



HIGHLAND PARK SENIOR HIGH SCHOOL

NEWSLETTER

International Baccalaureate World School

13ka Nofeembar, 2020

Isbadal Jadwalka Casharrada Laga Billaabo 30ka Nofeembar

Markii la fiiriyay Aftidii ardayda, waalidka, iyo shaqaalaha, jadwal cusub oo casharrada ardayda ah ayaa la hirgelinayaa 30ka Nofeembar. Waxaa la kordhiya waqtiga cashar bixinta tooska iyo xilliyada ay baxaan oo la kala durkiyay. Ardayda waa loo sheegay laakiin idinkuna gaarsiiya inay diyaar noqdaan 30ka Nofeembar. Jadwalka email baa la idiinku soo diray, website-ka iskuulkana waa la galiyay ee ka fiiriya.

Isbadal Jadwalka oo Ku Kooban Nofeembar 23ka ilaa 25ka

Toddobaaka Nofeembar 23ka ilaa 25ka wax baa laga badalay jadwalka ardayda. Iskuul uma jiro ardayda 20ka Nofeembar tababar macallimiinta ah daraaddeed. Sidoo kale Nofeembar 26 iyo 27 waa fasaxii Mahadnaqa (Thanksgiving). Ardayda waa la gaarsiiyay inay casharrada maalinta iyo saacadda saxda ah soo galaan. Fiiro gaar ah, casharka 7aad 2 jeer ayay aradaydu soo galayaan maalmahaas. Halka kafiiriya jadwalka toddobaadkaas.

Isniinta - Monday:

8:30-9:25 P7

9:30-10:25 P1

10:30- 11:25 P2

11:30-12:25 P3

Talaadada: Tuesday:

10:00- 10:55 P4

11:00-11:55 P5

Arbacada - Wednesday

10:00-10:55 P6

11:00-11:55 P7

[Ka Socota Maktabadda Buugaagta: From the Library](#)

Halkan ka fiirsado fursado ardayda caawiya:

[HPSH Curbside Book Checkout](#) (Buugta qaadda oo soo celiya Khamiis kasta 12:00 ilaa 3:00 PM)

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

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

La soo xiriira: Alison Rahman (alison.rahman@spps.org)

[Casho Thanksgiving Dadka U Baahan](#)

The Wellstone Center Food Market is now providing emergency bags for you and your family. To ensure your safety and the safety of our staff and volunteers, we are now providing curbside pick-up. When you arrive, please call (651) 789-2534. Please wait in your car and someone will bring out your food. You will be responsible for loading your food into your car. Hours: Monday – Friday 10 a.m.–12 p.m. and 2–4 p.m.



Register for a FREE Thanksgiving Dinner

What: A free, fully-cooked takeout Thanksgiving meal

Includes: 1 serving of turkey, mashed potatoes, sweet potatoes, stuffing, cranberries, rolls with butter, and pumpkin pie.

When: Thanksgiving, November 26

Where: Saint Joseph's Church, 1154 Seminole Ave, West St. Paul, MN 55118

**Register with the Neighborhood House Food market
any time between
Monday, October 26 - Wednesday, November 18**

Families can order as many individual meals as they want!



Raashin Qaybin - Food Give Away

Free Food for Students and Families!

The Good Club, in conjunction with Gloria Dei Lutheran Church, is hosting a food giveaway for all HP students and families. Stop by and get some good food!

Who: HP students and families

What: Free bag of non-perishable groceries AND a meal bag with all the fresh ingredients for a meal you make at home.

When: Thursday, November 19 - 3:00 to 4:30pm

Where: The JCC parking lot at the corner of Davern and St. Paul Ave in St. Paul

Isu-Diyaarinta Imtixaanka Jaamacadda Lagu Galo ee Fasalka 11-aad

ACT Test Prep Classes for Juniors

Habka Online ayaa Lagu Diyaarin Karaa Imtixaanka

ACT Test Prep Classes for High School Juniors! Virtual Testing Prep Program Available This Winter

The Office of College and Career Readiness Virtual Testing Prep Program will provide students with strategies that will help them feel confident with the testing process. Test item analysis, specific techniques to handle the different question types, and time management skills will be included in the course.

All test prep will be done online according to the schedules listed below. 11th grade students from ALL SPPS High Schools are eligible for this program. Students have the option of an 8-week Tuesday evening schedule, or an 8-week Saturday morning schedule. We are unable to offer a combination.

Fursadda A - Option A: Talaadooyinka -Tuesday Schedule

Tuesday, December 15: 5:00 - 9:00pm - Practice Test

Tuesday, January 12: 5:00 - 7:30pm - Class

Tuesday, January 19: 5:00 - 7:30pm - Class

Tuesday, January 26: 5:00 - 7:30pm - Class

Tuesday, February 2: 5:00 - 7:30pm - Class

Tuesday, February 9: 5:00 - 7:30pm - Class

Tuesday, February 16: 5:00 - 9:00pm - Practice Test

Tuesday, February 23: 5:00 - 7:30pm - Class

Fursadda B -Option B: Sabtiyada - Saturday Schedule

Saturday, December 12 or 19 (choose one only): 9:00am - 1:00pm - Practice Test

Saturday, January 9: 9:00am - 11:30am - Class

Saturday, January 23: 9:00am - 11:30am - Class

Saturday, January 30: 9:00am - 11:30am - Class

Saturday, February 6: 9:00am - 11:30am - Class

Saturday, February 13: 9:00am - 11:30am - Class

Saturday, February 20: 9:00am - 1:00pm - Practice Test

Saturday, February 27: 9:00am - 11:30am - Class

Halkan Iska Diiwaangeliya oo Buuxiya Arjigan - To register, students must complete the [Testing Prep Program Registration Form](#) with a parent or guardian. **Registration will open on November 9th, 2020, and the registration deadline is November 24, 2020 by 2:00 pm.**

La soo xiriira - Contact your counselor to discuss testing further. Reach out to Tracy Tomberlin (tracy.tomberlin@spps.org) if you have questions about registration. Students with an IEP case manager or EL services can also consult with their case manager or EL teacher.

Warbixinta Buugga Sannadka: Year Book Update

1. School Photos needed: We still need 700 student photos by the end of the quarter.

(this has to be our last deadline, to allow time to place the photos)

9-12th Grade Photos <https://forms.gle/BEYNi15jEeKHyeqW9>

2. Senior Baby Ads: Please consider sharing a photo of your senior as a baby or a toddler.

These also include a short note to the student, usually congratulatory in nature, may relate to the photo.

The \$35 cost helps us keep the yearbook pricing down.

Checks to "SPPS" with the seniors name in the memo line can be mailed to

Attention: Keri Schultz at Highland Park Senior High School

1015 S. Snelling Avenue, St.Paul MN 55116

Place a Baby Ad (\$35 cost). <https://forms.gle/UV6hdC2DzFaiiM2s6>

3. Captains Pictures, Quotes, and Clubs Info:

Clubs and Captains <https://forms.gle/wntUfuh3VQTyfZf49>

Senior Quotes <https://forms.gle/TDrusdgGSaTRpJYJ8>

Other Information/Links:

* **Yearbook Quotes and Stories:** <https://forms.gle/7kgC3ZjaEt7LAXHKA>

* **Order a 2021 yearbook** <https://www.balfour.com/student-info?smi=88862>

09/18/2020 - 10/31/2020	\$70.00	Halloween Special (past deadline)
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)

Summer, Work Photos and Class Color t-shirt Photos! <https://forms.gle/tGfEDXwCgHHFrK3Z8>

First Weeks and More Photos <https://forms.gle/tkH1L8HVb4knAB918>

Ad even more Photos with Balfour's Image Share App

project #: 107040. upload code: hpsh2021

Faculty Advisor: Dr. Keri Schultz phone: 651-744-3828 email: keri.schultz@spps.org

Kooxda Xisaabta - Math Team

Kooxda Xisaabta ee Iskuulka Highland Park ayaa Isniintii kaalinta 1aad noqday. Waxaa hoggaaminaya Leo Witzke iyo Josh Taylor oo keenay dhibco buuxa oo 14 ah. Lambarka 7aad ayay Gobolka kaga jiraan waxayna tartami doonaa 23ka Nofeembar.

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)

https://docs.google.com/presentation/d/1hc7hu61t-xvr_UKp4A9PDxrmEP11qPR1I34IvnfJEGY/present

Natijada iyo Warbixinta Rubuca 1-aad (Quarter 1)

Sannadkan ardayda si bilaash ah (automatic) uma heleyaan inay maadooyinka ka gudbaan. Waxay helayaan dhibco lagu saleeyay A,B,C,D iyo NP (no pass – ma gudbin). Waa muhiim inay ardayda casharrada galaan, hawshooda qabtaan, macallimiintana la kulmaan xilliga xafiiska loogu talagalay si loo kaalmeeyo. Rubuca hore (quarter 1) wuxuu dhammaan 13ka Nofeembar. Warbixinta natijada boostada laguma soo dirayo laakiin waa inay waalidka iyo ardaydu ka fiirsadaan intarneetka online.

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)

*Fiir 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 fiirya 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

The CCRC is here to help students with college and career planning! The CCRC provides the following resources to students:

- 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
- And more!

[Click here to see the latest CCRC newsletter](#) which highlights upcoming college and career related opportunities.

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. Qoyska 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

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: @scotspsa

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 HPHS 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 duruuftaadu kuu oggolaato. Haddii aad ku biirto emailka PTSA (HPSHptsa@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 13-ka Oktoobar, 6:30 PM waxaana lagu qaban doonaa kombiyuutarka online. Magaca naanaysta ee Google Meet lagu soo galayo waa meet.google.com/see-fgci-wfe. Haddii aad dhib kala kulanto xiriirka (link) lagu soo diray, halkan kaa guuri oo ku dheji shabakada 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 luuqadaha Ingkiriis, 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

Nofeembar 13	Dhammaadka Rubuca 1-aad (End of 1 st Quarter)
Nofeembar 16	Billowga Rubuca 2-aad (Quarter 2 begins)
Nofeembar 20	Iskuul ma jiro: Tababbarka macallimiinta
Nofeembar 23-25	Jadwalka Casharrad oo wax laga badalay
Nofeembar 26-27	Iskuul ma jiro: Fasaxa Mahad Naqa (Thanksgiving Break)
Nofeembar 30	Jadwalka Casharrada Cusub Ayaa Billaabanaya
Diseembar 7	Kulanka Guddiga Waalidka PTSA, 6:30 pm
Jannaayo 26, 2021	Imtixaanka PSAT

Taariikhaha Ugu Dambeeya Dhibco-Bixinta Ee Rubuclaha Ah

Quarter 1	13-ka Nofeembar (November)
Quarter 2	28-ka Jannaayo (January)
Quarter 3	1-da Abriil (April)
Quarter 4	11-ka Yuuniyo (June)