

Capital High School **COUGAR CONNECTION**



October 2009

Dear Parents,

I am very impressed that our counselors have already made connections with each of our 9th graders this year. Our freshmen have all been to the counseling center to meet their counselor, check out the location of their counselor's office, learn about our registrar's job, and visit the Career Center to find out about the many college and career resources that we have to offer.

Parents may now pay for lunches online! Check out the info on page 6 in our newsletter about putting \$ in lunch accounts on line. We also encourage our parents to sign up for Skyward Family Access to keep up -to-date on your student's attendance and grade book. If you do not have a computer at home, you can still sign up for an account and access computers here at school, the public library or at your work location.

As we look ahead to this fall's flu season, we continue to remind our students and staff to be proactive by covering a cough and washing hands thoroughly and often. The Thurston County Public Health Department asks that sick individuals stay home 24 hours AFTER flu-like symptom end or temperature subsides to less than 100 degrees without the aid of medication such as Tylenol, Advil or Motrin. We are eager for our students and staff to be safe and healthy.

Have a great fall!
Sincerely,

Nancy Faaren

Save a tree! Newsletters are now published to our website.

If you would prefer to read your newsletter on-line, please email the editor (adreesbach@osd.wednet.edu) and include your student's name and address.

Newsletters will be published on the following dates:

October 16, 2009

January 15, 2010

March 19, 2010

May 1, 2010

Thank you!





***Visit our website chs.wednet.edu for our school calendar and other important information ***

IMPORTANT DATES

October 19-23	Spirit Week
October 20	Orchestra Concert 7:30 p.m.
October 21	C.H.S. Foundation meeting-7:00 p.m.
October 21	Choir Concert 7:30p.m.
October 22	Band Concert 7:30 p.m.
October 23	NO SCHOOL-District wide teacher in-service day
October 24	ACT Test @ CHS (C pod)
October 24	Homecoming Dance –Commons
November 4	School starts @ 9:00 a.m. -BUSES RUN 1 HOUR LATE IN A.M. **
November 10	CHSPO meeting-7pm
November 11	NO SCHOOL-Veteran’s Day holiday
November 20	12:07 Early Release
November 26&27	NO SCHOOL- Thanksgiving Holiday
December 2	School starts @ 9:00 a.m. -BUSES RUN 1 HOUR LATE IN A.M. **
December 3	Winter Play begins-watch CHS website for more info
December 5	CHS Playmakers Dinner Theatre (see page 9)
December 12	ACT Test @ CHS (C Pod)
December 15	Choir Concert-7:30 p.m.
December 16	Orchestra Concert-7:30 p.m.
December 17	Band Concert-7:30 p.m.
December 21-January 4	NO SCHOOL-Winter Break



Alumni Football Mums-\$7 each

The Marketing and Floral Design classes at CHS will be offering alumni football mum corsages for the Homecoming game on October 23rd. Watch the CHS website for more information.

TRAFFIC SAFETY !!



Any student wishing to take winter or spring Traffic Safety, may sign up early! Each course will be held on Tuesdays and Thursdays from 2:50-4:50pm. Students may sign up to drive on Monday through Saturday at their convenience. We host a variety of guest speakers including Operation Lifesaver, Safe and Sober, No-Zone, the Thurston County Coroner, and an insurance agent. The total cost of the class is \$385. A deposit secures a place in class with the balance due by the end of the course. There must be a minimum of 25 students enrolled in order to run the class. The winter class begins on December 1st and the spring class will begin in March. Contact Rachel Beard with any questions 360-596-8015.

Quote of the month:

“The way I see it, you can either run from it, or learn from it.”

-Rafikki (The Lion King)



I.B. (International Baccalaureate)

The registration window for May IB testing is open until Monday, November 2nd 2009. Registration forms for juniors and seniors are available in the ASB office, from IB teachers or from Mr. Herinckx, the IB Coordinator, in

B-5. Additionally, parent volunteers are always appreciated and will be put to good use helping with internal assessments and proctoring spring exams. If you think you can help, please email Matt Herinckx at herinckxmj@osd.wednet.edu and we'll find a spot for you. The May 2010 IB test schedule is on the CHS website. From the CHS home page, go to Academics and down to IB. Since we have no flexibility with this test schedule, it is important to consult it when planning college visits, family vacations, sporting events and other activities that may coincide with May testing.



The CHS Foundation Equation: Volunteers + Donations=Scholarships for CHS Grads

The **CHS Scholarship Foundation** is ramping up for this year's activities and working hard to **raise scholarship money for CHS graduates.**

The CHS Foundation is a volunteer organization of parents, community members and CHS staff. Virtually all funds go directly to scholarships –**we are a “low overhead” operation!** Financial need is always the bottom line, but our scholarships recognize students in a variety of categories and achievements.

Our funds come from donations, endowments and fundraisers. Selling engraved brick Pavers, which you can see in Cougar Court, is one of our ongoing fundraisers. Upcoming events include See's Candy sale during the holiday season, and the **Mother-Son Palapalooza** later in the year.

Please plan to support the Foundation this year, either by it's fundraisers, or by simply making a donation. **It's tax deductible** and you'll be making a significant direct contribution to deserving CHS students pursuing higher education. **It does make a difference.** Call if you have questions, either about scholarships or helping the Foundation achieve it's goals. The current president is Richenda Richardson who can be reached at 426-6216.

CHS Counseling Center



Our Counseling Center's goal this year is to incorporate intentional guidance lessons throughout the school year for all grade levels. We recently met with all of the 9th grade students! We wanted to invite them to the center; learn where the office is located, how to sign up to see us, and provide an introduction to the Career Center. At the end of the month, we will have the freshman join us again for a two-day lesson on career exploration. They will be learning about the resources available, how to access the state's vocational website, and complete an interest inventory. The worksheet will be included in their Navigation/Advisory binder. The next advisory is scheduled for October 29. If they have not brought in a 3-ring binder – this would be a great opportunity. Make sure to ask them about their results! Some students are quite surprised to read about their skills and interests, and how that translates into a job or career area. This site can also be accessed from any computer with internet. The instructions can be found on the website, or we have information cards to walk you through the process.

During September, we visited with the senior social studies classes to provide information about college applications, procedure for letters of recommendation, how to order a transcript, and discussed additional opportunities to pursue after graduation. This was followed up with a Senior Parent Night on October 1. We had a *tremendous* turnout for the evening – thank you! Please continue to check the CHS website's daily bulletin and the 12 grade Advisory/CP section, and additional senior information on a regular basis. We have found this to be an efficient way to impart information to both students and parents. If you do not have access to a computer, we have hard copies of “Senior Information” in the Counseling Center – have your student stop by and pick one up.

Thank you for sending such a great group of students to CHS everyday – we look forward to working with your student. If you have any questions, please do not hesitate to call the Counseling Center at (360) 596-8027.



CHS DRESS CODE

The administration and staff at Capital High School are committed to providing a quality learning environment for all students and teachers. To help maintain this goal, the following dress expectations will be maintained.

- Shorts and skirts must be no shorter than **4 inches above the middle of the knee**.
 - Shirts must cover the stomach, back, shoulders, and chest. Tube tops, halter-tops, spaghetti strap tank tops and only one shoulder strap are not appropriate for school.
 - Cleavage must not be visible.
 - “See-through” material is not appropriate for school.
 - Undergarments or clothing worn as undergarments must not be showing. This includes pants worn so low that garments worn under the pants are showing.
- Shoes or sandals must be worn at all times.

Students may not wear clothing or accessories that:

- Advocates or conveys alcohol or drug usage messages
- Promotes violence or illegal activity
- Demeans or degrades individuals or groups of people
- Exhibits sexual innuendos, blatant sexual messages, vulgarity, profanity or other inappropriate language
- Interferes with the operation of the school or classroom per staff or administration
- Is determined by local law enforcement to be affiliated with gangs

If a student’s clothing is objectionable under these provisions, a staff member will request the student make appropriate corrections. If a student refuses to comply, the appropriate discipline action for non-compliance or willful disobedience will result. This policy is in effect for all school related events on or off campus. Please refer to the Student Handbook for Capital High School polices and procedures.

IMPORTANT ATTENDANCE INFORMATION

Attendance Office 360-596-8019



This Attendance Information Details the Requirements for Parents and Students.

To excuse a student:

A parent or guardian must call the attendance secretary to excuse a student’s absence or tardy. **Calls must be received within 24 hours of a student’s absence or tardiness.** The attendance secretary’s voice mail is available at any time to excuse a student’s absence or tardiness. The attendance secretary’s direct line is **360-596-8019**. For attendance purposes a note will not be accepted. When arriving at voice mail please leave a clear, distinct message excusing the student’s absence. Please include the following

information when leaving a message:

1. student name (please spell last name)
2. parent or guardian name
3. reason for absence
4. a phone number where the parent or guardian can be reached.

After an Absence:

After an absence, and upon the student’s return to school, the student must report to the attendance office to check for their name on the list of excused absences. If the student is not excused then it is his or her responsibility to get the absence cleared within 24 hours. Any absence not cleared within 24 hours via the attendance office will be considered unexcused.

Parent Notification:

In an effort to keep parents informed, a computer generated call will be made to the parent of every student who misses one or more periods of any school day. This phone call will be made the same day of the absence. If a student believes that an absence was recorded in error the student is responsible to contact the teacher and bring a written note from the teacher to the attendance office to verify that an error was made.



CHS CAFETERIA/FOOD SERVICE NEWS



Does your student know how the cafeteria works? Do they know they can go through any lunch line, on any day, for any menu item? Do you know you can check their lunch account balance on Skyward Family Access? (see page 6 of this newsletter for an application). We have an excellent cafeteria and an award winning staff here at C.H.S. Our dedicated lunch room staff prepares delicious lunches for our students and staff every day. If you have any questions about our lunch program, stop by the kitchen or call Rose the kitchen manager at 596-8007.

Online Lunch Account Payments Now Available!

Olympia School District has made adding money to your student's food service account easy and convenient! We now contract with RevTrak to provide a secure site for making online payments. Parents are able to add money to student food service accounts, view account balances and see transaction history online!

To Make Your First Payment:

- Click on **For Parents** tab
- Click on **Skyward Family Access** link
- Click on **Go to Family Access and Login**
- Select **Food Service** under **General Information**
- Select **Make Online Payment**

Online payments will immediately be posted to your student's food service account. Please note for the convenience of making an online payment, a \$1.25 fee will be assessed at checkout.

To view an online payment demonstration click here <http://www.revtrak.com/automationpartners/familyaccess/foodservice/fs1.htm>

To learn more about RevTrak visit www.RevTrak.com.

PARENTS: ACCESS YOUR STUDENT'S GRADES AND INFORMATION ON-LINE!

CHS parents are able to access their student's school information on-line with *Skyward Family Access*. *Skyward Family Access* will provide you with on-line information regarding your student's attendance, discipline, immunization records, food service account, and most importantly, access to the teacher's grade book to view assignments and grades.

This is also the place to look to see if your student has any outstanding fines or overdue library books.

Parents may fill out the application on **page 8** of this newsletter and either drop it off at the main office or mail it to:

C.H.S. Family Access
2707 Conger Ave. N.W.
Olympia, WA 98502

Your application will be processed quickly and you will receive your password via email.



Do you want to know via email what's going on at CHS?

If so, please become a member of "Family Access". If you are a member, please ensure we have your correct email address. If your email has changed at all, please access your account in Family Access and update your email address. This tool is used to inform families of upcoming events pertaining to your student.



The Library Corner



The CHS Library is back home! Special thanks to all the people in the last nine months who have helped and wished us well, including over 20 tennis and football players who moved 400 boxes of books from the commons into the library in 30 minutes! Wow. We received a huge donation of new books from the King County Library Association and they are being checked out like mad. The new computers are "sweet", as one student said. Roy, our bronze cougar donated by the class of 2004, is back in his den as well. Students and parents are welcome to come use our resources and visit Roy between 7:30 a.m. and 3:30 p.m. any day. And don't forget to check out resources available online on our library page, just a click off the CHS main page. Here's to a great school year!

FAMILY ACCESS REGISTRATION FORM

Thank you for requesting access to your child’s educational record in Skyward Family Access. We welcome you and hope you will find this an important communication tool in our quest to provide the best education for your child.

To activate your Family Access Account, please provide the following information:

Your Name: _____
(Please Print Your Name Clearly)

Student(s) Names *Please list all children who live with you (or have lived with you), and have or are attending any schools in the Olympia School District. Please describe the relationship of the child to you.*

Your e-mail Address: _____
(Please Print Clearly)

Signature _____ **Date** _____

Return this form to the school office. You should receive an e-mail advising you of your new user name and password within 3-5 business days.

If you have any questions, please contact the Student Information Systems Office at 596-6150 , or Michelle Anderson, CHS Assistant Principal at 596-8012. . We look forward to working with you!

**Drop off form in C.H.S. main office,
or mail to:**

C.H.S. FAMILY ACCESS
2707 Conger Ave. N.W.
Olympia, WA 98502

DISCLAIMER:

Please note: the Olympia School District does not support off-site technology. For equipment, system, or browser support, please consult your computer dealer or software vendor.



Yearbook Information for 2009-2010

Purchase Yearbook – in the ASB office

A. \$55 – with the option to buy extras during registration and until the week of 15 December

B. After December 15th – \$60

There is no guarantee you will get a yearbook if you wait until the books are delivered to purchase your book. We ran out in 2003 and 2004.

PHOTO DEADLINES



All CHS students:

1. Outside CHS Sports / Activities Photos (Extreme Sports) – due Friday, November 6th

A. Rowing, rugby, ballet, rodeo, skiing, snowboarding, wake boarding, martial arts, equestrian, arts, scouts, cycling, Special Olympics, club teams, video gamers, board gamers, church leagues, sailing, back packing, you name it. Focus must be on CHS students

For spring/winter sports, bring us last season's events.

CHS Seniors:

2. Baby Photos- due Friday, October 30th

Seniors only, prefer head shots, color or black and white.

3. Siblings- due Friday, October 30th

Senior (class of 2010) with sibling also currently at CHS: recent photo or pre-CHS OK

4. Senior Photos – due Friday, November 13th

A. Standard 2 1/4" (wide) X 3 1/4" color photo with the student's head about 1 1/2" tall

B. Most of the major photo studios will send us your photo on disk. That's fine.

C. We will try to contact your student at school if we don't get a photo.

D. Please- let the photo feature the student; no backgrounds, props, special effects, cleavage, or hats.



SENIOR INFORMATION

Senior Ads:

Attention all seniors and senior parents! Senior ad nights are here. On **Tuesday, October 20th** and **Wednesday, October 28th** yearbook is holding a parent work night where you can create your senior's ad from **6:30 to 8:00 pm** in **Pod A**. Remember to bring money, text, pictures and anything else you would like to include in your ad. Quarter page ads are \$125 and half page ads are \$200. There will be free cookies! See you there.

Important: If you have not yet turned in your **BLUE SENIOR INFORMATION SHEET** that was mailed home to you along with your senior status letter at the beginning of September, please do so right away. They were due on September 15th! **You may not get your Cap & Gown order form until the form is turned in to Mrs. Weeks in the Counseling Center.** See Mrs. Weeks with any questions.





Winter Sports at C.H.S.



Winter sports clearance packet pick up begins Monday, October 19th in the ASB office. If you are interested in participating in basketball, wrestling, gymnastics, or boy's swimming you need to have a completed packet returned to ASB by **November 6th**.

Gymnastics begins November 9th and all other sports begin November 16th. You must have a completed packet turned in by November 6th to participate.



CAREER CENTER

Hello and welcome to a new school year! My name is Ms. Garrett and I run the Capital Career Center. I invite students and parents to come in and check out the resources available here, or make an appointment to talk with me. The Career Center has online career assessments, resume instructions, career books, college catalogues, the scholarship list, financial aid material, and much more, and it's all here to assist students and parents as they plan for the future.

Seniors! Don't forget that a **resume, cover letter, and an interest inventory** (on WOIS) are **part of your graduation requirements** and must be in your advisory Navigation binders! If you have not completed them please see me for instruction and example sheets for resumes and cover letters. I also have an instruction sheet on how to take the WOIS at home, or you can make an appointment to take it in the Career Center. **College visits** will be held in the Career Center from September through December. Students must sign up in the Career Center in advance to attend. Parents are welcome at college or military visits. Upcoming college visits will be announced in the Daily bulletin and a list of visits is available in the Career Center.

Seniors who intend to apply for scholarships, college, or training programs should be requesting **letters of recommendation now** from counselors, teachers, and/or employment or volunteer supervisors. **DO NOT** wait until deadlines are approaching as the wait time for a letter could be three weeks! You should choose at least three people with whom you have a good rapport and feel will represent you well. When you ask someone to write a letter of recommendation you supply them with your resume and a one page, bulleted, biography of all your school and community activities (such as volunteer, sports, church activities, summer or after school work, etc.) for 9th through 12th grade. See me for an example.

Scholarship List. In addition, students should be coming to the Career Center to pick up each new **scholarship list** as it is updated and announced in the Daily Bulletin. I publish a new list about every three weeks. Parents are welcome to pick them up as well. Many scholarships are for seniors, but there are always a few each year for other grades.

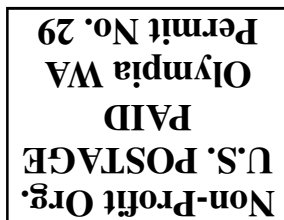
Stop by and say hello and I'd be happy to show you around.

Shannon Garrett

Career Specialist

360.596.8041

sgarrett@osd.wednet.edu



Return Service Requested

Capital High School
2707 Conger Ave NW
Olympia WA 98502

Find us on the web at chs.osd.wednet.edu

The **COUGAR CONNECTION** is published by Capital High School. Articles are compiled from information which is submitted from a variety of sources. If you want to see your club, activity, or department news featured be sure to submit a brief article to the editor.

Please call the attendance secretary at **596-8019** to report an absence by 9:00 a.m. each morning. For your convenience there is a 24-hour answering machine in the attendance office to report an absence for your student. **Homework assignments may be requested by 9:00 a. m. on the second day of an absence. After the first two day of assignments are completed you may request additional days of work.** For information regarding counseling you may call your student's counselor at the numbers listed below or call the counseling secretary, **Sydni Weeks** at **596-8027**.

Capital High School (360) 596-8000

Principal

Nancy Faaren 596-8005

Assistant Principals

Larry Walsh (A-G) 596-8067

Michelle Anderson (H-N) 596-8012

Dean of Students

Daniel Grimm (O-Z) 596-8013

Athletic Director

Steve Bellande 596-8070

Activities Director

Angel Elam 596-8056

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Norah Jensen (F-L) 596-8024

Kay Bloomdahl (M-R) 596-8020

Erin Johnson (S-Z) 596-8028