



# Husky Talk Newsletter

High Point Academy

Thursday, August 30, 2018 Volume 13, Issue 2

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

*Kimra Coons*  
Director of Finance  
and Development

*Kelle Bongard*  
Elementary School  
Assistant Principal

*Jessica Ranalletta*  
Middle School  
Assistant Principal

*Juanise Cornell*  
Dean of Students

*Jen Rendón*  
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Coordinator

*Timiya Jackson*  
Director of Student  
Services

*Teresa Frasier*  
Director of  
Operations and  
Human Resources

*Jill Fitz*  
Enrollment  
Coordinator

*Tonya Gray*  
Business Services  
Coordinator

*Amanda Delgado*  
Medical Assistant

*Michael Fields*  
Governing Board  
President

## Love and Logic Classes

"Parenting with Love and Logic" will begin on Wednesday evenings! The class is six weeks long and will run from Wednesday September 5<sup>th</sup> through Wednesday October 24<sup>th</sup> from 6:30 PM – 8 PM (we skip Wednesday September 26<sup>th</sup>). The class focuses on using natural consequences for actions, while strengthening your loving relationship with your child or children. Please [click here](#) to sign up.

We will have food and child care for the evening. If you have attended one, some, or all of the "Parenting with Love and Logic" classes, you are invited back for another round, we'd love to have you and hear how the tools are working.

If you have any questions, please feel free to reach out to Rachel Bauer in the counseling office. 303-217-5152 or [rbauer@highpointacademy.net](mailto:rbauer@highpointacademy.net)

## Still Enrolling

Help spread the word, we are still enrolling for this school year. Space limited to select grades. Contact Jill Fitz at [jfitz@highpointacademy.net](mailto:jfitz@highpointacademy.net)

## HPA Night with the Colorado Rapids

Colorado Rapids vs LAFC on Saturday, October 6th @ 7pm at DICK'S Sporting Goods Park. To purchase tickets please [click here](#). Please contact Bianca Velez with the Colorado Rapids at [Bianca.Velez@teamkse.com](mailto:Bianca.Velez@teamkse.com) or 303-727-3590 with questions or orders of 10 or more.

## Husky Wear

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

## Need Carpool Help?

We are pleased to partner with Schoolpool, a program to help parents get their students to/from school. It's free and there is no obligation to participate. Schoolpool is a service of Way to Go, a federally funded program of Denver Regional Council of Governments (DRCOG). [Click here](#) to create an account and register your household. After adding your account, add comments to indicate your requests or preferences. You can also find and contact interested High Point Academy families in your neighborhood to carpool with. The more families that register, the more likely you are to find good matches. Contact Way to Go at 303-458-7665 or [waytogo@drcog.org](mailto:waytogo@drcog.org) for assistance.

## 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 Timiya Jackson at [tjackson@highpointacademy.net](mailto:tjackson@highpointacademy.net).

## Milk Caps for MOOLA!

Mrs. Cummins is raising money for her cooking class intensive in May by collecting Longmont Dairy milk caps, so if you or someone you know who orders milk from the Longmont Dairy please bring the milk caps to either room 51 or place in the collection box located across from the receptionist's desk.

## Husky Pack

You can still register for Husky PACK. Spaces are first come, first serve. [Click here](#) for more information.



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## Message from the Executive Director/Principal

Dear HPA Families,

At High Point Academy student safety and wellbeing is our top priority. We take great lengths to ensure that every child feels safe, that each child has a trusted adult in the building, and that each child is known by their teacher. We do this because research shows that it is only when students feel safe, are they able to learn and thrive.

As you may have heard, this past week a Denver Public School student took his life. The student was nine years old and in 4<sup>th</sup> grade. The staff and faculty at HPA is deeply saddened by this news, and our thoughts and prayers go out to his family and their entire community.

There are steps we can take as a community to build awareness and understand some of the possible suicidal warning signs an adolescent may exhibit. The National Association of School Psychologists suggest the following:

- Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:
  - Suicidal threats in the form of direct ("I am going to kill myself") and indirect ("I wish I could fall asleep and never wake up again") statements.
  - Suicide notes and plans (including online postings).
  - Prior suicidal behavior.
  - Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).
  - Preoccupation with death.
  - Changes in behavior, appearance, thoughts and/or feelings.

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide (e.g., "Are you thinking of suicide?").
- Focus on your concern for their well-being and avoid being accusatory. Listen.
- Reassure them that there is help and they will not feel like this forever.
- Do not judge.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm.
- **Get help:** No one should ever agree to keep a youth's suicidal thoughts a secret and instead should tell an appropriate caregiving adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional or administrator.

At High Point we have a team of school therapists and counselors that conduct suicide threat assessments when student issues are reported. We use these assessments to guide us in an appropriate and necessary response. In addition, we implement the *Signs of Suicide* curriculum with our middle school students so that they are better equipped to share with an adult any behavior or feelings they are concerned about.

If you have any concerns about your child, please reach out to me, or our school therapist Tamara Graff or school counselor Rachel Bauer. Know that the entire HPA community is here to support you and your child.

Keri Melmed, Executive Director

**August 30:** Conferences 4pm-8pm

**August 31:** NO SCHOOL

**September 3:** NO SCHOOL Labor Day

**September 10:** Volleyball Game A Team vs. GVA Northglenn at HPA @ 5pm

**September 10:** Volleyball Game B Team vs. GVA Northglenn at HPA @ 6pm

**September 12:** Cross Country Meet at Vanguard West @ 5:15pm

**September 12:** Coffee with Keri 8am

**September 12:** Love and Logic 6pm

**September 13:** Flag Football game vs. Vanguard East at HPA @ 5pm





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## Donation Opportunities

Our 6<sup>th</sup> grade advisory groups are looking for a donation of unused plastic straws before September 6<sup>th</sup>. Please bring those to the front office if you have some to spare.

## Health Office Reminders

All new students, preschool, kindergarten and 6<sup>th</sup> grade students are required to have an updated immunization record on file in order to stay in school. Updates include MMR, DTaP, IPV and the chicken pox vaccine.

If your student has a health condition or needs special care during the school day such as medication, treatments, or monitoring, please inform the school nurse. Individual health care plans help keep your students safe and healthy.

Visit the school website for more information on student health, school forms, and other helpful links.

## Girls on the Run

Girls on the Run starts the week of September 10<sup>th</sup>. 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 3:45-5:00 pm. Open to all HPA 3<sup>rd</sup> through 5<sup>th</sup> grade girls. Registration is now open at [www.girlsontherunrockies.org](http://www.girlsontherunrockies.org)

## 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 the office.

## Like HPA of Facebook

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

