

Community CONNECTIONS

District News • Community Ed Offerings • and more!



Información sobre una clase 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"

Publication Information.....	2	ECFE for Multilingual Learners	12
Special Election Results - Thank You	3	Early Childhood Family Education (ECFE)	13
Adult Enrichment.....	4	Early Childhood Screening.....	14
Blooming Heights Edible Schoolyard & Outdoor Classroom.....	7	CHHS Student Representatives for CHPS BOE.....	14
Driver's Ed	7	ENROLL NOW	14
Adult Basic Education	8	Early Childhood Advisory Council.....	15
Israelson Featured in National Journalism Publication	8	School Census	15
Activities and Athletics Fall Recap.....	9	One-to-One Visits.....	15
CA Student Accepted Into Prestigious Scholars Program.....	10	PreK 3 Registration	15
ENCORE.....	10	PreK 4 Registration	15
HNN and Heights Herald Awards	11	Registration Information	15
Lt. Governor Visits Valley View	11	Subscribe to the Hylander Connect.....	15
Child Care Adventure Club, Mini Adventures	12	Find Us Online.....	16

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

- Atinan Anwar
- Jesse Davies
- Margarita Donayre
- Angie Fanning
- Nichole Hayden
- Alix Lewis
- Kathleen Moriarty
- Leo Pham
- Tammy Schmitz
- Dale Schuetz
- Amáda Márquez Simula
- Jo-Anne Student
- 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. - 4:00 p.m.
The Community Education Office will be closed: Dec. 25-26, Jan. 1-2, Feb. 19, Mar. 29, May 27

Kristen Stuenkel

Community Education Director &
Communications Director

763.528.4515 • StuenkeK@colheights.k12.mn.us

Kari Sawyer

Early Childhood Coordinator

763.528.4518 • SawyerK@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



Strong Schools • Supportive Communities

THANK
YOU!

CHPS Operating Levy
Referendum Passed with 63.51%
YES votes and 36.49% NO votes

THANK
YOU!

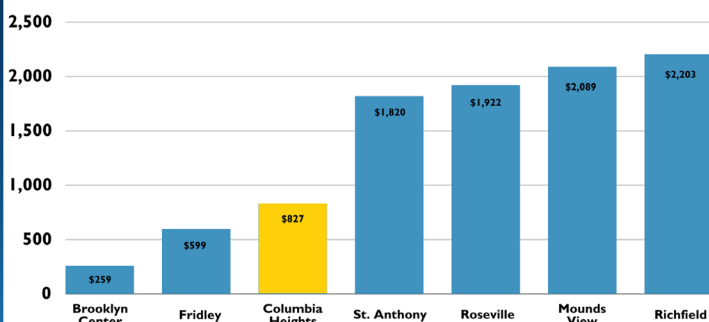
CHPS Capital Project Levy
Referendum Passed with 72.98%
YES votes and 27.02% NO votes

We are so grateful for the community support in passing our Operating Levy and Capital Project Levy. These ongoing funds will provide financial stability for our district going forward. Though there have been recent increases in state funding, districts have had to go to their local communities to keep up with financial obligations. School districts have experienced increased costs due to inflation and this will lessen our need to borrow (with interest) to cover costs.

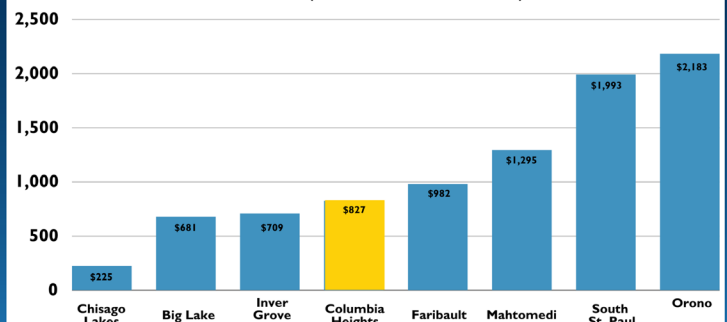
The Operating Levy will be used to support students in Career and Tech Education, Science, Technology, Engineering and Math (STEM) which we provide in PreK 4 through Grade 12; for continued arts and music programming as well as strong core academic subjects, such as reading and math. The Capital Project Levy funding provides support for deferred maintenance projects; safety and security improvements; tuckpointing; repair and replacement of casework; plumbing repair and replacement; parking and driveway improvements; repair of water damage and siding repair and replacement; and mechanical and signage improvements; and acquisition, installation, replacement, support and maintenance of software, improved technology, technology systems, network and infrastructure, and related training.

The New Operating Levy for the 2024-2025 School Year in Comparison to Other Districts

Pay 2024 Operating Levy Authority
Neighboring Districts Comparison



Pay 2024 Operating Levy Authority
for Similar Sized Districts Near
Metro (2900-3400 Students)



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 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 | 8-hour 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.

Tues & Wed	Jan. 23 & 24	1:30-5:30 p.m.	\$30 (2 classes)	Virtual Via Zoom
Tues & Wed	Mar. 19 & 20	1:30-5:30 p.m.	\$30 (2 classes)	Virtual Via Zoom

Defensive Driving Refresher | 4-hour Class

If you have taken a state-approved eight-hour Defensive Driving Course (55+) in the past, now you can renew your 10% three-year car insurance discount by taking this state-approved four-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company. *Senior Discount already applied.

Thursday	Feb. 8	9 a.m.-1 p.m.	\$30	Virtual Via Zoom
Tuesday	Apr. 23	12:00-4:00 p.m.	\$30	Virtual Via Zoom

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.

Tuesday	Feb. 13	1:30-2:30 p.m.	FREE	CHPS Family Center #111
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Medicare 101

Are you turning 65 soon and want an overview of Medicare? This presentation introduces Parts A, B, C and D of Medicare, as well as what additional insurance options are available. The enrollment process and options for enrollment in Medicare will be discussed along with the personal costs of the program and eligibility for extra help with prescription drug costs.

Thursday	Feb. 22	6:00-7:30 p.m.	FREE	CHPS Family Center #111
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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.

Thursday	Mar. 7	10:00-11:30 a.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	Apr. 11	6:00-7:00 p.m.	FREE	CHPS Family Center #111
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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.

Tuesday	Apr. 23	1:30-2:30 p.m.	FREE	CHPS Family Center #111
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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 11

9 a.m.-12 p.m.

FREE

1440 49th Ave. NE

**Parking Lot Across from
CHHS & Hylander Center**

Winter Wellness Bowl Meal Prep

You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer! In this live online class Kirsten will demonstrate a vegetarian Southwestern Breakfast Bowl, a Korean Chicken Bowl, and a flexitarian Mediterranean Bowl while discussing ways to change up your daily meals with different sauces and toppings. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

Wednesday

Jan. 31

6:30-8 p.m.

\$22

Virtual via Zoom

Instant Pot Basics

It's time to finally use that Instant Pot! In this live 4-part online Zoom class you'll learn how to make breakfasts through dinners and appetizers through desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: from how a pressure cooker works, to how to cook with frozen meats, to all-in-one meals, to pot-in-pot cooking. Handouts accompanying each session offer additional recipes beyond what is demonstrated during class and each week there's plenty of time for Q&A and sharing how we've used our pots since the previous class. Class will be recorded.

Wednesdays

Feb. 7, 14, 21, 28

6:30-8 p.m.

\$88 (4 classes)

Virtual via Zoom

Chili Night with Your Instant Pot

The electric pressure cooker makes a faster and more flavorful pot of chili compared to stove top or slow cooker—and you can make your sides in the Instant Pot, too! In this live online class Kirsten will demonstrate Easy Weeknight Chili, Turkey Verde Chili, and vegan Quinoa Chili, along with Instant Pot “Baked” Potatoes and Loaded Cornbread. We'll also discuss how you can adapt your favorite recipe for pressure cooker use. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

Wednesday

Mar. 6

6:30-8 p.m.

\$22

Virtual via Zoom

Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

Wednesday

Apr. 17

6:30-8 p.m.

\$22

Virtual via Zoom

Summer Snacks and Sippers

Join Kirsten Madaus from her home kitchen in this live online cooking class as she demonstrates variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a Blueberry-Ginger Shrub and Rosemary Lemon Syrup to liven up your warm weather libations. Extensive handout with additional recipes included. Class is recorded so you can watch when you're able to or cook along at your convenience.

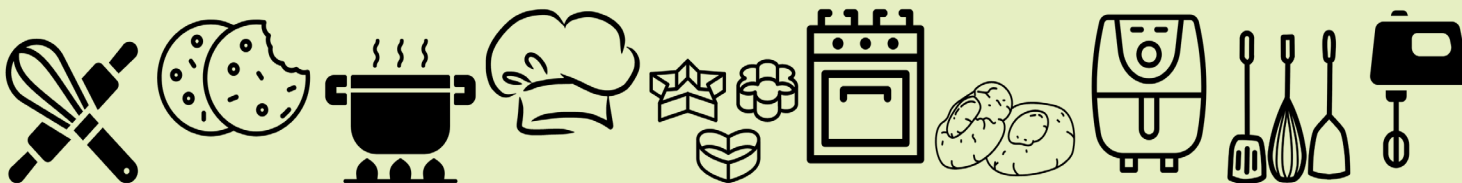
Wednesday

May 15

6:30-8 p.m.

\$22

Virtual via Zoom



WestRock Paper Mill Recycling Tour - City of Columbia Heights

Join us for a popular tour of WestRock Paper Mill, one of the largest integrated recyclers. Located in St. Paul, MN, WestRock collects paper and cardboard, which they use to supply WestRock-owned paper mills. Join the tour to learn more about their recycling process. Transportation will be provided with a max of 11 participants. We will meet at the Murzyn Hall parking lot and the van will leave at 12:30 p.m. Please arrive by 12:15 p.m., so you do not miss the van departure to the St. Paul facility.

Thursday	Jan. 25	12:15-4:00 p.m.	FREE	Meet at Murzyn Hall 530 Mill St. NE, CH 55421
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"Get Growing!" - Planning a Successful Garden with CHPS Agriculture Specialist, Melissa Trent

Come spend time learning all about planting with the school district's Agriculture Specialist, Melissa Trent! Melissa will be walking you through how to select which seeds/plants to grow in your personal garden, where to order/purchase seeds, timelines of when to plant certain seeds, and basic care tips. You will leave with an idea of when to begin your garden, three different seed varieties to start on your own, a small starter plant and a nutrient-rich compost additive made at North Park School for Innovation!

Tuesday	Feb. 27	4:00-5:00 p.m.	\$5	CHHS Room #135
Thursday	Mar. 7	6:00-7:00 p.m.	\$5	1440 49th Ave NE



Home Buyer Seminar

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

Wednesdays	Jan. 17 & May 1	5:30-6:30 p.m.	FREE	Virtual Via Zoom
Saturdays	Jan. 20 & May 4	10:30-11:30 a.m.	FREE	Virtual Via Zoom

Selling Your Home

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

Wednesdays	Jan. 24 & May 8	5:30-6:30 p.m.	FREE	Virtual Via Zoom
Saturdays	Jan. 27 & May 11	10:30-11:30 a.m.	FREE	Virtual Via Zoom

Photo Organization (Print & Digital)

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

Tuesday	Apr. 8	6:00-8:00 p.m.	\$13	CHPS Family Center #111
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TEACH A CLASS ✨

Do you have knowledge, ideas or passions you'd like to share with others? Consider teaching a Community Education class! For more information, visit colheights.k12.mn.us/AdultEnrichment or contact Adult Enrichment/Senior Program Manager Emma Bute at 763.528.4530 or ButeE@colheights.k12.mn.us.

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. 2, 9, 16, 23, 30	6:00-7:30 p.m.	\$45 (5 classes)	Fridley Comm Center 116
Tuesdays	Feb. 6, 13, 20, 27	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Mar. 5, 12, 19, 26	6:00-7:30 p.m.	\$36 (4 classes)	Fridley Comm Center 116
Tuesdays	Apr. 2, 9, 16, 23, 30	6:00-7:30 p.m.	\$45 (5 classes)	Fridley Comm Center 116
Tuesdays	May 7, 14, 21, 28	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. 6, 13, 20, 27	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Feb. 3, 10, 17, 24	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	Mar. 2, 9, 16, 23, 30	10:00-11:30 a.m.	\$45 (5 classes)	Fridley Comm Center 116
Saturdays	Apr. 6, 13, 20, 27	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116
Saturdays	May 4, 11, 18, 25	10:00-11:30 a.m.	\$36 (4 classes)	Fridley Comm Center 116

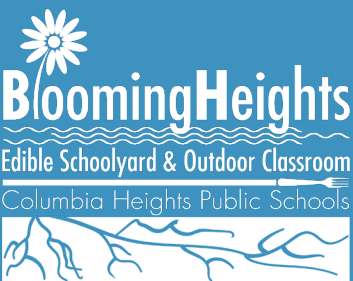
Hogar-Escuela-Comunidad: Clases Para Padres

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 o jueves. Te inscribes en uno de los dos días, pero si pierdes una clase, puedes venir el otro día disponible que hay en esa misma semana. Tendremos seis clases los lunes y seis clases los jueves en enero y febrero, y luego una celebración de graduación para todos, el día miércoles 21 de febrero. La inscripción cuesta \$30 por las seis clases y la graduación.

Lunes	8, 15, 22 y 29 de enero y 5 y 12 de febrero	6:00-8:00 p.m.	\$30 por 6 clases	CHPS FC #100
O				
Jueves	11, 18 y 25 de enero y 1, 8 y 15 de febrero	6:00-8:00 p.m.	\$30 por 6 clases	CHPS FC #100

Celebración de graduación para todos, el día miércoles 21 de febrero! (6:00-8:00 p.m.)



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

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

Driver's Education

Students will receive a total of 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The classroom portion consists of ten, three-hour classes and the behind-the-wheel portion is three, two-hour private lessons. Pre-registration is required with a \$205 down-payment payable to CHPS Community Education. Classes are offered through Safeway Driving School. The additional \$170 is payable to the instructor. Email address **MUST** be included during registration. For more information, contact Safeway at 651.351.9150 or visit safewaydrivingschool.com.

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



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

Session 1	Monday-Thursday	Feb. 26, 27, 28, 29	Session 2	Monday-Thursday	May 6, 7, 8, 9
	Monday-Thursday	Mar. 4, 5, 6, 7		Monday-Thursday	May 13, 14, 15, 16
	Monday-Tuesday	Mar. 11 & 12		Monday-Tuesday	May 20 & 21

Additional sessions will be offered in the Summer

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

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

Metro North Adult Basic Education

English as a Second (or other) Language (ESL)
Inglés como segunda lengua

Morning Classes (Clases Matinales)

Levels 1-3	Monday-Thursday	9:30 a.m.-12:30 p.m.
Levels 4 and 5	Monday-Friday	9:30 a.m.-12:30 p.m.

Evening Classes (Clases Nocturnas)

Levels 1-5	Tues., Wed., Thurs.	6:00-8:00 p.m.
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Adult Education Center – Columbia Heights/Fridley

4111 Central Ave. NE, Suite 100
Columbia Heights, MN

*All classes except Level 1 classes meet online.

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.



Find and Follow Us Online!



@CHPSisd13



facebook.com/CHPSisd13



@CHPSisd13



youtube.com/HeightsTube13



Israelson Featured in National Journalism Publication

Columbia Heights High School Senior, Jack Israelson, wrote a piece for the CHHS student school newspaper, The Heights Herald, which ended up being published on “Best of SNO”. SNO is School Newspapers Online, which is the largest student journalism publication service in the country. Israelson’s feature story is titled “The Need for Bike- and Pedestrian-Friendly Development in Columbia Heights Persists”. The feature story was written and photographed by Israelson, and edited by Ezra Riemermann and Caroline Raleigh.



The story focuses on the lack of and need for bike paths/trails in the City of Columbia Heights. Israelson spoke with the Columbia Heights Planning Commissioner, Columbia Heights City Planner and Anoka County Commissioner to find out why bike infrastructure in Columbia Heights is so far behind other cities, and what the plan is to remedy this issue. He also touches on some of the projects and builds that are in the works currently, and how adding walking/bike routes and better public transportation could only benefit the area.

To read Israelson’s feature story in SNO, visit <https://bestofsno.com/65335/news/the-need-for-bike-and-pedestrian-friendly-development-in-columbia-heights-persists/>





Activities & Athletics Recap



Follow along with Hylander
Activities and Athletics
@hylanderactivities on
Instagram

Fall Highlights Provided by the CHPS Activities Department

August

- Cross Country returns to CHHS for the first time in over 20 years with Zach Johnson as Head Coach.
- CHHS Alum hired for our Fall Sports Season include:
 - Basil Muhammad ('15) – Football
 - Kamryn Green ('18) – CA Volleyball
- Robotics Team demonstrated their Robots for STEM Day at the MN State Fair.
- The CHPS Activities Department in partnership with The Search Institute hosted a Youth Lead Workshop, funded by the MSHSL Leadership Grant, that was attended by 30 of our Student Leaders. This fall CHHS Activities Student Leaders also participated in the Tri-Metro Leadership Conference, MSHSL Together We Make A Difference Initiative and SACA Produce Drop.



September

- Fall Sports participation numbers continue to increase each year, with over 430 student athletes for Fall 2023.
- Expanded student free admission to include all CHPS students from early childhood to grade 12 to all regular-season home events.
- Debut of our CHHS Cheer Team.
- Hosted Girls Tennis, Girls Soccer, Boys Soccer, Girls Volleyball, Strikers Soccer, and Football games during Homecoming week.
- Took close to 100 CHHS Students, including Captains, Homecoming Court, and Pep Band on a Homecoming tour to all five district schools. Shared the CHHS 'Battle Cry' tradition with the schools and the most spirited grade from each school received the 'Battle Cry' trophy.



October

- 18 CHHS Students earned SuperFan status by attending at least 5 home games this fall.
- Football was the Blue Sub-District Champion and hosted their 1st round Sections game.
- Boys Soccer Team completed their regular season in 2nd place in the Tri Metro conference and hosted their Quarter-Final and Semi-Final Sections games.
- 2 Hylander Boys Soccer players were selected to the MN State High School Soccer Coaches Association All-State Teams:
 - Ryan Agudo Medina made the Class AA First Team.
 - Matteo Marin Lopez made the Class AA Second Team.



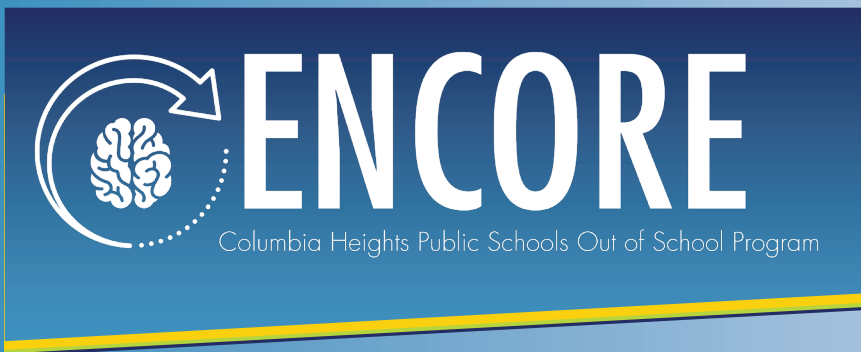
Columbia Academy AVID Student Accepted into the Jack Kent Cooke Foundation Youth Scholars Program

Columbia Academy 8th grader, Kieran Carruthers, was selected for the Jack Kent Cooke Foundation Young Scholars Program. All 7th grade students participating in the AVID (Advancement Via Individual Determination) Program applied to the Cooke Young Scholars Program, but only 43 students nation-wide were selected.

The Cooke Foundation partners with AVID, which is a system that directly teaches students strategies to engage in high levels of thinking. AVID's mission is to close the achievement gap and to prepare all students for success in a global society. The foundation partners with AVID to help identify and support qualified applicants for the Young Scholars Program. 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."



On top of still being an active AVID student at CHPS, Kieran 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 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 or contact your child's school!

ENCORE Babysitting 101

This course is for 10 to 13-year-olds (4th-7th graders) 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, first aid basics, feeding and caring for infants and how to handle behavior problems. Students receive a reference book, handouts, babysitting bag, certificate and a first aid kit during the class.

**Bring your own lunch and snacks if needed.*

Friday February 9 8:30 a.m.-4:00 p.m. Murzyn Hall \$60



The Heights Herald and Heights News Network Receive Eleven 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 2023 Minnesota High School Journalism Convention and Annual Awards Ceremony and received eleven Gold Medallion 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 18, 2023 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 Heights News Network won this year:

- **First Place:** News Story (Sydney Miller & Heaven Gg, Class of 2023)
- **Second Place:** Feature Story (Rae Lawrence, Class of 2023 & Larisa Kadric, Class of 2024)
- **Third Place:** News Story (Anoosha Ali, Heaven Gg, & Danquyen Le, Class of 2023)
- **Third Place:** Broadcasting Best in Show (Overall State Award)

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

- **First Place:** Social Media Promotion (Makagbe Sanoe, Class of 2025)
- **Third Place:** Feature Story (Rae Lawrence, Class of 2023)
- **Fourth Place:** Social Media Reporting (Istabraq Sheikh, Class of 2024)
- **Fifth Place:** Sports Photojournalism (Greta Wilson, Class of 2023)
- **Fifth Place:** Photo Illustration (Ezra Riemermann, Class of 2024)
- **Sixth Place:** Newspaper Best in Show (Overall State Award)
- **Seventh Place:** News Website Best in Show (Overall State Award)



Students being rewarded for their passion for journalism and news is very exciting for CHPS! 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.

Minnesota Lt. Governor Flanagan Visits Valley View



CHPS was honored to welcome Minnesota Lieutenant Governor, Peggy Flanagan, to Valley View Elementary on the first day of school. Lt. Governor Flanagan joined CHPS Superintendent Zena Stenvik on a visit to Valley View to help Principal Jason Kuhlman and his staff welcome back students for the school year.

Lt. Governor Flanagan spent time in Ms. Fultz's first grade classroom, Ms. Schaust's second grade classroom, and Mrs. Nelson's LEAP classroom visiting with students and teachers. Along with visiting classrooms, Flanagan spent time with the CHPS American Indian Education Mentor, Yolanda Dorr-Slowey to speak on the importance of education about native lands and how the school's American Indian Education program and AIPAC work closely to help all students understand the cultural importance of the land they are on.



Flanagan and her team also met with one of the CHPS Home School Liaisons, Kevin Centeno, who works in the front office at Valley View Elementary as a bridge between the school and families, particularly Spanish speaking families. Centeno was able to speak with Lt. Governor Flanagan about the importance of resources and help for immigrant families as they transition their children into the American school system, and how he and the other CHPS Home School Liaisons are a resource for students and families every day.

Child Care

Adventure Club | Kindergarten-Grade 5

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

Hours, Dates, Locations & Fees

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

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

Open most school vacations and non-school days.



Program Fees* Per Child	Registration Fee	After School	Non-School Day	Drop In
	\$25	\$21.50	\$48	\$24.50

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

Learn More

For more information including fees or to register visit colheights.k12.mn.us/ACregister or call 763.528.4517. **Space is limited.**

***Summer Registration will open on Monday, March 11.**

Mini Adventures | 36 Months-5 Years Old

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



Hours, Dates, Location & Fees

6:30 a.m. to 6 p.m. weekdays, year-round at the Family Center.



Weekly Program Fees* Per Child	5 Days	4 Days	3 Days	2 Days	1 Day
	\$308	\$260	\$205	\$145	\$73

*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.

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

Early Childhood

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

MULTILINGUAL ECCE

ECCE for Multilingual Families (Spanish) | Birth to 5 Years as of Sept. 1

This class is designed to teach child development and basic English to both children and their parents through play and discussion. Families will enjoy learning and playing together through activities and group time with songs and stories. Parents will meet with our parent educator to learn about child development, ask questions, and receive parenting support. - Separating Class

Mondays	Sept. 11-June 3	9:00-11:00 a.m.	Sliding Scale Fee
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Two-Day a Week ECCE for Spanish Speakers | Birth to 5 Years as of Sept. 1

This class is designed to teach child development and basic English to both children and their parents through play and discussion. Families will enjoy learning and playing together through activities and group time with songs and stories. Parents will meet with our parent educator to learn about child development, ask questions, and receive parenting support, while learning basic English. For families with a home language of Spanish. This class meets two days per week, Tuesdays and Thursdays. - Separating Class

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

Tues. & Thurs.	Sept. 5-June 6	11:30 a.m.-1:30 p.m.	Sliding Scale Fee
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\$24 (\$0-18,999)	\$66 (\$19,000-29,999)	\$106 (\$30,000-49,999)	\$148 (\$50,000+)
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Incredible Infants | Birth-11 months at Start of Class *(Spanish Interpretation Available)*

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! These classes take place on Mondays throughout the school year in four different eight-week sessions.

Mondays **Nov. 6-Jan 22 | Jan. 29-Mar. 18 | Apr. 1-June 3** **11:30 a.m.-1:00 p.m.**

\$6 (\$0-18,999)	\$14 (\$19,000-29,999)	\$20 (\$30,000-49,999)	\$27 (\$50,000+)
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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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Terrific Toddlers | 12-35 months as of Sept. 1

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

Tuesdays **Sept. 12-June 4** **9:00-11:00 a.m.** **Sliding Scale Fee**

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

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

Wednesdays **Sept. 13-June 5** **9:00-11:00 a.m.** **Sliding Scale Fee**

Fun For All Ages

Join us for activities and fun for children birth through 5. Class will include parent/child interaction time with early learning activities for all, as well a group circle time with songs, activities, and stories. Connect with other parents with young children during the educator-led discussion part of the class while the children enjoy peer interaction. - Separating Class

Wednesdays **Sept. 13-June 5** **11:30 a.m.-1:30 p.m.** **Sliding Scale Fee**

ECFE Short Sessions* | 1 to 5 years as of the Session's Start Date

In these mini-sessions, 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 in the areas of science, literature, and nature! - Non-Separating Class

\$8 (\$0-18,999)	\$22 (\$19,000-29,999)	\$35 (\$30,000-49,999)	\$49 (\$50,000+)
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*Experiment with Science

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 areas of art and science.

Thursdays **Jan. 4-Feb. 15** **9:00-11:00 a.m.** **Short Session Sliding Scale**

*Learning with Literature

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 mini-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.

Thursdays **Feb. 22-Apr. 4** **9:00-11:00 a.m.** **Short Session Sliding Scale**

*Nature Based ECFE

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 and separate for part of the class for an educator-led discussion about ways to support and engage your child in nature. *A portion or all of this class will be outside, weather permitting.*

Thursdays **Apr. 11-June 6** **9:00-11:00 a.m.** **Short Session Sliding Scale**

Play and Learn

Play and Learn is a great way to connect with your child(ren) after a long day! Join other families for fun activities and group time, followed by an educator-led discussion while your children enjoy connecting with peers and engaging in early learning activities. - Separating Class

Thursdays **Sept. 14-May 30** **4:00-5:30 p.m.** **Sliding Scale Fee**

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

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

Fridays **Through May 31** **9:30-11:00 a.m.** **FREE**

Early Childhood Screening

<https://www.colheights.k12.mn.us/Page/3109>



Who is required to be screened?

Minnesota state law requires participation in screening after a child turns three and before a child starts kindergarten, or must take place within 30 days of when a child starts kindergarten.

What is the purpose of Early Childhood Screening?

To promote healthy development, to identify children who may need further evaluation and to connect families to resources in the community.

What is Early Childhood Screening?

Early Childhood Screening is a free and simple check of how your child is developing and growing and consists of the following components:

- Cognitive Development
- Large and Small Muscle Development
- Language and Communication Skills
- Social and Emotional Development
- Vision and Hearing
- Healthy History
- Immunization Review

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

Screen at 3! Call 763-528-4517 to Schedule Screening Today!

Screening in early childhood supports children's readiness for kindergarten and promotes health and development. Screening may link families to early learning opportunities and resources such as Early Childhood Family Education (ECFE), Early Childhood Special Education (ECSE), PreK or one-to-one visits. Screening is not a substitute for health care from your family physician or other providers.

CHHS Students to Represent Student Voice on the CHPS School Board

Columbia Heights Public Schools (CHPS) Board of Education (BOE) has chosen two Columbia Heights High School Students (CHHS) to serve as student school board representatives for the 2023-2024 school year.

The students are Caroline Raleigh (returning BOE student rep) and Shams Hassan, 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 introduced to the school board at the September 19, 2023 School Board Work Session.



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](https://www.colheights.k12.mn.us) | 763.528.4426



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 763.528.4536 for more information. Scan the QR Code to fill out the ECFE Referral Form.



PreK

Register now!

PreK 3 | 3 years old by Sept. 1

PreK 3 prepares children for lifelong success! PreK 3 curriculum and assessment is aligned with PreK 4 and Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers. Early Childhood Screening is required for all PreK 3 students. Transportation is not available. For more information, or to register, visit colheights.k12.mn.us/PreK3.

Monthly tuition is based on a sliding fee scale. Financial assistance is available to families who qualify.

Mon/Wed/Fri	\$22 (\$0-11,000)	\$42 (\$11,001-20,000)	\$62 (\$20,001-30,000)	\$84 (\$30,001-40,000)	\$105 (\$40,001-50,000)	\$135 (\$50,001+)
Tues/Thurs	\$14 (\$0-11,000)	\$28 (\$11,001-20,000)	\$42 (\$20,001-30,000)	\$56 (\$30,001-40,000)	\$70 (\$40,001-50,000)	\$90 (\$50,001+)

Mon/Wed/Fri	8:00-10:30 a.m.	FC Room 112	Tues/Thurs	8:00-10:30 a.m.	FC Room 112
	11:30 a.m.-2:00 p.m.	FC Room 112		11:30 a.m.-2:00 p.m.	FC Room 112

PreK 4 | 4 years old by Sept. 1

PreK 4 is a FREE program that provides an engaging and educational environment to prepare your child for Kindergarten. PreK 4 curriculum and assessment is aligned with Kindergarten and the Minnesota Early Learning Standards. Classes are taught by licensed early childhood education teachers. Early Childhood Screening is required for all PreK 4 students. Busing is provided for PreK 4 families who live within the District boundaries. Classes are held Monday-Friday at Highland Elementary, North Park School for Innovation and Valley View Elementary.

Mornings 7:55-10:25 a.m. **Afternoons** 11:45 a.m.-2:15 p.m. **Full Day** 7:55 a.m.-2:15 p.m.

To register your student for PreK 4, visit colheights.k12.mn.us/Enroll or visit the Placement Center.

Registration Information

PreK Registration

Begins January 3 for 2024-2025 School Year!

For more information on Community Education Registration, including class eligibility and policies, visit colheights.k12.mn.us/CommunityEd or call 763.528.4517. To register for Mini Adventures, call 763.528.4517. To register for PreK 4, visit the Placement Center or call 763.528.4426.

Hylander
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