



Helena High School
August 2022
<http://hhs.helenaschools.org/>
2022-2023 School Year



Dear Bengal Families:

I hope this summer has provided each of you with fantastic memories.

The anticipation and excitement of opening day is building as we make final preparations for the start of the 2022-2023 school year. This newsletter contains important information that will be useful in the last month of summer and the start of the year. Please take some time to review this document and mark your calendar for important dates and due dates. We also encourage you to visit our website for information about our school www.helenaschools.org

Our mission is to provide a strong foundation for life-long learning by nurturing, challenging, and guiding all students toward their maximum academic, aesthetic, physical, social and emotional potential. We look forward to building that foundation together with you and your child.

Enjoy the remainder of your summer days and please feel free to reach out if you have any questions.

Go Bengals!

Steve Thennis

Principal Helena High School



FIRST DAY OF SCHOOL
FRESHMAN BENGAL BEGINNINGS
AUGUST 31, 2022
COME TO THE EAST ENTRY TO THE GYM
UPPER CLASSMAN
SEPTEMBER 1, 2022
WELCOME BACK STUDENTS!

STUDENT SCHEDULE ACCESS ON POWERSCHOOL—AUGUST 24

Students (per grade) can access their schedules on-line through their Power School account on August 24th. Freshman and out-of-district students will receive their schedules through a different communication, as they do not have Power School access.

HELENA HIGH SCHOOL COUNSELORS

A-E	Mrs. Jaime Pandis jpandis@helenaschools.org 324-2227
F-L	Mrs. Ellaina Staldine estaldine@helenaschools.org 324-2224
M-R	Mr. Jason Murgel jmurgel@helenaschools.org 324-2226
S-Z	Mrs. Chrissy Murgel cmurgel@helenaschools.org 324-2223

Students who have an incomplete schedule or those missing a course required for graduation, can meet with their school counselor for a schedule change. Appointments will be required - see schedule below. Please contact your school counselor through email to set-up an appointment.

August 24

Seniors- 8:30-11:30 AM

Juniors- 12:30-3:30 PM

August 25

Sophomores- 8:30-11:30 AM

Freshman- 12:30-3:30 PM

August 26

New Students (10 AM – 2 PM)



HELENA HIGH ASSISTANT PRINCIPALS

*Do you need to see your Assistant Principal?
The Helena High School Assistant Principals
are assigned to students based on your last
name. Here's how to reach them.*



A-L

Mrs. Julie TeNyhenius
jtenyenhuis@helenaschools.org
324-2204

M-Z

Mr. Willie Schlepp
wschlepp@helenaschools.org
324-2205

PARENTS on POWER SCHOOL



Did you move recently? You have the ability to update your phone, address, and email address on Power School. This will help keep your email up-to-date to learn about your student's grades, activities, and events at HHS!

<https://hsd.powerschool.com/public/home.html>

If you have lost your password, please contact the Main Office for assistance.
(406-324-2000)



SPORTS PHYSICALS

HELENA HIGH SCHOOL

Who: HHS students

When: Aug. 8 & 9, 4:30 - 6:30 pm

Where: Rooms 41, 42, 43
(just up from the East Entrance)

Bring: \$20 donation and a completed
MHSA physical form

The \$20 fee is a suggested donation amount. Any money collected will be donated to the Helena High athletic training department. Cash or check only. Make checks payable to St. Peter's Health.

Find the MHSA physical form at
www.mhsa.org or use your phone's
camera to scan the QR code.



St. Peter's Health
A higher state of care



**ANNUAL FALL
BOOSTER BBQ**

AUGUST 20TH
KICKING OFF AT 11AM
AT HHS SOFTBALL
FIELD

SAVE THE DATE!!

**ALL BENGAL ATHLETES,
COACHES, MANAGERS,
FAMILIES, STUDENTS,
ADMINISTRATION AND
BENGAL SUPPORTERS
WELCOME!!**

WE WILL HAVE LUNCH, YARD GAMES AND
FRESH GEAR!
LETS KICK OFF THE SEASON!

.....

BBQ IS AUGUST
20th @ 11am

We want to extend
the event of our an-
nual BBQ to **ALL**
BENGAL SUPPORT-
ERS this year!!! Our
student athletes
thrive off of your
support!!!
Spread the word!
We can't wait to see
EVERYONE there!

Buffalo Wild Wings Fund- raiser Night

Note: You
must bring
this flyer to
show wait-
staff for us
to receive
donation

Thank you
for your sup-
port!



**BUFFALO
WILD
WINGS**

**EAT WINGS.
RAISE FUNDS.
IT PAYS.**

On the day of your event, Buffalo Wild Wings® will donate 20% of sales from all guests who display this flyer.

We look forward to helping your organization meet it's financial goals.
Together we can make a positive impact and help our community needs.

(Present this to your server on the date and time listed below)

Helena High Booster Club

WEDNESDAY

September 14th, 2022

3190 N Sanders, Helena
406.495.9464



Helena High's web page includes the daily bulletin—which updates daily and is a good source of what is happening at HHS. To visit our HHS web page please click [here](#).

HELENA HIGH SCHOOL VIGILANTE YEARBOOK

The Helena High School Yearbook staff is always looking for great pictures to use in the yearbook. If you have some cool pictures of you and your friends having fun—please send them to Mrs. Walsh at:

mwalsh@helenaschools.org

Please include your name and identify anyone else in the picture with you. It also helps if you include a brief summary of where the picture was taken, what date and what you were doing.



DRIVER'S EDUCATION FALL 2022

Driver's Education information is located at <http://helenaschools.org/departments/traffic-education/>

Registration will be determined in early September. Registration will **only** be available during the dates listed. Classes and drive times are schedule by the instructor.



ATTENTION SENIORS AND PARENTS OF SENIORS

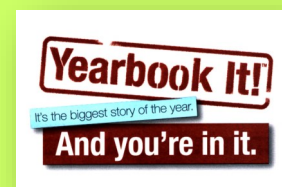
One of the many things to think about over the summer is senior pictures. While we encourage you to explore your options during the photo session, there are a few things to act on when it comes to submitting your yearbook photo. Please have your professional photographer submit your senior picture following these instructions:



1. Photos must be submitted in a digital format by email to mwalsh@helenaschools.org. The digital image must be no smaller than 4x6 inches and 300 dpi. They must be saved as lastnamefirstname. For example, Anna Smith would be Smithanna. Photos taken on a cell phone are NOT high enough resolution and will be denied for print.
2. Image must be good clarity and detail. Image should be made from the original digital image or negative. No special effects permitted.
3. All photos MUST be in color. No black and white or sepia photos will be accepted.
4. Scanned images from photographs may not be accepted due to loss of quality in the scanning process.
5. Photos must be a professional looking portrait from the waist up.
6. No props may be visible, i.e. cars, animal, flags or instruments. We would rather highlight you on the other pages in this manner.
7. Dress should be appropriate attire; standard school dress is suggested.

Senior Photos that do not adhere to these standards may be cut from the yearbook. The student's school photo will be substituted if the requirements are not met or if we do not receive a photo by the deadline. Also, senior photos will not be returned to the students.

The DEADLINE for submission is **OCTOBER 22, 2022.** Please keep this date in mind and make your appointments early. Photographers also need time to process your photos before they can be submitted. If you have any questions, please contact Ms. Walsh at 324-2310 or at mwalsh@helenaschools.org.



HELENA HIGH SCHOOL FOOD SERVICE

ALL STUDENTS AND STAFF WILL HAVE THEIR PICTURE TAKEN ON SEPTEMBER 14, 2022

LIFETOUGH WILL PROVIDE WEB ORDERING INFORMATION AS THE DATE APPROACHES.



HOMEcoming WEEK

Homecoming week will be the week of September 12th. We encourage your child to get involved.



The football game will be played Friday, September 26th at 7:00 p.m. at Vigilante Stadium.

FEED YOUR FAMILY

SUPPORT YOUR SCHOOL

Apply for Free & Reduced Lunch now at helenaschools.org

There will be a charge for school breakfast and lunch for the 2022-23 school year.

2022-23 School Meal Prices

K-12 Student Breakfast: \$2

K-5 Student Lunch: \$2.90

6-12 Student Lunch: \$3

Apply before schools starts Aug 31!

Your family's information will be private and will not be seen by your school's principal or staff.



Suggested School Supplies High School Students

Folders for 7-class periods

Notebook file paper

3-70 count spiral notebooks

Black and/or Blue pens

#2 Pencils with erasers

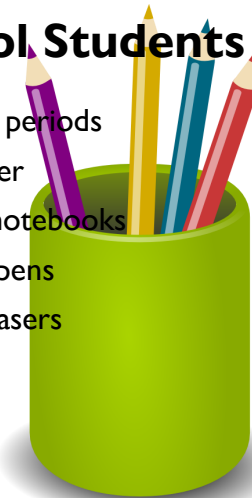
Index cards

Hi-liters

Post-It Notes

Planner

This list is *incomplete* as each teacher will inform students of supplies needed for their specific class when school begins.



STUDENT LOCKERS

All lockers have school locks on them. Please bring your lock to the Attendance Office so it can be placed on your locker prior to school starting.

This will help alleviate the congestion

the first weeks of school.

School lockers are assigned near the student's 2nd period classroom. Locker changes will not be made unless the student's schedule changes or requested by an administrator.



Dual Credit Opportunities

Parents- Students who are 16 or at least a junior are able to take dual credit courses. These courses are taught on the HHS Campus by our instructors, but with some additional paperwork, students can also earn college credit through Helena College. We will be working to remind students of this opportunity at the beginning of the school year, but we would like to make you aware of it as well. Please refer to our registration booklet for a list of classes that qualify as dual credit as well as for the proficiency requirements. The following link will take you to an online version of our registration booklet. <http://hhs.helenaschools.org/counseling-and-career-guidance/registration-materials/> For more information, contact the counseling department at 324-2220.

Parents of Seniors

The FAFSA (free application for federal student aid) will be available online beginning October 1, 2022. Before you can complete the application, you and your child need an FSA ID. Use the following link to start this process. <https://fsaid.ed.gov/npas/index.htm> The HHS counseling staff will host a FAFSA completion night in November. More details to come!

PARKING PERMITS

<http://hhs.helenaschools.org/transportation-and-parking-permits/>

All parking permits will need to be purchased on-line and then picked up in the Main Office. All vehicles that students plan to drive/park in the HHS lot must be registered. To create an account, the user name is the initial of your first name and your full last name. The password is your student ID #. Once you are in, you create your own password to continue. If you bought one online last year, you just need to reuse the password you created. For cash or check purchases follow the same process up to the payment option; print your request and take it to the main office for permit availability. Payment on-line is the **ONLY** way to reserve a permit.

Registration Dates:

Seniors	August 22
Juniors	August 23
Sophomores	August 24
Freshman	August 25



HELENA HIGH SCHOOL ACTIVITIES

• HHS FALL SPORTS DATES-TRYOUTS

The Activities Calendar and information can be found on the HHS website

(hhs.helenaschools.org)

- GOLF** **Monday, August 8** Pre-Tryout meeting @ Bill Roberts Golf Course 7:00 PM
Thursday August 11 Try-outs begin at 7:00 a.m. (be there at 6:30 AM)
Bill Roberts Golf Course
Coach Dana Shepherd 720-352-0653
<http://hhs.helenaschools.org/extracurricular/athletics/golf/>
- FOOTBALL** **FRIDAY, AUGUST 12TH** (*first day of 2 a days*)
SATURDAY, AUGUST 13TH (*regular 2 a day*)
MONDAY, AUGUST 15TH (*Gold Cards distributed after PM practice*)
TUESDAY, AUGUST 16TH (*Regular 2 a day*)
WEDNESDAY, AUGUST 17TH (*Pictures at 7:00 AM for EVERYONE/practice after*)
THURSDAY, AUGUST 18th: EVENING PRACTICE ONLY- 4:00-7:00 PM
FRIDAY, AUGUST 19th: BENGAL FOOTBALL SCRIMMAGE: 4:00 PM @ VIGILANTE
PLAYERS WILL ARRIVE at HHS at 2:00 PM
SATURDAY, AUGUST 20th: Film and Practice—at HHS 7:30 AM
(Family BBQ/Parent meeting to follow at 11 AM)
Coach Dane Broadhead 324-2350 dbroadhead@helenaschools.org
<http://hhs.helenaschools.org/extracurricular/athletics/football/>
- GIRLS SOCCER** **August 12** Siebel Fields 6:30 a.m.
Coach Mike Meloy mike@meloylawfirm.com
<http://hhs.helenaschools.org/extracurricular/athletics/lady-soccer/>
- BOYS SOCCER** **August 12** Siebel Fields 8:00-10:00 a.m. (an afternoon training session.)
Coach Carl Straub 439-8492 cstraub@helenaschools.org
<http://hhs.helenaschools.org/extracurricular/athletics/soccer-boys/>
- VOLLEYBALL** **August 12** Attendance is mandatory for BOTH days.
Tryouts begin Friday—August 12th. Please see the web site for full schedule.
Coach Lindsey Day 324-1200 lday@helenaschools.org
<http://hhs.helenaschools.org/extracurricular/athletics/volleyball/>
- X- COUNTRY** **August 12** All boys and girls 7:00 a.m. at the HHS
Coach Boys Kelley Gilbert 443-4448 or 449-3040 kgilbert76@charter.net
<http://hhs.helenaschools.org/extracurricular/athletics/cross-country-boys/>
Coach Girls Jesse Zentz 406-422-3039 jzentz@gmail.com
<http://hhs.helenaschools.org/extracurricular/athletics/cross-country-girls/>

HELENA HIGH SCHOOL ACTIVITIES CONTINUED

Participation Fee

\$50 (each sport)

Activity Pass

\$30



You must have your **Sports Physical, Concussion, and Drug and Alcohol** forms signed and turned in **before** you practice for any high school sport. All forms are available on the HHS web page:

<https://hhs.helenaschools.org/extracurricular/athletics/>

Stay Connected! Yep, there's an app for that!

Check out our Helena High app in Google Play or the App Store for iPhones. Access phone numbers, calendars, schedules, announcements and much, much more! There is information for both parents and students, so make sure your student knows about it, too! **#GoBengals**



Helena Public Schools is now taking payments online!

Pay when it's most convenient for you with a computer or mobile device at <https://helenaschools.revtrak.net>

Save time and be confident that your payment makes it where it needs to go. You can pay online with eCheck, debit, or credit cards.

Helena Public Schools is currently accepting online payment for fees like donations, sport activities, Power School fines, and field trips.

From the Desk of the School Nurse- Welcome Back!

I hope summer brought your family some relaxation! We are gearing up to open our doors at the end of August and looking forward to meeting and seeing your students! As your school nurse, I would like to share some information with you about school nursing.

Helena Public School Nurses serve in every school building with each nurse serving multiple schools/programs. Although our priority is the care of students coming into the health rooms, the school nurses' professional responsibilities cover a broad range of activities.

Parents may meet the school nurse at academic team meetings regarding their student's progress and challenges. Parents may receive calls from the school nurse to identify health and safety measures for their students. The nurses serve as chronic disease case managers, bridging the gap between parents, health care providers and staff.

"A student's health status is directly related to his or her ability to learn. □ Children with unmet health needs have a difficult time participating in their educational process". □ (National Association of School Nurses, NASN 2011)."

<https://www.dphhs.mt.gov/schoolhealth/schoolnurse/SchoolNurse>

One barrier for students receiving appropriate health care is lack of health insurance. If this is a challenge for your family, there is assistance:

For Care:

- PureView Health Center-1930 9th Ave., Helena; 406-457-0000; <https://pureviewhealthcenter.org/>
- Helena Indian Alliance-501 Euclid Ave; 406-449-5796; <https://www.hia-mt.org/>

For Insurance:

Medicaid and Health Montana Kids Health Coverage; 1-888-706-1535; <https://apply.mt.gov/access/jsp/access/Home.jsp> and <https://dphhs.mt.gov/HMK/> for information about applying for coverage. Type in your questions to their virtual assistant for fast answers!

If you have questions or concerns about how your student's health needs can be met while in school, please contact me, Emily Rodway RN at <mailto:erodway@helenaschools.org> or call my office number; 324-2216.

ATTENDANCE

Student attendance is vital. Students must attend classes to be actively involved in the learning process. The attendance office policy is meant to help students have successes at school. Please review the attendance policy in the student handbook. Feel free to contact the attendance office for any issues.

ATTENDANCE OFFICE

(406) 324-2211

24 Hours a Day—7 Days a Week

HHSAttendance@helenaschools.org

<https://hhs.helenaschools.org/about/attendance/>

Congratulations

Helena School District Board of Trustees



Helena High School Student Representative

Loreley Drees



HELENA HIGH BOOSTER CLUB

WELCOME

The HHS Booster Club is a group of volunteers of parents, faculty, coaches, alumni, and community members who support HHS. Our mission is to help support our student athletes and club members in promoting school spirit and enhance the overall experience at HHS! By raising fund through sponsorship donations, 50/50 ticket sales at games the Booster Club can sponsor numerous activities and special projects. Our goal is to provide funding for activities and projects that directly benefit our students.

Activity Sponsorship-Booster Club assists extracurricular activities with funding for club sponsorship, team posters/schedules and end of season banquets. We will be enforcing the requirements of having at least 1 parent representative for each of the various activities that anticipates they will be seeking funding from the Boosters during the year. The representative doesn't need to be the same parent or coach at each meeting, but there needs to be someone at each meeting to serve as a communicator between parents, coaching staff, and the club by attending monthly meetings and volunteering with 50/50 ticket and gear sales.

Special Projects- Annual major projects are undertaken to provide funding for items that are not included in school or team budgets. In the past, the Booster Club has purchased physical therapy equipment, track and field equipment, football equipment, water fountain for fine arts, spirit flags, mascot costume and we have goals to assist much, much more!! Hall of Fame- The HHS Hall of Fame, located in the main hallway outside of the gym, honors those Helena High athletes and teams that achieve success at the state championship level. The Booster Club provides funding for plaque engraving, photography, and various supplies to maintain the hallway. The HHS Booster Club is open to all supporters of HHS activities.

The Booster club meets the second Monday of each month at 5:30 p.m. in the school library.

<http://www.hhsbengalbooster.com/>

OFFICERS 2022-2023

PRESIDENT

LISA LARSON
LISALARSONSTYLE@GMAIL.COM

VICE PRESIDENT

ALEXIS NAVARRETE
ANAVARRETE@HELENASCHOOLS.ORG

SECRETARY-TREASURER

LEXSEY CARPENTER
LCARPENTER@HELENASCHOOLS.ORG

MEMBERSHIP OPTIONS

⇒ INDIVIDUAL LEVEL	\$30
⇒ FAMILY LEVEL	\$50
⇒ WHITE LEVEL	\$100
⇒ CARDINAL BENGAL	\$250
⇒ SILVER BENGAL LEVEL	\$500
⇒ DIAMOND BENGAL LEVEL	\$1000

Name _____

Phone _____

Address _____

Email _____

Clip this form out and return your sponsorship check to:

HHS Booster Club

P.O. Box 1232

Helena, MT 59624

JOIN THE
BOOSTER
CLUB

*Helena Public Schools
Introduces*

PARENT PORTAL



BUS REGISTRATIONS

You can easily submit your student(s) bus registrations through Parent Portal. You will receive immediate updates regarding the process of your bus registration.

LIVE NOTIFICATIONS

You will receive live GPS location of your child(s) school bus. The app will even notify you when the bus is approaching your stop or if the bus is experiencing weather delays.

BUS PASS

See real-time information about when your student(s) arrive to and from school by swiping their bus pass.

PARENT PORTAL OUR CENTRAL HUB

Parents – Edulog Parent Portal smartphone app is our central hub for all your transportation needs. By using our app you can easily register your student(s) for transportation, receive bus assignments and live-time communication. A few benefits of using our app involves the real-time location of your student(s) school bus and notifications when your bus will be arriving at your assigned stop.



<https://play.google.com/store/apps/details?om.karrostech.parentportal.android.prod>



BACK TO SCHOOL BENGAL PRIDE NIGHT AT HAMMER & STAIN

We are teaming up with Hammer & Stain for a fun night of sign making! Choose from many design options, perfect to show your Bengal Pride for your home! 15% of the nights proceeds will be donated to the HHS Booster Club!

WEDNESDAY AUGUST 24TH 6PM

[HTTPS://HELENAHAMMERANDSTAIN.COM/COLLECTI
ONS/HAMMER-STAIN-HELENA/PRODUCTS/HELENA-
HIGH-BOOSTER-CLUB-FUNDRAISER](https://helenahammerandstain.com/collections/hammer-stain-helena/products/helena-high-booster-club-fundraiser)



Link <https://helenahammerandstain.com/collections/hammer-stain-helena/products/helena-high-booster-club-fundraiser>