

Community CONNECTIONS

District News • Community Ed Offerings • and more!



Read More About Pickleball on Page 5!

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

1440 49th Ave. NE, Columbia Heights, MN 55421 • 763.528.4517 • colheights.k12.mn.us/CommunityEd • Weekdays, 7:30 a.m.-4 p.m.
The Community Education Office will be closed: Dec. 23-26, Dec. 30, Jan. 2, Feb. 20, Apr. 7 and May 19

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CHPS Staff Spotlight

Sarah Durst - Columbia Academy Principal's Administrative Assistant

One thing you may not know about Sarah is that she is an avid runner! She started running in 2018 with the running group, Moms on the Run. When she first started running, the goal was to run a 5K, but since joining the group, Sarah has completed numerous 5Ks, 10Ks, three half marathons and 7 Ragnar Relays! Her first marathon was the New York City Marathon in 2021, then the Grandma's Marathon in June 2022, and she just completed her second New York City Marathon on November 6, 2022. Her running group raises money for the organization EmpowerHER, which is a nonprofit on a mission to empower, support and connect girls and young women who have lost their mothers. They are a nonprofit organization that utilizes extra fundraising by being a charity bib sponsor for the NYC Marathon. Sarah applied with their charity in 2021 and was selected that year to run on their behalf. She has been a part of the team for two years and has raised \$8000.



Abby and Jacob Endres - PreK 3 Teaching Assistant and CHHS Girls Tennis Coach

During the school year, you can usually find Abby in the CHPS Family Center working in the PreK 3 classroom. Her husband Jacob is also employed by CHPS as the Head Girls Tennis Coach. But in the summer, they spend a lot of their time outdoors and Up North! They each work at Camp Chippewa, which was established in 1935 and hosts about 150 campers each summer.

As program director, Abby coordinates the camper and staff activity schedules and oversees the session schedules. She also teaches climbing and nature activities. Jacob heads up the canoe tripping program and leads extended wilderness canoe trips in Canada!

Amber Bromley - Highland Elementary Phy. Ed Teacher

When she's not keeping our young Highland students active, Amber is helping out on her family's pumpkin farm: Anoka County Farms! Anoka County Farms is located in Ham Lake, MN on Bunker Lake Blvd. In 2007, her husband and his dad began selling pumpkins and doing hayrides. Since opening, they have added new attractions every year. Anoka County Farms is now a local fall attraction. They sell a variety of pumpkins, squash and gourds. Activities include hayrides, pumpkin painting in the barn, a bounce house, corn pit, pumpkin bowling and much more! There are baby farm animals like chicks, ducklings and bunnies, along with goats and pigs! Amber drives around the tractor in the front of the barrel train. Anoka County Farms is open every year mid-September through the end of October. Make sure to put it on your to-do next fall!



Elizabeth Loper - District-Wide Substitute

Elizabeth is constantly moving around, working at all three elementary schools, but her movement doesn't end there. She is an endurance gravel cyclist and bike commutes to work every day (even in the cold and snow). Elizabeth has been biking for the past 6 years but in 2021 she started riding gravel and racing. Her favorite races are ultra-endurance gravel events. These are races that are 100+ miles, they take 10+ hours, and are on a variety of unpaved surfaces. Some of her recent favorites have been Heck of the North and the Filthy50. She loves the challenge of racing in these events and the feeling of finishing something most people won't even start. She has started to document these adventures on her YouTube channel, Beth Bikes.

"I don't win, but there is so much fun in the adventure. The endorphins make all the pain worth it. Runner's high doesn't just apply to runners, bike races get the same feeling. The biking community is something that is so supportive. Here is where I have met some of my best friends."

Scott Roehm - Columbia Heights High School Work-Based Learning Teacher

There are a lot of opportunities for CHHS students to take classes in all different kinds of fields. One of the classes that helps prepare students for their future is Work-Based Learning. Scott also teaches Resource English, Resource Algebra, Study Skill, Work Seminar and is in charge of the Genesys Works program, STRIVE and the work program at CHHS.

Scott received the Genesys Works School Champion Award this year for his work with the program. The criteria for the award includes: believes in and has excitement for Genesys Works, has been a partner for at least one year, has responsive engagement with SCP Team throughout the school year, strong connection to school community and culture, recruitment efforts outside of GW, supports young professionals who are in the program, and more!



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. The term senior applies to ages 65+. For full class descriptions and instructor bios, visit colheights.k12.mn.us/CommunityEd.

For virtual classes, Zoom 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.

SENIOR

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	Jan. 25 & 26	5:30-9:30 p.m.	\$30 (2 classes)	Zoom/CHPS FC Room 111
Tues & Wed	Mar. 14 & 15	1:30-5:30 p.m.	\$30 (2 classes)	Zoom Only

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.

Wednesday	Feb. 15	5:30-9:30 p.m.	\$30	Zoom/CHPS FC Room 111
Tuesday	Mar. 21	9 a.m.-1 p.m.	\$30	Zoom Only

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

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

Tuesday	Feb. 16	6:30-7:30 p.m.	FREE	Zoom
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MN State Capitol Tour

On the tour we will see the second-largest self-supported marble dome in the world. The exterior marble cleaned and repaired, decorative art, murals and paintings restored to original 1905 patterns and colors, exposed limestone foundation walls and new public spaces in basement, stories about the Capitol's history, art and architecture, the chambers where government decisions are made, weather permitting, walk to the Quadriga (golden horses) on the roof. We will meet at Murzyn Hall and depart promptly at 10am and head to Cosetta's Restaurant for a nice lunch together (meal fee not included in \$13 registration fee, you will need to bring additional money for your food) then we will head over to the Capitol to start our tour at 1:00pm. The tour will last 45 min. We will depart from there back to Murzyn Hall to arrive approx. 2:30-3:00p.m. **REGISTRATION DEADLINE is Feb. 17, 2023.** Van is not handicap accessible.

*Senior discount already applied.

Saturday	Feb. 25	10 a.m.-3:00 p.m.	\$13	Meet at Murzyn Hall 530 Mill St. NE, CH 55421
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Understanding & Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia communicate their needs and feelings, as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. 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.

Thursday	Mar. 30	6:30-7:30 p.m.	FREE	Zoom
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Como Conservatory Tour

On this self-led tour, travel through the many gardens of the Marjorie McNeely Conservatory as you explore the Jewel of Como and learn about its rich history. We will meet at Murzyn Hall and depart at 9:30 a.m. Following the tour, we will head over to House of Wong for a nice lunch together (meal fee not included in \$13 registration fee, you will need to bring additional money for your food), and once we are finished with lunch we will head back to Murzyn Hall to our vehicles. **REGISTRATION DEADLINE IS APR. 21, 2023.** Van is not handicap accessible. *Senior discount already applied.

Saturday	Apr. 22	9 a.m.-1:30 p.m.	\$13	Meet at Murzyn Hall 530 Mill St. NE, CH 55421
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CarFit

CarFit is an educational program through AARP, AAA and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them. At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Saturday	May 20	1:30-4:30 p.m.	FREE	530 Mill St. NE, CH 55421 Parking Lot in the Back
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AdultEnrichment

Columbia Heights Public Schools

4

Breakfast Meal Prep

Need new make-ahead breakfast recipes to start your day in a healthy way? Join Kirsten live online from her kitchen where she'll demonstrate Air Fryer Poached Eggs, Instant Pot Steel-cut Oats, Chimichanga Breakfast Burritos, Overnight Breakfast Grain Bowls, Egg Bites 3 Ways and more!

Thursday	Jan. 26	6:30-8 p.m.	\$20	Virtual via Zoom
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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, lunches and dinners, along with appetizers and desserts!

Thursdays	Feb. 2, 9, 16, 23	6:30-8 p.m.	\$75 (4 classes)	Virtual via Zoom
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Instant Pot Noodle Soups

Cook Along With Me Noodle Soups: Discover how easy it is to make soups in the Instant Pot and have a pot of hot soup ready to eat at the end of class! In this online class Kirsten will walk you through making Italian Sausage Tortellini Soup while you follow along in your kitchen. She will also demonstrate Chicken Wonton Soup and a vegan Minestrone soup while our meals are cooking.

Thursday	Mar. 2	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! In this class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes.

Thursday	Apr. 13	6:30-8 p.m.	\$20	Virtual via Zoom
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Drop-In Pickleball

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport. Paddles and pickleballs are very limited, it's recommended bringing your own if possible. **We will have a Free drop-in day on Jan. 14th for people to try out and get to know the sport, if you feel that this is something you want to continue to do you will be able to purchase a punch card for \$30 that will have 5 punches on it, and you will be able to purchase a new punch card once you reach your last punch. If using a card we recommend paying ahead of time due to processing the payment, we will need to wait for payment approval before giving you the card. Cards can only be processed during the weekday.**

Saturdays	Jan. 14-May 27	Session #1 - 9-10:30 a.m. Session #2 - 10:30 a.m.-12 p.m.	Highland Elementary Gym
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Feeding Birds in Winter

We are happy to be partnering with the Columbia Heights Public Library. Minnesotans, including the birds, are hardy enough to get through our tough winters. However, there are some things you can do to give the birds a little help. We will talk about birds that might visit your yard during the winter, as well as seed, feeders, and plants that are great "feeders" themselves. **Call the Columbia Heights Public Library to register: 763-706-3690 or visit <https://anokacounty.libcal.com/event/9892116>**

Tuesday	Jan. 17	5:30-6:30 p.m.	FREE	CH Public Library 3939 Central Ave. NE
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Home Buyer Seminar

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

Tuesdays	Feb. 7 & May 9	5:30-6:30 p.m.	FREE	Zoom
Saturdays	Feb. 11 & May 13	10:30-11:30 a.m.	FREE	Zoom

Selling Your Home

This home selling seminar is taught by a local realtor who will cover each step of the process, so you walk away feeling confident and prepared. It will give you a pathway to listing your home.

Tuesdays	Feb. 21 & May 16	5:30-6:30 p.m.	FREE	Zoom
Saturdays	Feb. 25 & May 20	10:30-11:30 a.m.	FREE	Zoom

Abstract Art 101

Abstract Art, in practice, is the creation of artwork that does not explicitly represent reality but uses a multitude of shapes, colors, forms and art tools to achieve a specific effect. Students will take home their creative art that will be displayed on a 16x20 canvas. Materials are included in the cost of the class.

Saturday Jan. 21 1-3 p.m. \$43 CHHS Art Room 98

Beginner Knitting

You'll learn all of the basics to get you started! Casting on, knit stitch, purl stitch, binding off, picking up stitches, reading patterns and of course, fixing any problems that occur along the way. Knitting is something that you can take with you anywhere, producing items that will be both used and cherished. A list of materials will be emailed prior to the first-class session. We will be making dish cloths and hats! Class fee includes materials.

Thursdays Mar. 9, 16, 23, 30 7-8:30 p.m. \$80 CHPS FC Room 111

Photo Organization (Print & Digital)

Having organized photos ensures peace of mind. Develop a system to get every printed photo, digital photo and all of your memorabilia organized, once and for all. Learn about scanners and scanning for slides, movies, prints as well as backing up and cloud storage options. You'll leave with a plan for a system that allows you to access every photo you own in seconds!

Tuesday Mar. 14 6:30-8:30 p.m. \$13 CHPS FC Room 111

Basic Beginner Quilting

Are you looking to use half square or quarter square triangles in a quilt but don't know where to start? This is the class for you! You will make a lap size quilt top using these and strip piecing. You will also learn about sashing and how to do borders correctly. The mystery will be lifted and you will be able to go on to make those quilts you were unsure about with confidence. A sewing machine in good working order is required. Supplies not provided list will be emailed to you when you register.

Mondays Apr. 3, 10, 17 6-8:30 p.m. \$45 CHPS FC Room 100

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.

Yoga

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. You'll need a yoga mat and comfortable clothes. Locations: *Fridley Community Center (6085 7th St. NE, Fridley, MN 55432) | Columbia Heights Family Center (1440 49th Ave. NE, Columbia Heights, MN 55421 - Room 113)*

Tuesdays	Jan. 3, 10, 17, 24, 31	6-7 p.m.	\$45 (5 classes)	Fridley Community Center
Tuesdays	Feb. 7, 14, 21, 28	6-7 p.m.	\$36 (4 classes)	Fridley Community Center
Tuesdays	Mar. 7, 14, 21, 28	6-7 p.m.	\$36 (4 classes)	Fridley Community Center
Tuesdays	Apr. 4, 11, 18, 25	6-7 p.m.	\$36 (4 classes)	Fridley Community Center
Tuesdays	May 2, 9, 16, 23, 30	6-7 p.m.	\$45 (5 classes)	Fridley Community Center
Wednesdays	Jan. 4, 11, 18, 25	4:30-5:30 p.m.	\$36 (4 classes)	CHPS FC Room 113
Wednesdays	Feb. 1, 8, 15, 22	4:30-5:30 p.m.	\$36 (4 classes)	CHPS FC Room 113
Wednesdays	Mar. 1, 8, 15, 22, 29	4:30-5:30 p.m.	\$45 (5 classes)	CHPS FC Room 113
Wednesdays	Apr. 5, 12, 19, 26	4:30-5:30 p.m.	\$36 (4 classes)	CHPS FC Room 113
Wednesdays	May 3, 10, 17, 24, 31	4:30-5:30 p.m.	\$45 (5 classes)	CHPS FC Room 113

Reducing Stress and Anxiety Naturally

Is stress and anxiety high in your life creating burnout? Come to this class to learn simple tools to provide relief for yourself and your loved ones. There will be a presentation, discussion and time for reflection.

Wednesday February 8 6:30-7:45 p.m. \$12 (1 class) CHPS FC Room 111

Home-School-Community

CHPS Cultural Liaison Leueen and her husband Orlando will teach about learning together to educate our children. We will learn new tools so that our children can succeed in their studies and their personal life. You will learn techniques to manage your time and your finances. You will learn to identify and understand the importance of rules, obligations, privileges and how to stay active. You will learn to read product labels to make better decisions and to have a healthy lifestyle. In these six sessions we will talk about home life, school and navigating the community. All six classes are required, you will receive handouts to accompany the class. Included in these classes you will learn safety in the community and everyday life. No children please. **Classes will be in Spanish.**

Thursdays April 20, 27 & May 4, 11, 18, 25

6-8 p.m.

\$40 for 6 sessions

CHPS FC Room 100

Hogar-Escuela-Comunidad

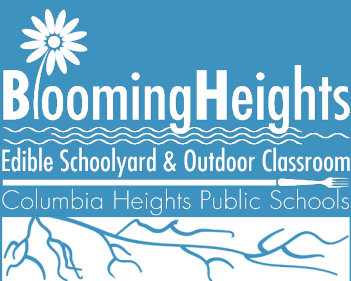
Leueen y Orlando enseñarán sobre como aprender juntos a educar a nuestros hijos. Aprenderemos nuevas herramientas para que nuestros hijos puedan triunfar en sus estudios y en su vida personal. Aprenderán técnicas para administrar su tiempo y sus finanzas. Aprenderán a identificar y comprender la importancia de las reglas, las obligaciones, los privilegios y cómo mantenerse activo. Aprenderán a leer las etiquetas de los productos para tomar mejores decisiones y tener un estilo de vida saludable. En estas seis sesiones hablaremos sobre la vida en el hogar, la escuela y como navegar en la comunidad. Incluiremos en estas clases, la seguridad en la comunidad y la vida cotidiana. Se requiere la participación en las seis clases, recibirán folletos en cada una de las clase y certificado de participación. Sin niños por favor. **Las clases serán en español.**

Jueves 20 y 27 de Abril & 4, 11, 18, 25 de Mayo

6-8 p.m.

\$40 por 6 clases

CHPS FC Room 100



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.

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 three-hour classes and the behind-the-wheel portion is three, two-hour private lessons.

Pre-registration is required with a \$205 down payment payable to CHPS Community Education. Classes offered through Safeway Driving School. The additional \$170 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 105

Session 1

Monday-Thursday Feb. 27, 28 & Mar. 1, 2
Monday-Thursday Mar. 6, 7, 8, 9
Monday-Tuesday Mar. 13 & 14

Session 2

Monday-Thursday May 8, 9, 10, 11
Monday-Thursday May 15, 16, 17, 18
Monday-Tuesday May 22, 23

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

Metro North Adult Basic Education

FREE classes for adults!
Day and evening class times available!

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	6-8:30 p.m.	In-person/On-site
ESL - Levels 1/2/3		
Monday-Thursday	9:30 a.m.-12 p.m.	Online
Tuesday-Thursday	6-8:30 p.m.	Online
ESL - Levels 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.- 12:30 p.m.	Online
Tuesday & Thursday	6-8:30 p.m.	Online

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.



Find and Follow Us Online!



@CHPSisd13



facebook.com/CHPSisd13



@CHPSisd13



youtube.com/HeightsTube13

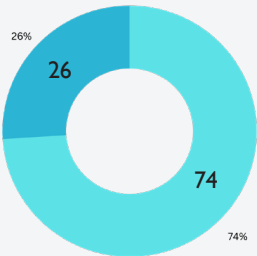
Hylander Highlights

Why People Choose CHPS

1

Learning Opportunities
During & After School

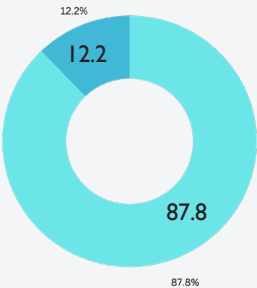
74% of residents trust the school district to do what's best for students



2

Safer Schools

79% of residents believe our local schools are a critical part of our community and would support a property tax increase to keep them strong



3

Diverse Student Population



Students, families, schools and communities in partnership
=
student success.



Congratulations to our CHPS Finance Department for 15 years of this Certificate of Excellence



Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Fall Highlights Provided by the CHPS Activities Department

August

Jacob Endres hired as our new Girls Head Tennis Coach

Robotics Team demonstrated their Robots for STEM Day at the MN State Fair

Hired 5 student "Activities Interns" in partnership with Anoka County Job Training Center - Empowers Youth Program

September

Hosted Youth Soccer Night and Hylander Family Days as a continued opportunity for our community to be involved in CHHS Athletics

CHHS Activities student leaders participated in the Tri-Metro Leadership Conference and the MSHSL Together We Make A Difference initiative

Fall Sports participation numbers increased 22% over last fall, with over 400 student athletes

October

Held pep fests and spirit parades at all five CHPS district schools for Homecoming

Football and Adapted Soccer hosted 1st round of Sections games and won

Boys Soccer Team completed their regular season 12-1

- Tri-Metro Champions
- 2nd Place in Section 4AA

Held a Grand Re-Opening for the newly renovated CHHS Gym

The Heights Herald won 8 awards at the Minnesota State Journalism Convention:

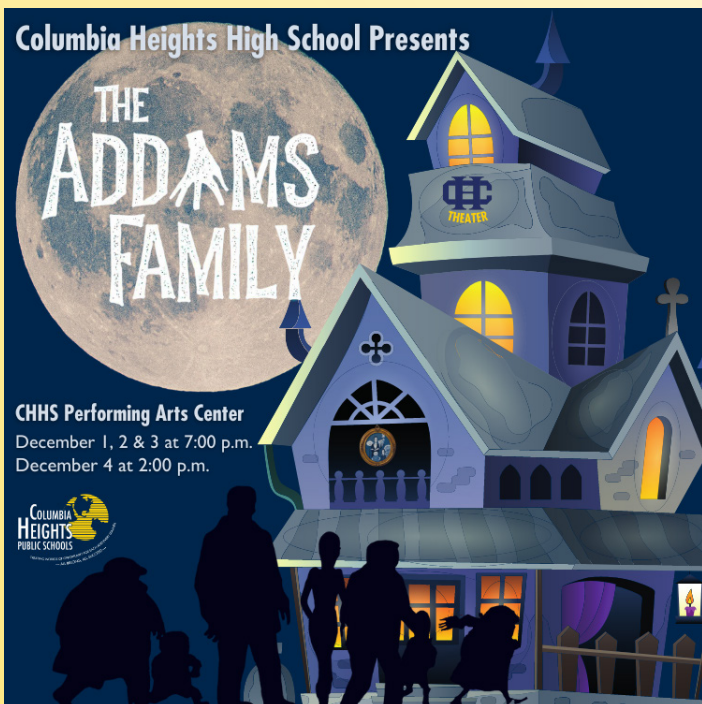
- Best in Show (Newspaper) - Sixth Place - The Heights Herald
- Best in Show (Website) - Eighth Place - The Heights Herald
- Editorial/Opinion - Second Place - Ava Gregorich
- Editorial/Opinion - Third Place - Miski Mohamed
- New Story - Third Place - Kwot Anwey
- Editorial Cartoon - Third Place - Alex Druley
- News Photo - Fourth Place - Kwot Anwey
- Page/Spread Design - Third Place - Kwot Anwey, Tenzin Sonam, Alex Druley, Amara Thompson

Heights News Network (HNN) won 2 awards at the Minnesota State Journalism Convention:

- Best of Show (Broadcast) - Third Place - HNN
- Feature Story (Broadcast) - First Place - Abyan Osman and Liban Barqadle

Three Hylander Boys Soccer players were selected to be on the MSHSL Soccer Coaches Association All-State Teams

- Jason Carpio and Christian Marin Lopez made the All-State First Team
- Jordan Jagt made the All-State Second Team



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





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



Brain Busting Challenges! 6-12th Grade Students!

Bored on your days-off from school? Join us at the Columbia Heights Library for brain busting challenges, delicious food, and fun with your peers! This will also be an opportunity to voice your opinion on current and future out of school time classes. What challenges you may ask? You'll test your knowledge with escape rooms, trivia, break-out boxes, scavenger hunts and more!

Registration recommended, but walk-ins are welcome!
<https://columbiaheightsmn.recdesk.com/Community/Program>

CHHS Senior, Kennedi Dudley, Awarded the National African American Recognition Award

Columbia Heights High School Senior, Kennedi Dudley, was awarded the National African American Recognition Award because of her outstanding academic performance on several College Board tests.

“Receiving this award gives me peace of mind that now I have a solid chance of getting into the colleges that I want to attend. It feels like a real foot in the door as I apply to colleges that have good programs in medicine, which is what I am thinking of studying in college.”

College Board’s four recognition programs—National African American Recognition Program, National Hispanic Recognition Program, National Indigenous Recognition Program, and National Rural and Small-Town Recognition Program—award academic honors to underrepresented students. Students who take eligible administrations of the PSAT/NMSQT, PSAT 10, or AP Exams are considered for awards. Students must also identify as African American/Black, Hispanic/Latinx, Indigenous, or attend high school in a rural area or small town.

Dudley has attended the CHPS district since the beginning of her education, starting at Highland Elementary, continuing at Columbia Academy and is now at Columbia Heights High School where she participates in Volleyball, Gymnastics and Track & Field.

“Attending CHPS has been such great preparation for me as I prepare to go off to college. It has been a place where I have been challenged but also CHPS students really have a chance to have a more personal and supportive relationship with teachers and school administration. It is like being in a family.”



CHHS Students to Represent Student Voice on the CHPS School Board

Columbia Heights Public Schools (CHPS) School Board has chosen two new student school board representatives to replace Jihan Jama and Kwot Anwey, who graduated from CHHS in 2022. The new members are Caroline Raleigh and Anoosha Ali, who will be participating in sub-committees and reporting to the school board on the outcomes of the sub-committee meetings.

Ali expressed interest in CHHS policies and student engagement in her application, stating “I would love to bring different self-expression projects into our school like TEDx conventions or non-profit campaigns like the Thirst Project. Allowing each individual student to reveal their voice and see change is my goal.” Ali has been appointed to the School Board Sub-committee on Policy.

Raleigh commented on wanting to make changes for all people involved in the District, saying “I have a few ideas on how to improve the District to make it better for parents, students and teachers.” Raleigh has been appointed to the School Board Sub-committee on Community Engagement.



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 to Highland, North Park School for Innovation and Valley View students.

Open most school vacations and non-school days.



Program Fees* Per Child	Registration Fee	After School	Non-School Day
	\$25	\$21	\$47

*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
	\$302	\$255	\$201	\$142	\$72

*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!

Early Childhood

For more information about Early Childhood offerings, or to register, visit colheights.k12.mn.us/CommunityEd. ECCE Classes located in the FC.

MULTILINGUAL LEARNERS

ECCE 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.

Tuesdays	Through May 30	12-2 p.m.
OR		
Thursdays	Through June 1	9-11 a.m.

ECCE 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.

Martes	hasta el 30 de mayo	12-2 p.m.
O		
Jueves	hasta el 1 de junio	9-11 a.m.

\$24 (\$0-18,999)	\$66 (\$19,000-29,999)	\$106 (\$30,000-49,999)	\$148 (\$50,000+)
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Terrific Toddlers | 12-35 months as of Sept. 1

Tuesdays **Through May 30** **9-11 a.m.**

Tuesdays **Through May 30** **4-5:30 p.m.**

Wednesdays **Through May 31** **9-11 a.m.**

Wednesdays **Dec. 7-Mar. 1 | Mar. 8-May 31** **11:30 a.m.-1 p.m.**

Mondays	Apr. 17-May 22	9-11 a.m.
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ECFE Short Sessions | 1 to 5 as of Sept. 1 | Create Art

Mondays	Feb. 27-Mar. 13	9-10:30 a.m.
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A young child is sitting in the snow, wearing a blue knit hat with two pom-poms, a purple and blue quilted jacket, purple pants, and pink boots. The child is smiling and looking towards the camera. The background is a snowy, slightly uneven surface.

Early Childhood Drop-In Pass

Purchase a Drop-In Pass for the 2022-2023 school year and attend any drop-in class requiring payment at no additional cost.

Drop-In Pass Valid Through May 2023 Fee: \$50

Drop-In Classes Located in the CHPS Family Center

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 staff.

Mon & Thurs Through May 25

11 a.m.-12 p.m.

\$5 per family collected at door

Not in session: Jan. 2, 16, 30, Feb. 20, Mar. 20, Apr. 3, 6, 10

OR EC Drop-In Pass

Mindful Movement One Day Sessions | Birth to 5 years as of Sept. 1

Enjoy calming movements with your child. Mindful Movement engages the heart, mind and body through integration of physical yoga, mindfulness activities and social emotional learning.

Mondays

Jan. 9 & 23, Feb. 6 & 13, March 27

9-10 a.m.

\$5 per family collected at door

OR EC Drop-In Pass

Super Saturdays | 2 to 5 years as of Sept. 1

Join us for Saturday morning fun once per month! Children and families enjoy activities and stories together based on the theme. \$5 per child per session*.

Saturdays	9:30-10:30 a.m.	Family Center
Jan. 14	Experiment with Science	
Feb. 11	Music & Movement	
Mar. 11	Build It!	
Apr. 15	In the Garden	
May 13	Outdoor Explore	

***Registration Required**

Early Childhood
Columbia Heights Public Schools
PreK 3 • ECCE • Early Childhood Screening • Home Visits

Parent 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 interpreter is available. Hay intérprete de español disponible. Limited child care is available, pre-registration required by calling 763.528.4517 the previous Friday by 12pm. For seminar details, visit colheights.k12.mn.us/ECCE.

Mondays	6-7 p.m.	Family Center
Jan. 23	Promoting Literacy in the Home (Focus Age: 8 years and under)	
Feb. 27	Parent Self-Care and Wellness (Focus Age: Parents of all ages)	
Mar. 13	Sibling Harmony (Focus Age: 10 years and under)	
Apr. 24	Understanding Our Own Implicit/Unconscious Bias as Parents (Focus Age: Parents of all ages)	
May 22	Kindergarten Readiness (Focus Age: 3-5 years)	

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	Feb. 3	8:30 a.m.-1 p.m.	Friday	Apr. 14	8:30 a.m.-1 p.m.
Monday	Feb. 6	12:30-7 p.m.	Monday	Apr. 17	12:30-7 p.m.
Friday	Mar. 3	8:30 a.m.-1 p.m.	Friday	May 5	8:30 a.m.-1 p.m.
Monday	Mar. 6	12:30-7 p.m.	Monday	May 8	12:30-7 p.m.
Monday	Mar. 27	12:30-7 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'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 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	8:00-10:30 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

PreK Registration
Begins January 3 for 2023-2024 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.

Hylander
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Columbia Heights Public School District #13
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