

Community CONNECTIONS

District News • Community Ed Offerings • and more!



OUR MISSION

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

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

Director of Community Ed & Communications **Kristen Stuenkel**
Communications Coordinator **Emma Bute**

Community Education Advisory Council

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|---------------------|---------------|-------------------|------------------|-------------------|
| Mohammad Alkasi | Atinan Anwar | Margarita Donayre | Angie Fanning | Nichole Hayden |
| Daphney Kleinschmit | Danchau Lee | Alix Lewis | Kyannah McKinney | Kathleen Moriarty |
| | Tammy Schmitz | Dale Schuetz | Keith Windschitl | |

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: Sept. 1, Oct. 17, Nov. 27-28, Dec. 24-25 and 31.

Kristen Stuenkel
Community Education Director &
Communications Director
763.528.4515 • StuenkeK@colheights.k12.mn.us

Karissa Ouren
Early Childhood Coordinator
763.528.4518 • OurenK@colheights.k12.mn.us

Kathleen Moriarty
Metro North ABE Supervisor
763.706.3850 • Kathleen.Moriarty@ahschools.us

Jodi Gadiant
Community Education Coordinator
763.528.4512 • GadiantJ@colheights.k12.mn.us

Emma Bute
Communications Coordinator &
Adult Enrichment/Senior Program Manager
763.528.4530 • ButeE@colheights.k12.mn.us

Melissa Trent
Agriculture Specialist
763.528.4508 • TrentM@colheights.k12.mn.us

Irene Ventura Solano
Community Education Administrative Assistant
763.528.4517 • Ventural@colheights.k12.mn.us



A Letter from Superintendent Stenvik

Dear Community Members,

As we begin the new school year, we are excited to welcome students of all ages to our educational and enrichment programs. This year, we will remain centered on our purpose. Centering on our purpose means keeping our goals and actions in line with the meaningful work we do each day. It's about understanding what is at the heart of our purpose: educating and empowering learners of all ages. Columbia Heights Public Schools offers a well-rounded learning experience for students and families that includes:



- Early Childhood programs, including support for parents of young children
- Child Care after school, non-school days and during the summer
- Advanced Courses
- “Back to Basics” and “Beyond the Basics” Lessons
- Technology, Computer Science and Engineering
- Music: Band, Choir, Guitar, World Music
- Arts: Visual Painting/Drawing, Sculpture, Theater
- Environmental Studies
- Community Education Enrichment and Education Classes for Adults
- and More!



As we begin the year, let's stay connected to our shared purpose, support one another and continue to create the conditions where all can belong and succeed.

Zena Stenvik
Superintendent
Columbia Heights Public Schools



North Park School for Innovation

STEM • Creativity • Sustainability

As we get ready for the start of our 2025-2026 school year, CHPS is excited to share that North Park School for Innovation will be joining our other elementary schools in having a LEAP classroom! LEAP (Learning, Enlightenment, Acceleration, Progress) is a specialized program within CHPS elementary schools, designed for gifted and academically advanced students.

North Park is also delighted to announce the return of Adventure Club on-site for kindergarten-5th grade students! Adventure Club is an extended day child care program for CHPS students provided from school release each day until 6:00 p.m..

To learn more about what North Park School for Innovation has to offer, visit their website at NPSfl.colheights.k12.mn.us.

To enroll your student at CHPS, visit colheights.k12.mn.us/enroll.



Some Adult Enrichment classes are in-person and some are online. For full class descriptions and instructor bios, visit colheights.k12.mn.us/CommunityEd.

For virtual classes, online meeting links will be sent to all registered participants 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 OFFERINGS

Defensive Driving - Virtual Class

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires that insurance companies offer a 10% reduction on auto insurance for three years if you complete a state-approved defensive driving course taught by professional, certified instructors. Senior Discount already applied. This course is held virtually - no driving or test required. At the end of the course, you will receive a certificate of completion to provide to your insurance agent.

Thursday	Sept. 18	9 a.m.-1 p.m.	\$30 (1 Session)	Virtual via Zoom
Thursday	Nov. 6	1:00-5:00 p.m.	\$30 (1 Session)	Virtual via Zoom

"Should I Stay or Should I Go?" - Steps to Review Your Housing Needs for Today and Tomorrow

In this class we 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.

Tuesday	Oct. 21	1:00.-2:30 p.m.	FREE	FC Room 100
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Annual Medicare Update

Medicare can be complicated, and it changes from year to year. Come learn about what's new in Medicare for 2025, so you can choose the best plan for your needs. This presentation is offered in the fall of each year during Medicare Open Enrollment.

Tuesday	Oct. 28	3:00.-4:00 p.m.	FREE	FC Room 111
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Exploring Care and Support Services

This class, put on by the Alzheimer's Association, will examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

Thursday	Nov. 6	3:00.-4:00 p.m.	FREE	FC Room 111
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10 Warning Signs (Recognize Common Signs of Alzheimer's)

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of Alzheimer's; how to approach someone about memory concerns; the importance of early detection; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Thursday	Dec. 11	3:00.-4:00 p.m.	FREE	FC Room 111
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TRIPS & TOURS

Architect Avenue Walking Tour

The beautiful old houses on Architect Avenue in Northeast Minneapolis began with a contest in 1905 between the most talented architects of the Midwest. This mid-September, Architect Avenue celebrates the 120th Anniversary of the original event! The challenge was to design a cottage that could be built for \$1,500 that would combine elegance, utility and affordability. The contest culminated in a grand celebration and the cottages were planned to be auctioned off to the highest bidder. Today, all six homes still exist on this nearly forgotten quiet corner of Hennepin County.

Join urban historian Kathy Kullberg to learn about the six architects, their house designs, the last days and the final outcome of the competition. We will meet at Architect Avenue a little before 5:00 p.m., which you can enter at Central Ave NE and Columbia Parkway.

Thursday	Sept. 18	5:00-7:00 p.m.	\$18	Meet at Architect Ave
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Cloud Recycling (Appliance Recycling) Facility Tour

Join us for a tour of Cloud Recycling, the leading appliance recycler in the Midwest, on Thursday, October 2nd, in partnership with the City of Columbia Heights! Cloud Recycling (Cloud Recycling | Appliance Recycling) started with a vision to ensure a safe, healthy, sustainable community by reducing the number of appliances sent to landfills. They recycle more than 700,000 appliances each year — that's 700,000 fewer in landfills and 700,000 more in new or recycled raw materials!

Cloud recycling is a certified minority-owned business that is passionate about making a positive impact on the environment. Registration is required as transportation is provided but limited to ten participants.

Thursday	Oct. 2	12:30-4:00 p.m.	FREE	Meet at Murzyn Hall
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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!

Tuesday Sept. 30 5:00-7:00 p.m. \$15 per participant Blooming Heights Garden

"Parent & Me" Homemade Chocolate Zucchini Muffins

Spend some time in the Columbia Heights High School Kitchen and bond with your kiddo while making homemade chocolate zucchini muffins with CHHS FACS 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. You will also get to take all the muffins, that you don't eat, home with you, so bring a to-go container!

This class is set up for one adult and one child for \$25, but if you have two children you want to bring, it is only \$10 more! For each adult, the cost is \$25 (so if two adults want to attend together with a child, you must register separately) to cover the cost of supplies and instruction. Ages for children attending are 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 Oct. 8 5:00-7:30 p.m. \$25 (1 Adult, 1 Child) \$35 (1 Adult, 2 Children) FACS Classroom CHHS Room #137

Baked Apple Cider Donuts w/ CHHS FACS Teacher, Autumn

Embrace the flavors of fall with this sweet morning treat! Columbia Heights High School FACS Teacher, Autumn will be teaching you how to create homemade Apple Cider Donuts with everyone's favorite fall flavors (apple, cinnamon and spice)! You will learn the steps to baking donuts to recreate at home, and get to bring leftovers home with you after the class! Join Autumn in the CHHS FACS classroom to learn how to create these yummy fall treats!

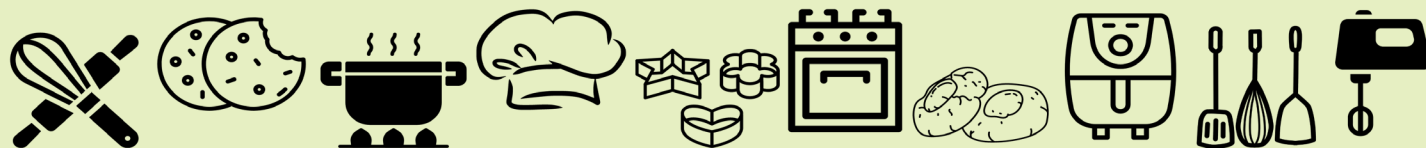
Wednesday Oct. 29 5:00-7:30 p.m. \$30 FACS Classroom CHHS Room #137

Holiday Bake and Take Cookies

Get all your holiday baking finished in just one 4-hour class and take home a dozen each of 8 varieties of cookies - a perfect fit for your busy lifestyle. You'll be supplied with everything you need to make and decorate your holiday cookies. You will also have a chance for some sweet sampling! You'll take home 8 varieties of cookies! Grab your apron as participation is required and bring enough containers to hold 8 dozen cookies (hairnets and gloves will be provided). Please arrive on time and stay the full 4 hours. Children under 16 are not allowed. All supply costs included in tuition. Class meets in the high school cafeteria for a brief meeting before entering the kitchen.

Cookies being made are: Andes Mint chocolate, Thumbprints, Peanut Butter Blossoms, Snowballs, Red Velvet, Pretzels with Rolos, Sugar and Gingerbread.

Saturday Dec. 6 9 a.m.-1 p.m. \$52 CHHS Cafeteria Kitchen
Saturday Dec. 13 9 a.m.-1 p.m. \$52 CHHS Cafeteria Kitchen



Blooming Heights Garden Tour & Tips on "Putting Your Garden to Bed"

Enjoy a free garden tour of Blooming Heights garden with Agriculture Specialist, Melissa Trent, as we discuss a variety of methods for putting your home garden "to bed" this fall. Melissa will share her personal "garden-to-bed" checklist with you and give you one of your own to take home.

During the tour of the garden, she will also share tips about harvesting and storing your remaining garden vegetables, collecting seeds from your plants, amending your soil and perennial care.

Registration is required, although the class is free. Please leave contact information if we have to postpone/cancel the tour due to weather. Blooming Heights is located behind the CHPS District Center.

Monday Oct. 6 4:00-5:00 p.m. FREE Blooming Heights Garden

Canvas Painting - Fall Warmth

Dive into a world of color and joy with our fun and dynamic painting class! Perfect for all skill levels, this lively and interactive session offers a vibrant escape where participants can unleash their creativity, experiment with various techniques, and craft unique masterpieces in a relaxed and enjoyable atmosphere. Instructor Jill Mason has been running Community Education classes for many years, and CHPS is so lucky to begin our partnership with her this fall! The painting you will be creating in this class is called "Fall Warmth". Whether it's a friend's night out, a social group gathering, or a date night, our classes promise a rich tapestry of creativity that transcends traditional boundaries. Join us and experience the thrill of blending diverse materials and techniques to create art that is truly your own! **See Photo #1**

Wednesday Oct. 1 6:00-9:00 p.m. \$40 CHHS Art Room

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 Nov. 3 and 10 7:00-8:00 p.m. \$35 FC Room 111

"Parent & Me" Canvas Painting - Reindeer Christmas

Join us for a fun and creative "Parent and Me" Painting Class where you and your child can bond while learning to paint step-by-step with a professional instructor. Perfect for beginners and experienced artists alike, this class offers a unique opportunity to create beautiful artworks together in a relaxed and supportive environment. This class will be painting "Reindeer Christmas". One child and one adult will share one canvas. Jill Mason of Art Van Go Painting Parties will be leading this fun two-hour class! This class is recommended for ages 3-15, 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. **See Photo #2**

Monday Dec. 15 4:00-6:00 p.m. \$33 CHHS Art Room

Photo #1



Photo #2



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	Sept. 2, 9, 16, 23, 30	6:00-7:30 p.m.	\$45 (5 classes)	Fridley Comm Center 116
Tuesdays	Oct. 7, 14, 21, 28	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Nov. 4, 11, 18, 25	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Dec. 2, 9, 16, 23, 30	6:00-7:30 p.m.	\$45 (5 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	Sept. 6, 13, 20, 27	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Oct. 4, 11, 18, 25	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Nov. 1, 8, 15, 22, 29	10:00-11:30 a.m.	\$45 (5 classes)	Fridley Comm Center 116
Saturdays	Dec. 6, 13, 20, 27	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116

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

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/communityed/community-education/adultenrichment or contact Adult Enrichment/Senior Program Manager Emma Bute.

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.

FREE

classes for adults!
Day and evening
class times available

Adult Education Center – Columbia Heights/Fridley

4111 Central Ave. NE, Suite 100

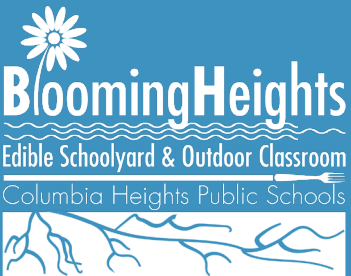
Columbia Heights, MN

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
& In-Person**



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/communityed/community-education/bloomingheights

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

Seniors Attend CHPS Activities for FREE

Did you know senior citizens (ages 60+) can receive a Senior Event Pass? The event pass entitles one resident living within CHPS boundaries to attend Columbia Heights High School and Columbia Academy arts events (band/choir concerts, musicals, etc.) and home athletic events during the regular season (non-section playoff games/meets) FREE OF CHARGE!

Pick yours up at the CHPS Family Center or call 763.528.4517 for more information!



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 CH Community Education. Classes offered through Safeway Driving School. The additional \$180 is payable to the behind-the-wheel instructor. (\$90 on the first lesson, and \$90 on the second lesson) 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.



Sessions take place at CHHS in room 115

Session 1

Monday-Thursday Oct. 6-22 3:15-6:15 p.m.
No class Oct. 16

Session 2

Monday-Thursday Dec. 1-16 3:15-6:15 p.m.

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

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

Alumni of Distinction | Trevor Major

Columbia Heights High School alumni Trevor Major (class of 2000) has been named as his alma mater's 2025 Alumni of Distinction. Major was recently announced as the 17th recipient of this award.

"Hylander Pride is in my blood and tattooed on my right arm!" said Trevor Major. "From the day I started kindergarten at North Park to the day I walked across the graduation stage, the diverse experiences I had within the district instilled in me the strong values of community, belonging and teamwork. Many teachers, coaches, and staff over the years inspired me to give back to the next generation of Hylanders."

Major graduated from Columbia Heights High School in 2000. He began his schooling at North Park Elementary (now North Park School for Innovation), and then attended Central Middle School (now Columbia Academy) before entering the high school. During high school, Major was heavily involved in the athletic programs, particularly football and basketball where he earned six varsity letters.



"When I first arrived at CHHS, I had to ask the athletic director who Trevor was. I thought he was an employee of the school district because he was at every sporting event and at the school so much," stated CHHS Principal, Todd Wynne. "I later learned that Trevor bleeds blue and gold. I have never met someone who speaks so highly about our school district, his positive memories and how much the high school influenced him. He puts countless hours into volunteering at our school and serving on the board for the Columbia Heights Athletic Boosters. He is Heights through and through; he loves this district and this community so much that he has it tattooed on his arm! I am thankful for all that Trevor does."

Major has served on the Columbia Heights Athletic Booster Board for ten years. He was a recipient of the prestigious Ron Wojciak Memorial Award in 2022 for his outstanding contributions to the Columbia Heights Sports Programs. He has held many board seats, including president, vice president, and is currently the treasurer. Trevor has presented scholarships at the high school's annual scholarship ceremony on behalf of the Boosters for the past ten years. The Boosters have donated almost a million dollars over the past ten years to Columbia Heights athletics and activities.

"I'm beyond honored to receive this award!" said Major after receiving the news about being named the 2025 CHHS Alumni of Distinction. "One of the things I'm most proud of is the relationships I've built, the people I've met, and the students I've mentored, supported and witnessed grow over the years."

Major will be formally recognized by the Columbia Heights High School Alumni Scholarship Foundation at the Alumni Foundation Dinner on October 23, 2025. To receive an invite for the Alumni Foundation dinner, go to the CHPS website, www.colheights.k12.mn.us, and click the "Contact Us" button at the top to request a formal invite. Name, contact information and address must be provided in the form and put "Alumni Foundation Dinner" in the comments.



Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Spring Highlights Provided by the CHPS Activities Department

April

- 13 of our Activities Student Leaders attended a Tri-Metro Conference presentation with Brandon Saho, host of 'The Mental Game' podcast, on mental health as it relates to our high school students
- Speech Team placed 3rd in the Section 4AA Speech Tournament. 10 members of the Speech Team medal at the Section 4AA Speech Tournament. Taymoi Epps (1st in Poetry), Daphne Kleinschmit (1st in Drama), Ray Muhm (3rd in Extemporaneous Reading), Carolina Baldovinos Miranda (5th in Poetry), Alice Sabatke (5th in Creative), Hanan Mohamoud (2nd in Creative), Lillian Zeimet (6th in Extemporaneous Reading), Mason Jama (6th in Great Speeches), Leo Pham (4th in Humor), Finn Knoke Borris (4th in Informative Speaking)
- CHHS hosts the Tri-Metro Jazz Band & Visual Arts Festivals
- Over 320 student athletes participating in Spring Sports
- Taymoi Epps, Daphne Kleinschmit, Hanan Mohamoud and Ray Muhm compete in the 2025 MSHSL Class AA State Speech Contest.
- Taymoi Epps is the Class AA State Champion in the Speech Poetry category. Daphne Kleinschmit places 8th in the Speech Drama category.



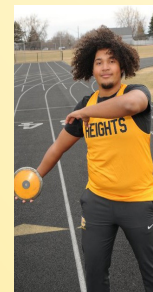
May

- Elizabeth Schoenbauer is the 2025 Athena Award Winner
- LaRon Collins is the 2025 Oscar Eng Award Winner
- 11 CHHS Students earn a Superior or Excellent Award at the MSHSL Region 4AA/5AA Art Festival
- Yumna Ali, Dominic Baker, and Elizabeth Lee were honored with the Spotlight in the Arts Award, the highest award that can be earned in Visual Art from the Minnesota State High School League
- CHHS Synchronized Swim Team advances to the State Tournament:
 - Short Duet- Simone Edstrom and Sage Dalzell
 - Short Trio- Simone Edstrom, Liliam Taly Palma, and Sage Dalzell
 - Exhibition Round- Long Solo, Long Duet, "Glam" and "Dreams" routines
- Track & Field Team medals at the Section 4AA Track & Field Championship Meet. Khoi Le (1st in Triple Jump, 6th in Long Jump), William Lacy (2nd in Discus, 7th in Shot Put), Danchau Le (3rd in Long Jump, 3rd in Triple Jump, 6th in High Jump), Daniel Abebaw (3rd in 800), Carolina Baldovinos Miranda (5th in Shot Put), Iris Bergan (7th in High Jump, 9th in Long Jump), Amjad Mohamed (8th in 400), Boys 4x800 Relay (6th place), Boys 4x400 Relay (7th place)
- Successful inaugural seasons for both CHHS Boys Volleyball and CA Girls Flag Football



June

- 3 Track & Field Athletes compete in the MSHSL Class AA State Track & Field Meet. Danchau Le places 8th in the Long Jump, Khoi Le finishes 13th in Triple Jump, and William Lacy finishes 18th in Discus. Danchau Le sets new school records in both the Girls Long Jump and Girls Triple Jump.
- Hanan Mohamoud and Loulou Sadrant perform in the Hennepin Arts Spotlight Showcase.
- CHPS congratulates senior athletes who are continuing their athletic careers:
 - LaRon Collins, who will be attending Ellsworth Community College for Football
 - David Daniels, who will be attending Ellsworth Community College for Football
 - Ignacio Alvarez Matamoros, who will be attending Dordt University for Soccer
 - Niko Leon, who will be attending Hamline University for Football
- Over 350 2nd-12th grade students participating in Summer Youth Camps



Valley View Elementary's Jennifer Cahill Named CHPS Local #710 Teacher of the Year for 2025

Columbia Heights Public Schools kindergarten teacher at Valley View Elementary, Jennifer Cahill, has been named the 2025 CHPS Local 710 Teacher of the Year.

Cahill began her time at CHPS as a kindergarten teacher at Highland Elementary from 2000-2003. In 2004, she moved down 49th to Valley View Elementary, joining their kindergarten team, and has been there ever since. Along with teaching, throughout Cahill's 25 years with ISD #13, she has taught ENCORE classes, summer school, been the department lead, on leadership teams, been a mentor to new teachers, been on academic leadership, on the student assistance team and a Responsive Classroom committee member.

Part of the selection process includes an essay from each nominee. In Cahill's application essay, she states, "Educating the whole child is valuable and I believe the most important educational issue of today is meeting the needs of the whole child- physical, social, emotional, and academic; therefore, supporting their mental health. Students live in a world that is complex where students may experience economic hardships, social injustice, worries about being deported, and overuse of technology. In this complex world, educators can do many things to provide for the whole child and I believe we can make a difference in providing our students with social and emotional health support within the classroom... Supporting our students' social and emotional needs is just as valuable as the academic needs. Looking at our classrooms as a garden of children will give us a perspective to support the whole child. As teachers, we will give them great soil to thrive in by educating ourselves in best practices related to social and emotional health and also academics. We will tend to the social and emotional needs to grow strong roots, water our students with academics so they thrive with knowledge. When they are growing, we "prune" as needed with additional support, both within and outside the classroom. If this is done in every classroom, we will have students who have gained skills to be successful in school and be contributing members of our complex world!"

Cahill received her Bachelor's Degree in Elementary Education from Bethel University in 2000 and went on to obtain her Master's Degree in Education in 2005 from St. Mary's University. She has also continued her education throughout her teaching career, taking graduate credits from Colorado State University.

The award is sponsored by the Columbia Heights Federation of Teachers Local 710. With her selection, Cahill will represent CHPS for next year's Minnesota Teacher of the Year award.



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 1-4 are available for ages 4+. See registration site for details.



CHPS 2024-2025 Employee of the Year | Jason Kuhlman

Columbia Heights Public Schools announced in May that our CHPS Employee of the Year for 2024-2025 is Jason Kuhlman, our Valley View Elementary Principal.

Jason has been with CHPS since 2019, when he was hired to take on the principal role at Valley View! Staff at his school have described him as a true leader, a caring individual, an understanding boss, a tireless advocate for students and staff and, to quote a teacher who has been in the district since 2001, “He is, hands down, the very best principal that I have ever worked under.”

Jason truly embodies the CHPS mission of creating worlds of opportunity for each and every learner. Congratulations to Principal Kuhlman!



Congratulations to the CHHS Class of 2025



Get Involved at CHPS! Join a District Committee

CHPS is committed to involving CHHS students, parents and community members on district committees. Please email the key contact person for more information about joining the council or committee.

- **Communications Advisory Council:** Provides feedback and suggestions for the CHPS Communications Department on how CHPS can better communicate (giving and receiving information) and build relationships with students, staff, parents and community members. For more information please contact Kristen Stuenkel, Director of Community Education & Communications: StuenkeK@colheights.k12.mn.us.
- **Community Education Advisory Council:** Provides feedback and suggestions for Community Education programs which include early childhood, ENCORE, child care, adult enrichment and education, and Blooming Heights. For more information please contact Kristen Stuenkel, Director of Community Education & Communications: StuenkeK@colheights.k12.mn.us.
- **Student Wellness Committee:** Provides feedback and suggestions about areas of student wellness including CHPS food service, Blooming Heights, physical, health and nutrition education, and student mental health supports. For more information please contact Kristen Stuenkel, Director of Community Education & Communications: StuenkeK@colheights.k12.mn.us.
- **Comprehensive Achievement and Civic Readiness Committee (formerly World’s Best Workforce):** Committee focused on district goals and programming. The committee makes recommendations and brings ideas to the district administration to support “creating worlds of opportunity for each and every learner.” For more information please contact Tara Thukral, Director of Teaching & Learning: ThukralT@colheights.k12.mn.us.
- **Native American Parent Advisory Council:** Limited to students and families who identify as Native American. This committee supports the Native American Education Program by planning cultural events and providing suggestions for curriculum that benefit Native American students and families. For more information please contact Yolanda Dorr Slowey, Native American Mentor: DorrSloY@colheights.k12.mn.us.

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 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	\$24	\$53	\$27

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



Weekly Program Fees* Per Child	5 Days	4 Days	3 Days	2 Days	1 Day
	\$339	\$287	\$226	\$160	\$81

*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

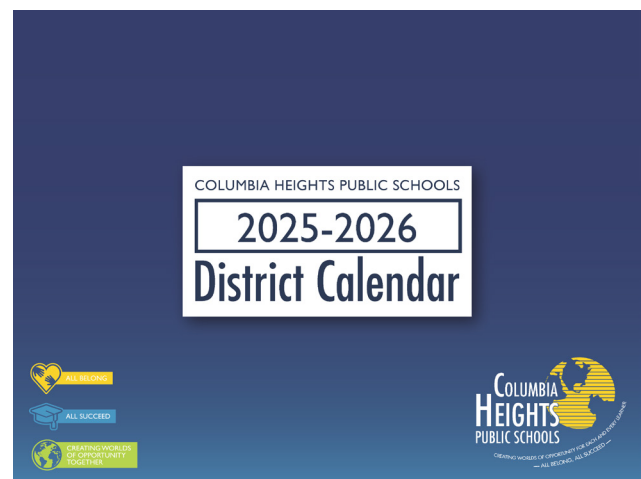
For more information, visit www.colheights.k12.mn.us/miniadventures or call 763.528.4517

2025-2026 Calendar Information

This year, to reduce waste, Columbia Heights Public Schools has decided to, once again, send the District Calendar to homes of only enrolled students and their families. Calendars are also provided to each staff member and newly enrolled families. If you are interested in receiving this year's CHPS calendar, there are extras at Murzyn Hall, Columbia Heights City Hall, and at the CHPS District Office that you can pick up.

If you are unable to pick up a calendar from any of these locations in person, please visit colheights.k12.mn.us/contact-us to fill out a form and request a calendar. Please include your address within the form.

The calendar is also available online and available to download the PDF version on the District website. You can find it by scanning the QR code or by following this link: colheights.k12.mn.us/calendar.



Short Sessions

- **Nature-Based (September-October)**

Learn about nature and explore different activities outside in our Blooming Heights Edible Schoolyard and Outdoor classroom as well as local parks too! Participate in group time with your child, for part of the class will be a educator-led discussion about ways to support and engage your child in nature.

- **Create Art (November-January)**

Learn about nature and explore different activities outside in our Blooming Heights Edible Schoolyard and Outdoor classroom as well as local parks too! Participate in group time with your child, for part of the class will be a educator-led discussion about ways to support and engage your child in nature.

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

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.

ECFE for All

This class provides the added support of transportation (only for CH residents) and Spanish interpreting. Let our staff know at registration if you are in need of these services. All are welcome to enroll in this class regardless of need.

This class offers transportation for Columbia Heights residents

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!

Night Owls Drop In (Begins October 23, 2025)*

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 free play, art activities and a chance to meet new friends! This class is free of charge and does not have a parent education time.

No need to register for this class. Come when you can! Parents must stay with children.

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!

Register now for the 2025-2026 school year. For more information, visit FC.colheights.k12.mn.us.
ECFE Classes start Monday, September 2, 2025.

	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 Drop In* (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+)
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***Incredible Infants**

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

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



Enroll Now
Inscríbete Ahora

www.colheights.k12.mn.us/ecfe | 763.528.4517



Join the Early Childhood PTO

Join the Early Childhood PTO (Parent Teacher Organization)! Our PTO is now a 501c3 and 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 ValleyView 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 CONNECT



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

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



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

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