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# Husky Talk Newsletter

High Point Academy Thursday, January 21, 2016 Volume 10, 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.

## 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 still need to complete the background check **annually**.

The next volunteer training will take place on Wednesday, January 27th, 2016 at 6:45pm. Please contact **Erica Wood** to RSVP or to get the background check form.

## HPA Anti-Bullying Month

HPA is kicking off 2016 with kindness! Throughout the month of January our school will be hosting the first ever Anti-Bullying Month! During the month students will participate in activities, spirit days, and an all school assembly focused on being kind and standing up against bullying. Check out our informational **flyer** with a link to more resources.

## February 4th is the 100th Day of School

To celebrate the 100th day of school we are inviting all students to dress like a 100 year old on the 100th day of school. This is a fun way to celebrate this milestone in the school year.

## Yearbooks On Sale Now!

The 2015-2016 school yearbook is now on sale. Yearbooks can be ordered online at [ybpay.lifetouch.com](http://ybpay.lifetouch.com) (yearbook code: 11891216).

## Middle School Information Sessions

Middle school parent information sessions will be running on the hour, every hour, both evenings of parent teacher conferences for any elementary families interested in learning more about our middle school programming. We encourage families to attend a session in the Spanish classroom to learn more.

## Upcoming Traffic Alert

We are excited to have the Gaylord Project underway. However, in a few weeks we will see a major increase in traffic due to the additional workers going to the site. We are working with Gaylord on this issue. Please remember that the safety of our students will always be our top priority. We will keep you informed.

## Middle School Spring Sports

Starting February 29, we will be offering girls soccer and boys soccer to the middle school students at High Point Academy. Please join Erica Wood for a parent meeting on February 9 at 4:00pm. At the meeting we will be talking about practice, games, paperwork requirements, and student athlete expectations. To help you plan ahead, student athletes must have a current sports physical, all required paperwork, and the \$50 participation fee turned into the school by Friday, February 26 to participate in the spring season.

## Charter School Facts

Do you know . . . Colorado charter public schools collectively serve more than 103,000 students, representing approximately 12 percent of all K-12 public school students in the state. HPA represents 735 of those students.

## Girls on the Run-Spring Program

Girls on the Run will start the week of March 7th. Girls on the Run inspires girls to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. We will meet Mondays and Thursdays after school from 3:45-5:00pm and is open to all 3rd through 5th grade girls at High Point Academy. Watch for registration info coming in February. For more information about the program go to [www.girlsontherunrockies.org](http://www.girlsontherunrockies.org). Questions? Contact: Site Coordinator, **Erica Wood**.

## Important Dates:

**January 22:** Jean Day for \$1

**January 22:** Orange Friday-wear Broncos top or blue or orange top

**January 25:** Governing Board Meeting 5:30pm

**January 26:** Girls Basketball game at HPA at 5:00pm

**January 26:** Boys Basketball game at HPA at 6:00pm

**January 27:** Anti-Bullying Month-Purple Out Day

**January 27:** Parent Teacher Conferences 4-8 pm

**January 27:** Volunteer Training 6:45pm

**January 28:** Parent Teacher Conferences 4-8 pm

**January 29:** NO SCHOOL

**February 2:** School Spelling Bee 2:15pm

**February 2:** Girls Basketball game at HPA at 5:00pm

**February 2:** Boys Basketball game at HPA at 6:00pm

**February 3:** Coffee with Keri 8:00am

**February 4:** 100th Day of School

**February 4:** Girls Basketball game at HPA at 5:00pm

**February 4:** Boys Basketball game at HPA at 6:00pm

# Husky Talk Newsletter

## Message from the Chief Academic Officer

Dear HPA Families,

As you may know, January is our Anti-bullying month. When you walk into the building you'll notice the purple chain hanging in our hallway. Students took time to reflect on either what makes them special or what they can do to ensure a caring, safe, and supportive environment at HPA. Their thoughts are written on the purple strips of paper that create the chain. It hangs as a reminder to us all of what we can do to enhance our community.

As a staff we are annually trained on issues around bullying. One expert that has helped us navigate the language around bullying is Signe Whitson. She is a licensed therapist, national educator on bullying, and acclaimed author. She talks about rude, mean, and bullying behavior which has been very helpful for us as a staff. We wanted to share her ideas with you:

### **Rude = Inadvertently saying or doing something that hurts someone else.**

For kids, rudeness might look more like burping in someone's face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed up pile of leaves in someone's face. On their own, any of these behaviors could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone.

### **Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).**

The main distinction between "rude" and "mean" behavior has to do with intention; while rudeness is often unintentional, mean behavior very much aims to hurt or depreciate someone. Kids are mean to each other when they criticize clothing, appearance, intelligence, coolness or just about anything else they can find to denigrate. Meanness also sounds like words spoken in anger -- impulsive cruelty that is often regretted in short order. Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down. Commonly, meanness in kids sounds an awful lot like:

- "Are you seriously wearing that sweater again? Didn't you just wear it, like, last week? Get a life."
- "You are so fat/ugly/stupid."
- "I hate you!"

Make no mistake; mean behaviors can wound deeply and adults can make a huge difference in the lives of young people when they hold kids accountable for being mean. Yet, meanness is different from bullying in important ways that should be understood and differentiated when it comes to intervention.

### **Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.**

Experts agree that bullying entails three key elements: an intent to harm, a power imbalance and repeated acts or threats of aggressive behavior. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse -- even when targets of bullying show or express their hurt or tell the aggressors to stop. Bullying may be physical, verbal, relational or carried out via technology.

While there is a difference between rude, mean, and bullying behavior -- all of them can be hurtful and we work with students to resolve these types of conflicts as they arise. We also work with students to develop the skills necessary to manage these types of conflicts on their own. Please help us by sharing these terms with your children so that they too understand the difference. If you feel your child needs assistance navigating any socially tricky situations, please feel free to reach out to any administrator. We are here to help.

With husky pride,  
Ms. Keri Melmed  
Chief Academic Officer/Principal