

Capital High School Cougar Connection

March/April 2018

Library News

All **Freshmen English classes** will complete a two-week unit on doing research at a high school level during the year. Then they return to their classrooms to write their research paper. Classes that completed it 1st semester were Ms. Shine, Mrs. Street and Mrs. Eygabroat. On deck are Mrs. Cummins, Ms. Donnelly, and Ms. Samson. They should be able to tell you about books and databases they used, how to evaluate websites using the acronym C.A.R.D.S, how to cite and annotate their sources in an MLA formatted bibliography and how to avoid plagiarism. They work hard on this big project and deserve a pat on the back or a high five when completed!

Please encourage your student turn in any library books so they will be available for others in the new semester. Also, **check Skyward** to see if they have any fines for library or textbooks. Contact the library at 596-8038 with any questions in regards to fines for books. Thanks for your help!

March/April Upcoming Events

March 5 – 8th Grade Athletic Open House

March 6 – Orchestra Concert – 7:00 p.m.

March 8 – Choir Concert – 7:00 p.m.

March 13 – Band Concert – 7:00 p.m.

March 19-21 and March 26-28 – CHS Spring Musical

March 22 – 8th Grade Information Night – 6:00 p.m.

April 2-6 – Spring Break – No School

Counseling News

Class of 2018 students and parents should be checking for the latest copy of “Senior Information” that provides valuable dates and information pertinent to graduating seniors. The Senior Information document can be found on the CHS Website under “Counseling-Senior Information.”

Senior Credit Checks occurred in mid-February. Counselors worked with each senior to review future plans, credit requirements, High School and Beyond Plan, etc.

Seniors will be required to complete a Senior Exit Interview as a state graduation requirement as a part of their High School and Beyond Plan. Additional information is available through the CHS website under “Counseling - Career Center - High School and Beyond Plan.”

SPRING 2018 REGISTRATION SCHEDULE

When choosing classes for next year, please investigate all of the options and make the best decision possible. Schedule changes will be limited!

Feb 26-Mar 6	Counselors will begin meeting with 11 th graders for credit check and registration.
March 19-22	Registration materials are distributed to Middle Schools
March 22	8 th Grade Parent & Student Night at CHS (6pm - 8pm)
March 26-29	Counselors at middle schools to register students for classes
April 20	9 th & 10 th Grade Registration Information Meeting with students during Coug Time, registration materials distributed
April 23-May 4	Counselors meet with 9 th & 10 th graders for credit check and registration

TO ACCESS COURSE CATALOG on CHS website: "Counseling - Course Catalog"

CHSPO News

CHS Parent Organization Graduation Party:

Please Read the following letter from the Senior Parent Committee- Seniors! Sign-ups are starting for the **All Night Grad Party**. We'll be boarding buses right after graduation at St. Martin's on June 14th and heading off for a night of fun including dinner, mini golf, bowling, an arcade, and other fun activities to be had, breakfast, and a hypnotist/magician. Cost is \$100. Registration forms can be picked up in the main office or downloaded from the parent org. website at CHSPO.org. Contact us at capitalgradnite2018@gmail.com if you have questions or concerns. Scholarships are available.

Student Assistance Program

Capital High School is committed to assisting students and families with drug and alcohol counseling. We have a licensed Chemical Dependency Professional on staff at CHS who can assist students and parents regarding any concerns they have about substance use. These are confidential services that can assist with early intervention, education and referrals to resources in the community.

Figuring out if your child is using drugs or alcohol can be challenging. Many of the signs and symptoms are, at times, typical teen behavior. While there is no single warning sign for drug or alcohol use some signs to look for include:

Skipping classes or grades slipping

Unusual odors on their clothes or in their room (may chew gum, breath mints or use air fresheners to try to cover)

Hostility or lack of cooperation

Physical changes (red eyes, runny nose, flushed color to the face)

Borrowing money often or having extra cash

Lack of interest in activities they usually enjoy (or unable to focus)

Significant mood changes (sullen, withdrawn or depressed or the opposite - excessively elated, obnoxious)

Change in friends

Heightened secrecy about actions or possessions (locks doors, makes secretive calls)

(Information taken from “Keeping Your Teens Drug-Free, A Family Guide.” Visit www.theantidrug.com for more resources)

If you’ve noticed any of these changes or behaviors in your child, don’t be afraid to err on the side of caution. Prepare to take action and have a conversation with your child. Ask direct questions and be prepared for how you will respond.

If you would like more information or assistance, contact Lorissa Cloud, CDP at 360-596-8035.

Professional Development for Teachers and Principals

During the 2017-2018 school year, the Olympia School District is providing professional development in the areas of English Language Arts, Mathematics, Science, the Teacher/Principal Evaluation Program, Positive Behavioral Intervention Supports and Foundations of Cultural Responsiveness. The district welcomes any suggestions or comments about teacher and principal professional development from parents and our community members at large. Please direct any comments to a building administrator or to the OSD office of Teaching and Learning at 360-596-8540.

Thank you for your interest in improving our schools!

Important Attendance Information

To report absences/late arrival/early dismissal: ([360-596-8019](tel:3605968019))

1. Students full name with spelling of the last name
2. Reason for absence/tardy/early release
3. Your name and relationship to student
4. Please call at least 45 minutes **PRIOR** to early dismissal.

In order for your student to be **EXCUSED** they must sign out and in at the attendance office or their absence will be marked as unexcused.

OSD 2017-18 Notice of Nondiscrimination

The Olympia School District will provide equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The district will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment. Auxiliary aids and services will be provided upon request to individuals with disabilities.

The following people have been designated to handle inquiries regarding the nondiscrimination policies, reports of alleged sexual harassment, concerns about compliance, and/or grievance procedures: Jeff Carpenter, Title IX Officer, (360) 596-8544; Ken Turcotte, Section 504 and ADA Coordinator, (360) 596-7542; and Scott Niemann, Affirmative Action Officer and Civil Rights Compliance Coordinator, (360) 596-6193. All three individuals may also be contacted at 1113 Legion Way S.E., Olympia, WA, 98501.