

January/February Upcoming Events

- January 2nd – Last Day of Winter Break
- January 3rd – School Resumes
- January 17th – Civil Rights Legacy Tour Assembly (Coug Time Schedule)
- January 17-19 and January 24-26 – Winter Drama Production
- January 21st – No School - MLK Jr. Day
- January 30th, 31st, and February 1st – 1st Semester Finals (Special Schedule)
- February 7th – Information Night for 9th-11th Graders – 6:00 p.m.
- February 18th-19th – No School – Mid-Winter Break
- February 21st – CHS Talent Show – 7:00 p.m.

Class of 2019 Grad Night Party

- For more information regarding the Class of 2019 Grad Night Party, please visit:
<https://www.chspo.org>

Important Attendance Information

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

- Students full name with spelling of the last name
- Reason for absence/tardy/early release
- Your name and relationship to student
- 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.

Library News

The Olympia School District is partnered with the Timberland Regional Library to give every OSD student access to all of the electronic resources *your tax-payer money provides*. For this program, called **MyTRL**, students use the following to log in:

- Username = osd+regular username Ex. osdkbonds
- Password = birthday month and day Ex. 0130
- SAT and ACT sample tests can be found in the **Learning Express Library** database.
- Audiobooks and ebooks of most novels taught at CHS are available through **Overdrive**. Get another chapter done while on the bus/in the car to and from school!
- Search other subject specific databases such as **Student Resources in Context** to find book, periodical and primary sources for research assignments.
- Read up on current events in magazines from **rbDigital**.
- Students have been and will continue to learn more about it through our school library program. The variety of resources the Timberland Library System provides for both academic and recreational use is rich. This furthers our mission to teach information literacy skills, nurture the love of reading, prepare students to meet state standards, and partner with the 21st century school community to foster lifelong learning and global citizenship.

Athletics

- January 11th: Sports grade check
- Feb 11th-22nd: Spring Sports Clearance
- Feb 15th: sports grade check
- Feb 25: First day of spring sports practice
- Feb 27: Spring sports parent meeting 6pm
- March 5: 8th grade Sports Open House
- March 29: Sports grade check

Counseling Calendar

December -- **PSAT Results.** On October 13th, many 10th -11th graders elected to take the PSAT as a way to better prepare for the college SAT entrance test that they will take in the spring of their junior year. When their results are ready, students should be contacted via the email that the student provided to College Board when they took the test.

February 7th --9th / 10th / 11th Grade Family Information Night.

6-8pm at CHS. This event is designed to help communicate the academic options available to students as well as providing knowledge on future planning.

- Breakout sessions will include:
 - Running Start,
 - International Baccalaureate,
 - New Market Skills Center,
 - NCAA participation,
 - 2 year and 4 year college admissions,
 - Financial Aid,
 - Beginning the college application process

February 11th - 15th -- Senior Interviews

Seniors will be assigned an individual appointment with their counselors. Credits will be reviewed, along with other graduation requirements. Full time Running Start students should contact Mrs. Weeks in the counseling center (596-8027) to arrange an appointment time.

Seniors who are in jeopardy of failing a required course will want to meet with their teachers and counselor to ensure graduation requirements are being met.

February 25 - March 6 -- Junior Registration/Credit Checks

Juniors will be assigned an individual appointment with their counselor to register for their courses for the 2019-20 school year. They will receive their registration materials earlier in February along with a presentation explaining our process. Students will need parent signatures on the forms to approve their desired schedule. Counselors will be in contact with parents/guardians if a major change is needed.

Capital High School Parent Organization

COME JOIN US

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
-

\$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 (PayPal) or return this form to the office at CHS with your check made out to CHSPO.

Parent's Name: _____

Email: _____

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.

Board Seeks Input on Proposed Student Dress Code Policy and Procedure

The Olympia School Board is seeking input from OSD students, families, employees and community members about a proposed districtwide student dress code policy and procedure.

While individual schools have rules around student dress code, currently there is no districtwide policy or procedure.

Written comments about the proposed policy and procedure may be submitted through Friday, January 4 on a brief [online feedback form](#). The form includes a complete version of both the policy and procedure.

The school board held a first reading of the newly proposed student dress code policy and procedure on November 19, 2018. Board members plan to review input received between now and January 4 before they hold a second reading of the policy and procedure at the January 22, 2019 board meeting. That meeting begins at 6:30 p.m. at LP Brown Elementary School, 2000 26th Ave. N.W. in Olympia.

Any policy that comes before the school board requires a minimum of two readings (reviews) by the board before it can be considered for approval. Board action may follow the second reading on Tuesday, January 22.

In addition to the online feedback form, comments about any policies before the school board may be emailed to boardpolicyreview@osd.wednet.edu. Links to the proposed student dress code Policy 3224 and procedure 3224P are included on the district website [Board Policy Review webpage](#).

Dr. Phu Van – CHS Story of Success



Dr. Phu Van donated a Fender Stratocaster guitar to School of Rock. This is second donation in the past year. He donated a rare Epiphone Les Paul a few months ago. Dr. Van graduated from Capital High School in 2001, having taken many Career and Technical Education, CTE, classes. He has been a supporter of the Arts and Technology programs at Capital for nearly twenty years. He is a scientist, photographer, musician, cyclist, cook, and very good friend to a lucky few.

Please see Dr. Van's full story on Mr. Le Duc's classroom blog at <http://capitalcomtech.info/2018/11/26/renaissance-man/>.

- **2000:** Wrote LIST, LOST and LOCUST as part of Mr. LeDuc's InfoTech class
- **2001:** Started undergrad at UW with intended major of Computer Science, started part-time work at UW Computer Training, photographed for MUSICA a music newspaper
- **2003:** Declared undergrad major in Wildlife Science
- **2004:** First summer internship for US Forest Service as a Wildlife Biologist Trainee in Metaline Falls, WA (population 245)
- **2005:** Declined USFS offer for permanent job after finishing second USFS summer internship in Kettle Falls, WA (population 1100)
- **2006:** Declared second major in Physiology, started interning at the Institute for Systems Biology, started job at the UW Center for Clinical & Epidemiological Research. Applied for internship at Fred Hutchinson Cancer Research

Center but was rejected

- **2007:** Defended Wildlife Science thesis on an invasive rodent (*Myocaster coypus*) in Seattle and graduated from UW. Published first-author paper at ISB on an archaeal proteome
- **2009:** Started PhD at CarnegieMellon University
- **2011:** Built what was at the time the world's most sensitive 2D protein gel imager. Started mentoring a group of CMU undergrads called the Proteomic Platoon
- **2013:** Began working on *The Prince*, an illustrated children's book
- **2014:** *The Prince* is published via [KickStarter](#). Graduated from CMU and returned to Seattle. Started working at FredHutch as a post-doctoral fellow, working on flow cytometry
- **2015:** Promoted to Systems Analyst working on HIV vaccine candidates. Started guest-speaking at the FredHutch internship program.
- **2017:** Promoted to Bioinformatics Analyst working on Tuberculosis vaccine candidate

Capital High School DECA to become a part of our local Chamber of Commerce

Written by Maddie Jansen and Tommy Ly (CHS Seniors)

The Thurston County Chamber of Commerce is made up of over 250 local businesses that come together to discuss important community issues and most importantly, network. DECA officers met with Marny Bright, the member services director, to learn about the functions and purposes of the Chamber of Commerce. Marny was beyond excited to inform our officers of how the Chamber of Commerce was the perfect way to meet CHS DECA goals. DECA members will create new connections in the community that will be essential for the years to come.

At the end of the meeting, Marny had to rush out for a Career Connected Learning lunch at the Red Lion where the governor was to talk about the plans we have in our state. On her way out, she booked a spot for officers Maddie Jansen, Tommy Ly and advisor Mrs. Allaire to attend the lunch banquet. She believed this would be a good opportunity for not only us to network in the community, but for students to be present as the Governor Jay Inslee spoke about our education. We accepted the invite, and went straight to the hotel at which the lunch was being held. Our officers met with two DECA alumni and talked with over 20 businesses. It was the perfect opportunity to inform them about the DECA program. We chose front row seats to watch the Governor Jay Inslee talk in detail about career connected learning which embodies DECA.

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

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

1st Semester Finals Schedule 2018-19

January 30th (Early Release)

7:45 – 9:30 a.m. – Study Hall/Finals Preparation and Review

9:30 – 9:40 a.m. – Breakfast/Break

9:45 – 11:10 a.m. – Period 1 Final

11:15 – 12:00 a.m. – ONE LUNCH

12:05 – 1:32 – Period 2 Final

*Buses arrive at 1:32

January 31st (Half Day Schedule)

7:45 – 9:10 a.m. – Period 3 Final

9:10 – 9:25 a.m. – BREAK

9:30 – 10:52 – Period 4 Final

*Buses arrive at 10:52

February 1st (Half Day Schedule)

7:45 - 9:10 a.m. – Period 5 Final

9:10 – 9:25 a.m. – BREAK

9:30 – 10:52 – Period 6 Final

*Buses arrive at 10:52