



Husky Talk Newsletter

High Point Academy

Thursday, October 29, 2015 Volume 10, Issue 6

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

Michele Garver
Elementary School
Assistant Principal

Kelle Bongard
Middle School
Assistant Principal

Juanise Cornell
Dean of Students

Barbara Hill
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Erica Konieczny
Director of Student
Services

Teresa Frasier
Office Manager

Sharla Williams
Enrollment
Coordinator

Amanda Delgado
Medical Assistant

Ryan Frazier
Governing Board
President

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If you're on Facebook, [like High Point Academy](#) to receive school updates in your newsfeed.

Fall Sports Update

Both the boys flag football team and the girls volleyball team will be competing in the league championships game tonight. The flag football game will be played at the home field of our opponent, Strive Prep Sunnyside at 5:15pm tonight. The girls volleyball team will be playing Highline Academy at High Point Academy at 5:45pm tonight. Please come out and support our HPA athletes. Good luck tonight!!

PTO Fall Fundraiser Packets Due

Tomorrow, Oct 30th, fundraiser packets and all money is due back to the school. Please make sure to send that information to the school with your child or drop it off with reception.

Book Character Dress Day

On October 30th, students can dress up as their favorite book character. Students must have their costume idea pre-approved through their teacher and have the book in hand on Character Dress Day.

Fall Back this Weekend

Before you go to bed on Saturday night, don't forget to set your clocks back one hour to mark the end of Daylight Savings Time.

Picture Retakes and Class Photos

Did you order fall pictures of your child that didn't come out the way you like? If so we have scheduled retakes for November 12. If you ordered photos and would like a retake please bring in your original order on November 12 so we can retake your child's photo.

On November 12 we will also be having our class photos taken. Students must be in uniform for class photos. If you would like to order your child's class photo, order forms are coming home in Thursday folders next Thursday.

2nd Annual HPA Gives Day

HPA Gives Day is coming the first week in December. Please look for more information coming soon.

Cross Country – A Great Season

The Girls Cross Country team had an amazing 2015 fall season. The season began with two, one mile meets, with the girls placing third and second overall. The season continued with winning a first place plaque at the two mile distances for the first time.

Olympian Michael Ash visited and shared his incredible story regarding his road to the Olympics. His inspiring story reminded the runners to never give up on a dream.

At the team's final meet against Vanguard West Campus, five of our Huskies placed in the top ten, giving the HPA team a first place win.

CONGRATULATIONS
TO ALL RUNNERS ON
A GREAT SEASON!



Girls on the Run 5k Race

Please join the girls on the run team on November 8 for The Great Candy Run 5k race at Washington Park at 10:00am. [Click here](#) to register for the race.

Coffee with Keri

Join Keri for discussion and dialog on current HPA topics this upcoming Wednesday, November 4 from 8-8:30am for Coffee with Keri. Refreshments will be served.

Volunteer Training

Are you interested in working in a classroom, going on field trips, or helping at the school? If so, you need to complete a one-time volunteer training as well as an annual background check. If you have completed the training in a previous year you will still need to complete the background check **annually**. Please contact Erica Konieczny at ekonieczny@highpointacademy.net or 303-217-5152 to find out when the next training is taking place or to get the background check form.

Important Dates:

October 29: Boys Flag Football Game 5:15pm at Strive Prep Sunny-side

October 29: Girls Volleyball Game 5:45pm at HPA

October 30: Character Dress Down Day

October 30: Fall Fund-raising Packets and Money Due

October 30: Middle School Basketball Paperwork Deadline

October 30: Preschool through 2nd grade Fall Class Parties 2:30-3:15pm

November 4: Coffee with Keri 8-8:30am

November 8: Girls on the Run 5k at Washington Park 10:00am

November 9: Basketball Tryouts Begin 4-5pm in the gym

November 12: Picture Retake Day and Class Photos-see pg. 1 for details

November 12: Washington DC Parent Info Meeting 6:00pm

November 13: Parent Love and Logic 6:00-7:30pm

November 17: 7th Grade Challenge Day

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Message from the Principal

Dear HPA Families,

Happy Halloween! We know that for most kids, after Christmas, Halloween is a child's all-time favorite day of the year. At HPA we take the time to enjoy Halloween with them through our Book Character Day. While we consistently work to find the balance between work and play, we are excited that tomorrow will be more play than work. Students have been planning and discussing their costumes, and they are excited to come to school dressed in a book character.

This opportunity for "fun", just for fun's sake, provides an enjoyable experience for our students. We know that, just like adults, students can reduce stress by enjoying hobbies, time with friends, exercise, or music. And, while most schools across the country are shortening recess, physical education, art, and eliminating cultural events to add more time for core subjects, at HPA we continue to value these programs and activities – such as our Book Character Day and Parade. We use these opportunities as a brief break in core subjects and academics to give our students a chance for fun with their friends, teachers, and community. These types of activities are often what students' remember long after they complete elementary and middle school.

At the same time that we find an appropriate way to celebrate Halloween with Book Character Day, we also celebrate Halloween with fun activities that do not include candy, to ensure that we adhere to our wellness policy and to what we know is best for kids' health.

In a recent New York Times article, a new study explains that sugar is not only harmful to a child's health, but weight gain associated with consuming sugary drinks and foods contribute to illness and other health problems like obesity and diabetes. We also know that sugar can affect a child's attention, mood, and self-control. These types of studies reinforce our resolve to continue to provide our students a healthy school environment. And, it is for these reasons that even on holidays like Halloween and Valentine's Day we provide fun alternatives and activities.

Keeping sugary food away from your home can be particularly difficult this time of year. Even though it's fun to collect a mountain of candy, it's not the best idea to eat it all. As a wellness school, we'd like to offer a few things you can do with all the extra candy in your home after Halloween.

Support our troops There are organizations that accept candy donations for troops stationed around the world.

Candy exchange... many dentists and orthodontists offer candy exchanges. Kids turn in candy in exchange for toys and/or healthy treats.

Use candy for science experiments... Place candy in jars with water, vinegar, vegetable oil and note the changes it goes through.

Freeze candy... and bring it out in small doses throughout the year on certain occasions.

Turn candy into art... use the candy and the candy wrappers to make statues, towers, and other creative artistic expressions.

Please remember that candy is not allowed at school. We appreciate your support of our wellness policies. We hope you all have a festive and safe Halloween.

With husky pride,

Ms. Keri Melmed

Chief Academic Officer/Principal

Donation and Volunteer Opportunities

- **Vision and Hearing Screening Volunteers Needed:** Vision and hearing testing is November 30 through December 3. We need 10 volunteers each day from 8:15am to 3:15pm; lunch will be provided. If you are interested please contact Erica Konieczny at ekonieczny@highpointacademy.net.



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Power Hour

Power Hour, High Point Academy's after school tutoring program, takes place every Tuesday from 4-5pm. This program is free of charge and available to HPA students. This program is facilitated by HPA teachers and is designed to help students complete and understand current course work and homework.

Traffic Alert: Dunkirk Street and 64th Avenue

Due to the increase in construction traffic on 64th Avenue, please exercise caution when driving or walking in the area of Dunkirk and 64th. While the new growth is exciting for the area, we want to ensure that we all remain safe.

King Soopers Gift Cards

If you shop at King Soopers, please consider helping HPA to raise money by purchasing a reloadable gift card and using it to make your purchases of groceries, gas, and more! 5% of all purchases will come back to HPA. Gift cards cost \$5 and are for sale in the office. If you have questions about the program, please contact parent Joan Cordo at jjcordo@msn.com.

Box Tops Fundraiser

Did you know that every 50 Box Tops labels earns \$5.00 for the school? The next time you see a Box Top label, don't throw it away, clip it! The PTO is sponsoring a Box Tops 4 Education labels contest from October 12th-16th. One winning class from primary, secondary, and middle school advisory groups will each receive a \$50 gift card for their classroom. To participate, clip Box Tops labels from products and have your student turn them in to their homeroom/ advisory teacher. Expired Box Tops and Campbell Soup labels do not count toward the contest totals. For more information about the Box Tops 4 Education program, visit www.boxtops4education.com or email the school Box Tops coordinator, Audrey Bixler, at audreybix5@gmail.com

Lady Giants Basketball

Are you a girl who enjoys playing basketball or want to learn how to play the game? Green Valley lady Giants Basketball has established teams for girls in grades 1st – 5th grade. Registration deadline is November 2. Register online at www.gvrgiants.com, click registration - 2015 basketball registration.