

Capital High School **COUGAR CONNECTION**



August 2009

Welcome Cougars !

Dear Parents,

Our summer has flown by, and we are looking forward to the opening of Capital High School for the 2009-2010 school year. Our school building is still under construction as the crew continues to work on our classrooms and library. This week they will begin to lay the carpet in the library. Our first day of school will be Wednesday, September 9th and classes will start on time at 8am!

The City of Olympia, the architects, the contractors, and the district have worked closely to assure that our school is safe and functional. Heating and cooling units on the roof have temporary supports, and they are exploring options for long term solutions. We will all benefit from not having to close school whenever there is a dusting of snow on our roof. I never imagined that I would be so fascinated in trusses! Thanks again to our community for your continuing support.

Beginning September 16, each Wednesday will be a one hour late start. This time will be used for tutoring, extended learning, club meetings, and teacher training and collaboration. The district will provide buses one hour late on the following dates: October 7, November 4, December 2, January 6, February 3, March 3, May 5 and June 2. On the other Wednesdays, buses will run at the usual time. Students who are not involved in a school club or in tutoring, may be in the commons area during these Wednesday late starts. There will be an exception to the Wednesday late start when we are WASL testing. We will have this information posted on our website.

We are excited about this new school year!
See you at our Open House on Tuesday, September 29th at 6:30!

Sincerely,

Nancy Faaren

Save a tree! Newsletters will now be available on our website.

In an effort to be more environmentally responsible, starting with the October issue, the *Cougar Connection* will be published to our school website: capital.osd.wednet.edu. Our website is full of great information to keep you updated on what is going on around Capital High School.

Newsletters will be published on the following dates:
October 16, 2009
January 15, 2010
March 19, 2010
May 14, 2010

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.
Questions? Call 596-8010.
Thank you!





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

IMPORTANT DATES

August 17	Main office & ASB office opens-8:00 A.M.
August 17,18,19	Fall Sports Registration-8:00A.M.-3:00P.M. ASB office
August 19	First day of football practice
August 24	1 st day of all other fall sports
September 1	Schedule pick up for 10th,11th, and 12th grades only. (10a.m.-12:00 noon)
September 2	Freshman & new student orientation
September 9	FIRST DAY OF SCHOOL 8:00 A.M.-2:37 P.M.
September 10	School photo day
September 11	School photo day
September 29	C.H.S. open house 6:30 p.m.
October 1	Senior information night 6:00 p.m.
October 7	One hour late start-Busses on one hour later pick up
October 20	Orchestra concert 7p.m.
October 21	Choir concert 7p.m.
October 22	Band concert 7p.m.
October 23	NO SCHOOL (teacher in-service day)
October 23	Homecoming football game
October 24	Homecoming dance
November 4	One hour late start-Busses on one hour later pick up
November 11	NO SCHOOL -Veteran's Day
November 20	EARLY RELEASE @ 12:07 (grading)
November 26&27	NO SCHOOL -Thanksgiving holiday
December 2	One hour late start-Busses on one hour later pick up
December 21-January 1	NO SCHOOL -Winter break
January 4, 2010	Back to school



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.



WELCOME FRESHMEN AND NEW STUDENTS!

Wednesday, September 2nd is our Freshmen/New Student Orientation.

Freshmen and new students should be contacted a few days before orientation by their LINK leader. If your student has not heard from their LINK leader by 9/1/09 please call 596-8000.

- 7:45-8:00 a.m. Arrive in front of the Main Gym, located in the LOWER parking lot.
- 8:00 a.m. Main Gym doors open to welcome our new students
- 8:00a.m.-12:00 p.m. LINK Assembly (freshmen and new students will meet the C.H.S. LINK CREW and join their own LINK leader.)
 - Pick up schedules
 - Tour Capital High School
 - Purchase P.E. clothing
- 12:00 p.m.-1:00 p.m. LINK BBQ for new students and Freshmen \$3.00 per person. Meet in the Commons
- 1:00 p.m.-3:00 p.m. Parent Orientation in main gym
 - Tour Capital H.S.
 - Conduct ASB related purchases (ASB cards, season tickets for football & volleyball, yearbooks, etc..)
 - Meet the Principal, Counselors, Athletic Director, and Activities Director.
- 6:00p.m.-8:00p.m. LINK Crew/new students/freshmen Social (in Commons, \$3.00 per person)

2009-2010 Fees and Prices

- Meals.....** Breakfast \$1.35, Lunch \$2.35 Free and reduced lunch forms are available in the main office. A new form must be filled out and turned in each school year.
- ASB Card.....**\$40.00
- Parking Permit.....**\$10.00 with ASB card, \$15 without. **Complete the application on page 9 of this newsletter and bring it along with your payment to the ASB office.** Parking permits are sold on a first come, first served basis.
- P.E. Clothing.....** \$15 uniform (shirt is \$5.00, shorts are \$15) **P.E. clothing is required for P.E. class.** Financial aid may be available.
- Yearbook.....**\$ 55.00 After December 15th price goes up to \$60.
- Pay to play fee.....**\$125.00 per sport

INTERESTED IN PLAYING A FALL SPORT?

Fall sports at C.H.S. are football, girl's soccer, volleyball, cross country, girls swimming, boy's golf, and boy's tennis. Football practice starts on August 19th. Practice for all other fall sports starts on August 24th. **You must turn in your sports clearance paperwork (including a recent physical exam) to the ASB office before you can participate in a practice.** You can download several of the required forms including physical examination forms from the Olympia School District website (www.osd.wednet.edu). On the main page click on "Students", from the menu on the left side click on "athletics". You may also pick up a sports packet starting Monday, 8/17 from the ASB office.

The ASB office will open for sports clearance on Monday, August 17th. From 8:00 a.m. to 3:00 p.m. , Tuesday the 18th from 8:00a.m. to 3:00p.m., and from 6:30 p.m. to 8:00 p.m., and Wednesday, August 19th from 7:00 a.m. to 10:00a.m. The final day of sports clearance will be Thursday, August 24th from 8:0a.m. to 12:00 noon.

The pay to play fee for sports is \$125.00.
 Questions? Call the ASB office 596-8071 or 596-8070.





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.

2009-2010 Class Officers:

A.S.B. Executive Officers

President-John Hays
Vice President-Michael Monda
Secretary-Sara Bjorklund
Treasurer-Courtney Johnson

Senior Class of 2010

President-Chris Holm
Vice President-Darion Conwell
Sec./Treasurer-Molly Kuntz
Senator-Cannon Milligan

Sophomore class of 2012

President-Tyler Wu
Vice President-Brittany Wilcox
Sec./Treasurer-Angelina Saplan
Senator-Gunnar Lindskog

Junior Class of 2011

President-Jeffrey Tran
Vice President-Michael Rosen
Sec./Treasurer-Sarah Burdette
Senator-Cameron Seib
Senator-Julissa Perales
Senator-Kenji Yamamoto



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.

Acceptable Excused Absences:

Religious reasons, family emergency, illness, bereavement, pre-approved extended absences and professional appointment (**Appointments considered professional by nature are:** doctor, dentist, orthodontist, attorney, and other licensed practitioners. **Appointments not considered professional are:** drivers testing, senior pictures, or long lunches).

Extended Absences:

If a student will be absent 3 or more days, due to vacation, etc. an extended absent form must be completed and approved by an administrator prior to the absence.

Other Absences:

To facilitate a student who needs to leave for an appointment during the school day, please call before 9:00am. The student will be given a pass to leave class at the appropriate time. The student must then sign out at the attendance office **BEFORE** leaving campus and sign in **UPON RETURN** to school. Students who leave school without permission are deemed 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.

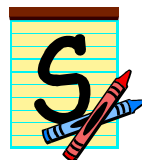
Please check out the attendance policy in the student handbook on line at <http://capital.osd.wednet.edu>.

Perfect Attendance for the 2008-2009 School Year



The following students had **perfect attendance** last year:

Amali Abeysinghe, Jacob Antles, Meghana Bachu, Jasjit Basi, Zoren Cabotage, Jessica Carlson, Amanda Clark, Lindsey Corn, Alex Davies, Sarah Deakins, Shweta Dixit, Simon Fraher, Jordan Hennigan, Timothy Hollingsworth, Tosha Hollingsworth, Michael Kim, Joyce Le, Kevin Lester, Paul Lester, Cheyne Mayer, Grant Munson, Victoria Nguyen, Joseph Orf, Michael Sadac, Samnang Than, and Michael Vitazko



Your Paths to Survival

Making parent-to-parent connections is an important component of surviving the teen offspring years. A strong step toward great parenting is finding out how you can connect with other Capital parents. Fortunately, Capital High School has three excellent paths for finding folks in the same boat and doing well navigating the same sorts of challenges and opportunities that are coming your way. They are:

The CHS Booster Club

The Booster Club supports all WIAA activities, including sports, music, debate, and drama. With their yearly fundraiser, The Boosters are working to raise over \$100,000 that will go to support student activities. There are additional projects in the works to build spirit and pride at CHS. Come be a Booster! Contact Susan Rivera-Lee at svrlee@hotmail.com to learn how you can help.

The CHS Foundation

The goal of the CHS Foundation is to provide money for Capital High graduates to continue their education. Scholarships are awarded on the basis of need, academics, and activities. This group makes thousands of dollars available to seniors each spring. One major fundraiser is the holiday See's chocolate sale. The Foundation also sells engraved pavers, and conducts the popular Mother/Son Palapalooza every spring. Contact Richenda Richardson at richenda@nwrain.com for more information.

The CHS Parent Organization

The Parent Organization exists to support students, staff, and families. The Parent Organization is the roof that houses class activities (such as the senior party), the Cougar Connection phone book, a staff appreciation luncheon, Arts & Recognition Night, Freshmen/new student Orientation, this newsletter, and educational forums for parents. There is a wealth of experience and talent at work in the CHSPO! Fundraisers include a Barnes & Noble Book Fair, two fabulous Father/Daughter Dances, and a grocery rebate program. Contact Beth Schilling at beths3588@comcast.net or Ron Gross at chspo.chair@gmail.com



Health Information

Immunizations

Washington State Immunization Law requires **all students attending public schools, preschool - 12th grade, to provide proof of immunization, a medical exemption signed by a physician, or a personal/religious exemption signed by a parent or legal guardian before entering school.** All students, regardless of age, are required to conform to the law prior to attending classes. (July 1, 2009 - July 1, 2010 as per Washington State Department of Health)

Medication at School

Strict policies and procedures govern the administering of medication to students. If your child needs either prescription or nonprescription medication, contact your school office for guidelines and permission forms.

Health Screenings

Students in the Olympia School District are screened for possible health problems. This includes screening for vision, hearing, dental, and scoliosis (curvature of the spine). Parents are notified of any problems found during the screening.

Health & Accident Insurance

Students are not automatically covered by medical or accident insurance. Parents who wish to purchase group insurance coverage can select school-time coverage, 24-hour coverage, football and dental coverage. Each plan offers high, medium or low benefit options which allow parents to tailor the coverage to their specific needs. Information is available at each school and the District offices.

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. Summer Pictures – due Friday, October 16th

- A. Any CHS student with other CHS students – all grades, not just seniors (included as much information about the picture as possible.)

Travel shots, action shots at beach/mtns/theme parks, etc. parties, working fixing cars, sleepovers, weddings, picnics, pranks, w/celebrities.

2. 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:

4. Baby Photos- due Friday, October 30th

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

5. Siblings- due Friday, October 30th

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

6. 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.

7. Senior Ads

- A. Parent work nights – TBA
 - B. Bring your photos, what you want to say and a check (J), we'll help you lay it out
 - C. You may submit on disc – quarter page: (\$125) half page: (\$200)
- You may also create your Senior Ad online at JostensAdService.com (online deadline 1/22/10).

We are planning a colorful, exciting Yearbook for 2010. We look forward to including your photos in the book. We do refuse the right to include your photo if it is inappropriate for a school publication, or does not meet our publishing deadlines. All photos may be submitted on disc, via email (jjjohnson@osd.wednet.edu), or a print (although we make every attempt to return the photos in a timely manner, please do not give us your only copy). Check the CHS website for more information and deadline reminders.

Thanks,

Jill Johnson, Adviser; Alicia Lathrop, Editor in Chief,

Maddy Gonzales, Elle Pettie, Co-Editors; Kenzie Holt, Business Manager

****See the yearbook order form at the back of the newsletter.****

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.

Office Use Only

Permit # _____ Issue Date: _____

APPLICATION FOR PARKING PERMIT AT CAPITAL HIGH SCHOOL 2009-2010 SCHOOL YEAR



Mark One:

- _____ I AM ATTENDING CHS FULL TIME
- _____ I AM A RUNNING START/CHS STUDENT
- _____ I AM A NEW MARKET/CHS STUDENT

Driver's Full Name: _____ Grade: _____

Driver's License #: _____ Registered Owner of Vehicle
(s) _____

Insurance Company/Policy #: _____

Please list all vehicles registered to you or your family members you might park at CHS this year. You may purchase one parking permit and move it from car to car. If the permit is not visibly posted in your vehicle, you may receive a parking ticket even if it is one of the vehicles listed on this application.

Car Make/Model, color & license # (s) _____

I understand that parking at Capital High School is a privilege, not a right. This privilege can be taken away if abused. Examples of such abuses are: falsifying a permit or application, stealing a permit, reckless driving, parking in an area other than the one designated by the permit, parking in an illegal zone. This permit does not guarantee you a space. If all the spaces in your designated area are full, you will need to park off campus in a legal parking space. You can and will be towed if you violate any parking policies!

Parking permits are sold on a priority basis (seniors first, then juniors if space permits) at a cost of \$10 with an ASB card and \$15 without an ASB Card. Permits will not be available to students with outstanding fines.

I have read and understand the parking policies of Capital High School.

Student Signature: _____ Date: _____

I understand that my son/daughter is accepting the responsibility for parking in Capital High School's student parking lot, if that privilege is lost, he/she will be required to park off campus.

Parent Signature: _____ Date: _____

Mission Statement
 The Capital High School staff in partnership with students, their families and community, will provide high standards in teaching and learning in a safe, supportive environment so that all students can achieve success and develop the capacity for life-long learning.

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

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	Counselors	
Assistant Principals	Larry Walsh	A-G) 596-8067	Jenny Morgan	(A-E) 596-8022
	Michelle Anderson	(H-N) 596-8012	Norah Jensen	(F-L) 596-8024
Dean of Students	Daniel Grimm	(O-Z) 596-8013	Kay Bloomdahl	(M-R) 596-8020
			Erin Johnson	(S-Z) 596-8028
Athletic Director	Steve Bellande	596-8070		
Activities Director	Angel Elam	596-8056		
Cougar Connection Editor/Layout	Amy Dreesbach,	adreesbach@osd.wednet.edu		