



HIGHLAND PARK SENIOR HIGH SCHOOL

NEWSLETTER

International Baccalaureate World School

February 12, 2021

Important School Schedule Information

Please note the teaching schedule for the upcoming week below. It is different than usual due to the holiday on Monday.

February 15-19 (Advisory does not meet this week)

- 15 Holiday: No School
- 16 Monday schedule
- 17 Tuesday schedule
- 18 Thursday schedule
- 19 Friday schedule

In-person Student Support Program: Starts February 22

The Saint Paul Public School District is instituting an in person student support program for targeted students at the secondary level that will start February 22. A separate communication will be sent regarding this matter with details.

1. We will only be targeting those students who are seriously struggling academically as demonstrated through course failures or need to come in for counseling.
2. If students are invited it is not mandatory that they attend, that decision is a parental decision.
3. Days of the week will be Monday-Thursday, from 12:30-3:00pm. Students last name A-L attend Monday & Tuesday, students last names M-Z attend Wednesday & Thursday.
4. Transportation will be provided and information will be sent on bus routes.
5. A lunch meal will be provided as well as dinner to go.
6. The current distance learning schedule will have to be modified based on the start time of this program and the new schedule will be provided in a separate email.

Upcoming Events

February 18	PTSA Meeting, 6:30pm
March 2	ACT Testing
March 11:	Parent Conferences, 6pm-8pm
March 12:	Parent Conferences, 10am-12pm
March 15	PTSA Meeting, 6:30pm
April 1	End of Quarter 3
April 14	PTSA Meeting, 6:30pm
May 13:	Parent Conferences, 6pm-8pm
May 14:	Parent Conferences, 10am-12pm
May 18	PTSA Meeting, 6:30pm
June 8	Graduation
June 11	End of Quarter 4: Last Day of School

Please note the parent conference dates have changed and are in bold above.

Class of 2021 Fundraiser

We are four months away from graduation day! While there are many unknowns, one thing is for sure, we will be celebrating the Class of 2021! Thanks to everyone who helped contribute to the drive through celebration in the fall. Sherri Savage and Vineeta Sawkar Branby are still in close contact with the district and are working on plans to celebrate our grads and follow all guidelines. More information to come! In the meantime, Crisp and Green in Highland Village will donate 15% of its proceeds to our senior class fund on Sunday, February 21st as long as you mention HPSH or use the code on the flier. Please support a wonderful Highland business and help support our seniors as well. We will use money from our Go Fund Me as well as fundraisers to work on celebrating our seniors safely in the spring. Here is a link to the Go Fund Me if you would like to contribute: <https://www.gofundme.com/f/class-of-03921-senior-year-fund-for-activities>

Math Team News

Highland's math team concluded the regular season by winning the section on Monday, February 8th, punching their ticket to State for the 26th year in a row. Highland defeated its closest section competitor, Mahtomedi, by a score of 63-53. Highland is starting 6 seniors and 2 freshmen- the 6 seniors were starters two seasons ago when as sophomores they won our 3rd state championship in our school's history. The team very much hopes to make it a 4th and have the added pressure of currently being ranked #1 in the class AA. State will begin on March 8th with the top 50 individuals competing against each other that includes Highland's Leo Witzke and Josh Taylor. Team competition will occur on March 15th when Leo and Josh will be joined by Clare Murphy, Anindita Rajamani, Mikayla Nelson, Duncan Ong, Ian Witthoft, and Bodie Zwank with Kristen Nguyen as an alternate. The team is coached by Mike O'Connell and Chris Anderson. Go Scots!

Highland Women Empowerment Club Baby Product Drive

As our community is looking towards reopening things, many of our neighbors, especially those disproportionately affected by the pandemic, continue to face very real struggles during this incredibly difficult time. Many families have to make impossible decisions about how to spend limited financial resources. Do I pay for diapers, or do I pay for rent? Nationally, one in three families struggle to afford a sufficient supply of baby products to keep their children clean and healthy. The need for baby products has been overlooked. As part of Highlands Women Empowerment Club mission, we want to empower women and families in our community and help them build strong, independent lives. The date of the donation collection will be February 26th from 1-3pm in the Highland parking lot.

Winter Sports News

The winter sports started practice January 14. The competition portion of the season start the week of January 25. Currently SPPS does not allow fans. All games will be livestreamed. The link can be found on the Highland Senior athletic website by going to athletic schedule tab and click on the sport desired. Pixellot cameras were recently installed in the gymnasium which will enhance our streaming process once they are fully operational. We expect this to be done by the end of January. There is a \$10.99/month subscription fee which will allow you to view all SPPS contests where cameras have been installed. Spring sports registration will open online starting February 1. Please register ASAP so the coaches can plan on pod sizes.

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.

From the Library

From the Library:

The library at Highland Senior continues to offer curbside book service - the main entrance at school is open for textbook and library book pickup and return every **Monday - Thursday from 12:00 - 3:00**. Access both print books and e-books through our catalog found here: [HPSH Library Catalog](#) Instructions for students on how to request books can be found on the main page of the catalog.

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

Yearbook News

Attention: Senior Hall of Fame winners

We need individual pictures of each of you for the category you were selected. If you won "Biggest Road Hazard" or "Future Chef" you might take a photo behind the wheel or with a mixing bowl prop. You can work with the other winner in your category, so your pictures have the same theme. *Please email photos to keri.schultz@spps.org by Feb. 14th*

Reminder: these are individual pictures. You shouldn't be in the same picture.

We are also offering another option! On **Monday, February 8th from noon - 4pm**, professional photographer [Kristie Anderson of KEA Photography](#) can take your Hall of Fame picture at her [studio at 915 St. Clair Avenue](#). The studio is in the back and parking is on the street. You can bring your prop with you. She is charging \$25/person but if you are unable to pay, we have funds to pay for it.

Please contact Izzy at icampbell003@stpaul.k12.mn.us or Leela at lbranby001@stpaul.k12.mn.us to schedule a time to get your picture taken.

It will be a fun way to showcase the Hall of Fame winners and take the pressure off you!

Either way, be sure to get your photos in by Feb 14th. We want everybody in.

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](#)
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](#)

*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 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/Z60kDF5vlrHMNxCV2> 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.