Dear Helias Families,

Helias Catholic High School will administer the PSAT 8/9 on February 27 to incoming freshman students. The test will take place from 9:00am-12:30pm. The PSAT 8/9 is the first test in the SAT Suite of Assessments. Tightly aligned with SAT and PSAT/NMSQT, it establishes a baseline for college and career readiness. The PSAT 8/9 will support all students with early feedback on the skills and knowledge that matter most for college and career success. The PSAT 8/9 helps do the following:

- Measure and follow student performance.
- Ensure students are on target to achieve college and career readiness.
- Pinpoint areas for development.

Calculator Policy and tips for PSAT 8/9:
- Students are strongly encouraged to bring a calculator to the PSAT/NMSQT on test day, whether or not they plan to use it.
- Take a calculator you are comfortable using. Don't buy a new one just for the test.
- Don't try to use the calculator on every question. No question requires one.
- Decide how to solve each problem before deciding whether to use a calculator.
- Practice sample questions with a calculator on hand.

Approved Calculators
- Four-function calculator
- Scientific calculator
- Graphing calculator

Calculators Not Permitted
- Pocket organizer
- Hand-held or laptop computer
- Electronic writing pad, tablet, or pen input device
- Calculator with a QWERTY (typewriter-like) keypad
- Calculator with paper tape
- Calculator that makes noises or "talks"
- Calculator with a power cord or that requires an outlet

You may visit [https://collegereadiness.collegeboard.org/psat-8-9/test-design](https://collegereadiness.collegeboard.org/psat-8-9/test-design) for more information.

Student scores will only be used internally at Helias to help best prepare your student for a rigorous academic career. These scores are not sent on to colleges or universities. Students should try their very best, but should not stress about college implications due to the test. Simply have your student show what they know!

Thank you,

Ms. Kenya Fuemmeler

Principal Helias Catholic High School
Student Accommodations Team

At Helias we value all students. In our ministry, we work with students with physical, medical, emotional, or academic concerns. With 10+ years of experience working with individuals who have concerns in both a classroom and clinical setting, we hope to meet the needs of all students at Helias.

We work to be a liaison between teachers and students with learning struggles and help promote self-advocacy. We work with students and families to help create different strategies for help in the classroom, healthy ways to release stress, and coping strategies for anxiety. By creating an open line of communication and building positive relationships between students, families and teachers we hope to provide a learning environment to help all Helias students thrive.

IF your students has:

- A Service Plan through the public school
- A 504 Plan
- Has been tested for Special Services
- Has a diagnosed mental or psychological condition (ADHD, Anxiety, Mood Disorder, etc.)
- Has received accommodations or modifications in the past
- Has failed classes in the past

Please reach out to us via phone or email. We’d love to meet with you and your student to get them off on the right track. We look forward to helping and your support your student.

Elizabeth Clingman
Accommodations Coordinator
eclingman@heliascatholic.com
573-635-6139

Josh Varner
Professional School Counselor
jvarner@heliascatholic.com
573-635-6139

**All accommodations and/ or modifications are specific to each individual student. These will be provided and implemented by our school personnel to the best of our ability. Any and all questions and concerns can be directed to the Accommodations Coordinator**
Faith and Service Opportunities

Campus Ministry at Helias Catholic High School strives to support the faith formation of the students, staff and school community by providing opportunities which lead to a deeper awareness of the message of God’s love and opportunities for worship, supporting the formation of a community of faith, and the promotion of service as a way of life.

Mass

- Daily Mass is offered each school day in the Helias Chapel. Monday’s Mass is at 8:25a.m. and on Tuesday through Friday it is at 7:25a.m. Theology classes, athletic teams and clubs take turns sponsoring each daily Mass.
- All School Masses are held monthly in the Old Gym.

Adoration and Reconciliation

- Eucharistic Adoration is offered once a semester to all theology classes. Students take this time to pray and meditate in the chapel.
- The All School Day of Reconciliation is offered in Advent and Lent.

Service

- Every student is required to complete 50 hours of service by the end of 1st semester Senior Year.
- All service is to be completed at non-for-profit agencies, Helias, churches or schools. A detailed list of agencies can be found on the Helias website.
- Any student who completes more than 100 hours in a year or 500 hours over 4 years of high school will receive special recognition.

Retreats

- Class Retreats provide opportunities for students to step away from their regular class schedule and activities and to reflect upon their life from a faith perspective. These opportunities also support the formation of class unity. Students are expected to participate in the retreat scheduled for their class.

Mission Trips

- Mission of Witness
  - March for Life Trip: A group of students attend the March for Life at Washington D.C. in January.
- Mission of Evangelization:
  - Steubenville Conference: Our first trip to Steubenville Conference will be July 15-17, 2016 in Springfield, MO. Incoming freshmen are invited and encouraged to contact Maureen Quinn for more information!
- Mission of Service: 2-3 opportunities a year
  - We go to a location for 2-4 days and do hands on service in a community.

Other Faith Opportunities

- Join Campus Ministry Crew to grow in your personal faith and help plan and execute a variety of faith and service events for the school.
- Crusaders for Life and Life Runners Club are both clubs that advocate for Life.
- Lassalian Club promotes service in the community.

If you have any questions about the faith and service at Helias Catholic please feel free to contact me at any time!

Maureen Quinn □ Campus Minister □ mgquinn@heliascatholic.com □ 573-635-6139
Our goal at Helias Catholic High School is for each student to make the choice to be involved in our extra-curricular opportunities.

We believe our activities are an extension of the classroom allowing students to achieve goals and to become well-rounded young people of strong moral character.

Our students have the responsibility to maintain high standards of personal integrity, leadership, and accomplishment. We expect our students to understand they must never lose sight that academic success always takes precedent over any extra-curricular involvement.

Discipline, self-direction, self-esteem, leadership, fundamental skill development, and the enjoyment of being involved are the overall objectives of the Helias Catholic Activities Program.

Visit [www.heliascrusaders.com](http://www.heliascrusaders.com) for forms, photos, schedules, rosters, club descriptions and all other information regarding Crusader Activities. Summer Camp Dates will be posted by Feb. 1st.

### Missouri State High School Activities Association (MSHSA) School Sponsored Sports & Activities

<table>
<thead>
<tr>
<th>Male Sports</th>
<th>Female Sports</th>
<th>Activities</th>
<th>Co-Curricular Music Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Basketball</td>
<td>Academic Team</td>
<td>Band – Offers Marching Band</td>
</tr>
<tr>
<td>Basketball</td>
<td>Cross Country</td>
<td>Bass Fishing</td>
<td>(Color Guard), Pep Band, Concert Band and Jazz Band</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Golf</td>
<td>Cheerleading</td>
<td>Choir – Offers Concert Choir, Chorus, and Show Choir</td>
</tr>
<tr>
<td>Football</td>
<td>Soccer</td>
<td>Chess Team</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>Softball</td>
<td>Dance Team</td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>Tennis</td>
<td>Music</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>Track</td>
<td>Speech &amp; Debate</td>
<td></td>
</tr>
<tr>
<td>Track</td>
<td>Volleyball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wrestling</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Non-MSHSA Sponsored School Clubs & Activities

<table>
<thead>
<tr>
<th>Archery Team</th>
<th>Art Club</th>
<th>Beyond the Book Club</th>
<th>Campus Ministry Crew</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club International</td>
<td>Computer Club</td>
<td>Crusaders for Life</td>
<td>Disney Club</td>
</tr>
<tr>
<td>French Club</td>
<td>Invention Crew</td>
<td>Journalism Club</td>
<td>Lasallian Youth Club</td>
</tr>
<tr>
<td>Learn, Talk, Live</td>
<td>Library Squad</td>
<td>Life Runners Chapter</td>
<td>Mascot Club</td>
</tr>
<tr>
<td>Math Team</td>
<td>Mission Trippers</td>
<td>MotMot Book Club</td>
<td>Musical</td>
</tr>
<tr>
<td>National Honor Society</td>
<td>Ping Pong Club</td>
<td>Poetry Club</td>
<td>Robotics Club</td>
</tr>
<tr>
<td>SADD</td>
<td>Sports Medicine Club</td>
<td>Student Ambassadors</td>
<td>Student Council</td>
</tr>
<tr>
<td>Trap Shooting Club</td>
<td>Yoga Club</td>
<td>Young Republicans</td>
<td>Zonta Club</td>
</tr>
</tbody>
</table>

In August of 2015 Helias became a “Positive Coaching School” through the Missouri Institute of Positive Coaching. We work towards and desire for each of our coaches and moderators to have a positive influence on each student they work with. We look forward to working with our parents as partners in education to build a foundation of trust so that we can provide a positive experience for each student.
Helias Catholic High School believes in the enforcement of a student appearance code for several reasons:

- A uniform appearance gives students a feeling of equality, provides a visible sense of school unity and identity, and contributes to the professional atmosphere that should exist in a school;
- School is not a recreational or social activity. The appearance / clothing of our students should reflect the seriousness of the educational process;
- What students wear and how they look speaks of the pride they take in themselves and Helias;
- Respect for oneself and others is shown through personal appearance and neatness;
- Abiding by the appearance code creates self-discipline.

With this in mind, Helias has a uniform dress code which lists specifically what may be worn to school.

**General Points Applicable to All Students**

- Students are to be neatly dressed / well-groomed during the school day. By definition, the school day begins when a student enters the building in the morning, so students are expected to be in compliance with the appearance code and are subject to being fined for violations before school.
- Extremes in personal appearance are not permitted.
- Decisions on the acceptability of student appearance will be made by the administration.
- All clothing is to be modest, of proper fit, neat, clean, and worn as designed at all times.
- Pants with patch pockets, rivets, frayed cuffs, holes, or split seams are not acceptable.
- If an item of clothing is not mentioned herein as being allowed, it should not be worn.
- Visible tattoos and jewelry in body piercings other than girls’ earrings are not permitted.
- Undershirts/undergarments must be white and no printing on the t-shirts may be visible through the uniform shirt.
- Hats/headwear may not be worn in the building.
- Accessories (scarves, etc.) are not permitted.
- Ink marks on the body are unprofessional, immature, and must be removed.

The following items of clothing are provided by vendors selected by Helias. All shirts, sweatshirts sweaters, jackets, and pullovers will have a Helias logo embroidered on the left chest and are purchased through Helias with payment expected at the time orders are placed.

**Shirts**

- Polo shirts in both long and short sleeves in navy, white, and sunflower.
- Long sleeved button down collar dress shirts in white and light blue. A tie may be worn any time with this shirt and students are encouraged to do so.
- Either the polo or the button down collar dress shirt must be worn under the sweaters, sweatshirts, jackets, and pullovers described below.
- All uniform shirts must be tucked in during school hours.

**Sweaters & Sweater Vests**

- Navy blue V-neck pullover sweaters and sweater vests

**Sweatshirts**

- Navy blue crew neck sweatshirts

**Skorts/Culottes**

- Girls may choose to wear a specific grey, navy, white, gold plaid skort/culotte available through Helias. The skort must come within 3” of the top of the knee and may not be rolled at the waist to shorten the skort.

**Jackets**

- Prior to 2013 Helias Catholic had a designated warm-up jacket permissible for school wear. That jacket is no longer available and should not be purchased elsewhere to wear at school. However, students who own that jacket may continue to wear it for school.
- Students may wear solid navy blue blazers to school.

**Pants**

All pants worn to Helias must be a khaki color and must have a dress pants look. The material must appear pressed. Pants that are manufactured to have a wrinkled look are not permissible. Patch pockets (sewn to the outside), rivets, and any frayed material on the pants are prohibited.
The blue jeans & athletic shoes dress code is acceptable for summer school classes at Helias.

**Lands End**
On the front page of the Helias website there is a tab for the Sader Shop. When you click that tab you will see a link to Lands End Merchandise. By clicking that link you will go to a specially designed webpage specific to Helias. You simply enter the requested information, including the grade and gender of your child and you will see options that have been approved for school wear. The site includes four school pants options for the boys and five for the girls, fleece jackets, fleece vests, half zip tops, crew sweatshirts, and several items (athletic shorts, pants, and jackets) appropriate for physical education classes but not approved for wear during the school day. There is also a boys navy & gold stripe necktie.

**Belts**
If pants have belt loops a leather black or brown belt with no adornments must be worn. Large/decorative belt buckles are not permitted.

**Footwear**
- black, brown, or cordovan smooth leather, sturdy dress shoes with closed heel and toe and substantial sole
- leather deck shoes/topsiders that are primarily shades of brown with small amounts of other fabric are permitted

Shoes are to be kept clean and dress shoes polished. Suede shoes, boots, and tennis shoes are not permitted.*

* If a student is injured and wearing tennis shoes is indicated, it may be approved for up to two days with a parental note brought to the business office. Notes must be taken to the business office and approved before school. If approved, the student will be given a tennis shoes permit which grants that permission or be subject to a dress code fine. If tennis shoes are medically necessitated for a longer period of time, a note from a licensed healthcare provider will be required. A new provider’s note and a written explanation of why the tennis shoes are necessary must be provided each quarter by those who need to wear them long term. The excuse that orthotics do not fit in shoes deemed acceptable by Helias is invalid and will not be accepted. Tennis shoes worn long-term as a result of a doctor recommendation must be black and must be in good condition in keeping with the dressier look of the Helias appearance code.

**Socks/Hosiery**
Boys and girls must wear matching socks which must be visible at all times. Girls' hosiery must be solid white, navy, or flesh-colored. If a girl chooses the skort/culotte option, she must wear crew or knee length solid white or navy socks or hose.

**Hair**
Hair must be neat, clean, and combed. The appropriateness of hair style and coloring will be determined by the administration. Hair must be a natural hair color. Helias does not permit extremes in dyeing, bleaching or coloring. If the hair color is changed, it must be natural looking and well-maintained. Subtle highlighting or frosting is permitted, as long as it creates a uniform look over the whole head. If a student's hair color is deemed inappropriate, he/she is subject to an appearance code fine each day until the hair can be dyed back to an acceptable, natural color.

**Boys’ Directives**
When combed down, hair must be off the eyebrows; at least a portion of the ears must be visible; hair length in back may not overhang the collar. That said, the style and texture of some hair could be acceptable by this definition and still not be in accordance with Helias' expectations. Those determinations will be made by the administration.

Hair must be neat, clean, trimmed and combed. Ponytails or any type of head band are not allowed. Unless special permission is granted by the administration to the contrary, students must be clean shaven, no beards or mustaches are allowed. Sideburns may not extend below the ear lobe. Jewelry must be simple and appropriate for school. Earrings are prohibited, as are the studs which are worn when ears are newly-pierced. Covering studs with tape or a band aid is not permitted.

**Girls’ Directives**
Hair must be neat, clean, and combed. Jewelry must be simple and appropriate for school. No more than two earrings are permitted in each ear. Girls may carry purses/handbags only large enough to accommodate personal hygiene items, a calculator, and wallet. Purses may not exceed 12” in length or 8” in height. Large purses/bags must be left in the locker during the school day.

**Penalties for Dress Code Violations**
Students not in compliance with the dress code will be given a demerit and a $10 fine per offense. (see blue jeans and athletic shoes days below). Students will not be permitted to attend class unless they are wearing appropriate clothing. That may involve a phone call to parents to deliver appropriate clothing, a trip to the bookstore to purchase appropriate clothing which will then be billed to the student’s account, or, with parental and administrative approval, a student may be permitted to drive home to change. Any class work missed while taking action to comply with the dress code is unexcused and the work missed, including tests, cannot be made up. Students with facial hair will be required to shave before returning to class and will be charged $1.00 for the razor and shaving cream. It is possible to receive multiple demerits simultaneously if in violation of two or more appearance code rules.

**Dress Down/Blue Jeans & Athletic Shoes Days**
The administration may designate a day as dress down and/or jeans & athletic shoes day. Jeans may only be blue in color. On such days only good, clean blue jeans may be worn. No holes, tears, frayed bottoms, wide legged jeans or overalls are permitted. A belt with a buckle must be worn if there are belt loops. Athletic shoes must be clean and without holes. “Athletic shoes” means exactly that; boots, other casual shoes, slippers, etc. are not permitted. Visible socks are required. Regular school shirts are required unless otherwise specified. Under no circumstances may a shirt/top from another high school be worn. For violation of the dress code on a blue jeans & athletic shoes day two demerits will be issued and the student loses his/her privilege of dressing in blue jeans and athletic shoes for the remainder of the school year.

The blue jeans & athletic shoes dress code is acceptable for summer school classes at Helias.
### Tuition and Fees

<table>
<thead>
<tr>
<th>Item</th>
<th>2015-16</th>
<th>2016-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition (contributing member of local Catholic Parish)</td>
<td>4,897</td>
<td>3,000</td>
</tr>
<tr>
<td>Tuition (non contributing member)</td>
<td>6,297</td>
<td>4,900</td>
</tr>
<tr>
<td>Foreign Exchange</td>
<td>10,000</td>
<td>100</td>
</tr>
<tr>
<td>Driver’s Education</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>First Time Registration</td>
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<td>100</td>
</tr>
<tr>
<td>Graduation</td>
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<td>100</td>
</tr>
<tr>
<td>Parking</td>
<td>50/40</td>
<td>50/40</td>
</tr>
<tr>
<td>Athletic Participation</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>Transcript</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

The parish to which the parents contributes pays an additional fee for each student.

May 31, 2016 final date to apply - Financial Aid:  
[www.smarttuitionaid.com](http://www.smarttuitionaid.com)

May 31, 2016 – final date to setup monthly payments:  
[www.enrollwithsmart.com](http://www.enrollwithsmart.com)

Smart Tuition  
Helias Catholic High School Code  
12630

Live Jesus in our Hearts...Forever!
## Tuition Contract - (2016-2017)

**Due April 1, 2016**

<table>
<thead>
<tr>
<th>Parent/Guardian Responsible for Payment</th>
<th>Daytime Phone</th>
<th>Cell Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-mail address (home)</td>
<td>E-mail address (work)</td>
<td></td>
</tr>
<tr>
<td>Street Address</td>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Grade Next Year (2016-17)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Name</td>
<td>Grade Next Year (2016-17)</td>
</tr>
</tbody>
</table>

### Selection of Payment Plan:

Please mark the option below to indicate your choice of payment method for tuition.

- Single Payment due August 1, 2016
- Two Payments due August 1, 2016 and January 1, 2017
- Multiple Payment Options:
  - I have completed the Smart Tuition enrollment form online

I (we) agree to pay a late charge on each payment in default for a period of not less than 15 days. The late charge will be 5% of the full amount of the payment due. There will be a $25.00 charge for insufficient funds.

If a student withdraws from Helias, the undersigned will be responsible for paying tuition up to and including the semester they are currently enrolled in. If the student has received financial assistance it will be prorated.

Tuition payments must be up-to-date before any transcripts will be sent for the purpose of college entrance and/or scholarships, for school transfer purposes, or before semester exams will be recorded.

I understand that in signing this contract for the coming academic year, I am agreeing to accept the rules and regulations of Helias Catholic High School as printed in the Parent/Student Handbook including but not limited to the substance abuse policy of Helias. By signing below, I, as parent/guardian, and for and on behalf of my son/daughter, hereby consent to and authorize Helias to perform drug testing on my son/daughter as set forth by the substance abuse policy of Helias Catholic High School.

For good and valuable consideration, the sufficiency of which is hereby acknowledged, I/we, the undersigned, grant to the Diocese of Jefferson City and all of its affiliated entities the right to publish, reproduce and display photographic images, video images and/or audio recordings of the above named for use in all media, electronic or otherwise, in connection with publications, advertisements and/or web pages of Diocesan Entities, provided that Diocesan Entities are not authorized to sell or otherwise distribute such photographic images, video images or audio recordings to any other person or entity without my/our consent. I/we understand that Diocesan Entities may associate the photographic image, video image or audio recording with the first name of Individual and the name of the parish or school where Individual is a student or parishioner, however, no name will be associated with any photographic image, video image and/or audio recording contained on any web pages. I/we further acknowledge and agree that neither I nor Individual, if Individual is a minor, has or shall have any ownership interest in any informational or advertising material which utilizes, incorporates or consists of the photographic images, video images and/or audio recordings or in any copyright embodied therein.

In the event Helias Catholic High School pursues legal proceedings to collect tuition or to enforce any provision of this Agreement, I agree to pay all expenses incurred by Helias Catholic High School for such action, including, but not limited to all Attorney’s fees and court costs.

### Donation towards the tuition gap (optional):

Amount of Donation:

- Add the amount to my tuition payment option above
- Add the amount to my payment plan in Smart Tuition
- A separate check is enclosed.

**SIGNATURE OF PARENT/GUARDIAN**

**SIGNATURE OF PARENT/GUARDIAN**

**DATE**