



Capital High School Newsletter

December 2020

December At A Glance

Dec 7th-11th: Quarter Mid-Term

Dec 21:-Jan 1st: Winter Break

Please submit payment to the Bookkeeper or Revtrak for Fall activity fees or class room fees ASAP.

Capital High Business Professionals of America Students

Win BPA Shark Tank!

Capital High BPA members Amanda Haab, Lilian Keeton, Jenna Rahn and Jaida Salois recently competed in the BPA Shark Tank virtual competition and won first place! Their winning product pitched, "Orbit," is a revolutionary charging hub that provides touchless and wireless charging, eliminating the need for cords and outlets. This awesome sales pitch won the team \$450 to offset costs for registration and travel expenses for the Business Professionals of America state and national competitions. Congratulations to these creative entrepreneurs and to Capital High BPA!



BUSINESS
PROFESSIONALS
of AMERICA

Giving Purpose
to Potential

Attention Juniors:

If you took the PSAT test in October, you will receive an email from College Board starting December 7th with information on how to access your score online. You will not receive a paper score report at this time. If you have any questions about your score, please contact your school counselor.

Congratulations to the 2020 Volleyball State Champions!!!



From the Desk of the School Nurse

At the time of this writing, our school buildings have been open almost three months with the high schools only recently returning to Phase 0. When one views the overall picture, the change is staggering in how our school staff, parents, and administrators go about coordinating the education of those learning strictly online and those coming to the building part time. Coaches are managing competitive sports with COVID-19 health and safety precautions, which offers vital normalcy and bonding for our students.

There are many important factors that contribute to these successes. In this note, I would like to reiterate the importance of three:

Masking: Students, staff, administrators, and visitors wear appropriate masks- there is new research that supports the positive, protective impact of masking.

Health Screening: Parents, students, and staff are choosing to stay home and learn/teach remotely if they are experiencing symptoms that could be indicative of COVID-19. We are seeking testing for COVID-19 and finding available sites. Parents and students are communicating their illness status and keeping staff in the loop

Six-foot social distancing: While not perfectly practiced, social distancing is the normal expectation. Teenagers may struggle with this aspect the most. Please visit with your student about how social distancing protects not only their health, but also the health of loved ones and staff

For more information:

<https://www.nejm.org/doi/full/10.1056/NEJMp2026913>

<https://www.edweek.org/ew/issues/reopening-schools/the-socially-distanced-school-day.html?r=476424286&mkey=C44E9346-E106-41D3-B1D2-3730F22EE6E4>