



HIGHLAND PARK SENIOR HIGH SCHOOL

NEWSLETTER

International Baccalaureate World School

December 18, 2020

Graduation: June 8

Highland's graduation date is currently planned for June 8 at 8pm at Roy Wilkins auditorium. It is important to note that based on the pandemic the event may not be held at Roy Wilkins and graduation recognition ceremonies might be held at Highland Senior in a non-traditional format. There are many unknowns that will determine the format and the location. The Saint Paul School District has announced that a final decision will be shared no later than March. More information to come as we know it. We want to share what is known at this point so you can plan accordingly while knowing things might change.

Senior Class Meeting

Parents of Seniors please see the link below to view the Senior Class meeting. It is important your child views this meeting and follows through on the required expectations.

<https://youtu.be/bPie7ODRFkI>

Credit Recovery

Please be sure to review the letter that was emailed to you regarding quarter one credit recovery opportunities for students who failed any classes during quarter one. It is extremely important that any students in need of this opportunity take advantage of it by doing well in quarter two. This information has also been shared with students via Schoology and is posted on our website. If your child needs any assistance please reach out to your child's assistant principal, counselor or teacher.

Scottie Connect: Advisory

Please remind your child to attend the student support and academic monitoring program called Scottie Connect. This advisory meetsevery Wednesday from 11:00am-11:30am. Every licensed staff member has an advisory of 17 students from grades 9-12. There will be community building, fun, upcoming news and connecting about supports needed for academic success and social emotional well being. Please make sure your child attends this important student support program every Wednesday.

Student Supports

Supports at Highland Presentation: Quarter 2 is upon us, and we want to be sure that students have the support they need to reach their goals for this quarter and beyond! Please view this presentation to learn more about seeking support at Highland – plus, it includes pictures, so you know who you are reaching out to!! Follow this link and use the arrows to the right to move through the presentation: <https://share.nearpod.com/mYZiAf3XGbb>

From the Library

From the Library:

NEW! Even though SPPS is dialing back its in-person services, the library at HPSH is still able to offer contactless curbside book pickup **Monday-Thursday from 12-3**. 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.

Here are a few resources I hope will be helpful as students are learning from home:

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

[HSPH Digital Reading and Listening Resources](#)

[HPSH Research Resources](#)

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

Year Book Update

For all things yearbook, please go to the webpage <https://www.spps.org/domain/1173>

Baby Ads (submissions are re-opened, deadline now December 11th) <https://forms.gle/6dUUrN24vDsT9caK8>

Can still 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)**

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

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

Attention Parents of Freshman

Your student 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

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.
 - Where do I get my energy?
 - What kind of down time do I need?
 - 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.amazon.com/smile)

*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-7iuXj7g2yuiJfdWi0/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 8-4. 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: @scotspta. 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 (HPSHpta@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 is parent forum January 21 at 6:30pm and will be held virtually. **The forum will focus on strategies for supporting your child academically and emotionally during the pandemic.** 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

January 21, 6:30-8pm
January 26, 2021
January 28
March 2
March 3: 4-6pm
March 4: 6-8pm
April 1
May 12: 4-6pm
May 13: 6-8pm
June 8
June 11

Forum: Supporting children's emotional & academic needs in a pandemic
PSAT Testing
End of Quarter 2
ACT Testing
Parent Conferences
Parent Conferences
End of Quarter 3
Parent Conferences
Parent Conferences
Graduation
End of Quarter 4: Last Day of School