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Husky Talk Newsletter

High Point Academy Thursday, February 16, 2017 Volume 11, Issue 12

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.

Spring Picture Day is Tomorrow

On Friday, February 17th we will be having our spring picture day. This year we will be utilizing our photography company's online program. With this program **all students will get their photo taken** with a variety of different poses & backgrounds available. Parents will receive a picture proof after pictures are taken and can order pictures online. All pictures are shipped directly to your home. Free shipping & handling is available for the first two weeks. **For spring pictures students do not have to be in their uniform, but must be in clothes that are appropriate for school.**

KICKING OFF 2017 WITH KINDNESS CONTINUES!

Wednesday, March 1st is our TWIN DAY. Grab a friend or two, maybe even your whole class and plan to wear the same thing. As you plan your outfits please be sure that you are not wearing anything tight fitting, pants must have pockets and no stomach/chest area showing. If you have any questions about appropriate Twin Day attire please reach out to Ms. Cornell or Ms. Monroe.

Wristbands are for sale in Ms. Monroe's classroom (room 25) and all the money raised will go towards HPA's Student Council. Make sure you get yours today!

Middle School Spring Sports

Starting February 27, we will be offering girls soccer and boys soccer to the middle school students at High Point Academy. There was a parent information meeting on 2/9/17. If you were not able to attend please contact Erica Wood, Director of Student Services, at ewood@highpointacademy.net for all details concerning the soccer season. Please plan ahead and ensure that your student has a current sports physical, all required paperwork, and the \$50 participation fee turned into the school by Friday, February 24 in order to participate in the spring season.

LAST CALL—Valentine's Box Top Challenge

Turn in your box top sheet and any other Box Tops you've been collecting to your teacher (box top sheets or box tops in Ziplock baggies) by FEBRUARY 16, 2017. Make sure your teacher's name is on your submission.

Yearbooks On Sale!

The 2016-2017 school yearbook is now on sale. Order forms are coming home in Thursday folders today. Click here for more information. Order your yearbook today before the price goes up.

Carpool Help Needed

We have a few families who are in need of help getting their children to and from school.

*AM and PM carpool help needed Monday-Friday from 38th Avenue and Peoria Street.

*PM carpool help needed to 43rd and Tower Rd.

If you are able to help please contact Erica Wood at ewood@highpointacademy.net. Need volunteer hours? Helping a family with carpool qualifies as volunteer time. Contact Erica Wood for more details.

Husky Wear

Did you see HPA's Husky Wear items? Visit <http://denver.educationalfitters.com/find-my-school/high-point-academy/> to order your polo shirts, hoodies, jackets, and much more.

Important Dates:

February 17: Spring Picture Day

February 20: President's Day—NO SCHOOL

February 21: Teacher Professional Development—NO SCHOOL

February 22: Governing Board Meeting 7:30-9:30am

February 24: Jean Day for \$1

February 25: Boys Basketball Game at 10:00am at Evie Dennis Campus

February 27: Middle School Soccer Practice at the High Point Field 4-5pm

February 28: Middle School Soccer Tryouts at the High Point Field 4-5pm

March 1: Twin Day—see page 1 for details

March 1: Middle School Soccer Tryouts at the High Point Field 4-5pm

March 8: Coffee with Keri 8-8:30am

March 9: Winter After School Activities Showcase 4:30pm

March 9: PTO Meeting 6:00pm

Husky Talk Newsletter

Message from the Principal

Dear High Point Academy families,

We had a great buzz in the building earlier this week as many classrooms celebrated Valentine's Day. Students and teachers alike acknowledged each other and took care of one another. We don't often take the time to say how much we value and appreciate the people in our lives, and on Valentine's Day we took the time to do so. As a wellness school our Valentine celebrations did not center around candy and food, but rather around celebrating our unique qualities and attributes.

Over ten years ago our charter was approved by the Charter School Institute. In our charter we committed to providing an innovative and robust health and wellness program. While many of you chose HPA because we are a "Wellness" school, there may be others that don't know all the amazing ways we support your student's health and wellness and *why* we are committed to our wellness program.

In a recent 2013 study we saw 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.

If you would like to get more involved in our wellness programming, please join our wellness committee which meets once a month. Wellness meetings are advertised in our bi-weekly newsletter.

Here's to our good health,

Ms. Keri Melmed

Chief Academic Officer/Principal



Husky Talk Newsletter

Volunteer Training

If you are interested in working in a classroom, going on field trips, or helping at the school and have not completed the volunteer training in a previous year, you need to attend a training and clear a background check before going into classrooms and working with students. Please contact Erica Wood at ewood@highpointacademy.net or 303-217-5152 to see when the next volunteer training is taking place. If you have completed the training in a previous year, you need to complete the background check annually. Please email Erica Wood to get the form to complete this process.

Girls on the Run—Spring Program

Girls on the Run will start the week of March 6th. 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. Questions? Contact: Site Coordinator, [Erica Wood](mailto:Erica.Wood).

Donation and Volunteer Opportunities

Picture Day Volunteers Needed: Spring picture day is Friday, February 17th. We are in need of volunteers to help the day run smoothly. If you are interested in helping from 8:00am to 12:00pm or 12:00pm to 3:00pm please contact Erica Wood at ewood@highpointacademy.net. Parents wanting to volunteer on picture day will have to have completed the volunteer training and have an updated background check on file.

Donations needed for upcoming film photography class: This spring, HPA will be offering a film photography class for our 5th-8th grade students. Students will be controlling everything from composition to development themselves. I have found it is a unique experience for them to be able to hold negatives they have taken or captured in this instant digital age. **However, we only have a few cameras available for the students to use. If you have a film camera, and would be willing to lend it to the school through May, or even outright donate it to us, we would be most grateful.** As long as it is in general working condition, I should be able to get new light-seals, batteries, and other incidentals to keep it working. Looking for any types, manual/automatic focus, interchangeable lens or fixed lens, SLR or rangefinder. To give you an idea, we currently have a range from a late 40's rangefinder to a 90's era auto-focus SLR. This allows students to choose their comfort level, and still allows them to get great shots. If you only have a camera, but missing a lens (or vice versa), please feel free to reach out to me. I may be able to pair it up with a camera/lens to make a working pair for a student. Thank you in advance for your help in this matter.

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