

VOLUME 12

DECEMBER 2022

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.

Click [here to register online](#).

ELEMENTARY UPDATES

December's Warrior Value is Caring and Empathy: Warriors show caring for themselves, others, and the community and can think how others feel.

HCPA's Annual Penny War has begun and will run through Wednesday, December 14th. Please encourage your class and students to bring in their pennies and spare change to help support mental health and suicide prevention. Winning classes will be able to help select the recipient organization for the raised funds.

UPDATES



WORLD CULTURE DAY

Wednesday November 23, HCPA returned to a more traditional World Culture Day, something not seen since 2019. The World Culture Day program was filled with different types of talents of our students and staff. There was a fashion show that highlighted the many types of cultures found at HCPA. To top it all off there were a few special guests (Win Vang, Cedric Sai Vang, Chenning Xiong, and GY) who came and joined in the celebration with the school. Over 1000 guest came to participate in one of the largest celebrations ever seen at HCPA. A special thanks to all those who worked so hard to put on this phenomenal program for all to enjoy.



UPDATES



QUESTBRIDGE NATIONAL COLLEGE MATCH

Congratulations to HCPA senior Shouana Yang for being selected and recognized as one of the Questbridge National College Match Scholarship Recipients.

QuestBridge National College Match is a national program that connects high-achieving high school seniors from different backgrounds with full four-year scholarships to 48 of the nation's best colleges. This year, over 17,900 applicants applied for the match. Match Scholarship Recipients are admitted early to QuestBridge college partners with full four-year scholarships that are provided by the colleges and universities, ensuring for these students and their families that an education at a top college can be affordable.

Fun facts about Shouana Yang

Grade: Senior

Interested Colleges: Top 3 Washington University, Stanford, U of Penn

Favorite Color: White

Favorite Food: Lasagna

Favorite Subject in school: Math

What do you like to do in your spare time? Collect vinyl records of her favorite artists and play volleyball.

How do you want people to see you inside the school? Someone they can freely talk to and feel assured with.

Future career: Dermatologist

If you could go anywhere in the world, where would you go? New Zealand

What is your favorite book? The Selection by Kiera Cass

COMMITTEE UPDATES



MISS HMONG OKLAHOMA

Congratulations to Nkauj Hli Melissa Vang for placing 1st in the Miss Hmong Oklahoma pageant. Her beauty and grace on stage was truly outstanding, and HCPA congratulates her for her achievement.

Fun facts about. Ms. Nkauj Hli Melissa Vang

Grade: Senior

Interested Colleges: Top 3 St. Kates, St. Benedicts, and Concordia

Favorite Color: Blue

Favorite Food: Kopiak

Favorite School Subject: English

What do you like to do in your spare time? Sing

Future Career: Registered Nurse

If you could go anywhere in the world, where would you go? Bora Bora

What is your favorite book? The Hate You Give by Angie Thomas

What is your favorite song to walk down the stage?

Nkauj Hmoob Meskas by Nou Yang

COMMITTEE UPDATES



PARENT TEACHER ORGANIZATION

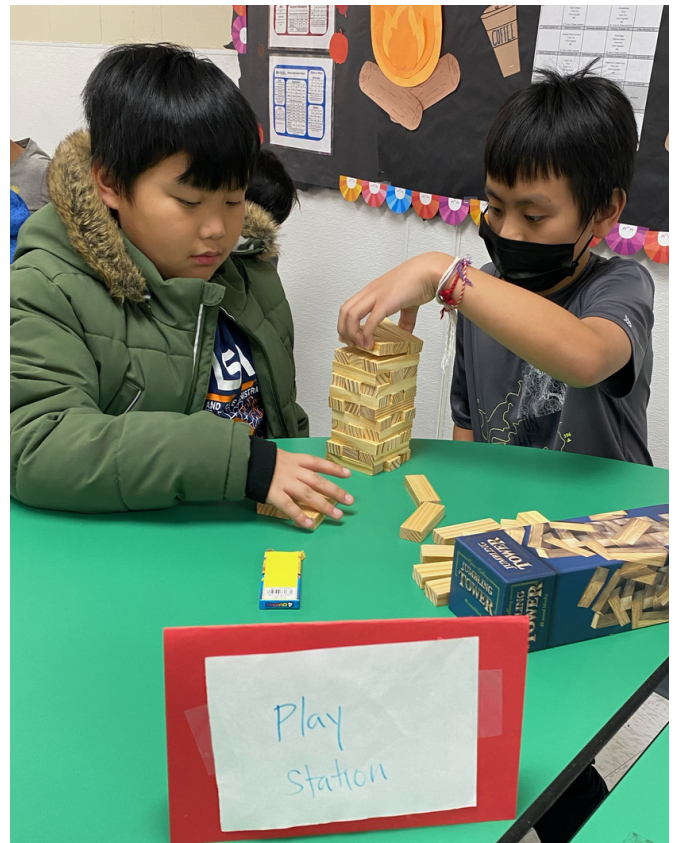
PTO held a “Family Day” for students and parents on Wednesday November 30th. There was a good number of families that participated with the festivities. A light dinner was provided along with presentations from Dr. Dao Lor and Ms. Malie Vang. The students colored, played board games, built logo sets, and spent time writing a letter to a family member.

PTO meets every Wednesday, from 5-7pm.

For more information, please contact:
Dr. Dao Lor, Director of Family Engagement
651-209-8002, ext. 8281
Email: dao.lor@hcpak12.org

Saw Lu, Karen Liaison
651-209-8002, ext. 8272
Email: saw.lu.lu@hcpak12.org

Malie Mk. Vang, Parent Liaison
612-505-8645 | 651-289-1816
Email: malie.vang@hcpak12.org



COMMITTEE UPDATES

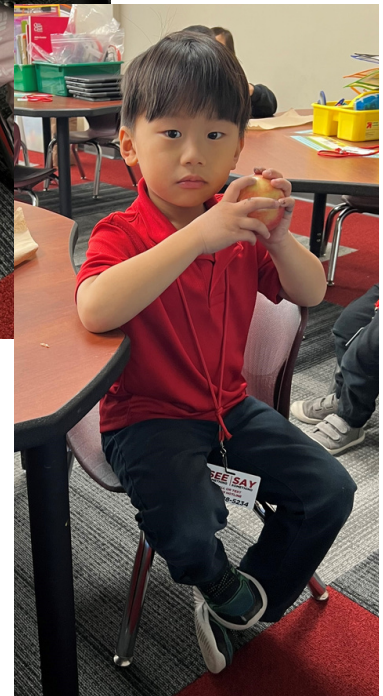


FOOD

When winter hits, you might find yourself gravitating toward winter squash and other hearty vegetables. But don't forget about fruits. In the winter months there still is a tremendous variety of fruits available for our students. One of the favorite fruits of our students are oranges.

One orange contains nearly 82 mg of vitamin C, making it an excellent source of vitamin. Vitamin C is an essential nutrient for fighting winter colds and illness. Remember, you can enjoy the taste of any fruit or vegetable year-around, fresh, frozen, canned, dried, and 100% juice.

December's vegetable of the month is Potatoes and the fruit of the month is Apple. We have educational posters posted about the vegetable and fruit of the month around the lunchroom and classroom hallways.



SPORTS UPDATES



Girls Basketball: Girls basketball started the season off with a win against MSAD, and team leaders Rita Thao and Naamah Myers are scoring in double digits and the rest of the team filling in behind them. A tough conference schedule will do little to daunt our girls as they are primed for a breakout season.

Boys Basketball: The boys varsity team is undefeated through two games, beating conference foe AFSA and nonconference rival Lincoln to keep their streak alive. The JV boys are right behind them, playing strong basketball to finish the first week of basketball without a loss in games against MSAD and AFSA.

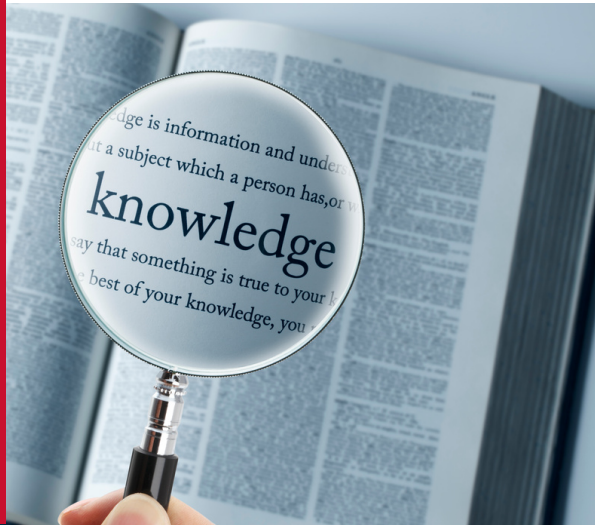
Middle School Basketball: Under Coach Colin and Coach Mac, the middle school teams have competed well against other middle school teams, winning as many as they have lost while playing well and showing strong sportsmanship.

Wrestling: HCPA registered its first wrestling win ever, as La Soe won a match versus Cretin in our cooperative team with Roseville High School. The team members are getting a hold of the new sport very well, and look to challenge their teammates for varsity spots soon.

Cheerleading: HCPA will field a cheerleading team for the first time in history, with new coach Tearykah Frye taking over a steadily growing group of students who are learning the moves of cheerleading as quickly as their coach has ever seen.

eSports: HCPA's eSports Valorant team has entered the postseason tournament with a top 5 ranking, and look to continue on their strong upwards growth over the last two years.

SPORTS UPDATES



Knowledge Bowl: Knowledge Bowl has competed in two meets so far, learning as they go and proving to be a strong team in the city area.

Robotics: Robotics continues to progress in their season, as their arena is being constructed as rapidly as their robot is.

