Capital High School 2026-27

NOVEMBER

NEWSLETTER



ATTENDANCE

FOR ALL ATTENDANCE QUESTIONS, PLEASE CALL THE ATTENDANCE LINE 406-324-2499

CHS Mission Statement

Capital High School, in partnership with parents and community, strives to provide equal opportunity for all students to acquire knowledge, values, and skills that foster responsible choices in a diverse and changing society.

School District Goals:

1. ***Students are engaged in their own learning.***
2. ***Students are challenged academically in all disciplines with strong foundations in Literacy and Math.***
3. ***Graduates are College and Career ready.***

UPCOMING EVENTS

- 11/2- 2nd Quarter Begins
- 11/5-11/14- Mamma Mia production 6:00pm CHS Auditorium
- 11/6-11/14- Football Playoffs
- 11/9-11/10- AA Choral Festival HMS Auditorium 6:00pm
- 11/10- 1st Quarter grades emailed to parents
- 11/12-11/14- Mamma Mia production 6:00pm CHS Auditorium
- 11/12-11/14- State AA Volleyball, MSU Bozeman
- 11/20-11/21- Football Championship
- 11/21- Winter Formal Fairgrounds 8:00-11:00pm
- 11/25-11/27 Thanksgiving Break- No school

https://chs.helenaschools.org

THANKSGIVING BREAK

No School
Nov. 25th - Nov. 27th

WINTER FORMAL



Saturday, November 21st, 2026
Lewis and Clark Fairgrounds
8:00pm-11:00pm

Tickets are $30 and can be purchased on RevTrack. Students will need a copy of their RevTrack receipt (printed or a screenshot that includes the name of the student) as well as their student ID (or a photo ID) to enter.
Guest Contracts can be picked up at the Main Office.

MEAL ACCOUNT BALANCES

Parents & Students!

Please make sure you have your breakfast/lunch accounts paid off by the semester.

You can pay on your account at mymealtime.com or the QR code below. See Charmaine Baker for any questions. Thank you!



Don't Forget

PAY SPORTS & CLASS FEES BY THE END OF THE SEMESTER

STUDENTS

Students enrolled in courses with Class Fees!!!
If you are enrolled in any of the classes listed below, please pay your class fee as soon as possible. The best way to pay those fees is on RevTrak. This is the link to take you directly to the payment screen for Class Fees.
https://helenaschools.revtrak.net/capital-high-school/chs-class-fees/#/list
If you prefer to pay with cash or check, you can pay these fees at the school during school hours. If you have questions, reach out to our bookkeeper, Mrs. Barker, at cbarker1@helenaschools.org or (406)324-2842.

FALL ATHLETES

Our fall sports season is well underway. If you have not paid for your Sports Participation &/or Activity Fee, we need you to do that right away. The easiest option is to pay on RevTrak. This is the link to take you directly to the payment screen for Sports Participation.
https://helenaschools.revtrak.net/capital-high-school/capital-hs-sports-participation-fee/#/v/capital-hs-sports-participation-fee-
If you prefer to pay with cash or check, you can pay these fees at the school during school hours. If you have questions, reach out to our bookkeeper, Mrs. Barker, at cbarker1@helenaschools.org or (406)324-2842.

Biology 2 $30/Year
Biology AP $30/Year
Science Seminar $175/Year
Art 1 $20/Year
Art 2 $25/Year
Art 3 $30/Year
Art 4 $30/Year
Visual Arts Design 1 $20/Year
Visual Arts Design 2 $20/Year
Visual Arts Design 3 $20/Year
Ceramics 1 $30/Year
Ceramics 2 $30/Year
Fundamental Woodworking $40/Year

Intermediate Carpentry $40/Year
Advanced Carpentry $40/Year
Construction Trade Seminar $40/Year
Auto 1 $80/Year
Auto 2 $80/Year
Auto 3 $80/Year
Welding 1 $40/Year
Welding/Machining 2 Purchase Your Own Materials
Welding 3 Purchase Your Own Materials
Machining 3 Purchase Your Own Materials
Culinary Arts 1-2 $60/Year
Culinary Arts 3 $60/Year
Lifetime Sports $100/Sem

ADVANCED THEATRE



The **Advanced Theatre** class visited five elementary schools on October 13 to perform scripts they adapted from some of the books first graders were given by the Helena Education Foundation as part of their Fabulous Firsts program.















BEAR NECESSITIES

Now open in the main foyer during lunch time!

SPEECH & DEBATE



First meet- Nov 7th at Great Falls

Nov 13th-14th at Bozeman

CHS PARENT COUNCIL

Join Mr. Boyle on the last Wed. of each month at 3:30 pm in the Library. November's meeting is 11/25

BRUIN MOBILE APP

The MHSA Bruin Mobile App is free to download to a smart phone or tablet, and provides scores, schedules, rosters, news links and a direct link for sports radio coverage. It's been very popular and we're hoping that even more Bruin fans download it this upcoming year.





Ava Meldrum
Class of 2027

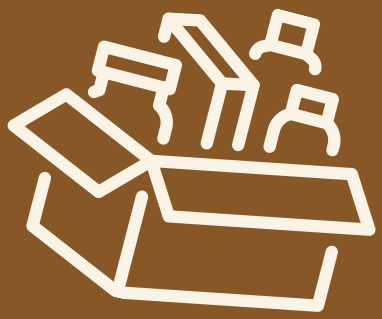
Go Bru!

BRUIN PANTRY

Hello, CHS families!

The Bruin Pantry is up and running for the year. The Pantry has the following items available to students at any time.

- Snacks
- Weekend food bags
- Clothing -coats, vests, shirts (long sleeve and short sleeve), socks, gloves, hats
- Personal hygiene products
- Backpacks and school supplies



Please reach out to Mrs. Meldrum directly with any needs. All assistance is completely confidential.
dmeldrum@helenaschools.org

INDIAN EDUCATION

HELENA COLLEGE LECTURE SERIES

Mr. Pichardo's wife, Rachel Twoteeth-Pichardo will be joing the Helena College Lecture Series! Held on the second Thursday of each month, this new event brings together speakers from Helena College and the local community to explore a wide range of interesting and relevant topics.



Ours is titled Story Medicine:

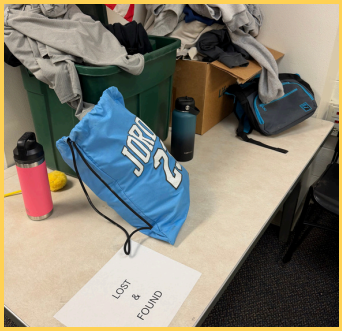
Rachel and Joe Pichardo explore indigenous storytelling through traditional narratives and ledger art, and how stories empower identity and offer healing.

November 12th from 6-7



LOST & FOUND MOVED

Be sure to check out the Lost & Found table for any lost or misplaced items located in the Counseling/Career Center. The items will be donated if left unclaimed. Thank you!



METROPOLITAN OPERA COMPANY

LIVE IN SCHOOLS 2026-2027



The Helena School District is entering its nineteenth year partnering with the Metropolitan Opera Company (the MET) for the *Live in Schools* program! The *Live in Schools* program will provide student tickets to as many as six operas this season with the goal of introducing everyone to this incredible art form. Most operas are streamed live to our local movie theater, and the MET provides rich and detailed educator guides that help students learn about each show.

This season, the following operas will be screened at the Cinemark in Helena.

- **November 17** – *Macbeth*, Giuseppe Verdi (Recorded Encore)
- **December 5** – *Samson et Dalila*, Camille Saint-Saëns (Live!)
- **December 12** – *The Magic Flute*, W.A. Mozart (Recorded Encore)
- **January 23** – *La Fanciulla Del West*, Giacomo Puccini (Live!)
- **March 20** – *Silent Night*, Kevin Puts (Live!)
- **April 3** – *Manon*, Jules Massenet (Live!)

Ironhorse Youth Music is proud to administer this unique program, which has been a part of our community for nearly two decades! *Live in Schools* is now and will always be free and open to all students. We hope to see you at the opera!

If you are interested in learning more or just attending an opera, email Mr. Cleary (kcleary@helenaschools.org) for additional information.

CHS SPORTS

FOOTBALL



Varsity Football
2026

Date	Team	H/A	Time
Oct. 23	Butte	Home	7:00 PM
Oct. 30	Play Off Round 1	TBD	
Nov. 6	Quarter Final	TBD	
Nov. 13	Semi Final	TBD	
Nov. 20	Championship	TBD	



MESSAGE FROM COACH CARTER:

Open Gym for track practice has started. Contact Coach Carter if you have any questions.

VOLLEYBALL



Date	Team	H/A	Varsity	JV	Soph	Frosh
Oct. 23	Glacier	Home	7:00 PM	5:30 PM	4:00 PM	4/5:30 PM
Oct. 24	Flathead	Home	1:00 PM	11:30 AM	10:00 AM	10/11:30 AM
Oct. 29	Helena High	Away	7:00 PM	5:30 PM	4:00 PM	4/5:30 PM
Nov. 5-7	Play In Game	TBD				
Nov. 12-14	State	MSU Bozeman				

BOYS SOCCER



Date	Team	H/A	Varsity	JV
Oct. 27	Semi-Final	TBD		
Oct. 31	Championship	TBD		

GIRLS SOCCER

Date	Team	H/A	Varsity	JV
Oct. 24	Quarter Final	TBD		
Oct. 27	Semi-Final	TBD		
Oct. 31	Championship	TBD		

BRUIN CHEERLEADING OPEN PRACTICES

ALL ATHLETES AND SKILL LEVELS WELCOME!

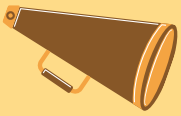
COME PRACTICE, BUILD YOUR SKILLS, MEET THE COACHES, AND GET READY FOR WINTER TRYOUTS!



WEDNESDAYS, OCTOBER 28–NOVEMBER 18
5:00–7:00 PM
CHS WRESTLING ROOM

EMAIL LSNELLMAN@HELENASCHOOLS.ORG WITH QUESTIONS

CHS CHEER UPDATES CONT'D



BRUIN SPIRIT, LET'S HEAR IT!

Bruins Cheerleading is holding open workouts on Wednesdays, Oct. 28-Nov. 18, 5-7 p.m. in the wrestling/bike room. Come and see what we're building! No experience is necessary. We're searching for enthusiastic male and female team members. JV and Varsity will be holding tryouts for the winter season Nov. 19-20. Email lsnellman@helenaschoools.org for more info.



CLUB SPONSORS & COACHES!

The annual car raffle fundraiser is back! Toyota of Helena is once again partnering with Helena and East Helena High Schools to help support our school clubs and activities. This year, they are generously donating a 2026 Toyota Corolla Cross LE to be raffled off!

This has been a great fundraiser for CHS! in past years, our clubs and activities have collectively raised more than $10,000 through ticket sales.

Here's how it works:

Tickets are $10 each.
Your club/activity keeps 100% of the proceeds from every ticket you sell!
Proceeds will be deposited directly into your club/activity account.
Tickets may be sold by clubs and activities sponsored by the Helena and East Helena School Districts.

If you would like tickets for your students to sell, please stop by Charmaine's office. She will get you set up with tickets and go over the process for keeping ticket sales and money accounted for.

The winning ticket will be drawn **February 9, 2027,** during halftime of the East Helena varsity basketball game. The winner does not need to be present. This is a great opportunity to put some extra money into your club or activity account, so please let Charmaine or Kristen know if you'd like to participate!



AP EXAM DEADLINE: NOV 6TH

Deadline to register and pay is November 6th, 2026.

If you want to take an AP exam this spring, please be sure to follow these steps:

Step 1: Create or login to your College Board account
Sign in to My AP with your College Board login information. This is the same login you use to access your AP scores, PSAT/NMSQT scores,—or that you used to access My AP last year. If you've never had a College Board account, you can create one by selecting 'Create Account'. If you forgot your password or become locked out of your account, follow the directions for resetting your password or contact College Board for assistance at 866-630-9305.

Step 2: Join your AP class on College Board
After logging in, click the 'Join a Course' button to input your join code received from your teacher for each of your subjects. Join Codes are subject, teacher and class period specific. If you haven't received your join code, please talk to your AP teacher.
Once you have joined the course you are taking, you will be prompted to complete the MyAP Registration Profile page. Be sure to use your full legal name when setting up your profile.

Step 3: Pay your exam fee online at https://helenaschools.revtrak.net/
Due to a generous grant received by the school, the cost of each exam is only $40. Additionally, partial fee waivers are available for students who are on free/reduced lunch. If eligible, you will select to apply the fee waiver in the payment portal on Revtrak.
***Exams ordered after November 6th are subject to a $40 late add fee. Exams cannot be ordered after March 6th.**
***Exams canceled after November 6th can't be refunded.**

If you have any questions regarding AP Exam registration and payment, please contact Capital High's AP Coordinator:



Bethany Boggs
406-324-2492
bboggs@helenaschools.org



CAREER & COLLEGE REMINDERS

FROM MR. SOUTHWORTH

1. Early Action deadlines for colleges are already passing for both in- and out-of-state colleges, make sure you have applied to your top colleges! If you have questions, see Mr. Southworth ASAP!

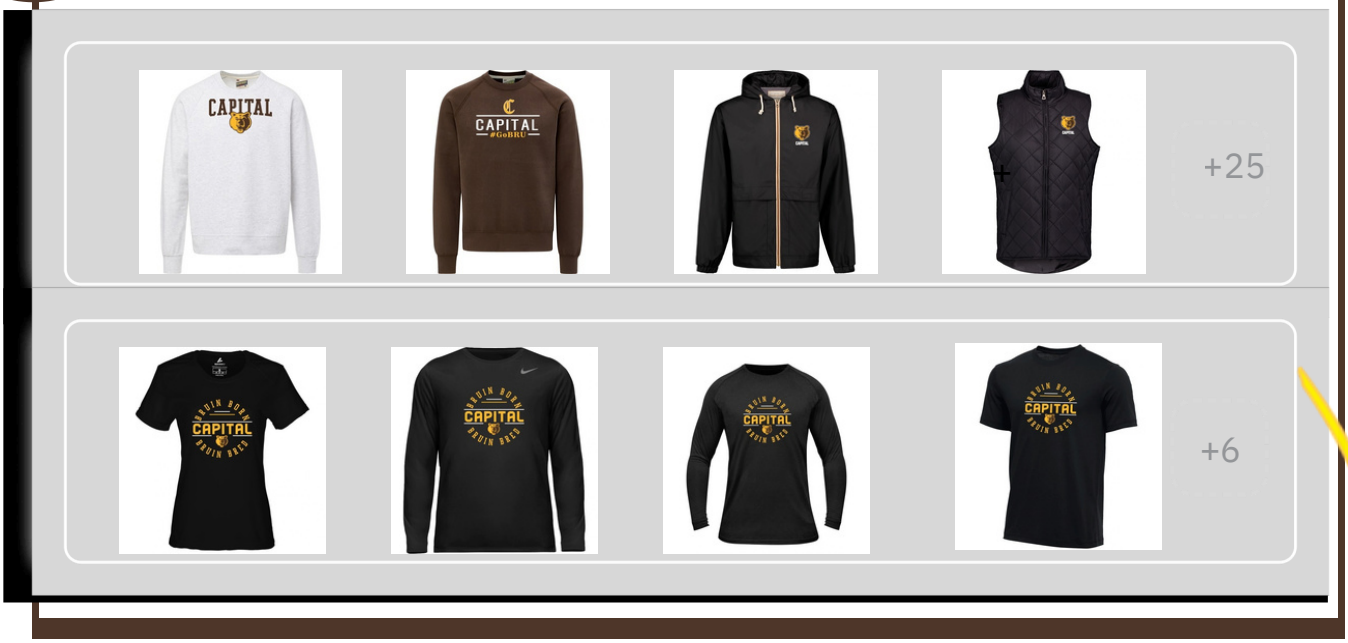
2. FAFSA (Free Application for Federal Student Aid) reminder: The FAFSA is the mother of all scholarship applications, many schools require it to give out need-based aid. Please file your FAFSA application before the December 1 Montana priority Deadline.

3. Military Recruitment: Various branches of the US Armed Forces will be visiting CHS in November and December, including the Army National Guard, Air Force, Navy and Marines. Students, watch out for weekly Teams announcements.

4. College Visits: College visit season is winding down-- but Montana State University is visiting CHS on November 20th during the morning! Other college visits are pending, including potential sponsored field-trips to the MSU and U of M campuses.

ORDER BY MAY

CAPITAL HIGH SCHOOL
2026 APPAREL SHOP



Access Code

UkKT2QFPYE

www.bsnteamsports.com

Click Here To

SHOP NOW

Order 8/17/26 to 5/28/27

BSN SPORTS

MTS Customer Support - ref # 16242669
1-800-749-3813 | myteamshop@bsnsports.com

No orders will be accepted after the deadline.

Team Coordinator

MICK MORRIS mmorris1@helenaschools.org

2026/27
STUDENT/PARENT HANDBOOK

Please check out the Student/Parent Handbook for 2026/27 at

http://helenaschools.org/resources/parents/handbooks

Most of your questions about school rules can be found here.

MTSS AT CHS

Be Responsible, Be Respectful, Be a Graduate.
Have you heard this before? 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 through Multi-Tiered Systems of Support (MTSS). Capital High School is working hard this year to continue our work with the Capital Code in the classroom and also in the community.

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 pay dividends in the long run. Together, parents, Capital High School, and the Helena community can help ensure we are preparing our students to be responsible, respectful, lifelong learners.

BRUIN SPIRIT AWARD



Congrats to the Week 9 October Bruin Student: Elizabeth Urban!

Senior, Elizabeth Urban was the last October Bruin Spirit Award winner! Elizabeth showed up loud and proud to support Bruin Boys Soccer, Volleyball, and Football, bringing plenty of energy and school spirit! She got to enjoy the reserved Bruin Spirit Award parking spot right in front of the school all last week.

High Five

The following students were winners of our High Five drawings for 1st quarter. Student names go into the **High Five** drawing for having been identified by a CHS staff member for being "caught" doing something that exemplifies our Capital Code— Be Responsible, Be Respectful, Be A Graduate. Congratulations!

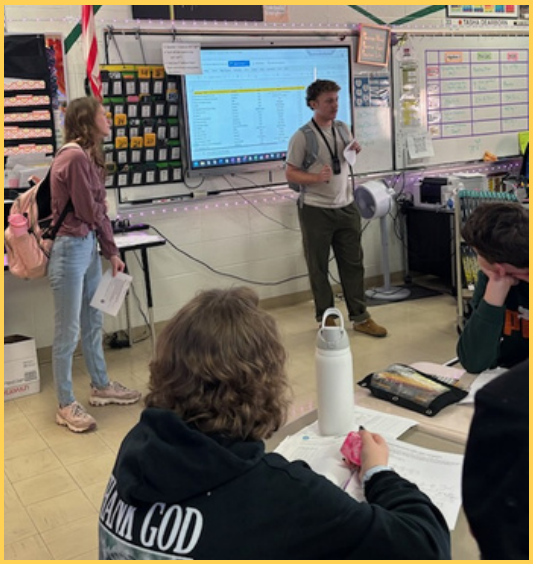
Ebbon Alejandre
Abigail Blaz
Jocelyn Brown
Marcus Eisenbeil
Wyatt Erickson
Grady Hatten
Faxon Jensen
Alexa Kelley
Ava Kind
Judah Mallo
Andrew Mattern
Evan McClain
Kendall Salo
Samwise Shire
Mindy Smith
Chloe Stone

MTSS UPDATE: 2ND BRUIN TALK



As part of Capital High School's MTSS (Multi-Tiered Systems of Support) social-emotional component, STUCO and NHS volunteers visited our 9th-grade classrooms on Tuesday, October 27, during homeroom. The theme was "What I Wish I Knew When I Was a Freshman."

Upperclassmen shared advice and insights with freshmen, using 10 guiding points to help students navigate high school, make positive choices, and build a successful high school experience.
Thank you to our STUCO and NHS students for sharing their experiences and helping our freshmen feel connected and supported!







WESTERN DYNAMIC DUO CAPITAL CODE WINNERS!



On Wednesday, October 7, students celebrated Western Dynamic Duo Day! Duos who incorporated the Capital Code into their outfits were entered into a drawing to win a $10 Buffalo Wild Wings (BWW) gift card for each person. Congratulations to **Wyatt Erickson** and **Jane Wunderlich** on being our drawing winners! Thank you for showing what it means to live the Capital Code:

Be Responsible, Be Respectful, and Be a Graduate! Go Bruins!

HOMECOMING WEEK Recap









"ANYTHING BUT A BACKPACK" DAY



ROYALTY









HOMECOMING DANCE







NOTE FROM THE NURSE:

ATTENDANCE & GUIDLINES FOR HEALTH ROOM VISITS

In Middle School and High School, it is very important for students to be in class, learning. According to research, absenteeism is one sign as early as 6th grade that the student is at risk of not graduating from high school. Missing a few days a month, over the course of the school year (10%), can affect a student's academic success.

According to the National Attendance Awareness Campaign, led by Attendance Works, students should miss no more than 9 days of school each year to stay on track to graduation and be engaged in the classroom.

The US Department of Education states that "irregular" attendance can be a better predictor of whether students will be a high school dropout more than test scores. Not finishing high school, when compared to students who do, leaves students more likely to live in poverty and be in poor health.

Graduating from high school is considered a Social Determinant of Health!



To support students in increasing seat time, the following guidelines for when to send a student to the health room were shared with teachers:

For more information, please contact your school nurse, Shannon McNamee RN, AE-C, NCSN @ smcnamee@helenaschools.org or visit the following websites:

Keep Your Child On Track in Middle and High School: Pay Attention to Attendance-https://www.attendanceworks.org/wp-content/uploads/2019/06/Middle_High_Handout_042924.pdf
https://www.attendanceworks.org/

Why Is School Attendance Important? The Effects of Chronic Absenteeism:
https://soeonline.american.edu/blog/importance-of-school-attendance/

Every School Day Counts: The Forum Guide to Collecting and Using Attendance Data:
https://nces.ed.gov/pubs2009/attendancedata/chapter1a.asp
Strategies to Improve Student Achievement: https://www.ed.gov/sites/ed/files/about/inits/ed/raise-the-bar/1_9_AcademicSuccessBookletResource_v2_508_v3rev59.pdf

Healthy People 2030 Education Access and Quality: https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/high-school-graduation

Student Health Needs: If you have questions or concerns about how your student's health needs can be met while in school, please do not hesitate to contact me at smcnamee@helenaschools.org. My office number is 324-2481. If there is a change in your student's health, please provide a new health history to the school.

The link to the health history form is found here: https://helenaschools.org/wp-content/uploads/2020/05/Health-History-Form.pdf

NOTE FROM THE NURSE CONT'D

The following illness guidelines will be sent to teachers regarding when to send students to the health room versus keeping them in class. Please review them and let me know if you have particular concerns for your student:

WHEN TO KEEP STUDENTS IN CLASS VS. WHEN TO SEND TO THE NURSE

Keep students in class and try this:

Headache:
- Use **WOW** method: (Water, Oxygen, Wait)
- Water: Get a generous drink of water
- Oxygen: Take 10 deep breaths
- Wait: Wait 10 minutes, take "screen break"
- *Allow to rest with head down if needed

Mild Cold Symptoms:
- Sneezes & runny nose – Have student use a tissue & wash hands.
- Occasional Cough – Get a drink of water.

Stomachache (and nausea):
- Send to bathroom
- Send to get a drink of water/eat small snack
- Often, they perceive hunger as stomachache
- If almost breakfast/lunch time have them wait in class

Minor cut/scrape/abrasion
- Have student wash area with soap and water or use wet wipe
- Cover with band-aid
- *If minor bleeding, have student apply pressure

Minor bruise/bump
- Cold paper towel on the area, rest, try elevation of the area

Blister/popped pimples:
- Wash w/ soap and water, cover w/ band-aid

Itchy Bug Bites:
- Wash area with soap and water, then cold paper towel (send to nurse if its red or swollen)

Anxiety/Stress/Crying:
Try calming the student, reassuring measures, refer student to counselor if needed.



Revised: 10.1.2024 (BR)

Send to the nurse:

- ✓ Chronic health conditions needing care: Diabetes, asthma, anaphylaxis, seizures
- ✓ Excessive coughing, shortness of breath, trouble breathing
- ✓ Head injury, confusion, loss of consciousness, fainting
- ✓ Suspected fracture or sprain (if something appears to be broken call for help, do not move child)
- ✓ Significant Bleeding (including nose bleeds) /traumatic injury that happened in school
- ✓ Abdominal/neck/back injury (do not move)
- ✓ Eye injury
- ✓ Scheduled medications
- ✓ 2 or more symptoms of acute illness such as COVID-19, influenza, etc.

10 / 10

The first ten minutes and the last ten minutes of each period are the most important to maximize learning. No students should leave the classroom during those times unless it is an emergency.

BERLIN WALL EVENT



JOIN US AT THE HOLTER MUSEUM OF ART FOR AN ACTIVITY CELEBRATING THE FALL OF THE BERLIN WALL! WALL WILL BE DISPLAYED FOR ART WALK 11/13, WITH VARIOUS BAKED GOODS FOR SALE!

EVENT HIGHLIGHTS:

- GUEST SPEAKERS FROM MSU @ 4PM
- PIZZA AND REFRESHMENTS @ 5PM
- WALL DEMOLISHING @ 5:45PM

11/14/2026

THANK YOU TO DICK ANDERSON CONSTRUCTION COMPANY, HOLTER MUSEUM OF ART, AND RODDA PAINT COMPANY!

CAPITAL HIGH THEATRE

PRODUCTION OF

MAMMA MIA!™

MUSIC AND LYRICS BY
BENNY ANDERSSON
BJÖRN ULVAEUS
AND SOME SONGS WITH STIG ANDERSON

BOOK BY **CATHERINE JOHNSON**

ORIGINALLY CONCEIVED BY **JUDY CRAYMER**

MAMMA MIA! WAS ORIGINALLY PRODUCED IN LONDON
BY JUDY CRAYMER, RICHARD EAST AND BJÖRN ULVAEUS
FOR LITTLESTAR IN ASSOCIATION WITH UNIVERSAL

ADDITIONAL MATERIAL & ARRANGEMENTS
MARTIN KOCH

MUSIC PUBLISHED BY UNIVERSAL MUSIC PUBLISHING GROUP AND
EMI GROVE PARK MUSIC INC. AND EMI WATERFORD MUSIC INC.

November 5-7, 12-14, 6:00 p.m.
Capital High Auditorium
Tickets: $8 Students/Senior Citizens
$10 Adults, $15 VIP Seating

For tickets, visit us at
https://www.vancoevents.com/us/DXXT

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI (mtishows.com).



JOIN A CLUB!

Joining a club is a great way to build connections, find a sense of belonging, and become more engaged in our school community. These are the curricular clubs and service clubs! The non-curricular clubs are posted on the CHS Community Bulletin Board for students to view.

Curricular Clubs	Advisor	Room	Day(s)	Time
Art & Photography Club	Anderson	201	Last Wednesday of the Month	Lunch
American Chemical Society	Phillips	223	2nd & 4th Thursday	Lunch
Bruin Performance	TBD	TBD	TBD	Lunch
BPA	Toivonen	213	Monday	Lunch
Capital High Green Club	Urban	233	Wednesday	Lunch
Drama Club	Brayko	Auditorium	Monday	Lunch
DECA	Premer	Tech 1	Thursday	Lunch
Fish Ecology Club	Caffrey	203	Tuesday	3:15
French Club	VanDam	111	Friday	Lunch
German Club	Browning	112	Tuesday	Lunch
HOSA	Duncan/Kurokawa	204	Monday	Lunch
Jazz Club	Zehr	Band Room	Wednesday	Lunch
Math Club	Clinch	205	Friday	Lunch
Mock Trial	Reyant	214	Friday	Lunch
Orchestra Club	Cleary	Orchestra	Tuesday	Lunch
Pen & Ink Literary Magazine	Ward/Cook	122	No regular meeting	TBD
Science Club	Williams	221	Thursday	Lunch
SkillsUSA	Croft	T5	1st & 3rd Monday	Lunch
Society of Manufacturing Engineers (SME)	Riehl/Weber	T2	1st & 3rd Wednesday	Lunch
Travel Club	Anderson	201	1st Wednesday of the Month	Lunch
Spanish Club	Youngberg	101	Tuesday	Lunch
Service Clubs	**Advisor**	**Room**	**Day(s)**	**Time**
Capital High Key Club	Clancy	121	Thursday	Lunch
S.O.U.L. (Special Olympics Unified Leaders)	Fjeseth	113	Every other Monday	Lunch
National Honor Society	Titus	108	Every other Wednesday	Lunch
Student Council	Tholt/Hunt	210	Tuesday	Lunch
For Information about non-curricular clubs, see the community bulletin board.				

STUDENT RESOURCES



ANGEL FUND

TOGETHER, WE ARE CHANGING THE WORLD ONE CHILD AT A TIME.

DO YOU QUALIFY FOR FREE/REDUCED LUNCH? YES. FOLLOW THE STEPS BELOW!

STEP 1

To begin the application process, stop by the Counseling Center and pick up an application from Mrs. Farmer, Mr. Robinson or Mrs. Decker.

STEP 2

Complete the application, sign it and return it to Mr. Robinson or Mrs. Decker. Applications are available starting October 1st , however, shopping will run from **October 19th through November 12th.**

STEP 3

If the application is approved, you will be provided with a signed yellow copy of your application. This acts as a voucher and specifies the dollar amount approved. The limit for middle and high school students is $250. Overages need to be paid by the family.

STEP 4

Once you receive the yellow copy, starting October 19th, you may shop at **one** of the following Helena merchants:

Old Navy~Mondays, 4-7 pm
Target~Tuesdays, 4-7 pm
Walmart~Wednesdays, 4-7 pm
TJ Maxx~ Thursdays, 4-7 pm

SHOULD YOU QUALIFY FOR FREE/ REDUCED LUNCH? APPLY HERE: HTTPS://HELENASCHOOLS.ORG/ DEPARTMENTS/FOOD-SERVICES/

STEP 5

Select **one shopping date** from **one store** from the information provided above. After shopping, look for the Angel Fund check out line or go to the customer service desk.

IT'S MORE THAN A MEAL...

ONE FORM, COUNTLESS OPPORTUNITIES. APPLY TODAY:

ORstop by the District Office or your neighborhood school to apply in-person!

Beyond receiving healthy and nutritious meals, meal applications can help your student receive reduced fees and opportunities to participate in school programs!



Clothing Items
-Angel Fund clothes shopping.



Fee Assistance
-Sports, activities, and extracurricular fees; music and sports rentals; field trip fees; and test and scholarship application fees.



Health and Wellness Services
-Free dental screenings; hygiene products; assistance applying for Montana Healthy Kids, and more!



Classroom Resources
-School supplies

NOTE: You must apply by October 11.
If you applied last year, you must apply again for this year!

This institution is an equal opportunity provider.



ORDERING TRANSCRIPTS

parchment

https://registration.parchment.com/member/7f3c8620-c65c-11ec-ae2c-6385940a22cd

PUREVIEW SERVICES



CHS ROOM 104A

REGISTER HERE

With the pressures of academic achievement, social interactions, and personal development, it is essential to address behavioral health needs at an early age. Our school-based services provide a safe and supportive environment for students to express their feelings, understand their emotions, and develop healthy coping strategies.

- Individual services
- Group therapy
- Psychoeducation
- Individual and Group Skill Building

NOVEMBER

FUN FACT



The Fact: William Shakespeare never mentioned the word "November" in any of his plays or sonnets. Despite writing thousands of lines of poetry and drama about the seasons, autumn, and dark, gloomy days, the word itself didn't make the cut once.