



# Husky Talk Newsletter

High Point Academy      Thursday, January 18, 2017    Volume 12, 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

*Michele Garver*  
Elementary School  
Assistant Principal

*Jessica Ranalletta*  
Middle School  
Assistant Principal

*Juanise Cornell*  
Dean of Students

*Jackson Westenskow*  
High School Planning  
Liaison

*Erica Wood*  
Director of Student  
Services

*Teresa Frasier*  
Office Manager

*Jill Fitz*  
Enrollment  
Coordinator

*Amanda Delgado*  
Medical Assistant

*Michael Fields*  
Governing Board  
President

### Like HPA of Facebook

If you're on Facebook, like High Point Academy to receive school updates in your newsfeed.

### Changes to Preschool

It is amazing to see all the growth within our High Point Community and all the new families. As the community continues to grow, the needs of our families change. With the 2018-2019 school year on the horizon, High Point Academy Preschool is excited to announce that we will be adding a third 4 year old full day classroom. With the addition of the third full day program, High Point Academy will no longer be offering the half day program nor will Highpoint be accepting 3 year olds. We understand that this might pose some challenges to our current /incoming families, but we are confident that with the additional 4 year old program, we will be able to offer more opportunities for our growing families. If you have any questions please contact Debbie Miller at [dmiller@highpointacademy.net](mailto:dmiller@highpointacademy.net).

### Reduced Cost Individual, Couple, and Family Therapy

Regis University's Division of Counseling and Family Therapy provides progressive, experiential learning in a state-of-the art counseling center. At the Thornton campus, our clients will have access to designated Child and Adolescent Play Therapy rooms. This campus has earned the esteemed designation as an Approved Center of Play Therapy Education by the Association for Play Therapy (APT). Please visit <http://www.regiscounseling.com> or call [303-964-5786](tel:303-964-5786), or email [macplab@regis.edu](mailto:macplab@regis.edu) for more information.

### 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.

### After School Activities

The winter session of after school activities starts on Thursday, January 18 and will run for eight weeks through March 19. You can view and print sign-up forms on the HPA website under Current Families-Activities. This round of activities features Read and Craft, Movement and Dance, LEGO Robotics, and Drama Club: Just So...And Other Stories. Please turn in forms and money to the front office starting tomorrow Friday, December 15 through Thursday, January 18. Teachers will not accept registration or payment for activities.

### Quarter 2 Awards Ceremonies

The quarter two awards ceremonies take place Friday, January 19th in the gymnasium.

6th grade—11:20-11:40

7th and 8th Grade—11:50-12:10

Kindergarten & 1st—12:30-1:15

2nd & 3rd—1:30-2:15

4th & 5th—2:30-3:15

### Milk Caps for MOOLA!

Mrs. Cummins is raising money for her cooking class intensive in May by collecting Longmont Dairy milk caps. If you or someone you know orders milk from the Longmont Dairy please bring the milk caps to room 51.

### HPA Has Partnered with American Furniture Warehouse

Are you thinking of home furnishings? If so, support our school at the same time. Questions regarding the program can be directed to Erica Wood at [ewood@highpointacademy.net](mailto:ewood@highpointacademy.net).

## Important Dates:

**January 15:** NO SCHOOL MLK Day

**January 17:** Coffee with Keri at 8am

**January 18:** Girls Basketball Game vs. Aurora Academy at HPA at 5:00pm

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**January 19:** Quarter 2 Award Ceremonies

**January 22:** Girls Basketball Game vs. Cesar Chavez Academy at Cesar Chavez at 5:00pm

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**January 24:** Girls Basketball Game vs. Omar D. Blair at Omar D. Blair at 4:30pm

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**January 26:** student Jean Day \$1

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## Message from the Chief Academic Officer/Principal

Dear High Point Academy 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.

Many of us make resolutions to be healthier in the year to come, so I thought it would be a good time to remind our families that HPA is here to help and that we too are committed to health and wellness! 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. One way we do this is to measure student growth at the end of each quarter with the online, computer adaptive STAR test. The results from the most recent STAR reading and math scores will be shared with you along with your child's 2<sup>nd</sup> quarter report card. This test, along with their report cards, will provide you a snapshot of their academic 'wellness' and progress.

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

Ms. Keri Melmed