

# Husky Newsletter



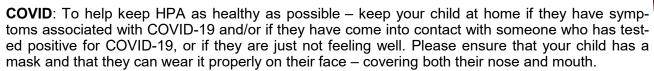
January 21, 2022 Volume 16, Issue 10

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.

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

Dear HPA Families,

As we settle back to school routines, we know that you want to support your child's learning and growth. Here are a few important reminders that will support your child's smooth transition:





**Colder Weather**: To ensure our students are active – bring warm jackets, hats, and shoes every day. We have outside recess when temperatures are 25 degrees or higher. We want our students outside in the fresh air and running around as much as possible.

**Cellphones**: To maintain a strong learning environment – keep cell phones at home. If your child brings a cell phone to school – remember HPA cell phone policy states that cell phones must be placed in lockers (6<sup>th</sup>-8<sup>th</sup>) and given to homeroom teachers (K-5) for the duration of the school day. Students cannot have their cell phones on them during school. You can find the entire electronics policy here: https://www.highpointacademy.net/handbooks/

**Dress Code**: As a student at HPA, your child is required to follow dress code and come to school in appropriate clothes every day. Dress code de-emphasizes clothing and there is less pressure to keep up with expensive trends and fashion, reduces social conflict and peer pressure that can be associated with appearance, imposes boundaries on the type of clothing students can wear as they navigate adolescence – a time when student bodies are changing, and students may feel more vulnerable about how they look. We know that students are eager to have a choice and express themselves and we provide opportunities for this on our dress-down days. HPA's entire dress code policy can be found here: <a href="https://www.highpointacademy.net/dress-code/">https://www.highpointacademy.net/dress-code/</a> Starting the week of January 24<sup>th</sup>, if your child is out of dress code families will be required to bring their child a change of clothing. We have some shirts and pants in our clinic, please reach out to our clinic assistant Emily Chouinard for that resource at <a href="mailto:echouinard@highpointacademy.net/net/dress-code/">https://www.highpointacademy.net/dress-code/</a> Starting the week of January 24<sup>th</sup>, if your child is out of dress code families will be required to bring their child a change of clothing. We have some shirts and pants in our clinic, please reach out to our clinic assistant Emily Chouinard for that resource at <a href="mailto:echouinard@highpointacademy.net/">echouinard@highpointacademy.net/</a>

Recess: We ask that you have conversations with your students about the recess expectations at High Point Academy. Expectations are as follows: (1) Students are expected to be cooperative, kind and inclusive. (2) Report any concerns to an adult. (3) Respect the personal space of others. When playing any sports: no tackling, rough housing or physical contact. (4) Use care with recess equipment and climbing spaces. (5) Follow all directions and recess expectations. More information to support your conversation with your child can be found here: <a href="https://docs.google.com/document/d/1Ua5BSKdCqCPKGXe9otCk6U2oCz3kZRDJpS 3b8DKpc0/edit?usp=sharing">https://docs.google.com/document/d/1Ua5BSKdCqCPKGXe9otCk6U2oCz3kZRDJpS 3b8DKpc0/edit?usp=sharing</a>

**Sleep**: Ensure a consistent bedtime. Children 4-14 years old should be getting 8-10 hours of sleep each night. Remove cell phones, video games, and other technology so that those items do not keep your child from getting the sleep they need for optimal development.

**Concerns**: If you have a concern, please reach out to your child's teacher. Your child's teacher or advisor is your first point of contact. If you have general questions, please email <a href="mailto:info@highpointacademy.net">info@highpointacademy.net</a>

**Community courtesies**: Practice HPA community courtesies. Allow 36 hour response time for each email, call or request. Be respectful with your interactions and remember that we are all doing and trying our best.

We thank you for your continued partnership and support.

Keri Melmed

**Executive Director** 



## **Upcoming Dates**



January 25: Power Hour 3:50-5:00pm

January 26: Girls Basketball Game vs. Denver Language School at

HPA at 4:45pm

January 26: Governing Board Meeting 5:00pm—ZOOM

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

Meeting ID: 886 4995 7519

January 26: Boys Basketball Game vs. Denver Language School at

HPA at 5:45pm

**January 27:** Power Hour 3:50-5:00pm

February 1: Power Hour 3:50-5:00pm

**February 2:** Spring Picture Day—Students can dress up for pictures

<u>Click here</u> to preorder your pictures

February 3: Power Hour 3:50-5:00pm

**February 3:** Girls Basketball Game vs. Strive GVR at HPA at 4:30pm

February 3: Boys Basketball Game vs. Strive GVR at HPA at 5:30pm

February 8: Power Hour 3:50-5:00pm

February 9: School Spelling Bee 2:00pm

February 9: Girls Basketball Game vs. Omar D. Blair at HPA at

4:30pm

February 9: Boys Basketball Game vs. Omar D. Blair at HPA at

5:30pm

February 10: Power Hour 3:50-5:00pm

February 18: NO SCHOOL—Staff Wellness Day

February 21: NO SCHOOL—President's Day

February 22: NO SCHOOL—Teacher Professional Development Day



## January Breakfast Menu



#### High Point Academy Breakfast (Grab n Go Breakfast), January - 2022

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Nonay	ENTREE IW Belgian Waffle FRUIT Apple	ENTREE Bagel w/ Plain Cream Cheese FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Chicken Sausage and Cheese Biscuit Sandwich FRUIT Mixed Berry Cup Orange	ENTREE Cherry Frudel FRUTT Orange Tangerine Juice Box Tangerine (2 each)
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
ENTREE Banana Bread FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Cinnamon Toast Crunch Cereal FRUIT Apple	ENTREE Apple Frudel FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Bagel, Egg & Cheese Sandwich FRUIT Mixed Berry Cup Orange	ENTREE IW Cinnamon Toast Bread FRUIT Orange Tangerine Juice Box Tangerine (2 each)
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
NO SCHOOL	ENTREE IW Belgian Waffle FRUIT Apple	ENTREE Bagel w/ Plain Cream Cheese FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Chicken Sausage and Cheese Biscuit Sandwich FRUIT Mixed Berry Cup Orange	ENTREE Cherry Frudel FRUIT Orange Tangerine Juice Box Tangerine (2 each)
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
ENTREE Banana Bread FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Cinnamon Toast Crunch Cereal FRUIT Apple	ENTREE Apple Frudel FRUIT Orange Tangerine Juice Box Tangerine (2 each)	ENTREE Bagel, Egg & Cheese Sandwich FRUIT Mixed Berry Cup Orange	ENTREE IW Cinnamon Toast Bread FRUIT Orange Tangerine Juice Box Tangerine (2 each)
31 Monday				
ENTREE IW Pumpkin Bread FRUIT Orange Tangerine Juice Box Tangerine (2 each)				

This institution is an equal opportunity provider.



## January Lunch Menu



#### High Point Academy Lunch (Traditional Lunch), January - 2022

3 Monday	4 Tuezday	5 Wednesday	6 Thursday	7 Friday
	ENTREE Grilled Cheese Sandwich Sloppy Joe Yogunt Basket w/ Blueberry Muffin VEGETABLE: Curly Fries FRUIT Peaches	ENTREE Cheesy Bread Stick w/ Marinara Peants Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peants-free) VEGETABLE Sweet Posto Tots FRUIT Strawberries	ENTREE Mac & Cheese Yogun Basket w/ Blueberry Muffin VEGETABLE Baby Carrots Peas FRUIT Spiced Peaches Cup	ENTREE Chicken Sandwich Grilled Choose Sandwich VEGETABLE Cucumber Coins w/ Ranch Southwest Beans FRUIT Applessace IW Cup
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
ENTREE Beef Nachos Cheese Nachos Peanus Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanus-free) VEGETABLE Refried Beans Spicy Cucumber Coins FRUIT Strawberries	ENTREE Chicken Nuggets & Homenade Dinner Roll Yogun Basket w/ Blueberry Muffin VEGETABLE Celery w/ Ranch Mashed Potatoes no butter FRUIT Peaches	ENTREE Cheesy Bread Stick w/ Maritans Peanus Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanus-free) VEGETABLE Baby Carrots Italian Green Beans FRUIT Blueberries	ENTREE Alfredo Pasta Chicken Alfredo Dannon Yogurt Basket w/ Cinnamon Pita VEGETABLE Broccoli Garden Greens w/ Ranch FRUIT Spiced Peaches Cup	ENTREE Cheeseburger (no fries) Peanul Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Cauliflower Roasted Sweet Potato FRUIT Applessace FW Cup
17 Monday	18 Tuesday	19 Wednesday	20 Thur:day	21 Friday
NO SCHOOL	ENTREE Beef Taco (1) pk-3rd Beef Taco (2) 4th-12th Grilled Cheese Sandwich Yogunt Basket w/ Blueberry Muffin GRAIN Spanish Rice VEGETABLE Baby Carrots Spicy Corn Salad FRUIT Peaches	ENTREE Paneskes and Chicken Sausage Paneskes and Senambled Eggs Peanur Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanur-free) VEGETABLE Celery w/ Ranch Roasted Sweet Potato FRUIT Blueberries	ENTREE Dannon Yogurt Basket w/ Cimamon Pita Meat Lasagna Spirach Lasagna GRAIN Gartic Bread VEGETABLE Garden Greens w/ Ranch Green Beans FRUIT Applessace IW Cup	ENTREE Cheese Quesadilla w/ Homerrade Salsa Chicken Quesadilla w/ Homerrade Salsa Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Refried Beans Spicy Cuentber Coins FRUIT Spiced Peaches Cup
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
ENTREE All Beef Hondog Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Baby Carnots Coleslaw	ENTREE Chicken sld King Yogunt Basket w/ Blueberry Muffin GRAINS Dinner Roll w/ Fleischmanns Yeast VEGETABLE Broccoli Mashed Potatoes no butter FRUIT Peacles	ENTREE Cheeschurger (no fries) Peanus Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanus-free) VEGETABLE Celery w/ Ranch Curly Fries FRUIT Strawberries	ENTREE Damon 4 oz Yogurt Mac & Cheese GRAIN Cinnamon Pits VEGETABLE Baby Carrots Peas FRUIT Spiced Peaches Cup	ENTREE Chicken Sandwich Grilled Cheese Sandwich VEGETABLE Cucumber Coins w/ Ranch Southwest Beans FRUIT Applessance PW Cup
31 Monday				
ENTREE Beef Nachos Chesse Nachos Peanu Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Refried Beans Spicy Cucumber Coins FRUIT Strawberries				

This institution is an equal opportunity provider.

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



# Husky Happenings



## **Quarter 2 Report Cards**

Quarter 2 report cards have been finalized and posted to Infinite Campus. Parents can access their child's report card by logging into their portal account and following the steps below.

#### **Steps to Access Quarter 1 Report Cards:**

- 1. Login to your Infinite Campus Parent Portal Account
- 2. On the left hand menu choose **Documents**.
- 3. Under Report Card choose Report Card HPA 2021-2022.
- 4. A pop up window should appear with a PDF of the Q1 report card.

If you do not have an Infinite Campus Parent Portal account for High Point Academy, email Erica Wood at <a href="mailto:ewood@highpointacademy.net">ewood@highpointacademy.net</a> for your activation key to create your account.

If you have any questions please reach out to info@highpointacademy.net.

## Our Kids Heart Challenge Road Trip is going on NOW!

High Point Academy families, join us on the **Kids Heart Challenge** Road Trip with the American Heart Association! Take the challenge to **Be Active** or **Be Kind**, and complete **Finn's Mission**!

#### HERE'S HOW TO GET STARTED

Step 1. Download the APP- KIDS HEART CHALLENGE or visit <u>www.heart.org/KidsHeartChallenge</u> to sign up!

Step 2. Complete FINN'S MISSION – this will be your road map!

## Yearbooks Now on Sale!

The 2021-2022 school yearbook is now on sale. <u>Click here</u> to order your book online. Yearbook ID Code is 13955622. Yearbooks are \$10 through January 30, 2022 when the price will go up to \$15 per book.

## **Health Office Donation Request**

The clinic needs donations! Specifically.......

- Polo shirts in green, white, navy, and maroon, in all sizes (especially in need of sizes 10-18 and adult small, medium, large)
  - New in package socks for girls and boys size youth 4-10

## Spring Season of Girls on the Run—Registration Starts February 7th

The spring season of Girls on the Run starts the week of March 7th. 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. Our program will meet Tuesdays and Wednesdays after school from 3:45-5:00pm and is open to all HPA 3<sup>rd</sup> through 5<sup>th</sup> grade girls. **Registration opens on February 7th, 2022.** 

# Husky Happenings Cont.



## **Carpool**



## \*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 at the intersection of 64<sup>th</sup> and Dunkirk.

We have secured the following coverage:

- We have morning coverage Monday through Friday at 64th and Dunkirk (7:15-8:15am).
- We have Monday afternoon coverage at 64th and Dunkirk (3:20-4:00pm). We are still looking for Tuesday thru Friday 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.



## From the Health Office





### 2022 Low-cost **Immunizations** For children & teens



## Vacunas para Pequeños



2022

### Vacunas a Bajo Costo

para los niños y adolescentes

#### **Tri-County Health** Department -Aurora

15400 E. 14th Place Aurora, CO 80011

10 am - 1pm

February 12 August 13 March 12 September 10 April 9 October 8 May 14 November 12 June 11 December 10

(303) 451-0123

Serving uninsured, Medicaid, with Kaiser and select private in surances.

#### Tri-County Health Department -Westminster

1401 W. 122nd Avenue Westminster, CO 80234 10 am - 1 pm

> January 22 April 23 July 30 October 22

#### (303) 451-0123

Servina uninsured, Medicaid, CHP+ and most privately insured patients Unable to see patients with Kaiser

#### Jefferson County **Public Health**

645 Parfet Street Lakewood, CO 80215 10 am - 1pm

September and October dates TBD

> November 5 December 3

#### (303) 239-7078

Serving uninsured, Medicaid, CHP+, and most privately insured patients Unable to see patients with Kaiser and select private insurances

#### Tri-County Health Department -Aurora

15400 E. 14th Place Aurora, CO 80011

10 am - 1 pm Segundo sábado de cada mes

8 de enero 9 de julio 13 de agosto 10 de septiembre 12 de marazo 8 de octubre 14 de mayo 12 de noviembre 10 de diciembre

#### (303) 451-0123

Sirviendo a los pacientes con Medicaid, CHP+, sin seguro y con la mayoria de seguros privados. No podemos ver a los pacientes de Kaiser y con algunos seguros privados.

#### Tri-County Health Department -Westminster

1401 W. 122nd Avenue Westminster, CO 80234

10 am - 1 pm

22 de enero 23 de abril 30 de iulio 22 de octubre

#### (303) 451-0123

Sirviendo a los pacientes con Med icaid, CHP+, sin seguro y con la mayoria de seguros privados. No podemos ver a los pacientes de Kaiser y con algunos seguros privados.

www.vacunasparapequenos.org

El padre o el guardian legal debe estar presente

Se requirene citas en algunas de las clínicas

Traiga la tarjeta de vacunas de su niño o adolescente

Ahora ofrecemos vacunas para adultos - llame para más información ¡Vacunas Contra La Gripe y COVID-19 Son Disponibles!

#### Jefferson County **Public Health**

Clínica de Vacunas 645 Parfet Street Lakewood, CO 80215

10 am - 1 pm Fechas para septiembre y

octubre por determiner

5 de noviembre 3 de diciembre

#### (303) 239-7078

Sirviendo a los pacientes con Medicaid, CHP+, sin seguro y con la mayoria de seguros privados. No podemos ver a los pacientes de Kaiser y con algunos seguros privados.

#### www.shotsfortotsandteens.org

Parent or legal guardian must be present. Appointments may be required on a clinic-by-clinic basis. You MUST bring your child's immunization record EVERY time! Now offering adult vaccines—Call for more information

#### Flu and COVID-19 vaccines available!



















































Click the image to view the image and links in your browser.



## **COVID Corner**



### Vaccination Deliberation: Learn About the COVID-19 Vaccines

## English—Spanish

You have questions, and that's OK. We've tracked down the answers to common questions about the COVID-19 vaccines. Wherever you are on your journey, knowing the facts can help.

## **Updates From Tri-County Health Department:**

**Masks:** The public health order requiring masks in all indoor public spaces in Adams and Arapahoe Counties will remain in place at least through January. All individuals 2 years of age and older, regardless of vaccination status, should wear a mask.

**Vaccines:** Vaccines remain the safest, most effective way to slow the spread of COIVD-19 and its variants, and to help avoid the worst outcomes among those who do become infected. The COVID-19 vaccine is free. You don't need an ID or insurance to get vaccinated. Make sure you are up-to-date on your vaccine! There are more than 1000 vaccine providers in CO from pharmacies to community clinics, find a site today.

**Testing:** CDC recommends testing on day 5 after exposure or immediately if symptoms develop. There are over 150 free community <u>testing sites</u> across Colorado. Community testing sites are still experiencing high demand. You are encouraged to make an appointment or pre-register to avoid long wait times. The state has updated its rapid at-home testing program. <u>Order tests</u>, free of charge, to be shipped directly to your home. Because of the increased demand it may take 2 weeks to get your order.

**Isolation:** Everyone, regardless of vaccination status must stay at home in isolation and avoid contact with others for at least 5 days if you tested positive for COVID-19 or have symptoms. You can leave your home after 5 days if you have no symptoms, or your symptoms are resolving after 5 days and if you are fever-free for 24 hours (without the use of fever-reducing medications). Continue to wear a well-fitting mask when around others for an additional 5 days.

**Quarantine:** For those who have been exposed to COVID-19, stay home and away from people for at least five days after your last close contact if you are not vaccinated, or have not completed your primary vaccine series, or are 18+ and have not received a booster. Wear a well-fitted mask when around others at home. Get tested even if you don't develop symptoms at least five days after you last had contact with someone with COVID-19. For 10 days, watch for fever (100.4 or greater), cough, shortness of breath, or other COVID-19 symptoms. If you develop symptoms, get tested immediately and isolate until you receive your test results. Fact sheets: How to Quarantine Information: <a href="English">English</a>, <a href="Vietnamese">Vietnamese</a>, <a href="Chinese">Chinese</a>, <a href="Somali">Somali</a>, <a href="Arabic, Nepali">Arabic</a>, <a href="Nepali">Nepali</a>.



# In The Community



## **Spring Flag Football—PreK-8th Grade**



## 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="coloradoski.com/passport">coloradoski.com/passport</a>.





# **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.

