



Capital High School Newsletter

February 2021

February At A Glance

February 14th: Valentines Day

February 15th: Presidents Day,
No School



Congratulations!!!!!!

The following students have been selected to the 2021 NAfME (National Association for Music Education)

All-Northwest Honors Ensemble.

Zach Boles (Senior) – Cello

Maren Elliott (Sophomore) – Violin

Braelyn Germaine (Junior) – Viola

Rebecca Smillie (Sophomore) – Violin

All-Northwest occurs biennially. Students are selected from Alaska, Idaho, Montana, Oregon, Washington, and Wyoming. From thousands of auditions, around 150 students are selected. Our amazing students are now recognized as some of the best in the Northwest.



Thank you to all of our families who are paying student fees and fines using our new online payment system, RevTrak.

When you are paying a fee/fine that shows in PowerSchool using RevTrak, please select PowerSchool Fees from the main menu. Your fee/fine will be listed there. You do NOT select the fee from the options under Capital High School. This will assure that the fee/fine is removed in PowerSchool when the payment is made. If you have any questions or need assistance with our online payment system, please contact our Bookkeeper, Charmaine Barker at 324-2482

ATTENTION

Seniors and Senior Parents!!

The Helena Senior All Night Party is seeking a HHS and CHS Chair for the 2021 Senior All Night Party. The party Co-Chairs will work together to form a committee of parent volunteers to plan the event. The Class of 2021 deserves an awesome celebration even if it has to look different from previous years.

If you are willing to be a party Chair, please contact last year's Chair: Bridget Johnston at senioranp@gmail.com.



Yearbooks for SALE!



Buy a yearbook online at www.yearbookforever.com <https://helenaschools.revtrak.net/capital-high-school>, or in person from Jamie Toivonen or Charmaine Barker (Capital High Bookkeeper)

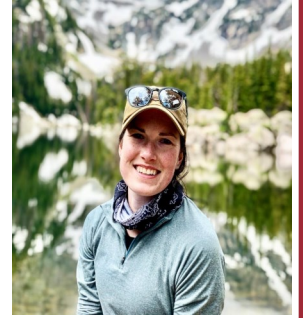
The price is \$85 and a limited quantity of 100 yearbooks is available. So buy yours now before we are sold out!

Can't afford the full book right now? Place a non-refundable down payment of \$45 on the book and pay the remainder when you pick it up!

Questions? email capitaldomeyearbook@gmail.com

New Teacher Spotlight

Maureen Tremblay grew up in Gig Harbor, Washington and was a stand out distance runner in high school. She attended Oregon State University and competed as a member of the D1 track & field and cross country teams. After student teaching, she earned a Masters degree in Athletic Leadership at Clemson University and worked with the Georgia Tech Athletic Association in Atlanta, GA. She joins Capital High school as a member of the Health Enhancement/PE department and is an Assistant Coach for the Girls Cross Country team. Her favorite thing about Helena is the access to trails and mountains for running, skiing, and biking.



Joey Paulsonmorgan was born in Havre, MT and grew up in Helena, MT. He attended Montana Western where he was recognized his senior year as one of five students in the Education Department as an "Outstanding Teacher Candidate" at Western's annual Night of Stars. Two years after graduating, he has returned to his alma mater of Capital High to teach physical education and health. Joey lives for the outdoors and can be found either hunting, fishing, camping, or shed hunting with every ounce of free time he has.

Capital High Students Qualify at Business Professionals of America Region IV Virtual Competitions

Fourteen students represented Capital High School at the recent Region IV Virtual Business Professionals of America competitions. Students demonstrated their business and technology skills in over 60 competitive events. Capital High School had an impressive showing with many top-place finishers and students qualifying in multiple events! Students will move on to compete at the virtual state competitions in March 2021. Way to go Capital High BPA!



First place finishers are as follows:

Marrin Chapman—Prepared Speech, Health Administration Procedures, Health Leadership

Amanda Haab—Economic Research Individual and Economic Research Team

Kali Johns—Personal Financial Management

Jillian Kaufman—Interview Skills

Lilian Keeton—Advanced Interview Skills

Kevin Northey—Advanced Accounting, Banking & Finance, Payroll Accounting

Jaida Salois—Business Law & Ethics, Economic Research Team, Ethics & Professionalism

Other BPA qualifiers moving on to state competitions include: Maren Elliott, Eliza McRae, Jenna Rahn, America Ruggles, Kamdyn Wade, Jacob Yaeger, and Tucker Zanto

Congratulations CHS Business Professionals of America—good luck at state!



**BUSINESS
PROFESSIONALS
of AMERICA**

**Giving Purpose
to Potential**

American Legion Boys State Program

Applications are now being accepted for The American Legion Boys State Program. The program is designed to mirror the structure and operation of state government while providing training in practical citizenship, leadership, and character. It is a non-partisan weeklong educational program that takes place at Carroll College June 6th through 11th.

Delegate Fee: \$300

Please see Mrs. Meldrum for more information and an application.



American Legion Girls State Program

Applications are now being accepted for ALA Girls State. Girls State is the premier program for teaching young women about the democratic process and how our republic works at the state and national levels. Guided by the principle, "For God and Country", the program epitomizes the Auxiliary's mission to honor those who have brought us our freedom by continuing to train young women to be leaders grounded in patriotism and Americanism. It is a weeklong program that will be held at Carroll College June 13th through June 19th.

Delegate Fee: \$325

Please see Mrs. Meldrum for more information and an application.



Looking for college scholarships? Check out the CHS Counseling and Career Center page: <https://chs.helenaschools.org/departments/counseling-and-career-center/> where new scholarships are posted weekly. Or, make an appointment with the Career and College Coordinator, Anna Doran, at adoran@helenaschools.org.

Interested in playing Helena Babe Ruth Baseball?

Helena Babe Ruth Baseball is planning and looking forward to the upcoming 2021 baseball season. Scholarships are available and for those that qualify, it will cover the registration fee for the player. Our goal is to make sure everyone that would like to play baseball has the opportunity. Scholarship forms are available with our bookkeeper, Charmaine Barker.

From the Desk of the School Nurse: Contact Tracing

Many families have received a call from a public health staff member stating that a family member has been identified as a close contact to a person who has been diagnosed with COVID-19. The CDC guidelines identify a close contact as someone who has been within 6 feet of a person (who is positive for COVID-19) for a total of 15 minutes over the last 24 hours. This is a guideline and is not set-in stone. How to apply the guideline in a particular circumstance can be a judgment call. If there is a question about whether an individual is a close contact or not, senior public health officials should be contacted so more evaluation can take place.

Once a person is contacted and notified that they are a close contact (parents will be notified, not the student), the person is placed under a 14-day quarantine, meaning they stay within the boundaries of their home and property. They may leave for medical care or to be tested for COVID-19. The 14 days starts after the last contact with the positive case. The CDC wants all close contacts to be tested for COVID-19. Please contact your student's health care professional for guidance regarding testing.

Please notify the school attendance if your student is identified as a close contact and quarantined. Your student will be medical excused so the absences will not count against their attendance record. Students are expected to participate fully in remote learning and online school activities. They may not come into the building or attend extracurricular district related activities like sports or clubs in person.

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>