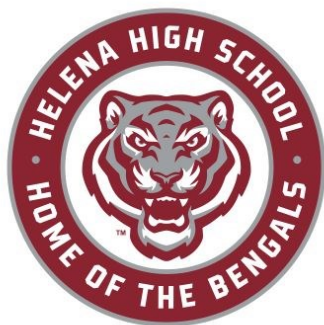


Go Bengals!



Happy 2023 Bengal Families!

I hope you all had a fantastic break with your families and friends. A well needed break for all.

We are so proud of the many accomplishments of our HHS students. Prior to the break we received fantastic news out of Senator John Tester's Office. Helena High school had an incredible 3 Military service Academy nominees. They are:

**Charles Fox - U.S. Military Academy, U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy**

Charles is student body president, Key Club president, and a member of the National Honors Society at Helena High School. He is also a member of the varsity football, wrestling, and track and field team, and competes in powerlifting. Last summer, he attended Boys State and was elected Governor for the 2022 session.

**Paisley Karlin - U.S. Naval Academy, U.S. Air Force Academy**

Paisley is a student at Helena High School and a varsity cross country athlete who is an Academic All State recipient. She is also a member of the National Honor Society, science club, and Key Club.

**Joseph Seliskar - U.S. Military Academy, U.S. Naval Academy, U.S. Merchant Marine Academy**

Joseph is the senior class representative for the student council and National Honor Society member at Helena High School. He is also a member of the varsity football, golf, and track and field team. He attended Boys State, where he was elected Secretary of State, and the Naval Academy Summer Seminar last summer.

Congratulations to these great young people and their families.

Go Bengals!

Steve Thennis  
Principal

January 2023

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

2022-2023 School Year



**January Calendar**

**Jan 9th Booster Club meeting 5:30—HHS Library**

**Jan 16th NO SCHOOL  
Martin Luther King**

**Jan 17-19th  
Semester Test Week**

**Jan 20th NO SCHOOL—  
Records Day**

**January 21st—  
Winter Formal**

**Jan 23rd  
3rd Quarter Begins**

**Jan 27-28 State Speech  
and Debate Billings**

# SEMESTER TEST SCHEDULE - JANUARY 2023

## FIRST SEMESTER

Tuesday, January 17, 2023

Wednesday, January 18, 2023

Thursday, January 19, 2023

### 1st Day

Period 0 8:20-9:40

Period 1 9:55-11:15

Lunch 11:15-11:50

Period 2 11:50-1:10

Make-Up tests 1:25-2:45

### 2nd Day

Period 3 8:20-9:40

Period 4 9:55-11:15

Lunch 11:15-11:50

Period 5 11:50-1:10

Make-Up tests 1:25-2:45

### 3rd Day

Period 6 8:20-9:40

Period 7 9:55-11:15

Lunch 11:15-11:50

Make-Up tests 1:25-2:45

*Students must take exams when scheduled. Students may only reschedule exams with prior permission from Helena High School Administration.*

*Make-up tests will only be given with medical documentation of need.*

JMG, BPA and Student Council would like to thank the many individuals who have supported our fund-raising efforts this school year. We collected over 350 pounds of food for Helena Food Share; collected 76 new toys for Toys for Tots, and donated 8 of the 47 Holiday Food Baskets for our students who face food insecurity over the holidays. The kindness and generosity of our Bengal family is inspiring. THANK YOU!

## BENGAL CAREER FAIR

JMG and the Student Council are planning the Annual Bengal Career Fair. It will be held in April.

50+ area businesses, colleges, and military branches of service—including organizations who are looking to hire our students or individuals—are invited to share what their typical job entails.

Individuals or Organizations interested in participating should contact Samantha Humphrey at [shumphrey@helenaschools.org](mailto:shumphrey@helenaschools.org).





# Helena High Frosty Formal

January 21<sup>st</sup> at the Delta Hotel

8:00-11:00 p.m.

Tickets are \$25 for a single and \$35 for couple tickets through January 11th. After January 11th—prices increase to \$30 for a single and \$45 for double tickets.

Student Council will have a professional photographer available to take formal pictures and picture packages can be ordered online. Photography information will be provided when tickets are purchased. In addition to a DJ and a large dance floor, there will be a photo booth. Food and drinks will also be available.

Students wishing to bring a guest who is not a student at HHS, must have an approved "Helena High School Dance Expectation 22-23" before they can purchase a ticket. Forms can be picked up in the Main Office.

## Drivers Ed Winter/Spring 2023

**Winter/Spring Registration Open:** January 3 – January 13, 2023

**Registration DEADLINE:** Friday January 13<sup>th</sup> @ 12:00 pm. Email completed registration form to: [trafficeducation@helenaschools.org](mailto:trafficeducation@helenaschools.org) or hand-deliver to 815 Front St. (PAL – front foyer drop box)

Registration forms are available online at: <https://helenaschools.org/departments/drivers-education-program/>

**Payment:** DO NOT PAY until you are offered a seat in class. You will be notified by email after the registration deadline. The cost is \$305 for ALL students.

Student must turn **15** years old by: **May 31, 2023**





HHS American Welding Society Club

hosts

11<sup>th</sup> Annual

# WELD-OFF

HHS versus EHHS

January 19th, 2023

5:30 pm to 6:00 pm

Helena High School Welding Shop

1300 Billing Ave

Please come and enjoy the students' work.

If you have questions

please contact Cindy Galbavy at 324-2180



## From the Desk of the School Nurse: First Aid for an Eye Injury

Having an accident that involves your student's eyes can be stressful. Knowing what to do quickly may prevent further damage and preserve vision.

**Prevention:** Consider all eye injuries as serious; see an eye doctor promptly.

Have your student wear appropriate eye protection for hazardous activities and sports at school, home and on the job that could lead to an eye injury.

Stock a first aid kit with eyewash (make sure it is not expired) before engaging in activities where an eye injury could occur.

### First-Aid for Eye Injuries

#### Chemical Burns—Eye Injury from chemical exposure

- Immediately flush the eye with water. Hold the eye under a faucet, shower or pour water into the eye using a clean container. Keep the eye open as wide as possible during flushing. Continue flushing for 15 minutes.
- Flush over contact lenses immediately. If the contact does not flush out, gently remove the contact and continue to flush.
- **DO NOT** bandage the eye.  
After flushing, seek medical care.

#### Something in the Eye; Avoid rubbing the eye

- Flush eye gently with water, contact lens solution or commercial eye wash.
- Try lifting upper eyelid outward. Look down over the lower lid.
- **DO NOT** use tweezers or other items to try and remove the object.  
If the speck doesn't wash out, see an eye doctor immediately.

#### Blows to the Eye

- Apply cold compress without pressure in 5-10 intervals. Do not place ice directly on the eye. In cases of pain, blurry vision, blood inside the eye, or a "black eye", seek medical attention.

#### Cut Injuries of the Eye and Eyelid

- **DO NOT** wash out eye with water or any other liquid.
- **DO NOT** try to remove an object that is stuck in the eye.
- Cover the eye without pressure, using the bottom half of a paper cup, taped into place
- Have your student try to look straight ahead as looking around will move the injured eyeball as well.  
Seek emergency medical care immediately.

#### References

<https://preventblindness.org/first-aid-for-eye-emergencies/>

<https://www.healthline.com/health/first-aid/eye-care#cuts-and-wounds>



**Prescription medications:**

Prescription medications are not allowed to be carried and self-administered by students unless you have supplied a **Montana Authorization to Possess or Self-Administer Asthma, Severe Allergy, or Anaphylaxis Medication** form for those applicable medications (epi-pen, albuterol inhaler) per Helena Public Schools medication policy 3070. See your [HHS student handbook](#), pg 32-35. Please call Emily Rodway RN @ 324-2216 to discuss prescription medications at school.

**Over-the-counter medications:**

Students are permitted to possess their own over-the-counter medications such as Tylenol, Ibuprofen, Midol, Tums, etc. These are not supplied by our school staff so please help your student be prepared by making sure they have a small bottle in their backpack for their own use as needed.

**Label all medications:**

Occasionally a student drops their medications. Please label all medications that are not labeled such as inhalers so we can return medications back to students. Students can check in with me in the Health Room if they are missing a medication.

-Emily Rodway RN, NCSN



# COUNSELING NEWS

HELPING YOU HELP YOUR CHILD FIND SUCCESS

JANUARY 2023

## 2023 Registration Timeline

- Friday, January 27:** Meeting with MT City 8th graders @ 8:30 AM .
- Monday, January 30:** Classroom presentations in Junior English classes.
- Friday, February 3:** Juniors meet in library (English 3) to register.
- Monday, February 6:** Classroom presentations in Sophomore Biology classes.
- Friday, February 10:** Sophomores meet in library (Biology) to register.
- Wednesday, February 15:** HMS Students tour HHS (8:30-11:30).
- Tuesday, February 21:** Classroom presentation in Freshman World Culture classes.
- Friday, February 24:** Freshman meet in library (World Cultures) to register.
- Monday, February 27:** Meeting with HMS 8th graders.
- Monday, February 27:** Parent night for incoming frosh at HMS Auditorium @ 6:00 PM.
- Friday, March 4:** HMS registration forms due. All other middle school registration forms due.

### Important dates:

January 16: MLK Day, no school  
January 17-19: Semester Testing  
January 20: Staff Records day, no school  
February 1: National College Signing Day  
February 6: Sophomore Parent Night  
February 14: 7th semester transcripts available  
February 15: 8th grade activity fair

### Congratulations to our Students of the Month:

#### ROTARY CLUB:

Tess Lawlor

#### Exchange Club:

Lexi Erdahl

Kendall Klemp

Mckenna Spaulding



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 plenty available and are happy to help the families of Helena High School in this way.



## SCHOLARSHIP WORKSHOP WITH MISS NAVARRETE WEDNESDAY, FEBRUARY 1

Save the date for a Scholarship Workshop! This is an opportunity for students in any grade to learn more about scholarships, for seniors to get help with applications, and for any students to ask questions about scholarships!

If you aren't a senior, you are still welcome to join us -- it's a great idea to prepare early!

Reminder -- there are scholarships available for you even if you don't have 4.0 GPA or aren't going to a 4-year program after high school.

*Wednesday, February 1. @ Lunch and 6th through Afterschool*

*New scholarships are added regularly to the HHS website -- check back often!  
[bit.ly/scholarshiphs](https://bit.ly/scholarshiphs)*

# Semester Testing

### Tuesday January 17th 2023

Period 0 8:20-9:40  
Period 1 9:55-11:15  
Lunch 11:15-11:50  
Period 2 11:50-1:10  
Make-Up tests 1:25-2:45

### Wednesday January 18th 2023

Period 3 8:20-9:40  
Period 4 9:55-11:15  
Lunch 11:15-11:50  
Period 5 11:50-1:10  
Make-Up tests 1:25-2:45

### Thursday January 19th 2023

Period 6 8:20-9:40  
Period 7 9:55-11:15  
Lunch 11:15-11:50  
Make-Up tests 1:25-2:45

## PARENT NIGHT

Parents of Sophomore student, please plan to attend an upcoming parent night on

**MONDAY, FEBRUARY 6TH @ 5:30PM IN THE HHS THEATER**

Information will be presented about graduation requirements, transcripts, dual credit, testing and registration for classes.



See you there Bengals

