



Husky Talk Newsletter

High Point Academy Thursday, February 20, 2020 Volume 14, Issue 13

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
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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

Lynette Reyes
Clinic Assistant

Christi Julian
Governing Board
President



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

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](#).

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!

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.



Spelling Bee Winners

Congratulations to the spelling bee winners from last week's school spelling bee. Paco Culter (6th grade) was the champion, Mattais Nettles (7th grade) came in second place, and Faven Abraha (4th grade) came in third place. Faven Abraha will represent High Point Academy at the state spelling bee on Saturday, March 14 at Denver University.

Yearbooks On Sale

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



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Message from the Executive Director/Principal



February 22: Prospective Family Enrollment Meeting from 10am—11am

February 26: Governing Board Meetings 5—7pm

February 28: Jean Day \$1

March 6: Pajama Day \$1

March 2: Boosterthon Pep Rally

March 11: Coffee with Keri @ 8am

March 12: Boosterthon Fun Run

March 16—March 20: NO SCHOOL—Spring Break



Dear HPA Families,

Are we the loneliest generation? Are we teaching and parenting the loneliest generation? How do we support our students to meet their highest potential when they are possibly struggling in this way? As a parent and school leader, these are the questions I ask myself and discuss with our staff. At High Point Academy we pride ourselves on knowing our students deeply and providing a caring and supportive environment.

Psychologists and researchers argue that we are in the midst of an epidemic. That our adolescents, Gen Z, are the loneliest generation in America. We know that humans are social beings that crave connections, so where have we gone wrong and how can we support our kids who may be experiencing loneliness?

In our technological age where we are more connected than ever, it is surprising that more than half of Americans feel isolated and lacking meaningful relationships. While there are many reasons this may be true, child psychologists suggest that cell phones, computers, and social media are contributing to childhood loneliness and isolation.

To support our kids in learning ways to connect, experts suggest:

Create a 'cell phone free' zone in your home- preferably in an area where the family typically congregates. This means you too! Put the phone away, and reclaim face to face conversation. I have just recently finished reading, Reclaiming Conversation, where Sherry Turkle shares her troubling research that we have lost the art of conversation. That we have replaced it with texts, posts, and online chats. Her answer is to put the phone away, intentionally, each and every day to truly connect with the ones we love.

Talk with your child about social media and help them navigate it and limit their use of it. A recent study published by Clinical Psychological Science reveals that adolescents who spent more time on social media are more likely to report that they are lonely and/or depressed. The curated and polished versions of people they see on social media create a false social standard that they strive for and that leads to feeling inadequate. The artificial interactions are meaningless and often leave them feeling lonely.

Encourage your child to hang out with friends. Promoting regular, real life, social interactions with friends from the neighborhood or school are critical to supporting your child's social and emotional wellbeing. Healthy and active real life social interactions have shown to improve children's mood by feeling acceptance, reduce negative thoughts as they develop friendships, and promote the development of positive social skills.

These strategies are just a few to help us address the growing concerns we are seeing with our young people and their struggles with loneliness, depression, and anxiety. I hope you will join me in encouraging our children to put their phone away, engage in face to face conversations, and schedule time for them to socialize and enjoy time with friends.

If you are worried about your child and/or you believe they may be suffering from loneliness, depression, or anxiety, we are here to help. Please reach out to me, your child's teacher, or our school therapist Tamara Graff tgraff@highpointacademy.net or school counselors Vanessa Trayler (5-8) vtrayler@highpointacademy.net or Natalie Callahan (preK-4) ncallahan@highpointacademy.net. Know that the entire HPA community is here to support you and your child.

Keri Melmed
Executive Director/Principal



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Before and After School Care with Innovation Learning

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

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.

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 tfrasier@highpointacademy.net.

Like HPA on Facebook

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

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.

HPA Has Partnered with American Furniture Warehouse

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

