



August 29, 2024

Dear High Point Friends School Community Members,

Every Thursday afternoon I will be emailing a community update. If someone in your family hasn't received today's message, just let me know. Faculty will also be emailing newsletters to parents every Friday (beginning tomorrow) with the latest class news. Music, Art, PE and Lower School Science will be distributing these newsletters twice a month. If you have classroom specific questions, never hesitate to reach out to faculty.

- Hot Lunch. You may sign up week to week. Please have orders submitted by Thursday evening. Our caterer is Selina Galloway, the owner of Goodness Gracious in Winston-Salem. Please use this link to register. If you have questions about the registration process, reach out to Nicole Rodriguez at nrodriguez@hpfs.org.

<https://hpfs.schoolbitez.com>

- Snacks and Lunch. When packing food, please avoid giving your children soda (like Coke and Pepsi) or candy. Of course, feel free to bring in birthday treats.
- Today we had our first fire drill. We'll practice these safety protocols once a month. Our students were terrific, by the way!
- Please spread the word about HPFS by liking and sharing stories from our Facebook and Instagram accounts with friends and family.
- If you shop at Harris Teeter, consider registering with the rewards program, naming High Point Friends School!
- The virtual Falcons Spirit shop is open. Check out the variety of item available.
 - <https://apparelnow.com/high-point-friends-school-apparel/>
- Monday, September 2 is Labor Day, so HPFS is closed. Enjoy the Long Weekend

Finally, this morning's assembly ended with Ms. Maria (and her students) leading us in a song, "Lovely Day" by Bill Withers. The intro reads:

*When I wake up in the morning, love
And the sunlight hurts my eyes
And something without warning, love
Bears heavy on my mind
Then I look at you*

*And the world's alright with me
Just one look at you
And I know it's gonna be
A lovely day*

What an inspiring way to start our day, focusing on happiness and joy.

My wife and I are loving the HPFS community!

Gratefully yours,



Rob Kelley
Head of School