

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

IMPORTANT DATES



January 13&14	Financial Aid Workshop 6:00 PM-7:30 PM-Career Center
January 18	NO SCHOOL-MARTIN LUTHER KING JR. DAY
January 21	Sophomore/Junior Parent Night 6:00 PM-7:30 PM
February 3	B Schedule- BUSES 1 HOUR LATE
February 3-5	Semester 1 Final Exams
February 5	End of 1 st Semester
February 12	NO SCHOOL-MID WINTER BREAK
February 15	NO SCHOOL-PRESIDENT'S DAY
February 18	11th graders will receive registration forms for next year
February 18	1st Semester Report Cards Mailed
February 22-26	Counseling Center closed (Counselors meeting with 11th & 12th graders)
February 23	Parent Forum (Substance Abuse)-6:30-8:30p.m.-Knox Board Room
March 2	Orchestra Concert-7:30 PM
March 3	B Schedule- BUSES 1 HOUR LATE
March 9	Choir Concert-7:30 PM
March 11	9th & 10th graders receive registration paperwork for next school year
March 13	Career Day-10:30 a.m.-1:00p.m.-Timberline High School
March 15-22	Counseling Center closed (Counselors meet with 9th & 10th graders)
March 16	High School Proficiency Exam (formerly WASL) –Reading
March 17	HSP Exam-Writing 1
March 18	HSP Exam-Writing 2
March 19	Newsletter published on-line
March 23	Band Concert- 7:30 PM
March 29	8th grade parent night-7:00p.m. CHS Theater

Join the Friends of the Olympia School District for School Closure Information

It's getting to be that time of year when weather or other emergencies can force school delays and closures. One way to receive the most up-to-date news from around the Olympia School District, including school schedule delays or closures, is by signing up as a Friend of the Olympia School District. You'll receive monthly newsletters to your email along with information that you need right away. It only takes a minute to sign up. Go to the front page of the District Website at <http://osd.wednet.edu> and subscribe to the Friends of the Olympia School District. It's a great way



Announcing: A Princess Ball!

A special event for all princesses age 3 and up and their father figures!



January 30th and February 6th from 6:30-9:30 p.m. @ Capital High School. \$34 per couple (\$14 for each additional princess) See the C.H.S. website for more information. Don't wait! This event sells out!



C.H.S. would like to wish Jami Schneider goodbye and good luck with her retirement. Jami worked in our E.L.L. (English Language Learners) program for 6 years, and was with the Olympia School District for 30 years. We will miss her very much!



National Merit Scholarship Program

Each year, students who score at the top 1% on the PSAT college entrance exam are named as National Merit Semifinalists and become eligible for a National Merit Scholarship. We are proud to announce C.H.S. seniors Jenny Lee and Sydnee Dieckman have been named National Merit Semi-Finalists. Amali Abeysinghe, Joshua Farrar, Wendi Li, Patrick Meyer, Joshua Neitzel, Tara Newman, Chelsea Schmidt, Rachel Scholes, and Jessica Vu have been named National Merit Commended Scholars. **Congratulations to all of our National Merit Semifinalists and Commended Scholars!**

Got Cougarwear?



The Cougar Den has a wide variety of Cougarwear available in various sizes. We have t-shirts ,sweatshirts, hooded sweatshirts and hats at reasonable prices. We are open from 1st period through 4th period every day , and before and after school by appointment. Contact advisors Brian Taylor btaylor@osd.wednet.edu, Angel Elam aelam@osd.wednet.edu, or Jennifer Fabritius jfabritius@osd.wednet.edu for more information. Thanks!

TRAFFIC SAFETY NEWS!!



Any student wishing to take 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 Spring class begins on **March 2nd, 2010**. Contact Rachel Beard in the main office with any questions 360-596-8015.

SPRING SPORTS CLEARANCE BEGINS FEBRUARY 16TH

Interested in playing a spring sport? Spring sports are baseball, fast pitch, track, girl’s tennis, and boy’s soccer. Clearance packets will be available in the ASB office starting February 16th and are due back by 2/26/10. Practices begin on March 1st. **No athlete may participate in practice until their packet is turned in to ASB.** Pay-To-Play fee is \$125.00. Some scholarships are available based on need. Call the Athletic Office with questions 596-8073.



Quote of the month:

“One kind word can warm 3 winter months.”

-Japanese Proverb

The Capital High School Parent Organization (C.H.S.P.O.)

The Capital High School Parent Organization (CHSPO) is a group of parents working together to build community and enrich the high school experience for all CHS students. Our purpose is:

- To promote communication between parents, students and school
- To facilitate parent involvement and volunteer opportunities
- To raise and administer funds for a wide variety of school needs and student activities

In fact, the CHSPO grants nearly \$8000 every year to fund a variety of requests from CHS faculty and staff.

CHSPO also supports the year-end Staff Appreciation Luncheon and the Arts & Recognition Night. We also support the parent committees that organize the Senior Baccalaureate and the Senior Graduation Night Party.

We are able to provide these funds and activities through membership fees, donations, and our 2 major fundraising events – the Father/Daughter Dances and the Mother/Son Palapalooza – as well as donations made through “escrip”. By registering your Safeway card at www.escrip.com, a portion of each purchase you make is donated back to us.

Most importantly, volunteers are critical for our success. As our students get older, there seems to be less time and opportunity to get involved. Any amount of time you can spare not only benefits the CHSPO, but studies show the more parents are involved in their student’s school and life, the more successful they will be.

For more information about membership &/or volunteering, contact CHSPO.chair@gmail.com. Or come to one of our meetings, held in the CHS school library on the 2nd Tuesday of each month at 7:00pm.

PLEASE REVIEW THE FOLLOWING 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.

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.

Extended Absences:

If a student will be absent 3 or more days, due to vacation, etc, **an extended absence form must be completed and approved by an administrator prior to the absence.** Forms may be picked up in the Attendance office.

Early Release: Call the attendance office **before 9:00a.m.** to notify them of the time your student needs to be excused early. Please remember, you may leave a message on the attendance line (596-8019) **24 hours per day!** The attendance office will write an early release slip and deliver it to your student. Then, at the appropriate time, your student will come to the attendance office and sign out. **If students are returning to school that day, they must sign back in at the attendance office.**

Please check out the attendance policy in the student handbook on line at <http://capital.osd.wednet.edu>.



Attention Parents- Do you want to know via email what is going on at CHS? Would you like to be able to put \$ in your child’s lunch account on-line or check their assignments and grades? If so, please become a member of “Family Access” (see application on page 6 of this newsletter). If you already are a member, **please be sure we have your correct email address.** If your email has changed at all you need to pull up your account in Family Access and update your email address. This tool is used to inform families of upcoming events pertaining to your students.

CAREER DAY!



The Thurston County Chamber of Commerce Foundation in partnership with Thurston County School Districts is offering “**Find Your Future**” Career Day on **Saturday March 13th** 2010. The event will be held at Timberline High School from 10:30 am to 1 pm. Find Your Future is open to all Thurston County 8th through 12th grade students and their parents at no charge. Students may select two career sessions to attend from over 25 different career offerings, while parents will hear how to assist their students with career options, choosing a college, financing education or training, and other post high school opportunities. In addition there will be a Resource Fair with college, university, career, and military representatives providing information to parents and students. Registration is now open at www.thurstonchamber.com/findyourfuture. The registration **deadline is February 27, 2010.** Questions? See Ms. Garrett in the Career Center.



All parents of sophomores and juniors are invited to attend Sophomore/Junior Parent Night on January 21st from 6-7:30 in the Theatre. Graduation Requirements, Post-secondary Planning, and options for next year will be discussed. Break-out sessions will be held with more information on the International Baccalaureate Program, New Market, Running Start, the CHS Career Center, and NCAA requirements.



There will be a Parent Night about Substance Abuse on February 23rd from 6:30 to 8:00 p.m. in the Knox Administrative Center Board Room. The Knox Center is at 1113 Legion Way S.E.

The meeting will focus on how parents can communicate with their kids regarding substance abuse issues.

Contact the Olympia School District Substance Abuse Counselor, Shawna Teodoro at 596-8545 for more information.

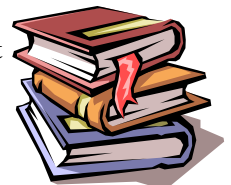
News from the CHS Library

Tutors available in the library Monday & Wednesday after school until 3:30. Both are students at Evergreen. Their expertise is in math and science. Finals are coming soon, so it’s time to study up! Everybody is welcome. Call 596-8037 or 596-8041 for more information.

For your semester research papers, **don’t forget about Noodletools** – the online bibliographic citation page maker located on the CHS library web page.

The **library advisory board** continues to meet on every “club” Wednesday! A great club to build the resume. New members are always welcome.

All books due in 2009 are now overdue! Please check the date on your library book and return or renew them at the CHS library. Overdue fines will be entered on the Skyward fine list. Thanks!



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.



First Semester Final Exam Schedule

Wednesday, February 3rd, 2010 (Late Start)

Period 1 9:00-10:50

BREAK 10:50-11:10

Period 2 11:15-1:05

Sack Lunch Available

BUSES ARRIVE @ REGULAR TIME (2:37)

Thursday, February 4th

Period 1 8:00-9:50

BREAK 9:50-10:10

Period 4 10:15-12:05

Sack Lunch Available

BUSES ARRIVE @ REGULAR TIME (2:37)

Friday, February 5th

Period 5 8:00-9:50

BREAK 9:50-10:05

Period 6 10:10-12:00

Sack Lunch Available

BUSES ARRIVE @ 12:07

INTERNATIONAL BACCALAUREATE

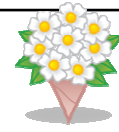


Our 127 International Baccalaureate students are in the middle of the winter "crunch" as they grapple with internal assessments and additional projects in their classes. Whether they're certificated, anticipated or diploma candidates, all are challenged and busy. The 12th grade diploma candidates have put the finishing touches on their research based extended essays and their Theory of Knowledge presentations and essay, all while dealing with the pressures of college application deadlines. All IB anticipated and diploma candidates have been given information regarding the documentation required for the community service component, or what IB calls CAS, and should plan to complete this requirement by April. The May test schedule is posted on the IB link under the Academic section on Capital's home page and families should be aware that the test schedule cannot be altered. We've been very fortunate to have strong parental support for the program and that need continues as we move through the internal assessment season and into spring testing. Parents help with everything from assisting with the recorded assessments in English and World Language to proctoring the May tests at ESD 113. If you are able to volunteer a few hours, we'd love to hear from you. Contact the IB coordinator, Matt Herinckx, at herinckxmj@osd.wednet or at 596-8233 for details. Our great kids are supported by great parents and together we can make sure 2010 is a great year for IB at CHS.

Climate and Culture Committee

A diverse group of 54 Capital High School students, teachers and parents came together on December 11th for their first meeting of the Climate and Culture Committee. These meetings are designed to make C.H.S. more personal, supportive and inclusive for our diverse student population. The committee operates on a well accepted template that relies on the "Four R's of school personalization"—rigor, relationships, relevance and respect. Through our activities, the committee is working to create a learning environment that respects all students and encourages their success. Our next meeting will be Tuesday, March 23, 2010. If you would like more information, please contact Larry Walsh, Assistant Principal, at 596-8067, or e-mail him at lwash@osd.wednet.edu. The committee is creating a banner for the student commons area entitled; IT'S GREAT TO BE A COUGAR BECAUSE.....

- CHALLENGING CLASSES
- GREAT TECHNOLOGY
- SPORTS TEAMS HAVE TOP GPA'S
- GIVING TREE/FREE CLOTHES/FOOD/BACKPACKS/SCHOOL SUPPLIES
- CARING STAFF
- AFFORDABLE LUNCHES
- LUNDY'S LAWN
- ASB
- FUN CLASSES
- MANY SCHOLARSHIP OPPORTUNITIES
- EXCELLENT FINE ARTS
- NEWSPAPER/CNS FREEDOM TO PUBLISH STUDENT VIEWS
- COMMONS DÉCOR
- DIVERSITY OF CLUBS AND OPPORTUNITIES
- GREAT SPIRIT
- LIFE SKILLS PROGRAM
- DANCES
- WE FEEL SAFE
- STABLE ROOF
- MENTOR PROGRAM
- CLEANER CAMPUS
- DRIVERS ED
- MANY, MANY ACTIVITIES
- SKYWARD ACCESS FOR STUDENTS AND PARENTS
- OUTSTANDING SPORTS PROGRAMS
- FRIENDLY CULTURE IN HALLS
- CAREER CENTER
- LACK OF CLIQUES
- FUN LUNCH ACTIVITIES
- LUNCH MUSIC
- ACTIVE LEADERSHIP CLASSES
- IB PROGRAM
- INTERESTING AND FUN ASSEMBLIES
- STUDENT STORE IS CLASSY



New Scholarships in Memory of Christel Miller

Ed Miller is establishing significant new scholarships in memory of his late wife, Christel Miller, who was a long-time member of the Capital High School Foundation. In addition, Ed is adding to the existing Derek Miller Scholarship, to create a total of four scholarships for CHS graduates. Christel, who continued to work diligently on the Foundation Board until the late stages of her illness, is being memorialized with two \$2000 scholarships funded primarily by her husband, Ed. Other contributions have been received and are welcomed from those wishing to give in memory of Christel. In addition, Ed has increased the Derek Miller Scholarship to two \$2000 scholarships. The existing Derek Miller scholarship has been awarded for many years in memory of Ed and Christel’s son, who preceded Christel in death.

Along with the financial commitment these scholarships represent, Ed Miller has joined the Foundation Board as a member, and he also served last year on the scholarship selection committee. There can be no more fitting way to honor Christel Miller’s memory and her years of hard work and dedication to the CHS Foundation’s efforts to raise scholarship funds for our students.



Congratulations to CHS senior **Courtney Johnson** who is a top finalist in the 2009 Qwest Leadership Challenge. Candidates are chosen based on their leadership and commitment to their school and community. Courtney and the eleven other finalists were recognized on the field at the November 8th 2009 Seahawks game at Qwest Field. Great job Courtney! We are proud of you.

Culminating Project Information

Capital Families with Seniors,

It is that time again, our *seniors* are preparing their Culminating Projects. They have already completed their proposals and are working on their products that are due January 21st. If this is news to you, go to our senior advisory page on the CHS website to obtain more information and the timeline of events.

Senior Advisory Page: http://capital.osd.wednet.edu/academics/advisorycp/12_advisory/senior_advisory

Volunteer Opportunity:

We are also looking for parent and community volunteers to serve as panelists for the senior Culminating Project presentations. They will be held in March and April. Please contact **Ivy Marple** at imarple@osd.wednet.edu if you are interested.

March Presentation Schedule:

- 3/16 7:45-10:00 AM
- 3/17 7:45-10:00 AM
- 3/18 7:45-10:00 AM

April Presentation Schedule:

- 4/13 7:45-10:00 AM
- 4/15 7:45-10:00 AM
- 4/22 7:45-10:45 AM & 11:45-2:45 PM
- 4/23 7:45-10:45 AM & 11:45-2:45 PM

DID YOU KNOW?.....



The **Cougar** is the largest cat that can purr.

Cougars can leap 16 feet straight up and 45 feet across. That means a Cougar can jump over a school bus- the long way!

The ancient Incan city of Cusco was designed in the shape of a **Cougar**.

(www.thejunglestore.com)





SENIOR NEWS

Graduation is June 19th!!



Did you miss the Herff Jones representative visits in December? You may order items graduation items such as announcements and cards by phone or on-line at www.nwrecognition.com Questions about how to order ?

Call a Herff Jones representative at (877)261-3646.

Herff Jones/Northwest Recognition

3518 Fremont Ave. North #375

Seattle, WA 98103

www.nwrecognition.com

A Message from your Class of 2010 Parent Representatives:

Dear CHS Senior Parents,

Just a reminder to purchase your son or daughter's "all night graduation party" ticket! The first price increase went into effect Jan. 11th. We have a limited number of tickets we are able to sell at each price. The ticket prices and deadline dates are as follows:

October 1, 2009 to January 10, 2010 **\$145.00**

January 11, 2010 to March 10, 2010 **\$160.00**

April 11, 2010 to June 10, 2010 **\$180.00**



This is an excellent opportunity to give your child a **really fun, safe, and sober** senior memory. The Grad Night Party is a well chaperoned alcohol/drug free all night party where students are taken in luxury buses the evening of graduation to and from several privately reserved attractions. The specific locations are generally not disclosed ahead of time. This assures that we provide the alcohol and drug free party we promise parents. There will be a mandatory parent meeting for all students attending the party later in the year. Your Class of 2010 parent group surveyed students and worked very hard to accommodate both "**girl**" & "**guy**" interests. We are confident that the venues selected will have something for everyone!

We hope you will support the Class of 2010 Grad Night party and encourage your student to attend!

You should have received a registration form in the mail and/or email. You will also find them in the Cougar Connection (newsletter) online or the counseling office.

If you have any questions concerning the trip, please give one of us a call.

Cori Mayes 866-0741

Donna Monda 866-4901

If you are not receiving email updates and would like to receive them please contact mayesdc@comcast.net

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

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
Assistant Principals

Nancy Faaren 596-8005
Larry Walsh (A-G) 596-8067
Michelle Anderson (H-N) 596-8012
Daniel Grimm (O-Z) 596-8013

Dean of Students

Athletic Director
Activities Director

Steve Bellande 596-8070
Angel Elam 596-8056

Cougar Connection Editor/Layout Amy Dreesbach, 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