



# Husky Talk Newsletter

High Point Academy

Friday, January 9, 2015 Volume 9, Issue 10

**Our mission is to provide a strong foundation of academic excellence in partnership with family and community in which each individual is challenged to achieve his/her highest potential academically, socially, and personally.**

*Keri Melmed*  
Chief Academic  
Officer/Principal

*Chad Miller*  
Chief Business  
Officer

*Kelle Bongard*  
Assistant Principal

*Nick Stachokus*  
Dean of Students

*Barbara Hill*  
Director of  
Communications

*Michele Garver*  
Director of  
Assessment &  
Learning Support

*Erica Konieczny*  
Director of Student  
Services

*Teresa Frasier*  
Office Manager

*Sharla Williams*  
Enrollment  
Coordinator

*Amanda Molina*  
Medical Assistant

*Ryan Frasier*  
Governing Board  
President

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## Conferences

Parent-teacher conferences are next week, on January 14th and 15th from 4-8pm. Please be sure to sign up for a conference with your child's teacher, we're hoping to have 100% attendance from our families. Teachers should have emailed out a Doodle link to sign up for a conference time. If you have not received the link please contact your child's teacher. At conferences teachers will be handing out quarter two report cards and STAR test results.

## After School Activities

**Registration for the winter session of after school activities starts tomorrow, January 9.** Registration forms and information about the classes being offered came home in Thursday folders yesterday. Activities for the winter session include, Watercolor, Dance/Zumba, HPA Drama Club, 3D Design/Printing, Volleyball Skills, and Digital Music Production. [Click here](#) for more information and to print out the registration form. Forms and money will be accepted at the front office ONLY through Thursday, January 22 at 3:30pm.

## Calendar Committee

The calendar committee is in charge of developing and presenting the school calendar to the HPA Governing Board. This committee is comprised of HPA staff and faculty, HPA parents, and an HPA governing board member. We are currently looking for HPA parents who are interested in participating on this committee. A meeting date and time has not been determined yet, but if you are interested in participating please contact Erica Konieczny so she can keep you informed.

## Order Your Yearbook Today!

The 2014-2015 school yearbook is now on sale for \$20 (these prices do not include add-ons). You can order online at [ybpay.lifetouch.com](http://ybpay.lifetouch.com) (use yearbook code 11891215).

## Box Top\$ Labels for Education – Earning Funds for HPA

Last year HPA earned over \$1,500 from the Box Top\$ Labels for Education program. Students, parents, and teachers, please begin turning in your box tops labels in the collection box located at the main entrance. Expired box top labels cannot be redeemed. Working together, we can exceed the amount we earned last year. Please direct questions or concerns to Audrey Bixler at [hpaboxtops@gmail.com](mailto:hpaboxtops@gmail.com).

## Face To Face

Keeping in line with the importance of having our students in class for as much instructional time as possible, we can no longer call a student out of class until their parent/guardian is physically in the building. This ensures that we can verify the identity of the person picking up for the safety of both your child and our students.

## Open House—HPA is Enrolling for the 2015-2016 School Year

High Point Academy will be hosting two open houses this month. The first will take place on Saturday, January 24th at 10am and the second will take place on Tuesday, January 27th at 5:30pm. Please spread the word to families who are interested in enrolling at HPA during the 2015-2016 school year.

## Power Hour

Power Hour will be cancelled this upcoming Tuesday, January 13th due to the start of a new quarter. It will resume on Tuesday, January 20th.

## King Soopers Gift Card Fundraiser

CONGRATULATIONS to all the families who participate in the King Soopers Reward program. We have received over \$10,000 to date from this program!! What an amazing accomplishment and team effort!! Keep up the good work and if you are interested in learning more about the program please contact Joan Cordo at [jjcordo@msn.com](mailto:jjcordo@msn.com) for details.



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## Message from the Chief Academic Officer

Dear HPA Families,

Welcome back and Happy New Year! We hope that the winter break was filled with time to reconnect and rejuvenate. It definitely provided time for us as a staff to reenergize for the important work that lies ahead this semester.

We were excited to reunite with the beautiful and energetic faces that bounced through our doors on Tuesday morning. We wasted no time and jumped right into rigorous curriculum work, while reminding students of our academic and behavioral expectations.

This week's *Coffee with Keri* focused on Wellness and why High Point Academy is committed to a wellness program. While we can thank the founders of HPA with establishing us as a wellness school, nine years later we know that health and wellness is more critical than ever.

In a 2013 study we see that:

- The nations average obesity rate continues to increase
- Colorado has one of the fastest growing child obesity rates
- Colorado is one of the only states that saw an increase in its preschool obesity rate

We also know that:

- High obesity rates are linked to chronic disease
- Obesity rates are linked to Diabetes
- Healthy diet is linked to our ability to focus and learn
- Healthy diet supports our ability to interact socially

This compelling data drives us to pay attention and provide an opportunity for our students to lead a healthful life at school. To do this, at HPA, we focus on a holistic approach to wellness by addressing our students' physical, social-emotional, and academic needs.

Physically we provide a healthy lunch option that meets our "gold-level" wellness standards, students are asked to bring a healthy fruit or vegetable for snack, and drink plenty of water throughout the day. We prohibit unhealthy foods that are filled with sugar and/or artificial ingredients. We also ensure that our students are active by scheduling recess for every student preschool through eighth grade. And, our students engage in physical education 80 minutes a week K-6, and every day two quarters a year in middle school.

Our wellness class supports our students' social-emotional and physical health by educating students about food and nutrition, decision making, problem-solving, and making good choices for their body, soul, and mind. Students in K-8 take Wellness to support their own wellbeing. Our school counselor and our social worker play a key role in supporting our student social-emotional health. They provide individual and group services to some of our students.

And, finally, each teacher at HPA focuses on the academic wellbeing of their students. Teachers closely monitor the progress students are making to ensure they are growing. One way we do this is to measure student growth at the end of each quarter with the online, computer adaptive STAR test. As second quarter comes to an end on Friday, January 9, students spent time in their technology class taking the STAR assessment in reading and math. Those results we be shared with you at Parent-Teacher conferences next week. (Wednesday, 1/14 and Thursday, 1/15 from 4pm-8pm). This test, along with their report cards, will provide you a snapshot of their academic 'wellness' and progress. Please make sure to sign up for a conference time.

Here's to a year filled with good health and wellness,

Keri Melmed  
High Point Academy  
Chief Academic Officer

### Volunteer & Donations Opportunities

The health office is in need of uniform pants, in particular, sizes 5, 6, and 7. If you are able to help please bring donations to the office.

A parent volunteer is needed to help with the girls and boys basketball games. Please [email Erica Konieczny](mailto:Erica.Konieczny@hpa.edu) if you are interested.

### Important Dates:

**January 9:** End of Quarter 2

**January 13:** Girls Basketball game at Strive Prep: Montbello at 5:00pm

**January 14 & 15:** Evening Conferences 4-8pm

**January 16:** NO SCHOOL

**January 19:** Martin Luther King Jr. Day-NO SCHOOL

**January 22:** Middle School Awards Ceremonies

**January 22:** Girls Basketball Game at HPA at 5:00pm

**January 22:** Boys Basketball Game at HPA at 6:00pm

**January 23:** Elementary School Awards Ceremonies

**January 24:** Open House 10am

**January 27:** Open House 5:30pm