



Capital High School Newsletter

October 2021

October At A Glance

- Oct. 4th-8th: Homecoming
- Oct 13th: PSAT Testing
- Oct 11th-15th: College Application Week
- Oct 20th: Picture Retakes
- Oct 21st-22nd: Fall Break/MEA Days
- Oct 28th: FAFSA Workshop
- Oct 29th: End of 1st Quarter

Parking Permits

Students must purchase a parking permit to park in the Student Parking lot. The price is \$5 per permit for the school year. Forms are available at the main office or on the CHS website.

Thursday, OCTOBER 28th **YEARBOOK TO-DO LIST** Thursday, OCTOBER 28th

Questions? Email capitaldomeyearbook@gmail.com

Download order forms: <http://chs.helenaschools.org/extracurricular/clubs-activities/capital-dome-yearbook/>

- > Last day to purchase a yearbook for \$70.00.
On October 29th the price increases to \$80.00
- > Senior Ads are due! Purchase in person or online at www.yearbookforever.com. Photos/text can be emailed.
- > Senior photos are due! Email capitaldomeyearbook@gmail.com
- > To order a yearbook or ad go to www.yearbookforever.com, Revtrak, or pay using check or cash through the book keeper, or Mrs. Toivonen in Room T-6.

Junior Students:

If you are interested in taking the PSAT (The Preliminary SAT/National Merit Scholarship Qualifying Test) here is the information you will need to know:

WHEN: Wednesday, October 13th from 7:45 a.m. to approximately 12:00 p.m.

WHERE: Helena Civic Center (students must provide their own transportation)

COST: \$20; Please pay using the Rev Trak system at helenaschools.revtrak.net. Payment will be open from September 20th-October 6th

WHAT TO BRING: Two No. 2 pencils and an approved calculator, masks are strongly recommended; cell phones are not allowed

**Practice Guides/Tests are available in the Career Center

Preparation: <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>

Congratulations to our CHS All-State Band, Orchestra and Choir Students!!

Choir:

Gabe Beckman-Bass
Carlin Onstad-Tenor

Band:

Meika Arensmeyer-Trombone
Christian Zehr-French Horn

Orchestra:

Hollis Elliot-Cello
Charles Snellman-Cello
Lindsay Abelin-Viola
Keiran Boyle-Violin
Maren Elliott-Violin
Makenzie Grotbo-Violin
Braelyn Germaine-Viola
Jenalyn Slead-Violin
Rebecca Smillie-Violin



MBI~MTSS

Be Responsible, Be Respectful, Be a Graduate. These are the expectations at Capital High School known as the Capital Code—the expectations we have for all students and staff at our school. Capital High School is working hard this year to continue our work with the Capital Code in the classroom and in the community.



Some of our plans this year include drawing weekly High 5's on Wednesdays and recognizing High 5 recipients at pep assemblies.

Want to help? Please encourage your child(ren) to Be Responsible, Be Respectful, and Be a Graduate. Use these expectations at home in your daily interactions with them. This will reinforce our mission at Capital High School. Together, parents, Capital High School, and the Helena community can help ensure we are preparing our students to be responsible, respectful, lifelong learners.

Scholarships

Seniors are encouraged to check out the CHS Scholarship page at :

<https://chs.helenaschools.org/about/counseling-career-center/scholarship-opportunities/>

College Application Week:

Oct 11th-Oct 15th

Montana college and university application fees are waived during this week. APPLY!!



MHSA Eligibility Requirement

Students must pass at least four classes to remain eligible. Likewise, for a student to be eligible for a spring activity, he/she must pass at least four classes.

The counseling department is offering a free FAFSA workshop and pizza evening in the CHS Library! Mark your calendars for Thursday, October 28, 4-6 pm. Financial aid counselors from Carroll College and Helena College will be available to help students and families no matter where you are attending college. The FAFSA priority deadline is December 1.



From the Desk of the School Nurse

It has been wonderful to see all our students happy and back in the halls. The district's goal is to stay open, 5 days a week.

Unfortunately, Covid-19 is having an impact on our students. In the community, Lewis and Clark County last week saw 60% on the number of positive Covid cases as it saw the most affected week last year. The county is in High Transmission level.

If there is a person with a diagnosis of Covid-19 in the school, there will be contact tracing to identify those people who were close contacts. A close contact is someone within 6 feet of the person with Covid, for 15 minutes over an accumulative 24 hours. If identified as a close contact, Lewis and Clark Public Health (LCPH) or the appropriate health department will contact the family to discuss appropriate next steps, based on the CDC's guidelines. Whether a person is quarantined is a decision made between the health department and the family. Quarantine means separating someone who might have been exposed to COVID-19 and may develop illness from other people. Quarantining helps prevent spread of disease that can occur before a person knows they have the virus. If a person is under quarantine, they will be asked to stay inside their home or on their property for 10 days from the last exposure to the person who has Covid-1. If a student is quarantined, they will be excused medically so the absences do not count against their attendance. The family can contact the teachers to request homework to avoid getting behind.

For questions or concerns regarding Covid-19, please contact Ms. McNamee, school nurse for CHS and PAL at 324-2481 or smcnamee@helenaschools.org.