

VOLUME 13

JANUARY 2023

HCPA



UPDATES



REGISTER FOR 2023-2024 WITH HCPA

WE ARE ENROLLING NOW for the school year 2023-2024! Open enrollment for all grade levels. If you have a student you would like to enroll you may contact HCPA's enrollment team at enrollment@hcpak12.org or call 651-334-5842.

Kindergarten Round-Up will be on February 1st, from 5-7pm. Please come and meet our teachers, tour the school, and learn more about our school.

Click [here to register online](#).

ELEMENTARY UPDATES

January's Warrior Value is Perseverance: Warriors keep trying and working even when it is tough. Warriors never give up!

Elementary Winter Concert

Please join HCPA on Wednesday January 25th at 6pm to celebrate the theme "We're braver when we believe." Performances from the music classes will include singing, dancing, and playing instruments.

UPDATES



FASTBRIDGE WINTER TESTING

Next week HCPA will be conducting FastBridge testing for all secondary students. Reading will be January 19 and Math will be January 20. For more information, contact Jenee Nordstrom-Andersen at 651-289-1866.

FASTBRIDGE TESTING IS COMING

Reading
Thursday,
January 19th

Math
Friday,
January 20th



COMMITTEE UPDATES



PEA/PTO

Congratulations to all the participants who were apart of the PEA training classes this winter.

These are the parent skills that parents have learned throughout the training:

- 1) Focus on household rules for students
 - Help in student discipline
 - Help in nurturing rather than blaming
- 2) Focus on consistency
 - Following through with your expectations and actions.
 - Choosing to not yell and to calm yourself down before responding to the student
 - Having the right to choose how to engage with the student

This PEA training session has changed these participants' lives in many ways. It has given them the power to take control of their lives. After each week session, the parents have expressed how they realize that this program is designed to help them discipline and nurture their children at home. The confidence level of the parents has grown each week as they utilize these skills at home.

For more information, please contact the following

Dr. Lor, Director of Family Engagement | 651-209-8002

Ms. Malie Mk. Vang, Parent Liaison | 612-505-8645

Saw Lu Lu, Karen Liaison | 651- 703-8324.

COMMITTEE UPDATES



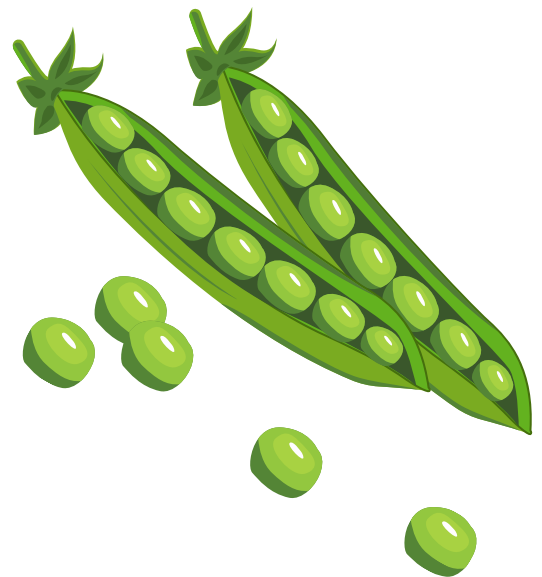
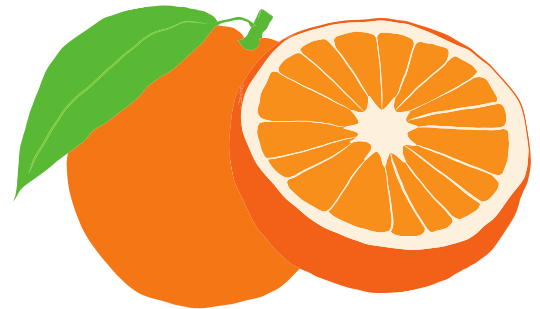
FOOD

Jump start the New Year with fruits and vegetables. Make 2023 your best year yet with one simple goal: Eat more fruits and vegetables!

Fruits and vegetables are full of vitamins, minerals and other nutrients like fiber, potassium and folate that may help prevent heart disease, cancer, and other diseases. Eat as many colors of fruits and vegetables as possible to get the widest range of nutrients.

Increasing your intake by just one more fruit and one more vegetable each day can help you reach that goal.

This month's Fresh Fruit and Vegetable Program, fruit of the month is Orange and the vegetable of the month is Sugar Snap Peas. We have educational posters posted around the cafeteria and hallways.



SPORTS UPDATES



Girls Basketball: Starting off the year on a hot start that saw several wins and a couple close losses, coach Pheng Vang is very optimistic of how his young but learning team will do this year. Combining hard work and a strong team mentality, the girls have made the game fun to watch and a team worthy of HCPA pride.

Boys Basketball: Despite several games being cancelled due to snow around winter break, the boys basketball teams are still working hard to run the system that has worked for them in the past, as both the varsity and JV teams are winning games and playing the type of hard basketball known of HCPA. Head coaches Joe Hultberg and Michael Sauer both cannot believe the amount of skill progression that their two teams are displaying, and they can only see the teams going up from here.

Middle School Basketball: Both middle school teams are sporting winning records, as Colin Alexander and Jeff MacArthur's teams are not only playing at a very high level, but also setting the league standard for teamwork and sportsmanship. With a month left in the season, the teams are excited to finish out the season with wins and good times that are always common in middle school sports.

Cheerleading: Starting their routine learning, the cheerleading squad is making strong progress in their first year, as coach Te Erykah Frye has said the girls on the team are the quickest learners with whom she has ever worked.

eSports: Led by Andy Yang as a ranked player and a team entering the state tournament, coaches Michael Seitz and Brandon Bunney are looking to see how a great season will end for HCPA's eSports team.

SPORTS UPDATES



Wrestling: Achieving the first wrestling win in HCPA history with their cooperative relationship with Roseville High School, La Soe has a place in program lore that he and the other wrestlers will look to build on in the next few months of the season.

Knowledge Bowl: With two meets behind them and two more in front of them, the Knowledge Bowl team has been gaining momentum in each event, as coaches Kyle Seeley and Deven Michels are building their team with an eye to the future.

Robotics: Coaches Joseph Norby-White and Angel Gonzalez are looking to start construction of their robot and arena to kick their team into high gear, as Robotics begins to come together as a team.

Bass Fishing: Bass Fishing has finalized its roster for the upcoming spring season, and the 22 team members and coach Jim Bee Lee are excited to build on last year's success.

GSA: GSA will be partnering with the Looking Out Foundation to improve communication between student groups at HCPA this winter, and students in GSA are very grateful for the support given by this organization.

