



# Capital High School Newsletter

January 2022

## January At A Glance

Jan 11th & 12th: iReady Assessment(9-11 grades)

Career Fair(12 grade)

Jan 17th: MLK Day-No School

Jan 18th-20th: Semester Testing

Jan 22nd: Record Day-No School

Jan 24th: 3rd Quarter Starts



CHS Winter Formal will be held  
February 19th at the Civic Center.



## DRIVER'S EDUCATION

WINTER/SPRING registration is open here from **January 4 - January 14 at 4:00pm**. Schedules and registration forms are below.

Please **SAVE** and **EMAIL THE FORM** to [trafficeducation@helenaschools.org](mailto:trafficeducation@helenaschools.org)

You may also pick up/drop off a hard copy at PAL foyer (815 Front St.) if you do not want to register on-line.

The cost is \$305 for ALL students, but **no payment is made** until students are accepted into a class.



**Way to go CHS!** Our annual Winter Break Gift Card Drive was able to purchase 55 Vans gift cards for our CHS families.



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



# CHS Fun!



# MAPS MEDIA INSTITUTE AFTERSCHOOL CLASSES

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JANUARY 10TH  
TO MARCH 17TH

WHAT STORIES WILL YOU TELL IN 2022



PROFESSIONAL  
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FREE-OF-CHARGE  
**FOR ALL**  
8TH TO 12TH GRADERS

THE ONLY THING  
MISSING IS  
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**TODAY**

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CALL: (406) 594-2827

OR SCAN:



## From the Desk of the School Nurse

For many parents, health insurance starts over with the new year. It is recommended parents make a Well-Child appointment for their teen this year as well as any younger siblings.

### How do teens benefit from their annual Well-Child examination?

- **Prevention**

- Screening for depression or anxiety paving the way for teens to address important questions, including substance use, sexual behavior, and mental health concerns
- Screening preteens and teenagers for cholesterol and high blood pressure to test for high risks of cardiovascular disease
- Ensure your child is protected from infectious diseases by reviewing and updating immunizations

- **Tracking growth and development**

- Answer questions on body maturation, growth
- Evaluate social behaviors, milestones

- **Raising concerns**

- healthy sleep patterns, eating habits and food choices
- discusses behaviors, school issues and proper nutrition

- **Team approach**

- Regular visits create a trusting relationship between teen and provider
- Offers teens an opportunity to take steps toward independence and responsibility over their own health behaviors
- AAP recommends annual well-child visits as a way for pediatricians and parents to partner and better serve the needs of children
- The team approach helps develop optimal physical, mental and social health

### Other Benefits?

- Fulfill the sports physical requirement while benefiting from the comprehensive exam
- Wellness exams are typically covered at 100%, check with your insurance provider

### Get the most out of your time at the appointment.

- When going to the visit, it may be helpful to bring your teen's immunization record, a list of questions, or any school or sports forms you need completed.
- Check with the doctor's office ahead of service if you have concerns about receiving services that are outside of what is covered under a wellness exam
- Talk to your teen about the upcoming appointment so they can start thinking about any concerns they want to bring up with the provider in private or with you
- Leave with a copy of their immunization record and keep on file for future use for higher education, program, or job applications

Happy and Healthy New Year!

Shannon McNamee RN

### References

Moreno MA. The Well-Child Visit. JAMA Pediatr. 2018;172(1):104. doi:10.1001/jamapediatrics.2017.4041

<https://news.sanfordhealth.org/childrens/well-child-visits-important/>

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>