



# HIGHLAND PARK SENIOR HIGH SCHOOL

# NEWSLETTER

International Baccalaureate World School

## 18-ka Diseembar, 2020

### Qalinjebinta Waa 8-dda Yuuniyo: Graduation June 8

Qalinjebinta Iskuulka Highland Park waxaa la qorsheynayaa in 8-dda Yuuniyo lagu qabto xarunta shirarka ee Roy Wilkins. Laakiin xusuusnaada inay ku xirantahay xaaladda cudurka safmarka ah, oo waxaa dhici karta in lagu qabto Iskuulka Highland Park ama meel kale. Weli lama hubo sida ay xaaladdu noqondoonto. Deegaanka Iskuulada St. Paul waxay go'aamin doonaan ugu dambayn bisha Maarso. Macluumaad kale naga suga.

### Kulanka Fasalka 12-aad: Senior Class Meeting

Waalidka ardayda qalinjebinaysa, fadlan fiiriya xiriirka hoose si aad u daawataan Kulanka Fasalka 12-aad. Waa muhiim inuu ilmahaagu fiirsado si uu ula socdo waxyaabaha laga rab. Kalkan guji si aad u fiirsato.

<https://youtu.be/bPie7ODRFkI>

### Soo Celinta Dhibcaha: Credit Recovery

Qoysaska Dugsiga Sare Ee Highland Park,

Waxaan idinla wadaagayaa fursad loo hayo ardayda dhigato Dugsiga Sare Ee Highland Park oo ay soo kabi karaan dhibcaha rubucii koowaad ee sannad-dugsiyeedka intii ay socotay waxbarashada durugsan (distance learning).

Iyadoo la eegayo wixii carqalado ah ee ay ardaydu weli kala kulmayso waxbarashada durugsan, degmada Saint Paul Public Schools waxay fursad siin dhammaan ardayda dugsiga sare **oo hal ama fasallo badan ka helay buundo ah NP (ma baasin) rubicii koowaad iyagoo helayo buundo ah D rubuca koowaad haddii ay rubuca labaad helaan buundo baasitaan ah.**

Buundo walba ee baasitaan ah ee u dhaxeeyso A+ ilaa D- markii la galo rubuca labaad waxay sababaysaa in ardaydu helaan buundo ah D rubucii koowaad.

Fadlan weyddii ilmahaaga inay la xiriiraan macallinkooda ama la-taliyahooda si loo xaqiijiyo inay helaan buundo baasitaan ah rubuca labaad ee iskoolka si ay uga soo kabtaan dhibcihii laga doonayay qalin-jebinta ee ka lumay rubucii koowaad. Isha ayaynu ku hayn doonnaa buundada ardayda iyo meesha ay waxbarashadu u marayso si

ardaydu ay koorsooyinka guul ugu dhammeeyaan. Wixii caawinaad dheeraad ah ee ardaygu helayo inta sannad-dugsiyeedku socdo waa loo soo sheegi doonaa waalidka.

Isbeddelladaan buundooyinka ee rubuca koowaad waa isku day la isku deyayo in la helo qaab buundo-bixin oo sinnaan ku saleysan. Waynu fahansannahay in waxbarashada durugsan oo uu weheliyo walaaca ka imaanayo saf-markan aynu ku jirno ay culeys kuhayso ardaydeenna.

Inkastoo ay degmada SPPS isku dayayso inay buuxiso baahiyaha dhammaan ardayda xilligan culeyskiisa goonida ah wato, **misana waxaynu si gooni ah diiradda u saaraynaa caawinta ardayda dugsiga sare maadaama wakhtiga ay ku qalin-jebin karaan xilligii la rabay** uu kooban yahay.

Haddii aad wax su'aalo ah qabtid, fadlan igala soo xiriir 612-227-3933. Waad ku mahadsan tahay sida aad u garab taagan tahay ilmahaaga iyo Dugsiga Sare Ee Highland Park.

Mahadsanid,

Dr. Winston Tucker, Maamulaha

## **La Talinta Ardayda ee Scottie Connect**

Fadlan xusuusi ilmahaaga inay ka qaybgalaan barnaamij cusub oo kala taliya waxbarashada oo la dhaho Scottie Connect. Fasalkan waxaa la isugu imaan Arbaca kasta 11:00-ka ilaa 11:30-ka AM (subaxdii). Shaqaale kasta oo shati haysta wuxuu la talin 17 arday fasallada 9-aad ilaa 12-aad. Waxay samayn doonaan isbarasho, madadaalo, iyo wararka cusub. Waxay ka wada hadlayaan baahida guusha waxbarashada iyo in laga caawiyo dhinacyada caafimaadka dareenka nafsadda. Fadlan ku dadaal inuu ilmahaagu ka qaybgalo barnaamijka muhiimka u ah xoojinta waxbarashada. Fadlan ku dadaal inuu ilmahaagu soo galo Arbaca kasta.

## **Kaalmada Ardayda Fasalka 9-aad: Student Supports**

**Sharraxa Kaalmada Ardayda Fasalka 9aad ee Highland:** Rubucii 2aad (Quarter 2) ayaan ku jirnaa. Waxaan rabnaa inaan hubinno inay ardaydu helaan kaalmada ay u baahanyihiin si ay u gaaraan yididdilladooda! Fadlan fiiri Sharraxan si aad u fahamtid habka taageerada ardayda Highland. Sawirrana way la socdaan si aad u garato dadka aad la xiriirayso!! Raac xiriirkaan (link) ka dibna falleeraha midig u raac si aad u fiirsatid sharraxa: <https://share.nearpod.com/mYZiAf3XGbb>

## **Wargelin Waalidka Ardayda Cusub (Fasalka 9-aad)**

Ardaydiinna la taliyehooda (counselor) ayaa warbixintan xilliga casharka sayniska ku siiyay. Waxaa loo sheegay macluumaad muhiim ah oo ku saabsan celceliska dhibcaha - Grade Point Average (GPA). Waxaa kale oo lagala hadlay uruuriska maxsuulka koorsooyinka (Transcript), iyo shuruudaha qalinjebinta (Graduation Requirements). Kulamo kale ayaa Google Meet lagu qabanayaa si looga jawaabo su'aalaha gaarka ah ee ardayda khuseeya. Waalidkuna inay ogaadaan waa muhiim. Fadlan halkan guji si aad u fiirsatid una dhagaysatid warbixinta. Waxaan ogaannay inuusan iPadka ardayda codku si fiican ugu shaqayniin. Fadlan ku dhagaysta kombiyuutarka ama telefoonka.

**Fahamka - GPA, Maxsuulka Koorsooyinka - Transcripts, & Shuruudaha Qalinjebinta - Grad Requirements: Arrimaha Ardayda Laga Rabo (Student Expectations)**

*Directions: Please view this presentation from your counselors and complete the Exit Ticket linked in the presentation to earn points for completing this assignment. (Presentation takes 15 mins. or less to view)*

## **Ka Socota Maktabadda Buugaagta: From the Library**

### **Ka Maktabadda:**

**WAR CUSUB!** In kasta oo ku soo noqodka Iskuulada St. Paul dib loo dhigay, maktabadda Iskuulka Highland Park way furantahay. Waxaa la diyaariyay inaad qaadan kartaan buugaagta idinka oo qofna taaban **Isniinta ilaa Khamiista, 12:00 ilaa 3:00 da PM**. Encourage your kids to request a book (or two or three) and get off their screens and read! More information and instructions on how to request books below.

Halkan ka fiirsado fursado ardayda lagu caawiyo:

[HPSH Curbside Book Checkout](#) (Buugta qaata ama soo celiya Isniin ilaa Khamiis kasta 12:00-ka ilaa 3:00-da PM)

[HSPH Digital Reading and Listening Resources \(Buugaag maqal iyo dhagaysi\)](#)

[HPSH Research Resources \(Habka cilmi barista loo sameeyo\)](#)

La soo xiriira ma'uuladda maktabadda Alison Rahman ([alison.rahman@spps.org](mailto:alison.rahman@spps.org))

## **Buugga Xaxuusta Sannadka: Year Book Update**

Arrin kasta oo la xiriirta Buugga Xasuusta Sannadka, fadlan halkan ka fiirso [webpage](https://www.spps.org/domain/1173) <https://www.spps.org/domain/1173>

Xayaysiiska Sawiirrada carruurnimadii halkan soo dhig [Baby Ads](https://forms.gle/6dUUrN24vDsT9caK8) <https://forms.gle/6dUUrN24vDsT9caK8>

Weli waad dalban kartaa Buugga Xasuusta halkan - [Order a 2021 Yearbook](#)

<https://www.balfour.com/student-info?smi=88862>

**11/01/2020 - 01/31/2020**                      **\$75.00**      **New Year's Special**

**02/01/2021- 03/06/2021**                      **\$80.00**      **Spring is for Splurging! (buy early)**

Naadiyad iyo Kabtankooda halka - [Clubs and Captains](https://forms.gle/wntUfuh3VQTYfZf49) <https://forms.gle/wntUfuh3VQTYfZf49>

Oraahda Ardayda Qalinjebinaysa halkan - [Senior Quotes](https://forms.gle/TDrusdgGSaTRpJYJ8) <https://forms.gle/TDrusdgGSaTRpJYJ8>

## **Caafimaadka Ardayda Iyo Qoysaska - Student & Family Wellness**

It is easy to feel like we “should” be used to our new normal seven months into the COVID-19 pandemic response, but in truth we continue to live in unprecedented times. The tips for coping in a pandemic below are pulled from an article that has been widely circulated and is worth a read or re-read. Read the article [here](#).

### **Tips for Coping in a Pandemic**

1. Accept that life is different right now – not giving up, and not wasting energy resisting reality
2. Expect less from yourself and replenish more. Explore the questions below now that so many support systems are not currently available.
  - o Where do I get my energy?
  - o What kind of down time do I need?
  - o What routines do I need right now?
3. Recognize the different aspects of grief – denial, anger, bargaining, depression, and acceptance. All can be experienced at different times and out of nowhere, and it is natural to grieve the way of life that we were previously used to living.
4. Look for activities, new and old, that continue to fulfill you.
5. Focus on maintaining and strengthening important relationships.

6. Build your resilience by focusing on sleep, nutrition, exercise, meditation, self-compassion, gratitude, connection and saying no.

### **Tips for Helping Youth Cope in a Pandemic**

Families and schools support children and teens by providing safety, soothing them in difficult times and ensuring they are seen.

**Safety** - Providing as much consistency as possible, helps young people feel safe. Try to just be there for your child and create the typical and predictable routines.

**Soothe** - Caring adults provide a calming presence to young people during difficult times. Children may benefit from seeing adults with a sense of confidence and hope.

**Seen** - Listen to your child and recognize when they seem uncomfortable or there is a change in behavior. Honor their unique story and emotions.

HPSH Counselors and Social Workers are here to support you and your family. For further information and resources please visit the counseling section of our school website [here](#).

## **Dhaqaale U Uruurinta Ururka Waalidka PTSA**

Ma ka adeegsaddaa Amazon? Ma ogtahay inay waxa aad iibsato lagu kaalmayn karo Ururka Waalidka Macallimiintan iyo Ardayd PTSA ee Iskuulka Highland Park?

Waa sidan:

1. Gal [Amazon.com](https://www.amazon.com)
2. Riix Qaybta Account & Lists.
3. Riix Your AmazonSmile
4. Baar oo Dooro: HPSH PTSA
5. Marka aad wax gadanayso, aad [SMILE.amazon.com](https://www.smile.amazon.com)

\*Fiiro Gaar Ah: Hubi in HPSH PTSA ay ku qorantahay “**Supporting**” marka aa baarayso. Sidaas ayay u fududdahay! Waad ku mahadsantahay taageeradaada Iskuulka Highland Park iyo bulshada ku xiran!

## **Listada Baahida Macallimiinta - Teacher Wish List**

Halkan ka fiiriya magaca macallinka iyo waxa aad u iibin kartaan.

Please check out the list for items needed NOW for this different school year. Consider teaming up with another family on higher cost items. Most line items are links for easy on-line shopping with home delivery.

<https://docs.google.com/spreadsheets/d/1cOlpi7RauxKtOvfoOLlxRWLF-7iiuXj7g2yuiJfdWi0/edit?ts=5d6fe22b#gid=0>

## **Xarunta Raadinta Jaamacadaha iyo Xirfadaha**

Xarunta College and Career Resource Center (CCRC) waxay ardayda ka caawisaa qorshaynta jaamacadaha iyo xirfadaha shaqada! Xarunta CCRC adeegyadan iyo ilahan ayay u diyaarisaa ardayda:

- Habka lagu raadiyo xirfiadaha ardaydu jeceshahay - Interests and skills exploration tools
- Macaluumaadka Xirfadaha Ardayda - Career Information
- Diyaarinta Arjiga Shaqo Raadinta - Resume Help
- Jaamacado Raadinta - College and Post-Secondary exploration tools
- Helidda Jaamacadda, Xirfadaha iyo Booqashada Militariga - College Admission, Career and Military Representative Visits
- Helidda Imtixaanada Jaamacadaha Lagu Galo - College Admission test information such as ACT and Accuplacer
- Deeqaha Waxbarashada - Scholarships
- Kaalmada Dhaqaalaha - Financial Aid

- Fursadaha Xilliga Fasaxa iyo Adeegga Bulshada - Summer and Community Opportunities
- Iyo waxyaabo kale - And more!

## **Xarunta Caafimaadka Ee Highland Park**

Xarunta caafimaadka Highland Park wuxuu sii wadayaa daryeel ugu fidinayo ardayda xilligan waxbarashada durugsan lagu jiro sannadkan. Daryeelka waxaa ka mid ah caafimaadka jirka, maskaxda, nafaqada, iyo aqoonta. Qoysaska lacag kama qaadayno markay na soo booqdaan. Caymiska ayaa loo diri haddii ay suurto gal tahay. Dhammaan ardayda Highland Park iyo bulshada ag-deggan oo ay da'doodu ka wayntahay 11 sano xaq ayay u leeyihiin daryeelka caafimaadka. Shaqaalaha rugta caafimaadka iskuulka ayay joogayaan Talaadada iyo Arbacada 8:00-da ilaa 4:00-ta. Laakiin maalmaha Isniinta, Khamiista, iyo Jimcaha, waxaad nagu booqan kartaa hawada online adiga oo nagala soo xiriiri kara habka Caafimaadka Durugsan - Telehealth. Ma qaadayno baaritaanka COVID. Laakiin waan ka fiirinaynaa calaamaadka COVID qof kasta oo iridda ka soo gala. Hadday dadka na soo booqanaya u baahanyihiin baaritaanka COVID, waxaan u diraynaa meelaha la isku baaro. Telefoonka tooska ah ee rugta waa 651-690-7667; lambarka ballanta lagu qabto rugta/caafimaadka durugsan waa 651-412-8445 email - [trpflum@mncare.org](mailto:trpflum@mncare.org)

## **Ururka Waalidka Macallimiinta iyo Ardayda**

Ku soo dhowaada Ururka Waalidka Macallimiinta iyo Ardayda ee Dugsida Sare ee Highland Park (PTSA).

Diyaar baan u nahay inaad waajahno caqabadaha na hor yaalla sannad dugsiyeedka 2020-2021!

Haddaad tahay waalid/mas'uul ka ah arday dhigata Iskuulka Highland Park Senior High (HPSH) ama aad arday ka tahay HPSH waxaad ka tirsantahay jaaliyad taageersan ardayda iyo macallimiinta. Bulshadeennu way sii xoogaysan marka aan ka gudubno caqabadaha waxbarashada durugsan.

Qalabka korantada ku shaqeeya ayaan sidii hore si ka badan ugu xiriiraynaa; kulammo ayaan ku qaadanaynaa iyo weliba xiriirka bulshada. Fadlan, la xiriir PTSA adiga oo adeegsanaya mid ka mid ah hababkan lagu xiriiro:

Ku biir email-ka kooxda PTSA: <http://goo.gl/forms/Z60kDF5vIrHMNxCV2>

Twitter naga dhex hel: @scotsptsa

Nagu soo biir kooxda saaxibada iyo qoysaska Facebook at Highland Park Senior High Families and Friends: <https://www.facebook.com/groups/668231483252731/>

### **MABAADI'DA PTSA**

Ardayda iyo macallimiinta ayaan mar kasta xoogga saarnaa. Ururka **Highland Senior High School PTSA** wuxuu diiradda saaraa waxbarasho sarraysa, kobcin dheeraad ah iyo barnaamijyo waxbarasho oo horay u wada ardayda oo ku salaysan bulshadannada. Mabaadi'dan laba siyaabood baan ku xoojinnaa:

- Inaan ila caawimaad dhaqaale u helno ardayda, macallimiinta iyo fasallada oo xoojiya waxbarashada fasallada, barnaamijyada kale iyo qalabka waxbarashada; iyo,
- Midaynta jaaliyadda HPSH anaga oo dhisayna barnaamijyo, xaflado, abaalmarinno uu iskuulka oo idil ka qaybgalo.

### **SABABAHA AAD PTSA UGU BIIRI KARTO**

- Ardaygaaga ayay u fiicantahay. Cilmi baaristu waxay tilmaamaysaa inay ardayda waalidkood ka qaybqaato iskuulkooda ay dhibco sare keenaan ayna yartahay inay mashaakil anshax xuma la yimaaddaan.
- Waxaad helaysaa ilo kaa caawiya sida uu ardaygaagu guul uga gaari lahaa waxbarashada.
- Waxaad noqonaysaa qof “wax og.” Kulan kasta oo uu yeesho Ururka Waalidka Macallimiinta iyo Ardayda ee Dugsiga Sare ee Highland Park waxaa qayb ka ah Maamulaha, Dr. Tucker iyo shaqaale kale.
- Waxaan nahay urur furfuran. Ku biiridda PTSA ma aha inaad kulan kasta ka qaybqaadato. Ka soo qaybgal haddii ay duruufaaadu kuu oggolaato. Haddii aad ku biirto emailka PTSA ([HPSHpts@gmail.com](mailto:HPSHpts@gmail.com)), waxaad helaysaa warbixinta kulanka si aad u ogaataan waxa socda.
- Ka faa’iidayso Iskuulka Highland Park dadka ka tirsan. Ururka PTSA waa bab wanaagsan oo aad kula kulmi karto waalid kale, shaqaale, iyo macallimiin.
- Waa fursad aad wax ku badeli karto. Marka aad nala wadaagto fikradahaaga, dareenkaaga, iyo waxyaabaha aad la kulanto, bulsho awood leh ayaad Iskuulka HPSH ka dhigaysaa.
- Waan kuu baahannahay. Ururka PTSA wuxuu u adeegaa dhammaan ardayda Iskuulka HPSH. Kaalmadaada ayaan u baahannahay si aan ugu guulaysanno hawshan muhiimka ah.

Kulanka soo socda ee Ururka PTSA sannadkan waa 21-ka Jannaayo, 2021, 6:30-ka ilaa 8:00-da PM waxaana lagu qaban doonaa kombiyuutarka online. Magaca naanaysta ee Google Meet lagu soo galayo waa [meet.google.com/see-fgcj-wfe](https://meet.google.com/see-fgcj-wfe). Haddii aad dhib kala kulanto xiriirka (link) lagu soo diray, halkan kaa guuri oo ku dheji shabakada barista Google Chrome.

## Qaybinta Raashinka

Laba siyaabood ayaa lagu heli karaa cunno kartuun ku xiran:

- **Guryaha oo cuntada la geeyo:** Cunto ka kooban qureec, qado, iyo caano ayaa guriga laguugu keeni hal maalin toddobaadkiiba.
- **Iskuulka oo laga qaato:** Cunto ka kooban qureec, qado, iyo caano ayaa laga qaadan karaa 5 ka mid ah dugsiyada sare maalmaha Isniinta ilaa Jimcaha, 9:00-ka subaxnimo ilaa 3:00-da duhurnimo. Isdiiwaan gelin uma baahna.

Tafaasiisha waxaad ka heli kartaa [spps.org/fallmeals](https://spps.org/fallmeals) luuqadaha Ingiriis, Isbaanish, Hmong, Soomaali iyo Karen.

Sidoo kale, fadlan xusuuso inaad buuxiso arjiga [Application for Educational Benefits](#) haddii aadan horay u samayn. Arintan ma saamaynayso qiimaha cuntada xilligan, laakiin muhiim bay u tahay in dhaqaale fasallada waxbarashada loo helo.

## DHACDOOYINKA SOO SOCDA

Jannaayo 21, 6:30-8pm	Xogbixin Ururka PTSA: Kaalmaynta baahida dareenka iyo waxbarashada ardayda inta lagu jiro cudurka saf-marka ah
Jannaayo 26, 2021	Imtixaanka PSAT Testing
Jannaayo 28	Dhammaadka Rubuca 2-aad: End of Quarter 2
Maarso 2	Imtixaanka ACT Testing
Maarso 3: 4-6pm	Kulanka Macallimiinta iyo Waalidka - Parent Conferences
Maarso 4: 6-8pm	Kulanka Macallimiinta iyo Waalidka - Parent Conferences
Abril 1	Dhamaadka Rubuca 3-aad: End of Quarter 3
Maajo 12: 4-6pm	Kulanka Macallimiinta iyo Waalidka - Parent Conferences
Maajo 13: 6-8pm	Kulanka Macallimiinta iyo Waalidka - Parent Conferences
Yuuniyo 11	Dhamaadka Rubuca 4-aad: Maalinta Ugu Dambaysa Iskuulka Last Day of School