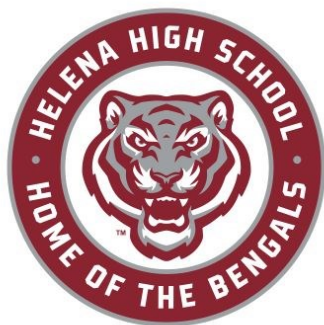


Go Bengals!



Happy New Year to our Bengal Community!

We hope you have all had a fantastic winter break and are ready for the second semester. Remember we will wrap up the 1<sup>st</sup> semester with finals scheduled for January 17<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup>.

With the new year always comes new goals. We encourage you to visit with your child about establishing some new goals for the second half of the year. Categories of goals could be:

**Academic Goals:** Improving grades in a specific subject, joining study groups, or aiming for academic honors.

**Attendance Goals:** It goes without saying, improved attendance will lead to overall academic success. 90% of success is showing up!

**Personal Growth Goals:** Challenge your child to learn a new skill, work on better time management or put their leadership skills to work!

**Extracurricular Goals:** Commit to a new club, participate in a sport they have never tried before, take up a role in student government. Be involved!

**Health and Wellness:** Focus on physical fitness, mental health, or adopting healthier habits such as better sleep habits and less screen time.

Regardless of the new goals, we would love to assist you with any ideas your student has, just let us know.

May your 2024 be amazing!

Go Bengals!

Steve Thennis

January 2024

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

2023-2024 School Year

## January Calendar

**Jan 2nd—Driver's Ed registration opens **online****

**Jan 5th—Night to Shine Audition forms due**

**Jan 9-10—Auditions for Night to Shine**

**Jan 15th NO SCHOOL  
Martin Luther King**

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

**Jan 22nd NO SCHOOL—  
Records Day**

**Jan 23rd  
3rd Quarter Begins**

**Jan 26-27 State Speech  
and Debate Missoula**

**February 23rd -  
Winter Formal**

# 100th Anniversary

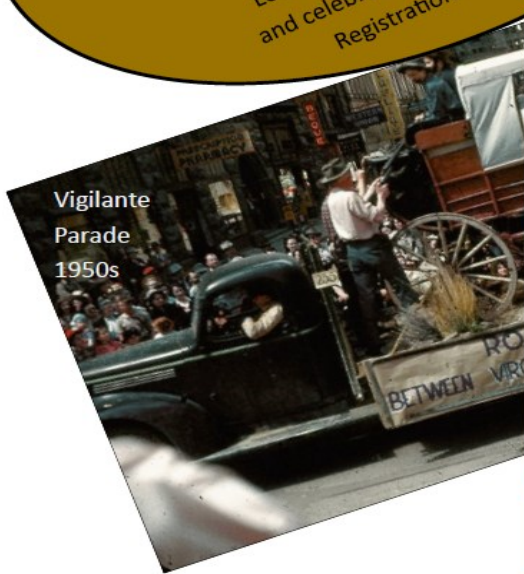
Helena Vigilante Parade  
1924-2024  
Friday - May 3, 2024 - High Noon  
Last Chance Gulch

Let's make this parade unforgettable,  
and celebrate our 100 years of heritage.  
Registration Packets coming soon.

Vigilante Parade 1930s



Vigilante  
Parade  
1950s



## The Vigilante Parade

THE FAMOUS MONTANA HISTORY PAGEANT  
BEGAN IN 1924 TO PREVENT SCHOOL VIOLENCE

In 1924, meetings between students and administrators set into motion a plan for the parade: a grand pageant of historical floats, involving almost every student in a creative competition, and having at its heart the theme of the tough pioneer spirit.

As former (1907-1933) HHS Principal Albert J. Roberts said in a 1939 Helena Independent story about the origins of the parade:

*"This parade, so little thought of at the time, and then only as a splendid substitute for several lawless activities, has more than any other institution distinguished the City of Helena and its high school. From it, thousands of our citizens have obtained a knowledge of the life and customs, of the thrilling story of the early days in the Treasure state."*

### School Leadership Team Update

At Helena High, we use data to guide our efforts in ensuring the success of every student. Each month, we'll share a snapshot of the data we work with to keep you informed about our focus.

At the beginning of December, our leadership team and fellow teachers presented to their colleagues about various engagement strategies. These are strategies that get your student thinking and engaging in the material and class. We don't want any student to lose out on the opportunity to learn and the only way we know they are learning is if they engage and demonstrate their learning.

The strategies are varied in their required response from students – writing, discussing with a partner, drawing, whole-class discussions, whiteboard, etc. Teachers learned about some quick tools they can use in almost any class as well as some strategies that require more intentional planning. We also reviewed our quick write strategies that were implemented last year and resulted in huge growth on our ACT scores.

Our goal is that every student has an opportunity to respond in every class. Everyone does everything. This ensures we are maximizing the learning that happens during our school day.

As a follow up, our SLT will be monitoring engagement strategies that are being used and working as we do our walkthroughs during December and January. This informs us of the next moves we need to make.

Should you have questions about HHS data or goals for the year, please reach out to Mr. Thennis or Mrs. Meghan Schulte. For inquiries regarding district data and assessments, contact Mrs. Kaitlyn Hess. Thank you for supporting your student's journey to become the best Bengal they can be!



# NIGHT TO SHINE

Audition forms available  
at the main office  
Night To Shine is on  
Tuesday, Feb. 20

**02.20.24**

**01.09.24**

**01.10.24**

Auditions  
Tuesday, Jan. 9th  
Wednesday, Jan. 10  
4:00PM-8:00PM  
Civic Center

# SEMESTER TEST SCHEDULE - JANUARY

## FIRST SEMESTER

Wednesday, January 17, 2024

Thursday, January 18, 2024

Friday, January 19, 2024

### 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

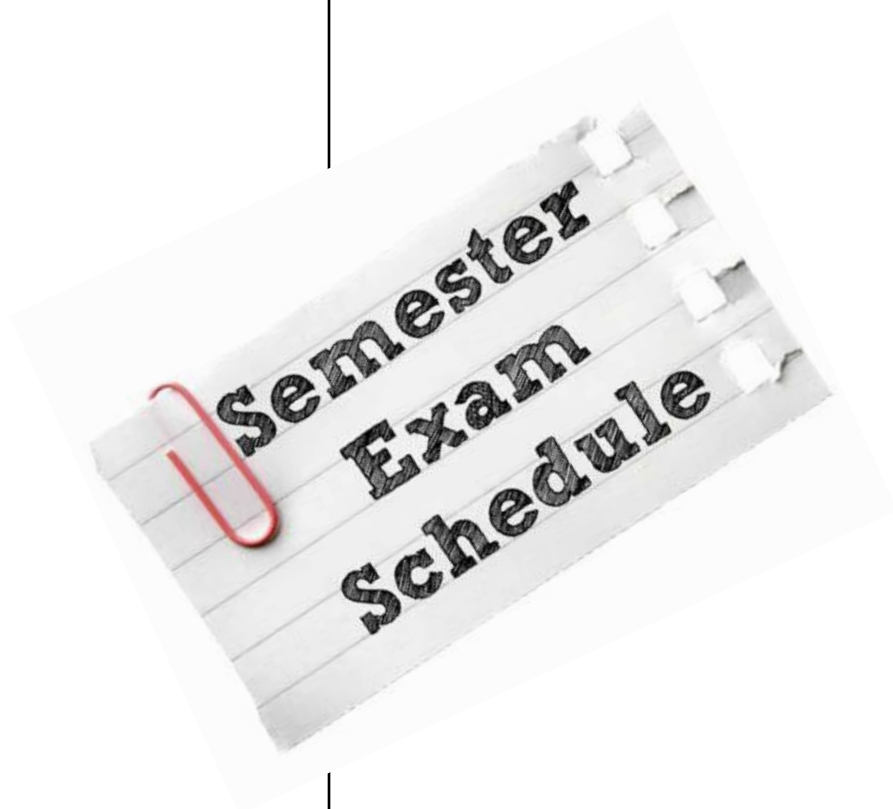
Period 7 9:55-11:15

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.*





# JANUARY 2, 2024

## DRIVER'S EDUCATION REGISTRATION FOR THE WINTER/ SPRING SESSION

REGISTRATION WILL OPEN ON-LINE AT 9:30 AM, JANUARY 2, 2024  
THROUGH JANUARY 10, 2024 AND CLASSES WILL RUN APPROX  
JANUARY 29 THRU APRIL 30, 2024

Questions? Please contact: [trafficeducation@helenaschools.org](mailto:trafficeducation@helenaschools.org)

### AGE REQUIREMENTS:

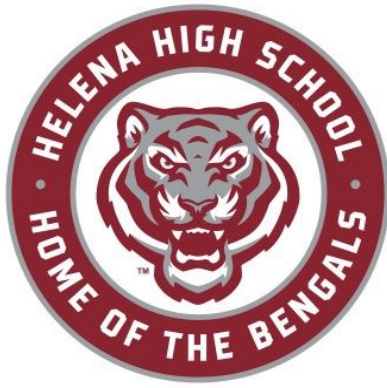
- **Winter/Spring 2024 Class** – student has to turn 14.5 years old by May 31, 2024 – Registration opens January 2nd thru January 10th.
- **Summer 2024 Class** – student has to turn 15 years old by August 31, 2024 – Registration opens April 1st thru April 10th.
- **Fall 2024 Class** – student has to turn 15 years old by December 31, 2024 – Registration will open August 2024

**Cost for class sessions is \$335.00 Email completed registration forms to:**  
**[trafficeducation@helenaschools.org](mailto:trafficeducation@helenaschools.org) or hand-deliver to 815 Front Street (PAL-**  
**front foyer drop box)**

**Registration forms are available online at:**

**<https://helenaschools.org/departments/drivers-education-program/>**





**HHS American Welding Society Club**

**hosts the 12<sup>th</sup> Annual**

**WELD-OFF**

**HHS vs EHHS and Havre Blue Ponies**

**January 18th, 2024, at 5:30 pm to 6:00 pm**

**Helena High School Welding Shop**

**1300 Billings Avenue**

**\*\*\***

**Please come and enjoy the students' work**

**From the School Nurse:  
Important Healthy Montana Kids/Medicaid Information  
and Helena Health Care Centers**

Dear Parents,

If your family or children are on Medicaid/Healthy Montana Kids (HMK), the Montana Department of Public Health and Human Services (DPHHS) has important information for you.

DPHHS is sending out important mail regarding medical insurance coverage and Medicaid/HMK members must make sure DPHHS has their current address, phone number and email, or risk losing coverage. Updates to contact information can be made by doing any of the following:

Complete a change of address form online at: [apply.mt.gov](https://apply.mt.gov). At [apply.mt.gov](https://apply.mt.gov), individuals can also create an online account. An online account allows individuals to update their contact information, renew their coverage when it's time, and receive correspondence.

Call the Public Assistance Helpline at 1-888-706-1535

Mail a letter to: DPHHS, PO Box 202925, Helena, MT 59620-2925

Fax a letter to 1-877-418-4533

Go to the local Office of Public Assistance

For more information, please go to <https://covermt.org/> or contact your school nurse.

**Helena has two Federally Qualified Health Centers that can meet your family's health needs:**

**PureView Health Center**

"PureView Health Center is a Federally Qualified Healthcare Center (FQHC) with clinics in Helena and Lincoln, Montana"

<https://pureviewhealthcenter.org/about-and-history>

1930 9TH Ave, Helena, MT 59601 Phone: 406-457-0000 Fax 406-500-2130

Sliding Fee Discount Program Available

**Helena Indian Alliance**

"We are a Federally Qualified Health Center providing primary care, mental health services and youth programs for the entire Helena Community."

<https://www.hia-mt.org/>

New patients to HIA, please register first at: <https://hia-mt.org/care>

501 Euclid Ave. Helena Montana, 59601 Phone: 406-449-5796; 406-442-9244

For families without medical insurance, a sliding fee scale, based on income, is available.

To find out how to apply for SNAP (Supplemental Nutrition Support Program) or other assistance benefits, including health coverage assistance, please call the Montana Public Assistance Helpline at 1-888-706-1535, apply online at [www.apply.mt.gov](https://www.apply.mt.gov), or contact a local assistance office.



# New Year! New Plan Year?

For many of us, our health insurance starts over with the new year. I recommend you make a Well-Child appointment for your teen.

## How do teens benefit from their annual Well-Child examination?

- **Prevention**

Screening for depression or anxiety paving the way for teens to address important questions, including substance use, sexual behavior, and mental health concerns

Screening preteens and teenagers for cholesterol and high blood pressure to test for high risks of cardiovascular disease

Ensure your child is protected from infectious diseases by reviewing and updating immunizations

- **Tracking growth and development**

Answer questions on body maturation, growth

Evaluate social behaviors, milestones

- **Raising concerns**

healthy sleep patterns, eating habits and food choices

discusses behaviors, school issues and proper nutrition

- **Team approach**

Regular visits create a trusting relationship between teen and provider

Offers teens an opportunity to take steps toward independence and responsibility over their own health behaviors

AAP recommends annual well-child visits as a way for pediatricians and parents to partner and better serve the needs of children

The team approach helps develop optimal physical, mental and social health

## Other Benefit?

Wellness exams are typically covered at 100%, check with your insurance provider

Make the appt after May 1<sup>st</sup> to use it as their sports physical for the following year

## Get the most out of your time at the appointment.

When going to the visit, it may be helpful to bring your teen's immunization record, a list of questions, or any school or sports forms you need completed.

Check with the doctor's office ahead of service if you have concerns about receiving services that are outside of what is covered under a wellness exam

Talk to your teen about the upcoming appointment, prompt them to think about concerns to bring up to the provider in private and/or with you

Leave with a copy of their immunization record and keep on file for future use for higher education, programs, or job applications

## Happy Healthy New Year! ~Emily Rodway RN

### References

Moreno MA. The Well-Child Visit. JAMA Pediatric. 2018;172(1):104. doi:10.1001/jamapediatrics.2017.4041

<https://news.sanfordhealth.org/childrens/well-child-visits-important/>

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

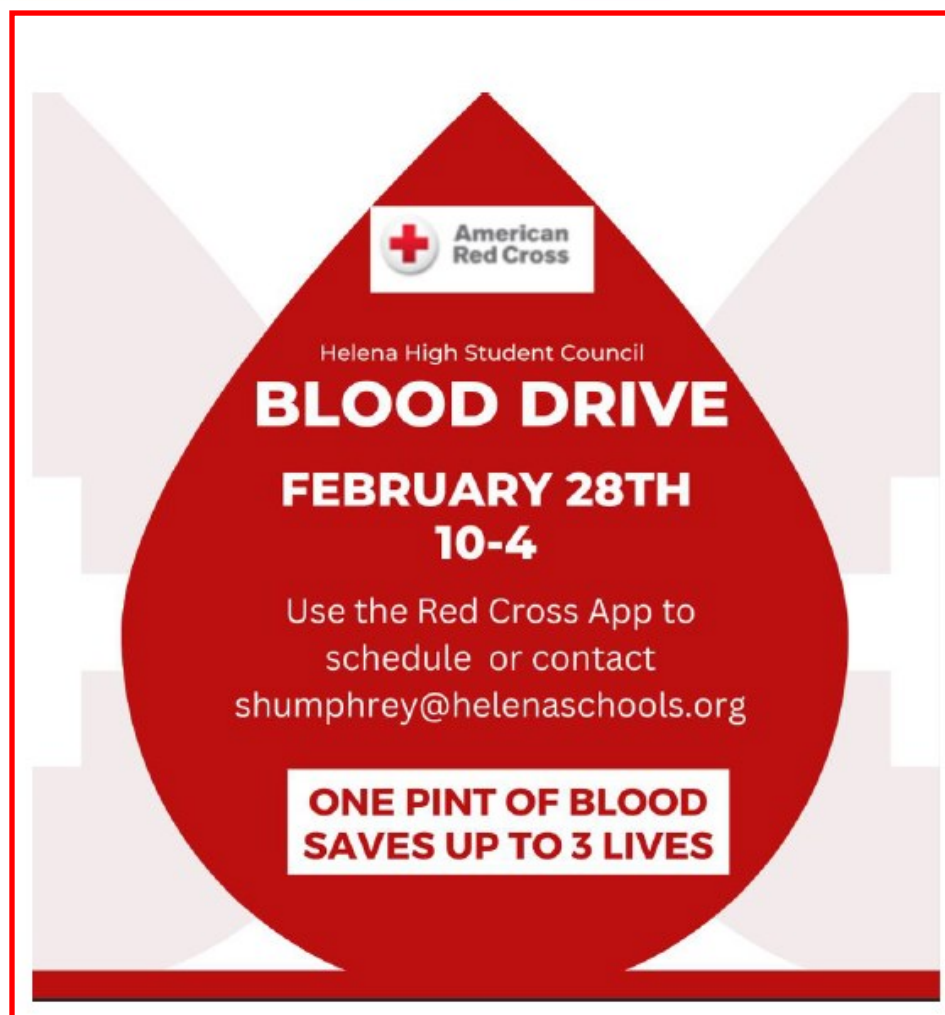
HAPPY NEW YEAR  
2024!



A photograph of a snowy road winding through a forest of bare trees. The road is covered in snow with dark tire tracks. A small car is visible in the distance on the road. The trees are thin and without leaves, their branches reaching out against a pale sky. The overall tone is cold and wintry.

2024  
WINTER  
FORMAL  
IS COMING  
**FEBRUARY 23RD**  
**HHS GYM**







# COUNSELING NEWS

HELPING YOU HELP YOUR CHILD FIND SUCCESS

JANUARY 2024

## 2023 Registration Timeline

- Friday, January 26:** Meeting with MT City 8th graders @ 8:30 AM.
- Monday, January 29:** Classroom presentations in Junior English classes.
- Friday, February 2:** Juniors meet in library (English 3) to register.
- Monday, February 5:** Classroom presentations in Sophomore Biology classes.
- Friday, February 9:** Sophomores meet in library (Biology) to register.
- Tuesday, February 20:** Classroom presentation in Freshman World Culture classes.
- Wednesday, February 21:** HMS Students tour HHS (8:30-11:30).
- Friday, February 23:** Freshman meet in library (World Cultures) to register.
- Monday, February 26:** Meeting with HMS 8th graders.
- Monday, February 26:** Parent night for incoming fresh at HMS Auditorium @ 6:00 PM.
- Friday, March 1:** HMS registration forms due. All other middle school registration forms due.

### Important dates:

- January 8:** Junior Parent Night
- January 15:** MLK Day, no school
- January 17-19:** Semester Testing
- January 22:** Staff Records day, no school
- January 23:** FAFSA Night
- February 1:** National College Signing Day
- February 5:** Sophomore Parent Night
- February 21:** 8th grade activity fair

### Congratulations to our Students of the Month:

**Exchange Club:**  
**Brynn Woodmansey**  
**Willia Bishop**  
**Ellana Lundstrom**



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 Fridays!

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.

**INTERNSHIP INFORMATION WITH MS NAVARRETE  
THURSDAY, JANUARY 10TH- LIBRARY @ LUNCH**



Save the date to learn more information about our internships! This is an opportunity for Junior/Senior students to apply for a internship 2nd semester.

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

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

## Semester Testing

**Wednesday  
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

**Thursday  
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

**Friday  
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

## FAFSA NIGHT

Parents of Senior students, please plan to attend an upcoming FAFSA night on

**TUESDAY, JANUARY 23RD @ 5PM-7PM IN THE LIBRARY**

Make sure to have your FAFSA ID completed and on hand when arriving to FAFSA night. We will be able to assist first hand in your completion of the FAFSA application.



See you there Bengala

