

COLUMBIA HEIGHTS PUBLIC SCHOOLS Winter/Spring 2022

Community CONNECTIONS

District News • Community Ed Offerings • 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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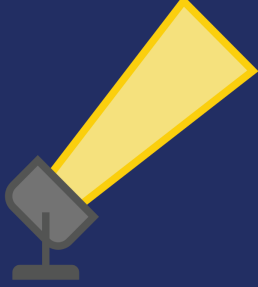
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CHPS Staff Spotlight



Dan Tschida - Columbia Heights High School Social Studies Teacher

One of our very own is "America's Greatest Thinker" in 2021. Tschida, a former lawyer in Minneapolis, has been teaching social studies at CHHS for the past 17 years. The Great American Think-Off is an exhibition of civil disagreement between powerful ideas that connect to your life at the gut level. This year's debate question was "Which is more important: to win or to play by the rules?" Tschida's argument was that playing by the rules is more important: winning provides temporary gratification, but playing by the rules results in enduring success. Tschida won in the final debate on June 12, 2021 and took home the title of "America's Greatest Thinker."

"By following the rules, we commit to enduring values not temporary passions. Grades and money must be earned in order to effectuate their underlying purposes. Changing the rules through reform is often slow and imperfect, but it is lasting - while revolutions fade with the whims of their leaders." - Dan Tschida in his contest essay.

Mohammed (Moe) Kayongo - Columbia Academy Education Assistant

Moe Kayongo is not your average EA. He is a former professional boxer from Uganda who found boxing after being kidnapped and forced to be a child soldier at age 11. Kayongo has taken his life experience and used it to create a safe place for young people in Minneapolis to come to after school. He offers training at the Northside Boxing Club, and the gym not only offers exercise, but also provides free food, Black history lessons, and emotional support. Kayongo spends his time helping out with students at CA, helping out youth in Minneapolis through Northside Boxing Club, and is also currently building a gym for youth in Kampala, Uganda. Kayongo is a person many students, not just at CHPS, but from all over Minneapolis trust, and provides encouragement and love.

"Most parenting is giving love. And most of our kids need more of that. They need love." - Moe Kayongo



Leueen Saavedra - Placement Center Cultural Liaison

Saavedra's role at the Placement Center includes enrolling families in our district, requesting records from other districts, providing parent training, collaborating with Community-based Organizations to find resources for families, and collaborating with other CHPS departments to ensure students are placed appropriately in our school programs. She is able to greet CHPS families fluently in both English and Spanish, which helps families feel comfortable and understood when figuring out where their child will attend at CHPS.

"She attends to every family with a smile and a desire to provide the best service and experience in our district." - Bondo Nyembwe (Executive Director of Educational Services)

Dane Hodges - Highland Elementary Art Teacher

Hodges isn't just a new dad! He used his time during quarantine in 2020 to start honing in on his ceramics skills. Hodges received his BFA in Art Education and Studio Art, with an emphasis in ceramics from UW - Stout and is in his 8th year teaching at CHPS. He was featured in Ceramics Monthly as one of 2020's Emerging Artists. He also wrote an article for Pottery Making Illustrated during the summer of 2020. His work is featured and sold at many different Invitational and Juried Exhibitions and he currently sells his work on Instagram @dane.hodges.ceramics

"I'm inspired by historic, highly adorned pottery, as well as the modern sense of simplicity and functionality. My work encourages visual and tactile investigation and enhances the experience of the user through subtlety in form and decoration." - Dane Hodges (Pottery Making Illustrated Article)



Madina Mohamed - North Park School for Innovation Principal's Administrative Assistant

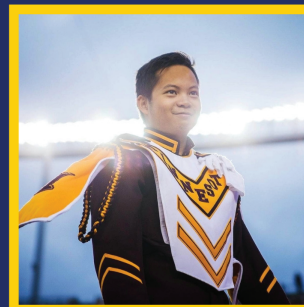
Mohamed is one of the first faces you will see when walking into North Park School for Innovation (NPSfi). She also has an extremely interesting past from her time before starting here at CHPS. Mohamed grew up in Djibouti and became a refugee at just 12 years old. Her family moved to the U.S. when she was a teenager, and throughout that time gained wisdom beyond her years, and experiences that now allow her to be able to speak seven different languages. She understands the daily challenges of the immigrant families in our district because she has lived it.

"Madina is quite simply one of the most remarkable people I have ever known... She is kind and dependable, but holds students and families accountable like no clerical person I have ever known. Her word is bond. We are so lucky to have her." Jeff Cacek, Principal at NPSfi

Jonny Chao - Valley View Elementary Music Teacher

Chao was a part of the UMN Marching Band. In Chao's final year with the band, he had the rare opportunity to perform in the halftime show in Super Bowl LII with Justin Timberlake. Chao recalls so many moving parts and prep work for a show that is nothing like their normal halftime shows at Gopher Football games. And the hardest part for the band? Keeping it a secret from everyone. They all had to sign NDAs that were in place until the performance was over. Not many people can say they performed at the Superbowl!

"I think one of the things I learned from this experience was the fact that all of this stemmed from me deciding to continue with music. It opened many doors for me to take advantage of and that's what I'm trying to offer to our students here: More opportunities to experience music. If our students get that exposure whether it be band or choir, they'd at least have a choice to continue to incorporate music in their lives. And who knows? They might end up in the Super Bowl one day." - Jonny Chao



Adult Enrichment

Some classes are in-person and some are online. If you'd like to attend an online class, but are not able to use a computer, contact us and we will try to accommodate you with a private or class atmosphere with the online instructor. For full class descriptions and instructor bios, visit colheights.k12.mn.us/CommunityEd.

For virtual classes, Zoom or Microsoft Teams links will be sent to all registered participants one week and again one day before the class takes place. Participants must register – even for FREE classes – to ensure the instructor can prepare appropriately and minimum enrollment is met.

*North Park School for Innovation = NPSfi

Understanding Alzheimer's and Dementia

Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Tuesday	Feb. 8	6:30-7:30 p.m.	FREE	FC Room III
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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.

Wed & Thurs	Feb. 9-10	5:30-9:30 p.m.	\$30 (2 classes)	Virtual via Zoom
Tues & Wed	May 17-18	5:30-9:30 p.m.	\$30 (2 classes)	Zoom & NPSfi* Cafeteria

10 Warning Signs (Recognize Common Signs of Alzheimer's)

Join us to learn how to recognize common signs of the disease.

Tuesday	Feb. 22	6:30-7:30 p.m.	FREE	FC Room III
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Defensive Driving Refresher | 4-hour Class

If you have taken a state-approved eight-hour Defensive Driving Course (55+) in the past, now you can renew your 10% three-year car insurance discount by taking this state-approved four-hour refresher course. Senior Discount already applied.

Thursday	Feb. 24	9:00 a.m.-1:00p.m.	\$30	Virtual via Zoom
Thursday	May 19	5:30-9:30 p.m.	\$30	Zoom & NPSfi* Cafeteria

Effective Communication Strategies

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.

Wednesday	Mar. 23	6:30-7:30 p.m.	FREE	Virtual via Zoom
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Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss.

Thursday	Apr. 7	6:30-7:30 p.m.	FREE	Virtual via Zoom
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Medicare 101

Learn the basics that you need to know to select the best Medicare plan for you.

Wednesday	Apr. 20	6:30-8 p.m.	FREE	FC Room III
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Health Care Directives

We will equip you with the knowledge and resources you need to create your directive—and help ensure that decisions are based on your values and preferences, even if you are unable to make them yourself.

Tuesday	May 10	6:30-7:30 p.m.	FREE	FC Room III
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Understanding & Responding to Dementia-Related Behavior

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Wednesday	May 11	6:30-7:30 p.m.	FREE	FC Room III
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SENIOR

4

Instant Pot Winter Wellness Bowl Meal Prep

You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer!

Thursday	Jan. 27	6:30-8 p.m.	\$20	Virtual via Zoom
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Great MN Hotdish

We will use fresh ingredients (no canned soups) and do easy preparation for a family meal or make impressive elegant company fare for friends or crowd-pleasing recipes for a potluck.

Monday	Jan. 31	6-9 p.m.	\$35 + \$15 supply fee	Fridley Community Center
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Instant Pot Basics

It's time to finally use that Instant Pot! In this 4-part online Zoom class, you'll learn how to make breakfasts through dinners and appetizers through desserts!

Thursdays	Feb. 3, 10, 17, 24	6:30-8 p.m.	\$80 (4 classes)	Virtual via Zoom
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Quick and Easy Appetizers

We'll create over 20 appetizers that require less than 30 mins, from start-finish! You'll also learn special tips to create an appetizer party!

Monday	Mar. 7	6-9 p.m.	\$35 + \$15 supply fee	Fridley Community Center
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Chili Night with your Instant Pot

The electric pressure cooker makes a faster and more flavorful Pot of chili compared to stovetop or slow cooker—and you can make your sides in the Instant Pot, too!

Tuesday	Mar. 8	6:30-8 p.m.	\$20	Virtual via Zoom
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Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious!

Tuesday	Apr. 19	6:30-8 p.m.	\$20	Virtual via Zoom
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Home Buyer Seminar

All your home buying questions answered - plus the answers you didn't know you needed!

Tuesday	Jan. 18	6:30-7:30 p.m.	FREE	Microsoft Teams
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Saturday	Jan. 22	10:30-11:30 a.m.	FREE	Microsoft Teams
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Electric Vehicles Are Here, Why, What, and How?

This presentation dives into the technology behind the shift to electric vehicles, the models available in the US, and how people use and charge their EVs, followed by an attendee Q&A.

Wednesday	Feb. 16	6:30-8 p.m.	FREE	Virtual via Zoom
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Sewing Machine Maintenance

Have a sewing machine that isn't running well? Bring your sewing machine and get ready to work on it! Class size is limited to provide more hands-on instruction time. This class fills up fast!

Tuesday	Mar. 22	6:30-7:30 p.m.	\$10	FC Room 111
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Recycling Tour

Touring the Second Chance Recycling Location where they dismantle and recycle mattresses and box springs.

Thursday	Mar. 24	1-4 p.m.	FREE	Murzyn Hall Parking Lot 530 Mill St. NE
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Building a Better Backyard for Pollinators

This class will introduce the idea of landscaping that deliberately keeps pollinators' habitats in mind with plants that offer food, cover, and nesting sites.

Monday	Apr. 18	6-7 p.m.	FREE	Columbia Heights Library 3939 Central Ave NE
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Conceptual Crafts

Explore hybrid approaches to art-making such as Craftivism, performative craft, dysfunctional craft, ephemeral art, and wearable art.

Saturday

Apr. 30

10 a.m.-12 p.m.

\$18

Virtual via Zoom

Architect Alley Walking Tour

The tour with urban historian, Kathy Kullberg, will focus on this historic little-known street tucked away a corner of Hennepin County, the six architects, house designs, and the last days of the competition.

Wednesday

May 4

5-6 p.m.

\$10

NE 36th Ave & Architect Ave

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 Melissa King at 763.528.4591 or KingM@colheights.k12.mn.us.

WELLNESS

Yoga
Come explore this ancient exercise system that strengthens the body while calming and focusing the mind.

Hybrid Class both on Zoom and in-person. Classes will move to North Park School for Innovation (NPSfl) beginning in March.

Tuesdays	Jan. 4, 11, 18, 25	5:30-6:30 p.m.	\$36 (4 classes)	Zoom & Rm 113
Tuesdays	Feb. 1, 8, 15, 22	5:30-6:30 p.m.	\$36 (4 classes)	Zoom & Rm 113
Tuesdays	Mar. 1, 8, 15, 22, 29	5:30-6:30 p.m.	\$45 (5 classes)	Zoom & NPSfl Gym
Tuesdays	Apr. 5, 12, 19, 26	5:30-6:30 p.m.	\$36 (4 classes)	Zoom & NPSfl Gym
Tuesdays	May 3, 10, 17, 24, 31	5:30-6:30 p.m.	\$45 (5 classes)	Zoom & NPSfl Gym

EQUITY

Islam 101
This class will introduce basic terminology, demographics and differences between religion and culture.

Wednesday **Feb. 9** **6:30-8 p.m.** **FREE** **In-person, FC Room 111**

Women in Islam

This presentation covers Islamic teachings about the different roles of Muslim women in society, including cultural differences.

Thursday **Feb. 24** **6:30-8 p.m.** **FREE** **In-person, FC Room 111**

Mississippi Watershed Protection

Centering Community Perspectives in Watershed Protection with Mississippi Watershed Management Organization.

Tuesday **Apr. 19** **6:30-8 p.m.** **FREE** **Virtual via Zoom**

Discussion Race and Racism*

Let's practice discussing race and racism in healthy, productive ways. This group is designed for white people, but all are welcome.

Wednesdays **May 4, 11, 18, 25** **6:30-9 p.m.** **FREE** **First Lutheran Church
1555 40th Ave NE**

LGBTQIA+ Equity*

Join us as we learn and discuss LGBTQIA+ identities, language, oppression, impact, and allyship.

Thursday **May 12** **6:30-8 p.m.** **FREE** **Virtual via Zoom**

**Equity classes provided in collaboration with HeightsNEXT.*

HeightsNEXT is a local 501(c)3 organization whose mission is to build a resilient and sustainable community in Columbia Heights. For more information, visit [HeightsNEXT.org](https://heightsnext.org).



HeightsNEXT



Columbia Heights Public Schools 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.

Metro North Adult Basic Education

English as a Second (or other) Language (ESL) | Beginning / Level 1A

Monday-Friday	9 a.m.-12:30 p.m.	In-person/On-site
Tuesday-Thursday	6-8 p.m.	In-person/On-site

ESL - Levels 1/2

Monday-Thursday	9:30 a.m.-12 p.m.	Online
Tuesday-Thursday	6-8 p.m.	Online

ESL - Levels 3/4/5

Monday-Friday	9:30 a.m.-12 p.m.	Online
Tuesday-Thursday	6-8 p.m.	Online

Reading, Writing, Math, GED Preparation

Monday-Thursday	9:30 a.m.- 12 p.m.	Online
Tuesday & Thursday	6-8 p.m.	Online

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.



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. Email address MUST be included during registration. 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.



All classes are held 3:15-6:15 p.m. in CHHS Room 115

Monday-Thursday	Feb. 28, Mar. 1, 2, 3
Monday-Wednesday	Mar. 7, 8, 9
Monday-Wednesday	Mar. 14, 15, 16

Additional sessions will be offered in Summer

The following MUST be provided during registration:

- Student full legal name (first, middle and last)
- Home address
- Parent email addresses
- Student date of birth
- Student email address
- Parent phone numbers

A Letter from Superintendent Stenvik

Dear Community Members,

On behalf of Columbia Heights Public Schools, I want to express our sincere gratitude for the community's support for our programs in Early Childhood, K-12 and Adult Education. Although there are many challenges this year, largely due to the pandemic, we are prioritizing in-person learning, with strategies in place for safe learning environments. Our students and staff have demonstrated great resilience as we "Heighten Up" with programs back in full swing this school year. Please check out our offerings in Community Education or attend a school play, performance or sporting event. We value your participation in these Community Ed offerings and hope to see you take advantage of everything we have here in Columbia Heights.



Heights Pride!

Zena Stenvik
Superintendent
Columbia Heights Public Schools



North Park School for Innovation Attending the Green Schools Conference

North Park School for Innovation (NPSfi) attended the Green Schools Summit in December 2021 in Colorado. NPSfi Principal Jeff Cacek was joined by John Pfluger, Jen Garman, and Devon Clark of Cuningham Group at this conference (Cacek joining via Zoom) for a presentation discussing "Net-Zero Across the Nation."

"What can we learn from a small midwestern school with big zero carbon dreams? The power of vision and determination to create opportunities to reach net zero at a small scale, and simultaneously make a huge social impact."

"Focused on building closed loop systems for energy and waste to achieve a zero-carbon goal – the school was designed to use those same systems to meaningfully engage students with nature and science and connect them with the world around them. The success at North Park School for Innovation is the story of a principal teaming with the Cuningham design team to explore creative solutions to making consistent progress toward these goals for more than a decade using strategies for design, programming, and funding that are applicable to schools across the nation."



 **North Park School for Innovation**
STEM • Creativity • Sustainability

Upgrades in District Facilities Support Learning and Save Energy

Facility upgrades are funded through multiple sources including long-term facilities maintenance, capital projects levy, regular district capital funding and the 2019 bond referendum.

Columbia Heights High School:

- New secure entrances and check-in point at front office
- Fire doors added to rooms
- Renovated Blooming Heights classroom
- Updated Family & Consumer Science (FACS) classroom and new appliances

Columbia Heights High School & District Office New Roof:

- Replaced top layer (tar, sealant, gravel)
- Higher up from previous roof
- Water runs to the drains better due to angling
- More energy efficient/solar panels
- Redoing sections from 1980s and 1990s
- East section done. West section construction beginning in Spring 2022
- Project will be completed Summer 2022

North Park School for Innovation:

- New windows, doors, and frames making the building more energy efficient
- Heating/Cooling controlled better due to upgrades

Valley View Elementary:

- New Boilers



Columbia Academy Robotics Team Awarded Boston Scientific Grant

Columbia Heights Public Schools (CHPS) is excited to announce that our five Columbia Academy (CA) Robotics teams have each been awarded a grant from Boston Scientific for \$500 per team. The students involved on the robotics team compete through a program called High Tech Kids which runs all of the robotics programs in the state of Minnesota.

FIRST Tech Challenge helps students develop STEM skills and practice engineering principles, and learning the value of hard work, innovation, and working as a team.

CA Teacher and Robotics Coach Ariel Orcutt has students involved in the world-wide program called FIRST Tech Challenge, where students in grades 7-12 design, build, and program robots to accomplish a given task. "The task changes every year, so the students each year have something new to tackle! We have five large teams this year!"



ENCORE

21st-Century Community Learning Center



ENCORE offers extended learning opportunities focused on technology, arts, environmental studies, health/fitness and academic support. All class offerings are designed to provide students with the skills they will use to be successful in college and careers.

ENCORE is available to students in grades 1-12 who attend CHPS or live within District boundaries. Columbia Heights Recreation and the Columbia Heights Library are partners in offering ENCORE programming after school, on non-school days and in the summer.

<https://www.colheights.k12.mn.us/encore>

<https://www.columbiaheightsmn.gov/departments/recreation/index.php>

<https://www.columbiaheightsmn.gov/departments/library/index.php>



Registration information will be sent to families in February



Coming Soon to ENCORE...

Columbia Heights Public Schools will offer a FREE mentoring program in partnership with the University of Minnesota. Middle School and High School students can participate in social emotional learning, nutrition and physical activity supported by U of M student mentors.

Additional details will be shared in mid-February

Accelerating Academics by Increasing Reading Intervention

Highland: Lynn Maxwell & Cheryl Felling
North Park: Angela Noll & Elisabeth Cleveland
Valley View: Steve Rosas & Carla Anderson

What do Reading Interventionists do?

- The purpose is to provide instruction to assist students who need additional academic support to succeed in the general education environment.
- They work with small groups of students to provide intensive reading instruction and collaborate with classroom teachers.



Pictured: Cleveland (L) & Noll (R)

"Every student blooms at their own pace"
- Rosas



"I love sharing my passion for reading with my students."
- Noll



Pictured: Maxwell (L) & Felling (R)

"I like seeing the progress and the kids' faces light up when they decode a word or read a passage." - Felling

"It is a great feeling when students tell me they want to stay in my classroom. I had a student tell me that when she grows up, she wants to be a reading teacher just like me!" - Maxwell

Child Care

Adventure Club | Kindergarten-Grade 5

Adventure Club programming facilitates a variety of activities to promote learning beyond the classroom including arts & crafts, guided group time, themed activities, dramatic play, cooking, games, outdoor play, science and more!

Hours, Dates, Locations & Fees

2:20-6 p.m. Regular School Days | 6:30 a.m.-6 p.m. Non-School Days
Programming is available at Highland, North Park and Valley View Elementary Schools.
Open most school vacations and non-school days.



Program Fees* Per Child	Registration Fee	After School	Non-School Day
	\$25	\$20.50	\$46

*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. **Space is limited.**

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.



Weekly Program Fees* Per Child	5 Days	4 Days	3 Days	2 Days	1 Day
	\$296	\$250	\$197	\$139	\$71

*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.

Learn More

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

Enroll your child in PreK 3 or PreK 4 for an essential educational experience!

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.



Become a Hylander today!

ENROLL NOW >

colheights.k12.mn.us | 763.528.4426

Super Saturdays | Registration Required

Join us for Saturday morning fun once per month! Children and families enjoy activities and stories together based on the theme. Ages 2-5.

Saturdays 9:30-10:30 a.m. FC Rooms 103-104 \$5 per child per session

- Jan. 8 Experiment with Science
- Feb. 12 Music and Movement
- Mar. 12 Build It!
- Apr. 23 In the Garden
- May 14 Art Creations



Early Childhood

For more information about Early Childhood offerings, or to register, visit colheights.k12.mn.us/CommunityEd.

All Early Childhood Family Education (ECFE) classes have the same sliding fee scale and are held in the same location (FC Rooms 102-104). Rates are the for the entire year and will be prorated based upon start date.

\$24 (\$0-18,999)	\$66 (\$19,000-29,999)	\$106 (\$30,000-49,999)	\$148 (\$50,000+)
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Birth to Two | Birth to 23 months as of Sept. 1

As your young child grows, you encounter milestones and new experiences together! Start your morning by connecting with other families, who are experiencing similar joys and challenges of infants and toddlers. Enjoy engaging activities and group time with your child and gradual separation to an educator-led discussion with other parents/caregivers for part of the class time.

Thursdays through **June 2** **9-10:30 a.m.**

Terrific Toddlers | 12-35 months as of Sept. 1

Toddlers are curious and busy! Spend time with your child, exploring and engaging in activities, songs, and stories in the classroom for part of the morning. Engage in discussion with other parents/caregivers in an educator-led discussion, while your child interacts with peers and fun activities.

Tuesdays through **May 31** **9-10:30 a.m.**

Grow With Me | Birth to 5 years as of Sept. 1

This class is a time to enjoy learning and playing together through activities designed for you and your child(ren). Boost your parenting/caregiving skills through an educator-led discussion for part of the class, while your child(ren) enjoy interacting with their peers.

Wednesdays through **June 1** **9-10:30 a.m.**

Play & Learn | Birth to 5 years as of Sept. 1

Play & Learn is a great way to connect with your child(ren) after a long day! Join other families for fun activities and group time, followed by an educator-led discussion for part of the class, while your children enjoy connecting with peers and activities.

Tuesdays through **May 31** **4-5:30 p.m.**

Virtual ECFE | Birth to 5 years as of Sept. 1

This class offers families an opportunity to interact with other families from the comfort of their homes. Teacher led group time with music and stories. Activities provided on Seesaw and materials available for pick-up each month.

Mondays through **May 23** **9-10 a.m. for all students**

NEW Weekly Parent Connections (Adult Only) - FREE

Connect, ask questions, learn about a variety of topics that address parenting children from birth to age five with our licensed Parent Educator. Attend as often as you are able to. Registration required for more information. Flexibility to include a virtual option as needed.

Mondays through **May 23** **9-10 a.m.**

ECFE for Multilingual Learners with Transportation (Spanish Only) | Birth to 5 years as of Sept. 1

This class is designed to teach child development and basic English to both children and their parents through play and discussion. Families will enjoy learning and playing together through activities and group time with songs and stories. Parents will meet with our parent educator to learn about child development, ask questions, and receive parenting support, while learning basic English. For families with home language of Spanish. (Spanish Interpreter provided).

Tuesdays through **May 31** **11:45 a.m.-1:45 p.m.**

ECFE para estudiantes multilingües con transporte (solo en español) | nacimiento hasta los 5 años a partir del 1 de septiembre

Esta clase está diseñada para enseñar el desarrollo infantil y el inglés básico tanto a los niños como a sus padres a través del juego y la discusión. Las familias disfrutarán aprendiendo y jugando juntas a través de actividades y tiempo en grupo con canciones e historias. Los padres se reunirán con nuestro educador de padres para aprender sobre el desarrollo infantil, hacer preguntas y recibir apoyo para padres, mientras aprenden inglés básico. Para familias cuyo idioma materno es el español. Se proporciona intérprete de español.

Martes al **31 de mayo** **11:45 a.m.-1:45 p.m.**

ECFE for Multilingual Learners with Transportation | Birth to 5 years as of Sept. 1

This class is designed to teach child development and basic English to both children and their parents through play and discussion. Families will enjoy learning and playing together through activities and group time with songs and stories. Parents will meet with our parent educator to learn about child development, ask questions, and receive parenting support, while learning basic English. For families with any home language. (Spanish Interpreter provided).

Wednesdays through **June 1** **11:45 a.m.-1:45 p.m.**

ECFE

Multilingual Learners

Early Childhood Drop-In Pass

Purchase a Drop-In Pass for the 2021-2022 school year and attend any drop-in class requiring payment at no additional cost.

Drop-In Pass Valid through May 2022 Fee: \$50



Drop-In & Play | Birth to 5 years as of Sept. 1

Looking for something fun to do with your child? Drop in with your child to play and learn in a classroom rich with materials to explore. Enjoy activities including art creations, songs, and stories with our Early Childhood Educator.

Mondays	through May 28	11 a.m.-12 p.m.	FC Rooms 103/104	\$5 per family collected at door OR EC Drop-In Pass
Thursdays	through June 2	11 a.m.-12 p.m.	FC Rooms 103/104	\$5 per family collected at door OR EC Drop-In Pass

In Partnership with the CH Library

Join us for our collaboration with the CH Public Library! Our licensed parent educator will be available to talk to parents and caregivers about child development, parenting, and early childhood opportunities available in our programs. There is no cost to attend.

Baby Read, Baby Grow | Birth to 18 months as of Sept. 1

This opportunity includes a "Welcome Baby" bag for each new family.

Thursdays Jan. 27 - Apr. 14 10:30 a.m.

Family Story Time | All ages

Includes songs, stories, and activities. This opportunity includes a "Welcome to CHPS" bag for each new family.

Mondays Jan. 24 - Apr. 11 10:30 a.m.

Parenting Seminars

Join us for these FREE adult educational opportunities! Gain information and learn about strategies to support children. Share experiences with other parents/caregivers and ask questions of our licensed Parent Educator. Spanish and Somali interpreters available upon request. Child care not available. Pre-registration is required. For seminar details, visit colheights.k12.mn.us/ECFE.

Mondays 6-7:30 p.m. Family Center

Jan. 24	Promoting Literacy in the Home (Focus Age: 8 and under)
Mar. 14	Sleep Matters (Focus Age: 18 and under)
Apr. 11	Recognizing Anxiety in Children/Mindfulness Activities (Focus Age: 8 and under)
May 16	Food Habits (Focus Age: 8 and under)

Early Childhood Screening

Promote positive health and developmental outcomes and kindergarten readiness starting at the age of three (3) years. During screening your child's speech, motor, and cognitive skills are reviewed. Your child will have their height, weight, vision, and hearing checked. You will participate in a summary interview to review the screening process, social and emotional skills, and discuss any concerns you may have. Screenings last approximately 60 minutes and are held at the Family Center. To schedule an appointment, call 763.528.4517.

Friday	Jan. 7	8:30 a.m.-1 p.m.	Friday	Apr. 1	8:30 a.m.-1 p.m.
Monday	Jan. 10	12:30-7 p.m.	Monday	Apr. 4	12:30-7 p.m.
Friday	Feb. 4	8:30 a.m.-1 p.m.	Thursday	Apr. 7	8 a.m.-12 p.m.
Monday	Feb. 7	12:30-7 p.m.	Friday	May 6	8:30 a.m.-1 p.m.
Friday	Mar. 4	8:30 a.m.-1 p.m.	Monday	May 9	12:30-7 p.m.
Monday	Mar. 7	8:30 a.m.-1 p.m.			

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: FREE Early Childhood Drop-In Pass, providing input and feedback, 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 recently had a baby, moved, or did not receive this catalog in the mail, contact the Community Education office at 763.528.4517.

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 simply have questions about their child's development. 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 763.528.4546 for more information.

PreK

Register now!
Space available in PreK 3 and PreK 4 for the current 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	8:15-11:45 a.m.	FC Room 112	Tues/Thurs	8:15-11:45 a.m.	FC Room 112
	11:45 a.m.-2:15 p.m.	FC Room 112		11:45 a.m.-2:15 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. Bussing 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 am. **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

PreK Registration
Begins January 3 for 2022-2023 School Year!

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.



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



Columbia Heights Public School District #13
1440 49th Ave. NE
Columbia Heights, MN 55421-1939

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