September 27, 2019

Homecoming
We are very excited about Homecoming next week. There are a number of spirited events for the week that are listed in the attached document. Please review the expectations with your child and we hope to see you at the tailgating and football game. Go SCOTS !!!

Parent Conferences
The first parent conferences for the school year are on Thursday, October 3 from 4-8pm. Conferences are held in the teacher's classroom and are limited to five minutes in length. Be sure to bring a copy of your child’s schedule to the conferences. Please see the attachment and we hope to see you with your child at conferences.

Free/Reduced Lunch Program
Starting October 15 all students who qualify for free or reduced lunch who have not turned in their form will start being charged for their meals. Parents must fill out a form every year. It is very important if you qualify or think you might qualify that you that the form be submitted as soon as possible. This not only affects your child but impacts the school budget. Thank you for your cooperation. If you have any questions please call the school.

Yearbook Purchasing
Parents and students can order the yearbook now online.

The best deal is to purchase Yearbooks early.

<table>
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<tr>
<th>Tier</th>
<th>Date Range</th>
<th>Price</th>
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<td>Tier 1</td>
<td>08/18/2019 - 10/31/2019</td>
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<td>Tier 2</td>
<td>11/01/2019 - 01/31/2020</td>
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<td>Tier 3</td>
<td>02/01/2020 - 03/06/2020</td>
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Direct link to balfour.com ordering https://www.balfour.com/minnesota/saint-paul/highland-park-senior-high-school/yearbook-packages

Athletic Eligibility Requirements
It is important that all parents of athletes and the students themselves are aware of the athletic eligibility requirements as it related to credit status. Please go to the athletic page on our website if your student participates in athletics.

Nurse News
A flu vaccination clinic will be offered at school on Thursday, October 3rd during conferences. The clinic will be open from 4:00-8:00 in the school health office. Vaccines are free for all uninsured and under-insured students and family members. If you have insurance, please bring the card with you. Contact Dawn Swanson, school nurse, with any questions

HPSH is very fortunate to have the opportunity to be partnering with Helen Keller International (HKI) Child Sight to screen our student’s vision. The team from HKI, including an optometrist, will screen vision and provide further assessment if needed. Students who need corrective lenses will be given the chance to select frames for their glasses and are provided glasses in 2-3 weeks at no cost. Students in 9th grade, 11th grade, and English Language Learners
will all participate in the screening October 8-10, 2019. If your student is in 10th or 12th grade and you would like them to participate in this program please call or email the school nurse, Dawn Swanson, 651-888-7634 or dawn.swanson@spps.org. If you do not want your child to participate in this program, please contact the school nurse, Dawn Swanson.

**PSAT Testing**

The PSAT is Wednesday October 16th, 2019 @ 8:30 am in the Field House. Juniors must sign up in person with Ms Cyndi or Ms Esso in the counseling office. We do have a limited number of tests. Students who would like to take the test will need to sign up right away to ensure they have a seat. The test will take approximately 3 1/2 hours. If there are questions students should see Ms., Esso.

**Opportunity to Host an Exchange Student**

Youth For Understanding USA (YFU), a nonprofit educational organization, seeks volunteers and host families to mentor and host high school exchange students coming to St. Paul. Share your school spirit by welcoming an international teenager to experience your family and school traditions, American culture, and build friendships that will last a lifetime. All you really need to host is the ability and desire to share your home and open your heart to a new family member. This is a chance to share your story, your traditions, and your customs and to help shape a student’s understanding of US culture. Your ordinary life is extraordinary to an exchange student! YFU offers a wide range of opportunities lasting from a few weeks to many months, designed to engage individuals at various points in their lives. To learn more about hosting, contact your local Community Development manager, Julia Bazal at 202-774-5315. Additional information and an online application is available at [www.yfuusa.org](http://www.yfuusa.org).

**Groves Academy: A Fair for Special Needs Students**

Parents of students with students special needs please see the attached flyer regarding a College & Post-Secondary Opportunities Fair on October 1. This has been attended by Highland students in the past and they have found it very useful. If applicable please have your child consider attending this event. Please see the attached flyer and/or connect with Mr. Giles for more information.

**Vaping: A Growing Health Crisis**

Vaping is a growing health crisis among our young people today. Often students think it is a safe alternative to cigarettes. Companies are targeting our young people to make vaping look fashionable. They are luring our young people with flavored vaping cartridges. We encourage you to discuss with your child the health hazards of vaping and how addictive it becomes. In addition we will be having an educational assembly at Highland to better educate our students about this growing health crisis.

**Picture Retake day will be Monday October 21st**

If you are in PSEO, or are absent on the first picture day, plan your back up outfit and come for retakes. Seniors will go to the field house lobby, and grades 9-11 will come to the auditorium. Watch for posters, schoology posts, and afternoon announcements for specific times.

For more information on ordering photos and yearbooks options check out the yearbook webpage under Activities. [https://www.spps.org/Domain/1173](https://www.spps.org/Domain/1173)

**Cell Phone Expectations**

Students will not be permitted to use cell phones in the classroom. Nor are they to be visible and must either be off or in the Do Not Disturb mode. Students can use them before school, during passing time and lunch, and after school. Each student is issued an ipod so there is no need to utilize a cell phone for research or assignments. Cell phones are a constant distraction in class and we want our students to focus on their academics without the constant interruptions that occur due to texting, snapchats, instagrams, etc. Please reinforce this expectation with your student as they will be held accountable and remind your child to bring a charged ipod to school every day.

**Parent Teacher Student Association**

Get Involved with the PTSA (Parent Teacher Student Association)

Wondering what you can do to help support our students at school? The PTSA has a few ideas for you! Whether you have 10 minutes or 10 hours of time to give, we have something you can do that will make a difference for the students, teachers and staff at HPSH:

- Teacher Wish List - please take a look at this Google Doc and pick up a needed item for a classroom.
Consider a volunteer leadership position for the 2019-2020 school year. It is fun and many hands make light work. Find the latest news on the PTSA Facebook page at Highland Park Senior High Friends and Family. Next meeting of the school year is Wednesday, October 7 at 6:30 in the library. All are welcome.

**Upcoming Events**

**October 3, 2019**
Parent Conferences, 4-8pm

**Homecoming (September 30-October 5)**
Friday: Homecoming coronation and student pep assembly
   Dance: 7-10pm

Saturday: Power Puff Football: 9am
   Tailgating: 10am-12:30pm
   Football Game: 1pm

**October 7, 2019**
Parent Teacher Student Association Meeting, 6:30pm, Library (note this is a **new** date from originally planned)

**October 10, 2019**
Scots stroll: Track, 2:15-3:00 pm, fundraiser for Frogtown Farms

**October 16, 2019**
PSAT Testing: Interest Juniors (See above)

**October 17 & 18, 2019**
No School: State Teacher Conferences