

COLUMBIA HEIGHTS PUBLIC SCHOOLS

Summer 2024

Community CONNECTIONS

District News • Community Ed Offerings • Youth Sports • and more!



OUR MISSION

Columbia Heights Public Schools

Creating worlds of opportunity for each and every learner

"All Belong, All Succeed"



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Community Connections is an official publication of Columbia Heights Public Schools written, edited and produced by the Communications Department.

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If you would like to join the Advisory Council or have any questions, contact Kristen Stuenkel at 763.528.4515.

Community Education Department

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The Community Education Office will be closed: May 27, June 19 and July 4

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STAY INFORMED

Thank you to the community for supporting our referendum which is enabling budget stability for our district! We are putting our resources toward our students' greatest needs, enabled by the sturdy funding from the referendum and our robust enrollment. To stay "in the know" about CHPS, give us a follow on social media or subscribe to our monthly newsletter! We love seeing comments and shares on our social posts to help spread the amazing things our students and staff are doing each day!



@chpsisd13



Columbia Heights
Public Schools



CHPS
Website

GET INVOLVED

There are a lot of opportunities to get involved at Columbia Heights Public Schools! Keep an eye out for the 2024-2025 CHPS Calendar so you can attend concerts, plays and musicals next school year! Cheer on our Columbia Academy and Columbia Heights High School athletes at games/meets! Encourage your friends and neighbors to enroll in our schools and programs! Volunteer in our schools! Join an advisory council! Take a Community Education class! And more!!



Participants must register – even for FREE classes – to ensure the instructor can prepare appropriately and minimum enrollment is met. Refunds for cancelling a class registration can only be given if there is a 24-hour notice given before the class begins.

SENIORS

Health Care Directives & Advance Care Planning (rescheduled from April 11, 2024)

Leaving instructions about your health care choices helps ensure decisions are made that are based on your values and preferences, even if you are unable to make your wishes known. This presentation will discuss what advance care planning is and what health care directives can do. This presentation explains who can be a health care agent and the responsibilities for that role. We will also discuss why advance care planning is important and what topics to consider when completing a health care directive.

Thurs June 13 6:00-7:00 p.m. FREE CHPS Family Center #111

Alzheimer’s Association “Effective Communications Strategies” Presentation

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday June 25 10:30-11:30 a.m. FREE CHPS Family Center #111

Defensive Driving Refresher | 4-hour Class

If you’ve previously taken a state-approved eight-hour Defensive Driving Course (55+), renew your 10 percent car insurance discount by taking this state-approved four-hour refresher course. Senior Discount already applied. These classes will take place on Zoom, with the link to the Zoom class being sent one week prior to the class date.

Tuesday July 9 1:00-4:00 p.m. \$30 (1 session) Online via Zoom
Wednesday Aug. 14 9 a.m.-1 p.m. \$30 (1 session) Online via Zoom

Defensive Driving | 8-hour Class

If you are 55 or older, save money on your car insurance premiums, and become a better driver! Senior Discount already applied.

Tues. & Wed. July 16 & 17 1:30-5:30 p.m. \$30 (2 sessions) Online via Zoom

Healthy Living for Your Brain & Body: Tips from the Latest Research

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday Aug. 6 1:30-2:30 p.m. FREE CHPS Family Center #111

WELLNESS

Yoga

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. Classes will take place in person at the Fridley Community Center in Room 116. (6085 7th St NE, Fridley, MN 55432)

Tuesdays June 4, 11, 18, 25 6:00-7:30 p.m. \$36 (4 sessions)
Tuesdays July 2, 9, 16, 23, 30 6:00-7:30 p.m. \$45 (5 sessions)
Tuesdays Aug. 6, 13, 20, 27 6:00-7:30 p.m. \$36 (4 sessions)

Yoga Mindfulness

Explore a deeper mind-body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. Classes will take place in person at the Fridley Community Center in Room 116. (6085 7th St NE, Fridley, MN 55432)

Saturdays June 1, 8, 15, 22, 29 10:00-11:30 a.m. \$45 (5 sessions)
Saturdays July 6, 13, 20, 27 10:00-11:30 a.m. \$36 (4 sessions)
Saturdays Aug. 3, 10, 17, 24, 31 10:00-11:30 a.m. \$45 (5 sessions)

"Parent & Me" Pasta Making with CHHS Foods Teacher, Autumn Trzaskowski

Spend some time in the Columbia Heights High School Kitchen and bond with your kiddo while making pasta with CHHS Foods Teacher, Autumn! This is a fun opportunity for you and your child to spend some time in the kitchen together and learn some tips on how to safely include your child in your normal meal-making routine. Autumn will be teaching you how to make Fettuccini-style handmade noodles topped with a red sauce and herbs from the Blooming Heights Garden!

This class is set up for one adult and one child for \$25, but if you have two children you want to bring, it is only \$5 more! For each adult, the cost is \$25 (so if there are two adults wanting to attend together with a child, you must register separately) to cover cost of supplies and instruction. Ages for children attending is recommended 3 to 12, but anyone is welcome as the experience is what you would like it to be with your child! The class is open to any parent, grandparent, or guardian and their child!

Monday	July 8	4:30-6:30 p.m.	\$25 (1 Adult, 1 Child) \$30 (1 Adult, 2 Children)	Foods Classroom CHHS Room #137
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Make Pâte à Choux (French Pastries) with CHHS Foods Teacher, Autumn Trzaskowski

Take a step into the world of French Pâtisserie in the Columbia Heights High School Foods classroom. You'll explore an array of techniques to master a couple classic French treats. Discover the art of piping the foundational pâte à choux, crafting éclairs filled with luscious pastry cream. You will also learn the technique of making choux pastry to create delicious cream puffs! In just a few hours, you'll transform into a French pastry virtuoso, leaving you with the skills to recreate these delectable classics at home. Join Autumn in the CHHS Foods Classroom to create these treats (and take home a dozen or more as leftovers)!

Wednesday	July 10	9:00-11:30 a.m.	\$40 per participant	Foods Classroom CHHS Room #137
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Go on a "Taste Tour" with CHHS Foods Teacher, Autumn Trzaskowski

Did you know that there are five basic tastes (sweet, sour, salty, bitter and umami) involved when enjoying delicious food? This class will explore these different tastes you can distinguish and teach you how flavor effects our food plus how to balance flavor within a dish. This class will include making a snack plate with balancing flavors to enjoy during or after class. Please note all allergens or dietary restrictions when signing up. Join us in exploring and expanding taste sensations!

Wednesday	July 17	4:00-5:30 p.m.	\$30 per participant	Foods Classroom CHHS Room #137
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"Parent & Me" Pizza Making Class with CHHS Foods Teacher, Autumn Trzaskowski

Spend some time in the CHHS Kitchen making homemade pizza dough, exploring the Blooming Heights Garden for toppings, and creating your own pizza with your child(ren)! This is a great opportunity for you and your child to spend some time in the kitchen and in the CHPS garden figuring out fun ingredients and building a pizza!

This class is set up for one adult and one child for \$25, but if you have two children you want to bring, it is only \$5 more! For each adult, the cost is \$25 (so if there are two adults wanting to attend together with a child, you must register separately) to cover cost of supplies and instruction. Ages for children attending is recommended 3 to 12, but anyone is welcome as the experience is what you would like it to be with your child! The class is open to any parent, grandparent, or guardian and their child(ren)!

Wednesday	Aug. 21	4:30-6:30 p.m.	\$25 (1 Adult, 1 Child) \$30 (1 Adult, 2 Children)	Foods Classroom CHHS Room #137
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Tours of Blooming Heights Garden w/ CHPS Agriculture Specialist

Visit Blooming Heights for a walking tour of our school district's edible schoolyard garden. Agriculture Specialist, Melissa Trent will share a bit about the history of the garden and how it came to be, while you ogle at the diversity of perennial fruits and annual vegetables she grows for use in her E-12 classes.

On the garden tour, you'll get a chance to enjoy the beauty that Blooming Heights' many plants have to offer while learning about how we highlight beauty, wonder, and joy for our students through garden lessons. You'll also get a chance to taste a few of the fruits and vegetables that are ready to harvest and learn more about our Little Free Food Pantry.

Blooming Heights is located behind the CHPS District Center.

Tuesday	June 18	4:30-5:30 p.m.	Free Tour	Blooming Heights Garden
Thursday	July 25	12:00-1:00 p.m.	Free Tour	Blooming Heights Garden

"Little Shop of Horrors" at The Guthrie

On Skid Row, Mr. Mushnik plans to shutter his failing florist shop when his timid staffer Seymour presents an exotic-but-wilted flytrap named Audrey II. Convinced it will boost business, Seymour encourages Mr. Mushnik to display the peculiar plant, which Seymour successfully revives. As Audrey II draws much-needed crowds to the shop, Seymour makes a disturbing discovery: It needs fresh blood (and lots of it) to grow — a secret that forces Seymour into a Faustian bargain to keep his fame and fortune intact. A hilarious mashup of science fiction, horror and musical theater, this cult-classic boasts Motown-inspired hits like "Feed Me (Git It)," "Suddenly, Seymour" and "Little Shop of Horrors."

Wednesday

July 24

12:00-4:00 p.m.

\$45 (Transportation Provided)

Come join us for a trip to the Guthrie Theater without the worry of driving to Downtown Minneapolis and finding parking! Once tickets are purchased, we cannot refund them due to seat reservation expenses. Transportation is provided and is factored into the price of the ticket to cover busing costs. The bus will leave the CHPS District Office at noon on July 24, 2024. Please arrive by 11:45 a.m. The bus will return to CHPS around 4:00 p.m.

Tickets MUST be purchased by May 24, 2024

TEACH A CLASS ★

Do you have knowledge, ideas or passions you'd like to share with others? **Consider teaching a Community Education class!**

For more information, visit colheights.k12.mn.us/AdultEnrichment or contact Adult Enrichment/Senior Program Manager Emma Bute at 763.528.4530 or ButeE@colheights.k12.mn.us.

Metro North Adult Basic Education

English as a Second (or other) Language (ESL) | Levels 1-3

Monday-Friday

9:30 a.m.-12:30 p.m.

Tuesday-Thursday

6:00-8:30 p.m.

Advanced ESL

Monday-Friday

9:30 a.m.-12:30 p.m.

Tuesday-Thursday

6:00-8:30 p.m.

FREE

classes for adults!
Day and evening
class times
available.

Adult Education Center — Columbia Heights/Fridley

4111 Central Ave. NE, Suite 100

Columbia Heights, MN

How to Register

To register for classes, call 763.706.3833 or complete the online interest form available at metronorthabe.org and someone will contact you.

Class times may vary.

Classes are ONLINE!



CHPS is one of Minnesota's only school districts with an outdoor classroom and living laboratory used by educators and students. Blooming Heights is a great place to learn hands-on gardening skills, and to use math, science, literacy, art and nutrition.

Learn more at colheights.k12.mn.us/BloomingHeights.

Contact Melissa Trent for more information | TrentM@colheights.k12.mn.us

Blooming Heights Farm Stand

3:00-4:15 p.m. in the CHPS Family Center

June 26 • July 10 • July 17 • July 24 • July 31

Come get fresh produce grown right in Blooming Heights on most Wednesdays this summer!



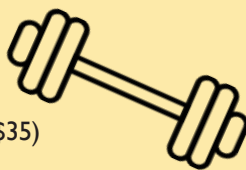
Blooming Heights is located behind the District Office, between CHHS and the Family Center.

Youth Camps

Improve your skills, get conditioned and build bonds with your team. Students eligible for Educational Benefits will receive up to half off the posted price for youth sports camps. None of the summer sports camps are gender-specific. All grade-eligible students are welcomed and encouraged to participate!

Swim | Grades 6-12

- Mondays-Thursdays
- June 10-July 26 (off June 19 & July 1-5)
- 9:30-11:00 a.m.
- CHHS Swimming Pool
- **\$70** (if you qualify for Educational Benefits, \$35)



Hylander Strength Camp | Grades 6-12

- Mon., Tues., Thurs., Fri.
- June 10-August 2 (off July 1-5)
- 8:00-9:30 a.m. or 9:30-11:00 a.m.
- Hylander Center
- **\$75** (if you qualify for Educational Benefits, \$38)

Basketball | Grades 6-12

- Mondays-Thursdays
- June 10-July 25 (off June 19 & July 1-5)
- 1:00-3:00 p.m.
- Hylander Center
- **\$70** (if you qualify for Educational Benefits, \$35)



CA Intramural League Flag Football & Football Camp | Grades 5-8

- Tuesdays: June 11-July 23
- Wednesday & Thursday: July 24 & July 25
- 12:00-1:30 p.m.
- CHHS Practice Field
- **\$25** (if you qualify for Educational Benefits, \$13)

Football* | Grades 9-12

- Thursday & Friday: June 13 & 14
- Mon/Tues/Thurs: June 17, 18 & 20
- Tuesday & Thursday: July 23 & 25
- 12:00-2:00 p.m.
- CHHS Practice Field
- **\$35** (if you qualify for Educational Benefits, \$18)

*Passing League included in football program

- Wednesdays
- June 26 and July 10, 17 & 24
- 6:00-8:00 p.m.



Cheer | Grades 6-12

- Monday-Friday
- July 8-26
- 10:00 a.m.-12:30 p.m.
- CHHS Gym
- **\$50** (if you qualify for Educational Benefits, \$25)

Volleyball | Grades 6-12

- Mondays & Wednesdays
- July 8-26
- 2:00-3:30 p.m. for 9-12 graders
- 3:30-5:00 p.m. for 6-8 graders
- Hylander Center
- **\$25** (if you qualify for Educational Benefits, \$13)

Soccer | Grades 6-12

- Thursdays
- June 13-July 25 (off July 1-5)
- 5:00-7:00 p.m.
- CHHS Practice Field
- **\$20** (if you qualify for Educational Benefits, \$10)



Volleyball: Intramural League | Grades 6-12

- Tuesdays
- June 11 & 25 and July 9 & 23
- 2:00-4:00 p.m.
- Hylander Center
- **\$15** (if you qualify for Educational Benefits, \$8)

Wrestling | Grades 6-12

- Tuesdays & Thursdays
- June 11-27
- 3:30-5:30 p.m.
- CHHS Wrestling Room
- **\$20** (if you qualify for Educational Benefits, \$10)

Synchronized Swimming | Grades 6-12

- Mondays
- July 8-29
- 5:30-7:00 p.m.
- CHHS Swimming Pool
- **\$20** (if you qualify for Educational Benefits, \$10)



Lap Swimming | Grades 5-12

- Mondays
- July 8-29
- 5:30-7:00 p.m.
- CHHS Swimming Pool
- **\$20** (if you qualify for Educational Benefits, \$10)

FOR CLASS UPDATES or TO REGISTER
hylanderactivities.com



Youth Offerings

Driver's Education

Students will receive a total of 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The classroom portion consists of ten, three-hour classes and the behind-the-wheel portion is three, two-hour private lessons. Pre-registration is required with a **\$215** down payment payable to CH Community Education. Classes offered through Safeway Driving School. The additional **\$140** is payable to the instructor.
Sign up for either the June Session or the August Session.
For more information, contact Safeway at 651.351.9150 or visit safewaydrivingschool.com.

Parents/guardians will be required to complete Safeway's Account Verification. Safeway will send out an email before class begins that gives detailed information about how to login to the student's Safeway account to verify and complete contact information and to review and acknowledge our Service Agreement.

Monday - Friday	June 7-21 (no class June 19)	1:00 - 4:00 p.m.	Family Center Training Room
Monday - Friday	August 12-23	9:00 a.m.-12:00 p.m.	CHHS Media Center

- The following **MUST** be provided during registration:
- Student full legal name (first, middle and last)
 - Student date of birth
 - Home Address
 - Student email address
 - Parent email addresses
 - Parent phone numbers

Engineering Explorers

Do you like being creative, building things, or imagining cool designs? Then come be an engineer this summer with 4-H! We'll be building simple machines and thinking like engineers to identify and solve problems in creative and fun ways. Each session will include a healthy snack and activities lead by Anoka County 4-H and University of Minnesota Nutrition staff. This camp is for grades 1-5.

For more information, contact CHPS Community Ed Coordinator Jodi Gadiant at 763-528-4512
To register and pay for Engineering Explorers, visit CHPS Community Ed page, or type in this link: https://colh.cr3.rschoolday.com/public/costoption/class_id/3608



Tuesdays	June 11, 18, 25 July 2, 9, 16, 30	12:00 - 2:00 p.m.	Murzyn Hall	\$60
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Summer ENCORE Aquatics

Swimming lessons for levels 1-3. If you are new to swimming or looking to advance your skills we have classes for you. Lessons will take place at the Columbia Heights High School Pool (enter door #47).

For more information, contact CHPS Community Ed Coordinator Jodi Gadiant at 763-528-4512

To register and pay for swimming lessons, visit CHPS Community Ed page, or type in this link: https://colh.cr3.rschoolday.com/public/getclass/category_id/54/program_id/4



Tues & Thurs	July 9, 11, 23, 25 August 1, 13, 15	Times Vary Based on Level	CHHS Pool	\$55
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Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Monthly Highlights Provided by the CHPS Activities Department

November-

- Over 200 student athletes participated in Winter Sports
- CHHS Concert Band participated in the Tri-Metro Conference 2023 Concert Band Festival
- CHHS Alum hired for Winter Season: Issy Rardin ('19) – Boys Swim & Dive



December-

- Successful run of the CHHS Musical "Rodgers & Hammerstein's Cinderella" under the direction of Nicholas Hollermann and Rachel Mann, the production received seven honors through the Hennepin Theater Trust Spotlight Education program:
 - Honorable Mention: Overall Technical Production, Overall Technical Team, Technical Leadership for Chloe Rude and Karina Kaplan, In a Leading Role for Sandy Moncayo Cuji, In a Supporting Role for Katelynn Hackett and Lily Kleinschmit.
 - Evaluator Shout-Outs: Ensemble Acting Performance, Ensemble Vocal Performance, Ensemble Dance Performance, Rosie Smith, Cristian Barrera Correa, Leo Pham, Joy Ramnarine, and Loulou Sadrant.
- 10 CHHS Student Leaders participated in Together in Partnership MSHSL Statewide Leadership Conference.



January-

- Boys Basketball Players Randy McClendon and Jency Davis both join the 1000-point club.
- Boys Basketball Coaches Willie Braziel and Dedrick Jenkins reach 300 victories as a coaching team.
- Science Bowl Team I wins the Civility Award at the 2024 MN Statewide High School Science Bowl. 3 teams from CHHS participate.
- CHHS introduced Triple 'A' Award Winners Beatrice Carter and Matthew Bermeo Vidal.
- Successful run of the CHHS One Act "Drama Geeks" under the direction of Jessica Bolles.



February-

- CHHS All-Conference Band and Choir students participated in the Tri-Metro Conference Fine Arts Festival
- CA Robotics Team Cyber Knights (Walimang Dibba, Xavier Vital-Schwartz and Gunnar Peterson) qualified for and competed in the MN FTC State Championship, making it into the quarterfinal round.
- CA Pep Band joins with the CHHS Pep Band to play at the Boys Basketball Game vs. Richfield, Hylander Pride radiated out of the 100+ student pep band!
- Girls Basketball hosted 1st round Sections game and won.
- CHHS Wrestlers competed at the Section 5AA Individual Meet and Jonny Ochoa Cruz placed 5th and Elvis Placencia Pesantez placed 6th.
- Speech Team is crowned the Tri-Metro Conference Champions.



March-

- Successful run of the CA Musical "SpongeBob Musical- Youth Edition" under the direction of Braylon Lane and Molly Tengwall.
- The Hylander Boys Swim Team sends Isaac Gyurisn to the Minnesota Swim State Tournament
- Boys Basketball takes 2nd place in the Section 4AAA Basketball Tournament.
- New Head Coaches for Spring Season:
 - Keon Lewis- Track & Field
 - Mike Johnson- Softball
 - Jordan Rushton- Lacrosse



MN United Players Visit Valley View

Minnesota United and PK the Loon visited Valley View Elementary School on February 28, 2024! The Minnesota United Football Club (MNUFC) brought along a few professional soccer players, D.J. Taylor and Hugo Bacharach to spend some time with the students.

PreK 4 and Kindergarten students had two books read to them by Taylor and Bacharach, while spending time with PK the Loon in the media center. The athletes also did a Q&A session with the 1st-5th graders in the gym and competed in a few games with students working on soccer skills.



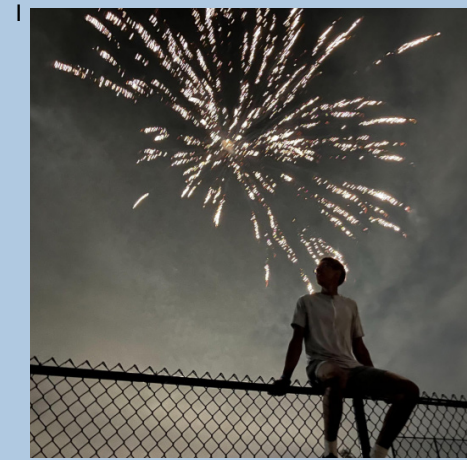
MSAA Scholastic Art Awards

Nineteen Columbia Heights High School (CHHS) art students earned a total of 22 Gold Key, Silver Key and Honorable Mention awards at the 2024 Minnesota Scholastic Arts Awards (MSAA) – a competition organized by Art Educators of Minnesota. The art students received four Gold Key awards, eleven Silver Key awards, and seven Honorable Mentions in the Photography, Ceramics & Glass, Drawing & Illustration, and Digital Art categories. The works were submitted by CHHS Art Teachers Michelle Dietz, Sarah Honeywell and Isaac Glidden.

CHHS Junior Ameer Ait Daoud received a Gold Key Award in Photography for his work titled “Unapologetic” (2), CHHS Sophomore Kalice Hill received a Gold Key Award in Photography for her work titled “Grey Hair Don’t Care”(4), CHHS Junior Friday Lee received a Gold Key Award in Photography for his work titled “Ka Boom”(1), and CHHS Junior Sanam Muradi received a Gold Key Award in Photography for her work titled “Welcome to my Mind”(3). Their work will be with other Gold Key winners’ work on display in the Regis West Gallery at the University of Minnesota from July 1 through July 27. All student award honorees will be recognized at the 2024 MSAA ceremony, 10:00 a.m.-5:00 p.m. Saturday, July 27 in the Weisman Art Museum at the University of Minnesota. This will be an opportunity to learn about the history of the Scholastic Art Awards, regional scholarships and hear from artists in the community as we celebrate the awards.

Seven students received Silver Key Awards in Photography; “Out Reach” by Sophomore Vincint Brown, “Amusement Trinkets” by Freshman Roberto De La O Arano, “Nothing New” by Junior Allison Dickson, “Submerged Movement” by Freshman Emilia Martinez Schellack, “If Everything is Dark; Look Again; Maybe You’re the Light” by Junior Sanam Muradi, “Layered Clouds” by Freshman Aesa Rude, and “Heliothrophy” by Freshman Jennifer Yuquilima. Two students received Silver Key Awards in Ceramics & Glass; “The Circle of Life” by Sophomore Yumna Ali and “Love and All Other Things” by Junior Jhoana Lala Yuquilima. Sophomore Ray Muhm received a Silver Key Award in Drawing & Illustration for his work titled “Self-Portrait with Smoke” and Junior Jenny Sandvik received a Silver Key Award in Digital Art for her work titled “Year Zero”.

Seven CHHS students received Honorable Mentions for the MSAA awards; Justin Alvarez (11), Jhoana Lala Yuquilima (11) and Sheryn Narvaez Piza (12) in Ceramics & Glass; Emily Farez Bueno (10) and Elizabeth Lee (10) in Drawing & Illustration; Lillian Pirin (9) and Aesa Rude (9) in Photography.



Columbia Heights High School Names District Triple 'A' Award Winners

Columbia Heights High School (CHHS) seniors Beatrice Carter and Matthew Bermeo Vidal are this year's Academics, Arts and Athletics Award (Triple 'A') students. Each year, high school seniors are selected for their participation in Minnesota State High School League (MSHSL) sponsored arts and athletics while maintaining high academic standing. They were eligible to receive a \$1,000 scholarship and be honored at the Triple 'A' on-court ceremony at the MSHSL Boys' State Basketball Tournament that happened in March. CHHS students Carter and Bermeo Vidal did not move on to the regional level to attend this ceremony, but have received their certificates for the Triple 'A' Award for the Columbia Heights Public School District.



To be eligible for the Triple 'A' Award nomination, a student must be a high school senior, have a cumulative GPA of 3.0 or higher, participate in at least one MSHSL-sponsored athletic program and one arts/activity program, comply with the MSHSL's Student Code of Conduct, complete the application form and submit it to the administrative region secretary by the deadline date specified by the region committee.

Beatrice Carter has participated in Choir all four years of high school. She also joined the CHHS Speech Team her Sophomore year and was named All-State during that season. During her Junior and Senior years on the team, she has served as a captain and worked with other members on recruitment to build Speech team numbers to over 50 people this season. Carter has been on the Girl's Swim and Dive Varsity Team since she was a 7th grader, and became a captain her senior season. She also has been a member of the Synchronized Swimming Team since 7th grade and has gone on to participate in the MSHSL State Tournament twice, receiving 7th place at the State level last spring and has been voted as the MVP by her teammates and coaches twice. She has participated and succeeded in these activities while maintaining a 3.89 GPA and taking AP and Concurrent Enrollment courses through area colleges.

Matthew Bermeo Vidal is very involved in Wrestling and in the arts. At CHHS he has taken AP Art Studio, Advanced Painting and Drawing, Advanced Ceramics/Pottery, Photography, Beginning Ceramics/Pottery, Basic Design and Multi Media Production. In January 2023, Bermeo Vidal participated in the Scholastic Art and Writing Awards and received Honorable Mention for her Ceramics project, and in May 2023 he received a Superior rating in the MSHSL Section 5AA Art Competition at the Visual Arts Festival. He has also been on the Hylander Wrestling team for three years and was a Captain last year and this year. Bermeo Vidal received All-Conference Honorable Mention for Wrestling in the 2022-23 season. He finished in 3rd place at the Tri-Metro Conference Wrestling Meet in January 2023, placed 5th at Individual Sections in March 2023 and received MVP for the 2022-23 Wrestling Season. Bermeo Vidal accomplished all of this while maintaining a 3.65 GPA and taking AP classes throughout high school.

CHPS is proud to have these leaders as a part of our school district and we are very excited to see what these two students do in the future.

For more information about the Triple 'A' Award, visit the MSHSL website.

ENROLL NOW in Columbia Heights Public Schools
¡INSCRÍBETE AHORA en las Escuelas Públicas de Columbia Heights!

Columbia Heights Public Schools is a small, diverse school district providing students with the skills, knowledge, tools and support they need to excel both in and out of the classroom. We are committed to providing outstanding educational opportunities, so all learners can develop to their full potential.



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Columbia Academy Students Compete in MN State Robotics Tournament

Hylander Robotics sent a team to the MN FTC Robotics State Tournament! The Hylander Robotics team consists of four Columbia Academy teams and one Columbia Heights High School team. Hylander Robotics Coach, Ariel Orcutt, had 37 students participating in the activity this year in grades 6-12. The season began in September and ran until the end of January for all teams with the ability to continue if they qualify. Our five Hylander Robotics teams competed in the First Tech Challenge (FTC) League Qualifier on Saturday, January 20th at Prairie View Middle School in Otsego.

The CHPS Hylander Robotics Team "The Cyber Knights", Columbia Academy students Walimang Dibba, Xavier Vital-Schwartz and Gunnar Peterson, advanced to the MN First Tech Challenge (FTC) State Tournament and competed on February 17, 2024 at the Saint Paul RiverCentre & Roy Wilkins Auditorium in St. Paul.

The Cyber Knights made it into the quarterfinal round of the MN FTC State Championship, which is the furthest a CHPS Robotics team has gone in the State Tournament! Their robot can hang from a rail, shoot paper airplanes, move on its own without a driver, pick up objects and see colors.



To keep up on fun things happening at Columbia Heights Public Schools, like when the media visits or fun activities around the district in classrooms, make sure to follow the official Columbia Heights Public Schools Instagram @chpsisd13 or search us on Facebook for frequent postings!

TENNIS LESSONS AT COLUMBIA HEIGHTS HIGH SCHOOL

Groups divided by age for hour-long lessons from 8-10 a.m.

- 8-9 am | Ages 6-10
- 9-10 am | Ages 11-17

No cost to participate.
Pre-registration required.

- Ages 6 & up welcome!
- Fun fitness & tennis games
- No experience? No problem!

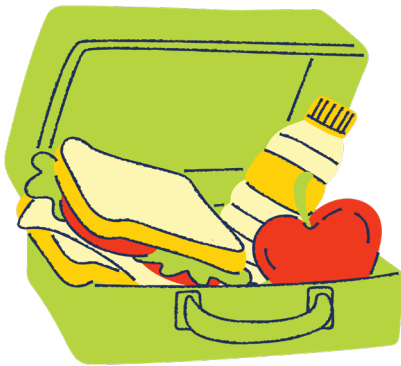


Join us all summer long or pick and choose the weeks that work for you!

Scan the QR Code to Register

Summer Food Service Programs

All Columbia Heights School District summer programs will include a free breakfast and lunch for students who are ENROLLED. All of our school sites are designated as closed enrolled sites for the safety and security of all our students. There are a number of OPEN summer feeding sites within a few miles of our district that can also be accessed by all students from Pre-K- age 18.



Use these resources to find an SFSP site near you:

- Download the Free Meals for Kids app provided by Hunger Impact Partners to your phone or device.
- Call the 211 Hotline. From a cell phone – Twin Cities Metro Area: 651-291-0211, Greater Minnesota: 1-800-543-7709, TTY: 651-291-8440.
- Call the Minnesota Food HelpLine at 1-888-711-1151, available from Monday through Friday, 10 a.m.- 5 p.m., Central Time.
- Text USDA to texting service. Text Summer Meals to 914-342-7744. Spanish speakers, text Verano to 914-342-7744.

Child Care

Summer Adventure Club | Kindergarten-Grade 5 (Entering Fall 2024)

Adventure Club programming facilitates a variety of activities to promote learning beyond the classroom including arts & crafts, swimming, dramatic play, time in the Blooming Heights Edible Schoolyard & Outdoor Classroom and more! Adventure Club also has a Reading Corps member to help students with literacy development throughout the summer.

Hours, Dates & Location

6:30 a.m.-6 p.m. weekdays, June 11-Aug. 23 at the CHPS Family Center (closed June 19 & July 1-5)

Fees

\$48 per day (includes meals and activities)

+ \$25 registration fee (only for families not enrolled during the 2023-2024 school year)

**Fee assistance may be available through Anoka, Ramsey or Hennepin County Child Care Assistance Programs. Contact your county for details.*

Learn More

For more information including fees or to register visit colheights.k12.mn.us/ACregister or call 763.528.4517.



Mini Adventures | 36 Months-5 Years Old

Mini Adventures is a four-star Parent Aware child care program for children 36 months to 5 years old. In Mini Adventures, your child will participate in a variety of activities including mathematics, guided group time, literacy, dramatic play, music, games, outdoor play, arts & crafts, movement and more! Early Childhood Screening is required for all participants. Independent toileting is required for children before participating.



Hours, Dates, Location & Fees

6:30 a.m. to 6 p.m. weekdays, year-round at the Family Center (closed June 19 & July 1-5).

Weekly Program	5 Days	4 Days	3 Days	2 Days	1 Day
Fees* Per Child	\$308	\$260	\$205	\$145	\$73

+ \$25 registration fee (for new registrations only)

**Breakfast, lunch, and snack included in weekly fee. We accept County Child Care Assistance and Pathways I scholarships. Pathways II scholarships may be available for those who qualify.*

**Fees will be for Summer 2024. Mini Adventures fees will be changing for the 2024-2025 school year, beginning in September.*

Learn More

For more information, visit colheights.k12.mn.us/Mini or call 763.528.4517. Space is limited.



Park/Playground Meet Ups | Birth to 5 Years | FREE

Come play! You're invited to an informal playtime to meet and connect with other families and their children. Our CHPS Early Childhood Teacher, Olivia Timmons, will be facilitating the meet up and answering parenting questions. No registration necessary. *Any cancellations will be posted on our Early Childhood web page. www.colheights.k12.mn.us/ec and announced on the Community Education Facebook Page and SeeSaw.

Wednesdays:	June 26	9:30-11:00 a.m.	Kordiak Park
	July 10	9:30-11:00 a.m.	LaBelle Park
	July 17	9:30-11:00 a.m.	Huset Park Splash Pad (East Side near Murzyn Hall)
	July 24	9:30-11:00 a.m.	Blooming Heights with Ms. Melissa
	July 31	9:30-11:00 a.m.	Ramsdell Park Wading Pool
	Aug. 7	9:30-11:00 a.m.	McKenna Park
	Aug. 14	9:30-11:00 a.m.	Huset Park Splash Pad (East Side near Murzyn Hall)
	Aug. 21	9:30-11:00 a.m.	Blooming Heights with Ms. Melissa

For questions about the park meet-ups, please contact Olivia Timmons, CHPS Early Childhood Teacher by emailing her at TimmonsO@colheights.k12.mn.us or calling 763.528.4593.

Fall ECFE Offerings | Registration Opened April 1, 2024

Fall of 2024-2025 school year. All classes will take place in the CHPS Family Center Rooms 103 & 104. ECFE classes will begin on September 3, 2024 and specifications on days off and end dates will be communicated in the Fall 2024 Community Ed Catalog.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Short Sessions (1-5 years old) 9:00-11:00 a.m.	Terrific Toddlers (12-30 months) 9:00-11:00 a.m.	Mixed Age (0-5 years) 9:00-11:00 a.m.	Infants (0-11 months) 9:30-11:00 a.m.	Drop In & Play 9:30-11:00 a.m.
PM	Spanish-Speakers (1 session) 11:30 a.m.-1:30 p.m.	Spanish-Speakers (2 sessions) 11:30 a.m.-1:30 p.m.	Preschoolers (30-36 months) 11:30 a.m.-1:30 p.m.	Spanish-Speakers (2 sessions) 11:30 a.m.-1:30 p.m. Night Owls (0-5 years) 4:30-6:00 p.m.	

All ECFE offerings have the same sliding scale fee, except for the Incredible Infants classes* and the ECFE Short Sessions**			
\$24 (\$0-18,999)	\$66 (\$19,000-29,999)	\$106 (\$30,000-49,999)	\$148 (\$50,000+)

*Incredible Infants			
\$6 (\$0-18,000)	\$14 (\$18,001-29,999)	\$20 (\$30,000-49,999)	\$27 (\$50,000+)

**ECFE Short Sessions			
\$8 (\$0-18,000)	\$22 (\$18,001-29,999)	\$35 (\$30,000-49,999)	\$49 (\$50,000+)

Join the Early Childhood Advisory Council

Join the Early Childhood Advisory Council! Our council is comprised of parents and guardians involved in early childhood education and care programs. Benefits include: Providing input and feedback on early childhood programming and events, developing leadership skills, creating new friendships and support from other members and having FUN!

Our council meets monthly to provide input and feedback about programming and community needs, plan events and raise funding for classroom materials. For more information, or to join, call 763.528.4518.

School Census

Are you in the school census? Being in the census ensures that you will receive Early Childhood mailings, receive notification of Early Childhood Screening, and receive PreK and Kindergarten information when your child is eligible to attend. If you've recently had a baby, moved or did not receive this catalog in the mail, contact Nicole Geffre in the District Office at 763.528.4420.

One-to-One Visits

Columbia Heights Public Schools offers free one-to-one visits after the birth or adoption of a new child or for parents/caregivers who have questions about their child's development and would like some support. During these visits, our licensed parent educator will provide developmental, behavioral and social emotional support to all families in person, by email, or by phone day and evening. Call 763.528.4536 for more information. Scan the QR Code to fill out the ECFE Referral Form.



PreK

Register now!

Space available in PreK 3 and PreK 4 for the 2024-2025 school year!

PreK 3 | 3 years old by Sept. 1

PreK 3 prepares children for lifelong success! PreK 3 curriculum and assessment is aligned with PreK 4 and Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers. Early Childhood Screening is required for all PreK 3 students. Transportation is not available. For more information, or to register, visit colheights.k12.mn.us/PreK3.

Monthly tuition is based on a sliding fee scale. Financial assistance is available to families who qualify.



Mon/Wed/Fri	\$22 (\$0-11,000)	\$42 (\$11,001-20,000)	\$62 (\$20,001-30,000)	\$84 (\$30,001-40,000)	\$105 (\$40,001-50,000)	\$135 (\$50,001+)
Tues/Thurs	\$14 (\$0-11,000)	\$28 (\$11,001-20,000)	\$42 (\$20,001-30,000)	\$56 (\$30,001-40,000)	\$70 (\$40,001-50,000)	\$90 (\$50,001+)
Mon/Wed/Fri	8:00-10:30 a.m.	FC Room 112	Tues/Thurs	8:00-10:30 a.m.	FC Room 112	
	11:30 a.m.-2:00 p.m.	FC Room 112		11:30 a.m.-2:00 p.m.	FC Room 112	

PreK 4 | 4 years old by Sept. 1

PreK 4 is a FREE program that provides an engaging and educational environment to prepare your child for Kindergarten. PreK 4 curriculum and assessment is aligned with Kindergarten and the Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers. Early Childhood Screening is required for all PreK 4 students. Busing is provided for PreK 4 families who live within the District boundaries. Classes are held Monday-Friday at Highland Elementary, North Park School for Innovation and Valley View Elementary.

Mornings 7:55-10:25 a.m. **Afternoons** 11:45 a.m.-2:15 p.m. **Full Day** 7:55 a.m.-2:15 p.m.

To register your student for PreK 4, visit colheights.k12.mn.us/Enroll or visit the Placement Center.



Registration Information

For more information on Community Education Registration, including class eligibility and policies, visit colheights.k12.mn.us/CommunityEd or call 763.528.4517. To register for Mini Adventures, call 763.528.4517. To register for PreK 4, visit the Placement Center or call 763.528.4426.

Hylander CONNECT



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SUBSCRIBE

To receive CHPS news by email, visit
colheights.k12.mn.us/Subscribe.

HylanderCONNECT emails include monthly updates, School Board Reports and more.



Columbia Heights Public School District #13
1440 49th Ave. NE
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