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| Capital High School | Mrs. Heidi Foreman – 2020 - 2021 | |
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| IEP Case Manager | Fall | 2020 | |
| Welcome ’20-’21 at Capital High School | |
| I am Heidi Foreman. I will be your student’s IEP case manager at CHS this school year. I graduated from Carroll College in 2003 and have worked at CHS in the Special Education department since that Fall. I love Capital High and look forward to every day spent with students. This year will be the most unique I have ever entered. Please be patient with me as much of the information reaches me at the same time (sometimes after) you receive it.  Whether your students is a DLI student or coming in person I look forward to frequent contact with both you and your student. I am going to share some resources here for accessing school materials, tools for interacting with school in general as well as info about my schedule and how best to get in touch with me. | |
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| Contact Information  Heidi Foreman  Special Education Teacher/Case Manager  CHS Special Education Department Coordinator Government & English 4B Co-teacher  Employability Teacher  Office Location: Capital High School Room 1  Capital High School 100 Valley Dr Helena, MT 59601 | Mrs. Foreman’s Schedule(subject to change)  8:25 – 8:55 DLI/Office Hours  8:55 – 9:37\*1st Per.\*Government w/Foucar  9:41 – 10:23\*2nd Per.\*Department Coordinator  10:27-11:09\*3rd Per\*English 4B w/Hanson  11:13-11:55\*4th Per\*Office Hours  12:19 – 1:01\*5th\*Special Ed Coordinator  1:05 – 1:47\*6th\* Employability Room 100  1:51-2:33\*7th\* Office Hours  2:33-3:05\* DLI/Office Hours |
|  | Relationships before rigor. Grace before grades.  Patience before programs.  Love before Lessons. |

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| More about me… | | | | | | |  |  | | | | |
| A little about me:  I want to share a bit about myself so you understand my background. I grew up in Billings, MT but have roots in Powell County, MT and graduated from high school in Sheboygan Falls, WI. I have been married to my husband, J.D., for 17 years and have lived and worked here in Helena since I graduated from Carroll College. I have a daughter who is 13 and a son who is 10. Both of my children receive special education services as they each have Learning Disabilities and ADHD – it looks very different for each of them and they have given me new and helpful parent perspectives during their school years. I started at CHS as a teacher for the students with the multiple and/sever disabilities and have since had the opportunity to work with students with all diffeerent types of disabilities through out my time here. I completed my Master’s Degree in Special Education through Texas Tech in Lubbock, TX with a focus on Deafblind Education in 2015. I love problem solving so figuring out ways to explain information or help students access materials makes Special Education the perfect field for me. | | | | | | | | | | | | |
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|  | | |  | Please download the Remind app to get up to date info, reminders, etc.  Go to <https://www.remind.com/join/af3bfd> or  Text **81010** with the message **@af3bfd** | | | | | | | | |
|  | | |  | My school webpage can be found at: <https://chs.helenaschools.org/teachers/hforeman/> | | | | | | | | |
| “Every student can LEARN, just not on the same day or in the same way.” – George Evans | | | | | | | | | | | |
| Link | Website: | | | | Receiver | Contact: | | | | Email | Email: |
| https://chs.helenaschools.org | | | | 406-324-2596 | | | | ***hforeman@helenaschools.org*** |