

December 2022



Holiday Greetings to our Bengal Families:

I hope the Holiday Season and the close of the 2022 year is filled with time with friends and family, creating life-long memories.

As we get ready to close the 2022 year, Helena High School staff and students are embracing the season of giving. Food, toy drives, and fundraisers, coordinated through our Student Council and JMG classes under the direction of Mrs. Samantha Humphrey, are getting ready to send a little extra cheer to our families during the season. I know several other families and organizations have made contributions to this cause as well, and we will distribute these baskets and gifts after December 15th. If you are interested in making donations to help any of our families, please reach out to our counseling center at 324 –2221 for more information. It really is heartwarming to watch our students and staff support those that are less fortunate.

Need some added Holiday Cheer? Don't be afraid to spend some time listening to any of our talented music groups. More information about times and dates can be found in this newsletter.

I wish you all a Holiday Season filled with Peace.
Go Bengals!
Steve Thennis, Principal
Helena High School



SAVE THE DATE!

Monday, December 12–5:30 PM
Booster Club meeting - Library

Tuesday, December 13-7:00 PM
Winter Choir Concert, HMS

Thursday, December 15-
Advanced Orchestra Concert-
Capitol Rotunda

Tuesday, December 20-Winter
Orchestra HHS & CHS concert–
CHS Auditorium

December 23-January 2nd,
2023 NO SCHOOL -Winter
Break

January 2022
Monday, January 16, 2023
Martin Luther King Holiday

January 17-19, 2023
1st semester testing

January 23, 2023
3rd Quarter begins



Attendance News

Just a reminder for Parents/Guardians
You only need to reach a "live" person
if you are calling your student out with-
in the hour.

If you are calling to excuse your stu-
dent for the day or for coming in late,
please just leave it on the voicemail.



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) and I will reach out to our representatives.

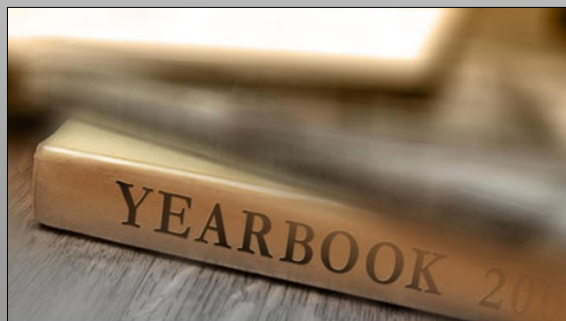
SENIOR ADS – SIZES AND PRICES

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!

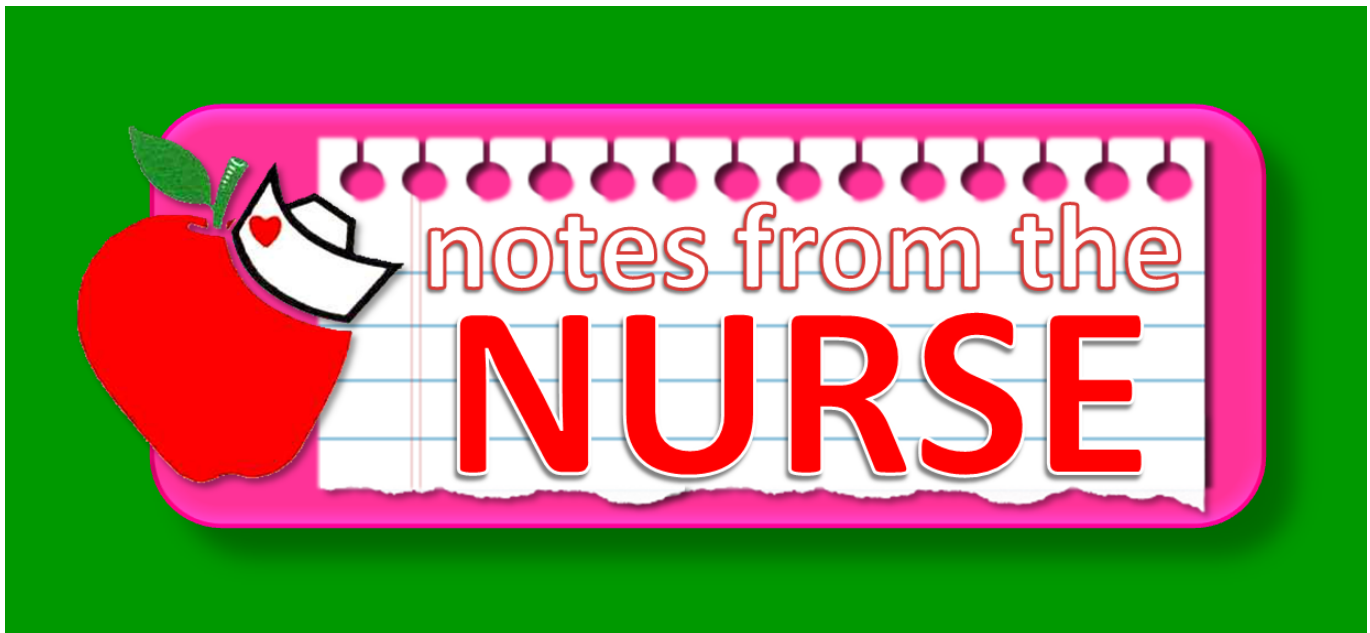
Yearbooks cost \$75 until February 1st.

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



American 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.



November is *Tobacco Awareness* month but let's continue to talk about tobacco, nicotine, laced products, and vaping. We need our parent and student partners on this one. Prevention is key. Vaping is not safer than cigarettes. Daily use doubles the risk of heart attack. Most teens who use tobacco become addicted as their developing brain makes it easier to get hooked. Addiction takes over changing kids' behavior, activities, and academics. Most truly want to take control back, but they often need our help but likely won't ask for it. Nicotine addiction harms the developing teen brain and can cause lifelong challenges. Here are resources for continuing your conversation with your kids to prevent using this drug in the first place and resources for help with quitting.

My Life My Quit offers free help for Teens: <https://mt.mylifemyquit.org/index>
TEEN Smokefree.gov: <https://teen.smokefree.gov/>
CATCH my Breath has a Parent toolkit: <https://catch.org/program/vaping-prevention#parents>

Vaping: what parents need to know: <https://drugfree.org/drugs/vaping/>

We hear our students buy pre-filled single use vapes with unknown ingredients from someone in the neighborhood or just a text away. These products can be laced with other drugs including marijuana and fentanyl. Please speak to your teens about the risk of nicotine addiction and the risk of unknown substances in these products. Please be aware that a vape can mimic any product or device you can imagine. If you suspect your child is using, please use the resources above.

Questions or concerns? Emily Rodway RN erodway@helenaschools.org or 324-2216. Wishing this special time of year helps you find a little space to truly **Be With** those you care about.



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

<u>ESSENTIAL ITEMS</u>	<u>STRONGLY SUGGESTED</u> 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 15th.

Thanks in advance for your generosity!

HHS Student Council



Return to Samantha Humphrey

Cut here

Name of Group: _____

Contact Person: _____

Number of Baskets: _____



COUNSELING NEWS

HELPING YOU HELP YOUR CHILD FIND SUCCESS

DECEMBER 2023

As we come upon the winter and holiday season, please remember to take care of yourself.



Holiday and seasonal depression, anxiety and stress can affect anyone at any age. There are many things happening around the holidays that can act as triggers. We can easily lose touch with the joy of the holiday season when negative feelings creep into our minds. **Be proactive about your mental health.**

Helena Public Schools believes that mental wellness is critical to the academic success of students. Some children go through temporary periods of stress, sadness or anxiety due to multiple factors, such as the loss of a family member, a relationship breakup, or changing to a new school. For other students, these periods of stress, sadness or anxiety can be more than just situational, and can be a sign your child is struggling.

As a result, **Helena School District has partnered with Intermountain to make wellness screenings available to our high school students for free.** Your child would not be screened without your signed permission. If signed permission is given, a screening will take place during school hours in a private setting at Helena High.

****Please contact your student's counselor to request a permission form to allow your child to participate in the wellness screening**

FIVE TIPS FOR BEATING THE HOLIDAY BLUES

CHILL OUT. Avoid overbooking yourself and make sure to take time for self-care.

HIBERNATE. Make sure you get enough sleep.

BREAK OUT THE ICE SKATES. Take time to exercise, even if it's just taking a spin around the rink.

DON'T FREEZE PEOPLE OUT. Spend time with people who love and support you.

CONGRATULATIONS

Exchange Club:

Mikayla Stafford
Elisabeth Lloyd
Joseph Seliskar

MBI:

Fox Kolar
Maddox Maxwell
Trey Schlepp
Alma Cline

Rotary:

Cael Murgel

FOOD PANTRY



The Counseling Department has a food pantry for students to pick up a snack or lunch during the school day. In addition, we have weekend bags available to pick up on Friday's!

If your student could benefit from this, please encourage them to stop by our office - we have lots available and are happy to be able to help the families of Helena High School in this way.

UPCOMING EVENTS

If you're interested in the events hosted at HHS, sign up at bit.ly/hhsvisits and we'll send you reminders and a pass if you need one.



FAFSA Deadline- December 1

Reminder to get your FAFSA paperwork completed and submitted online.

Visit:

<https://hhs.helenaschools.org/counseling-and-career-guidance/financial-aid/>

Montana State University -

December 12 @ 1:15 PM

Montana state university College rep will be visiting Helena High school in the counseling office. Make sure to sign up online so we can excuse you



OTHER IMPORTANT DATES

WINTER BREAK - December 23, 2022 - January 2, 2023
SEMESTER TESTS - January 17-19, 2023

It's time to be 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. There are lots of opportunities still available to you. Make sure to read the details of the scholarships listed on the HHS page to see what will be a good fit for you!

bit.ly/scholarshipphhs

Research opportunities. Keep an eye on the HHS scholarship page at bit.ly/scholarshipphhs. 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.

SCHOLARSHIP DEADLINES IN DECEMBER & JANUARY:

Stick With Stickers

Opens 11/1, Closes 11/30

MSU Presidential Scholarship

Deadline 12/2

Dell Scholarship

opens 12/1, closes 3/15/23

Chadron State College-Instagram Scholarship

Deadline 12/7/23

Pride Foundation & GSBA Scholarship Fund

Deadline 1/7/23

Jackie Robinson Scholarship

Deadline 1/11/23

Montana Jaycee Foundation

Deadline: 01/13/23

Soroptimist Int'l of Helena - Margaret Chivers

deadline 1/15/23

Montana Wildlife Federation-Phil Tawney Scholarship

deadline 1/16/23

Soroptimist Int'l of Helena - New Adventures Educational Scholarship

**for students enrolling in a non-traditional career program, or two-year degree program
deadline 1/31/23