SERRANO, AND SWEET). WE ARE EXPERIMENTING WITH CUCUMBERS, FLOWERS, AND HERBS, SO THERE WILL BE A FEW OTHER PLANTS THIS YEAR TOO. MOST PLANTS ARE \$3, AND PROCEEDS WILL SUPPORT THE CHS GREENHOUSE OPERATIONS. SEE YOU MAY 20TH!



JOIN US FOR OUR GREENHOUSE PLANT SALE!

MAY 20TH 11:00AM-2:00PM
 CAPITAL HIGH SCHOOL GREENHOUSE
 100 VALLEY DR
 HELENA, MT 59601

WE HAVE A VARIETY OF PLANTS, INCLUDING:

- ROMA TOMATOES
- FLOWERS
- JALAPENO PEPPERS
- EARLY GIRL TOMATOES
- SUNGOLD TOMATOES
- SERRANO CHILI PEPPERS

◦ AND MANY MORE!

\$3 PER PLANT
CASH OR CHECK

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



TICKS! PREVENTION & REMOVAL

With our warm-ish winter – ticks are already out! These parasites are attracted to the carbon dioxide released by humans and animals alike. There are several types of ticks in Montana:

TICKS IN MONTANA: IDENTIFICATION GUIDE



4 Steps to Remove a Tick



If you remove a tick:

Consider sending the tick to the LCPH:

<https://form.jotform.com/243114113292141>

Tick identification can also be provided by submitting photos or mailing in the tick specimen. (Instructions in the JotForm.) If sealed in a container or bag, Lewis and Clark Public Health can also accept tick specimens and deliver them to the state laboratory at the Montana Department of Public Health and Human Services. Contact your health care provider for any concerns and let them know if you have received a tick bite.

Here is helpful information Lewis and Clark Public Health Shared on Facebook:

Your annual reminder to send us your ticks. Yum.....

Did a tick fall out of your hair and onto the kitchen table at Easter dinner after your Sunday morning hike, followed by collective shrieks and howls and full body itching? (True story - Wouldn't recommend.) - Yes? Then fill out this Citizen Science Tick Surveillance form: [Click here for JotForm](#)

Tick identification can also be provided by submitting photos or mailing in the tick specimen. (Instructions in the Jotform.)

If sealed in a container or bag, Lewis and Clark Public Health can also accept tick specimens and deliver them to the state laboratory at the Montana Department of Public Health and Human Services.

For information about tickborne disease and prevention, visit [Here](#)

Rocky Mountain Fever and Tularemia primary diseases associated with Tick bites in Montana. For more information visit [Here](#)

Preventing a tick bite:

- Check your clothes after being outdoors!
- Know where to find ticks: Ticks live in grass, brush, wooded areas, on animals, in gardens, in leaf litter. Stick to the center, if walking on trails.
- Treat clothing and gear with products containing 0.5% permethrin or other EPA registered insect repellent
- Check for ticks often!
- Shower soon after being outdoors.
- Put clothing in dryer for 10 minutes after being outdoors to kill ticks.

FOR MORE INFORMATION:

[HTTPS://DPHHS.MT.GOV/PUBLICHEALTH/CDEPI/DISEASES/TICKS](https://DPHHS.MT.GOV/PUBLICHEALTH/CDEPI/DISEASES/TICKS).

[HTTPS://WWW.CDC.GOV/TICKS/PREVENTION/INDEX.HTML](https://WWW.CDC.GOV/TICKS/PREVENTION/INDEX.HTML)

PLEASE CONTACT SHANNON MCNAMEE, CHS SCHOOL NURSE, FOR QUESTIONS OR CONCERNS AT SMCNAMEE@HELENASCHOOLS.ORG



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



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.



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

**Last Chance
Music**



**Performance
Camp!**

June 14-19

Ensembles

Master Classes

Small Group Instruction



<https://lastchancemusic.org/>

BAND • ORCHESTRA • CHOIR

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