

VOLUME 39 | APRIL 2025

# NEWSLETTER



## HMONG COLLEGE PREP ACADEMY

April at HCPA was a month of vibrant energy and growth, where our students embraced new challenges and celebrated their accomplishments. As we moved through the month, the spirit of collaboration and curiosity filled the air, setting the tone for even greater things to come.

# 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



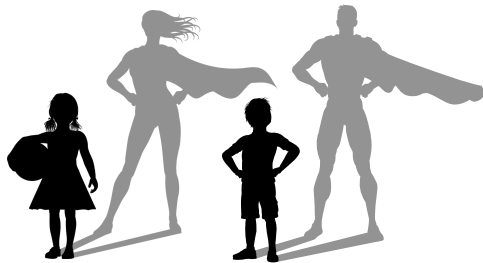
NO SHORTS



NO LEGGINGS OR  
YOGA PANTS

# CLASSROOM NEWS

## ELEMENTARY



April's Warrior Value of the month: **Confidence & Self-Esteem** - Warriors feel good about themselves and appreciate the ways they are unique.

### END OF AFTER SCHOOL CELEBRATION!

Before spring break, our after-school classes held their final session with students. As a special celebration, our Hmong Language and Culture and Warrior Arts classes recognized the last day and spring's arrival by learning how to make spring rolls! Students had a wonderful time learning and sampling their hard work. As we close out another year, thank you to our after-school teachers, our coordinators, Crystal Robideau and Kiersten Sloneker, and all those who helped to make our 2024-2025 after school program a success!



### ACHIEVEMENT UNLOCKED

We also had a chance to celebrate the accomplishments of our K-5 students earning badges and building their skills within Achievement Unlocked! Thank you to our HCPA NHS members and Student Ambassadors who helped to facilitate activities for each of the grade levels!



# CLASSROOM NEWS

E L E M E N T A R Y   C O N T .

## 5TH TO 6TH GRADE TRANSITION NIGHT

Wednesday, April 9th, HCPA hosted our annual 5th to 6th Grade Transition Night for all our 5th grade students and families! The purpose of the evening is to discuss and review important information for middle school, including schedules, electives, classes, extra-curriculars, successful habits to build, and more! Students had a chance to meet middle school staff, tour the middle school building, and register their top picks for electives. Overall, nearly 70 families signed in, with about 225 people in attendance.



## FIELD TRIPS

On Monday, April 14th, and Tuesday, April 15th, Kindergarteners traveled to Dodge Nature Center. Students learned about Minnesota's animals and different ways to find their presence!

Then we were able to see many critters – including wild turkeys, geese, turtles, and frogs - and even pet a snake! Students and teachers alike had a lot of fun outside!



Our 3rd grade team traveled across the river to downtown Minneapolis for an extra-special field trip to Target Field. Everyone received a “behind the scenes” tour of the complex that included many areas that aren’t typically open to the public! Students and staff had a “ball” visiting the home of the Minnesota Twins. We can’t wait to see them in action this season!



# CLASSROOM NEWS

## SECONDARY

### CONSERVATION CLUB PROJECTS

The Conservation Club has been busy this year! We planted tulips and daffodils in the garden outside Office A. Watch for when they bloom in the next few weeks! We then worked with Minnesota Greening and helped mend a plot on the East side of the dirt lot, hoping native plants will start coming up in the next two months. The group has also been splitting plants to set up for adoption! The goal is to get as many plants in the classroom as we can. Our last big project was collecting data on native orchid seedlings from the MN Landscape Arboretum.

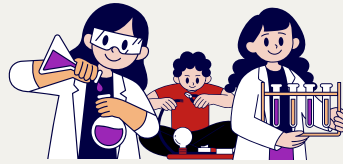


### VISIT TO BOSTON SCIENTIFIC!

Students recently explored a variety of STEM careers during a visit to Boston Scientific, where they toured advanced labs and took part in hands-on demonstrations. In the Capital Equipment Lab, they observed high-powered lasers and learned how cryoablation is used to treat cancer and heart conditions. They also used a lithoclast machine to break apart kidney stone models.



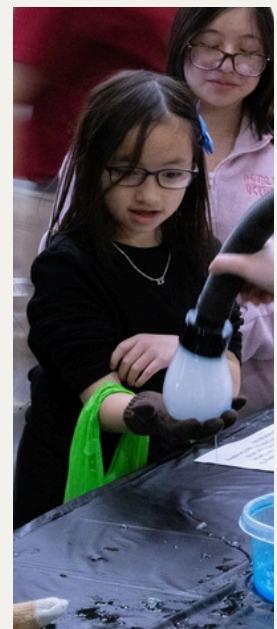
In the Anatomical Modeling and 3D Printing Labs, students saw how new medical devices are developed and prototyped. The Packaging Lab highlighted how engineers design and test protective packaging for medical tools. The visit wrapped up with a career panel, where employees shared insights into working in the medical device field. The experience inspired many students to consider careers in science, healthcare, and innovation.



# STEAM NIGHT

HCPA's STEAM Night lit up the halls with curiosity, creativity, and the kind of excitement that only comes from hands-on discovery. It wasn't just an event—it was an experience. As the middle school gym transformed into labs, workshops, and maker spaces where students became engineers, artists, chemists, and coders for the night. You could hear the laughter and see the focus as volcanoes bubbled, robots zoomed across floors, and bouncy balls bounced off the tables students had just mixed them on.

But what truly powered the evening wasn't just science or technology—it was our incredible Student Ambassadors. With bright smiles and steady leadership, they ran each station with confidence, guiding families through each activity and making sure every guest had a memorable time. Their enthusiasm turned ideas into action and helped spark moments of wonder for learners of all ages!



# SPORTS

## **High School Flag Football:**

High school flag football will begin its season on Monday against HSRA Spring!

## **Middle School Flag Football:**

Middle school flag football got their first win on the 21st, beating Excell Academy 30-8, and look forward to two games against Prairie Seeds and Prodeo.

## **Badminton:**

Badminton had their first matches of the year with tough losses to Community of Peace Academy, Math & Science Academy Badminton, and the perennial powers Tartan and North St Paul before a big win over Twin Cities Academy 7-0 to finish out on the 28th.

## **High School Boy's Volleyball:**

Boys' volleyball had a very strong opening set of games, as the C squad, JV and varsity all came away with a win against teams from both Hiawatha and North St Paul. The boys' next games were a split, barely losing to Twin Cities Academy before decisively beating Prairie Seeds Academy. They followed with an undefeated week by beating two Minneapolis schools, Columbia Heights, and Camden, entering the heart of their schedule and just a few more games to close out April.

## **Track:**

Track had their first meet on April 10th with HCPA's largest track team ever. They continue to grow and prepare for their conference and section meets in May.

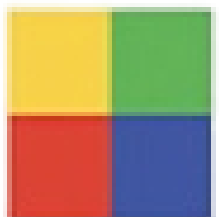
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RULER is a systematic approach to social-emotional learning that focuses on emotional intelligence by helping students learn about and manage their emotions. This looks like lessons during College Prep classes, conflict resolution skills, and having a common language to talk about our emotions and experiences!



## 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.





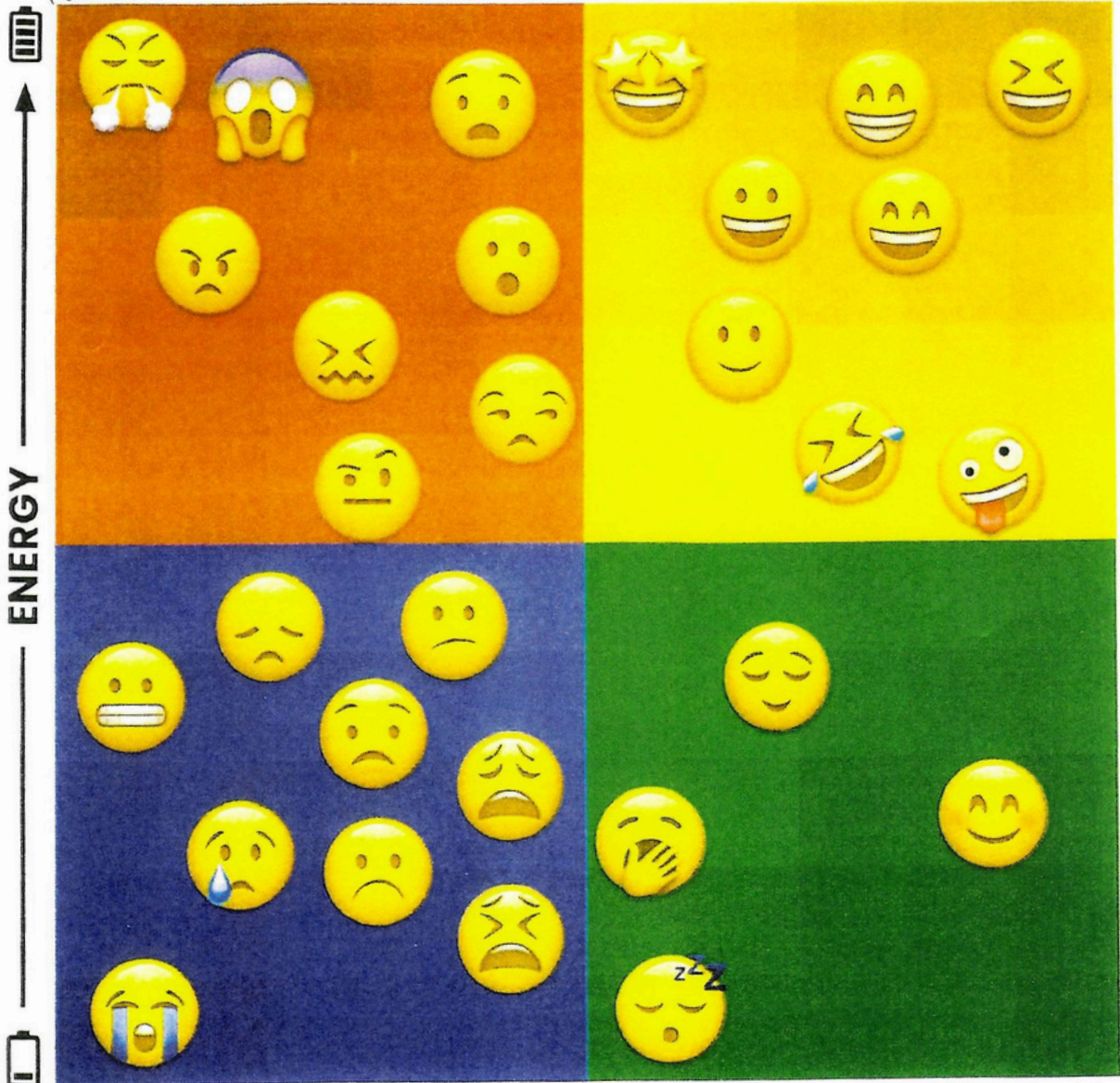
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# How do you feel?

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# How do you feel?

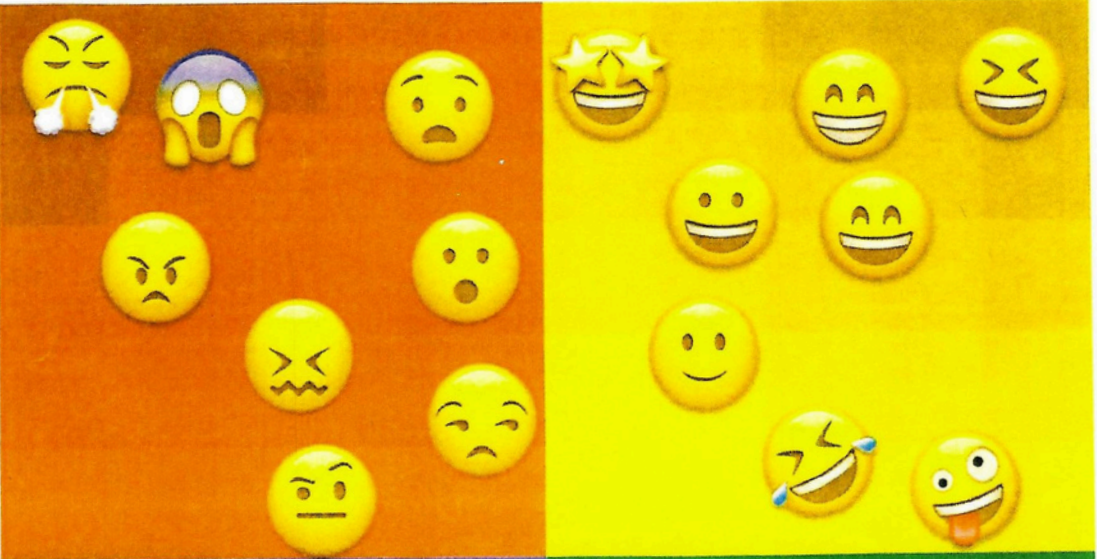
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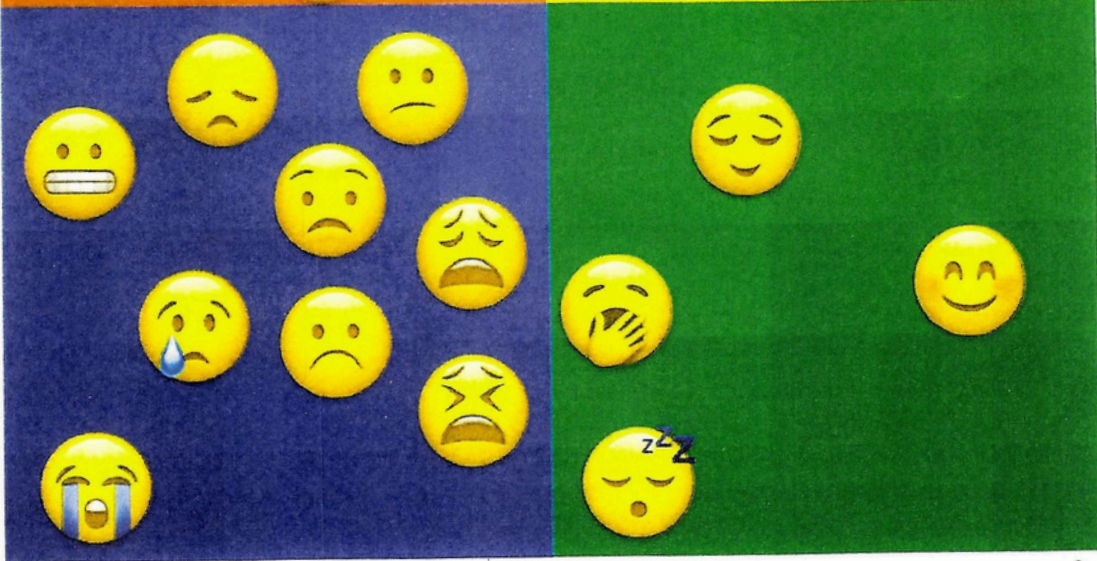
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ENERGY



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# 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  
PREP ACADEMY**



**HCPA WARRIORS**

## MAY IMPORTANT DATES SUBJECT TO CHANGE

**MAY 1 | 1:30PM**  
SENIOR CELEBRATION

**MAY 7 | 6PM**  
SPRING BAND CONCERT

**MAY 13 | 6PM**  
SPRING CHOIR CONCERT

**MAY 15 | 6PM**  
ELEMENTARY CONCERT

**MAY 16 - NO SCHOOL**  
TEACHER/STAFF WORKSHOP

**MAY 26 - NO SCHOOL**  
MEMORIAL DAY

**MAY 30**  
SCHOOL PICNIC  
& SENIORS LAST DAY OF  
SCHOOL