

VOLUME 37 | FEB 2025

# NEWSLETTER



## HMONG COLLEGE PREP ACADEMY

Welcoming February! This month was packed with so much learning, laughter, and lots of heart! We can't wait to keep the momentum going as we head into a strong finish to the school year!



# UNIFORM POLICY

Students are required to be in uniform at all times. We encourage parents to support the school uniform policy. Students are expected to dress appropriately for school. Parents will be contacted if students do not dress accordingly. Please note what not to wear: Crocs, hats, sandals, hoodies, shorts, leggings, and T-shirts are not allowed.

If you would like to purchase uniforms, please contact the main office (651) 209-8002 and set up a time to come in and shop.

## DONATIONS:

We are taking new or gently used uniform donations in the main office. There is a donation bin outside the main office.



## WHAT TO WEAR?

### CREW NECKS

BLACK  
RED

### POLO SHIRTS (SHORT OR LONG)

BLACK  
RED  
WHITE

### BOTTOMS

BLACK JEANS - WITH  
NO RIPS  
BLACK SLACKS  
BLACK DRESS PANTS

## NOT PERMITTED:



NO SANDALS



NO HOODIES/ZIP  
UP HOODIES



NO CROCS



NO HATS



NO SLIDES



NO T-SHIRTS



NO SHORTS



NO LEGGINGS OR  
YOGA PANTS

# FOOD

The food department continues its fruit and vegetable program, introducing students to a variety of foods. Their taste buds are broadening! From papaya and logans, to the classic favorites, students get a good snack while learning the nutritional value, historical facts, and plant biology.





# CLASSROOM NEWS

## ELEMENTARY



February's Warrior Value of the month is **Curiosity** – Warriors wonder about the world and ask questions to help them understand.

### WARRIOR ASSEMBLIES

On January 31st, we held our first Warrior Assemblies of the school year for K-1, 2-3, and 4-5 to kick off Semester 2. The assemblies were a celebration of our first months of Warrior Values and a preview of the Warrior Value of Curiosity! Additionally, classes caught a glimpse of Achievement Unlocked and what is to come in the month of February. Thank you to emcees Kaitlyn Wolff and Sam Janchan for facilitating the celebration! Additionally, thank you to all our classes for demonstrating the Warrior Code in the auditorium while participating in the assembly. It was great to come together as a K-5 Team!



### KINDERGARTEN ENROLLMENT NIGHT

On February 5th, we held our annual Kindergarten Enrollment Night for prospective and enrolled kindergarten students for the 2025-2026 school year! The theme of the evening was "Kindergarten is OUT OF THIS WORLD!" Our wonderful Kindergarten teachers, TAs, and Specialist teachers planned for the event to include a school tour, dinner, a parent panel, and stops in classrooms to learn about the kindergarten curriculum and classes. Kindergarteners also had a chance to take a ride on the "Rocket Bus" around the block!



# CLASSROOM NEWS

## ELEMENTARY

### ELEMENTARY ALL-STAR CHOIR

Our K-12 music department attended the annual Midwinter Convention of the Minnesota Music Educators Association. As part of the annual convention, there are several celebrations of music, bringing together students across the state to learn and perform together. This year, we are proud to share that three of our fifth graders were nominated by Ms. Hope Carey and were able to attend and perform with the 2025 MMEA Elementary All-Star Choir. Participating students were Kristine Moua (Ms. Boldt), Zachary Smith-Nguyen (Ms. Boldt), and Eric Yang (Ms. Hart).



The Elementary All-Star Choir was created to provide elementary music students in grade four through six throughout Minnesota with a learning and performance opportunity at the annual Midwinter Convention. The Elementary All-Star choir is non-auditioned, with an emphasis on a musically diverse experience that is inclusive, engaging, accessible, and fun. Students joining the All-Star Choir learned four songs, including two in Spanish. The last song performed was "For Good" from *Wicked*. According to Ms. Carey, our Warriors had a blast and sounded amazing singing with 180 other kids from around Minnesota! Congratulations to Kristine, Zachary and Eric for joining the choir and representing HCPA and thank you to Ms. Carey for supporting the musical talents of our students!



# CLASSROOM NEWS

## SECONDARY

### KNOWLEDGE BOWL

Our Knowledge Bowl season wrapped up with the Metro Regionals at Northdale MS, and our team went up against 51 other teams throughout the metro area! During the Metro Regionals, our students consistently scored higher than at any other meet they had participated in this season.

HCPA's Middle School team won the science champion award, meaning that they got more science questions right than any other school at this meet!

Coaches Deven Michels and Kyle Seeley are incredibly proud of these students and that HCPA will get to add another trophy to the case! We look forward to your continued support of the program!



### BAND FIELD TRIP TO THE ORDWAY

The HCPA Middle School and High School Band students had the exciting opportunity to attend a field trip to the Ordway Center for Performing Arts to experience DRUMLine Live. The performance, featuring current and former members of Historically Black College and University (HBCU) Bands, was a high-energy celebration of black music and culture. The musicians took the audience on a journey through the history of black music, blending traditional African rhythms with iconic genres like Motown, Soul, R&B, and Pop. Students sang along to tunes by some of the greats, including Beyoncé, Tina Turner, Michael Jackson, Aretha Franklin, Ray Charles, The Temptations, and more.



It was a powerful and inspiring show that not only entertained but also educated our students about the rich legacy of black musical traditions. We can't wait for the chance to return next year!





# SPORTS

A stylized black and white illustration of a Native American man's face with a large feathered headdress, positioned centrally behind the word 'SPORTS'.

## **Girls High School Basketball:**

The girls' basketball team had a tough first week of February with two losses to Higher Ground Academy and Lincoln International. The girls played hard in their next games against conference rivals Hiawatha and Community of Peace on the 11th and 13th before falling to both teams. The girls played very competitively in a close loss to Minnetonka Christian Academy on the 20th, but they look to rebound in the final week of their season coming up.

## **Boys High School Basketball:**

After dismantling AFSA by over 80 points on January 29th, the boys' team soundly beat the much higher ranked Ubah Academy by over 20 on the 30th as their impressive season continues. The boys lost two closely contested games at Community of Peace and Prairie Seeds. They followed with a perfect week, commanding wins over Lincoln International School and Minnetonka Christian Academy as they finish out their season this week.





# LITERACY NIGHT

HCPA's Literacy Night was a huge success, bringing together students, families, and staff for an evening filled with books, creativity, and mystery! From hands-on crafts to engaging reading activities, every moment was designed to inspire a love for literacy. One of the highlights of the night was the interactive mystery challenge, where students put their detective skills to the test to crack the secret code!

With the support of our student committees and clubs, the event was buzzing with energy and excitement, making it a night to remember. Literacy Night proved once again that reading isn't just about books—it's about adventure, imagination, and community!







## RULER

HCPA is committed to fostering a growth mindset and focusing on the social/emotional development of the whole child through the implementation of RULER in all K-12 classrooms. RULER is an approach to social-emotional learning that focuses on emotional intelligence by helping students learn about and manage their emotions. This looks like lessons during College Prep classes, conflict resolution skills, and having a common language to talk about our emotions and experiences!



# RULER Skills Overview for Families

RULER is an acronym for the five key skills of emotional intelligence.

**R**

## Recognizing emotions

Identifying emotions in oneself and others by reading facial expressions, body language, tone of voice, and paying attention signals in our bodies

**U**

## Understanding emotions

Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions

**L**

## Labeling emotions

Connecting an emotional experience to specific feeling words to describe it

**E**

## Expressing emotions

Knowing how and when to display or show our emotions, depending on who we are with, where we are and what we are doing

**R**

## Regulating emotions

Knowing and using effective strategies to manage our emotions

# RULER Tools Overview for Families

RULER uses four tools to teach and practice the skills of emotional intelligence.

## The Charter



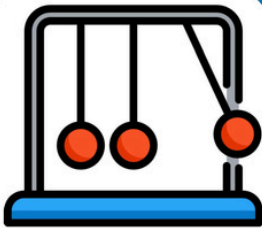
- The Charter is an agreement we make to act in ways that help us to feel the way we want to feel in our school or class.
- Everyone has a voice in creating a Charter and everyone has a responsibility to uphold it.

## The Mood Meter



- The Mood Meter helps build awareness of emotions in ourselves and others, expands our emotion vocabulary, and helps us manage our emotions.
- It shows how emotions have two dimensions, the degree of pleasantness of our thoughts and the energy in our bodies.

## The Meta-Moment



- The Meta-Moment teaches us how to extend the time between feeling emotionally triggered and our reaction.
- Instead of being reactive, the Meta-Moment helps us pause, think of our *best selves*, and choose helpful ways to respond.

## The Blueprint



- The Blueprint provides a series of questions as a guide for reflecting on our thoughts and emotions during conflict.
- By practicing perspective-taking and empathy, we can have a compassionate conversation and work to restore the relationship.





# IMPORTANT CONTACT INFORMATION

## MAIN OFFICE

FRONTDESK@HCPAK12.ORG  
651-209-8002

## ATTENDANCE OFFICE

ATTENDANCE@HCPAK12.ORG  
651-332-8567

## TRANSPORTATION OFFICE

HCPA\_TRANSPORTATION@HCPA  
K12.ORG  
651-289-1877

## HEALTH OFFICE

HEALTHOFFICE@HCPAK12.ORG  
651-209-8004

## REGISTRATION/ENROLLMENT

ENROLLMENT@HCPAK12.ORG  
651-334-5842

### FOLLOW HCPA VIA



**HMONG COLLEGE  
PREP ACADEMY**



**HMONG COLLEGE  
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**HCPA WARRIORS**

**MARCH  
IMPORTANT DATES  
SUBJECT TO CHANGE**

**MARCH 6TH | 5PM  
PARENT TEACHER  
CONFERENCES**

**MARCH 7TH | 10AM  
NO SCHOOL  
PARENT TEACHER  
CONFERENCES**

**MARCH 19TH | 5PM  
8TH TO 9TH GRADE  
TRANSITION NIGHT**

**MARCH 25TH-27TH | 3PM  
CREDIT RECOVERY**

**MARCH 28TH | 11 AM  
EARLY RELEASE**

**MARCH 31ST - APRIL 4TH  
SPRING BREAK**