

VOLUME 42 | OCTOBER 2025

NEWSLETTER



HMONG COLLEGE PREP ACADEMY

As we settle into the school year, October brings a renewed sense of focus and excitement. Classrooms are alive with creativity, and our students continue to show curiosity, leadership, and school pride. We look forward to a month of learning, connection, and growth across our community.

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 NECK SWEATERS

BLACK

RED

NO T-SHIRTS

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:**

While the boys' season ended in the first round of the playoffs, the team looks forward to greater success next year, led by All-Conference midfielder Taevynn Mouda.

Girls Soccer

The girls soccer team fell in a tough playoff loss, but have an optimistic outlook for next season led by All Conference forward Malenna Khang.

Girls Volleyball

The girls volleyball team had the best season in HCPA history, winning the conference in the regular season, winning the conference tournament and advancing into sections before losing a competitive game to Concordia Roseville. This has been a phenomenal season for the team, and they look to return most of the starters to continue their hot streak.

Middle School Soccer

The middle school soccer team lost a close final game to finish out their season, and they are looking to build on their success with offseason workouts with their coach.

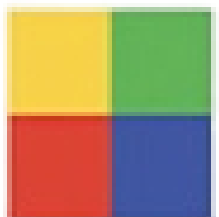
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RULER is HCPA's K-12 social emotional learning (SEL) curriculum, used to help all students learn about and manage their emotions and work well with others. At student orientation in August, the RULER team shared information with families about RULER. 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.



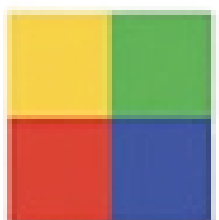
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SCHOOL CHARTERS

Our Social Emotional Learning (RULER) team was able to connect with parents at the Special Education Advisory Council (SEAC) meeting held on October 1, 2025. Parents were introduced to RULER. Parents were asked to think about how they would like to feel when attending meetings with their child's school team, as well as what they and our school staff can do to make parents feel engaged when attending specialized education meetings. The RULER acronym was reviewed (RULER is a framework to help us Recognize, Understand, Label, Express, and Regulate emotions). The Mood Meter and Charter, two of our RULER tools, were discussed.



NATIONAL **BULLYING** PREVENTION MONTH

As part of our recognition of October's Warrior Values and National Bullying Prevention Month, our secondary theater classes once again hosted the Bullying Prevention Play on Wednesday, October 8.



We are also excited to announce our annual HCPA Bullying Prevention Art Contest for grades K-12! The deadline to submit artwork is Friday, October 31.

BE A BUDDY, NOT A BULLY.



CLASSROOM NEWS

SECONDARY

WORK BASED LEARNING CLASS VISITS HIGHLAND POPCORN

This year, our Work Based Learning students have the opportunity to visit Highland Popcorn every Thursday as part of their Field Work experience. The exposure of developing job skills, practicing teamwork, and communicating in a workplace setting shows the core of our commitment to post-secondary options to all students. Trisha Bowman and Chaes Xiong have also planned several additional learning opportunities throughout the year, including visits to Lyngblomsten, Amazon, and the Keystone Community Center!



BIOLOGY STUDENTS EXPLORE LANDSCAPE ARBORETUM



Our students had a wonderful day exploring the Arboretum through three engaging activities led by different instructors. They collected seeds to take home, measured giant pumpkins, and made exciting guesses about their weights. A highlight of the trip was visiting the Hmong Garden, where the founder came especially to meet our students and share the story behind the garden. Students learned about various herbs — discovering both their scientific and Hmong names — and even collected some to make traditional Hmong chicken soup. We also explored the colorful Annual Garden and the serene Japanese Garden. It was an educational and fun-filled day for everyone!

CLASSROOM NEWS

SECONDARY

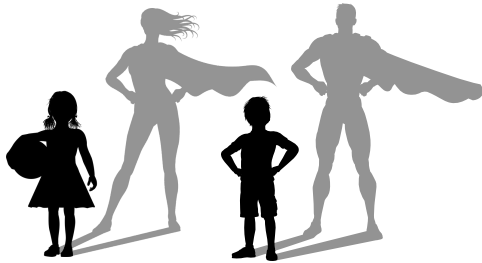
HAUNTED HOUSE

HCPA's Annual Haunted House took place on October 24th and was a great success! The event served as a joint fundraiser for the Senior, Junior, Sophomore, and Freshman Committees, as well as Student Ambassadors, Hmong Dance, and Bass Fishing. Families enjoyed the variety of treats, younger children had fun at the carnival games, and those brave enough to enter the Haunted Doll House were met with plenty of scares. It was a wonderful community event filled with laughter, excitement, and school spirit.



CLASSROOM NEWS

ELEMENTARY



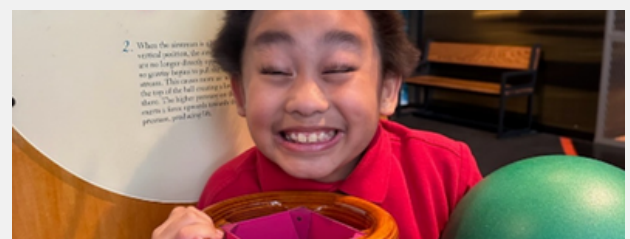
October's Warrior Values are Responsibility and Integrity — Warriors have the self-discipline and honesty to do what is right. Warriors are accountable for themselves, their work, and their environment.

FIELD TRIPS OF THE YEAR!

Elementary classes embarked on their very first field trips of the school year! First, our 5th grade team made the voyage to the Wildlife Science Center in Stacy, MN. The Wildlife Science Center is an independent nonprofit organization - home to gray wolves, red wolves, Mexican wolves, bears, raptors, mountain lions, and other wild animals. WSC is an active science center, working to improve the survival of critically endangered wolves and to bridge the gap of misunderstanding between large predators and humans. Students had a wonderful time learning about the animals and observing them within their park habitats.



Our K-5 center-based program also traveled to the Minnesota Science Museum! Students had a wonderful time engaging with the exhibits and learning throughout their trip. Favorite stops included the exhibits on dinosaurs and the race exhibit. Students also had the opportunity to watch National Parks Adventure in the Omnitheater as part of their field trip. As shown by the photos below, a great time was had by students and chaperones alike!



CLASSROOM NEWS

E L E M E N T A R Y

4TH GRADE FIELD TRIP TO THE MINNESOTA HISTORY CENTER

On Friday, our 4th grade team embarked on a field trip to the Minnesota History Center in Saint Paul. While at the center, students went on a scavenger hunt to locate specific information within the different exhibits and displays. 4th graders were also able to attend a class facilitated by the staff at the Minnesota History Center in which they were able to be live participants in the Minnesota fur trade!

The History Center is annual trip for the 4th grade team and students also enjoyed several historically favorite displays, including the exhibit on mining on the Iron Range and the “tornado room.” A great time was had by all as they dove into Minnesota’s past, present, and future!





IMPORTANT CONTACT INFORMATION

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REGISTRATION/ENROLLMENT

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651-334-5842

FOLLOW HCPA VIA



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HCPA WARRIORS

NOVEMBER IMPORTANT DATES SUBJECT TO CHANGE

NOVEMBER 6 | 4PM
PTO MEETING

NOVEMBER 6 | 6PM
THEATRE FALL
PERFORMANCE

NOVEMBER 7
NO SCHOOL FOR STUDENTS
TEACHERS/STAFF
WORKSHOP DAY

NOVEMBER 19-21
CREDIT RECOVERY WEEK

NOVEMBER 25 | 12:30PM
MS/HS PBIS ASSEMBLY
(VIRTUAL)

NOVEMBER 26
WORLD CULTURE DAY

NOVEMBER 27-28
THANKSGIVING BREAK
NO SCHOOL