

COLUMBIA HEIGHTS PUBLIC SCHOOLS

Fall 2023

# 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.

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	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

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**The Community Education Office will be closed: Sept. 4, Oct. 20, Nov. 23-24, Dec. 25-26**

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# A Letter from Superintendent Stenvik

Dear Community Members,

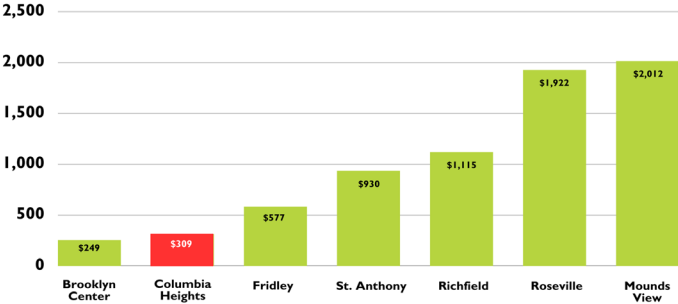
As we begin the new school year, we are excited to welcome students of all ages to our educational and enrichment programs. In November 2023, voters will be asked to approve two referendum questions. One question seeks an increase to our Operating Levy for the day-to-day operations of educating our students. This Operating Levy has not increased in 18 years and is used to fund teachers, staff, classroom materials, student transportation and school operations. The second question seeks a renewal of the existing Capital Projects Levy that provides for school safety, building maintenance and technology. Since this is a renewal, it does not increase taxes. Compared to neighboring school districts, these two levies are a modest ask that will go directly toward supporting students. The funding is crucial to help meet the needs of students and stabilize our high quality workforce. For more information, please visit our website at [www.colheights.k12.mn.us/2023referendum](http://www.colheights.k12.mn.us/2023referendum).

We are grateful for our supportive and caring community. We invite you to participate in District advisory councils, volunteer in schools, cheer on our teams, and attend a performance. Last year our graduating class received over \$279,000 in local scholarships. Key Club and National Honor Society students volunteer with a range of organizations in the area. These are just a few examples of Hylander Pride, where our students, community and schools join together to support each other and strengthen our community.

**Zena Stenvik**  
Superintendent  
Columbia Heights Public Schools

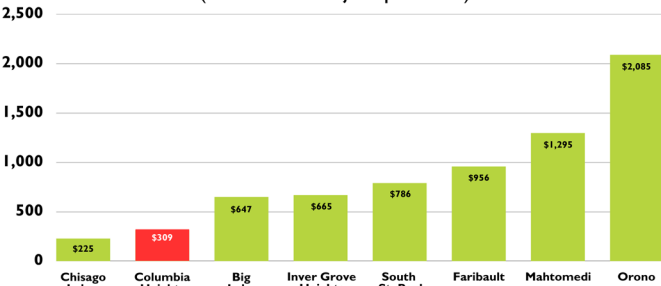


Pay 2023 Operating Levy Authority  
Neighboring Districts Comparison



Pay 2023 Operating Levy Authority  
for Similar Sized Districts near Metro  
(2900-3400 Adj. Pupil Units)

Current Per  
Pupil Levy Cap in  
MN is \$2,110.97



## Two Levies on the Ballot in November

### Operating Levy:

- Operating Levies support student learning by funding teachers and staff, classroom materials, student transportation and school operations.
- CHPS operating levy amount hasn't increased in 18 years.
- In 2023, taxes on an average priced home decreased by \$4.25 because of an expiring CHPS bond levy.
- If the operating levy passes, the monthly tax increase for property owners for this levy would be \$12. This is a total tax increase of \$7.75 per month from 2022 on an average priced home.
- This is a request of voters to increase taxes for the purpose of providing for the day to day costs of operating a school district. Operating levies include funding teachers, support staff, classroom materials and school operations. "Levies are for learning and bonds are for building" is a phrase that describes the difference between operating levies and bond referendums.

### Capital Projects:

- Capital Projects Levies are used for maintaining safety and security, providing district and student technology, and building maintenance. This is a levy renewal.
- This is a request of voters to increase taxes for the purpose of providing maintenance of district buildings and grounds including roofs, brick tuck pointing, case work, athletic facilities, windows and doors, plumbing, parking and drives, signage, siding, and mechanical systems. Additionally, Capital Projects Levy can be used for maintaining safety and security, providing district technology including acquisition, installation, replacement, support and maintenance of software, improved technology, technology systems, network and infrastructure, and related training.
- The 2014 voter approved Capital Projects Levy was to provide plumbing, roofing and other maintenance, along with an investment in educational technology.

Scan the QR Code to visit the 2023 Referendum information page.



Some classes are in-person and some are online. If you'd like to attend an online class, but are not able to use a computer, contact us and we will try to accommodate you with a private or class atmosphere with the online instructor. For full class descriptions and instructor bios, visit [colheights.k12.mn.us/CommunityEd](https://colheights.k12.mn.us/CommunityEd).

For virtual classes, Zoom 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

### Defensive Driving | 8-hour Class

If you are 55 or older, save money on your car insurance premiums and become a better driver! Senior Discount already applied.

<b>Tues. &amp; Wed.</b>	<b>Sept. 12 &amp; 13</b>	<b>5:30-9:30 p.m.</b>	<b>\$30 (2 Sessions)</b>	<b>Virtual via Zoom</b>
<b>Tues. &amp; Wed.</b>	<b>Nov. 28 &amp; 29</b>	<b>1:30-5:30 p.m.</b>	<b>\$30 (2 Sessions)</b>	<b>Virtual via Zoom</b>

### Defensive Driving Refresher | 4-hour Class

If you've previously taken a state-approved eight-hour Defensive Driving Course (55+), renew your 10 percent car insurance discount by taking this state-approved four-hour refresher course. Senior Discount already applied. One class is in-person at the CHPS Family Center in room #111, 1440 49th Ave. NE, Columbia Heights, MN 55421. The other two classes are on Zoom.

<b>Tuesday</b>	<b>Sept. 19</b>	<b>5:30-9:30 p.m.</b>	<b>\$30 (1 Session)</b>	<b>Virtual via Zoom</b>
<b>Thursday</b>	<b>Oct. 12</b>	<b>9 a.m.-1 p.m.</b>	<b>\$30 (1 Session)</b>	<b>FC Room 111</b>
<b>Thursday</b>	<b>Nov. 2</b>	<b>5:30-9:30 p.m.</b>	<b>\$30 (1 Session)</b>	<b>Virtual via Zoom</b>

### 10 Warning Signs (Recognize Common Signs of Alzheimer's)

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.

<b>Thursday</b>	<b>Sept. 28</b>	<b>11 a.m.-12 p.m.</b>	<b>FREE</b>	<b>FC Room 111</b>
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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.You will be called after registering to sign up for a time slot closer to the date of the event.

<b>Saturday</b>	<b>Oct. 14</b>	<b>9 a.m.-12 p.m.</b>	<b>FREE</b>	<b>CHHS Parking Lot 1440 49th Ave. NE</b>
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### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

<b>Wednesday</b>	<b>Nov. 1</b>	<b>1:00-2:00 p.m.</b>	<b>FREE</b>	<b>FC Room 100</b>
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WELLNESS

### 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.

<b>Tuesdays</b>	<b>Sept. 5, 12, 19, 26</b>	<b>6:00-7:30 p.m.</b>	<b>\$36 (4 classes)</b>	<b>Fridley Comm Center 116</b>
<b>Tuesdays</b>	<b>Oct. 3, 10, 17, 24, 31</b>	<b>6:00-7:30 p.m.</b>	<b>\$45 (5 classes)</b>	<b>Fridley Comm Center 116</b>
<b>Tuesdays</b>	<b>Nov. 14, 21, 28</b>	<b>6:00-7:30 p.m.</b>	<b>\$27 (3 classes)</b>	<b>Fridley Comm Center 116</b>

### 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.

<b>Saturdays</b>	<b>Sept. 9, 16, 23, 30</b>	<b>10:00-11:30 a.m.</b>	<b>\$36 (4 classes)</b>	<b>Fridley Comm Center</b>
<b>Saturdays</b>	<b>Oct. 7, 14, 21, 28</b>	<b>10:00-11:30 a.m.</b>	<b>\$36 (4 classes)</b>	<b>Fridley Comm Center</b>
<b>Saturdays</b>	<b>Nov. 4, 11, 18, 25</b>	<b>10:00-11:30 a.m.</b>	<b>\$36 (4 classes)</b>	<b>Fridley Comm Center</b>

### Fall Indoor Pickleball

Come play some pick-up Pickleball with other members of the CHPS Community! There will be two nets for up to four people per court during the time that the Hylander Center Gym is open. Please pay online or bring exact cash day-of to participate. Registration is required for online pay. If paying in cash, no need to register online. First come-first serve play. Attendees may also rotate courts.

<b>Mondays</b>	<b>Sept. 11, 18, 25</b>	<b>6:00-8:00 p.m.</b>	<b>\$5 per time</b>	<b>Hylander Center Gym</b>
<b>Mondays</b>	<b>Oct. 2, 9, 16, 23, 30</b>	<b>6:00-8:00 p.m.</b>	<b>\$5 per time</b>	<b>Hylander Center Gym</b>



## Czech Kolaches - Class in Partnership with Fridley Community Education

Kolaches are one of Czechoslovakia's national pastries. Kolaches are marvelous egg-rich, slightly sweet yeast dough – traditionally filled with fruit mixtures such as apricot, cottage cheese, poppy seed or prune. We will make variations in class and taste samples. Plan to take home an assortment to share with family, friends or to freeze. Price of class is listed below. **You will need to bring cash/check of \$15 for the food fee not included in the price of the class to pay instructor directly.**

<b>Saturday</b>	<b>Sept. 23</b>	<b>9 a.m.-1 p.m.</b>	<b>\$40 (1 class)</b>	<b>Fridley High School Room 113 - Foods Lab</b>
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## Cooking Beans in the Instant Pot - Zoom Class with Kirsten Madaus

Join Kirsten live online via Zoom as she demonstrates BBQ Baked Beans, Greek Salad with Black Eyed Peas, One Pot Lebanese Lentils and Rice, Borracho Beans, Hummus, and more! Class will be recorded and extensive recipe handout with pressure tips and tricks provided.

<b>Thursday</b>	<b>Sept. 28</b>	<b>6:30-8 p.m.</b>	<b>\$22 (1 class)</b>	<b>Virtual via Zoom</b>
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## Air Fryer Advanced - Zoom Class with Kirsten Madaus

Get ready to level up your air frying skills as Kirsten's demonstration takes you on a journey through the ins-and-outs of air fryer cooking, showing you how to create a wide variety of dishes without turning on your stove. You'll learn how to whip up delicious and healthy meals in no time, all without sacrificing flavor or texture. This live class will be recorded so you can revisit the lesson on demand.

<b>Thursdays</b>	<b>Oct. 5 &amp; 12</b>	<b>6:30-8:30 p.m.</b>	<b>\$40 (2 classes)</b>	<b>Virtual via Zoom</b>
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## Lefse Making - Class Partnership with Fridley Community Education

This wonderful Norwegian delicacy is made for banquets, holidays, weddings and all special occasions. Learn the fine points of making the dough, baking, storing, and how to serve lefse. Traditional, authentic recipes using potatoes will be explored, along with a version using instant potatoes. Plan to sample and take home your lefse creations and dough to bake and share with family/friends. **You will need to bring cash/check of \$9 for the food fee not included in the price of the class to pay instructor directly.**

<b>Friday</b>	<b>Oct. 27</b>	<b>6:00-9:00 p.m.</b>	<b>\$40 (1 class)</b>	<b>Fridley High School Room 113 - Foods Lab</b>
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## Instant Pot Holiday Hacks - Zoom Class with Kirsten Madaus

Looking for a way to shake up your cooking routines and impress your guests with some delicious, time-saving dishes? From Turkey Stock to Cranberry Sauce, Make-Ahead Mashed Potatoes, to sweet Pumpkin Cheesecake, Kirsten's cooking hacks will simplify your kitchen efforts during the holiday season. An extensive recipe handout is included, the class will be recorded and available to rewatch on demand.

<b>Thursday</b>	<b>Nov. 2</b>	<b>6:30-8:30 p.m.</b>	<b>\$22 (1 class)</b>	<b>Virtual via Zoom</b>
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## Four Famous Cookies - Class Partnership with Fridley Community Education

Learn to create four very special cookies: Norwegian cookie Krumkakes, Italian Pizzelles, Swedish Sandbakkelse and Scandinavian Rosettes. Each of these delicious cookies use different baking techniques which will be taught and special equipment which will be used in the class. Expect great recipes plus tons of tips and techniques that will make your baking a success! Please bring containers with you to bring the treats you made home! **You will need to bring cash/check of \$14 for the food fee not included in the price of the class to pay instructor directly.**

<b>Thursday</b>	<b>Nov. 30</b>	<b>6:00-9:00 p.m.</b>	<b>\$40 (1 class)</b>	<b>Fridley High School Room 113 - Foods Lab</b>
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## Monthly Meal Planning - Zoom Class with Kirsten Madaus

Megan and Kirsten are here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or a seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level. From "a Month of Meatless Mondays" to "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone. Megan and Kirsten believe that meal planning should be fun! They'll share their favorite tips and tricks for making meal prep a breeze—from grocery shopping to prepping ingredients in advance—in a handout full of recipes. The live classes will be recorded so you can rewatch at your convenience.

<b>Sat. &amp; Sun.</b>	<b>Dec. 2 &amp; 3</b>	<b>6:30-8:30 p.m.</b>	<b>\$40 (2 classes)</b>	<b>Virtual via Zoom</b>
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## 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. Limit 20. **Cookies being made are: Sugar Cookies, Gingerbread, Thumbprints, Snowballs, Red Velvet, Peanut Butter Blossoms, Red & Green Peppermint Crinkles and Rollo Pretzel Cookies.**

<b>Saturday</b>	<b>Dec. 9</b>	<b>9 a.m.-1 p.m.</b>	<b>\$42 (1 class)</b>	<b>CHHS Cafeteria Kitchen</b>
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# Anoka County Volunteer Alliance (ACVA) Group Presentation

Feel good about making a difference! Learn about how you can get connected with local and meaningful volunteer opportunities within your community. A panel of volunteer engagement professionals and volunteer leaders will share information about ways lives are being enriched by volunteers who serve children, adults, seniors and families. Many short-term or on-going opportunities are available. Presented by Anoka County Volunteer Alliance (ACVA). Although this is a free class, pre-registration is required in order to meet the minimum amount of participants to host the presentation.

<b>Thursday</b>	<b>Sept. 14</b>	<b>10:00-11:00 a.m.</b>	<b>FREE</b>	<b>FC Room 111</b>
<b>Home Buyer Seminar   Nichole Hayden &amp; Sandra Dezell from Edina Realty</b>				
How to be successful in today's market! All your home buying questions answered - plus the answers you didn't know you needed!				
<b>Wednesday</b>	<b>Oct. 18</b>	<b>5:30-6:30 p.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Saturday</b>	<b>Oct. 21</b>	<b>10:30-11:30 a.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Wednesday</b>	<b>Nov. 29</b>	<b>5:30-6:30 p.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Saturday</b>	<b>Dec. 2</b>	<b>10:30-11:30 a.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>

# Home Selling Seminar | Nichole Hayden from Edina Realty

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 help you determine what is most important to for you when it comes to packing, staging and marketing; giving you a pathway to listing your home.

<b>Wednesday</b>	<b>Oct. 25</b>	<b>5:30-6:30 p.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Saturday</b>	<b>Oct. 28</b>	<b>10:30-11:30 a.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Wednesday</b>	<b>Dec. 6</b>	<b>5:30-6:30 p.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>
<b>Saturday</b>	<b>Dec. 9</b>	<b>10:30-11:30 a.m.</b>	<b>FREE</b>	<b>Virtual via Zoom</b>

# WestRock Paper Mill - Recycling Facility Tour

Join us for a popular tour of WestRock Paper Mill, one of the largestm 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 10 participants. We will meet at the Murzyn Hall parking lot next to City Hall 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.

<b>Thursday</b>	<b>September 21</b>	<b>12:15-4:00 p.m.</b>	<b>FREE</b>	<b>Meet at Murzyn Hall 530 Mill Street NE</b>
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# 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/AdultEnrichment or contact Adult Enrichment/Senior Program Manager Emma Bute at 763.528.4530 or ButeE@colheights.k12.mn.us.

# Metro North Adult Basic Education

## Reading, Writing, Math, GED Preparation

<b>Monday-Thursday</b>	<b>9:30 a.m.-12:30 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>6-8 p.m.</b>

## English as a Second (or other) Language (ESL) | Levels 1-3

<b>Monday-Thursday</b>	<b>9:30 a.m.-12 p.m.</b>
<b>Tuesday-Thursday</b>	<b>6-8:30 p.m.</b>

## Advanced ESL

<b>Monday-Friday</b>	<b>9:30 a.m.-12:30 p.m.</b>
<b>Tuesday-Thursday</b>	<b>6-8:30 p.m.</b>



## 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!**



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

**Learn more at [colheights.k12.mn.us/BloomingHeights](https://colheights.k12.mn.us/BloomingHeights).**

Contact Melissa Trent for more information | [TrentM@colheights.k12.mn.us](mailto:TrentM@colheights.k12.mn.us)

## Little Free Library | Books



Blooming Heights has unveiled a new way to share the garden with the community this past summer!

The Little Free Garden Shop is a place where people can get free garden and wildflower seeds, excess free produce from the garden, and free pantry items.

It is located along the sidewalk just south of the garden, next to the Little Free Library, behind the District Center.

*1440 49th Ave NE, Columbia Heights, MN 55421*

## Little Free Garden | Produce



## Local #710 Teacher of the Year | Alyssa Isaacs

Columbia Heights Public Schools 3rd-grade teacher at North Park School for Innovation, Alyssa Isaacs, has been named the 2023 CHPS Local 710 Teacher of the Year. "I was very shocked and honored to hear that I was chosen," said Isaacs. "And my coworkers at North Park School for Innovation have definitely not let me win quietly, they have been cheering me on the whole time."

Isaacs started her tenure at CHPS in the corner of the NPSfl library, as she did not yet have a classroom. Since her start here in 2011, she has not only been a teacher, but also has helped with the ENCORE afterschool program, helped with Summer ENCORE, is on the NPSfl Equity Team and has served on several leadership committees.

"Our Teacher of the Year committee goes through teachers that are nominated every year by colleagues and demonstrate excellence in their school," said President of the Local 710 Teacher's Union, Karissa Ouren. "Alyssa's commitment to her students and equity through literacy is one of the many reasons she was chosen for this honor."

Part of the selection process includes an essay from each nominee. In Isaac's application essay, she states, "There are countless issues and challenges in our public education system today. But I believe that the lack of adequate literacy instruction in elementary schools is one of the greatest challenges facing both students and teachers. Equipping students with strong reading skills is also one of the most effective things we can do to combat poverty, racism and other inequities in the world." "Teaching in Columbia Heights and at North Park has been such a huge privilege," Isaacs said. "Heights is such a good example of a strong community that rallies around its students and staff. I have so many treasured friends and colleagues at North Park and have learned something important from each one of them."

Isaacs received her Bachelor's Degree in Elementary Education from Whitworth University in Spokane, WA and a Master's Degree in Literacy Education at Hamline University in St. Paul, MN. The award is sponsored by the Columbia Heights Federation of Teachers Local 710. With her selection, Isaacs will represent CHPS for next year's Minnesota Teacher of the Year award.



# 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 CH Community Education. Classes offered through Safeway Driving School. The additional \$170 is payable to the instructor. *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 105

## Session 1

**Monday-Thursday Oct. 9-26 3:15-6:15 p.m.**

*No class Oct. 18 & 19*

## Session 2

**Monday-Thursday Dec. 4-19 3:15-6:15 p.m.**

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

## Alumni of Distinction | Molly Lewis

Columbia Heights High School (CHHS) alumni Molly Lewis (class of 1993) has been named her alma mater's 2023 Alumni of Distinction. Lewis was announced as the 15th recipient of this award during the CHHS Class of 2023 graduation ceremony.

"I'm very proud to be an alum of CHHS and honored to receive this award," stated Lewis when asked about receiving this award. "The energy, diversity and individuals in this community make Columbia Heights so wonderfully unique. I am just one of many parents, community members and staff trying to do what they can to ensure the best opportunities possible for our youth."



Lewis attended CHHS in the early 90s and participated in Girls Tennis, Girls Basketball, National Honor Society and the Patriots Marching Band, which was a collaboration high school marching band comprised of Fridley, Spring Lake Park, Saint Anthony and Columbia Heights high schoolers. She played clarinet and saxophone and was also a part of the color guard.

After graduation, Lewis attended Winona State University and received her degree to become a Social Worker. She has become an important part of the Columbia Heights community and Columbia Heights Public Schools. Lewis has worked as a social worker for Hennepin County, in Children and Family Services, for 26 years. Since 2005, she has had four children attend CHPS. Her sons graduated in 2018, 2020 and 2022 and her daughter will be a junior at CHHS this fall. Her oldest son, Keon, is now a 2nd-grade teacher at North Park School for Innovation.

Lewis spent much of her time in Columbia Heights coaching youth basketball, being a parent volunteer for CHPS schools and athletics, participating in CHPS advisory boards and committees, helping plan events at the schools and within the community, and much more. She decided to move her involvement with CHPS to a more official position when she ran for School Board, and became a CHPS Board of Education member in 2014, serving until 2022.

"We are excited to honor Ms. Molly Lewis as this year's Alumni of Distinction," said CHHS Principal Todd Wynne, "Molly takes great pride in our city and school district. She is a fierce advocate for our students, staff, and the entire school community. She has dedicated countless hours in making Heights a great place for families. Molly and her entire family have, and always will, bleed Blue and Gold."

Lewis will be formally recognized in the fall by the Columbia Heights High School Alumni Scholarship Foundation at the Alumni Foundation Dinner on October 26, 2023.





# Activities & Athletics Recap



Follow along with Hylander  
Activities and Athletics  
@hylanderactivities on  
Instagram

## Spring Highlights Provided by the CHPS Activities Department

### April

Jacob Endres hired as our new Boys Tennis Head Coach

Over 300 student athletes participating in Spring Sports

CHHS Alum hired for our Spring Sports Season include:

- Keon Lewis ('18) – Track & Field
- Basil Muhammad ('15) – Track & Field
- Jen Heveron ('95) – CA Softball

Successful run of the CHHS Spring Play “Leaving Iowa”, the production received 13 honors through the Hennepin Theater Trust Spotlight Education program:

- Outstanding: Technical Leadership for Hannah Severson, Performance in a Leading Role for Lily Kleinschmit, Sophie Kuether & Leo Pham
- Honorable Mention: Overall Production, Overall Performance, Overall Technical Team, Run Crew, Lighting Crew, Performance by an Ensemble, Acting Performance by an Ensemble, Technical Leadership for Karina Kaplan, In a Leading Role for Daphne Kleinschmit
- Evaluator Shout-Outs: Lucy Rosengren and Brylee Torkelson

Lilah Bergan is the 2023 Athena Award Winner

Mark Agudo Medina is the 2023 Oscar Eng Award Winner

CA held their Cafe 49 Jazz Band and Marimba Concert



### May

CHHS had 3 teams compete in the local Envirothon competition

CHHS Synchronized Swim Team advances to the State Tournament:

- 7th place for the Long Team and advances to the Extended Team division next year
- 10th place for Bea Carter's Solo
- 12th place for the Short Team

CHPS held their Expressions Art Show for both Elementary and Secondary levels

CHHS held their Spring Choir and Band Concerts where they honored graduating seniors



### June

Lilah Bergan earns 13th place in the Shot Put in the MSHSL Class AA State Track & Field Meet

CHPS congratulates senior athletes who are continuing their athletic careers:

- Matt Rockwell, who will be attending Gustavus Adolphus College for Football
- Saniah Howard Reynolds, who will be attending Iowa Lakes Community College for Basketball

Over 250 6th-12th grade students participating in Summer Youth Camps

50 3rd-6th graders participating in the Summer Sampler





## Locals Donate Over \$279,000 in Scholarships to High School Seniors

Columbia Heights High School Seniors were honored on Wednesday, May 10, 2023 at a Scholarship Ceremony for their accomplishments involving academics, activities and volunteering throughout their time at CHPS, that earned them scholarships for their future plans after graduation.

Over \$279,000 was awarded to students by alumni, staff and community members (not including the dollar amount won by CHHS Gates Scholar, Naciima Mohamed - *The Gates Foundation Scholarship is a highly selective, last-dollar scholarship for outstanding, minority high school seniors. Each year, the scholarship is awarded to exceptional student leaders, with the intent of helping them realize their maximum potential. The Scholars receive full tuition at a college of their choosing, plus \$2,000 to purchase a computer and are guaranteed three round-trip tickets per year to enable them to visit their families while in college*). Columbia Heights Public Schools is very thankful to have such a wonderful community that donates and invests in CHHS students' futures and is proud to have such amazing and involved students.

For a complete list of which students won what scholarships, visit the CHPS website and look for the District News item labeled "CHHS 2023 Scholarship Winners".



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](https://colheights.k12.mn.us/ENCORE)

### 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. Swimming lessons are available for level 1 to level 4 swimmers.

Saturdays

Oct. 7-Nov. 18

\$45

CHHS Swimming Pool



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





## CHPS 2023 Employee of the Year | James Phillippi

Columbia Heights Public Schools announced in April that James Phillippi, Lead Custodian at Columbia Heights High School, is 2023's Employee of the Year.

James graduated from Columbia Heights High School in 2008 and began working for CHPS in 2011. He began as a night custodian at Highland Elementary School and then later became the CHPS District Night Lead Custodian, and then became Columbia Heights High School Lead Custodian.

James was honored by the CHPS Board of Education at a meeting on May 23, 2023, where he was given his award by the members of the BOE.



## Congratulations to the CHHS Class of 2023



## 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](mailto: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](mailto: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](mailto:stuenkek@colheights.k12.mn.us)
- **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](mailto:thukralt@colheights.k12.mn.us)
- **American Indian Advisory Council:** Limited to students and families who identify as American Indian. This committee supports the American Indian Education Program by planning cultural events and providing suggestions for curriculum that benefit American Indian students and families. For more information please contact Yolanda Dorr Slowey, American Indian Mentor: [dorrsloy@colheights.k12.mn.us](mailto: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 p.m. Regular School Days | 6:30 a.m.-6 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	\$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](https://colheights.k12.mn.us/ACregister) or call 763.528.4517.

## Mini Adventures | 36 Months-5 Years Old

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



### Hours, Dates, Location & Fees

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



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.

### Learn More

For more information, visit [colheights.k12.mn.us/Mini](https://colheights.k12.mn.us/Mini) or call 763.528.4517

# Early Childhood

Register now for the 2023-2024 school year. For more information, visit [colheights.k12.mn.us/EC](https://colheights.k12.mn.us/EC).

Multilingual ECFE

### ECFE for Multilingual Families (for families of all languages) | 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.

<b>Mondays</b>	<b>Sept. 11-June 3</b>	<b>9:00-11:00 a.m.</b>	<b>Sliding Scale Fee</b>
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### Two-Day a Week ECFE 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.

*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.*

<b>Tues. &amp; Thurs.</b>	<b>Sept. 5-June 6</b>	<b>11:30 a.m.-1:30 p.m.</b>	<b>Sliding Scale Fee</b>
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<b>\$24 (\$0-18,999)</b>	<b>\$66 (\$19,000-29,999)</b>	<b>\$106 (\$30,000-49,999)</b>	<b>\$148 (\$50,000+)</b>
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## Incredible Infants | Birth-11 months as of Sept. 1

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 8 week sessions. These are the sessions this fall.

<b>Mondays</b>	<b>Sept. 11-Oct. 30</b>	<b>11:30 a.m.-1:30 p.m.</b>
<b>Mondays</b>	<b>Nov. 6-Jan 22</b>	<b>11:30 a.m.-1:30 p.m.</b>

<b>\$6 (\$0-18,999)</b>	<b>\$14 (\$19,000-29,999)</b>	<b>\$20 (\$30,000-49,999)</b>	<b>\$27 (\$50,000+)</b>
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**All ECFE offerings have the same sliding scale fee, except for the Incredible Infants classes and the ECFE Short Sessions.**

<b>\$24 (\$0-18,999)</b>	<b>\$66 (\$19,000-29,999)</b>	<b>\$106 (\$30,000-49,999)</b>	<b>\$148 (\$50,000+)</b>
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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.

<b>Tuesdays</b>	<b>Sept. 12-June 4</b>	<b>9:00-11:00 a.m.</b>	<b>Sliding Scale Fee</b>
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## 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.

<b>Wednesdays</b>	<b>Sept. 13-June 5</b>	<b>9:00-11:00 a.m.</b>	<b>Sliding Scale Fee</b>
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## 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.

<b>Wednesdays</b>	<b>Sept. 13-June 5</b>	<b>11:30 a.m.-1:30 p.m.</b>	<b>Sliding Scale Fee</b>
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## 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 art and science. There will be other sessions in the Winter and Spring called "Experiment with Science", "Learning with Literature" and "Nature Based ECFE" that will be in future catalogs.

<b>\$8 (\$0-18,999)</b>	<b>\$22 (\$19,000-29,999)</b>	<b>\$35 (\$30,000-49,999)</b>	<b>\$49 (\$50,000+)</b>
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### \*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.*

<b>Thursdays</b>	<b>Sept. 14-Oct. 26</b>	<b>9:00-11:00 a.m.</b>	<b>Short Session Sliding Scale</b>
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### \*Create Art

In this mini session, 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 art.

<b>Thursdays</b>	<b>Nov. 2-Dec. 21</b>	<b>9:00-11:00 a.m.</b>	<b>Short Session Sliding Scale</b>
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## 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.

<b>Thursdays</b>	<b>Sept. 14-May 30</b>	<b>4:00-5:30 p.m.</b>	<b>Sliding Scale Fee</b>
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## ECFE Drop-In

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.

<b>Fridays</b>	<b>Sept. 15-May 31</b>	<b>9:30-11:00 a.m.</b>	<b>FREE</b>
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# Early Childhood

Columbia Heights Public Schools

PreK 3 • ECCE • Early Childhood Screening • Home Visits

## CHPS ENCORE Environmental Camp

Columbia Heights Public Schools held ENCORE Environmental Camp from July 10-14! Environmental Camp is a field-trip focused program led by CHPS teachers. This free to CHPS students program included many activities including environmental learning, outdoor fun and community building games.

“These second through fifth grade students experienced a week-long environmental camp devoted to looking and listening, exploring and observing, and moving and letting loose,” said Peg Nelson, one of the teachers who ran Environmental Camp. “We spent a lot of our time outside, which can help promote better physical and mental health for our students!”



Each day during the week had a different location for students to explore and learn from. On the first day of camp, students were able to visit parks in Columbia Heights, as well as spending some time in the Blooming Heights Garden, and were joined by Columbia Heights Mayor, Amáda Márquez Simula. On the second day of camp, students went to the Wildlife Science Center to learn about local wildlife, including wolves, bears and different kinds of birds and reptiles.

Days three and four, the students split up into groups to travel to Kroening Nature Center, Silverwood Park and Tamarack Nature Center. At these locations, students were able to explore the woods, build in the sand, play in the water and learn about the different plant and wildlife in the area.

“I got to explore and learn all about animals,” a fourth-grader, Melrose, stated when asked about Environmental camp. “I was able to visualize and think about how much nature is really a part of our lives.”

On the last day of camp, all of the Environmental Camp students came together for one last fun day at Fort Snelling where they learned all about fish and fishing, animal husks and antlers, and the nature in the area. A very exciting end to a fun week learning about the environment in Columbia Heights and Minnesota.



# 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: FREE Early Childhood Drop-In Pass, providing input and feedback, 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 simply have questions about their child's development. 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 763.528.4546 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 2023-2024 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](https://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](https://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](https://colheights.k12.mn.us/CommunityEd) or call 763.528.4517. To register for Mini Adventures, call 763.528.4517. To register for PreK 4, visit the Placement Center or call 763.528.4426.



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Columbia Heights Public School District #13  
1440 49th Ave. NE  
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**Enroll Now  
Inscríbete Ahora** 

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