

# Columbia Academy News

## March/April 2018

# RISE UP

RESPECT  
INTEGRITY  
STRENGTH  
EXCELLENCE

UNDERSTANDING  
PRIDE



*"Look up at the stars and not down at your feet."*

This quote from Stephen Hawking has been used often in the days since his death to help sum up his life both physically and metaphorically. Stephen Hawking provided an excellent example to us all of how to live life with courage and looking beyond oneself. Despite the loss of his physical capacities, Hawking never gave up his curiosity or his sense of humor. That is good counsel to us all. It is easy in the months of March and April to look at our feet and forget the wonder of the stars above. Standardized tests and safety drills do not lift up the human spirit, especially in gray sky and lingering cold. Besides spring break at a beach, here are some things that help lift our chins and stay inspired:

- Unexpected kindness
- Learning something new—the aha moments
- Art and music
- Laughter
- A friendly face
- The comfort of established routines
- Learning something new
- Connecting separate thoughts
- Reading a good book
- Marimbas...definitely marimbas!

Two simple truths we want our students to know: *Life is a wonder* and *We should be good to each other*. We

can fail to realize either if we spend too much time looking at our feet. At Columbia Academy, we are committed to working together with you to connect your child to the wonder of the universe and to each other. Ultimately, if we do our job well at Columbia Academy, we will inspire curiosity and kindness in each student, and in each other, as we RISE UP together as a school.

### Columbia Academy

#### Address

900 49th Ave NE  
Columbia Heights, MN 55421

#### Website

[colheights.k12.mn.us/ca](http://colheights.k12.mn.us/ca)

#### Phone

763-528-4701

#### Principal

Duane Berkas

#### Assistant Principal

Rick Ostby

#### Dean

Matt Miller

#### Dean

Leslee Sherk

### Our Mission

Columbia Heights Public Schools create **worlds of opportunity for every learner** in partnership with supportive small-town communities by challenging all to discover their talents, unleash their potential and develop tools for lifelong success.

# Columbia Academy News



## Columbia Academy Makes History (Day)

Columbia Academy had 36 students compete in sectionals at the University of Minnesota with 14 students chosen to move on to the state tournament. The CA History Day projects this year included exhibits, websites, performances, and documentaries on the theme of Conflict and Resolution. Under the guidance of Social Studies teachers Ms. Mason, Ms. Reilly, and Ms. Student, students were able to choose a topic to research and present their findings succinctly, creatively, and accurately. Here are the students from Columbia Academy who competed at sectionals:

Linus Lee "The Six Day War and Resolution 242"  
 Danielle Dickson "Amendment 26"  
 Ava Gregorich "Wilderness"  
 Lilah Bergen "Pullman Strike"  
 Baytu Ibrahim Waday "Court Packing"  
 Aaliyah Dumoulin/Simone Lyght "Philadelphia State Hospital"

Ji Qi Ni/Matt Rockwell "Coal Strike of 1902"  
 Amara Thompson/Natalie Miska "The Right to Freedom of Speech"  
 Maritza Ortiz Guayllas/Mayka Mendez Coyote "Our National Symbol Endangered"  
 Elizaveta Milevskaya/Molly Gross "The Salem Witch Trials"  
 Simon Graves "The Berlin Wall"  
 Elliot Sarkinen "The Berlin Wall"  
 Sofia Cedillo "Seneca Falls"  
 Fayine Kurkura "Miranda Rights"  
 Lidya Kennedy/Anoosha Ali "Angolan War for Independence"  
 Silvia Hernandez Monroy/Tenzin Sonam "The Keating-Owen Child Labor Act of 1916"  
 Sophie Kuether/Naciima Mohamed "Pink Triangle"  
 Omar Inamagua/Zack Sirvio "The Korean War: A Nation Torn Apart"  
 Ava Sanders "Booker v. Special School District"  
 Heaven Gg/Danquyen Le "Chinese Exclusion Act"  
 Katie Loper/Ellie Ziemet "The LPGA: The Pioneers in Womens Sports"  
 Kwot Anwey/Yuli Cordova "The Black Fourteen"  
 Bella Skaja/Hannah Severson "Mormonism"  
 Audrey Skokan "Stonewall Riots"

# Columbia Academy News

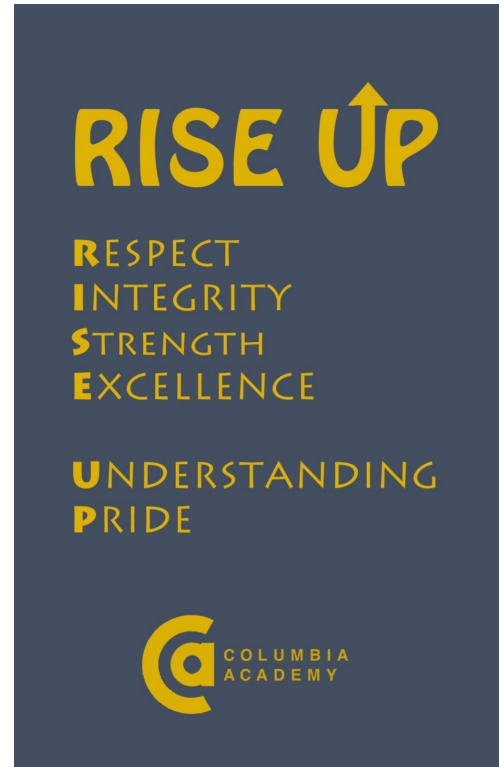
## Calling all 5th grade parents

Columbia Academy invites all parents of a 5th grader to our Open House on April 12th. We will conduct tours of our building and answer questions every thirty minutes from 5:00 to 7:00. Come join us and learn more about our school from our teachers, administrators, and students. You should be able to get it all done in 30 minutes!

Here are things we will discuss:

- Our core academic program
- Our electives
- Our after school opportunities
- Our core values and vision
- Our support system for students
- Our commitments to you

Come join us if you have a 5th grader! Tell someone who does if you don't!



## Columbia Academy closed to Open Enrollment

With 800 students enrolled at Columbia Academy this year, the Columbia Heights School Board has closed open enrollment to our school. Closed to open enrollment does not impact any of the following:

- New resident students
- Current 6<sup>th</sup> and 7<sup>th</sup> grade students
- Incoming 5<sup>th</sup> graders from any of our three elementary schools

We believe that 800 students is the most students we have had at the middle school in at least 25 years. We have had to buy new lockers, more desks, and lots more uniforms this year—3 great problems to have! Our hope is that all current 5th graders at Valley View, North Park, and Highland join our team for the next school year, and that we can attract other resident families to our school as well. word!

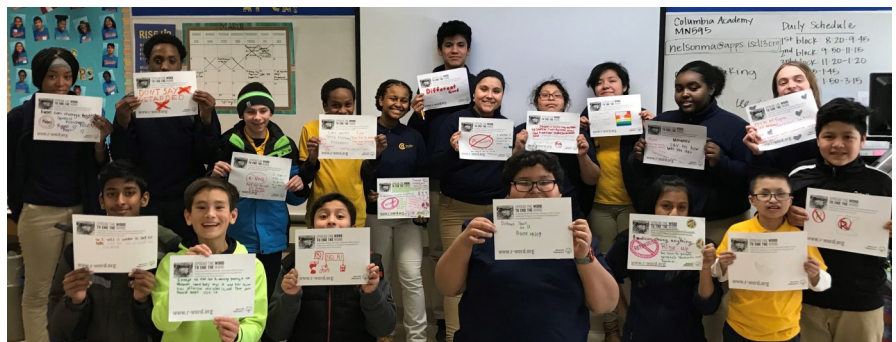
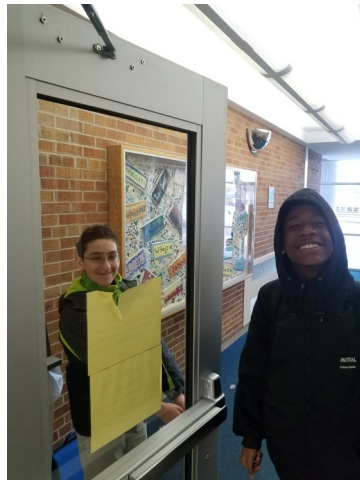




# Columbia Academy News

## Columbia Academy Practices Kindness

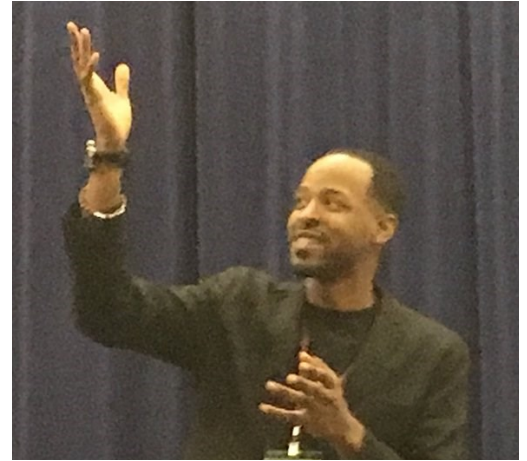
Kindness makes the world a better place for each of us. It also helps prevent bullying, increases safety, promotes a sense of belonging, and contributes to student learning through helping create a safe and predictable environment. Our running record of students and adults practicing random acts of kindness provides examples of things we can all do at school to make it a better day for other as well as ourselves. Pictured clockwise from the upper left: Friendship at a unified basketball game, opening the door for another with a smile, taking a new student to class, EL students meeting their pen pals at a meal, Unified Encore members making a pledge to treat others with respect, and staff after participating in the Polar Plunge in support of our Unified Sports program.



## Columbia Academy News

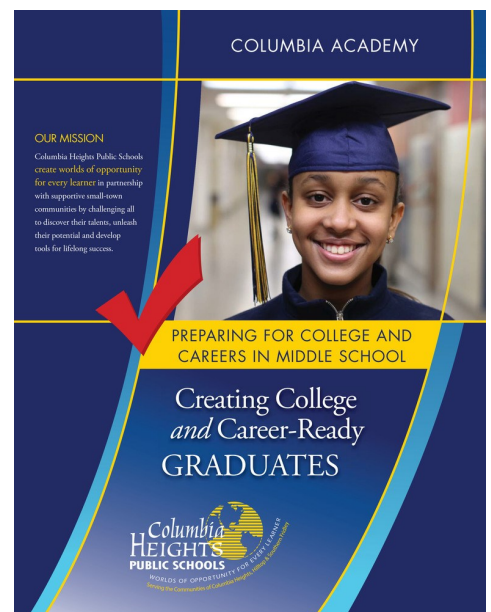
### Over 900 attend third annual Academic Night

Over 900 people honored our Columbia Academy A and B Honor Roll students based on their cumulative GPA. We also recognized our Geography Bee finalists as well as those who had won awards for their art work. Our guest speaker was 2016 MN Teacher of the Year Abdul Wright who spoke of the personal challenges he overcame to graduate from college and become a highly successful teacher. His message was one of the power of kindness and hope. With a spoken word performance, special music from our own Mr. Schirmacher and Mr. Tenhoff, our marimba band, and more, it was a big evening!



### AVID recruiting for next school year

The AVID elective is for students who are performing at an average level in school but are capable of much more with determination and support. AVID (Achievement via Individual Determination) helps build the skills students need to be able to graduate from high school and go on to college. To be part of the AVID elective, students must apply and be recommended by two staff at Columbia Academy. The class meets for one block every other day and includes tutoring in core subjects as well as ongoing monitoring and counseling for success. Lessons in academic reading and writing are supplemented with discussions about careers and visits to local colleges. AVID requires hard work but it reaps big rewards. 100% of AVID students at our high school are accepted into college upon graduation.





# Columbia Academy News

## The Music in our Hearts

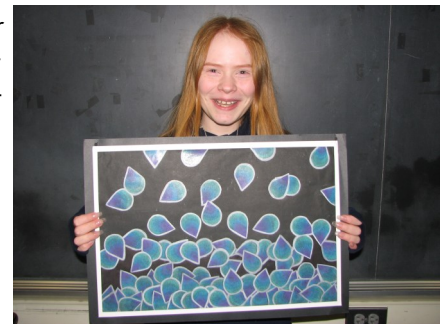


Our CA Jazz Ensemble and Marimba and Drum Ensemble performed at both the Columbia Heights Performing Arts Night as well as at our own Columbia Academy Café 49 ensemble concert. Both groups have grown in size and the music they produce makes us proud. With the district spring art festival, spring concerts, and other big events we look forward to hearing from our talented and hard working musicians many more times this year.

## The Art in our Hearts



The art of sixth graders Beatrice Carter and Isabella Wagner was exhibited at the State Capitol in honor of Youth Art Month. The show featured K-12 artists from around the state in March with a reception for the students, their parents, and teachers. Bea's and Bella's stunning works were from semester one art class with Ms. Nowak. CA 8th grader Amara Thompson was honored for winning the Art Educators of Minnesota Youth Art Month *Flag Design Contest*. Amara was asked to write an artist's statement reflecting on "What art means to me". Amara read her statement in front of the assembled crowd in the Capitol Rotunda. She revealed the inspiration for her winning design, and expressed



the parallels she sees between life and art making. Ms. Thompson's winning design was made into a 3' x 5' flag that was on display at the State Capitol. Her art teacher Mr. Hamel plans to fly it outside CA this spring!

# Columbia Academy News

## CA Hoops Report

This winter saw lots of basketball action in the Columbia Academy gym in the early mornings, afternoons, and evenings.

- Our 7th and 8th grade CA Basketball squad had a very successful season with big wins throughout the season. We had a big squad that worked hard and were very fun to watch. Thank you to Coach Opatz and Howe.
- We also had two state champion traveling teams from both 7th and 8th grade. Their banners join our 7th grade traveling girls' state champion banner from earlier this school year.
- In addition, our early morning basketball continued with Mr. Hamel every Friday regardless of early morning temperatures, darkness or snow.



## Successful Book Fair Requires Good Help

The annual Scholastic Book Fair at Columbia Academy requires lots of work. We want to thank our CA Librarian Heather Kopp, former CA librarian Valija Springstead, and our student volunteers success of this year's book fair which raised over \$1200 to purchase books for our library. Our student volunteers also help out during the school week with shelving returned books, checking out books, and even reading out loud to familiarize all with new titles. We have a great team in the library and they are pushing good books! Thank you to each one.






## 6th Grade A Honor Roll

### Columbia Academy

Where Everyone Belongs




Abdulahim Abdullah Adriana Inanagua Ayah Mohamed Ayah Mohamed Bernice Carter Bernie Vazquez Betania Guazara Lopez Brent Dueno Fajardo Bradillo Illiaca Mejia Brianna Harrington Brianna Robles Orrellana Caitlin Poychah Caroline Raleigh Ramarine	Cristina Lozano Mercho Diyahwen Matthew Emily Cardenas Olivia Genevieve Daise Johnson Gloria Kauden Hafsa Aden Honey Haji Mohamed Ines Eparaza Juarez Isabel Hernandez Monroy Jack Irazola Jadejanji Ramarine	Jalen Losh Jaelin Rio De Santiago Jazmin Bunay Enadale Jeremy Andino Ji Kai Ni Joseph Leon Cardenas Malyon Ismael Kelsey Schap Karin Kaplan Kaitlin Alonzo Lara Melissa Torres Michelle Ochofe Kenny Vazquez Renteria Kiera Vazquez Renteria	Larisa Kadric Loreal Cedeño Cassillo Lisly Zhagay Angamara Owen Miska Randy Zhagay Jinbo Ryan Aguado Medina Samir Ahmed Sandra Merchan Anadillo Sandy Moncayo Shaji Shala Castro Archibald Sherry Narvaez Piza Thaibone Mai	Mya Sinchi Sánchez Nashia Riera Nemima Almotevic Owen Miska Randy Zhagay Jinbo Ryan Aguado Medina Samir Ahmed Sandra Merchan Anadillo Sandy Moncayo Shaji Shala Castro Archibald Sherry Narvaez Piza Thaibone Mai	Victor Hernandez Ramilles Victor Zurita Munoz Yreth Segura Tapia
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## 6th Grade B Honor Roll

### Columbia Academy

Where Everyone Belongs




Aida Moora Abdulahim Abad Abdullah Mohammed Adam Oman Alkaya Ford Aisha Warane Alazar Getachew Amah Harmon Amenye Jefferson Anastacia Pacheco Angel Perez Zhagay Angie Mata Aryana Cole Ayala Ayah Abdulkadir Bihana Kennedy Brook Aberra Brooklyn Thomson Chaston Chivers	Chloe Rade Christopher Valdez Donayre Christopher Yaqinima Ortiz Cristian Herrera Correa David Roswell Daria Yara Devon Wheeler Diego Paez Deleg Dionvan Phongmy Elias Altamirano Sage Enrique Kusler Esmeralda Valeri Ponce Ethan Mueller Evelyn Farce Hera	Fahri Burkhalde Faiza Muse Ikan Abdulkadir Ivan Abdulkadir Isabella Wagner James Chapman Janir Richmond Jasmin Barrett Jeffrey Oliveira Jose Davies Rahma Sanyer Jibril Hiral Johanna Denton Joan Ransert John Sanchez Vazquez Jonathan Martinez Gomez Jose Ochoa Robles Tachia Josefine Manjarez Garcia	Julie Mayolema Chicaiza Junior Jimenez Miranda Kamar Farah Karm Velez Taday Kathryn Heriel Kenneth Anderson Baltazar Kevin Paez Kevin Quintero Ramos Kimberly Plaza Hernandez Lashena Davis Lourdes Cuzama Chimberzo Luis Gutierrez Jose Ochoa Robles Tachia Josefine Manjarez Garcia	Maria Gallegos Guadarrama Mia Matthews Miriam Rivas Mendez Mohammad Al- Hadad Mya Osborn Nassim Oher Neviah Larson Nar Aida Perla Ramirez Sawango Py Castillo-Rendon Roslyn Clumbo Torres Valeria Paez Yadaily Lopez Uriana Yael Lara Sosa Yahir Luna Saphyre Wright Kasha Kirk	Stephane Romero Penalosa Student Name Taisen Kopy Scottoff Tavoni Berry Tengnework Abdel Terin Tuahde Thalia Cronin Tiffany Romero Campos Trenayne Graham Valeria Diaz Torres Valeria Paez Yadaily Lopez Uriana Yael Lara Sosa Yahir Luna Saphyre Wright Kasha Kirk	Yusuf Said Zahra Salman
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## 7th Grade A Honor Roll

### Columbia Academy

Where Everyone Belongs




Aaliyah Wright Abdulahim Abdulkadir Abdullah Haji Mohamed Abigail Schoenbauer Adamey Zangano Agilar Ahmed Ali Ahmed Abdell Alberto Pena Mangia Alexis Chamberlain Enriquez Andrew Vander Hout Matias Angel Monica Romero Angelina Gonzalez Ania Ahmed Anwela Ali Anthony Nguyen Aryana Abd Romero Ashley Bonde Ayra Adalshah Audrey Skokan	Diana Cruz Hernandez Dalia Hernandez Quintana Dianan Paduasca Danielle Dickson Danyen Le David Mai Diana Anderson David Manuel Landi Derek Ruiz Cortazar Destiny Delgado Destiny McChewell Devon Reynolds Diego Gilio Ochoa Domack Williams Orfilan Elizabeth Harper Emile Roman Roman Emily Wolfe Erica Alvarez Erin Ochoa Palmas Erin Teveng Ernest Oromarovic Evan Connolly	Fahs Muse Fatima Hiral Gibin Diaz Casco Gini Lipa Chuchi Gini Salvador Ponce Grant Gidderus Hafsa Ahmed Haley Noelin Huma Abdulkadir Huma Sevcon Haven Giv Imani Hagins Ivy Rodriguez Janae Tappan Jani Campoverde Orfilan Jamecia Hall Jason Carpio Javier Crawford Jaden Kline Jaden Taylor Jeniece Underlier Jeniece Chuberozo Pinguil	Jennifer Pena Huang Jennifer Ullaguri Yaqinima Lobang Dolkar Ji Qi Ni Jonathan Dickson Bianca Jonathan Chai Mejia Jose Castaneda Garcia Jose Guisela Ochoa Jose Lopez Reyes Jovanna Torres Delfano Jose Maria Garcia Kaleb Baker Karl Lunka Tuley Kelly Velez Tuley Kenneth Dudley Kevin Valverde Kevin Ventura Solano Khalid Hill Kirk Hill Mila Ritter Mohamed Warane	Lady Kennedy Lilah Bergan Lina Lee Lobang Dolkar Lola Nukan Lorel Rosegren Luz Quiles Yunguini Majesty Fisher Maria Hernandez Marissa Foy Mark Agudo Medina Marlene Quintero Diaz Marlen Alarica Tachia Mathia Wheeler Matthew Wockell Maximo Escobedo Serrano Melan Gelber Melissa Laniel Michelle Romero Rivers Mila Ritter Mohamed Warane	Sury Castelan Mora Savva Barney Howard Selva Yang Silvia Hernandez Munoz Skyler Gonthier Sofia Caddis Sophia Keelher Sydney Miller Teresa Palmer Teresa Suman Teresa Tasing Teresa Lally Thomas Goodman Tiana Kral Viviana Nantia Yosmina Peraldo Torres Yoska Kani Zaira Perez Chan Zameyda Moharak
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## 7th Grade B Honor Roll

### Columbia Academy

Where Everyone Belongs




Aaliyah Wright Abdulahim Abdulkadir Abdullah Haji Mohamed Abigail Schoenbauer Adamey Zangano Agilar Ahmed Ali Ahmed Abdell Alberto Pena Mangia Alexis Chamberlain Enriquez Andrew Vander Hout Matias Angel Monica Romero Angelina Gonzalez Ania Ahmed Anwela Ali Anthony Nguyen Aryana Abd Romero Ashley Bonde Ayra Adalshah Audrey Skokan	Daria Taylor David Mai Diego Gilio Quize Elin Mohamed Elizabeth Harper Emile Roman Alexis Chamberlain Emily Wolfe Amirah Abdul Assem Angela Gonzalez Anthony Nguyen Aurora de Twilham Briana Baker Briana Santoyo Bruce Arevalo Calle Carol Bravo Andrade Chloe Daber Connor Murphy Cristal Mena Romero Crystal Ruiz Pena Dalia Hernandez Quintana Danielle Dickson	Jennifer Ullaguri Yaqinima Jose Castaneda Garcia Jovanna Tappan Ponce Kaleb Baker Kenneth Dudley Kevin Ventura Solano Khalid Hill Kirk Hill Lobang Dolkar Luz Quiles Yunguini Majesty Fisher Maria Hernandez Marissa Foy Mark Agudo Medina Marlene Quintero Diaz Marlen Alarica Tachia Mathia Wheeler Matthew Wockell Maximo Escobedo Serrano Melan Gelber Melissa Laniel Michelle Romero Rivers Mila Ritter Mohamed Warane	Nicholas Goodman Olivia Warber Rachelle Lawrence Rania A. Abdi Rahab Dierce Renele Speights Sury Castelan Mora Salah Yang Skyler Gonthier Teresa Palmer Teresa Suman Teresa Tasing Teresa Lally Thomas Goodman Tiana Kral Viviana Nantia Yosmina Peraldo Torres Yoska Kani Zaira Perez Chan Zameyda Moharak
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# CA Quarter Two Honor Roll

## 8th Grade A Honor Roll


### Columbia Academy Where Everyone Belongs



Abdullah Damsal Abdullah Bada Abdullah Adm Ahmed Abdi Ade Carlson Hilgerta Alexis Brown Amara Thompson Amarose-Morgan Amelia Planch Anna Mohamed Andrea Marshall Angelina Smith Anthony Zelman Anthony Pena Mingira Ashley Heras Ashley Torres Carchi Ava Grigori Ava Sanders Ayah Mohamed Bashir Ahmed Brenda Ochoa-Rios Brianna Bradley	Eliza Zemet Eliza Salazar Emily Robles Emily Forrester Emmanuel Daniel Erika Montero Agnara Eliana Dail Evelyn Espinoza Faduma Omar Fatima Mohamed Fatima Mohamed Fatima Karkara Fernando Torres Lima Freddy Garcia Tablas George Bonito Quintero Griffin Hogg Hakimshah Agdic Hamza Hassan Hamza Mohamed Hamza Ahmed Hamza Mire	Benito Lopez Moreno John Barahol Hector Olvera Cecilia Huong Phong Ing Dair Lopez Ibrahim Abdelrahman Brianna Abdelhadi Ivan Yord Jacqueline Rodriguez Jaime Neri Cruz Jale Hart Jameel Khan James Vazquez Celis Jamez Garmez Jason Guanar Salinas Jason Gomez Davis Jehan Mohamed Jennifer Farez Leon Jennifer Guzman Orsola Jessica Pina Espejel	Liban Baragallo Luis Cortes Espejel Luis Romero Ariza Lul Mohamed Makiyla Walker Mara Sanchez Piza Mara Salazar Lopez Mara Cusi Cornejo Marta Ortiz Mayra Vindot Coyote Melanie Kuth Melicia Orlan Caguana Michelle Mendez Chavez Miguel Perez Kaylie Aguirre Kevin Figueroa Jameer Kara Amecan Kong Yang Kwot Arwey	Summer Meadows Leahard Tenzin Tsering Tenzin Yeses Toni Ochoa Ortega Waleed Mohamed Yahya Rashid Yamile Ceballos Camacho Yaphet Ug Yorah Valdez Nosa Yuliana Sanguino Molina Yuliana Cardona Quilips Zachary Severon Zachary Severon	Maria Abdelhadi Najma Ismail Natalia Lema Quintero Natalia Miki Nayeli Vera Cardenas Ngawang Nina Omar Ismaque Oscar Caputo Paul Caladon Cabrera Princessa Oquendo Miranda Rania Ali Randy Reyes Renee Denner Dehn Richard Hart Safina Mohamed Safina Romero Rivera Sanaa Girey Simone Lyght Simone Harvey Sofia Hernandez Spencer Alvarez
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## 8th Grade B Honor Roll

### Columbia Academy Where Everyone Belongs



Adriana Carlson Hilgerta Ahmed Abdi Alayze Winkelman Amelia Planch Andrea Marshall Angelina Smith Anthony Zelman Anthony Pena Mingira Bashir Ahmed Calvin Kater Christiana Soward Christopher Mance Chavez Dania Johnson Dejane Roan Delaciana Roberts Dennis Juarez Duke Marquez Lopez Elfor Salazar Emily Robles Fatima Mohamed	Fatima Mohamed Fayre Karkara Fernando Torres Lima Freddy Garcia Tablas George Bonito Quintero Griffin Hogg Hakimshah Agdic Hamza Hassan Hamza Mohamed Hamza Ahmed Hamza Mire Hector Olvera Camacho Hector Abdelhadi James Neri Cruz James Vazquez Celis Jamez Garmez Jason Guanar Salinas Jason Gomez Davis Jehan Mohamed Jennifer Farez Leon Jennifer Guzman Orsola Jessica Pina Espejel	Jonathan Robles Jonathan Heveron Jonathan Ismaque Jonathan Neri Zeta Kanya Cruzfield Karna Deyre Kathryn Engen Kevin Figueroa Jameer Lilith Ungarillo Luis Cortes Espejel Mara Neri Cruz Mayke Mendez Coyote Melanie Kuth Melicia Orlan Caguana Michelle Mendez Chavez Miguel Perez Kaylie Aguirre Kevin Figueroa Jameer Kara Amecan Kong Yang Kwot Arwey	Moses Garcia Montezinos Najma Ismail Natalia Lema Quintero Ngawang Nina Oscar Caputo Philomena Jappah Randy Reyes Rodrigo Hernandez Pines Safina Romero Rivera Sanaa Girey Simone Lyght Summer Meadows Leahard Tenzin C. Tsering Yara Said Yuliana Sanguino Molina
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## Thank you Mike and Rod!

Two very important members of our team are retiring. We want to thank Mike Pilarski and Rod Uran for helping make our school a place we can all be proud to be. No matter how rough it might look after a hard day of work by 800 students and 50 staff, Columbia Academy always looks great the next day. In Mike's words, "It cleans up well." Yes, thanks to you and your good partner Ron who have done such a great job through the years of cleaning and being colleagues to us all. You will be missed!

All the best from us all at CA.



# EAT UP THE DEBT CHALLENGE



## 2.0 CONTEMPLATION

Benefiting the qualified economically challenged Families of Columbia Heights Public Schools

### OUR GOAL:

If each of our community partners secure just "5" participants for this challenge, we will reach our goal of \$20,000! Please join the following growing number of community partners committed to the Eat Up The Debt Challenge:

- Community Grounds
- Northeast Bank
- Heights Church
- Heights Next
- Valley View PTO
- Centennial Church
- American Relief Agency for the Horn of Africa (ARAHA)
- Mary Kunesh-Podein
- Columbia Heights Clergy
- Created to Grow
- Dominion
- North Park Elementary PTO

### PLAN TO JOIN US AFTERWARDS FOR A CELEBRATION!

**Saturday, April 28 from 10:00-11:00 A.M.**

**Community Grounds – A gathering place  
560 40th Ave NE**

**Columbia Heights MN**

**Enjoy a FREE Nordic Waffle and coffee courtesy  
of Nordic Waffle and Northeast Bank!**

### PURPOSE:

The purpose of the "Eat Up the Debt Challenge – 2.0 Contemplation" is to erase the almost \$20,000 outstanding unpaid National School Lunch Program balance for qualified economically challenged District 13 families.

The District will never deny food to students, and they are working with families who cannot meet their debt. With this campaign, we can erase the debt and stress for these families.

### BUSINESS AND CIVIC LEADER CHALLENGE:

As fellow community leaders, we are reaching out to you and other fellow business, faith and civic leaders to respectfully ask them to join us in the "Eat Up the Debt Challenge – 2.0 Contemplation".

The "Eat Up the Debt Challenge – 2.0 Contemplation", is a 24-hour break from eating. We are asking our partners to go without eating for a 24-hour period any time during the week of April 23rd to contemplate life's many challenges and blessings. We are also asking each participant to contribute or raise \$120 or \$5 per hour. Any amount gets us closer to our goal of helping to eliminate the debt for these families.

Online donations may be made via [givemn.org/organization/colheights](http://givemn.org/organization/colheights) or by check payable to ISD 13 and mailed directly to the District Offices at 1440 49th Ave. NE Columbia Heights, MN 55421. Please note "2.0 Contemplation" in memo line.

PLEASE TEAR OFF BELOW AND  
INCLUDE WITH YOUR DONATION!



### I SUCCEEDED AT THE EAT UP DEBT CHALLENGE!

I helped erase the \$20,000 the Columbia Heights Public Schools National School Lunch Program debt for qualified economically challenged families!

NAME: \_\_\_\_\_

AMOUNT RAISED: \_\_\_\_\_





# Columbia Academy News

## Important CA Dates

**April 6:** Last day of Quarter 3

**CA Spring Dance 3:30—5:15**

**April 9:** No school, Grading Day

**April 12:** Open House for 5th Grade Parents

**April 17:** 6th/7th MCA Reading test

**April 18:** 8th MCA Reading test

**April 19:** 8th MCA Reading test

**April 20:** MCA Reading retakes

**April 24:** 6th/7th MCA Math test

**April 25:** 8th MCA Math test

**April 26:** 8th MCA Math test

**April 27:** MCA Math retakes

**April 30:** CA Community Conversation

**May 1—4:** 8th MCA Science

**May 5:** MCA Science retakes

## District News

The Columbia Heights Public School District is hosting two “Community Conversations” as part of the development of a revised Strategic Roadmap. The public is invited to participate in one of the two sessions, which focus on the question: “What do we hope for the daily experiences of students, families and staff in Columbia Heights Public Schools?”

The purpose of the Community Conversations is to request input from the greater community that could be incorporated into the revised District Strategic Roadmap.

The Community Conversations are scheduled as follows:

- 5:30 to 8:30 p.m. Wednesday, April 11 at the Columbia Heights High School Media Center (1400 49th Avenue NE, Columbia Heights).
- 5:30 to 8:30 p.m. Tuesday, April 17 at the Columbia Heights Public Schools’ Family Center (1440 49th Avenue NE, Columbia Heights).
- CA Parents only @ CA, April 30th at 5:00.

## How to Help Prepare Your Child for State Tests

The Minnesota Comprehensive Assessments (MCAs) are important measures used by the state and schools of students current levels of ability in reading, math, and science. With every student in our school taking the reading and math test, along with 8th grade taking the science test, we are busy with testing for almost a full month. Your assistance in helping make sure your child is ready to do their best on each of the tests she takes is important. When students do their best, the MCAs provide us with helpful information on how to support and challenge them as well as evaluating the impact of our curriculum and instruction. Here are some key messages that we can give together to help

make sure our students do their best:

- Be prepared: Sleep, eat a good breakfast, and clear your mind of other things.
- Focus: Your phone is off limits; your friends are testing also; keep your focus on doing your best.
- Apply what you have learned: Think about what you have learned and use this on the test!
- Don’t give up: Take a deep breath and think. Do this as much as needed to do your best.

Finally, while the MCAs are important assessments, they are not meant to be used as the sole measure of a student. Grades and teachers’ professional judgement are also important.