

# Capital High School **COUGAR CONNECTION**



“The CHS community inspires all learners to think, explore, and grow.”

August 2010

## *WELCOME COUGARS!*

Dear Parents,

Welcome to the 2010-2011 school year at Capital High School. It is a privilege to be the new principal. As a former student at CHS and a long time employee in the Olympia School District, I have always been aware of the talented students, dynamic staff, and the supportive community at Capital. It is exciting to be part of all the great things going on and I look forward to a successful and rewarding year at Capital.

The construction crews have been working hard on roof repairs in the administration and pod areas. We are very fortunate to have such a dedicated crew working to get us back in the building and ready for students. We are excited about the possibility of having a full school year of instruction without the concern of closing because of snow accumulation on the roof.

We will continue with our late start schedule on Wednesdays to provide opportunities for staff collaboration focused on student achievement, student clubs to help students get connected, and a chance for students to get additional help with school work. Please check the schedule to be sure students are on time.

I am excited about the administrative staff with the addition of Mr. Broome as the new assistant principal. We are committed to helping students succeed, support staff, and partner with parents. Capital is also pleased to welcome some new faces to the instructional staff in math, drafting, science, art, sports medicine, special education, and career counseling.

We are excited about the new school year and look forward to working with you to help each student be successful. Please let us know if there is anything we can do to support your child.

Sincerely,

Chris M. Woods

\*\*\*\*\*

**The Cougar Connection** newsletter will be published on our website on the following dates during the 2010-2011 school year:

- August 20 (also mailed home)
- October 15
- January 14
- March 25
- May 20



Due to rising costs and budget constraints newsletters except for the August publication will no longer be mailed home. They will be posted on our website [chs.wednet.edu](http://chs.wednet.edu) and some copies will be available in the main office.

**\*Visit our website [chs.wednet.edu](http://chs.wednet.edu) for our school calendar and other important information \***



### Important Dates

|                 |  |
|-----------------|--|
| August 16-23    | Fall Sports Clearance  |
| August 28       | Football Luau-(see info on page 3)   |
| September 1     | Freshman & New Student Orientation-8:00 a.m.-main gym                        |
| September 1     | Class Schedules for upper classmen available on Family Access                |
| September 8     | <b>First Day of School</b>   |
| September 10-13 | School Photos  |
| September 10    | Spaghetti Bowl, Capital vs. Olympia  |
| September 28    | Open House 6:30-8:30   |
| October 5       | Senior Parent Night 6:30   |
| October 6       | District wide late start, 9:00 a.m. ( <b>morning buses run 1 hour late</b> ) |
| October 15      | Newsletter posted on-line  |
| October 16      | Homecoming Dance 9:00-12:00  |
| October 22      | <b>NO CLASSES-Teacher in-service day</b>                                     |
| October 19      | Orchestra Concert 7:30 pm  |
| October 20      | Choir Concert 7:30 pm  |
| October 21      | Band Concert 7:30 pm   |
| November 3      | District wide late start, 9:00 a.m. ( <b>morning buses run 1 hour late</b> ) |
| November 9      | Financial Aid Night-6:30 in the C.H.S. Theatre                               |
| November 11     | <b>NO SCHOOL, Veteran's Day Holiday</b>                                      |
| November 24     | <b>EARLY RELEASE 12:07</b>   |

### **Marching Band Practice And Uniform Distribution Will Be On The Following Dates:**

August 31 (all) 6:30 p.m.  
September 1 (**percussion only**) 6:30 p.m.  
September 2 (all) 6:30 p.m.



## **Wednesday, September 1, 2010** **FRESHMAN/NEW STUDENT** **ORIENTATION**

Freshman and new students please plan to be at Capital High School from 8:00 a.m. to Noon. (Come to the lower parking lot to the entrance of the main gym).

A BBQ lunch will be provided to all students and parents for \$3 which includes a hamburger, chips and milk from 12:00-1:00 p.m.

(Students are also encouraged to set up their lunch accounts at this time.)

Parents are also encouraged to come and join their students for lunch at noon and from 1:00-3:00 p.m. there will be a parent/student orientation in the auditorium for an introduction of our administrators and counselors and also to learn more about Capital High School. Parents will also have a chance to tour Capital.

*A social event for all new students will be held in Capital's cafeteria from 6:00-8:00 p.m.. There will be a \$5 charge for this event.*



### **CONGRATULATIONS TO THIS** **YEARS CLASS OFFICERS!**

#### **ASB officers 2010-2011**

President-Hannah Geraci  
Vice President-Julissa Perales  
Secretary-Brittany Wilcox  
Treasurer-Emily Hauge

#### **Class of 2011**

President-Jeffery Tran  
Vice President-Lynn Zhao  
Sec./Treasurer-Michelle Le  
Senator-Sarah Burdette  
Senator-Kenji Yamamoto  
Senator-Josie Coury

#### **Class of 2012**

President-Tyler Wu  
Vice President-Eleanor Hall Watson  
Sec./Treasurer-Erin Bentler  
Senator-Katie Williams  
Senator-Shelby Payne  
Senator-Erik Davis

#### **Class of 2013**

President-Cristafien Dixon  
Vice President-Alexis Alman  
Sec./Treasurer-Freya Jamison  
Senator-Rian Chandra  
Senator-Katie Janis  
Senator-Sophie Rice



**The C.H.S. 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
- 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 policies and procedures.**



**IMPORTANT ATTENDANCE INFORMATION  
(ATTENDANCE LINE 596-8019)**



**Attendance Procedure Reminder:**

**Notifying the School of Absences**

A parent or guardian must call the attendance office to excuse an absence or tardy. The attendance office 24-hour line is **360-596-8019**. Calls must be received within 24 hours of a student's absence or tardiness. **Notes are not accepted.**

**Acceptable Excused Absences:**

Doctor appointments, religious reasons, family emergency, illness, and pre-approved extended absences. (Senior pictures, drive tests, oversleeping, and extended lunches **will not be excused.**)

**Extended Absences**

If a student will be absent three or more days, due to vacation or other planned activity, an **extended absence form** must be completed and approved by an administrator prior to the absence. Forms are available in the attendance office.

**Other Absences**

Parents need to call the attendance office as early as possible to excuse a student to leave during the school day. This will allow us time to notify the student.

Please call the attendance office at **596-8019** with any questions about the attendance policy or check the student handbook on line at <http://capital.osd.wednet.edu>.

\*\*\*\*\*

**The following students had perfect attendance**
  
**for the 2009-2010 school year.....**
  
 David Buchholz, Danielle Cooper, Shweta Dixit, Benjamin Driver, Tosha Hollingsworth, Colin Kirk-
 mire, Joyce Le, Chelsea Nelson, Michael Sadad, Samnan Than, and Katie White.
   
**Congratulations!**

# Breaking News..... Capital High School saves hundreds of dollars in both printing and postage costs this year!

Capital High School will provide students their class schedules this year for the first time via Student and Family Access. Students will no longer be required to come to CHS to pick up their schedule, but can view it from their home **anytime after 12:00pm on September 1st.**

**Forgotten your log in password?** If so, please call the main office to obtain your password.

**Haven't signed up yet for Family/Student Access?** Fill out the form on page 6 of this newsletter and mail it in or drop it off at the main office. Or call 360-596-6150 to get signed up right away!

Please remember to update any general information including new phone numbers, etc when you log in for the first time. Please also remember that these schedules were created during individual student/counselor meetings this past spring. Only changes related to incorrect entry of requested courses may be made prior to school starting.

\*\*\*\*\*



## IMPORTANT BUS INFORMATION:

Morning buses pick up 1 hour late on the following Wednesdays during the 2010-2011 school year: **October 6, November 3, December 1, January 12, February 2, March 2, (not in April due to Spring Break), May 4, and June 1.**

Call Transportation at 596-7700 with route and time questions, or you can access the information on the OSD website: ([www.osd.wednet.edu](http://www.osd.wednet.edu))

\*\*\*\*\*

## PARENTS:

Access your student's information and grades on-line with **Skyward**

**Family Access.** Skyward Family Access will provide you with information regarding your student's attendance, discipline, immunization records, food service account, and access to the their teacher's grade book to view assignments and grades. Parents may fill out the form on **page 6** of this newsletter and mail it to C.H.S. Family Access, 2707 Conger Ave. NW, Olympia, WA 98502. Your form will be processed quickly and you will receive your password via email.



\*\*\*\*\*

## Join a Club at C.H.S.!

C.H.S. has an amazing variety of clubs. The first club meeting day will be Wednesday, September 22nd. Some clubs are:

Art, ASB/Leadership, Chess, Cultural Awareness, Debate, DECA, Drama/Thespians, Environmental, Future Business Leaders of America (FBLA), Film, Health Occupations Students of America (HOSA), Harry Potter, Honor Society, Horticulture, Invisible Children, Japanese, Key Club, Knowledge Bowl, Library Advisory, People Encouraging Awareness & Cultivation & Equality (P.E.A.C.E.), Prayer, Red Cross, Rotary Interact, and Spanish Club.

A complete club list, their advisors, and their main focus will be posted around the building during the first few weeks of school.

Be sure to check it out!

\*\*\*\*\*

## Quote of the Month:



*"Be kind whenever possible. It is always possible."*

**Dalai Lama**



# 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.





## 2010 Healthy Youth Survey

Our school will participate in the 2010 Healthy Youth Survey during the week of October 18th to 22nd. Please share the information in this article with your student. Then talk about the survey, and decide if your student will participate.

### What is the Healthy Youth Survey?

The survey asks questions about risk for injury, health outcomes, and alcohol and drug use. Schools, communities and state and local health departments use survey results to support our youth and reduce their risks.

The Healthy Youth Survey is voluntary and anonymous. Students will not write their names on the survey and no one from the school will look at the survey answers.

### Who will take the survey?

Students in grades 6,8,10 and 12 across Washington State.

### What questions are on the survey?

Survey questions come from surveys that have taken place across the nation and in Washington. Question topics include: Background information such as age, gender and race or ethnicity, feelings about school and community, relationships with parents, friends and neighbors, eating habits, physical activity, health education, attitudes about the use of tobacco, alcohol and other drugs, behaviors related to safety and feelings about safety, and behaviors related to violence.

### Is the survey voluntary?

Yes! Students taking the survey can skip questions and stop taking the survey at any time. If you do not want your student to participate in the survey, you can excuse your student from participating by calling the school. Students can also excuse themselves by telling their teacher that they do not want to take the survey, and they will participate in a different activity such as reading or working in the library. There is no penalty for not taking the survey. Your student's grades will not be affected.

### Need More Information?

If you have any questions about the purpose of the survey or survey procedures, please contact Department of Health, Kevin Beck, 1-877-HYS-7111. Additional information about the Healthy Youth Survey 2010 can be found at the following web sites:

[www.hys.wa.gov](http://www.hys.wa.gov), and <https://fortress.wa.gov/doh/hys>

\*\*\*\*\*

## BACK TO SCHOOL COMMUNITY FAIR AUGUST 28TH

Young People's Resources Network will be hosting a Back to School Community Fair on Saturday, August 28, 2010, 9-3:00 PM. The fair will be held at Community Christian Academy, located at 4706 Park Center NE, Lacey, WA. We are a local community organization, offering vital resources to families of all nationalities in Thurston County. Our Back to School Community Fair will provide children and youth between grades K-12 with free haircuts, clothing, medical screenings, school supplies, post high school opportunities, and much more! Parents can register their kids on the web at [www.back2schoolfair.org](http://www.back2schoolfair.org) or by calling 360.888.7574. This event is free and open to all families in Thurston County. We are expecting to host a few hundred students, maybe even 500 or more, so we are hoping this event will be beneficial for both our cause and your schools.





**The CHS community inspires all learners to think, explore, and grow.**



**Return Service Requested**

Capital High School  
2707 Conger Ave NW  
Olympia WA 98502

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Olympia WA  
Permit No. 29

## Find us on the web at [chs.osd.wednet.edu](http://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

Chris Woods 596-8005

#### Assistant Principals

Jeff Broome (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

**Cougar Connection Editor/Layout** Amy Dreesbach, [adreesbach@osd.wednet.edu](mailto:adreesbach@osd.wednet.edu)

#### Counselors

Jenny Morgan (A-E) 596-8022

Norah Jensen (F-L) 596-8024

Kay Bloomdahl (M-R) 596-8020

Erin Johnson (S-Z) 596-8028