

## **October/November/December Upcoming Events**

October 4 – Senior Info Night – 6:00 p.m.  
October 6 – Homecoming Dance – 8:00 p.m.  
October 9 – Career and College Fair at CHS – 5:00-7:00 p.m.  
October 11-13 and 18-20 – Fall Drama Production – 7:30 p.m.  
October 12 – No School – School Inservice Day  
October 13 – PSAT – 8:30 a.m.  
October 15 – November 2 – Winter Sports Clearance  
October 15 – School Photo Retakes  
October 25 – Orchestra Concert – 7:00 p.m.  
October 26 – CHS Blood Drive  
October 29 – First Day of Bowling practice  
October 30 – Choir Concert – 7:00 p.m.  
November 6 – Band Concert – 7:00 p.m.  
November 12 – No School – Veteran's Day Observed  
November 12 – First practice of winter sports  
November 15 – 17 – Dramafest  
November 21 – 23 – Thanksgiving Break  
December 11 – Winter Music Concert I – 7:00 p.m.  
December 13 – Winter Music Concert II – 7:00 p.m.  
December 19 – January 2 – Winter Break

## **Traffic Safety News**

Traffic Safety will be held at CHS:

Dec 11-Jan 24

March 5-April 11

Tuesday, Wednesday, Thursday

2:30-4:30 in D12

Please sign up in the ASB Office.

## **IB Update**

### **IB Info Night**

IB information night for 11th and 12th grade students and their parents and guardians will be Wednesday, October 17 from 6:30-8:00pm in Pod A. The IB calendar for the year will be distributed and discussed. Additionally, registration materials will be distributed, and the registration process explained. If you're thinking about testing in any of your IB subjects, please plan on attending this meeting. It should be noted that 11th grade students can only test in Standard Level subjects, the exception being a Higher Level subject ONLY if the student is not an Anticipated Candidate. Come and learn about the benefits which IB has to offer with respect to developing the skills one needs to succeed at the university as well as the role IB plays on admittance to selective colleges and the award of university credits - especially with the passage of the 'IB Equity Bill' by last year's legislature. The information night will end with a question and answer session to ensure you have the information you need.

## **Class of 2019 Grad Night Party**

For more information regarding the Class of 2019 Grad Night Party, please visit:

<https://www.chspo.org/senior-grad-night.html>

## **Important Attendance Information**

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

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.

## PSAT Information

Juniors may sign up for the PSAT starting September, 13<sup>th</sup> at the ASB office. The cost is \$20 and will be held on Saturday, October 13<sup>th</sup> at 8:30 a.m. This is a great opportunity to qualify for the National Merit Scholarship for juniors! Sign-ups will be open on September 19<sup>th</sup> for sophomores and on September 26<sup>th</sup> for freshmen. We have a limited number of tests so please sign up as soon as you are permitted. Fee waivers are available for juniors only.

## Library News

We're excited to begin conquering the 2018-2019 school year. The library is open every school day from **7:15 a.m. until 3:15 p.m.** In addition to our collection of over 12,000 titles, your student should use our excellent databases and reference e-books through our collection as well as the Timberland Regional Library's MyTRL. Just follow these steps:

From the left of the CHS LIBRARY page, select RESEARCH RESOURCES. Log into the OSD PORTAL and you'll find the ability to click to:

- **Proquest Research Library** - for magazine & newspaper articles
- **Proquest Learning Literature** - anything you'd need for English classes
- **Proquest History Study Center** – you guessed it, social studies classes
- **& eLibrary** – for book articles, maps, transcripts, periodicals
- **Username = olympiasd**
- **Password = olympiasd**
- **Culturegrams** - for information on every culture from every country in the world. Think world language classes!
- **Username = olympiasd**
- **Password = cgrams**
- **Opposing Viewpoints** - Great for any research project - books, periodicals, images, audio, video on a huge variety of topics.
- **Password = osd**

Additionally, the Olympia School District partners with the Timberland Regional Library to give every OSD student access to all of the electronic resources our tax payer money provides. This program, called **MyTRL**, can be found at <http://www.trl.org/Services/Pages/mytrl-landing.aspx>. Students will use the following to log in:

- Username = osd+regular username Ex. osdkbonds
- Password = birthday month and day Ex. 0801

## NEED SAT/ACT Prep???

The Timberland Library has a reference database called **Learning Express Library** that provides test prep! Go to trl.org, click on the LEARN and drop to Reference Databases.

*Print this out and tape it to the monitor! Have access on those last minute nights!*

## Parent Organization

### Who are we?

We are a group of parents who work together to enrich our students' high school experience.

We promote communication between the school and families.

We facilitate parent involvement in school-wide community events.

We raise and allocate funds for a wide variety of educational programs and teacher grants.

### When do we meet?

We meet the **1st Monday of the month**, September (second Monday due to Labor Day) through June, from 6:30 to 8:00 pm in the CHS Library. All meetings are attended by Michelle Anderson, Vice Principal, who updates us on what's happening at Capital during the respective month.

### Volunteer Opportunities

We provide parent volunteer opportunities in conjunction with the school, helping staff many different activities including Father/Daughter Dance (February), Arts Recognition Night (May), Staff Appreciation Breakfasts (quarterly), Teacher Luncheon (last day of school), and more events that need parent involvement.

### Where does the money go?

Our major fundraiser, the Father/Daughter Dance, helps raise funds for teacher grants which have allowed us to purchase such things as a spot welder for Woodshop along with safety goggles, educational programs for English classes and material for the Science curriculum. We support the School Climate Fund which involves activities and events that help address the school's social environment. We fund special requests from the school Administration and provide funds as needed for student needs.

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\$20 annual membership fee which helps fund the above mentioned charitable donations to the school. We are a non-profit 501 (c)(3) charitable organization registered with the State of Washington.

Yes, I want to join the CHSPO: Go to [www.CHSPO.org](http://www.CHSPO.org) (PayPal) or return this form to the office at CHS with your check made out to CHSPO.

Parent's Name: \_\_\_\_\_ Email: \_\_\_\_\_

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Student's Name and Year of Graduation: \_\_\_\_\_

Phone Number and Address: \_\_\_\_\_

## **Student Assistance Program**

***Ninety percent of addictions begin in the teen years.*** It is important to not ignore risk factors and assume that your teen will be okay, or ignore a problem because you think it's just a passing stage. If something appears wrong, start taking action.

As a parent, there is no way to know for sure if your teen will face problems later in their life due to substance use in high school. But there are biological and environmental factors that you can watch out for to help you figure out if your teen may be at a greater risk for addiction.

Keep in mind that risk factors do not determine a teen's destiny, but they do provide an indication as to the likelihood of drug or alcohol use. ***Addressing risk factors early and paying close attention to teens at higher risk can reduce the likelihood of future serious substance use problems.***

**Common Risk Factors to be aware of include:**

- *Family history of drug or alcohol use*
- *Experiencing traumatic events, ie. witnessing or being in an accident, victim of abuse*
- *Impulse control challenges*
- *Academic difficulty/ social struggles*
- *Undiagnosed mental health concerns*
- *Peers who engage in risky behaviors such as drug/alcohol use*

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 concern they have about substance use. These are confidential services that can assist with early intervention, education and referrals to resources in the community.

If you have any concerns or would like more information or assistance contact Lorissa Cloud, CDP at 360-596-8035, email: [lcloud@osd.wednet.edu](mailto:lcloud@osd.wednet.edu).

### **Purple Pass – CHS Ticket Sales**

Please visit the Purple Pass ticketing system where you can buy CHS event tickets online. Be sure to navigate to this site, and *bookmark* the page for future ticket purchases.

### **OSD 2018-19 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:

- Steve Rood, Title IX Officer, [srood@osd.wednet.edu](mailto:srood@osd.wednet.edu), (360) 596-8545, or Nancy Faaren, Assistant Superintendent, [nfaaren@osd.wednet.edu](mailto:nfaaren@osd.wednet.edu), (360) 596-6117
- Ken Turcotte, Section 504 and ADA Coordinator, [kturcotte@osd.wednet.edu](mailto:kturcotte@osd.wednet.edu), (360) 596-7530
- Scott Niemann, Affirmative Action Officer and Civil Rights Compliance Coordinator, [sniemann@osd.wednet.edu](mailto:sniemann@osd.wednet.edu), (360) 596-6185

All four individuals may also be contacted at 1113 Legion Way S.E., Olympia, WA, 98501.