

Capital High School COUGAR CONNECTION



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

October 2010

6 WEEKS GRADES COMING UP!



Due to rising costs and budget constraints we will **NO LONGER** be mailing home 6 week progress reports. Grades will open up to teachers on October 15, 2010 for 6 week progress report grades. Grading will be open for teachers from October 15th to October 19th at 3 p.m. **Please log into Family Access after 3 p.m. on the 19th to view your students 6 week grades.** If you are not signed up for Family Access please download the application form from our website. Fill it out and return it to Capital High School and we will get you set up to view your students information as soon as possible.



Parents: Did you know we have Student Crime Stoppers for the entire Olympia School District? Students can call **596-STOP** and report a crime anonymously. We want to keep our schools safe! If you would like to make a donation to help keep the program going, call the Crime Stoppers number. Thank you for your support!

Winter Sports Clearance

Sports clearance for winter sports will begin on **10/25/10**. If you have already played a sport this year all you have to fill out is a new medical card, sports safety guidelines, and a new head concussion form. Physicals are good for a year. If you have any outstanding school fines they must be paid before you can play a sport. *Pay to Play* fee is \$125.00 per sport. Winter sports include: Basketball (girls and boys), Wrestling (girls and boys), Gymnastics (girls and boys), and Boys Swimming. All forms are available on our website.



The Cougar Connection newsletter will be published on our website on the following dates:

- 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 and copies will be available in the main office.

Bad Weather? Tune in to KGY (1240 AM or 96.9 FM), KMAS (1030 AM), KAOS (89.3 FM) our district website <http://osd.wednet.edu> or www.psecs.wednet.edu for school information.

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



Important Dates

October 16th	P.S.A.T. test @ CHS 9:00 a.m.
October 16th	C.H.S. Homecoming Dance-9:00-Midnight
October 18-22	Healthy Youth Survey (See page for Details)
October 19	School Photo Re-Take Day (order forms in main office)
October 22	NO SCHOOL-TEACHER IN-SERVICE DAY
October 25	Winter Sports Clearance Begins-A.S.B. office
October 26	Senior Ad Night #1 -6:30-8:30 p.m.
October 27	Choral Concert 7:30 p.m.
October 28	Orchestra Concert 7:30 p.m.
November 2	Senior Ad Night #2 -6:30-8:30 p.m.
November 3	B Schedule-A.M. BUSES PICK UP 1 HOUR LATE (not Griffin S.D. buses)
November 4	Band Concert 7:30 p.m.
November 7	Daylight Savings-Set Clocks 1 hour back
November 9	Financial Aid Info. Night-6:30 p.m. CHS Theatre
November 11	NO SCHOOL-VETERAN'S DAY HOLIDAY
November 24	EARLY RELEASE @ 11:07-THANKSGIVING HOLIDAY
November 25&26	NO SCHOOL-THANKSGIVING HOLIDAY
December 1	B Schedule-A.M. BUSES PICK UP 1 HOUR LATE (not Griffin S.D. buses)
December 14	Choral Concert-7:30 p.m.
December 15	Orchestra Concert-7:30 p.m.
December 16	Band Concert-7:30 p.m.
December 17	Schedule H-Holiday Music Concert
December 20-Jan 2	WINTER BREAK-NO SCHOOL
January 3	Back to School
January 12	B Schedule-A.M. BUSES PICK UP 1 HOUR LATE (not Griffin S.D. buses)
January 14	Next Newsletter Published to Website



Thursday, January 6th will be the **CHS CHALLENGE DAY** event! This is our third year to offer this amazing program that touches the lives of teens all over the nation. The overall goal of the program is to increase personal power and self-esteem, to shift dangerous peer pressure to positive peer support and to eliminate the acceptability of teasing, violence and all forms of oppression. Challenge Day programs are designed to unite the members of the school and to empower them to carry the themes of the program back into the greater school community.

We're looking for about 30 parent volunteers willing to participate with our students in this event. You would need to commit to attending the entire day from 7:30-3:30. Lunch is provided. I guarantee you will walk away having experienced a profound appreciation for youth and their lives. Questions? Please email Michelle Anderson, Assistant Principal and Challenge Day Coordinator at: manderson@osd.wednet.edu or call her at 360-596-8068.

Quote of the month:

“Never look down on anybody unless you’re helping him up.”
-Jesse Jackson



Traffic Safety



Students interested in taking Traffic Safety in the winter or spring, may sign up **NOW** in the main office. The winter class will run from December 2 through February 17. The spring class will run from March 1st through May 12th. Students will meet on Tuesdays and Thursdays from 2:50-4:50. Students may sign up for drive time 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. We must have a minimum of 25 students to run the class. Forms are available in the main office or on line. Contact Rachel Beard at 360-596-8015 to sign up or with any questions.

Music Department News



Poinsettia & Holiday Wreath Sale!

The choirs of CHS are fundraising for a spring trip! We will be selling beautiful 6" poinsettias in red, pink, or white through the end of October. The price - \$12 each.

Also available this season are wreaths – 20" mixed wreaths - \$17.50; 24" mixed wreaths - \$20.00. We will have a table at the homecoming football game Friday, October 15th. Please let us know if you are interested in purchasing a beautiful holiday poinsettia or mixed green wreath! Final delivery of your order will be November 29th. Contact: cdinsmore@osd.wednet.edu.



Also, don't forget to watch for the upcoming **Music Department Grapefruit Sale!** Delicious ruby red grapefruit, picked at the peak of ripeness, packed and trucked in from Texas! Watch our website for prices and other information.

Chamber Choir Radio Performance

CHS Chamber Choir will perform on KGY Radio, 1240 AM on your dial, Wednesday, October 27th at 8:00 a.m. Tune in and hear the group perform on the Dick Pust morning show!

Fall Concert reminders

Wednesday October 27 Choir Concert 7:30
Thursday October 28 Orchestra Concert 7:30
Thursday November 4th Band Concert 7:30



Concert Ticket Prices remain the same:

Students w/ an ASB Card from any school:	FREE
Students with out ASB:	\$3.00
Adults:	\$5.00
Grandparents:	Free

All Concerts are in the Performing Arts Auditorium, doors open at 7:00pm

December Concerts

Holiday Festival Concert #1: Tuesday December 14
(9th Orchestra, 9th Concert Band, 9th Choir, Concert Band)

Holiday Concert #2: Thursday December 16
(Wind Ensemble, Symphony Orchestra, Concert Choir and Chorlaire)

School Holiday Concert: Friday December 17th 9:50 a.m. in the Gym. **Parents can also attend this event.**

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>.



HEALTHY YOUTH SURVEY

Our school will participate in the 2010 Healthy Youth Survey during the week of October 18th to the 22nd. The survey is voluntary and is for students in grades 6,8,10 and 12 across Washington State. Visit the following websites for more information: **www.hys.wa.gov**, and

<https://fortress.wa.gov/doh/hys>

Senior Ad Night

October 26th & November 2nd

A-pod @ 6:30-8:30pm

1/2 Page-\$200

1/4 Page-\$125

It's that time of year again; senior parents please come ready with text and pictures!



IMPORTANT OLYMPIA S.D. 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)

(FOR INFORMATION ON GRIFFIN S.D. BUSES CALL 866-4544)



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.

Call for Volunteers -- Olympia School District Planning Advisory Committee

The Planning Advisory Committee is a group of citizen volunteers who live within the Olympia School District boundary areas. We are looking for a diverse group of people who will represent all schools in the District.

Committee members will be asked to develop a long-term master plan and will work with a consultant team and staff members. The goal is to determine program and facility needs for the next 10-15 years. The adjustment of boundary and service areas will also be evaluated.

The committee will begin meeting in October and meet twice a month on Wednesday evenings. Each meeting will last approximately 2 hours.

Interested citizens should contact Timothy Byrne at tbyrne@osd.wednet.edu or Tricia Nicholas at tnicholas@osd.wednet.edu for an application. Applications may also be downloaded at osd.wednet.edu/about_us/cpc/CAC.

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.

COUNSELOR'S CORNER

The counseling department at CHS had a very busy and positive beginning to this school year! We are excited about welcoming our new counselor for students whose last name begins with M-R! Mr. Joel Komschlies is a longtime Olympia resident and comes to us from Rainier School District. He is a graduate of St. Martin's University and has been a school counselor for eleven years. He is looking forward to meeting with all his new students!

The CHS Counselors had specific goals to begin the school year, along with seeing many students regarding their schedules. One of our goals was to successfully transition Freshmen to high school. Our 9th graders were able to participate with our CHS Link Crew in a welcoming assembly program, school tour, and barbeque. After classes were underway, the counselors also spent two days meeting with each freshman in small groups. We gave a personalized tour of the counseling and career center, along with information on how to access their counselor and how to succeed during the 9th grade year.

Another goal that was accomplished involved our Seniors. All 12th graders were sent a "Senior Status Letter" from their counselor, along with an orange form. *This form needs to be signed and returned to the counseling center as soon as it is received*, so that graduation status will not be effected. The Senior Status Letter gave all seniors a list of requirements that needs to be completed in order to walk on June 14th. Counselors also visited all Seniors in their social studies classrooms and gave a Power point presentation regarding graduation requirements, post secondary school options, and college admissions help. Please see our website under "Academics", then click on "Advisory/CP", "Senior Advisory" and "Senior Information" to view this presentation. On the evening of October 5th, the counselors hosted Senior Parent Information Night. If you missed this event, you can access the Power point presentation on our CHS website under "Counseling" and "Senior Information". Don't forget it is mandatory for all Seniors to complete a Culminating Project and High School & Beyond Plan in order to graduate. For specific information go to the CHS Website and click on "Academics", then "Advisory/CP", and "Senior Advisory".

This year, the CHS Counseling Department is partnering with our new Career Center Counselor, Jennifer Boelts. The Career Center has essential information about post-secondary options, college admissions, and scholarship information. You can contact Ms. Boelts at jboelts@osd.wednet.edu. Please see our CHS website under "Career Center" for more details. The center is open Monday through Friday 8:30AM-2:30PM.

In conclusion, the Capital High School Counseling Departments' mission is to empower students to make informed and intentional decisions regarding their education, health, and future. We strive to serve all of our students in academic, personal-social, and career development. Please let us know how we can assist you! Wishing you all a successful school year!

Jenny Morgan (Counselor A-E) jmorgan@osd.wednet.edu (360) 596-8022

Norah Jensen (Counselor F-L) njensen@osd.wednet.edu (360) 596-8024

Joel Komschlies (Counselor M-R) jkomsschlies@osd.wednet.edu (360) 596-8020

Erin Johnson (Counselor S-Z) ejohnson@osd.wednet.edu (360) 596-8028

Please help us welcome these new Cougars to our C.H.S. staff!



Connie Bloom

Jeff Broome

Kristina Cummins

Jennifer Echtele

Joel Komschlies

Brooke LaCombe

Andrew Lopez

Nurse

Assistant Principal

English/Drama

Science

Counselor (M-R)

Science

Math & Drafting

Andrew Martin

Laura McIver

Donna McPeak

Shannon Houlihan

Brenda Kabat

Sports Medicine./Trainer

English Language Learners

Alternative Education

Education Assistant

Speech



Parents: Please have your student take the time to insure no parking fines!

Any student who parks on the CHS campus must have a valid CHS parking permit. Permits can be purchased at the ASB office for \$10 with ASB card, \$15 without. Permits are good for one school year. As with most high schools, parking spaces are limited. Having a parking permit does not guarantee a parking spot. If no spots can be found students are required to park off campus that day. Always be sure to park in a legitimate parking spot. If you have any questions about it being a "real" parking spot, it probably isn't. Parking tickets are issued on a regular basis and can add up very quickly.

INVISIBLE CHILDREN COMES TO CAPITAL!

On Monday, November 1st, at 7 p.m. in the CHS Theater, a group from the *Invisible Children* organization will present a documentary called "GO!" This documentary tells the story of former child soldiers in Uganda and encourages high school students to fundraise to build schools for these children. It is an inspiring story and we'd love to see you there!



-The CHS Invisible Children club

Career Center News

(Stop by the Career Center for times, more visits and other special events.....)

- Art Institute of Seattle 10/18
- University of British Columbia 10/18
- Macalester 10/18
- USMarine Corp. 10/19
- Gonzaga 10/19
- University of Puget Sound 10/25
- Corbin University 10/25
- Careers in the NFL 10/25
- Washington State U. 10/26
- University of Washington 10/26
- Eastern Washington 10/27
- Seattle Pacific 10/27
- U. of Oregon 10/28
- Pacific University (Oregon) 10/28
- Linfield College 10/29

2010-2011 THEATRICAL SEASON

PICNIC

-By William Inge
November 12,13,18,19,20

ALMOST, MAINE

By John Cariani
January 14,15,20,21,22

One Act Showcases

(Titles to be announced)
February 24,25,26

ONCE ON THIS ISLAND

May 5,6,7,12,13,14

PLEASE CALL OUR BOX OFFICE AT 596-8053 FOR TICKETS & INFORMATION.

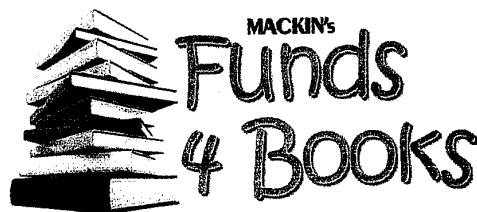
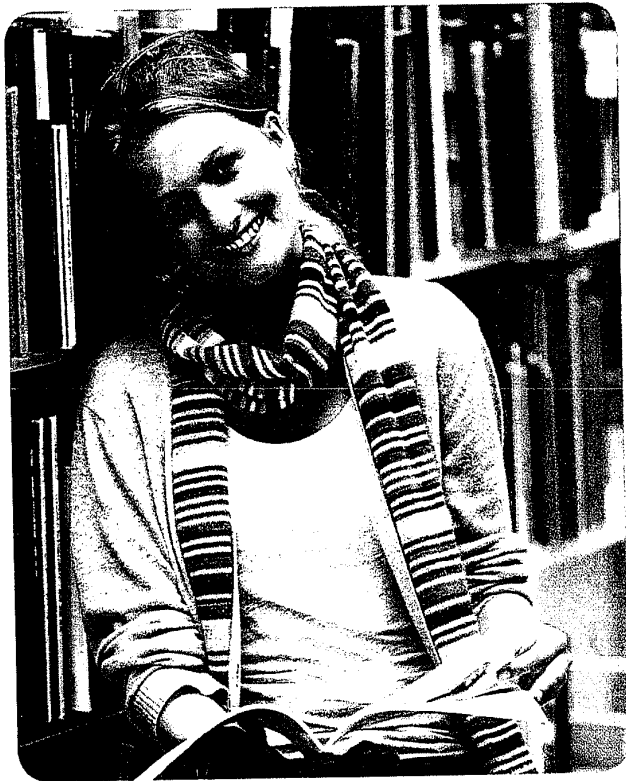


PLEASE HELP OUR LIBRARY BY OCT 31ST

- 1) Go to **Funds4Books.com**. Enter code d383 to view Capital High School's personal web page.
- 2) Make an easy, online donation to improve our library! 100% of your donation goes to books for CHS students!
- 3) Check back every few days to watch climb to our goal of \$1000

Research shows that students with access to larger, more current book collections achieve higher reading, writing and ACT scores.
 (Illinois School Library Media Association Study, 2005)

Your contribution is tax deductible to the extent allowable by law.



QUESTIONS?

Contact Kristi Bonds, Teacher-Librarian
 at: 360-596-8037 or
 kbonds@osd.wednet.edu

**Thank you for your support
 of the CHS Library!**

GOOD TO KNOW...

We purchase our library materials from Mackin Educational Resources, a 26-year trusted library book vendor that provides the Funds4Books program free of charge. Mackin allows us to purchase books from thousands of publishers as opposed to just one so our library gets exactly what it needs. They even provide free shipping!

If you prefer to use a personal check for your donation, fill out this form, attach to check, and send to school with student.

Make checks payable to **FUNDS4BOOKS.com**.

✂

Fundraiser Code D383 Donation Amt. \$ _____

Donation on behalf of (optional) _____

I prefer to remain anonymous

Your Name _____ Student Name _____

Teacher _____ Grade _____

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