



Welcome to the 2023-24 school year! I trust the start up of the school year has come with some joy and challenges as we all transition from a summer schedule to the school calendar.

During the leadership team's summer preparation for the new school year, we collaborated on creating clarity for the educational vision for High Point Friends School. With a clear vision of education, we are able to develop curriculum and instruction focused on goals and standards for students. HPFS Educational Vision is focused on:

- Creating Scholars who think critically & solve problems, not just at school, but in our world.
- Cultivate a Community that is welcoming to & inclusive of people from all backgrounds
- Develop Leaders who are civically engaged citizens of our community & the world
- Practice Service Learning to enrich the lives of our students and our community

This vision of education is grounded in our mission, there is “that of God in everyone”, seeks to nurture the mind, body, and spirit of all children, empowering our community to contribute responsibly to an ever-changing world.

These four goals drive our unique and exceptional approach to teaching and learning. We hope sharing this vision will assist you in supporting your children and the school during the year ahead. In November, we expect to launch a new website that will help communicate this vision of education and the incredible educational experience at High Point Friends School.

With gratitude, peace and hope,
Tom

**HIGH POINT
FRIENDS SCHOOL**
creating scholars
cultivating community
developing leaders
PRACTICING SERVICE LEARNING





ATTENTION

**FALL SCHOOL
PORTRAITS**

**October 9th
Toddlers - PK**

**October 10
K-8th Grade**

MARK YOUR CALENDARS

Online registration information
is below...

Dear parents,
Please find the information below to register your child for their photo to be taken. We are always happy to answer any questions you may have.

Please feel free to contact us
at #336-294-1763

Registration is now simple and quick and can be done one of two ways.

- Log in to <https://creativeexpressionsnc.gotphoto.com> and enter the access code HPFSFALL23
- Or use your smart phone to capture the QR code that will bring up your registration directly to your phone.



Registration will close: OCTOBER 7TH

Photos will be available to view and purchase within 48hrs after your event has completed. If you have registered you will be automatically notified when your photos are ready to view.

Dress your child from head to toe as shoes may show.

See our FAQ page on the registration page for additional information.



Welcome to Terry Talk!

Happy September! I don't know about anyone else but I feel like September is flying by this year! The month of September we are focusing on getting back into the routine of school. I am going into classrooms to introduce myself to our new students and remind everyone the best ways for them to contact me. Below are numerous topics that may be of concern as your child goes through the school year. You will find strategies about each of the topics. As always, please feel free to contact, Terry Aiken, if you have any questions or concerns regarding your child.

Email me at taiken@hpfs.org or call me at 336-886-5516.

Anxiety

It is normal for every person to have some amount of anxiety from time to time, but when anxiety begins affecting your child's school and home functioning, there are many things you can do to help your child in addition to possibly consulting a mental health professional.

Listen to your child's worries and fears and remind them that they are not alone and that other kids have worries, too.

Help children address their concerns and if they are not realistic, help them see the truth.

Help your child gradually ease into new situations that may cause anxiety and provide encouragement when they are in these situations.

Practice relaxing including deep breathing, counting to 10, visualizations (taking a pretend field trip to the relaxing beach or a peaceful meadow), and listening to calming music.

Encourage structured play dates or extracurricular activities if your child has an anxious temperament.

Promote your child's independence and build on their strengths.

Developing Self-Esteem

Every parent wants a happy, healthy child with a strong sense of self-esteem and self-confidence. Here are some ways parents can support and grow their child's self-esteem:

Choose your words carefully and make sure to provide encouragement for your child.

Model positive self-esteem and positive self-talk.

Create a positive home environment where students feel safe and loved.

Allow your child to become involved in cooperative activities such as volunteering for the good of others in order to feel good about themselves.

Help your child give others compliments and make others feel good in order to trigger positive feelings amongst themselves.

***TRUSTWORTHINESS ** RESPECT ** RESPONSIBILITY ***

*** FAIRNESS ** CARING ** CITIZENSHIP ***

Character is doing the right thing, even when no one is watching.



FALCON
FAMILY
CONNECTION

WHO WE ARE...

THE FALCON FAMILY CONNECTION IS THE PARENTS' ASSOCIATION FOR THE SCHOOL. THE GOAL OF THE FFC IS TO BUILD COMMUNITY AMONG THE PARENTS AND FAMILIES WITH THE SUPPORT OF THE SCHOOL'S LEADERSHIP. DEDICATED VOLUNTEERS AND ENGAGED PARENTS PLAY A CRUCIAL ROLE IN SUPPORTING THE TEACHERS AND THE SCHOOL IN DELIVERING A TERRIFIC EDUCATIONAL EXPERIENCE OF THE CHILDREN. THE FALCON FAMILY CONNECTION SERVES AS THE CENTRAL HUB FOR VOLUNTEERS AND BRINGING OUR COMMUNITY TOGETHER. CONTACT FFC@HPFS.ORG FOR MORE INFORMATION.



VOLUNTEERS

NEEDED...

GET YOUR HPFS MERCH NOW!



***CLICK HERE FOR
THE HPFS STORE***





TIRED OF MAKING LUNCHES EVERY
SINGLE DAY?
TAKE A BREAK AND SIGN UP YOUR
STUDENT TODAY TO ENJOY
LUNCHES CATERED BY OUR LUNCH
PARTNERS.

[CLICK HERE](#)

OUR LUNCH VENDORS ARE:

MONDAY - OSCARS

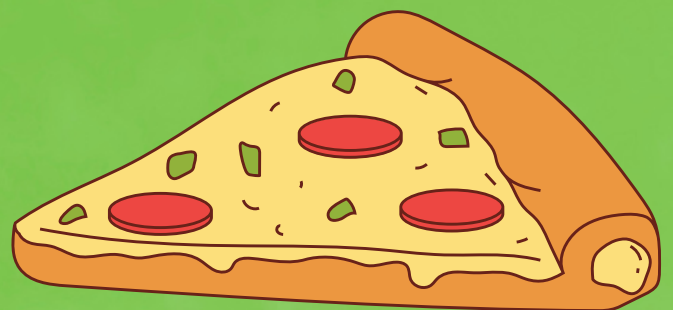
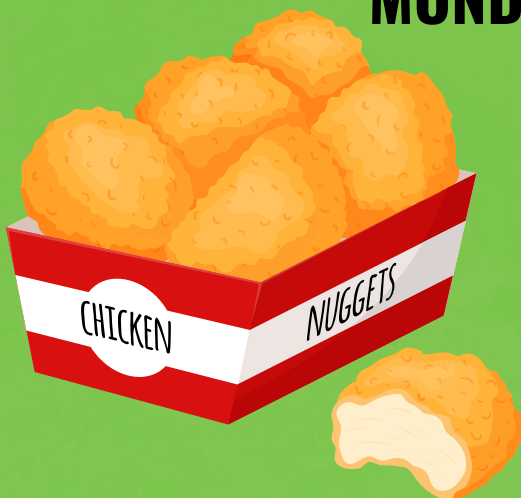
TUESDAY - CAPRA'S DELI

WEDNESDAY - CHICK FIL A

THURSDAY - EAST COAST WINGS

FRIDAY - UNCLE MADDIO'S PIZZA

**OCTOBER LUNCHES ARE OPEN NOW AND DUE BY 3PM ON
MONDAY, SEPTEMBER 25TH.**



FALL COMMUNITY PROJECT

October 20th, 9:00am - 11:30am

This fall HPFS students will participate in a community project where they will assist in a designated station around the school campus with washing toys, raking leaves, collecting sticks, painting railings, and prepping the garden beds for winter. Students will enjoy a special treat afterwards.

If you are available to help with this project or you can bring in a rake or tarp for us to use please contact Mrs. Jessica.

Thank you for your continued support!

Jessica Beaumont
Art, Garden, and
Service Learning Coordinator
jbeaumont@hpfs.org



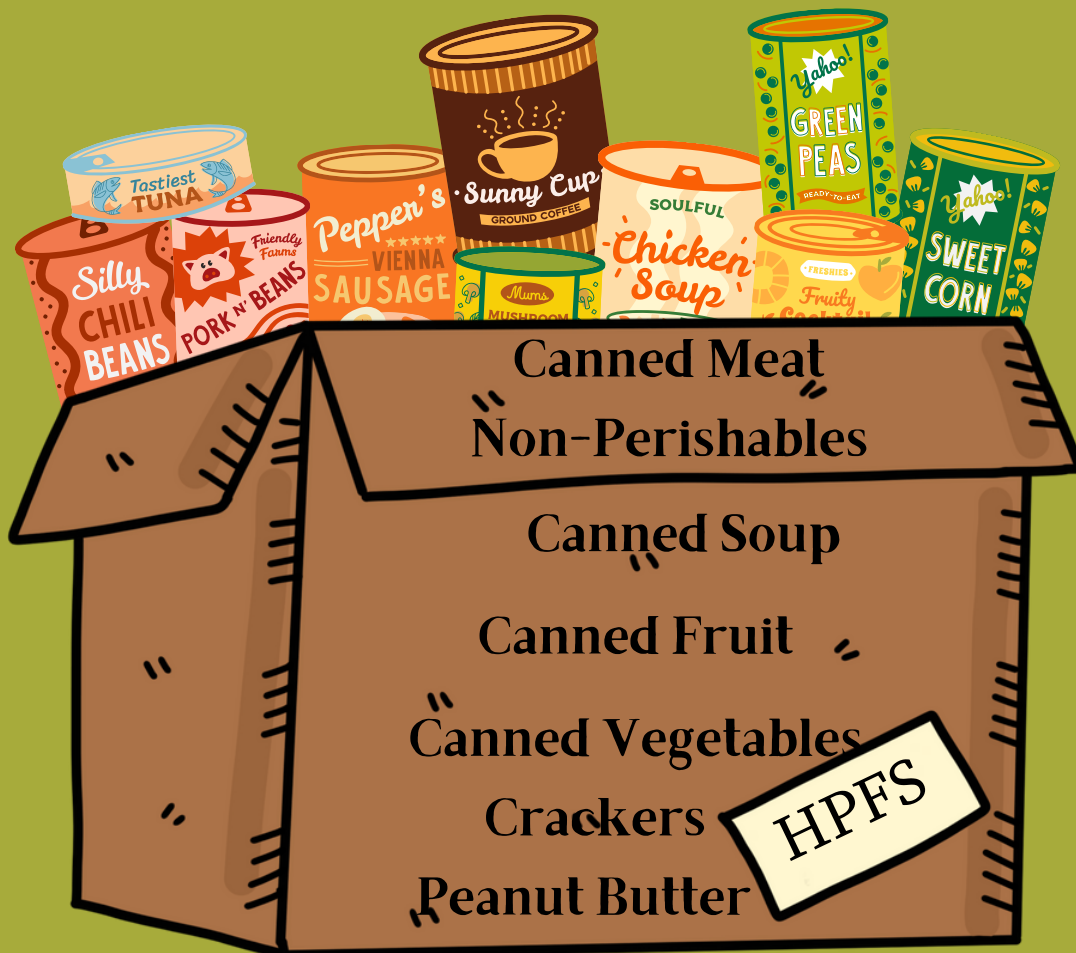
FOOD DRIVE

Please join us and our partner, Sunnyside Ministries, as we collect non-perishable foods and canned goods for our Holiday Food Drive. This food drive will serve the many families in need within our community.

DROP-OFF LOCATIONS:

EARLY SCHOOL & LOWER SCHOOL DROP OFF,
MAIN OFFICE AND MIDDLE SCHOOL

OCTOBER 23 - NOVEMBER 17





Costume PARADE

**Join us in the Lower School Circle
on OCTOBER 31st at 9:15am**

**for our Annual Costume Parade featuring our
Toddlers - 4th grade in their most fun and
ghoulish costumes as they parade around the
circle to some fun tunes. Please no very scary
costumes, weapons or masks that
cover their faces.**

**Make sure your child comes to school in their
costume and has a change of clothes for
afterwards!**

DON'T FORGET YOUR CAMERA!!

Feel free to email me any great pics!

msmith@hpfs.org

HIGH POINT FRIENDS SCHOOL FALL FESTIVAL

FRIDAY, OCTOBER 27TH
5PM - 8PM

FOOD
TRUCK

HAY
RIDE

TREATS

CAKE
WALK

BAKE
SALE

FACE
PAINTING

WEAR YOUR
COSTUMES!!
GAMES

800A Quaker Lane

**save
the
date**

SEPTEMBER

9/11 - 9/15 Scholastic Book Fair

9/15 Hispanic Countries Fair 3:00

9/18 K-2nd Soccer Shots 3:15

9/19 Le Petit Ballet 3:15pm

9/20 3s-PK Soccer Shots 3:15

9/22 Cross Country Conference Meet - West End Park 4:15

9/25 K-2nd Soccer Shots 3:15

9/25 Lunch Orders due

9/26 Le Petit Ballet 3:15pm

9/27 3s-PK Soccer Shots 3:15

9/29 Middle School Movie Night 7:00

OCTOBER

10/2 K-2nd Soccer Shots 3:15

10/3 Le Petit Ballet 3:15

10/4 3rd - 6th Grade Field Trip

10/4 3s-PK Soccer Shots 3:15

10/6 All School Meeting 9:00

10/9 Fall School Pictures

10/9 K-2nd Soccer Shots 3:15

10/10 Fall School Pictures

10/10 Le Petit Ballet 3:15

10/11 7th/8th Grade Field Trip

10/11 3s-PK Soccer Shots 3:15

10/16 K-2nd Soccer Shots 3:15

10/17 Le Petit Ballet 3:15

10/18 3s-PK Soccer Shots 3:15

10/20 Fall Community Project 9:00-11:30

Early Dismissal All Students 11:30am, No Aftercare

10/23 K-2nd Soccer Shots 3:15

10/24 Le Petit Ballet 3:15

10/25 3s-PK Soccer Shots 3:15

10/27 Fall Festival 5:00 - 8:00

10/30 Parent/Teacher Conferences - No School for Students

10/31 Costume Parade 9:15