



Hope Weekly

May 30, 2017

Chapel (K-6)

Today in chapel the students sang songs led by Mrs. Scammon. Mr. Bradley then reviewed what the students should have learned in chapel this year.

Chapel (7-12)

Today in chapel Mr. Kolar covered part three in the "Are You FAT?" series. Part three was about being teachable with God. He provided the students with both video and biblical examples of what it means to be teachable. He specifically referenced Proverbs showing that wisdom is acquired by the Word of God. Being teachable means not being a fool!

Hot Lunch Menu for Wednesday

- Chili
- Breadsticks
- Fruit
- Bars

Hot Lunch Menu for Thursday

- Hot Dogs
- Tater Tots & Chips
- Fruit
- Bars

Upcoming Events

May 30	1 st & 2 nd Grade Field Trip, Bismarck Zoo
May 30	4 th Grade Field Trip, Washburn
May 30	7 th Grade Field Trip, Medora
May 31	4 th Grade Field Trip, Medora
May 31	Last Day of Kindergarten
May 31	HCA Awards Night, 7 pm
June 1	3 rd Grade Field Trip, Prairie Outpost Park
June 2	Last Day of School
June 4	HCA Graduation, 2 pm

Field Trip Attire

As we begin the last week of school, many classes still have field trips scheduled. The teachers have requested that you dress your children in royal blue on Field Trip days. Not only is it a way to show our school spirit as we are out in the community, it also gives the teachers a visible way to keep track of the students. Thank you!!

Spring Program - Wednesday

Our annual Spring Awards Program will be this Wednesday, May 31 at 7 p.m. Please have your children here no earlier than 6:45 p.m. The students will report to the gym to line up with their classes.

Families in circles three and four will be assisting with the reception with either set-up or clean-up. Those families also need to bring **2 to 3 dozen baked goods** to the program.

Feel free to call the office or circle leader if you have any questions.

Lost and Found

There are SEVERAL coats and many other items still in the school lost and found. It will be out this week, so please have your students check or check yourselves to make sure you do not have anything in there that belongs to your family. After school is out on Friday, the remaining items will be donated to goodwill.

Last Day of School Info

The students in grades 1 to 6 will be going to Turtle Park on Friday. They will depart from HCA at 9:30. Lunch will be provided by the school at the park and will be taco in a bag.

The students in grades 7-12 will be going to the Paragon Bowl on Friday. They will depart from HCA at 9:30 for bowling, and then will go to Turtle Park at 11:30 for the lunch provided by the school.

Students will not return to the school. **Parents will be allowed to pick up their students starting at 1:00 p.m. from the park. They will need to be picked up no later than 2:30 p.m.** The address for Turtle Park is 2352 West Broadway Street.

High School Graduation

HCA's high school graduation will be on Sunday, June 4, in the chapel at 2:00 p.m. We encourage you to come out and support our second class of graduating seniors: Tom, Cassie, Bucky, and Ryan. There will be a short reception in the lunchroom following the ceremony.

Current 6th-11th Grade Families

We are so excited for next year's history/missions trip to Pennsylvania. If you and/or your student have an interest in participating in this trip, we will have registration forms available in September at the start of school. However, we would like to get an idea as early as possible as to how many people are interested in the trip. ***Please contact Mr. Del Padre as soon as possible if you are interested.*** We will be contacting any interested families for fund raising opportunities this summer. If you were not able to attend the information meeting last month and have questions about the trip, Mr. Del Padre would be glad to answer all your questions.

2017-2018 Calendar

The calendar for the 2017-2018 school year can be found online at hcadickinson.org for your school planning.

- Our senior graduates, as they make many big life decisions in the upcoming days.

Give Back to HCA Contest – deadline WEDNESDAY

Please be sure to have your students bring Box Tops, labels, UPC's, and receipts** for their classrooms by Wednesday, May 31. We will award a treat to the winning class on Friday.

Nutrition Nibble: The Family Table

by Jo Marie Kadrmaz, RD

Summer Opportunities

Summer provides time for you to spend with your children in the kitchen. Show them the basics: measuring cups and spoons, mixing bowls, cutting boards, explain a recipe, emphasize hand-washing, etc. Familiarize your children with simple skills that will enable them to do some basic food prep and cooking. Discuss the benefits of eating fruits and vegetables. These skills will help your children choose appropriate foods and pack their own lunches next year!

Create your own snack mixes by blending your favorite ingredients in a large bowl. This recipe (below), with all ingredients, will make about 28 (¼-cup) snacks. Experiment with your favorite healthful snack ingredients. Put servings in Ziploc baggies for later use.

Here is an easy SNACK RECIPE (5 ingredients) for beginning cooks:

- 4 cups whole grain cereal of various shapes
Examples: whole grain or multigrain squares or rings (Oatmeal Squares, Cheerios)
- 1 cup bite-sized crackers
Examples: goldfish, Animal Crackers, cheese crackers
- 1 cup dried fruit
Examples: raisins, dried cranberries, apples, blueberries, bananas
- 1 cup nuts
Examples: peanuts, almonds, pistachios, mixed nuts
- ½ cup “treats” (optional)
Examples: chocolate chips, butterscotch chips, M&Ms

Take time to make a snack and eat a meal with your children during the summer. Sign up for the **The Family Table** challenge to eat more family meals together at: ndsu.ag/familytable.

Please Pray

Praise God for:

- A great school year!
- Students who finished the year well.

Please Pray for:

- A safe and blessed summer vacation for our students and families.



“I will praise God’s name in song and glorify him with thanksgiving.”
Psalm 69:30