# **HCPA NEWSLETTER**

HMONG COLLEGE PREP ACADEMY



#### **OCTOBER HAS ARRIVED!**

October is a busy month for HCPA since it is full of exciting activities and events. Among the highlights is our highly anticipated haunted house. We will have fun and engaging activities lined up, so you definitely won't want to miss out!

It is also important to note that October is recognized as National Bully Prevention Month. Similar to previous years, we are dedicated to ensuring our students receive comprehensive education on bully prevention.

#### **OFFICE HOURS:**

HCPA Office Hours are 7am-4pm Monday-Friday.

Main Office: 651-209-8002

Attendance Hotline: 651-332-8567 Transportation: 651-289-1877

# **IMPORTANT DATES:**

OCT 2ND-6TH SAFETY WEEK/SPIRIT WEEK OCT 5TH PARENT NIGHT ост 6тн SOCIAL MEDIA SAFETY **OCT 12** NHS INDUCTION CEREMONY **OCT 12&13** PARENT-TEACHER CONFERENCES (NO SCHOOL OCTOBER 13) **OCT 18 UNITY DAY OCT 19&20** NO SCHOOL CREDIT RECOVERY (SELECT **OCT 24-26** STUDENTS ONLY) **OCT 27** HAUNTED HOUSE/CARNIVAL





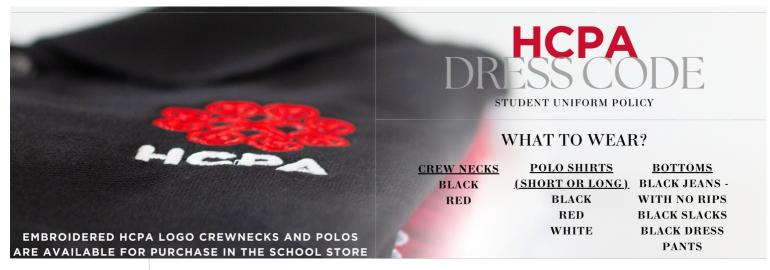


## Backpack & Cellphone Free Zone

New to HCPA this year:

- Backpacks/bags in the classroom. We believe this will help students be more present and engaged in their learning while here at HCPA.
- Cellphones: Students are allowed to bring mobile phones, though the device must remain powered off or silent and kept completely out of view while on school premises.

Any cell phone or backpack found in violation will be temporarily removed from the student, logged by our deans, and securely held in the office until the end of the school day. Students can retrieve their phone or bag at the end of the day. Repeat offenders will face sanctions in accordance with our existing behavior policy. If you have any questions or concerns, you may contact the main office.







NO CROCS













NO HOODIES/ZIP NO SHORTS
UP HOODIES

RTS NO

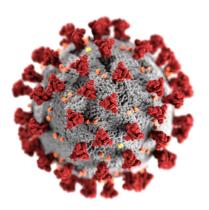
NO LEGGINGS OR NO T-SHIRTS YOGA PANTS

#### **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 may be contacted if students do not dress accordingly. Please note what not to wear: Crocs shoes, hats, sandals, hoodies, shorts, leggings, and t-shirts are not allowed.

If you would like to purchase a uniform, 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.



# **Covid Updates**

#### **Sick Students**

If a student exhibits symptoms of COVID-19 while at school, they will be assessed by our health office team. If deemed necessary, they will be sent home. It is important that sick students are picked up as soon as possible to limit the risk to other students and staff.

#### Quarantine and Isolation

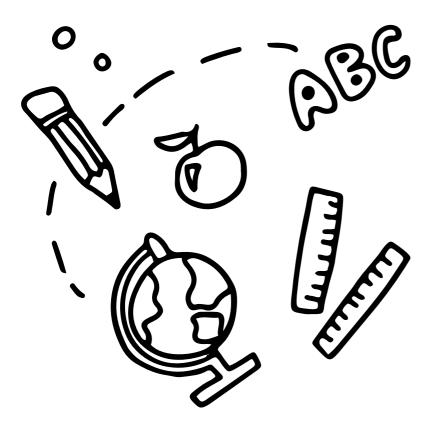
Staying home when sick with symptoms of COVID-19 is essential to keep infectious diseases, such as influenza and COVID-19, out of the school setting. HCPA will continue to follow the Minnesota Department of Health's recommendations for isolation and quarantine.

Similar to flu and other infectious or communicable diseases, isolation of individuals with COVID-19 will be recommended rather than required. Absences due to illness should still be reported to the school. Students should stay home if they are running a fever and/or too sick to participate in learning.

- If your child is exhibiting symptoms of COVID-19, please keep your student home, contact HCPA, and have your child tested via an at-home test, COVID-19 testing center, or doctor's visit.
- If your student(s) tests positive for COVID-19, please contact our health team at 651-209-8004.
- HCPA will continue to offer COVID-19 test kits while supplies last.







#### WE ARE ENROLLING NOW!

We are accepting applications for select grades. If you have a student that you would like to enroll, please contact the enrollment team for availability at:

enrollment@hcpak12.org or call 651-334-5842

Use our online registration at: https://hcpa-application.hosted.src-solutions.com/login

#### **Human Resources**

HCPA is hiring! If you or anyone you know is looking for a job at HCPA, please have them visit our website:

https://www.hcpak12.org/domain/91





# **Technology**

Technology Care – Our technology/IT team puts forth great effort to ensure our classrooms are equipped and maintained with technology. In order to help support the maintenance of our technology, please talk with your students about the appropriate way to plug/unplug their devices and headphones, as well as the appropriate way to store both items. With less damage, our IT team is better able to ensure that all students have what they need in the classroom and at home.

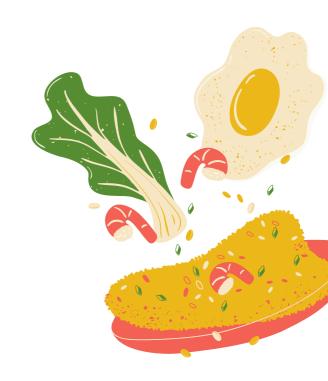
#### **Food**

The fall season is in full effect now that we've entered the month of October. The weather is cooling off, the leaves are changing colors and pumpkin-flavored everything is on the shelves.

There's nothing better than the changing of seasons.

Knowing what fresh produce is in season when you head to the grocery store can not only save you money but also mean that you will be enjoying fruits and veggies at their peak!

This month's Fresh Fruit and Vegetable Program fruit of the month is Orange and the vegetable for the month is Carrot. We have educational posters posted about the vegetable and fruit of the month around the lunchroom and classroom hallways.







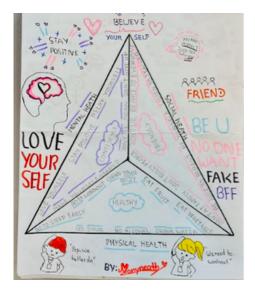


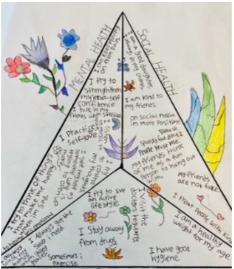
# **Elementary Updates**

Warrior Values of the Month – October's Warrior Values of the Month are Responsibility and Self-Control. Warriors control their actions to do what is right. Warriors are accountable for themselves, their work, and their environment. Please encourage your students to practice each month's warrior value at school and at home.

# 7th Grade Highlight

The 7th grade Health class students created a personal project called, "My Health Triangle." This is their own wellness triangle that reflects their physical, mental/emotional, and social health. The students have learned that to be "healthy", they must take care of their whole self. This includes their body, their thoughts, their feelings, and their relationships with others. Each student created their own triangle to represent themselves, with a mixture of their strengths as well as their weaknesses (areas they wish to improve upon). The projects turned out beautiful and unique.









# **Afterschool Enrichment Programs**

The afterschool program is optional but highly recommended for students in grades 3-12. Dinner and transportation will be provided.

#### AFTER SCHOOL ENRICHMENT PROGRAM HOURS

• Date: October, 24, 2023 - April 18, 2024

• Every Tuesday & Thursday

• Time: 3:30-5:15 PM

If you have any questions regarding the After School Enrichment Program, please contact one of our After School Site Coordinators.

Crystal Robideau Grades 3-5 Site Coordinator crystal.robideau@hcpak12.org 651-209-8002, ext. 32042

Kiersten Sloneker Grades 6-12 Site Coordinator kiersten.sloneker@hcpak12.org 651-209-8002, ext. 4325

### Safety Week/Spirit Week

HCPA's first "Safety Week," centered on promoting safety with our students both inside and outside school. Each day of the week focused on a different safety aspect from fire safety to internet safety.

- Monday: Bus Safety/Transportation Safety
- Tuesday: Fire Safety (K-1 visit from St Paul Fire Department)
- Wednesday: Shelter in Place
- Thursday: Bullying Prevention Puppet Show, presented by Mr. Coleman's theater classes
  - On Thursday night, a special parent speaker on safety and social media. This same speaker joined during the day on Friday to present to all 3-12 students on social media and online safety.
- Friday: Social Media Assembly (3-5 assembly)





# **Spirit Week:**

Students and staff were encouraged to participate.

Monday - Pajama Day

Tuesday - Vacation Day

Wednesday - Western Day

Thursday - Twin/Squad Day

Friday - College Day



### **COMMITTEES/ACTIVITIES/SPORTS**

# **Boys Soccer**

In a historic first, HCPA's boy's soccer team won the first ever Eastern Minnesota Athletic Conference's Boy's Soccer tournament on Saturday, October 7th, ending a regular season under coach Seth Vang on a very high note. Ranked third in their section, the boys and conference leading scorer Mu Soe start their playoff push against Liberty Classical Academy on October 11th at HCPA.



#### **Girls Soccer**

Continuing in the theme of historic firsts, the HCPA girl's soccer team not only are going to their first playoffs in the history of the program after a 2-0-1 varsity schedule, but they also won their first round game against Higher Ground Academy on October 9th, 4-1. With that win, they now face St Croix Prep Academy on October 11th and coach Toukee Xiong is very excited to see all the progress his girls have made this year.

#### **Cross Country**

With another big moment for HCPA, the first ever HCPA cross country team competed in a state meet at Simley Park, and coach Sam Janchan was excited to see every one of her runners beat their personal best times.

#### Volleyball

On October 6th, yet another group of HCPA champions was crowned, as the JV girl's volleyball team won their conference tournament in a tough three game set over Avail Academy. The varsity team will try to build off the JV success as they conclude their regular season and await their first game in sections on October 23rd.

#### **Football**

HCPA's cooperative agreement with several other metro schools for football is coming to an end with their first regular season, and though it was a tough season on the team record-wise, the lessons and teamwork they learned on the field were well worth it for our athletes.

#### Middle School Soccer

Middle school soccer continues to thrive, as the enthusiasm and passion for the game that our young girls and boys show is contagious for both fans and opposing teams. They will play in the erected dome starting late October until their season concludes on November 3rd.

#### **Hmong Dance**

HCPA will be starting a competitive Hmong Dance team under coach Jasmine Xiong with the aim to dance at Hmong celebrations in the future both this year and the next. eSports & GSA & Robotics & Knowledge Bowl

Some HCPA clubs are up and running, with eSports, GSA, Robotics and Knowledge Bowl all beginning their seasons. Please contact Sam Malone if you or your student is interested in these or other clubs.

#### **Winter Sports**

This winter, HCPA will be offering boys basketball, girls basketball, and wrestling at the high school level, as well as middle school coed basketball. More information on the start dates of these is upcoming.

#### Follow HCPA Via







