



HIGHLAND PARK SENIOR HIGH SCHOOL

NEWSLETTER

International Baccalaureate World School

November 13, 2020

Change in Teaching Schedule: Effective November 30

Based on the feedback from the survey results from students, parents and staff regarding the current teaching schedule a new schedule will go into action on November 30. This new schedule provides increased times for direct teaching and spreads out the class meeting times. Students were informed, but please make sure your child is ready for the new schedule on November 30. Thank you for your patience as we monitored, modified and adjusted to better meet the needs of our students. The schedule was sent out in a previous email and is also on our website.

Teaching Schedule Change for November 23-25

Please note the following change in the teaching schedule for the week of November 23-25. There is no school on Friday November 20 (staff professional development day) as well as November 26-27 (Thanksgiving). Students have been informed and should record this information in their planners so they attend the correct class on the correct days at the correct time. Period 7 meets twice that week since it will not meet on November 20 as there is no school that day.

Monday:

8:30-9:25 P7

9:30-10:25 P1

10:30- 11:25 P2

11:30-12:25 P3

Tuesday:

10:00- 10:55 P4

11:00-11:55 P5

Wednesday

10:00-10:55 P6

11:00-11:55 P7

From the Library

I miss seeing all of your kids! Here are a few resources I hope will be helpful as students are learning from home:

[HPSH Curbside Book Checkout](#) (book pickup and return on Thursdays 12-3)

[HSPH Digital Reading and Listening Resources](#)

[HPSH Research Resources](#)

Library Media Specialist: Alison Rahman (alison.rahman@spps.org)

Thanksgiving Dinner For Those In Need

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!



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

Student Council Blood Drive

Student Council's winter blood drive was a huge success! Highland students, families, and community members came together on Friday, November 13th to donate 25 pints of blood to the Red Cross. Student Council plans to host another donation day in the spring. Stay tuned for your chance to donate!

ACT Test Prep Classes for Juniors

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.

Option A: 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

Option B: 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

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.**

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.

Year Book Update

Yearbook has just decided we should be fine with our budget this year even without charging for Baby Ads!! We have not deposited any of the checks, so I wanted to let all of you who have placed ads so far know that your checks have not been deposited and will not be. Please feel free to void them in your checking accounts.

[Place a Baby Ad](#)

(no deadline set yet, FREE THIS YEAR!!).

<https://forms.gle/UV6hdC2DzFaiiM2s6>

Math Team

Highland Park's math team started their regular season strong last Monday with a 1st place finish against their division opponents. The team was led by seniors Leo Witzke and Josh Taylor both with perfect scores of 14, 2 of only 26 perfect scores in all of the state of Minnesota for that meet. The team is currently ranked 7th in the state and will be back in action on November 23rd.

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_UKp4A9PDxrmEP11gPR1I34IVnfJEGY/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

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

Highland Park CCRC - 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!

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 - trpfum@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 December 7 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 browse

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 13	End of 1 st Quarter
November 16	Quarter 2 begins
November 20	No School: Staff Development Day
November 23-25	Modified Schedule
November 26-27	No School: Thanksgiving Break
November 30	New Teaching Schedule Implemented
December 7	PTSA Meeting, 6:30 pm
January 26, 2021	PSAT Testing

End of Quarter Grading Dates

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