#### VOLUME 10

**OCTOBER 2022** 

# HCPA







### **PARENT/TEACHER CONFERNCES**

Fall Parent Teacher Conferences are approaching and will be held on Tuesday, October 18th from 5-8 p.m. and Wednesday, October 19th (10-4 p.m. – No School for Students).



# PARENT/TEACHER CONFERENCES

#### **Elementary Conferences**

Tuesday 10/18: 5pm-8pm Wednesday 10/19: 10am-4pm

> Virtual or In-Person K-5 Classrooms

#### **Secondary Conferences**

Tuesday 10/18: 5pm-8pm Wednesday 10/19: 10am-4pm

In-Person Only Middle & High School Gyms





#### **PICTURE DAY**

Monday, October 17th will be Picture day for all K-12 students and staff. Please place your picture orders online at <u>https://my.lifetouch.com/mylifetouch/#/</u>

School ID#: EVTCB8FHX





# **OCTOBER ANTI-BULLYING MONTH**

We will be celebrating UNITY DAY on Tuesday October 18th. Unity Day is the signature day of National Bullying Prevention Month, where people are encouraged to wear orange and show support for bullying prevention. Unity Day helps promote kindness, acceptance and inclusion. While students are still required to be in uniform, we are encouraging staff to wear orange on October 18th. Students will get stickers to wear on this day.

#### **Annual Anti-Bullying Art Contest**

1. Create a piece of artwork (drawing, poem, digital art etc.) that shows how you stand up to bullying.

2. Art can be done on paper as well as in a digital format.

3. If it is done on paper, take a picture of your finished artwork and attach it in an email OR give the original artwork to the counseling office

4. If it is done digitally, send the file (PDF, JPEG) via email.

5. Please put your name, student ID, grade, and CP teacher in the email and somewhere on your art

Art can be sent to: Mr. Loushi, Counseling Coordinator, loushi.her@hcpak12.org Deadline for submissions is Friday, October 28th Award: HCPA Swag



# FALL WEATHER

With colder weather upon us, we would like to stress the importance that students come dressed for the weather. Elementary students go outside for recess daily.

#### **Being Prepared for Cold & Flu Season**

Making the conservative choice to keep your student at home when they are not feeling well, will ensure your student gets plenty of rest and it will protect the other students from developing similar symptoms.

Please keep your student at home if:

- Fever over 100 degrees
- Vomiting or diarrhea within the last 24 hours



#### **PARENT EMPOWERMENT ACADEMY**

Parent Engagement Academy will be offering parenting sessions this Fall.

#### PARENT EMPOWERMENT ACADEMY

8 weeks of engaging, guiding, educating and involving parents in their student's education. Free to all HCPA parents and caregivers.

Transportation can be arranged if needed. Interpreting services in Karen and Hmong will also be available during training sessions.

 When:
 Every Tuesday | October 25th, 2022 to December 13th, 2022

 Time:
 4:30pm - 7pm | Dinner will be provided

 Where:
 1515 Brewster Street, St. Paul, MN 55108

For sign up and questions, please contact Malie Vang at 651-289-1816 or Saw Lu Lu at 651-703-8324.







#### HAUNTED HOUSE AND CANDY MAZE

Our Annual Haunted House and Candy Maze is back! Doors will open on Friday, October 28th, from 5pm-8pm. Save the date and join us for a fun night full of candy, food, and horror!

More information to come, please visit our Facebook and Website for updates.



# SPORTS UPDATES



#### **MIDDLE SCHOOL SOCCER**

Halfway through their season, the two middle school soccer teams have shown the signs of growth that HCPA loves in its teams, winning games before the dome goes up. Now playing the remainder of their games indoors, the coed teams are excited to see how their season ends.

### **BOYS SOCCER**

With a first round playoff win against Community of Peace Academy, the boys soccer team has gone as far as any HCPA team has gone in the playoffs in years. With the conference's leading scorer in Mu Soe and a maturing team, the boys look to send Coach Mo and Coach Blake off in style with a good run in sections.

# FOOTBALL

With only a few weeks left in the season, the boys at HCPA who have joined the Columbia Heights football team are making their mark with the continued hard play. With starters on varsity and junior varsity, the Warriors have made a strong impact on the team and look forward to growing participation in the future.

# SPORTS UPDATES



### **GIRLS SOCCER**

Ending their first season in three years, Coach Hardy led her girls to two very close games before the final match. The young but strong squad was overflowing with enthusiasm at the end of the year, and hopes that energy carries over into next year's team.

# **GIRLS VOLLEYBALL**

With the junior varsity and varsity conference tournaments looming this weekend, the girls on the volleyball teams are all getting pumped to show all the skills they have grown this past year. With Senior Night behind them and the playoffs on the horizon, the teams and their coaches look to represent their community well in state play.

Bass Fishing ended their season with a strong showing in the state tournament at White Lake, and are looking to start up again later in 2022. Junior and Senior Committees have done great work in organizing several dances and concession events for the school. eSports and Robotics both had their first practices this past month, and are always looking for more people to join their clubs. A new club at HCPA, the Knowledge Bowl team will start soon for the Warriors, and any who are interested are welcome to join. Lastly, Hmong Dance has begun at HCPA, with the boys and girls involved looking forward to perform for the school and city.