



Husky Talk Newsletter

High Point Academy

Thursday, February 6, 2020 Volume 14, 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.

Keri Melmed
Executive Director

Jessica Ranalletta
Assistant Principal

Juanise Cornell
Dean of Students

Jen Rendón
Restorative Justice
Coordinator

Teresa Frasier
Director of
Operations and
Human Resources

Jill Fitz
Enrollment
Coordinator

Tonya Gray
Business Service
Coordinator

Linnette Reyes
Clinic Assistant

Christi Julian
Governing Board
President



School Spelling Bee

High Point Academy's School Spelling Bee will take place on Tuesday, February 11th at 2:15pm in the gym. Parents and friends are invited to come support the 18 students who will show off their spelling skills. The winner will have the opportunity to compete at the state spelling bee in March.

Father and Daughter Dance

Father and Daughter Dance will be held on Thursday, February 27th 5:00 to 7:00 p.m.

The cost of the dance is \$10.00 per person. This cost includes dinner, music, dancing and many great memories. To purchase tickets, please contact Mrs. Noble at anoble@highpointacademy.net

Class Picture Day

Class picture day is Monday, February 10th. All students must be in uniform. To order pictures [click here](#) and enter code EVTSPQ87.

Calling All 3rd-5th Grade Girls!

The spring season of Girls on the Run will start the week of March 2nd. 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. For more information about the program go to www.girlsontherunrockies.org. Questions? Contact: Site Coordinator, [Erica Wood](#).

Yearbooks On Sale

The 2019-2020 yearbooks are on sale for \$10. [Click here](#) to order before prices go up!

Boosterthon Fundraiser

This year's main fundraiser is the High Point Academy Fun Run! It's a two-week program that kicks off with a Pep Rally on **Monday, March 2nd**. Families will then gather pledges for every lap your student runs (30-35 laps) at the Fun Run, which will happen on Thursday, March 12th.

Students will also experience an amazing character theme, MINDSPARK: WILD WEST! Booster's most exciting theme yet combines S.T.E.A.M. skills (Science, Technology, Engineering, Arts, and Math) with character-building.

Donations will go directly to helping our school during the entire two-week experience. So please help our school by getting pledges from family and friends and entering them on FUNRUN.COM. Also, all families are invited to come out and cheer on our students at the Fun Run. Thanks so much for your support!

Picture Day Volunteers Needed

There's still time to earn volunteer hours for the 2019-2020 school year! Picture day volunteers are needed. [Click here](#) to sign up to volunteer.

The Lion King Jr. Production

High Point Academy's first theatrical production, **The Lion King Jr.**, will be presented on Friday, March 6th. But before the show can go on, we need props and costumes to bring the Pride Rock characters to life. If you have any items you would be willing to donate or help create for the show, please e-mail Ms. Lawdan to see what is still needed.

Additionally, we would love to draw experience from our diverse community culture here at High Point for expertise! If you have experience with pan-African dance, language, clothing style/fashion, or drumming and would be willing to help ensure we put on an authentic and culturally-responsive performance, please reach out to Ms. Lawdan at jlawdan@highpointacademy.net.



February 7: Pajama Day \$1

February 10: Class Pictures

February 11: Individual Pictures—Dress Down

February 11: Spelling Bee 2:15pm

February 12: Coffee with Keri @ 8am

February 17: President's—NO SCHOOL

February 18: Teacher PD—NO SCHOOL

February 28: Jean Day \$1

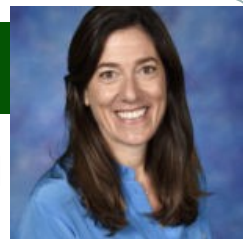
March 6: Pajama Day \$1

March 2: Boosterthon Pep Rally

March 12: Boosterthon Fun Run

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Message from the Executive Director/Principal



Dear HPA Families,

We love Valentine's Day at HPA! We love celebrating the special people in our lives and acknowledging them. Next Friday, especially in our primary grades, many classrooms will celebrate Valentine's Day. The focus for students and teachers will be on acknowledging each other and taking 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 take the time to do so.

All that said, as a wellness school our Valentine celebrations do 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 study we saw that:

- The nation's 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 like that are filled with sugar and/or artificial ingredients. We prohibit juices, sodas, and drinks that are filled with sugar. We also ensure that our students are active by scheduling two recess breaks for every student preschool through eighth grade. And, our students engage in physical education class.

In addition, our wellness specials 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 counselors and our social work team 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 good health and to a meaningful Valentine's Day!

Keri Melmed
Executive Director/Principal



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Information regarding Asthma Inhalers

[Click here](#) to view the Asthma fact sheet.

Like HPA on Facebook

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

HPA Has Partnered with American Furniture Warehouse

Need home furnishings? If so, support our school at the same time. [Click here](#) for more information.

Husky Pride Donations

All week students are able to earn Husky Pride tickets by showing PRIDE- Participation, Responsibility, Integrity, Determination, Excellence! We celebrate those students with a husky pride drawing each Friday and we are looking for donations. Things that we are looking for include journals, glow sticks, gel pens, play dough, putty, slime, action figures, athletic balls, coloring books.

Any item in the toy section of Dollar Tree, Family Dollar, Target, Walmart, etc. that is school friendly is welcome! Please, no used toys. Please drop all donations at the front.



Facility Rental

Besides working hard to provide an individualized learning plan for your child, we are committed to partnering with the local community. During the year, we are willing to host events at our school. Please contact Teresa Frasier at tfrazier@highpointacademy.net.

Coaches for Spring Sports

As the spring athletics season is fast approaching, we are looking for volunteer soccer coaches. If you have experience playing or coaching soccer and would like to be a part of our coaching team, please reach out to Mr. Tuck at dtuck@highpointacademy.net

Spring Picture Day

Individual Spring Picture Day is Tuesday, February 11th. Students DO NOT need to be in uniform. [Click here](#) to order pictures and enter code EVTDBPSND.

Before and After School Care with Innovation Learning

Need childcare before or after school? Sign up for Innovation Learning! [Click here](#) for more information.

Counseling Corner

We are beginning our bullying unit at HPA next week! To further help our school be a safe and respectful place, we are using the Second Step Bully Prevention Unit. The lessons will help your child in 2-4th grade learn specific skills to help stop bullying. Your child will learn to Recognize, Refuse and Report. In addition, please use the **activation key** on the family letter for your child's grade to see and practice what your child is learning at HPA. [Click here](#) for English family letter and [click here](#) for the Spanish family letter.

Do You Own A Business?

Do you own a business that the school should know about? HPA would like to use local businesses when we obtain bids for services. Types of businesses we are looking for are: Electrical, Fencing, Landscaping, Snow Removal and Janitorial Services. Please contact Teresa Frasier with business name and contact information at tfrazier@highpointacademy.net.

Book Buddies

Book Buddies is designed to help 1st-3rd grade readers build reading confidence and skills by creating a mentoring relationship with a teen from the community. Participants must be in 1st-3rd grade. Space is limited. Apply early. See a librarian for more details.