

Community CONNECTIONS

District News • Community Ed Offerings • and more!



Información sobre una clases para padres en la página 7

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**.

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The Community Education Office will be closed: Jan. 1, Feb. 17, Apr. 18, May 26

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Read More about the CHPS Strategic Plan

All Belong

Enhancing a culture of belonging by ensuring a supportive environment for students, families and staff that welcomes all individual identities and provides access to opportunities, resources and experiences.

All Succeed

Strengthening integrated education systems by delivering equitable and culturally responsive instruction for every student in preparation for college, career and life.

Creating Worlds of Opportunity Together

Elevating inclusive and connected relationships by expanding meaningful engagement opportunities with our families, staff and community that value and amplify all voices.



Scan QR Code to see
the full details of the
CHPS Strategic Plan



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

Connect with Columbia Heights Public Schools!

Check us out online and social media! We are active on Facebook and Instagram!



colheights.k12.mn.us



facebook.com/CHPSisd13



@CHPSisd13



youtube.com/HeightsTube13

Some classes are in-person and some are online. The term senior applies to ages 60+. 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 prior to the class taking place. Working emails must be entered during registration in order to send the class link. Participants must register to ensure the instructor can prepare appropriately and minimum enrollment is met. Refunds not available after 48 hours prior to the event.

Defensive Driving Class

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course. The course is two sessions of classroom instruction - no driving or test required. You will receive a certificate of completion to provide to your insurance company. *Senior Discount already applied.

Thursday	Jan. 16	1:00-5:00 p.m.	\$30	Virtual Via Zoom
Tuesday	Mar. 25	5:00-9:00 p.m.	\$30	Virtual Via Zoom
Tuesday	May 20	9 a.m.-1 p.m.	\$30	Virtual Via Zoom

Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. Join us to 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.

Wednesday	Jan. 22	2:00-3:00 p.m.	FREE	CHPS Family Center #111
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Health Care Directives & Advance Care Planning

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.

Thursday	Feb. 13	2:00-3:00 p.m.	FREE	CHPS Family Center #100
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Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

The Alzheimer's Association of MN is coming to CHPS to run a one-hour class about common issues facing families when it comes to Dementia. 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: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care for yourself or family members.

Wednesday	Mar. 19	11 a.m.-12 p.m.	FREE	CHPS Family Center #100
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Frauds & Scams Targeting Seniors

Worried that you could be (or have been) a victim of fraud? This presentation will teach you how to detect a variety of fraud activities, including Medicare fraud and what to do if fraud is suspected. We will discuss the top scams currently being directed towards older adults and highlight why seniors are specifically targeted. Tips will be offered on how to avoid falling for scams and where to get help.

Tuesday	Apr. 14	2:00-3:00 p.m.	FREE	CHPS Family Center #100
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Senior Housing: "Should I Stay or Should I Go?"

Steps to review your housing needs for today and tomorrow. This class will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Wednesday	May 7	2:00-3:00 p.m.	FREE	CHPS Family Center #100
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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. Prior to the event, CHPS will be contacting you to sign up for an appointment time for your CarFit check. Make sure you have an email and phone number on file when you register for the event.

Saturday	May 17	9 a.m.-12 p.m.	FREE	1440 49th Ave. NE Parking Lot Across from CHHS & Hylander Center
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Homemade Lava Cake Class

Get ready for Valentines Day with this lovely Lava Cake class! You can make this a date night for \$50 (two adults), or come on your own and learn yourself for \$30 (one adult), and get to go home with 6-8 lava cakes per person!

CHHS FACS teacher, Autumn Trzaskowski will be walking you through the process of home-making these treats that might seem like a complicated culinary feat, but with her help, you will be able to master these delicious desserts. She will be showing you all of the steps, from making the batter, assembling and baking, and of course adding customizable toppings before you get to package up your goodies (or try them while you're still here) to take home!

Wednesday	Feb. 5	5:00-6:30 p.m.	\$30 (1 Adult) \$50 (2 Adults)	FACS Classroom CHHS Room #137
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"Parent & Me" Homemade Pop-Tarts

Spend some time in the Columbia Heights High School FACS Classroom and bond with your kiddo while making homemade Pop-Tarts with CHHS FACS Teacher, Autumn Trzaskowski! 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 meal-making routine! Autumn will be teaching you how to make homemade brown sugar/cinnamon and strawberry pop-tarts! Your child will get to learn some fun cooking skills and you will get to go home with some delicious leftovers!

This class is set up for one adult and one child for \$30, but if you have two children you want to bring (or two adults, it is only \$15 extra for a double recipe to cover the cost of supplies and instruction. Ages for children attending is recommended 4 to 12, but anyone is welcome as the experience is what you would like it to be with your child! This class is open to any parent, grandparent or guardian and their child(ren)!

Wednesday	Feb. 19	4:30-6:30 p.m.	\$30 (1 Adult, 1 Child) \$45 (1 Adult, 2 Children)	FACS Classroom CHHS Room #137
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Magnificent Muffins Class

Tired of those boxed muffin mixes and want to try it out yourself? Sign up for this homemade banana muffin making class with CHHS FACS Teacher, Autumn Trzaskowski, so she can help you learn how to make some of your boxed favorites from scratch!

You will learn the "Muffin Mixing Method", get tips about the Science of Baking and, of course, take home a dozen of whatever muffins you made for \$30! We will have a variety of ingredients to chose from to customize your banana muffins, including chocolate chips, nut mixes, or anything you would like to bring in to add in to your mix.

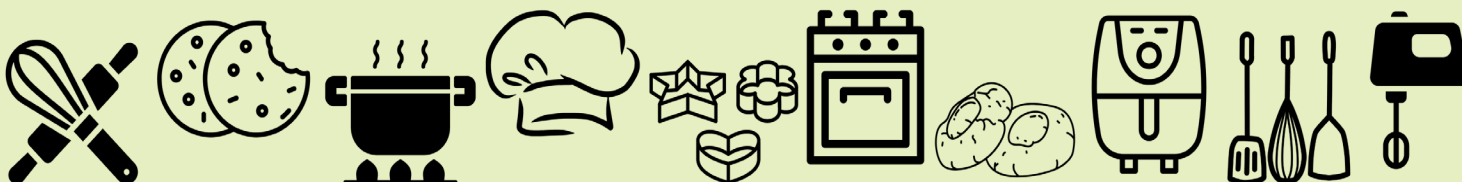
Monday	Apr. 14	5:00-7:00 p.m.	\$30 (1 dozen muffins)	FACS Classroom CHHS Room #137
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"Parent & Me" Homemade Pop-Tarts

Spend some time in the Columbia Heights High School FACS Classroom and bond with your kiddo while making homemade strawberry shortcakes with CHHS FACS Teacher, Autumn Trzaskowski! 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 meal-making routine! Autumn will be teaching you how to make homemade sweet biscuits, while also making whipped cream! Your child will get to learn some safe knife skills while chopping up the strawberries and you will get to go home with some delicious leftovers!

This class is set up for one adult and one child for \$30, but if you have two children you want to bring (or two adults, it is only \$15 extra for a double recipe to cover the cost of supplies and instruction. Ages for children attending is recommended 4 to 12, but anyone is welcome as the experience is what you would like it to be with your child! This class is open to any parent, grandparent or guardian and their child(ren)!

Thursday	Apr. 14	4:30-6:30 p.m.	\$30 (1 Adult, 1 Child) \$45 (1 Adult, 2 Children)	FACS Classroom CHHS Room #137
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Winter Planning for Summer Planting

Interested in starting a garden this year but overwhelmed by the possibilities? Join Agriculture Specialist, Melissa Trent to learn the steps to planning a successful garden! Melissa will walk you through the basics of soil health, choosing a location, and materials you will need to start your garden. She will share her step-by-step planning process, including how to choose seeds and plants, and where to purchase them. Participants will be given time and materials to start a draft of their ideal garden.

You will leave class with the confidence to start your own garden, taking home a small vegetable plant and a nutrient-rich compost additive to kick start their soil.

Monday	Mar. 10	5:00-6:30 p.m.	\$8	CHHS Room #137 1400 49th Ave NE
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Container Gardening - A World of Possibilities; Vegetable & Herb Edition

In this workshop, you'll learn all you need to know to create a bountiful container garden in any area. Whether you're interested in growing herbs on your patio, or tomatoes in your parking space, Melissa (CHPS Agriculture Specialist) will help you understand what you need to know to start your own above-ground-garden. From choosing the correct containers for your space, to selecting which plants to grow in them, and learning when to move your planters outdoors, this class will cover it all.

During this session, you'll: 1. Get to know the pros and cons of different types of containers available, 2. Learn the importance of good soil health and drainage in container gardening, 3. Get advice on choosing and caring for herbs and vegetables in a container garden, 4. Learn how to get the most out of your growing season, You will leave with the confidence to start your gardening adventure, as well as a container, a packet of seeds, and 2 starter-plants.

Monday	Apr. 21	5:00-6:30 p.m.	\$20	CHHS Room #137 1400 49th Ave NE
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"Parent & Me" Plant & Paint

Want a fun activity to do with your little one, while creating something you can have for years to come? Join us in this "Parent & Me" Paint and Plant class with CHPS Agriculture Specialist Melissa! In this class, you will be painting a planter pot with your child out in the Blooming Heights Garden! You and your child will also get to plant your own flower/starter plant to grow in the pot you decorated! The children will be learning about the colors throughout the garden while getting to use them in their art project, while adults will get to create with them and get some planting/gardening tips along the way! This painted pot with a flower you planted with your child is a fun keepsake for you to have!

This class is set up for one adult and one child for \$15, but if you have two children you want to bring, it is only \$10 extra! Ages for children attending is recommended 4 to 12, but anyone is welcome as the experience is what you would like it to be with your child! This class is open to any parent, grandparent or guardian and their child(ren)!

Monday	Apr. 28	4:00-5:30 p.m.	\$15 (1 Child) \$25 (2 Children)	Blooming Heights Garden 1440 49th Ave NE
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Photo Organization

Imagine all of your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints and old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality!

Thursday	Feb. 20	6:00-8:00 p.m.	\$15	FC Room 111
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Home Buyer Seminar

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

Wednesday	Jan. 22	5:30-6:30 p.m.	FREE	Virtual via Microsoft Teams
Wednesday	Mar. 19	5:30-6:30 p.m.	FREE	Virtual via Microsoft Teams
Wednesday	May 21	5:30-6:30 p.m.	FREE	Virtual via Microsoft Teams

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.

Wednesday	Feb. 19	5:30-6:30 p.m.	FREE	Virtual via Microsoft Teams
Wednesday	Apr. 16	5:30-6:30 p.m.	FREE	Virtual via Microsoft Teams

Hogar-Escuela-Comunidad: Clases Para Padres

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.***

Las clases serán los lunes. Tendremos seis clases los lunes en enero y febrero y marzo, y luego una celebración de graduación, el día miércoles 5 de marzo. La inscripción cuesta \$30 por las seis clases y la graduación.

No hay clase los días 17 y 24 de febrero

	13, 20, y 27 de enero			
Lunes	3 y 10 de febrero	6:00-8:00 p.m.	\$30 por 6 clases	CHPS FC #100
	3 de marzo			

Celebración de graduación para todos, el día miércoles 5 de marzo! (6:00-8:00 p.m.)

**Llame al 763-528-4517 si necesita ayuda para inscribirse.*

Yoga

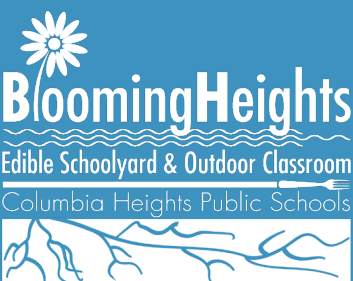
Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. Classes will take place at the Fridley Community Center. Registration is required.

Tuesdays	Jan. 7, 14, 21, 28	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Feb. 4, 11, 18, 25	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Mar. 4, 11, 18, 25	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Apr. 1, 8, 15, 22, 29	6:00-7:30 p.m.	\$45 (5 classes)	Fridley Comm Center 116
Tuesdays	May 6, 13, 20, 27	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116

Yoga Mindfulness

Explore a deeper mind-body connection with Mindfulness Yoga. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work. Classes will take place at the Fridley Community Center. Registration is required.

Saturdays	Jan. 4, 11, 18, 25	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Feb. 1, 8, 15, 22	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Mar. 1, 8, 15, 22, 29	10:00-11:30 a.m.	\$45 (5 classes)	Fridley Comm Center 116
Saturdays	Apr. 5, 12, 19, 26	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	May 3, 10, 17, 24, 31	10:00-11:30 a.m.	\$45 (5 classes)	Fridley Comm Center 116



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.

Find and Follow Us Online!



colheights.k12.mn.us



facebook.com/CHPSisd13



[@CHPSisd13](https://www.instagram.com/CHPSisd13)



youtube.com/HeightsTube13

Metro North Adult Basic Education

English as a Second (or other) Language (ESL) | Levels 1-3
Monday-Thursday 9:30 a.m.-12:30 p.m.
Tuesday-Thursday 6:00-8:30 p.m.

Advanced ESL
Monday-Friday 9:30 a.m.-1:00 p.m.
Tuesday-Thursday 6:00-8:30 p.m.

Adult Education Center — Columbia Heights/Fridley
4111 Central Ave. NE, Suite 100
Columbia Heights, MN

FREE
classes for adults!
Day and evening
class times available

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

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.



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



Two CHHS Students Receive First-Generation National Recognition from College Board

The College Board National Recognition Program added a fifth award this year to help clear a path to post-secondary education for students nationwide. The National First-Generation Recognition program was added this year and Columbia Heights High School (CHHS) has two students who have received this new award; Cassidy Wise and Skylar Halek, both Seniors at CHHS.



This new program, the National First-Generation Recognition Program joins the other College Board Programs such as the National African American Recognition Program, the National Hispanic Recognition Program, the National Indigenous Recognition Program, and the National Rural and Small Town Recognition Program to ensure even more high school students are celebrated for their achievements and can be found by colleges during recruitment to pursue a path forward after high school.



Eligible students qualify based on strong academic performance reflected by PSAT/NMSQT® or PSAT™ 10 scores within the top 10% of test takers for each award program in each state or a score of 3 or higher on two or more AP Exams by the end of 10th grade.



Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Fall Highlights Provided by the CHPS Activities Department

August

- New Head Coaches for our Fall Season:
 - Chloe Bluth – Strikers Soccer
- CHHS Alum hired for our Fall Sports Season include:
 - Mark Agudo ('23) – Boys Soccer
 - Kevin Sanisaca ('24) – Boys Soccer
 - Maddie Gilbertson ('16) - Volleyball
- The CHPS Activities Department enters a partnership with Positive Coaching Alliance. This partnership provides us access to PCA's training for coaches, parents, student-athletes, and administrators, with a focus on using sports as a positive youth development tool. We kicked off the partnership with a "Developing Competitors and Mental Wellness Through Positive Coaching" workshop with our coaches and advisors.
- CHHS Activities Student Leaders participated in the Tri-Metro Leadership Conference.



September

- Over 415 student athletes participating in Fall Sports.



October

- Hosted Girls Soccer, Boys Soccer, Strikers Soccer, and Football games during Homecoming week.
- Took close to 100 CHHS Students, including Captains, Court, and Pep Band on a Homecoming Tour to all 5 district schools. This year we were joined by Rory, the Aurora Soccer mascot.
- Boys Soccer advanced to the Semi-Final Round of the Section 4AA Soccer Tournament.
- Victor Alvarez earns the 2024 Girls Soccer Class AA State Assistant Coach of the Year award from the MN State High School Soccer Coaches Association.
- Volleyball wins their 1st-round Section Tournament game.
- Football was the Blue Sub-District Champion, additional sub-district honors:
 - LaRon Collins earns Overall MVP.
 - Matt Townsend earns Coach of the Year.
 - Pete Heryla and John Rockwell earn Assistant Coaches of the Year.
- Hylander Boys Soccer player Jhonderson Silva Blanco was selected to the MN State High School Soccer Coaches Association All-State Class AA First Team.
- CHHS Choir Students participate in the Tri-Metro Conference Tenor/Bass Choir Festival at Cooper HS
- Columbia Academy is the host site for the Cass Lake League in the First Tech Challenge Robotics League. We host 4 Robotics Meets between October-December.
- CHHS hosts the 2024 Tri-Metro Conference JV Girls Swim & Dive Championship Meet.



November

- Strikers Soccer Team wins their 1st-round Section Tournament game.
- Begin a partnership with the MN Vikings to offer Girls Flag Football at Columbia Academy. We will host samplers during the winter months in preparation for a spring season.
- CHHS Band Students participate in the Tri-Metro Conference Band Festival at Cooper HS
- CHHS Activities Student Leaders participated in:
 - "Making Teammates Better" presentation with the Positive Coaching Alliance.
 - Together in Partnership MSHSL Student Leadership Conference with over 500 students from the metro area.



Columbia Academy AVID Student Accepted into the Jack Kent Cooke Foundation Youth Scholars Program

Columbia Academy 8th grader, Ella Anderson Nekora, was selected for the Jack Kent Cooke Foundation Young Scholars Program, and only 43 students nation-wide were selected. Ella was celebrated at the CHPS Board of Education meeting on October 8, 2024 by School Board members and Columbia Academy teacher, Jennie Bradd.

The Cooke Foundation's Website states that "The Cooke Young Scholars Program is a selective five-year, pre-college scholarship for high-performing 7th grade students with financial need. It provides comprehensive academic and college advising, as well as financial support for school, Cooke-sponsored summer programs, internships, and other learning enrichment opportunities."

Ella will work with educational advisors through the Cooke Young Scholars Program to help with planning and goal-setting; funding for academic and extracurricular opportunities, such as music and art lessons, academic classes and technology; annual summer programs, including two required Cooke Young Scholars events; and year-round interaction and networking with a community of high achieving peers.



ENCORE

Columbia Heights Public Schools Out of School Program



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 1-8.

For more information, visit colheights.k12.mn.us/ENCORE

To learn more and to register, please visit <https://colh.cr3.rschooldtoday.com/public/home/> or scan QR Code



ENCORE Aquatics

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 this fall on Saturdays. Levels 1-3 are available for ages 4+. See registration site for details.



The Heights Herald and Heights News Network Receive Five Awards at MHSPA Convention

Members of Columbia Heights High School's (CHHS) student newspaper The Heights Herald and student news channel Heights News Network (HNN), went to the 2024 Minnesota High School Journalism Convention and Annual Awards Ceremony and received five awards between the two groups. The convention is held by the Minnesota High School Press Association (MHSPA), which provides students with the training they need to become better journalists.

The MHSPA convention took place on October 1, 2024 at the University of Minnesota. The students listened to keynote speakers, participated in breakout sessions involving all facets of High School Journalism, and then had their awards ceremony in the afternoon.

The following is the list of awards that the HNN won this year:

- Third Place: Broadcast Feature Story (IIm'aime Ntambwe & Sabirin Mohamed, Class of '24)
- Fourth Place: Best in Show - Broadcasting

Here is the list of awards that the Heights Herald won this year:

- Second Place: News Story (Jalue Dorjee, Former CHHS student)
- Third Place: Editorial/Opinion Story (Caroline Raleigh, Class of '24)
- Eighth Place: Best in Show - Newspaper

Students being rewarded for their passion for journalism and news is very exciting for CHPS and the District encourages everyone to take a look at what these students are creating at HeightsHerald.org. to view the works done by all the students and schools featured at the convention, you can visit mnpress.org.



24 CHHS Students (Class of 2024) Receive Minnesota Bilingual Seal

There were 24 Columbia Heights High School (CHHS) students that graduated in 2024 and earned a Minnesota Bilingual Seal on their diploma. This is achieved by earning a score of three, four or five on the AP Spanish Language and Culture test. Many CHHS graduates attend one of the participating post-secondary institutions and based on their seal status, the qualifying 24 seniors last year earned a combined 70 credits. An example of the benefit of this seal is that it equates to \$11,530.00 in tuition at Anoka-Ramsey Community College.

"I am extremely pleased to see that our participation rate of Hispanic students in Advance Placement classes continue to keep up pace with their attainment of the Bilingual Seal," stated CHPS Assistant Superintendent, Bondo Nyembwe. "This is proof of the fine work our teachers are doing."

Minnesota Bilingual and Multilingual Seals were legislated in the Learning English for Academic Proficiency and Success (LEAPS) Act in 2014. Minnesota public school districts, charter schools and nonpublic schools may award Minnesota bilingual and multilingual seals to high school students upon graduation who have demonstrated the required levels of language proficiency through assessment in languages other than English, including American Sign Language (ASL) and Indigenous American Indian languages. The required proficiency levels are ACTFL Advanced Low for a Platinum Seal; ACTFL Intermediate High for a Gold Seal in all of the four modalities—listening, reading, speaking and writing.



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

2:20-6:00 p.m. Regular School Days | 6:30 a.m.-6:00 p.m. Non-School Days

Programming is available for 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	Drop-In
	\$25	\$22.50	\$50.50	\$26

*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 www.colheights.k12.mn.us/communityed/community-education/ac or call 763.528.4517.

***Summer Registration will open on Monday, March 10**

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 6:00 p.m. weekdays, year-round at the Family Center.

Weekly Program Fees* Per Child	5 Days	4 Days	3 Days	2 Days	1 Day
	\$323	\$273	\$215	\$152	\$77

*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 fc.colheights.k12.mn.us/programs/mini or call 763.528.4517

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 \$217 down-payment payable to CHPS Community Education. Classes are offered through Safeway Driving School. The additional \$180 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 log in to the student's Safeway account to verify and complete contact information and to review and acknowledge our Service Agreement.



Additional sessions will be offered in the Summer

All classes are held 3:15-6:15 p.m. in CHHS Room 105

Session 1	Monday-Thursday	Feb. 19, 20, 24, 25, 26, 27	Session 2	Monday-Thursday	Apr. 28, 29, 30
	Monday-Thursday	Mar. 3, 4, 5, 6		Monday-Thursday	May 5, 6, 7, 8
				Monday-Tuesday	May 12 & 13

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

Short Sessions

- **Experiment with Science (February-March)**

In this mini session, engage in science-based activities and group time with your child each week and engage in parent discussion on how to create and support your child's learning in the area's of art and science

- **Learning with Literature (April-June)**

Reading is one of the best ways to support your young child's language and literacy development, join us to celebrate the power and joy of reading during "I Love to Read Month". In this short session, we will engage in theme-based activities and group time with your child each week and engage in parent discussion on how to create and support your child's learning through literature.

Spanish-Speakers

Las familias disfrutarán aprendiendo y jugando juntas a través de actividades y tiempo en grupo con canciones y cuentos. Los padres se reunirán con nuestra educadora de padres para aprender sobre el desarrollo infantil, hacer preguntas y recibir apoyo para padres. Para familias cuyo idioma materno es el español.

Terrific Toddlers

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.

Mixed Age (AM and PM)

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.

Infants

Bringing home a new baby comes with a lot of joy as well as challenges, and we are here to help! Join other families with infants to connect, play, and learn about infant development including sleep, nutrition, attachment, and more. Each family will receive a CHPS welcome baby bag!

Drop In & Play

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. No registration or payment required!

Turn page for class calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Short Sessions <i>(1-5 years old)</i> 9:00-11:00 a.m. Experiment with Science <i>(Feb. 3-Mar. 24)</i> Learning through Literature <i>(Apr. 14-June 9)</i>	Terrific Toddlers <i>(12-30 months)</i> 9:00-11:00 a.m.	Mixed Age AM <i>(0-5 years)</i> 9:00-11:00 a.m.	Infants <i>(0-11 months)</i> 9:30-11:00 a.m. FREE SIBLING CARE Now Available!	Drop in & Play 9:30-11:00 a.m.
PM	Spanish-Speakers <i>(1 session)</i> <i>(0-5 years)</i> 11:30 a.m.-1:30 p.m.	Spanish-Speakers <i>(2 sessions)</i> <i>(0-5 years)</i> 11:30 a.m.-1:30 p.m.	Mixed Age PM <i>(30-36 months)</i> 11:30 a.m.-1:30 p.m.	Spanish-Speakers <i>(2 sessions)</i> <i>(0-5 years)</i> 11:30 a.m.-1:30 p.m. Drop in & Play <i>(0-5 years)</i> 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+)
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*Incredible Infants

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

Scan the QR code for more information about each of our classes. ECFE classes are either separating or non-separating depending on the class. Each class will include developmentally appropriate activities to participate in with your child as well as parent/caregiver education.

Haga clic en el código QR para obtener más información sobre cada una de nuestras clases. En las clases de ECFE algunas te separas de tu alumno y otras no dependiendo de la clase. Cada clase incluirá actividades apropiadas para el desarrollo para participar con su hijo, así como la educación de los padres/cuidadores.



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.



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!

It is not too late to enroll in PreK 3 and PreK 4 for this 2024-2025 School Year!

PreK 3 | 3 years old by Sept. 1

PreK 3 prepares children for lifelong success! Just a few openings remain for 2024-2025- It's not too late for your three year old to join the class! 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 [FC.colheights.k12.mn.us/programs/1/prek-3](https://colheights.k12.mn.us/programs/1/prek-3).

Monthly tuition is based on a sliding fee scale. Financial assistance is available to families who qualify. **2025-2026 Tuition is subject to change.**

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

For many years the PreK 4 program has used Voluntary Pre-Kindergarten state funding to provide this program for free to all students. The Minnesota Department of Education has a new requirement for next year that students must qualify for the free Voluntary Pre-Kindergarten spots in the program and that the program will be fee-based for non-qualifying students. **Qualifications include:** Qualifies for free or reduced-priced meals; Qualifies using state general financial eligibility requirements listed in MN State Statute; Is an English Learner; Is American Indian; Has experienced homelessness in the past 24 months; Is identified through health and development screening with a potential risk factor that may influence learning; Is in foster care, kinship care, or is in need of child protective services; Has a parent who is a migrant or seasonal agricultural laborer; Has a parent who is incarcerated; Is defined as a risk by the school district.

Families will indicate if their student meets one of the qualifications when they fill out enrollment material or if they will be enrolling through the fee-based registration. The fee amount will be finalized by the end of January 2025 pending CHPS Board of Education approval.

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 3 and 4 Registration
Begins January 6 for 2025-2026 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.

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Columbia Heights Public School District #13
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