

COLUMBIA HEIGHTS PUBLIC SCHOOLS

Summer 2025

Community CONNECTIONS

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



OUR MISSION

Columbia Heights Public Schools
Creating worlds of opportunity for each and every learner
"All Belong, All Succeed"

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

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

Community Education Department

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The Community Education Office will be closed: May 26, June 19 and July 4

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Two CHHS Students Chosen to Represent Student Voice to CHPS BOE

The CHPS Board of Education (BOE) has chosen two CHHS students to serve as School Board Student Representatives for 2025. The students are Atinan Anwar (CHHS Junior) and Aesa Rude (CHHS Sophomore), who will be participating in sub-committees and reporting to the school board on the outcomes of the sub-committee meetings. The two students were sworn into office with the elected BOE members at the CHPS Board Organizational Meeting on January 7, 2025. Mary Granlund and Michelle Pettway were re-elected and Corenia Smith was elected for her first term on the BOE.

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/CHPSid13



[@CHPSid13](https://www.instagram.com/CHPSid13)



youtube.com/HeightTube13

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

SENIORS

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.

Tuesday	June 24	5:00-9:00 p.m.	\$30 (1 session)	Online via Zoom
Thursday	August 7	1:00-5:00 p.m.	\$30 (1 session)	Online via Zoom

Managing Money - A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. This presentation is put on by the Alzheimer's Association.

Thursday	June 26	2:00-3:00 p.m.	FREE	CHPS Family Center #111
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Preventing Frauds and Scams Presentation

Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.

Tuesday	July 15	3:00-4:00 p.m.	FREE	CHPS Family Center #111
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Medicare 101

Medicare can be complicated, but the Senior LinkAge Line is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.

Thursday	August 14	11 a.m.-12 p.m.	FREE	CHPS Family Center #111
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WELLNESS

Yoga

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. Classes will take place in person at the Fridley Community Center in Room 116.

Tuesdays	June 3, 10, 17, 24	6:00-7:30 p.m.	\$36 (4 sessions)	Fridley Comm. Center
Tuesdays	July 1, 8, 15, 22, 29	6:00-7:30 p.m.	\$45 (5 sessions)	Fridley Comm. Center
Tuesdays	Aug. 5, 12, 19, 26	6:00-7:30 p.m.	\$36 (4 sessions)	Fridley Comm. Center

Yoga Mindfulness

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

Saturdays	June 7, 14, 21, 28	10:00-11:30 a.m.	\$36 (4 sessions)	Fridley Comm. Center
Saturdays	July 12, 19, 26	10:00-11:30 a.m.	\$27 (3 sessions)	Fridley Comm. Center
Saturdays	Aug. 2, 9, 16, 23, 30	10:00-11:30 a.m.	\$45 (5 sessions)	Fridley Comm. Center

"Parent & Me" Yoga with Yogilli

Come and join us for a fun and engaging class designed for parents and children to bond, move and play together! Through cyclical yoga, mindful movement, breathwork and storytelling, we explore how to: connect with our bodies and breath, learn simple stress management techniques through play, cultivate mindfulness in a fun and interactive way, and enjoy creative games, stories and movement with Yogilli (the playful yoga doll)! Please bring a yoga mat if you have one! We will have some on hand.

Tuesday	June 17	10:30-11:30 a.m.	\$15	Blooming Heights Garden
Monday	July 7	9:00-10:00 a.m.	\$15	Blooming Heights Garden
Monday	August 18	10:00-11:00 a.m.	\$15	Blooming Heights Garden

Homemade Fettuccini Alfredo with CHHS FACS Teacher, Autumn Trzaskowski

Join CHHS FACS Teacher, Autumn Trzaskowski in a cooking class where you'll un-learn everything you thought you knew about Fettuccine Alfredo and re-learn how to make it from scratch. You'll begin the class by whipping up pasta dough from scratch with flour, eggs and olive oil. Master the technique to knead the dough and creating your own Fettuccini noodles. As the pasta sets, we will combine butter, cream and Parmesan cheese into a creamy Alfredo sauce seasoned with herbs from Blooming Heights Garden!

**Wednesday June 25 5:00-7:00 p.m. \$30 per participant Foods Classroom
CHHS Room #137**

Quick Pickled Veggies - Make and Take with CHPS Ag. Specialist, Melissa Trent

Pickling is an ancient technique for preserving food for a long period of time! With this basic pickling recipe, you will learn how to prepare a variety of vegetables! Join CHPS Agriculture Specialist, Melissa Trent, in harvesting fresh vegetables from our school garden and pickling them. You will make and take a 12 oz jar of vegetables of your choice including radishes, beets, cucumbers, beans or carrots. You will also learn about different herbs and spices that can change the taste of your pickled veggies!

Monday July 21 5:00-6:30 p.m. \$15 per participant Blooming Heights Garden

Summer Simple Syrups - Make and Take with CHPS Ag. Specialist, Melissa Trent

Learn how to turn seasonal garden ingredients into delicious, versatile simple syrups in this hands-on, beginner-friendly class! We'll explore the art of infusing and preserving fresh flavors using junberries, lemon balm, sour cherries, and mint—perfect for adding a local twist to your favorite beverages, desserts, or even salad dressings.

In this class CHPS Ag Specialist, Melissa Trent, will teach you how to prepare and store syrups, experiment with flavor combinations, and take home recipes (and a few sweet samples!) that celebrate the unique tastes of the season. These will be fantastic for your teas, lemonades and other fun summer drinks! All materials provided. Come ready to taste, create and enjoy!

Wednesday August 7 4:30-6:00 p.m. \$20 per participant CHHS Room #137

Focaccia Art and Baking Class with CHHS FACS Teacher, Autumn Trzaskowski

Unleash your creativity in the kitchen as you learn how to transform the mouthwatering Italian flatbread into an edible art masterpiece! CHHS FACS Teacher, Autumn, will be walking you through how to make your own focaccia dough and demonstrating various decorating techniques to create your own unique piece. With vegetables and herbs collected from CHPS Blooming Heights Garden, you will get to pick your own toppings and make your very own customized focaccia, which you can bring home in a take-away pan!

**Tuesday August 19 2:00-5:00 p.m. \$30 per participant Foods Classroom
CHHS Room #137**

"Parent & Me" Ravioli Making with CHHS FACS Teacher, Autumn Trzaskowski

Spend some time in the Columbia Heights High School Kitchen and bond with your kiddo while making ravioli with CHHS Foods Teacher, Autumn! This is a fun opportunity for you and your child to spend some time in the kitchen together and learn some tips on how to safely include your child in your normal meal-making routine.

This class is set up for one adult and one child for \$30, but if you have two children you want to bring, it is only \$10 more! For each adult, the cost is \$30 (so if there are two adults wanting to attend together with a child, you must register separately) to cover cost of supplies and instruction. Ages for children attending is recommended 3 to 12, but anyone is welcome as the experience is what you would like it to be with your child! The class is open to any parent, grandparent, or guardian and their child!

**Wednesday August 20 4:30-6:30 p.m. \$30 (1 Adult, 1 Child)
\$40 (1 Adult, 2 Children) Foods Classroom
CHHS Room #137**

Tours of Blooming Heights Garden w/ CHPS Agriculture Specialist

Visit Blooming Heights for a walking tour of our school district's edible schoolyard garden. Agriculture Specialist, Melissa Trent will share a bit about the history of the garden and how it came to be, while you check out the diversity of perennial fruits and annual vegetables she grows for use in her Early Childhood through High School classes.

Blooming Heights is located behind the CHPS District Center.

Thursday June 26 3:30-4:30 p.m. Free Tour Blooming Heights Garden
Thursday July 24 12:00-1:00 p.m. Free Tour Blooming Heights Garden

"Cabaret" at The Guthrie

Inside Berlin's Kit Kat Klub, a flamboyant Master of Ceremonies invites patrons to partake in a decadent underworld of musical numbers, kicklines and torrid affairs — a welcome reprieve from the ever-growing Nazi influence just outside its doors. As the political unrest nears a tipping point, the beautiful life the cabaret promises slowly begins to fade, putting love, friendship and loyalties to the test. This Tony Award-winning sensation, featuring masterful hits such as "Willkommen," "Don't Tell Mama" and "Maybe This Time," is a daring and dazzling musical escape you won't want to miss.

Wednesday**July 30****12:00-4:30 p.m.****\$45 (Transportation Provided)**

Come join us for a trip to the Guthrie Theater without the worry of driving to Downtown Minneapolis and finding parking! Once tickets are purchased, we cannot refund them due to seat reservation expenses. Transportation is provided and is factored into the price of the ticket to cover busing costs. The bus will leave the CHPS District Office at noon on July 30, 2025. Please arrive by 11:45 a.m. The bus will return to CHPS around 4:30 p.m. Important notice: participants will need to use steep steps to get into the bus and there is a bit of a walk to get into the theater from the bus drop off in front of the building.

Tickets MUST be purchased by May 29, 2025

Knitting 101 - Learn the Basics Stitch by Stitch

Curious about knitting but not sure where to start? This beginner-friendly class taught by Katie Cassidy is the perfect introduction to the relaxing and creative world of knitting. Whether you've never picked up a pair of needles or need a refresher on the basics, this course will guide you through foundational techniques in a supportive, hands-on environment. You'll learn how to choose the right yarn and needles, how to cast on, knit, purl and bind off, and learn how to fix common mistakes! By the end of class, you will walk away with the skills and confidence to start your own knitting journey!

Yarn and needles are provided and included in the cost of the class. You will be taking home your own needles and the project you work on over the two class days.

Mondays**July 14th & 21st****7:00-8:00 p.m.****\$35 (Materials Provided)****CHPS Family Center****Discover the Art of Quilting, One Block at a Time**

Have you always admired beautiful quilts and wondered how to make one yourself? Join us for this fun, hands-on class designed especially for beginners! Whether you've never touched a sewing machine or you're looking to refresh your skills, this class will guide you through the basics of quilting in a supportive and creative environment. You'll learn essential techniques such as fabric cutting, piecing, and stitching, while working on a simple quilt project you'll be proud to take home. Along the way, we'll cover helpful tips on tools, patterns, and finishing touches. No prior experience required—just bring your enthusiasm and a desire to create something beautiful!

By the end of the course, you'll have a completed quilt project and the confidence to continue quilting on your own. Come connect with others, get inspired, and start your quilting journey with us! Supplies will be provided. A few sewing machines available for use or feel free to bring your own.

**Mondays****June 25-Aug 20****(9 classes)****4:30-6:30 p.m.****\$120 (Materials Provided)****CHPS Family Center****Metro North Adult Basic Education****English as a Second (or other) Language (ESL) | Levels 1-3****Monday-Friday****9:30 a.m.-12:30 p.m.****Tuesday-Thursday****6:00-8:30 p.m.****Advanced ESL****Monday-Friday****9:30 a.m.-12:30 p.m.****Tuesday-Thursday****6:00-8:30 p.m.****FREE**

classes for adults!
Day and evening
class times
available.

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

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

Class times may vary.

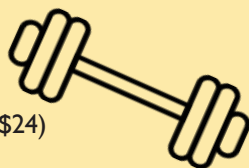
Classes are ONLINE!

Youth Camps

Improve your skills, get conditioned and build bonds with your team. Students eligible for Educational Benefits will receive up to half off the posted price for youth sports camps. All grade-eligible students are welcomed and encouraged to participate!

Swim | Grades 6-12

- Mondays & Wednesdays
- June 16-July 30 (off June 30-July 4)
- 9:30-11:00 a.m.
- CHHS Swimming Pool
- **\$48** (if you qualify for Educational Benefits, \$24)



Hylander Strength Camp | Grades 6-12

- Mondays-Thursdays
- June 16-August 7 (off June 19 and June 30-July 4)
- 8:00-9:30 a.m. or 4:00-5:30 p.m.
- Hylander Center
- **\$95** (if you qualify for Educational Benefits, \$48)

Boys Basketball | Grades 6-12

- Mondays & Wednesdays - 2:00-4:00 p.m.
- Tuesdays & Thursdays - 6:00-8:00 p.m.
- June 16-July 31 (off June 19 & June 30-July 4)
- CHHS Main Gym
- **\$80** (if you qualify for Educational Benefits, \$40)



Girls Basketball | Grades 6-12

- Mondays - 5:30-7:30 p.m.
- Wednesdays - 10:00 a.m.-12:00 p.m.
- June 16-July 31 (off June 19 & June 30-July 4)
- CHHS Main Gym
- **\$48** (if you qualify for Educational Benefits, \$24)

Flag Football | Grades 5-8

- Monday-Thursdays
- July 7-24
- 2:00-4:00 p.m.
- CHHS Practice Field
- **\$48** (if you qualify for Educational Benefits, \$24)

Football | Grades 6-12

- Tuesday & Wednesday: June 17, 18
- Tues/Thurs/Mon: July 8, 10, 14
- Thurs/Tues/Thurs: July 17, 29, 31
- 5:30-7:30 p.m.
- CHHS Practice Field
- **\$32** (if you qualify for Educational Benefits, \$16)



Cheer | Grades 6-12

- Monday & Wednesday
- June 16-July 30 (off June 30-July 4)
- 3:30-6:30 p.m.
- CHHS Courtyard or Stage
- **\$50** (if you qualify for Educational Benefits, \$25)

Tennis | Grades 6-12

- Mondays-Thursdays
- July 7-July 24
- 5:30-7:00 p.m.
- CHHS Tennis Courts
- **\$48** (if you qualify for Educational Benefits, \$25)

Volleyball | Grades 6-12

- Tuesdays & Thursdays
- July 8-31
- 2:00-3:30 p.m. for 9-12 graders
- 3:30-5:00 p.m. for 6-8 graders
- Hylander Center
- **\$32** (if you qualify for Educational Benefits, \$16)

Volleyball: Intramural League | Grades 6-12

- Wednesdays
- June 18, 24
- July 9, 16, 13
- 2:00-4:00 p.m.
- Hylander Center
- **\$20** (if you qualify for Educational Benefits, \$10)



Soccer | Grades 6-12

- Mondays-Fridays
- June 13-July 31 (off June 19 and June 30-July 4)
- 6:00-8:00 p.m.
- CHHS Practice Field
- **\$100** (if you qualify for Educational Benefits, \$50)



Wrestling | Grades 2-12

- June 17, 24 & 26 and July 8 & 10
- 4:00-6:00 p.m. for 7-12 graders
- 6:00-7:00 p.m. for 2-6 graders
- CHHS Wrestling Room
- **\$20** (if you qualify for Educational Benefits, \$10)

Synchronized Swimming & Lap Swimming | Grades 6-12

- June 16 & 23, July 7, 14 & 21 and August 4
- 5:00-6:30 p.m.
- CHHS Swimming Pool
- **\$24** (if you qualify for Educational Benefits, \$12)

Hylander Blue Fins (Pre-Swim Team) | Grades 5-7

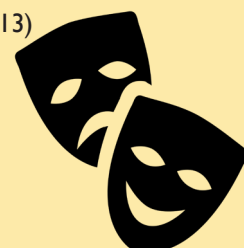
- Tuesdays
- June 24, July 8, 15 & 22 and August 5 & 19
- 7:45-8:45 p.m.
- CHHS Swimming Pool
- **\$24** (if you qualify for Educational Benefits, \$12)

"Triple Threat" - Acting, Singing & Dancing | Grades 6-12

- Monday-Friday
- July 21-25
- 9:00 a.m.-12:00 p.m.
- PAC, CHHS Choir Room and Dance Studio
- Friday Performance at 11:30 a.m.
- **\$25** (if you qualify for Educational Benefits, \$13)

Theater Tech Intensive | Grades 6-12

- Monday-Friday
- July 21-25
- 10:00 a.m.-12:00 p.m.
- PAC, CHHS Choir Room and Dance Studio
- Friday Performance at 11:30 a.m.
- **\$25** (if you qualify for Educational Benefits, \$13)



FOR CLASS UPDATES or TO REGISTER
hylanderactivities.com



Youth Offerings

Driver's Education

Students will receive a total of 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The classroom portion consists of ten, three-hour classes and the behind-the-wheel portion is three, two-hour private lessons. Pre-registration is required with a **\$215** down payment payable to CH Community Education. Classes offered through Safeway Driving School. The additional **\$140** is payable to the instructor.

Sign up for either the June Session or the July/August Session.

For more information, contact Safeway at 651.351.9150 or visit safewaydrivingschool.com.

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

Monday - Friday	June 16-39 (no class June 19)	1:00 - 4:00 p.m.	Family Center Training Room
Monday - Friday	July 21-August 1	9:00 a.m.-12:00 p.m.	CHHS Media Center

The following **MUST** be provided during registration:

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

Gaining Traction on Mars

Rovers, helicopters, and landers, oh my! Exploring Mars takes all kinds of robotic missions. Youth will work as engineering design teams to create and test rover wheel designs for a mission to the red planet. Along the way youth will explore the inner-workings that make-up their rover through hands-on investigations. A daily snack and nutrition activity will also be included. This camp is for grades 4-8.

To register and pay for Gaining Traction on Mars, visit [CHPS Community Ed page](#), or scan the QR code to the right.



Tuesdays	June 24-August 5 (no class on July 22)	12:00 - 2:00 p.m.	Murzyn Hall	\$25
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Babysitting 101

This course is best suited for 10 to 13-year-olds interested in learning the current practices of caring for young children and how to manage their babysitting business. Students will learn safety and injury prevention, CPR, first aid basics, feeding and caring for infants and how to handle behavior problems. Students receive a reference book, handouts, babysitting bag and first aid kit.

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

Wednesday	June 18	8:30 a.m. - 4:00 p.m.	CHPS Family Center	\$65
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Kids Cyclic Yoga with Yogilli

Yogilli is a cheerful, friendly yoga doll designed to help kids connect with their bodies, practice mindfulness, and express their emotions through movement. Created by Elham Ayoubi Jalali, a founder and certified Cyclic Yoga teacher, this program guides children through fun activities that foster a supportive and exciting environment for growth. Each session combines storytelling, mindful activities, and movement, helping kids discover and learn in an engaging way. Please bring a yoga mat and water bottle (optional).

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

Wednesdays	June 18, 25 July 9, 16, 23	3:00-4:00 p.m.	CHPS Family Center	\$35
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Summer ENCORE Aquatics

Swimming lessons for levels 1-4. If you are new to swimming or looking to advance your skills we have classes for you. Lessons will take place at the Columbia Heights High School Pool (enter door #47).

To register and pay for swimming lessons, visit [CHPS Community Ed page](#), or scan the QR code.



Tuesdays	June 24 July 8, 15, 22 August 5, 19	Times Vary Based on Level	CHHS Pool	\$60
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Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Monthly Highlights Provided by the CHPS Activities Department

December-

- Over 200 student athletes participating in Winter Sports
- CHHS Alum hired for our Winter Sports Season include:
 - Sam Alexon ('19) – Boys Swim & Dive
- Successful run of the CHHS Musical "Shrek" under the direction of Nicholas Hollermann and Rachel Mann. Highlights included:
 - Over 850 people came out to see the musical
 - The production received 11 honors through the Hennepin Theater Trust Spotlight Education program:
 - Outstanding: Light Crew, in Technical Leadership for Daniela Caizapanta, Performance in a Leading Role for Rose Kembitskey, Hanan Mohamoud and Friday Lee
 - Honorable Mention: Overall Technical Production, Overall Performance, Ensemble Acting Performance, Technical Leadership for Alice Sabatke, In a Leading Role for Fernanda Mendez Chamba, In a Supporting Role for Leo Pham
 - Evaluator Shout-Outs: Ensemble Dance Performance, Ensemble Overall Performance, Emmy Barre, and Livie Powers
- Kristen Sinicariello earns the 2024 Girls Soccer Section 4AA Coach of the Year award from the MN State High School Soccer Coaches Association



January-

- CHHS hosted the Hylander Invitational Speech Tournament
- Science Bowl Team 2 wins the Civility Award at the 2025 MN Statewide High School Science Bowl. Team 3 advanced to the finals round
- CHHS introduced Triple 'A' Award Winners Carolina Baldovinos Miranda and Daniel Abebaw
- Successful run of the CHHS One Act "Tracks" under the direction of Jessica Bolles
- CHHS hosts the 2025 Tri-Metro All-Conference Music Festival. Over 200 band, choir, and orchestra students from across our conference participated, including 15 CHHS students
- 5 CHHS Student Leaders participated in the Tri-Metro Leadership Event at Richfield HS



February-

- 4 CHHS qualified for and competed in the Minnesota Brain Bee at the University of Minnesota.
- CA Pep Band joins with the CHHS Pep Band to play at the Boys Basketball Game vs. DeLaSalle
- CHHS Senior, Daniel Abebaw performs with the MMEA All-State Concert Band at Orchestra Hall
- Girls and Boys Basketball both won their 1st round Section games
- CHHS Wrestlers competed at the Section 5AA Individual Meet and Elvis Placencia Pesantez placed 5th and Anderson Pinduisaca Lema placed 6th. In the Girls Sections Meet AJ Williamson and Madysen Scott both placed 5th.
- Dance Team earns 3rd place in the Tri-Metro Conference Meet. Recognized by MSHSL State Dance Tournament for having an average team GPA of 3.75 or higher.
- Boys Swim & Dive competes in the Section 4A Championship Meet. Place 4th in the 200-yard Freestyle Relay, 5th in the 400-yard Freestyle Relay, 7th in the 200-yard Medley Relay, and Ameer Ait Daoud places 6th in the 100-yard Backstroke
- Speech Team takes 2nd place at the Tri-Metro Conference Championship Meet



March-

- Successful run of the CA Musical "Annie Jr." under the direction of Andre Nelson, Haley Jensen, and Molly Tengwall
- New Head Coaches for Spring Season:
 - Liz Brubakken- Boys Volleyball
 - Zach Johnson- Co-Head Coach for Track & Field
 - Lucas Toutge- Boys Tennis
 - Tessa Williams- Lacrosse



MSAA Scholastic Art Awards

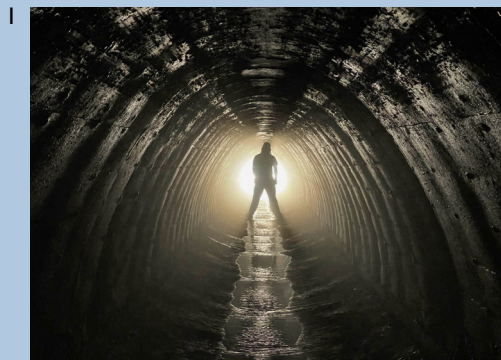
Seventeen Columbia Heights High School (CHHS) art students earned a total of 34 Gold Key, Silver Key and Honorable Mention awards at the 2025 Minnesota Scholastic Arts Awards (MSAA) – a competition organized by Art Educators of Minnesota. The art students received four Gold Key awards, eleven Silver Key awards, and seven Honorable Mentions in the Photography, Ceramics & Glass, Drawing & Illustration, and Digital Art categories. The works were submitted by CHHS Art Teachers Michelle Dietz, Sarah Honeywell and Isaac Glidden.

CHHS Senior Daniel Abebaw received a Gold Key Award in Photography for his work titled “Triumph”(3), CHHS Junior Yumna Ali received a Gold Key Award in Ceramics & Glass for her work titled “The Weight of Progress”(2), CHHS Junior Dominic Baker received a Gold Key Award in Photography for his work titled “Gatekeeper”(1), and CHHS Junior Tamiah Jackson received a Gold Key Award in Painting for her work titled “Exploration”(4).

Two students received Silver Key Awards in Photography; “In Too Deep” by Dominic Baker, “Sliding Thru” and “Steps to Nowhere” both by Daniel Abebaw. Daniel also received a Silver Key Award for his Art Portfolio titled “Verdict to Misdirection”. Two students received a Silver Key Award for Ceramics & Glass; “Serenity” by Danchau Le and “Skull of Nerd” by Emeline Barre. Elizabeth Lee received two Silver Key Awards in Drawing & Illustration for her works titled “Audition” and “Gourmet”, and Danchau Le received another Silver Key Award in Painting for her work titled “Reflections of Sound”.

The awards ceremony for the Gold and Silver Key winners was held at St. Michael Albertville High School on February 23nd and the students were presented with their certificates and pins.

Fifteen CHHS students received Honorable Mentions for the MSAA awards; Dominic Baker (three mentions), Daniel Abebaw (two mentions), Mason Leon, Sanam Muradi and Ameer Ait Daoud in Photography; Tamiah Jackson, Ray Muhm and Yoselin Diaz Santos in Painting; Elizabeth Lee (three mentions) in Drawing & Illustration; Fin Sandvik in Digital Art; Yumna Ali, Louisianne Sadrant (two mentions), Liana Barre, Jasilyn Negron, and Dafne Keb Cetina in Ceramics & Glass.



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

Columbia Heights High School (CHHS) seniors Daniel Abebaw and Carolina Baldovinos Miranda are this year's Academics, Arts and Athletics Award (Triple 'A') nominees. Each year, high school seniors are selected for their participation in Minnesota State High School League (MSHSL) sponsored arts and athletics while maintaining high academic standing.

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



Daniel Abebaw has participated in band all four years of high school playing the trombone. He was named All-Conference during 10th, 11th and 12th grade and was selected for All-State Band this year. This year he also participated in the CHHS Theater performance of "Shrek the Musical" and received a Spotlight Education Honorable Mention for Ensemble Acting Performance along with the rest of the cast. Abebaw has been on the Track and Field Varsity Team since he was an 8th grader (minus injured seasons), the Boys Swim and Dive Team since Sophomore year and named All-Conference his Junior year, and has been a part of the Cross-Country Team, that he helped co-found it and make an official school sport his Junior year, and was the varsity captain and named All-Conference this fall season. He has participated and succeeded in these activities while maintaining a 3.6 GPA and taking AP and Concurrent Enrollment courses through area colleges and is a part of Link Crew, Key Club, Student Council, National Honor Society, AVID, College Possible and is an Activity Student Leader. Abebaw plans to attend either Concordia College or Macalester after high school graduation for Music and/or Aviation.

Carolina Baldovinos Miranda is very involved in Hylander activities and the arts. At CHHS, she has taken many upper-level art classes and participated in Visual Arts competitions and shows since her Freshman year, having won an Excellent Award at the MSHSL Region 4AA/5AA Arts Festival last spring. Baldovinos Miranda has been on the Speech team since her Junior year and was named as a team captain this year. She has also participated in Volleyball, having been on the Varsity team since her Freshman year and names as a team captain during her Junior and Senior seasons and was named All-Conference this past season. Baldovinos Miranda participated in Basketball during her Freshman and Sophomore years, and joined the Track and Field team her Junior year, planning to participate again this upcoming spring season. She has remained involved in all of these activities while maintaining a 3.53 GPA and taking AP and Concurrent Enrollment courses through area colleges. She has also participated in many student groups including Link Crew, Women's Student Union, National Honor Society and is an Activity Student Leader. Baldovinos Miranda plans to attend the University of Minnesota next year for Mechanical Engineering.

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

ENROLL NOW in Columbia Heights Public Schools
¡INSCRIBETE 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

CHPS Announces New Columbia Academy Principal

Columbia Heights Public Schools (CHPS) announces Leslee Sherk as the next Columbia Academy (CA) middle school principal, beginning with the 2025-2026 school year. Duane Berkas, current principal at CA, recently announced his retirement for the end of this school year after many years of service to the district.



Sherk began her career at Highland Elementary School in 1999 as a 2nd Grade Teacher. After working for a few years in St. Anthony-New Brighton, she began teaching again at Valley View Elementary in 2009. Sherk has been with CHPS for sixteen years and has worked in a variety of roles around the district, including Teacher, Peer Reviewer, Dean of Students, Assistant Principal and now Principal.

"I am incredibly excited to step into the role of principal at Columbia Academy, a place that has been home to me for many years," stated Sherk. "Having served as assistant principal here for seven years and in the district for even longer, I have developed deep relationships with our students, families and staff. I love this community! I know the challenges we face, but I also know the incredible potential we have to overcome them. Columbia Academy has always been a place of hard work, dedication and resilience. I'm committed to staying here because I'm invested in this community and I know we have what it takes to achieve great things together for our students."

"Leslee has been a dedicated member of Columbia Heights Public Schools for over sixteen years, demonstrating exceptional leadership throughout her tenure," said Superintendent Zena Stenvik. "I am delighted to welcome her as the principal for the 2025-26 school year. During this transition, Leslee will work closely with outgoing Principal Berkas and engage in collaborative staff planning time over the summer, ensuring a smooth and successful start in the fall."

"I am deeply committed to serving this community — our students, families and staff — and to continually improve educational outcomes for our scholars," she said. "I am excited to collaborate with all of our students, staff, families, and community partners as we build upon the strong foundation already in place at Columbia Academy. Together, we will continue to prepare our students with the skills, knowledge and mindset to become future leaders, ready to thrive and positively impact the world around them." - Leslee Sherk



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

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

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

Blooming Heights Farm Stand

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

July 9 • July 16 • July 23 • July 30

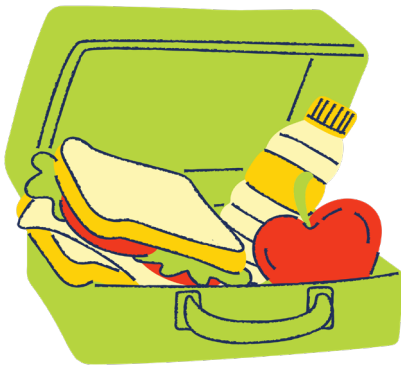
Come buy fresh produce grown right in Blooming Heights on Wednesdays this July!



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

Summer Food Service Programs

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



Use these resources to find an SFSP site near you:

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

Child Care

Summer Adventure Club | Kindergarten-Grade 5 (Entering Fall 2025)

Adventure Club programming facilitates a variety of activities to promote learning beyond the classroom including arts & crafts, swimming, dramatic play, time in the Blooming Heights Edible Schoolyard & Outdoor Classroom and more!

Hours, Dates & Location

6:30 a.m.-6 p.m. weekdays, June 16-Aug. 21 at the CHPS Family Center (closed June 19 & June 30-July 4)

Fees

\$50.50 per day (includes meals and activities)

+ \$25 registration fee (only for families not enrolled during the 2024-2025 school year)

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

Learn More

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



Mini Adventures | 36 Months-5 Years Old

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

Early Childhood Screening is required for all participants. Independent toileting is required for children before participating.

Hours, Dates, Location & Fees

6:30 a.m. to 6 p.m. weekdays, year-round at the Family Center (closed June 19 & June 30-July 4).

Mini Adventures will conclude on August 22 and start up again with the beginning of the 2025-2026 school year.



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

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

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

**Fees will be for Summer 2025. Mini Adventures fees will be changing for the 2025-2026 school year, beginning in September.*

Learn More

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



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

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

Wednesdays:	June 18	9:30-11:00 a.m.	Kordiak Park
	June 25	9:30-11:00 a.m.	LaBelle Park
	July 9	9:30-11:00 a.m.	Huset Park Splash Pad (East Side near Murzyn Hall)
	July 16	9:30-11:00 a.m.	Keyes Park
	July 23	9:30-11:00 a.m.	Ramsdell Park Wading Pool
	July 30	9:30-11:00 a.m.	McKenna Park
	Aug. 6	9:30-11:00 a.m.	Huset Park Splash Pad (East Side near Murzyn Hall)
	Aug. 13	9:30-11:00 a.m.	Ostrander Park

For questions about the park meet-ups, please contact Karissa Ouren, Early Childhood Coordinator by emailing her at OurenK@colheights.k12.mn.us or calling 763.528.4518.

Fall ECFE Offerings | Registration Opened April 1, 2025

Fall of 2025-2026 school year. All classes will take place in the CHPS Family Center Rooms 103 & 104. ECFE classes will begin on September 2, 2025 and specifications on days off and end dates will be communicated in the Fall 2025 Community Ed Catalog.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Short Sessions (1-5 years old) 9:00-11:00 a.m.	Terrific Toddlers (12-30 months) 9:00-11:00 a.m.	Mixed Age A.M. (0-5 years) 9:00-11:00 a.m.	Infants (0-11 months) 9:30-11:00 a.m.	Drop In & Play 9:30-11:00 a.m.
PM	Spanish-Speakers (0-5 years old) 11:30 a.m.-1:30 p.m.	ECFE for ALL! (0-5 years old) 11:30 a.m.-1:30 p.m.	Mixed Age P.M. (0-5 years old) 11:30 a.m.-1:30 p.m.	Spanish-Speakers (0-5 years old) 11:30 a.m.-1:30 p.m. Night Owls (0-5 years) 4:30-6:00 p.m.	

All ECFE offerings have the same sliding scale fee, except for the Incredible Infants classes* and the ECFE Short Sessions**			
\$25 (\$0-18,999)	\$69 (\$19,000-29,999)	\$111 (\$30,000-49,999)	\$155 (\$50,000+)

*Incredible Infants			
\$7 (\$0-18,000)	\$15 (\$18,001-29,999)	\$21 (\$30,000-49,999)	\$28 (\$50,000+)

**ECFE Short Sessions			
\$9 (\$0-18,000)	\$23 (\$18,001-29,999)	\$37 (\$30,000-49,999)	\$52 (\$50,000+)

Join the Early Childhood Advisory Council

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

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

School Census

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

One-to-One Visits

Columbia Heights Public Schools offers free one-to-one visits after the birth or adoption of a new child or for parents/caregivers who have questions about their child's development and would like some support. During these visits, our licensed parent educator will provide developmental, behavioral and social emotional support to all families in person, by email, or by phone day and evening. Call 763.528.4518 for more information. Scan the QR Code to fill out the ECFE Referral Form.



PreK

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

PreK 3 | 3 years old by Sept. 1

PreK 3 prepares children for lifelong success! PreK 3 curriculum and assessment is aligned with PreK 4 and Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers. Early Childhood Screening is required for all PreK 3 students. Transportation is not available. For more information, or to register, visit colheights.k12.mn.us/PreK3.
Monthly tuition is based on a sliding fee scale. Financial assistance is available to families who qualify.



Mon/Wed/Fri	\$23 (\$0-11,000)	\$44 (\$11,001-20,000)	\$65 (\$20,001-30,000)	\$88 (\$30,001-40,000)	\$110 (\$40,001-50,000)	\$142 (\$50,001+)
Tues/Thurs	\$15 (\$0-11,000)	\$29 (\$11,001-20,000)	\$44 (\$20,001-30,000)	\$59 (\$30,001-40,000)	\$74 (\$40,001-50,000)	\$95 (\$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 program that provides an engaging and educational program. 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.



This program is free for qualifying students and is fee-based for students who live outside of CHPS boundaries and don't meet MDE qualifications. Please see the PreK 4 page on the district website for qualifications.

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

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



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