



HIGHLAND PARK SENIOR HIGH SCHOOL

NEWSLETTER

International Baccalaureate World School

October 30, 2020

Attention Parents of Freshman

Your student just received the following presentation from their counselors through science classes. The presentation covers important information that every 9th grader needs to know about Grade Point Averages (GPA), Transcripts, and Graduation Requirements. We will be hosting open Google Meet sessions for students to bring any follow-up questions. We want to be sure that parents are also aware of this information, so please click on the link to view and listen to the presentation. We have learned that the sound does not work well when viewing the presentation on SPPS student iPads. We encourage viewing the presentation on an alternate device such as a laptop, computer, or phone to hear the audio.

Understanding GPA, Transcripts, & Grad Requirements: 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

Quarter 1 Grades and Report Cards

An important reminder that this year students will not automatically receive a pass for classes. Grades earned can range from A,B,C,D and NP (no pass). It is essential students are attending all of their classes and doing the assigned work and meeting with teachers during their office hours for assistance. **The first quarter ends on November 13** and report cards are not mailed home but should be reviewed by parents and students electronically.

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](#).

PTSA Fundraising

Do you shop on Amazon? Did you know that a percentage of your sales could benefit Highland Park PTSA?

Here's how:

1. Login [Amazon.com](https://www.amazon.com)
2. Click on Account & Lists.
3. Click on Your AmazonSmile
4. Search for and choose: HPSH PTSA
5. When shopping go to [SMILE.amazon.com](https://www.smile.amazon.com)

*ensure that HPSH PTSA is listed under **Supporting**: under the search bar. It is just that easy! Thanks for your support of the PTSA and our Highland Park Senior High community!

Teacher Wish List

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>

College & Career Resource Center

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

- Interests and skills exploration tools
- Career Information
- Resume Help
- College and Post-Secondary exploration tools
- College Admission, Career and Military Representative Visits
- College Admission test information such as ACT and Accuplacer
- Scholarships
- Financial Aid
- Summer and Community Opportunities
- And more!

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

From The Library

The HPSH library is pleased to announce it will offer curbside book checkout service during distance learning. Students can request and put books on hold from our school library. After receiving a confirmation email, books will be ready for curbside pickup on **Thursdays from 12:00 - 3:00**. Books can also be returned at this time. Students are sick of looking at their screens - let's get print books into their hands! Questions can be directed to alison.rahman@spps.org.

**Check out this interactive flyer that has all the info, including a video tutorial on how to request and put books on hold: [HPSH Curbside Book Checkout](#)

Highland Park Health Clinic

The Highland Park Health Start Clinic will continue providing care and support to students during distance learning and throughout this school year. The care we offer includes medical care, mental health therapy, nutrition counseling, and health education. We do not charge families for visits and will only bill insurance if able. All Highland students and nearby community youth ages 11+ are eligible for care! Clinic staff will be on site on Tuesdays and Wednesdays from 8a-4p. On Mondays, Thursdays, and Fridays, we are offering virtual visits for students through Telehealth. We will not be providing COVID testing. However, we will be screening for COVID exposure and symptoms with every patient and staff who come through our doors. If patients or families need assistance in accessing COVID testing, we can direct them to local testing sites. Direct clinic phone – 651-690-7667 Clinic/telehealth scheduling number – 651-412-8445 email - trpflum@mncare.org

Parent Teacher Student Association

Welcome to the Highland Park High School Parent Teacher Student Association (PTSA) We are ready to meet the challenge of the 2020-2021 school year!

As a parent/guardian of a Highland Park Senior High (HPSH) student or a student of HPSH you are a member of the strong community that supports all students and teachers. Our community will be stronger than ever as we meet the challenges of virtual learning. Even more than in the past, we will rely on electronic communication, virtual meetings

and social media sources to keep connected. Please contact our PTSA using one or more of our communication tools: Join the PTSA email list: <http://goo.gl/forms/Z60kDF5vIrHMNxCV2> Find us on Twitter: @scotsptsa. Join us on Facebook at Highland Park Senior High Families and Friends: <https://www.facebook.com/groups/668231483252731/>

PTSA VALUES

With students and teachers at the center of everything we do, the **Highland Senior High School PTSA** supports excellence, enrichment and well-rounded programming that builds achievement and the community fabric of our school. We support these values in two critical ways:

- Providing resources for students, teachers and classrooms through direct funds that support classroom and program activities and supplies; and,
- Uniting the HPSH Community through support for school-wide, enrichment and interest-based activities, events, and programs.

REASONS TO JOIN THE PTSA

- It's good for your child. Research shows that children whose parents are involved in their school make better grades and have fewer disciplinary problems.
- Discover resources to help make your child's high school experience successful.
- You'll be in "in the know." Each HPSH PTSA meeting includes an update from the principal, Dr. Tucker and other staff members.
- We are flexible. Joining the PTSA doesn't mean you have to attend every (or any) meetings. Come to meetings and other PTSA events, as your schedule allows. If you sign-up for the PTSA distribution list (HPSHptsa@gmail.com), you will receive meeting minutes and will always know what the PTSA is up to.
- Tap into the HPSH PTSA network. The PTSA is a great way to meet other parents, along with school staff, and teachers.
- It's a chance to make a difference. By sharing your ideas, concerns, and experiences you can help foster a strong sense of community at HPSH.
- We need you. The PTSA works on behalf of *all* the students at HPSH. We need your support to do this important work and be successful.

The next PTSA meeting of the year is November 11 at 6:30pm and will be held virtually. The Google Meet meeting code is meet.google.com/see-fgcj-wfe If you have trouble with the link simply copy and paste it in the the Google Chrome web browser

Meal Delivery

Meal boxes are available in two ways:

- **Home delivery:** A week's worth of breakfast, lunch and milk delivered to your doorstep one day a week. Registration is required.
- **School pickup:** A week's worth of breakfast, lunch and milk can be picked up at five high schools Monday-Friday, 9 a.m.-3 p.m. Registration is not required.

All of the details are available at spps.org/fallmeals in English, Spanish, Hmong, Somali and Karen.

Also, please remember to fill out the [Application for Educational Benefits](#) if you haven't done so already. While this doesn't affect the cost of the meals this Fall, this information is vital in securing classroom funding.

UPCOMING EVENTS

November 11, 6:30pm
November 13
November 16
January 26, 2021

PTSA Meeting
End of 1st Quarter
Quarter 2 begins
PSAT Testing

End of Quarter Grading Dates

Quarter 1	November 13
Quarter 2	January 28
Quarter 3	April 1
Quarter 4	June 11