

# HIGHER LEARNING ACADEMY

ISSUE NO 1 | AUGUST-2019 | GO EAGLES!



## Mindfulness At HLA

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While Mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

At HLA we do a few things to support Mindfulness. We have:

- Yoga classes that supports breathing and a strong body;
- classroom Calm Down areas;
- breathing practice during the school day;
- Mindfulness trained staff to support our scholars; and
- Mindfulness coaches to support our staff.



*Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.*

## DATES TO REMEMBER

### AUGUST

Friday, August 9<sup>th</sup>-Back to School Night

Monday, Aug. 12<sup>th</sup>-FIRST DAY OF SCHOOL

Friday, August 16<sup>th</sup>-Ultimate Human Board Game Assembly (Kinder-8<sup>th</sup> grade)

Monday, August 19<sup>th</sup>-Yoga Classes Begin

Mon., August 26<sup>th</sup>-Fri., Aug. 29<sup>th</sup>- Student Council Campaigns

Friday, August 30<sup>th</sup>-Student Council Elections

### SEPTEMBER

Friday, September 6<sup>th</sup>- Student of the Month Assembly

Friday, September 13<sup>th</sup>- Eagle's Nest Open



# Mandatory Saturday School

At HLA, we have created an additional way we can help support student academic success this school year. Beginning Saturday, August 23<sup>rd</sup>, we will start **Mandatory Saturday School** for scholars who need the extra time to finish class work, homework, and any classroom assessments. **Mandatory Saturday School** was not designed as a consequence for behavior. This is in place to ensure students are completing their daily classwork, daily homework assignments and important weekly assessments. Students attending will be receiving partial credit for work completed during **Mandatory Saturday School** which will be held once a month from **8:00 am-12:00 pm**.

**ALL HLA students must be accompanied by a parent or adult (18+) during the full time.**

Scholars required to attend Mandatory Saturday School will be decided by their classroom teachers or the administration staff. The requirements for **Mandatory Saturday School** are as follows:

- Any unexcused absence for the week
- Two or more tardy or late arrivals in the week (arrivals after 8:30am)
- Two or more early dismissals in the week
- Any removal from class on a referral
- Two or more missing homework assignments for the week
- Missing a significant amount of classwork based on student refusal

## IB at HLA

IB is an acronym that stands for International Baccalaureate. HLA was approved for IB Candidacy on April 1<sup>st</sup>, 2019 for our Kindergarten-5<sup>th</sup> grade classes. These teachers will create dynamic and engaging IB units and lessons for our scholars. The purpose of IB is to encourage students of all ages to think critically and challenge assumptions, gain the ability to use and understand a second language, to look at both local and global systems all while incorporating research based instructional practices.

Candidate  
School



### **IB Learner Profiles**

- Inquirers
- Knowledgeable
- Thinkers
- Communicators
- Principled
- Open-minded
- Caring
- Risk takers
- Balanced
- Reflective

\*See p.5 of the Parent-Student Handbook for more details

