



Armstrong Article

Campus Newsletter



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CLASSIC
HOME CARE



September

14-18 - Class Contest
15 - Garden begins
16 - All Things Armstrong with Dr. Rockwood combined with PTA General Meeting 8:15am
17 - Pre-K Parent Party
Sept. 21 - Oct. 7 - One School, One Book
25 - PNO with Mrs. Odom and Mrs. Vanessa Smith

October

7-8 - Invention Convention
9 - Founder's Day Picnic
12 - Student Holiday
16 - PNO with Miss Amber & Mrs. Haynes
20 - Picture Retakes & Class Group Photos
23 - 2nd Grade Performance
26 - 30 - Red Ribbon Week
30 - Kinder Book Character Parade, 8:15am
30 - Armstrong Live, 2:40pm

Stay up to date with Armstrong happenings by [subscribing to the calendar](#).



September 14, 2026

Dear Armstrong Families,

This week, from **Monday, September 14** through **Friday, September 18**, our school will join communities across the country in celebrating **America 250** — the 250th anniversary of the signing of the Declaration of Independence. This comprehensive plan brings all HPISD students together around a shared week of America250 instruction, centered on American symbols, freedom, democracy, civic duty, the Declaration of Independence, the Preamble and Constitution, and key historical figures, culminating in red, white, and blue celebrations. The goal is to instill pride in our nation while building students' foundational knowledge of the principles on which America was founded. Each grade level has a special line-up of daily lessons and activities exploring American history, symbols, and what it means to be an American.

Please see click [here](#) for each grade's daily schedule for the week (Kindergarten & 1st Grade, 2nd Grade, 3rd Grade, and 4th Grade).

We're excited to celebrate this meaningful milestone with our students!

We love to celebrate all the great things happening at Armstrong! Please take a few minutes to fill out this [Google Form](#) to give a staff member a well-deserved Shout Out!



As always, I value your input and feedback. Please let me know if you need anything or have any questions. I am available by email or phone at your convenience.

Sincerely,

Betsy Cummins

Betsy Cummins
Principal
cumminb@hpsd.org

-



@armstrong_eagles
@armstrongeaglesHP
@armstrongauction
@thearmstrongdadsclub

It's the first PNO of the year - September 25, 2026!
Drop your registration forms off in the office beginning at 7:30am
on Wednesday, Sept 16!

Armstrong PNO September 25th with Mrs. Odom and Mrs. Smith

What Is It? It's a chance for you to have a parents' night out! Your child will have a blast at school with their friends and teachers. We will have a mini talent show and bubble karaoke. Bring your talent! There will also be gym games, pizza, a movie and more!

Who? K – 4th grade Armstrong students

When? Friday, September 25th - 6:00pm-10:00pm

Where? Check in and pick up at the little gym doors @ St. Johns.

Cost? \$50 1st child and \$40 for siblings. No refunds will be given. *A \$25 late pick-up fee, to be paid immediately or the next school day, will be charged at 10:01pm and an additional \$10 will be assessed at 10:15pm and at each 15 minute interval.

PNO Registration Form

EAGLE CAFE

*News from the
Watering Hole*

Lunch Menus for September 2026



Did you know....

The Eagle Cafe serves 8-10 types of fresh fruit every day! Have your kids tried any of them recently?

If your child has a favorite fruit or one you would like to see in the cafe, please let our cafe manager Annie know.

Cafeteria Manager

If your student is absent, you can email the teacher and cc arattendance@hpsid.org to let us know. Notifying the teacher is great, but not enough! The office codes the absences so we really need an email!

You can call the office if you are not able to email, but ideally an email is a better paper trail for state reporting.

arattendance@hpsd.org

The logo for PTA News features the text "PTA News" in a large, bold, yellow font with a black outline. The text is centered within a solid green rectangular background.

PTA News



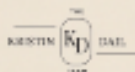
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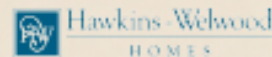
SEWELL



JOIN THE HERD!



REVIVAL DERMATOLOGY



Join the Herd! 🐘🌴

Get ready to stampede for a great cause! As we gear up for the **Safari Soirée**, our **Class Contest runs from September 14th–18th**, and our goal is **100% participation!**

Each year, parent-donated items drive the success of our online, silent, and live auctions—the main fundraiser for our school. If you prefer not to donate an item, families can contribute a monetary donation (suggested \$30 per child), which directly helps us enhance our live luxury packages with gift cards.

Each class that has 100% participation will earn a reward! Let's rally our herd and make this year's contest a roaring success!



🌿 **PTA SHOUT-OUTS FROM THE PRESIDENT! WE ARE WILD ABOUT OUR VOLUNTEERS!** 🌿

Each week, PTA Volunteers will be highlighted for their hard work behind the scenes to make this a WILD school year! Thank you to ALL of our incredible PTA Members & Volunteers!

A HUGE Armstrong shout-out to the **wildly talented and creative geniuses behind The Nest | Armstrong Spirit Store, Chelsea Bedotto and Heather Cappelletto!** These two ladies have absolutely **ROCKED** it this year!

From the top-notch designs to crushing the summer pre-order, you have made sure Armstrong has never looked better! And thanks to you, our **students, teachers, staff, and parents** are officially decked out in Armstrong gear from head to toe!

Thank you, Chelsea and Heather, for bringing so much creativity, fun, and Armstrong spirit to everything you do and the countless hours last spring, this summer and now. **You two are the definition of WILD ABOUT ARMSTRONG!** We can't wait to see your next drop soon!

A WILD ROUND OF APPLAUSE for our Nest Spirit Store Volunteer Coordinator, **Lauren Isom!**

Lauren has been there **bright and early Tuesdays, Thursdays and Fridays at 7:30am**, unlocking the doors and welcoming all of your cuties into The Nest to load up on all things Armstrong—and maybe a **dumpling or butter (or two!)** along the way! She's been working hard to work out the kinks so we can open up volunteering to all of you smoothly and efficiently!

Thank you, Lauren, for giving your time, energy, and so much Armstrong spirit. **We are so lucky to have you helping our Eagles ROAR.**

A WILDLY HUGE SHOUT-OUT to our amazing Treasurer, Ashley Gray! Ashley has been wildly helpful with all things Treasurer—and then some! She worked so hard behind the scenes all summer on spirit wear, budgeting, and getting The Nest ready to ROAR, and she has been a constant presence in the Spirit Store since we opened!

Ashley has been there making sure we are keeping the books straight, accounting for all the things, and keeping us WILD about The Nest! And let's be honest... someone has to make sure we are budgeting correctly so we can keep buying all the dumplings, butters, and fun Armstrong accessories our hearts desire!

Thank you, Ashley, for all the countless hours, hard work, and love you pour into Armstrong. We are SO lucky to have you keeping us financially on track while helping Armstrong ROAR!

A special **ROAR of THANKS** to our wonderful **The Nest | Armstrong Spirit Store Sponsor for the 2026 – 2027 school year, The Tharp Family!** We are so grateful for your generous support and for helping make The Nest such a fun part of our Armstrong community.

Because of you, our Eagles can **ROAR with Armstrong pride** all year long! Thank you for helping us keep our school spirit **WILD!**



About All Things Armstrong

All Things Armstrong, HPISD & PTA General Meeting

Wednesday, September 16th

8:15 AM

Armstrong Auditorium

Special Guests:

HPISD Superintendent Dr. Mike Rockwood

Principal Cummins

PTA Board of Directors & Dads Club



Last Day to purchase tickets October 1

FOUNDER'S DAY *Picnic*

Buy a ticket, grab your picnic blanket
and join us on the Big Field for the 112th
annual Founder's Day Picnic!

FRIDAY, OCTOBER 9

In-N-Out hamburgers & cheese burgers, chips and
drinks will be served with the purchase of a ticket
along with a special treat from Principal Cummins!

REMINDER: THE CAFETERIA WILL BE CLOSED.
YOUR CHILD MUST HAVE A TICKET OR BRING A LUNCH FROM HOME.

PRESCHOOL:

TEACHER	TIME
Szuba	10:45–11:15
Jordan	10:45–11:15

KINDERGARTEN:

TEACHER	TIME
Barbo	11:00–11:30
Banks	11:05–11:35
McCormack	11:10–11:40

1ST GRADE:

TEACHER	TIME
Pena	11:15–11:45
Gaubert	11:20–11:50
Talley	11:25–11:55
Adelsberg	11:30–12:00

2ND GRADE:

TEACHER	TIME
Katz	11:40–12:10
Johnson	11:45–12:15
Mobley	11:50–12:20
Olsen	11:55–12:25

3RD GRADE:

TEACHER	TIME
Bily	12:00–12:30
Massey	12:05–12:35
Rigg	12:10–12:40
Partyka	12:15–12:45

4TH GRADE:

TEACHER	TIME
Green	12:20–12:50
Morga	12:25–12:55
Kuehn	12:30–1:00
Walters	12:35–1:05

BUY A TICKET, GRAB YOUR PICNIC BLANKET
AND JOIN US ON THE BIG FIELD FOR OUR
Wildly Fun Founder's Day Picnic!



Check here to see if
you've purchased tickets!



Purchase Tickets Here!

Check to see if you purchased a ticket here!



REQUIRED FOR ALL 3RD GRADERS
Other Grades May Participate

SEPTEMBER 9



Intent-to-Invent
Forms Passed Out
to 3rd Grade

*Other participants
may download
a form below.*

SEPTEMBER 23



Intent-to-Invent
Forms Due to
your Teacher

SEPTEMBER 25



Poster Boards
Passed Out to
Participating
Students

OCTOBER 7



Inventions Due
in Small Gym
7:30am – 7:50am

OCTOBER 8



Party to
Announce Winners
(more details to come)
and
Invention Pick-Up



**CLICK HERE FOR
INTENT-TO-INVENT FORM**



QUESTIONS?

Katie Chang
Katie.Norman@gmail.com

Lara Francis
Lara.Sorokolit@gmail.com



DREAM • DESIGN • INVENT



ARMSTRONG ELEMENTARY

2026 INVENTION CONVENTION

WHAT YOU NEED TO KNOW...



WHO:

REQUIRED FOR ALL 3RD GRADERS
OPEN TO ARMSTRONG STUDENTS K-4TH



WHAT:

ARMSTRONG'S ANNUAL INVENTION CONVENTION IS A FUN EVENT THAT
ALLOWS STUDENTS TO BECOME INVENTORS, TACKLE PROBLEMS, AND
USE THEIR IMAGINATIONS!



WHERE:

BRING YOUR INVENTION AND TRI-FOLD PRESENTATION BOARD TO
ARMSTRONG'S SMALL GYM



WHEN:

WEDNESDAY, OCTOBER 7TH PROJECTS DUE BETWEEN 7:30 AM – 7:50 AM
PLEASE ENTER THROUGH THE SMALL GYM TO SET UP YOUR PROJECT



WHAT KIDS WILL NEED TO DO:

- COMPLETE INTENT TO INVENT FORM AND TURN THE FORM INTO YOUR
TEACHER. FORMS DUE BY SEPTEMBER 23RD
- 3RD GRADERS WILL RECEIVE A TRI-FOLD BOARD FROM THEIR TEACHER ON
SEPTEMBER 25TH. ALL OTHER STUDENTS CAN PICK UP A TRI-FOLD BOARD IN
THE ARMSTRONG SPIRIT STORE.
- CREATE YOUR INVENTION!



ADDITIONAL INFORMATION:

- PARTICIPANTS CAN WORK INDIVIDUALLY OR WITH A PARTNER.
- SIBLINGS WILL BE JUDGED WITH THE OLDER SIBLING'S GRADE LEVEL.
- INVENTIONS CAN BE PROTOTYPES OR DRAWINGS.
- PRESENTATIONS SHOULD INCLUDE - NAME OF INVENTION, REPRESENTATION
OF INVENTION (PROTOTYPE OR DRAWING), INTRODUCTION, PURPOSE, STEPS
TO INVENT, RESULTS, AND CONCLUSION



QUESTIONS?

PLEASE EMAIL THE INVENTION CONVENTION CO-CHAIRS:

Katie Chang (Katie.Norman@gmail.com) & Lara Francis (Lara.Sorokolit@gmail.com)



DREAM • DESIGN • INVENT



Volunteers needed!



Note: Volunteers must commit to the full shift.

For questions, email Diana Man (dianakwon@gmail.com)

Sign-Up here!



We're just ONE WEEK away! One School, One Book kicks off next week, September 21!

The Bookmark Contest winner will be announced THIS WEEK! Thank you to everyone who participated - we loved seeing all of your amazing and creative designs!

Get ready to go WILD about Peter Brown's, The Wild Robot!

PRE-K PARENT PARTY

Thursday, September 17th

6:00 PM - 8:00 PM

THE HOLMBERG RESIDENCE

5440 BYRON AVENUE

QUESTIONS? CONTACT
ELISABETH GETTELMAN AND ALEXIS SCARFF





Cafeteria Shifts Available



2nd Tuesday

2nd Wednesday

substitute sign up!

10:50am-12:50pm

please contact:

Jimmy Ogden
jimmy.ogden@gmail.com



**VOLUNTEERS
NEEDED**

Your last two opportunities for a regular shift in the cafeteria are the 2nd Tuesday and 2nd Wednesday of the month, if either of those works for you please let me know. We will have plenty of need for substitutes this year. Please sign up here to put yourself on the Cafeteria Sub list. Sign up for each day that might work for you. As a reminder we need everyone who is signed up for the cafeteria to complete the Cafeteria Volunteer Guidelines and Handwashing Procedures. To volunteer at any HPISD campus, you need to complete the HPISD background check form. When you arrive at campus to sign in, always sign as a Volunteer, not a Visitor. If you have any cafeteria volunteering questions, please contact Jimmy at 214-998-9458 or jimmy.ogden@gmail.com.

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NOAH

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of net sales back to our school.

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Community News

HPISD Seeking Student Artwork for Annual Report

HPISD is now accepting artwork submissions for the Annual Comprehensive Financial Report. Students from all grade levels are encouraged to participate by submitting their artwork for consideration. The selected winner will have their artwork featured on the cover of the audit report and will be recognized at a future board meeting.

Submission Guidelines:

- 2D painting or drawing
- Vertical orientation, 8.5 x 11 inches
- HPISD Theme: Artwork should reflect or highlight HPISD
- **Deadline: Friday, October 16, 2026**

Submission Form: [Submit Artwork Here](#). For any questions, please contact the Communications Department at (214) 780-3007 or hponline@hpsid.org.



HPHS Department of Theatre Presents Fall Musical *Hello Dolly!* Oct. 15th - 18th

It's time to "put on your Sunday clothes!" Highland Park High School's Department of Theatre proudly presents our Fall Musical *Hello Dolly!* at Palmer Auditorium October 15th - 18th.

Follow the spirited matchmaker Dolly Levi as she brings people together and waltzes her way into everyone's hearts. This Tony Award-winning classic is filled with big personalities, dazzling costumes, show-stopping dance numbers and an incredible score by Jerry Herman. It's a joyful celebration of love, laughter and living life to its fullest!

Performances at HPHS Palmer Auditorium:

10/15 @ 7pm

10/16 @ 7pm

10/17 @ 7pm

10/18 @ 2pm

*Ticket info coming soon!



HP

Tennis Academy



2026 Fall Program
August 24 – December 5

Elite/Tournament Training
& Lower School



The CANIAC SUPPER & AUCTION is back!

SAVE THE DATE for the 13th Annual Highland Park Football Supper on September 25th, and the Auction will run September 20-27th!

Click the link below to grab your tickets and register for the auction!

<https://hpfootball.muradbid.com/>

Bring your friends for a fun night of food, community, and Scots spirit!

Takeout starts at 4:30 p.m. Dine-in begins at 5:00 p.m. in the HPHS Cafeteria.

Go Scots!!

CANIAC SUPPER 2026

Friday, September 25th

@4:30PM



20 - PROTECT THE - 26
PLATO
— HIGHLAND PARK —
FOOTBALL



CHEERLEADERS & SCOTSMEN



Hamburger Supper

FRIDAY, OCTOBER 30, 2026

DINE IN 5:00-6:30PM | TAKE OUT 4:30-6:00PM

Burger House will provide their famous burgers & fries in the HPHS Cafeteria before the football game so bring the kids, grab a burger, and get ready to cheer on the Scots!

📣 **WANT TO CHEER WITH THE VARSITY CHEERLEADERS?** 📣

Get your raffle tickets for a chance to be Cheerleader of the Day
The winner will cheer at a Fall 2027 football game!



**TO PURCHASE DINNER TICKETS, RAFFLE TICKETS &
T-SHIRTS SCAN THE QR CODE OR VISIT:**
<https://2026-hp-cheer-hamburger-supper.cheddarup.com>



Attention *HPISD* 3rd & 4th Grade Girls

**UP Elementary
Fall 2026**

Girls on the Run

Mon/Wed

3:30 - 5 pm

Starting Monday, 9/14



Cost \$195
Scholarships Available!



HPISD is excited to partner again with Girls on the Run to offer a 10-week program at UP Elementary for all HPISD third and fourth grade girls. Sessions begin Monday, September 14 and will be held every Monday and Wednesday from 3:30 - 5 pm. Participants build confidence, develop life skills such as being a good friend and including others, all while training for a celebratory 5K together in November. Runners and non-runners are encouraged! The cost is \$195, and scholarships are available. For more information, please reach out to Meredith Boyd at 972-898-2410.



Our practical talk series equips parents, educators, and ministers to navigate life's challenges with resilience and purpose—drawing on mental health insights, faith, and effective communication to inspire lasting transformation.

Youth & Difficult Thoughts: Suicide Prevention, Response, and Postvention | Tuesday, February 10, 6:30-8 pm
Nathaniel R. Strenger, Psy.D., Licensed Psychologist

Talk of teen suicide is terrifying. But, few things are more protective than an informed and collaborating community. At this Inform talk, we will equip parents, ministers, educators, and caregivers to take on an uncomfortable subject with confidence. We'll discuss preventative communication and the role of faith and community in well-being. We'll practice difficult conversations about risk factors and help-seeking. These are the foundations of community suicide prevention, response, and postvention.

Empty Nest: Prepare for Launch | Tuesday, April 14, 6:30-8:00 pm

Carrie Davidson Psy.D., Licensed Psychologist and Clint Donaldson, LPC-S

As we prepare for an empty nest and the launch of kids, how can we have a sustainable relationship with our young adult/college child. When do we step in and when do we step back? How can we encourage our kids to apply faith and values independently of us and be resilient, confident, and self-sufficient.

The Mental Load for Moms | Tuesday, September 1, 6:30-8:00 pm

Katie Campbell, LCSW and Lindsey Parker, LPC

The "mental load" or the invisible, constant, and often exhausting cognitive and emotional labor many moms carry—planning, remembering, organizing, anticipating needs, managing schedules, and keeping the household and family running—is a burdensome weight on Moms. We will help shine a light on the unseen work mothers do, how it impacts mental health, and what healthier balance can look like. Moms will leave with practical resources how every aspect of their lives—relationships, faith, physical well-being, emotional lives—can sync together for contentment and resilience in life.

Holding On and Letting Go: Managing Holiday Grief After Loss | Tuesday, November 3, 6:30-8:00 pm

Sandy Robinson, LPC-S

The holiday season can amplify feelings of grief, especially for empty nesters coping with the loss of parents or adjusting to new family dynamics. This discussion offers a compassionate space to explore how grief intersects with traditions, faith-life, expectations, and emotional well-being during the holidays. Participants will learn practical strategies for honoring memories, managing loneliness, and finding meaning in this season of change.

REGISTRATION

There is no fee to attend, but we ask that you RSVP so we can prepare seating and send you a reminder before the event. To register, go to TheCenterCounseling.org/Inform or scan QR.



The Center
for Integrative Counseling
and Psychology



Talks are on Tuesdays from 6:30-8:00 pm at our Central Office location at 4305 MacArthur Ave, Dallas, Texas 75209.

Supported by a grant from La Fiesta de las Seis Banderas.

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A.L.L. Classes Here



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Armstrong Elementary | 214.780.3100 | 3600 Cornell Ave | Armstrong.hpsd.org

Amanda Hollier, Counselor

Betsy Cummins, Principal

Jamie Condon, Admin
Asst

Annie Celestino,
Cafeteria

Lane Arnold
214.780.3102

Attendance Desk

[PTA Website](#)

Armstrong Dad's
Club

ARattendance@hpsd.org

Armstrong Elementary | 3600 Cornell Avenue | Dallas, TX 75205 US

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