

VOLUME 41 | SEPTEMBER 2025

NEWSLETTER

HMONG COLLEGE PREP ACADEMY

As a new school year begins, our halls are once again buzzing with excitement and curious minds. This season marks a fresh start for learning, growth, and community at HCPA. We can't wait to see the amazing achievements and memories our students, staff, and families will create together this 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

**Boys Soccer:**

Boys soccer continues to grow as a team as they navigate the tough city teams on their schedule. A trip to Milwaukee to play some Hmong schools in that area is a highlight the team has been looking forward to all season.

Girls Soccer

The girls soccer team had record attendance this year, as over 20 girls populate the roster. With the majority being underclassmen or middle schoolers, this bodes well for the future of the team.

Girls Volleyball

The girls volleyball team is off to an amazing start, as they enter October at 7-1 and by far the top team in the conference. With sections looming and the girls at high speed, expectations for the team are through the roof.

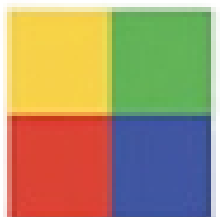
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RULER is HCPA's K-12 social emotional learning (SEL) curriculum, used to help all students learn about and manage their emotions and work well with others. At student orientation in August, the RULER team shared information with families about RULER. Families could plot themselves on the mood meter and read our school charters.



THE MOOD METER

The Mood Meter is a simple yet powerful tool that supports people of all ages in recognizing and accurately labeling their emotions. By helping individuals become more aware of how they feel, the Mood Meter encourages emotional understanding and expression. It plays an important role in building emotional intelligence by allowing users to pause, reflect, and name their feelings. Whether used by children, teens, or adults, the Mood Meter offers a consistent framework for identifying emotions in real time, making it easier to communicate feelings and respond thoughtfully to different situations.



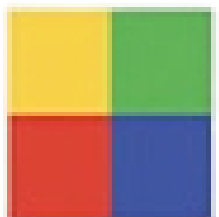
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SCHOOL CHARTERS

School Charters are tools that help us build a positive and supportive learning environment for everyone.

We will be sharing more information throughout this school year!



FOOD

The food department is happy to announce that we will be offering fresh fruits and vegetables again for the 2025-2026 school year to K-8 students as a snack. The program started on Monday, September 22, 2025. Below are some logistics for your information.

ELEMENTARY

K-5 students will receive snacks daily Monday - Friday.

MIDDLE SCHOOL

Middle school students will receive snacks twice a week (Tuesday & Thursday).





NATIONAL **SUICIDE** PREVENTION MONTH

Across the nation, September is recognized as **National Suicide Prevention Awareness Month**. This is a time to promote open conversations about mental health and provide support for those who may be struggling.

Last week, our counseling team shared resources to help you engage students in conversations about emotions and mental well-being.

As part of this month's awareness efforts:

- Suicide awareness bracelets are available on the black shelf in the Counseling Office.
- 988 stickers and magnets are also available. Feel free to take one for your classroom.

We encourage all staff to wear a bracelet throughout September to show support and raise awareness.

If you have the suicide awareness t-shirt from previous years, you're invited to wear it on Fridays this month.

If you don't have a shirt, consider wearing the suicide prevention colors (teal and purple) to help spark conversations and show solidarity.

Thank you for helping us create a supportive and caring environment for our students and each other. 💜

CLASSROOM NEWS

SECONDARY

FIELD DAY

Field Day highlighted the strong school spirit at the core of our community. It was powerful to see all staff come together to support our 6-12 students in building relationships, fostering community, and engaging in meaningful experiences. The off-site visits and college exposure opportunities truly reflect our shared commitment to student growth and future readiness.



PEP FEST



We also closed out the first month of school with our High School Pep Fest. The joy and energy from both students and staff were inspiring, creating a sense of unity across our school. Moments like these remind us of the importance of celebrating together and reinforcing the positive culture we are building.





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**



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HCPA WARRIORS

OCTOBER IMPORTANT DATES SUBJECT TO CHANGE

OCTOBER 3 | 4PM
FALL MIDDLE SCHOOL DANCE

OCTOBER 6 | 12PM
OUT OF STATE COLLEGE
FAIR

OCTOBER 8 | 1PM
NATIONAL BULLYING
PREVENTION PUPPET SHOW
FOR K-5

OCTOBER 9 | 5PM
EVENING FALL
PARENT/TEACHER
CONFERENCES

OCTOBER 10 | 10AM
DAY FALL PARENT/TEACHER
CONFERENCES

OCTOBER 24 | 5PM
HAUNTED HOUSE

OCTOBER 29 | 5PM
FAFSA NIGHT