



Husky Talk Newsletter

High Point Academy

Thursday, October 17, 2019 Volume 14, Issue 5

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

Yesta Ealy
Assistant Principal

Jessica Ranalletta
Assistant Principal

Juanise Cornell
Dean of Students

Jen Rendón
Restorative Justice
Coordinator

Timiya Jackson
Director of Student
Services

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



Cultural Potluck

HPA Cultural Potluck is on Thursday, November 7th. Bring a meal, side dish, dessert or snack to share with the HPA family. [Click here](#) to sign up!

Father and Son Breakfast

Father/Son Breakfast will be held November 5th from 8am-8:30am. For more information contact anoble@highpointacademy.net.

Free and Reduced Lunch

Please remember to fill out your free and Reduced lunch application. Completing the application ensures your student is charged the correct amount for lunches; and helps the school with program funding. Please [click here](#) to fill out the application.

Mother and Son Dance

Mother/Son Dance will be held on November 21st from 5pm—7pm. For more information contact anoble@highpointacademy.net.

Husky Pride Reward Donations

Each week students have a chance to earn Husky Pride tickets. These tickets are collected in each student's classroom. Every Friday names are drawn from each grade level from the collected Husky Pride Tickets and prizes are handed out to those who have their names drawn. Grand prizes are given out monthly. Prize donations are greatly appreciated. Anything from small prizes to grand prizes such as gift cards, headphones, small toys, coloring books etc. Bring any donations to the front office.

Rescheduled Grandparents Dance

Grandparents Dance rescheduled for Tuesday, October 22, 2019 at 5pm—7pm. Cost is \$10 per person. Come and enjoy an evening of dinner, music, dancing and building memories that will last a lifetime! For information on how to purchase tickets, contact anoble@highpointacademy.net.

Winter Musical

High Point Academy is excited to announce we will be offering our first School Musical this Winter! There will be a parent meeting after school on **November 5th** in the cafeteria to discuss details and answer any questions before registration closes. Registration for this activity is due by **November 22nd**. If you have any questions, feel free to reach out to Ms. Lawdan at jlawadn@highpointacademy.net.

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 tfrasier@highpointacademy.net

HPA Has Partnered with American Furniture Warehouse

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

Like HPA on Facebook

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



October 17: NO SCHOOL—Teacher PD Day

October 18: NO SCHOOL

October 22—25: Vision and Hearing Testing

October 23: Governing Board Meeting @ 5pm

October 23: Cross Country Meet at Global Village Academy Aurora @ 5pm

October 23: Volleyball Game vs. Omar D. Blair at HPA @ 5pm

October 24: Flag Football Game vs. Omar D. Blair at Omar D. Blair @ 5pm

October 31: Book Character Day

November 5: PTO Meeting @ 5:30pm

November 7: Cultural Potluck @ 5pm



Husky Talk Newsletter

Message from the Executive Director/Principal

Dear HPA Families,

Is your child getting enough sleep? The American Academy of Pediatrics issued a recommendation that children between the ages of 6 and 12 get nine to twelve hours of sleep each night, and 3 to 5 year olds get 10-13 hours of sleep (including naps) each day. These numbers surprised me. On average, with our busy schedules, most children sleep between 7 – 8 hours each night. This means that over the course of the week kids could be losing out on 7 – 10 hours of needed rest.

Sleep deprivation can lead to difficult behaviors such as irritability, difficulty concentrating; and health problems like headaches, depression, obesity, and hypertension. At school, we notice students who have difficulty staying awake in class, who fall asleep at their desk, and/or do not have the energy to complete their assignments during the school day. We also see students struggle socially and emotionally from their fatigue.

Research shows that students who get enough sleep have stronger immune systems, are better able to handle frustration and challenges, exhibit more prosocial behavior, have stronger memory and stamina for the work they are asked to complete at school.

As a society we all lead busy lives and struggle to get enough rest. The following recommendations from the American Academy of Pediatrics provide tips that can help us ensure a good night's sleep for you and your child.

- **Make sufficient sleep a family priority.** Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children.
- **Keep to a regular nightly routine.** The same nighttime routines will help your child feel secure and comfortable, and help with a smooth bedtime.
- **Monitor screen time.** The AAP recommends keeping all screens—TVs, computers, laptops, tablets, and phones out of children's bedrooms, especially at night. To prevent sleep disruption, turn off all screens at least 60 minutes/1 hour before bedtime.
- **Realize that teens require more sleep, not less.** Sleep-wake cycles begin to shift up to two hours later at the start of puberty.
- **Avoid overscheduling.** In addition to homework, many children today have scheduled evening activities (i.e., sports games, lessons, appointments, etc.) that pose challenges to getting a good night's sleep. Take time to wind down and give your children the downtime that they need.
- **Talk to your child's teacher about your child's alertness during the day.** A child with not enough, or poor quality sleep may have difficulty paying attention or "zoning out" in school. Let your child's teacher know that you want to be made aware of any reports of your child falling asleep in school, as well as any learning or behavior problems.
- **Talk to your child's pediatrician about sleep.** Discuss your child's sleep habits and problems with your pediatrician, as most sleep problems are easily treated.

We hope you enjoy the four-day weekend!

With husky pride,

Keri Melmed
Executive Director/Principal