

# Husky Newsletter



October 22, 2021 Volume 16, 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.

## A Message from Executive Director/Principal, Keri Melmed

Dear HPA Families,

As we wrap up the first quarter of the school year, we want to thank you for your partnership. We are grateful to be in person and we see firsthand the benefits of our students being back on campus in school. We are thankful for the opportunity to work alongside you to support your child's growth socially, emotionally, and academically. It is a responsibility we take seriously.



While we are thrilled to have our students back in class, we are seeing the impact of the last 18 months. Time in school teaches children so much more than academics. Each day students learn how to share, compromise, empathize, communicate, collaborate; as well as develop independence, self-reliance, and social confidence. With the disruption of the last 18 months due to COVID and online learning, students missed these types of learning opportunities. At HPA we are working each day to support our students' continued development in these areas. Our teachers and staff continue to work hard to not only provide high quality learning experiences, but also provide emotional and social support as we all try to find a new normal while still navigating the ongoing pandemic.

This year has presented additional challenges. With staffing and substitute shortages staff are needed to cover classes in addition to their regular teaching schedules. We're finding that educators continue to shoulder much of the burden of the pandemic which can cause stress and take a toll on their wellbeing.

It is with this in mind, that we are scheduling two staff wellness days. On Friday, November 5, 2021, and Friday, February 18, 2022, there will be no school and no Innovation Learning. This time is intended to provide both staff and students a chance to rest, rejuvenate, and take care of themselves.

We want to acknowledge the stress and extra work our teachers and staff have taken on the past 18 months. We know that when our staff are well, when our message to them is that they are valued and appreciated, they are better able to serve our students.

Please join me in supporting our teachers with the gift of time.

With husky pride,
Keri Melmed
Executive Director



# Fall Important Dates



October 25: Free COVID-19 Vaccine Clinic in the Wellness Room

1:30-4:00pm \*see page 10 for more details

October 26: Co-Ed Flag Football Game 4:45pm at HPA

October 27: After School Activities Fall BAND Concert 4:00pm \*details

on page 6

October 27: Cross Country Meet 4:45pm at Hinkley High School

October 27: Governing Board Meeting 5:00pm—ZOOM

https://us02web.zoom.us/j/88649957519

Meeting ID: 886 4995 7519

October 28: Volleyball Game 4:45pm at HPA

October 28: Flag Football Game 4:30pm at Omar D. Blair

October 29: Book Character Day \*see page 5 for more details

November 3: Picture Retake Day 8:00-10:30am

November 5: NO SCHOOL—Staff Wellness Day

November 7: Daylight Savings Time—Fall back 1 hour

November 17: Governing Board Meeting 5:00pm—ZOOM

https://us02web.zoom.us/j/88649957519 Meeting ID: 886 4995 7519

November 22-26: NO SCHOOL—Thanksgiving Break

**December 17:** NOON Release for ALL Students



# October/November Breakfast Menu



25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
ENTREE Cinnamon Toast Crunch Cereal FRUIT Orange Tangerine Juice Box	ENTREE Eggo Waffle Bites FRUIT Apple	ENTREE Cinnamon Chex Cereal FRUIT Orange Tangerine Juice Box	ENTREE Chicken Sausage and Cheese Biscuit Sandwich FRUIT Orange	ENTREE Cinnamon Toast Crunch Cereal FRUIT Apple Orange Tangerine Juice Box
1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
ENTREE Lemon Bread FRUIT Orange Tangerine Juice Box	ENTREE Cinnamon Chex Cereal FRUIT Apple	ENTREE Egg & Cheese Biscuit Sandwich FRUIT Orange Tangerine Juice Box	ENTREE Cimamon Toast Crunch Cereal FRUIT Orange	NO SCHOOL
8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
ENTREE Cinnamon Toast Crunch Cereal FRUIT Orange Tangerine Juice Box	ENTREE Ultimate Breakfast Round (UBR) FRUIT Apple	ENTREE Cinnamon Chex Cereal FRUIT Orange Tangerine Juice Box	ENTREE Bagel, Egg & Cheese Sandwich FRUIT Orange	ENTREE Cimnamon Toast Crunch Cereal FRUIT Apple Orange Tangerine Juice Box
15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
ENTREE Cinnamon Toast Crunch Cereal FRUIT Orange Tangerine Juice Box	ENTREE Eggo Waffle Bites FRUIT Apple	ENTREE Cinnamon Chex Cereal FRUIT Orange Tangerine Juice Box	ENTREE Chicken Sausage and Cheese Biscuit Sandwich FRUIT Orange	ENTREE Cimmunon Toast Crunch Cereal FRUIT Apple Crange Tangerine Juice Box
22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
29 Monday	30 Tuesday			
ENTREE Cinnamon Toast Crunch Cereal FRUIT Orange Tangerine Juice Box	ENTREE Ultimate Breakfast Round (UBR) FRUIT Apple			

<sup>\*</sup>Due to staff and food shortages the posted menu items may change depending on availability.



# October/November Lunch Menu



25 Monday	26 Tuesday	27 We	dnesday	28 Thur:	day	29 Friday		
ENTREE All Beef Hordog Charro Beans & Rice w/ Flour Torrilla Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Celery w/ Ranch Sweet Potato Toes FRUIT Orange	ENTREE Grilled Cheese Sandwich Sloppy Joe Yogurt Basket w/ Blacherry Muffin - Raspberry VEGETABLE Coleslaw Curly Fries FRUIT Blueberries	Mac Pear WO (pea VEC Che Pear FRU	The Butter & Jelly Sandwich W Butter & Jelly Sandwich Butter & Benezol Butter & Sweet Butter Butter & FRUIT		y Bread Stick w/ Marinara t Basket w/ Blueberry Muffin - erry  ETABLE Oli w/ Ranch Pepper Strips  T  VEC Baby			
1 Monday	2 Tuesday		3 Wednesday		4 Thursday		5 Friday	
ENTREE Beef Nachos Cheese Nachos Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut- free) VEGETABLE Calabacitas Con Elote Refried Beans FRUIT Apple	ENTREE  Broccoli & Cheese Baked Potato w/ Homemade Dinner Roll  Chicken Nuggets & Homemade Dinner Roll  Yogurt Basket w/ Blueberry Muffin - Raspberry  VEGETABLE  Celery w/ Ranch Cup- 1/2 C  Sweet Potato Tots  FRUIT  Strawberries		ENTREE Cheeseburger (no fries) Grilled Cheese Sandwich Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut- free) VEGETABLE Baby Carrots Curly Fries FRUIT Pear		ENTREE Stromboli Pepperoni Stromboli Vegetable Yogurt Basket w/ Blueberry Muffin - Raspberry VEGETABLE Baby Carrots Garden Greens w/ Ranch FRUIT Peaches		NO SCHOOL	
8 Monday	9 Tuesday		10 Wednesday		11 Thursday		12 Friday	
ENTREE Pancakes and Chicken Sausage Pancakes and Scrambled Eggs Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut- free)  VEGETABLE Celery w/ Ranch Roasted Baby Baker Potatoes FRUIT Orange	ENTREE Beef Taco (1) pk-3rd Beef Tacos (2) 4th-12th Charro Beans & Rice w/ Flour Tortilla Yogurt Basket w/ Blueberry Muffin - Raspberry VEGETABLE Spicy Corn Salad Sweet Pepper Strips FRUIT Blueberries		ENTREE Country Chicken Bowl Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (p free) VEGETABLE Broccoli Cucumber Tomato Salad FRUIT Pear	ecanut-	ENTREE Spaghetti Marinara Spaghetti w/ Meat Sauce Yogurt Basket w/ Blueberry Muf Raspberry VEGETABLE Baby Carrots Garden Greens w/ Ranch FRUIT Peaches	Tin -	ENTREE Cheese Quesadilla w/ Homemade Salsa Chicken Quesadilla w/ Homemade Salsa Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut- fire)  VEGETABLE Calabacitas Con Elote Refried Beans FRUIT Apple	
15 Monday	16 Tuesday		17 Wednesday		18 Thursday		19 Friday	
ENTREE All Beef Hotdog Charro Beans & Rice w/ Flour Tortilla Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut- free) VEGETABLE Celery w/ Ranch Sweet Potato Tots FRUIT Orange	ENTREE Grilled Cheese Sandwich Sloppy Joe Yogurt Basket w/ Blueberry Muffin - Raspberry VEGETABLE Coleslaw Curly Fries FRUIT Blueberries		ENTREE Mac & Cheese Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (p free) VEGETABLE Cherry Tomatoes w/ Ranch Peas FRUIT Red Apple	ocarrut-	ENTREE Cheesy Bread Stick w/ Marinara Yogurt Basket w/ Blueberry Muf Raspberry VEGETABLE Broccoli w/ Ranch Sweet Pepper Strips FRUIT Peaches		ENTREE BBQ Chicken Peanut Butter & Jelly Sandwich Vegetarian Chef Salad WOW Butter & Jelly Sandwich (peanut- free) VEGETABLE Baby Carross Black Beans FRUIT Pear	

<sup>\*</sup>Due to staff and food shortages the posted menu items may change depending on availability.



# **Husky Happenings**



## **Book Character Day—Friday, October 29**

Students are invited to attend school on Friday, October 29th dressed as their favorite book character! No weapons nor face masks will be allowed. Also, please limit the amount of face paint. Students will not be allowed to reapply face paint throughout the day. Students will celebrate in the afternoon with a (student only) Fall Festival hosted by middle school students.

We are looking for donations of the following for prizes during the Fall Festival: small prizes (stickers, temp. tattoos, pencils, erasers, etc.), healthy spooky snacks, helium balloons, small water bottles, spooky decorations, small pumpkins, goodie bags, anything to make our festival fun for students!



## **Carpool—Updates**



## \*Inclement Weather Dismissal

\*Inclement weather- below 25°, high winds, rain, or snow between 2:30-4:00.

For the safety of all, School Policy requires that families stay in their vehicles during arrival/dismissal.

However, for those who wish to park and stand in line to pick up their student(s) during inclement weather, please note:

- 3:15 Carpool Dismissal to the East of the Wellness Doors (see green arrow)
- 3:30 Walkers Dismissed thru Front Doors of the School. Parents can call ahead to inform if student should go to carpool instead.
- 3:45 Parked Pick Up to the West of the Wellness Doors (see red arrow)
- 4:00 Late Pick Ups at the front of the school, late fees will apply

We ask that families continue to follow carpool etiquette, find family, friends, classmates who would like to carpool, allow older students to walk or bike to school.

Please respect the handicap parking spaces. Only clearly marked handicapped vehicles may use these spaces.

We are working hard with the Aurora and Denver Police to hire an off-duty police officer to assist with traffic control on the intersection of 64<sup>th</sup> and Dunkirk.

Since this summer, we have secured the following coverage:

- We have morning coverage at 64th and Dunkirk (7:15-8:15am) every day of the week.
- We have Monday and Friday afternoon coverage at 64th and Dunkirk (3:20-4:00pm). We are still looking for Tuesday, Wednesday, and Thursday afternoon carpool coverage.

We do have staff members in orange vests assisting with crosswalks but not traffic. Per police regulations, only law enforcement can stop/control traffic.

Police Officers are doing their best to help direct traffic, but keep in mind, that they too need to be safe with large on-coming traffic.

# HPA Executive Director, Keri Melmed, facilitates at the Colorado League of Charter Schools Leadership Summit

The Summit brings together over 250 school leaders and business managers to build knowledge, skill and connectivity around Legislative Policy, Facilities and Governance.



## **Student Masks—Donation Needed**

We continue to have students come to school without face masks. Currently we only provide N95 masks but students don't like to wear them. Please make sure you are sending your child (ren) to school with extra face masks in their backpacks. If you have masks you are willing to donate we would happily accept.

## **Student Water Bottles**

Please make sure to send all students to school with a see through water bottle with water in it. Right now we only have water bottle fillers available for students to get water, meaning that students are not able to access water fountains for drinks of water if they do not have a water bottle.

## **Fall Band Concert**

A small group of 5<sup>th</sup>-8<sup>th</sup> graders make up a group of dedicated band students who have been working hard since September on a short, 4 song concert. The concert will begin at 4pm in the gym on Wednesday, October 27th. It would mean the WORLD to these students if they had an audience that showed up to cheer them on. Those who plan to attend will be asked to wear a mask, regardless of vaccination status.

### **HPA Middle School Sports Schedules**

Cross Country

Co-Ed Flag Football

Volleyball

## Parent Resources

Conscious Discipline and Power of Resilience

**Child Tax Credit Resources and Useful Tips** 



# In The Community



## **Upcoming Election—Two Members of the HPA Community on the Ballot**

As you may know, in November we have an important school board election in Denver.

Of the pool of candidates two are from High Point Academy! We want to highlight and celebrate them!

See below the articles about both of our impressive candidates:

1. HPA Board President - Jane Shirley - At Large candidate

https://co.chalkbeat.org/2021/9/27/22690455/jane-shirley-denver-school-board-candidate-2021?utm\_source=Chalkbeat&utm\_campaign=3bcc539015-

do+How+Colorado+will+boost+child+care+with+l&utm\_medium=email&utm\_term=0\_9091015053-3bcc539015-1296761714

2. HPA 8<sup>th</sup> Grade Math Teacher - Gene Fashaw - District 4 candidate

https://co.chalkbeat.org/2021/10/18/22726763/gene-fashaw-denver-school-board-candidate-2021? utm\_source=Chalkbeat&utm\_campaign=879b1cb7c2-Colora-

<u>do+Why+this+math+teacher+is+running+for+Denv&utm\_medium=email&utm\_term=0\_9091015053-879b1cb7c2-1296761706</u>

There are many important issues on each ballot in the Denver-metro area and the vote takes place in less than two weeks on November 2<sup>nd</sup>. Your voice matters...

You may register to vote at any time, up to and including on Election Day. If you're not registered to vote or are not sure if you're registered, you can visit the Colorado Secretary of State website to get started.

If you want to learn more about the race and each candidate here's a great resources:

https://co.chalkbeat.org/2021/9/2/22653499/denver-school-board-election-fourteen-candidates

https://co.chalkbeat.org/2021/10/13/22723116/denver-public-schools-board-of-education-candidates-2021-election-voter-guide

# In The Community Cont.



## 4th, 5th, 6th Grade Ski Passports

Colorado Ski Country USA believes that every student should have the opportunity to experience Colorado's signature winter sports, skiing and snowboarding. That is why for over 20 years the CSCUSA Ski Passport Program has helped thousands of students hit the slopes every year. Make sure your student does not miss out on the fun and sign up today! The quickest and easiest way to learn about the program and sign up for the Passport Program is online at <a href="mailto:coloradoski.com/passport">coloradoski.com/passport</a>.



## Longmont Dairy Farm Milk Cap Program—Milk Caps for Mooola

High Point Academy collects Longmont Dairy milk caps to help subsidize our intensives program that we offer the last week of school. Longmont Dairy Farm will donate  $5\phi$  for every bottle cap that our school collects from Longmont Dairy produced products (including Cold Brew Coffee, Iced Tea, Coffee Creamers, Milk, Cream, Lemonade, and Orange Juice).

Since 2014, over \$300,000 has been donated back to participating schools through the Milk Caps for Mooola program. Schools are free to spend these funds as they wish.

Collect caps from family, friends and neighbors and drop them off in the front office.





# In The Community Cont.









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# **COVID** Corner



# Free COVID-19 Vaccine Clinic

Get the vaccine and get back to the Colorado we love. Available to everyone 12 years and older regardless of insurance status or immigration status.

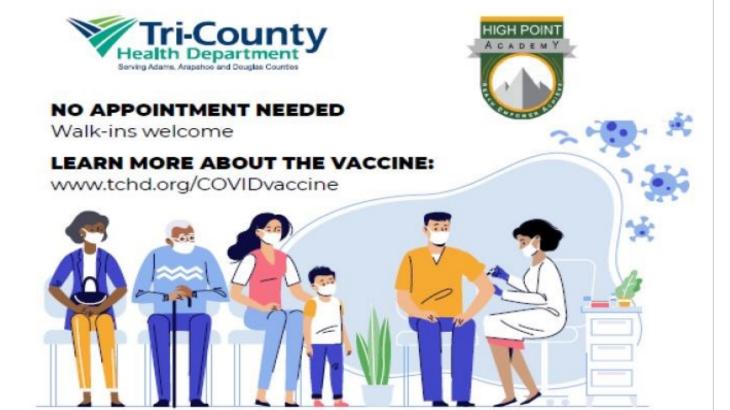
# **High Point Academy**

Wellness Room

Monday October 25th

Pfizer, Moderna, and J&J offered

1:30pm-4pm





# **COVID** Corner Cont.



Masks for Kids: What You Need to Know About Face Coverings

FREE LOCAL COVID-19 TESTING: https://covidcheckcolorado.org/

The Difference Between COVID-19, Cold, Flu and Other Bugs Affecting Kids (Español—PDF)

Signs and symptoms in kids	COVID-19 (the new coronavirus)	Influenza (the flu)	Common respiratory infections (colds)	Seasonal allergies (hay fever)	Poor air quality (smoke or ozone)
Onset of symptoms	Varies; typically gradual	Sudden	Varies	Typically sudden or ongoing	Sudden or gradual, but typically sudden
New loss of taste or smell	Sometimes	Uncommon	Uncommon	Sometimes	Never
Fever	Sometimes*; typically high fever	Very common; typically high fever	Varies	Never	Never
Tiredness	Severely tired	Severely tired	Varies	Sometimes	Sometimes
Cough	Very common; typically dry cough	Very common; typically dry cough	Varies	Sometimes	Common, especially in those with underlying lung disease like asthma
Headache	Common	Very common	Varies	Uncommon	Sometimes
Loss of appetite	Sometimes	Common	Varies	Less common	Uncommon
Muscle and body aches	Common	Very common	Common	Uncommon	Uncommon
Sore throat	Common	Common	Common	Sometimes; typically mild	Sometimes
Runny nose/nasal congestion	Common	Common	Common	Very common	Common
Nausea or vomiting	Sometimes	Sometimes	Less common	Uncommon	Uncommon
Chills	Sometimes	Very common	Less common	Never	Never
Diarrhea	Sometimes	Sometimes	Varies	Never	Never
Shortness of breath/breathlessness	Sometimes	Sometimes	Uncommon	Uncommon	Common, especially in kids with breathing and heart conditions
Wheezing or audible breathing	Sometimes	Sometimes	Sometimes	Uncommon	Sometimes, especially in kids with breathing problems like asthma



# **COVID Corner Cont.**



# HALLOWEEN TIPS & TRICKS

Celebrating Halloween is a cherished fall tradition for many people. Thanks to the COVID-19 vaccines, many Coloradans are now protected from the virus. But COVID-19 is still spreading in Colorado. It's still important to take precautions for a safer Halloween, especially for children who are too young to get the vaccine.

The best way to protect yourself and your family from COVID-19 is to get vaccinated. Everyone age 12 and older can get a COVID-19 vaccine. Science shows that COVID-19 vaccines are safe and very effective at preventing infections. Even more importantly, the vaccines help prevent serious illness for those who do get infected.

Think carefully about how you might lower the risk this Halloween, not only for yourself and your family, but for your community. Here are some ideas about how to celebrate safely.

### GENERAL RECOMMENDATIONS

#### Protect yourself and others.

- Do not attend in-person celebrations if you have any COVID-19 symptoms, have been exposed to someone with COVID-19 and are currently in quarantine, or have tested positive for COVID-19 and are currently isolating.
- People aged 2 and older who are not fully vaccinated should wear a mask in indoor public places.
- Consider wearing a mask even if you are fully vaccinated. Wearing a mask can help protect against breakthrough cases and help prevent the spread.
- People with weakened immune systems may not be fully protected even if they are fully vaccinated. If you are immunocompromised, consider talking to your doctor about getting an additional dose of the COVID-19 vaccine as well as what precautions you should continue to

#### Choose safer activities for children under 12.

- Right now, children under 12 can't get vaccinated against COVID-19. Until a vaccine becomes available for younger children, the best thing parents can do is to get vaccinated themselves.
- One of the easiest ways to make an activity safer for unvaccinated children age 2 and older is to ask your child to wear a mask. If accompanying adults wear masks as well, this may help normalize and encourage mask-wearing for children.
- Gather with family members and close friends who you know have been vaccinated. If all other attendees at an activity are vaccinated, the risk to unvaccinated children is low.

#### Choose the safest options for everyone.

- Outdoor gatherings are generally safer than indoor gatherings.
- Smaller groups are generally safer than larger groups.
- Shorter gatherings are generally safer than longer gatherings.

### IDEAS FOR SAFER CELEBRATIONS

- Organize a neighborhood costume parade with predetermined routes marked to maintain safe distances between participants.
- Go to an open-air, one-way, walk-through haunted forest, pumpkin patch, or corn maze where you can maintain a safe distance from people outside of your household.
- Have an outdoor Halloween movie night with local family and friends. If screaming is likely (it is Halloween after all!), we advise greater distancing between people.
- Plan a small get-together, ideally outdoors, with vaccinated guests.
- Keep a list of guests and their contact information so they can be notified quickly in the event of a COVID-19 exposure.
- If gathering indoors, improve ventilation by opening windows and doors or running your heat, AC, or an air purifier.

### MASKS

- Costume masks are not a substitute for masks that protect against COVID-19. Masks that protect against COVID-19 should be made from two or more breathable fabric layers that cover the nose and mouth, with no gaps around the face. Wear COVID-19-protective masks when indoors or if you are not fully vaccinated.
- If wearing a costume mask over a cloth mask makes it hard to breathe, consider a themed cloth mask as part of the costume instead.





# **Husky Community**



### **Building Community...**

Together



### We Have Partnered with American Furniture Warehouse!

When you make a purchase at American Furniture Warehouse, mention High Point Academy and a portion of the sale is donated to our school.



## The Partnership That Keeps on Giving!

King Soopers Community Rewards program makes fundraising easy by donating to our school based on the shopping you do every day. Once you link your Card to High Point Academy, all you have to do is shop at King Soopers and swipe your Shopper's Card. Here's how it works:



- 1. Create a digital account- A digital account is needed to participate in King Soopers Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose
- 2. Link your card to "High Point Academy PTO" and click save <a href="https://www.kingsoopers.com/i/community/community-rewards">https://www.kingsoopers.com/i/community/community/community/community-rewards</a>
- 3. King Soopers will send HPA PTO a check at the end of the school year with any funds earned.

### **Amazon Smile**

Shop at Smile.amazon.com and select High Point Academy. Amazon will donate to our school!



### **Colorado Smiles Orthodontics**



## **Box Tops for Education**

Download the Box Tops app to scan your store receipt, find participating products and instantly add cash to our school's earnings online. 10 cents for each Box Top. Sign up today by selecting The Academy at High Point.

**BOX TOPS LABELS** 



## Milk Caps for Moola

MILK CAPS for MOOOLA is a program sponsored by Longmont Dairy that helps students earn money for their school and students. Longmont Dairy milk caps are worth 5¢ each and are redeemable for cash by participating schools only. Drink Longmont Dairy Milk, save the bottle caps, bring them to the front office.

