

HELENA HIGH SCHOOL



*A Commitment to Excellence*

November 2022  
<http://hhs.helenaschools.org/>  
2022-2023 School Year



## Bengal Families –

I hope you have all been enjoying the beautiful fall days we have experienced this year. Since my childhood, fall has always been my favorite season in Montana. The changing of the season has so much to offer and of course, fall is when we get the opportunity to reconnect with your student(s). November is also the time of year when we take the time to express our gratitude for all we have. I can't thank you enough for the gift of sharing your student with us.

The first part of the school year is full of energy and excitement. There are so many wonderful activities going on in our classrooms across our building. The busy-ness of the fall activity season is coming to a close, but it has been so enjoyable to watch our kids perform and compete for their families, teachers, coaches, directors and peers. We are so proud of the many talents they share with us.

I also want to express my gratitude for the teachers and staff at Helena High School. I am so proud of their efforts, talents and desire to make Helena High School a great place to be.

Go Bengals!

Steve Thennis

Principal



Nov 6th—Daylight Savings Time Ends

Nov 7th —2<sup>nd</sup> Quarter Begins

Nov 29 - Nov 30 —Girls Basketball tryouts

Boys Basketball Tryouts  
Nov 28 - Nov 30

Nov 14th—Booster Club meeting-5:30-Library

Nov 10th—12th All Class State Volleyball (Bozeman)

Annie—Cross Town Production  
CHS Theater, Nov 10-11

Annie—Cross Town Production  
CHS Theater, Nov 17-19

Nov 17th—Winter Sports begin

Nov 18th or 19th-State Football Championship

Nov 23-24-25  
Thanksgiving Holiday

Happy  
Thanksgiving



If you're looking for Bengal gear and want to support our Bengal Booster Club, click here to see the online store. Swag makes great Christmas gifts! Order by November 15 to guarantee Christmas delivery.

<https://kb-embroidery-llc.tuosystems.com/stores/helena-high-booster>



The next Booster Club meeting will be Monday November 14th at 5:30pm in library. The Board needs at least one rep from each athletic sport and clubs. The offices for Secretary and Treasurer are still looking to be filled.



American Welding Society

**A**merican Welding Society Club is collecting cell phones for Cell Phones for Soldiers Inc. We will be collecting phones from November 1, 2022 to January 31st, 2023.

You can drop all cell phones off at the Helena High School Main Office or the Welding Shop at 1300 Billings Ave. during school hours.



HHS will be selling our annual Christmas ornaments from October 26th-Dec 5<sup>th</sup>. Please check out our Facebook page for the design and price.

<https://www.facebook.com/Helena-High-School-AWS-Club-433212223404570/>

# SENIOR "GOOD LUCK" ADVERTISEMENTS

## HELENA HIGH VIGILANTE YEARBOOK

**SUBMISSION DEADLINE: January 1st, 2023**

Please keep this date in mind and begin making your "good luck" advertisement well in advance — you never know when technological difficulties will slow you down!

### CREATING YOUR ADVERTISEMENT

Go to the Yearbook Order Center website, select Helena High, MT . Or, visit <https://www.yearbookordercenter.com/>. Our school order code is 7088. Select the size of advertisement you would like to create and begin the process of creating your advertisement! If you run into problems, please contact me (Ms. Walsh at [mwalsh@helenaschools.org](mailto:mwalsh@helenaschools.org)) and I will reach out to our representatives.

### SENIOR ADS – SIZES AND PRICES

Full page	8.333 x 11.333	\$325
1/2 page	8.333 x 7.556	\$165
1/4 page	8.333 x 3.778	\$100
1/8 page	2.778 x 3.778	\$55

### DON'T FORGET TO PURCHASE A YEARBOOK!

Yearbooks cost \$75 until February 1st.

After that date, the cost will be \$85 for the rest of the year.

### Attention Helena High Families

<http://angelfundhelena.org>



Angel Fund applications are NOW AVAILABLE in the Counseling Office from October 3rd through November 30th.

If your student has satisfactory attendance and qualifies for Free/Reduced lunch, he/she will be eligible to receive \$200.00 to spend on clothing, and/or shoes, at one of our local partner stores.

Please come to the Counseling Office at Helena High School to request an application. Once the application is completed and signed, you will be notified that you can begin shopping at one of our local partner stores. At Helena High, the student is asked to do a thank you note to the Angel Fund board for the gift of clothes.

# FOOD DRIVE

HELENA HIGH SCHOOL

10th annual food drive

OCTOBER 24 - NOVEMBER 11TH

brought to you by JMG and Student council



THANKSGIVING FOODS + CANNED GOODS



## Holiday Baskets 2022

The HHS Student Council would like to continue Helena High's tradition of giving by collecting food baskets for the families of needy students at HHS over Holiday break. In the past, baskets have been donated by departments, teams, clubs, classes, and individual staff members.

We ask that baskets **contain a meal for the Christmas holiday** (*see essential items*) in addition to items that the families can eat throughout the break (*see strongly suggested items*), since often our students are losing their school provided breakfasts and lunches that they receive when school is in session. Please see the lists below.

### ITEMS TO INCLUDE IN HOLIDAY BASKETS

ESSENTIAL ITEMS	STRONGLY SUGGESTED IN ADDITION TO ESSENTIAL ITEMS
<input type="checkbox"/> Van's Thriftway "Punches" cards* (they can NOT be used for tobacco or alcohol) around \$25-\$30	<input type="checkbox"/> Tuna Fish
<input type="checkbox"/> Potatoes (boxed is acceptable)	<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Stuffing	<input type="checkbox"/> Jam
<input type="checkbox"/> Gravy Mix (2-3 packets preferred)	<input type="checkbox"/> Cereal
<input type="checkbox"/> Dessert of some sort	<input type="checkbox"/> Canned raviolis
<input type="checkbox"/> Margarine	<input type="checkbox"/> Granola Bars/Snacks
<input type="checkbox"/> Canned fruit/vegetables	<input type="checkbox"/> Soups (NO ramen please)
<input type="checkbox"/> Yams	<input type="checkbox"/> Chili
<input type="checkbox"/> Something fun (puzzles, games, or movie passes)	<input type="checkbox"/> Pasta with sauce
<input type="checkbox"/> Anything else you think may be useful	<input type="checkbox"/> Anything else you think may be useful

\* for purchase of a Turkey or Ham

It is preferred that donations be put in large **Tupperware bins**, rather than cardboard boxes.

If you would like to participate in the holiday basket program this year, please email or return the bottom of this form to Samantha Humphrey, in room 6 ASAP.

Please return completed gift baskets to Corena, Counseling Office, by Thursday December 15<sup>th</sup>.

Thanks in advance for your generosity!

*HHS Student Council*



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Return to Samantha Humphrey

Cut here

Name of Group: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Number of Baskets: \_\_\_\_\_





# COUNSELING NEWS

HELPING YOU HELP YOUR CHILD FIND SUCCESS

NOVEMBER 2022

## Congratulations to our Students of the Month:

**Rotary:** Loreley Drees

**Exchange Club:**

Ryan Burke, Allison Christensen,

Sandra Schuele

**MBI:**

Aurora Armstrong

Ally Jacobsen

Allie Mincemoyer

Madison Younkin

## Reminder

The FAFSA priority deadline for most MT schools is December 1. Make sure to submit before then! If you need help with the FAFSA get in touch with your school counselor.

## College Application Week

At least 55 students completed their college apps during the school day over College Application Week. Thanks to all who helped out and congrats to our college-bound seniors!

AP<sup>®</sup>

 CollegeBoard

## COLLEGE BOARD & AP AWARDS

HHS recently had several students recognized by the College Board's National Recognition Award. These students earned this recognition because of their academic achievements in school and outstanding performance of the PSAT/NMSQT, PSAT 10, and/or AP Exams.

Cameron Wittrock (NRSTA), Gabby Radley (NRSTA), Jeri Wilkerson (NRSTA), Nate Demmons (NRSTA, NHRA), Robert Stimpson (NRSTA), and Sofia Hernandez (NHRA)

NRSTA = National Rural and Small Town Award. NHRA = National Hispanic Recognition Award

Additionally, our students earned several **AP (Advanced Placement) Scholar Awards:**

Finn Anderson (AP Scholar), Aelish Barrs (AP Scholar with Honor), Nathaniel Demmons (AP Scholar with Distinction), Lexi Erdahl (AP Scholar), Charles Fox (AP Scholar), Wyatt Gant (AP Scholar), Sofia Hernandez (AP Scholar), Paisley Karlin (AP Scholar), Schuyler Kron (AP Scholar), Jack Nasset (AP Scholar), Gabriella Radley (AP Scholar), Sandra Schuele (AP Scholar with Distinction), Foster Smith (AP Scholar), Karson Stefaniak (AP Scholar with Distinction), Robert Stimpson (AP Capstone Diploma & AP Scholar with Distinction), Jeri Wilkerson (AP Scholar with Honor).

AP Scholar= Scores of 3 or higher on 3 or more AP Exams. AP Scholar with Honors= Average score of 3.25 on all AP Exams taken and scores of 3 or higher on 4 or more exams. AP Scholar with Distinction= Average score of at least a 3.5 on all AP Exams taken, and scores of 3 or higher on 5 or more of these exams.

(\*Regular AP Exam registration ended on November 1st. You may still register, but a \$40 late fee will be assessed. Registration takes place in Revtrak at: <https://helenaschools.revtrak.net/>)

# S C H O L A R S H I P S

If you haven't already, it's time to start working on scholarship applications! If you're not going to a 4-year school or don't have a very high GPA, don't worry -- you'll still be find scholarships to apply for.

## [Here's a list of things you should be doing now:](#)

**Research opportunities.** Keep an eye on the HHS scholarship page at [bit.ly/scholarshiphs](http://bit.ly/scholarshiphs). This page is updated regularly, so check back often.

**Request letters of recommendation.** Pick up the "requesting a letter of rec" pamphlet in the Counseling Center or download a copy from the scholarship page.

**Track deadlines.** Follow the link above to download a Scholarship Checklist.

**FAFSA.** Some school-specific scholarships will require information from your FAFSA to be considered for the award. Make sure you've submitted yours! And remember that MT schools have a priority deadline of December 1.

**Learn more about these  
awards on the HHS Scholarship  
Page:**

**Elks Most Valuable Student Award**  
deadline 11/14/22

**Helena Soroptimist Award**  
deadline 12/15/22

**MSU Presidential Scholarship**  
deadline 12/2/22

**Soroptimists New Adventures  
Scholarship**  
deadline 1/31/23

**MT Jaycee's Foundation Scholarship**  
deadline 1/13/23

**Cianforte Trade and Technology  
Scholarship**  
deadline 2/15/23

## Scholarship Tip:

Check the website of the school you are applying to for a scholarship page. They will have additional scholarships you should consider that won't be listed on the HHS site! For Montana schools, these pages are linked on the HHS page. There is also a list of additional scholarship search engines!

**American Indian College Fund**  
[collegefund.org](http://collegefund.org)

**MT Community Foundation**  
[mtcf.org/scholarships](http://mtcf.org/scholarships)

**Montana University System**  
[scholarships.mus.edu](http://scholarships.mus.edu)

## REP VISITS @ HHS

Fort Lewis College - Friday, November 4th at 9 AM  
US Naval Academy - Monday, November 21st during  
lunch

**REGISTER HERE:**  
[bit.ly/militaryvisitshhs](http://bit.ly/militaryvisitshhs) &  
[bit.ly/collegevisitshhs](http://bit.ly/collegevisitshhs)

## **Thespian show and festival applications out in December!**



Helena High's second show of the year our annual Thespian Festival show will audition in Early December. This is the show we produce for the Montana State Thespian Conference – and it is usually student written and student produced. All Students will need to agree to not only work on the show – but Go to the festival in Missoula. We will be casting and staffing this student production soon.

For theater students interested in applying to go to the festival – applications will be out in early December also!

See Mr. Holter for details

**Did you know that 1 in 5 of Helena youth deal with food insecurity? Over the past decade, the Helena High School food pantry has helped to provide snacks, lunches, and weekend food packs to our students in need.**

**We are excited to announce that our Food Pantry is now set-up through RevTrak to accept donations. This will help keep our shelves stocked.**

**If you are interested in helping out, please login to your RevTrak account and look for the “Donations- HHS Food Pantry.”**



<https://helenaschools.revtrak.net/helena-high-school/helena-hs-donations/#/v/helena-hs-food-pantry>



**GIRLS basketball Tryouts**  
**November 29 - November 30 @ HHS**  
**9th - 12th Grade 3:30 - 5:30pm**  
**Level Placement at 5:30 on Tues**  
**day, November 30th**

**BOYS basketball Tryouts**  
**November 28 - November 30**  
**Freshman 3:45-5:30 Mon-Tues @Bryant**  
**Wed 3:30-4:30 @HHS**  
**Will make teams 4:30-5:00**  
**Sophomores-Seniors 5:30-7:30**  
**Mon-Tues @HHS**  
**Wed 5:15-6:30 @HHS**  
**Will make teams 6:30-7:00**



#### **SLIPS, TRIPS AND FALLS REMINDER BULLETIN- HELENA SCHOOL DISTRICT**



Plan ahead and give yourself sufficient time.

When walking on steps always use the hand railings and plant your feet firmly on each step.

When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.

Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling. It also helps to stop occasionally to break momentum.

Streets and sidewalks that have been cleared of snow and ice should still be approached with caution.

Look out for "black ice." Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.

Carrying heavy items can challenge your sense of balance. Try not to carry too much--you need to leave your hands and arms free to better balance yourself.

Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with a full force. When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery--walk carefully.

Use special care when entering and exiting vehicles--use the vehicle for support.

Never underestimate the importance of reporting a near miss! A near miss is an unplanned event that did not result in injury or property damage but HAD the potential to be a significant accident. By reporting near misses, we can correct hazardous situations before an incident occurs.