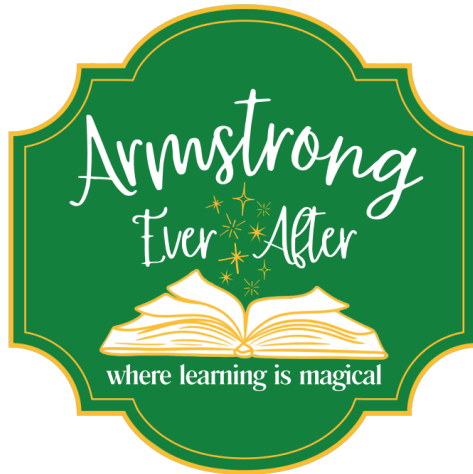




Armstrong Article

Campus Newsletter



Sponsored by:



April

9 - STAAR Reading/Language Arts 3rd and 4th
16 - Class Pictures

- 17 - Armstrong Carnival
- 23 - Dads Club breakfast - Scot Boy Sports Captains
- 24 - Famous Americans - 1st Grade (parade and wax museum)
- 29 - STAAR - Math, 3rd and 4th Grades
- 30 - MIS 4th grade transition meetings 9:30am and 6:00pm at **MIS**

May

- 1 - Muffins with Mom - 2nd Grade Economics Fair
- 4 - Soaring Into the Next Grade Level Parent Meetings
- 4-8 Staff Appreciation Week
- 8 - Kindergarten "Magical Me" Performance
- 22 - Field Day and Last Day of School 2025-2026

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



April 7, 2026

Dear Armstrong Families,

This Thursday, April 9, our third and fourth grade students will take the STAAR RLA Test (State of Texas Assessment of Academic Readiness). The students will take the STAAR Math Test on Wednesday, April 29. Throughout the year, our children have worked hard to develop their reading and writing skills. Students will complete the STAAR test in classrooms throughout the building, and students have the entire school day to complete the test. We will begin testing immediately after announcements and conclude testing by the end of the school day.

Test security and confidentiality is an emphasis of the TEA with specific procedures that the school and district must have in place. Test sessions cannot be interrupted for any reason. *In order to provide the best testing environment for our students, the campus will be closed to visitors on both Thursday, April 9 and Wednesday, April 29.* Cafeteria volunteers are permitted during their scheduled time, but we ask that other parents not come eat lunch with their children on those two days.

We appreciate your encouragement and support of the student's success!

We are confident all of our students will continue to achieve at high levels because of our high expectations, high quality instruction, and strong parental support. Please let us know if you have any questions.

Sincerely,

Betsy Cummins
Betsy Cummins
Principal
cumminb@hpsid.org

Amanda Hollier
Amanda Hollier
Counselor
holliea@hpsid.org



@armstrong_eagles
@armstrongeaglesHP
@armstrongptapresident
@thearmstrongdadsclub



Here is the April Menu for Lunch!

PREK - 1ST
GRADE MENU

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 30. PREK-1 CORN DOGS CURLY FRY ROASTED BRUSSEL SPROUTS APPLE SLICES COLD LUNCH: CHOICE SANDWICH APPLE SLICES GOLDFISH CARROT STICKS</p>	<p>March 31. PREK-1 BEEF TAQUITOS HP VEGGIES MEXICAN RICE PEACHES COLD LUNCH: SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>1. PREK-1 SLICED BRISKET W/ROLL WHITE CHEDDAR MAC & CHEESE ROASTED BROCCOLI GRAPES COLD LUNCH: CHICKEN SLIDERS MINI VEGGIE PASTA, FRUIT OF THE DAY</p>	<p>2. PREK-1 ORANGE CHICKEN EDAMAME VEG. FRIED RICE PINEAPPLE COLD LUNCH: TURKEY BENTO BOX, CUCUMBERS, FRUIT OF THE DAY, GOGURT</p>	<p>3. STUDENT HOLIDAY</p>
<p>6. STUDENT HOLIDAY</p>	<p>7. PREK-1 BEEF QUESADILLA, ARMSTRONG STREET CORN, PINTO BEANS, FRUIT OF THE DAY COLD LUNCH: TURKEY SLIDERS PICKLE SPEARS, FRUIT OF THE DAY</p>	<p>8. BREAKFAST FOR LUNCH</p>	<p>9. PREK-1 PASTA W/ MEAT SAUCE GARLIC BREAD CESAR SALAD GRAPES COLD LUNCH: PEPPERONI BENTO BOX WITH FRESH CUCUMBERS AND FRUIT OF THE DAY</p>	<p>10. PREK-1 BURGER WAFFLE FRIES BAKED BEANS ORANGES COLD LUNCH: CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>13. PREK-1 CHICKEN TENDER ROASTED BROCCOLI MAC. CHEESE HOMEMADE APPLE SAUCE COLD LUNCH: CHOICE SANDWICH GOGURT, GOLDFISH CARROT STICKS</p>	<p>14. PREK-1 TACO TUESDAY MEXICAN RICE RANCH STYLE BEANS PEACHES COLD LUNCH: SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>15. PREK-1 PAN PIZZA DAY CORN CESAR SALAD STRAWBERRIES COLD LUNCH: CHICKEN SLIDERS MINI VEGGIE PASTA FRUIT OF THE DAY CHEEZE IT'S</p>	<p>16. PREK-1 STEAK BITES BROCCOLI AND RICE STEAMED CARROTS PINEAPPLE COLD LUNCH: TURKEY BENTO BOX CUCUMBERS FRUIT OF THE DAY GOGURT</p>	<p>17. PREK-1 HOT DOGS ROASTED GREEN BEANS FRENCH FRY MANDARIN ORANGES COLD LUNCH: CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>20. PREK-1 BREAKFAST FOR LUNCH PANCAKES HASHBROWN BACON APPLE SAUCE COLD LUNCH: CHOICE SANDWICH GOGURT GOLDFISH CARROT STICKS</p>	<p>21. PREK-1 NACHOS (BEEF OPTIONAL) RANCH STYLE BEANS MEX. RICE STRAWBERRIES COLD LUNCH: TURKEY SLIDERS PICKLE SPEARS GRAHAM CRACKER, FRUIT OF THE DAY</p>	<p>22. PREK-1 PASTA W/ PLAIN MARINARA CALI VEGGIE BLEND CESAR SALAD GARLIC BREAD RED GRAPES COLD LUNCH: CHOICE OF SANDWICH, YOGURT, VEGGIE PASTA SIDE FRUIT OF THE DAY</p>	<p>23. PREK-1 CHICKEN NUGGETS GREEN BEANS MASH POTATO PINEAPPLE COLD LUNCH: PEPPERONI BENTO BOX WITH FRESH CUCUMBERS AND FRUIT OF THE DAY</p>	<p>24. PREK-1 GRILLED CHEESE SANDWICH TATER TOTS TOMATO BASIL SOUP ORANGE SMILES COLD LUNCH: CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>27. PREK-1 CORN DOGS CURLY FRY ROASTED BRUSSEL SPROUTS APPLE SLICES COLD LUNCH: CHOICE SANDWICH APPLE SLICES GOLDFISH CARROT STICKS</p>	<p>28. PREK-1 BEEF TAQUITOS HP VEGGIES MEXICAN RICE PEACHES COLD LUNCH: SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>29. PREK-1 SLICED BRISKET W/ROLL WHITE CHEDDAR MAC & CHEESE ROASTED BROCCOLI GRAPES COLD LUNCH: CHICKEN SLIDERS MINI VEGGIE PASTA, FRUIT OF THE DAY</p>	<p>30. PREK-1 ORANGE CHICKEN EDAMAME VEG. FRIED RICE PINEAPPLE COLD LUNCH: TURKEY BENTO BOX, CUCUMBERS, FRUIT OF THE DAY, GOGURT</p>	

2ND- 4TH
GRADE MENU

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 30. <u>2ND-4TH GRADE</u> CORN DOGS & CURLY FRY ROASTED BRUSSED SPROUTS CHICKEN NOODLE SOUP	March 31. <u>2ND-4TH GRADE</u> BEEF TAQUITOS BLACK BEANS MEXICAN RICE, HP VEGGIES BIRRIA TACO	1 <u>2ND-4TH GRADE</u> SLICED BRISKET W/ROLL WHITE CHEDDAR MAC & CHEESE ROASTED BROCCOLI OR MANAGERS CHOICE SOUP	2 <u>2ND-4TH GRADE</u> ORANGE CHICKEN EDAMAME, VEG. FRIED RICE, BAKED POTATO, SPRING ROLL	3 STUDENT HOLIDAY
6 STUDENT HOLIDAY	7 <u>2ND-4TH GRADE</u> BEEF QUESADILLA ARMSTRONG STREET CORN PINTO BEANS CHEESE ENCHILADAS	8 BREAKFAST FOR LUNCH	9 <u>2ND-4TH GRADE</u> PASTA W/MEAT SAUCE GARLIC BREAD CESAR SALAD LEMON PEPPER WINGS	10 <u>2ND-4TH GRADE</u> BURGER OR CHEESE BURGER WAFFLE FRIES BAKED BEANS BAKED HONEY SALMON WHITE RICE W/ VEGGIES
13 <u>2ND-4TH GRADE</u> CHICKEN TENDER MAC, CHEESE HOMEMADE JOE'S HOMEMADE CHILI	14 <u>2ND-4TH GRADE</u> TACO TUESDAY OR TACO SALAD WHITE MEX RICE RANCH STYLE BEANS BEEF-BEAN-CHEESE BURRITO OR CHICKEN FAJITA	15 <u>2ND-4TH GRADE</u> PAN PIZZA DAY CORN CESAR SALAD HOT WINGS	16 <u>2ND-4TH GRADE</u> BEEF BITES BROCCOLI & RICE GARLIC BREAD CHEESE LASAGNA	17 <u>2ND-4TH GRADE</u> HOT DOGS FRENCH FRIES ROASTED GREEN BEANS OR FRIED FISH
20 <u>2ND-4TH GRADE</u> PANCAKES, BACON, HASH BROWN, SAUSAGE LINKS OR BEEF TAMALE OR CHICKEN NOODLE SOUP	21 <u>2ND-4TH GRADE</u> BEEF NACHOS MEXICAN RICE RANCH STYLE BEANS TACO SALAD POBLANO CHICKEN SOUP	22 <u>2ND-4TH GRADE</u> PASTA W/ PLAIN MARINARA CESAR SALAD GARLIC BREAD MOZZARELLA CHEESE STICKS MEAT LOAF	23 <u>2ND-4TH GRADE</u> CHICKEN NUGGETS GREEN BEANS MASH POTATO ROLL GRAVY BBQ SAUSAGE	24 <u>2ND-4TH GRADE</u> GRILLED CHEESE SANDWICH, GRILLED CHEESE TURKEY SANDWICH TATER TOTS TOMATO SOUP MIXED VEGGIES BAKED SALMON
27 <u>2ND-4TH GRADE</u> CORN DOGS & CURLY FRY ROASTED BRUSSED SPROUTS CHICKEN NOODLE SOUP	28 <u>2ND-4TH GRADE</u> BEEF TAQUITOS BLACK BEANS MEXICAN RICE, HP VEGGIES BIRRIA TACO	29 <u>2ND-4TH GRADE</u> SLICED BRISKET W/ROLL WHITE CHEDDAR MAC & CHEESE ROASTED BROCCOLI OR MANAGERS CHOICE SOUP	30 <u>2ND-4TH GRADE</u> ORANGE CHICKEN EDAMAME, VEG. FRIED RICE, BAKED POTATO, SPRING ROLL	





Leaderboard

Minutes Read

Storment 2nd Grade

10,967 Minutes

Read

Fundraising

Adelsberg 1st Grade

\$3503.73





Leaderboard

*62% Registered let's get to 100% by
Wednesday morning!!*



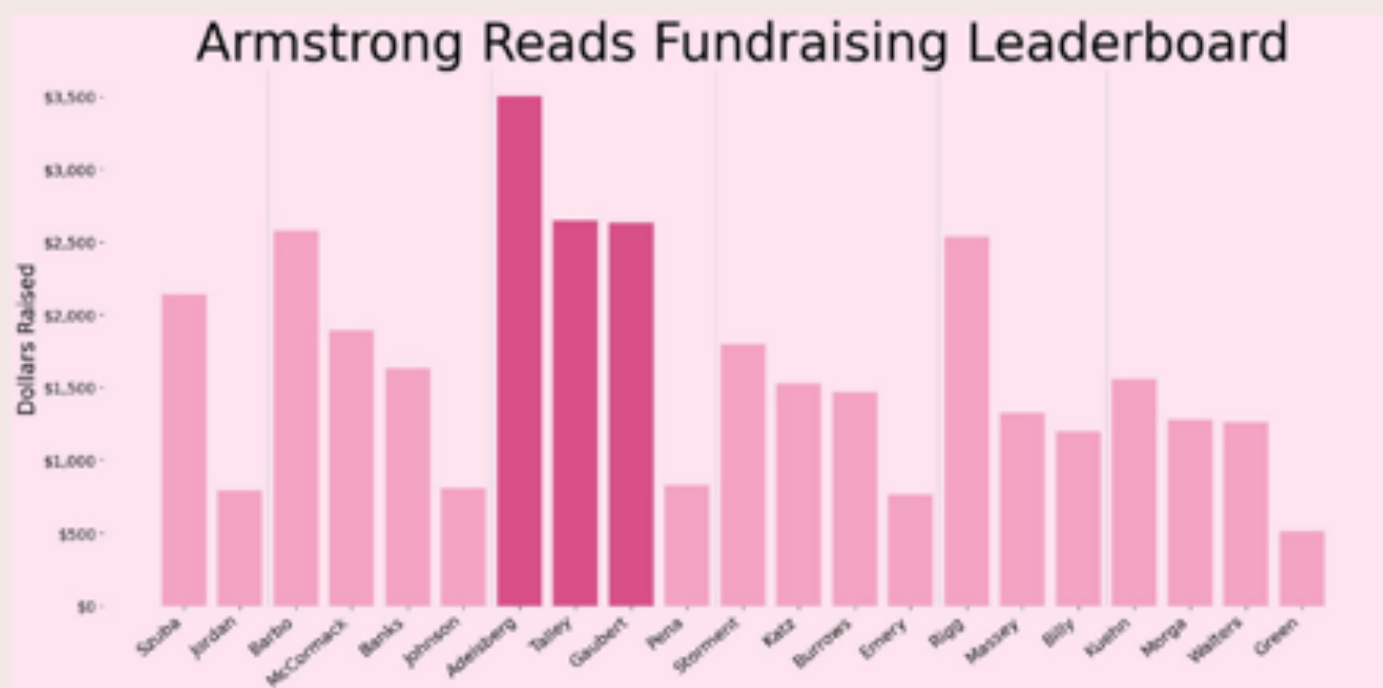
*All Proceeds Benefit the
Armstrong Teachers &
Staff*

[Please Register Here!](#)



Leaderboard

*47% of the way to our
Fundraising Goal of \$75,000*



*Every dollar counts! Keep
fundraising readers!*

*Benefits the Armstrong
Teachers & Staff*





Don't forget all the amazing prizes you can earn!! Keep it up Armstrong!



Prizes for Reading.

STORYBOOK HEROES

All readers achieving Storybook hero status receive:

- Name on the Armstrong Reading Royalty wall in the Library
- Clip On Book Light

ROYAL READERS

The 8 students from each grade who read the most minutes will additionally receive:

- Name & photo on the Crowned Readers wall in the Library
- A cookie coupon from Pokey O's
- A Chick-fil-A lunch or dinner entree gift card

LEGEND IN THE MAKING

The student from each grade who reads the most minutes will additionally receive:

- \$50 Gift Card to Not Just Soccer
- Kobe Clara Colour e-Reader
- \$50 gift card to the Spirit shop

MAGICAL MILESTONE MAKER

The top 2 readers at Armstrong will additionally receive:

- A semester of open cheer at Mustang Cheer or two months of chess at The Knight School
- Lunch with Principal Cummins

KINGDOM OF READERS

One class per grade (K-4th) that reads the most minutes wins:

- A Breakfast in the Armstrong Cafeteria & PJ dress up day

Prizes for Fundraising.

Raise \$250

Armstrong color changing cup & Carnival Sugar Shack ticket

Raise \$750

\$500 level Prizes + Pizza from Mimi's Pizzeria & limited edition book tote

Raise \$500

\$250 level prizes + Armstrong key chain & Cupcake from Susie Cakes

Raise \$1,000

\$750 level Prizes + Golden Eagle Trophy, Armstrong T-shirt, & Lunch with Principal Cummins

Top fundraiser in each grade:

- Applicable prizes above plus a Carnival Fast Pass
- Armstrong Limited Edition Blanket

Top 2 fundraisers at Armstrong:

- Applicable prizes above plus Carnival Fast Pass for you & a friend + Special One day Morning Announcer

The Top Fundraising Class in Armstrong:

- All eligible prizes above plus a Pizza Party





Thank you to our sponsors!

Presenting Sponsor:


The Tharp Family

Reading Sponsor:



In Kind Sponsors:





Below are the dates for the upcoming health lessons. They will be covered during their specials time on the dates below:

1st- Tuesday, April 21st

2nd- Wednesday, April 22nd

3rd- Thursday, April 23rd

4th- Thursday April 23rd

Please use the link below to opt in or opt out for your student by Monday, April 20, 2026.

If you have more than one student in 1st - 4th grade, please complete the form for each student separately.

Thank you!



[Elementary Health Opt-In Form](#)



IT'S OFFICAL – WELCOME TO MIS, YOU'RE A SCOT NOW!

MIS 4th/5th Transition Shirt

Congratulations, Class of 2034, on your exciting move to MIS this fall! **And you are now the first class ever to join as a SCOT!**

To celebrate this big transition to middle school, be sure to order your MIS Transition Tee and show off your new school spirit! **Design has been updated to reflect our mascot change, and you are the first class to ever get an MIS SCOTS transition t-shirt!**

The MIS Transition Tee is a long-standing tradition for 4th graders heading into 5th grade. Students often wear their shirts during the final weeks of elementary school as a fun and meaningful way to celebrate this milestone and proudly represent their future at MIS, and now, as a Scot as well!!

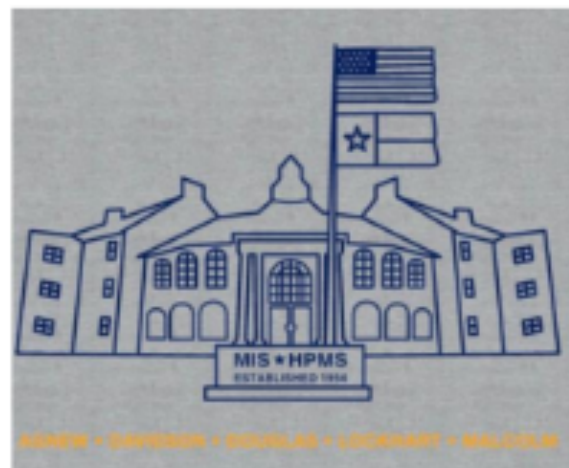
Don't miss out! Order your Class of 2034 Transition Tee and join in the celebration of this exciting next chapter!

New order deadline: Monday, April 6th. Shirt distribution: At the 5th Grade Transition Meeting on April 30th at MIS, 9:30am or 6pm.

Click below to place your order today!

Runs true to size. If you are in between sizes, we recommend you size up.

<https://4-5transitionsshirt.cheddarup.com>







KINDERGARTEN ENROLLMENT


Enroll your 5-year-old in kindergarten today! Kindergarten enrollment opened on February 3, 2025, and will close soon. Secure your child's spot by enrolling today! Learn more at HPISD.org/kinder.



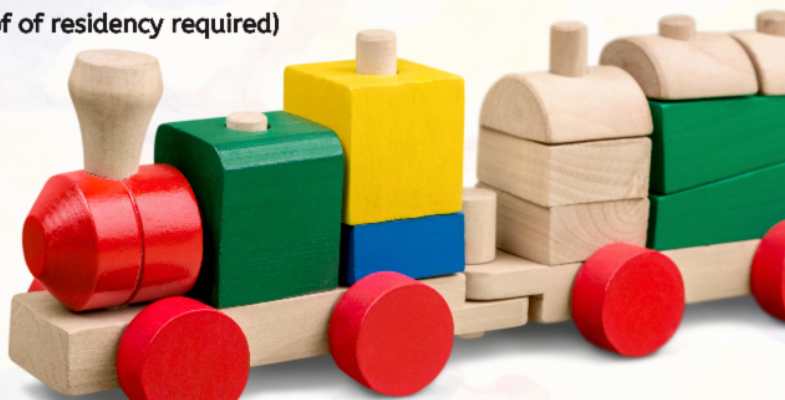
PROGRAM CHECKLIST:

- ✓ Must be 5 years old on or before September 1, 2025
- ✓ Live in the City of UP or Town of HP (proof of residency required)
- ✓ Campus tours available upon request

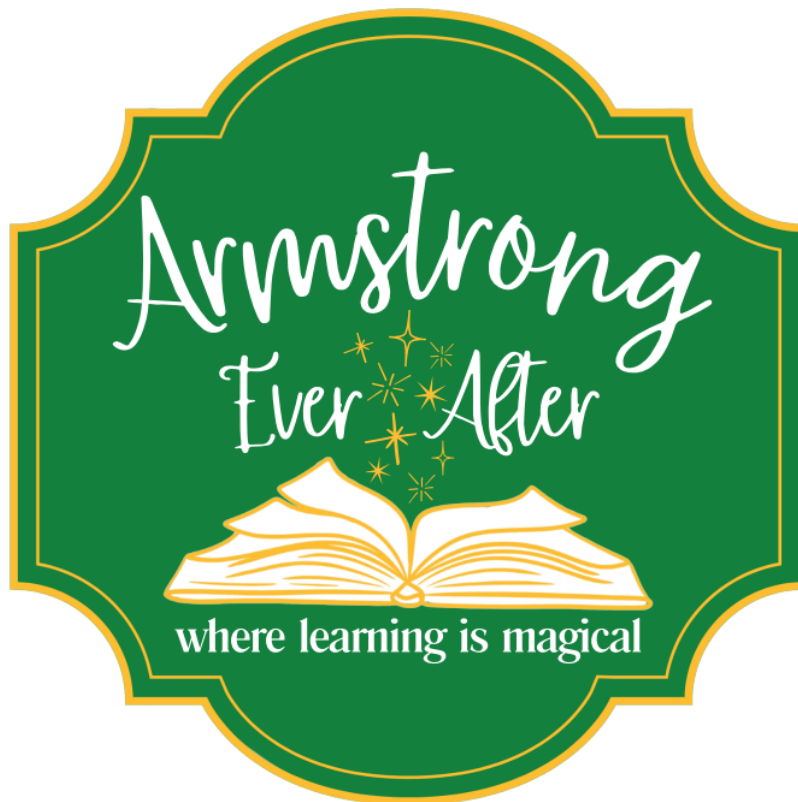
ENROLL NOW

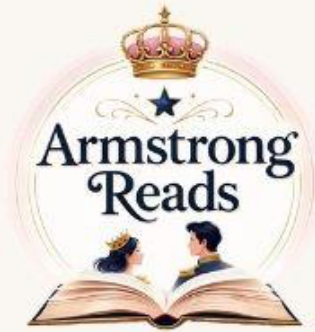
 214-780-3000

 hpid.org/enrollment



PTA News





Armstrong Reads!

A NEW FAIRYTALE BEGINS THURSDAY, AT
ARMSTRONG!

MARCH 26TH - APRIL 10TH 2026

Scan the code now to
unlock the magic of
Armstrong Reads



Thank you to our Sponsors!

Presenting Sponsor:

The Tharp Family

Reading Sponsor:



[Register for Armstrong Reads Here!](#)



Friday, April 17th
3:00 - 6:00



Do I need to purchase a ticket?

CHECK THE CARNIVAL
WRISTBAND LIST [HERE](#)



[CLICK HERE FOR SPONSORSHIP
OPPORTUNITIES](#)

Carnival Ticket \$60

All kids ages 3+ must
have a carnival ticket.

*This ticket includes food from Boardwalk Bites.

[click to purchase](#)

Fuel Ticket \$15

Ticket for Boardwalk Bites basket only

*Boardwalk Bites includes your choice of
footlong corndog or chicken tender basket

[click to purchase](#)

THANK YOU TO OUR SPONSORS!



BalekianHayes
FAMILY LAW

The Isom
Family

The ten Broeke
Family



DE LA VEGA
CAPITAL | DEVELOPMENT

TODD
EVENTS, DESIGN + CREATIVE

The Hensarling
Family

The Mims
Family

The Dahl
Family



NOT JUST
SOCCER



[Click here for the clickable links!](#)



It's time to keep your shift in the Armstrong cafeteria for 2026-27, or let us know if you need a change. Please respond before the end of the Easter break or risk your shift being given to someone else.

FREE ICE CREAM: Once again the first 5 people to contact Jimmy about next year after the Armstrong Article goes out will receive FREE ICE CREAM.

Jimmy is looking for an answer from each of you:

1. Keep: your day of the month 😊
2. Change: a different day of the month 🤔
3. Flown: your Eagle is leaving the nest 😭

Write to cafevolunteer@armstrongpta.org or 214-998-9458

We need your help!

The Spirit Shop needs your help! We currently don't have volunteers signed up for the rest of the year, (Mondays and Wednesdays) and the kids absolutely love when the store is open. The shift is just 7:30–8:00 AM, and it's a fun and easy way to get involved. Even better, it's a great activity to do with your child—they'll love helping out and seeing their friends before school. If you have a morning to spare, we'd be so grateful for your help!

Sign up here: <https://signup.com/go/woPTHbv>



LAST DAY TO BUY TICKETS FOR PARTIES IS APRIL 9, 2026!

NEW 2nd GRADE PARTY DATE & LOCATION

Step into a storybook celebration where imagination takes flight, literally! Join us for a Fairytale Adventure at the trampoline park, where princes, princesses, knights and magical creatures can bounce, flip, and soar through an enchanted kingdom of fun. Altitude Trampoline Park. 110 W. Campbell Road, Suite 400. Richardson, Texas 75080. **April 18, 2026. 1pm-3pm. \$30/ticket.**

armstrong25.muradbid.com

<https://waiver.roller.app/AltitudeRichardson/home>

[Purchase Tickets Here!](#)



Aloha, pickleball enthusiasts! Get ready to serve up some tropical fun at our luau-themed pickleball party, where the courts meet the coast and competition meets celebration. Whether you're a seasoned pro or just learning to dink, this island-inspired evening is your ticket to good vibes and great volleys! Join us for an unforgettable night of friendly matches, fruity drinks, and Hawaiian flair. Dress in your best island attire - think grass skirts, leis, and aloha shirts. Lighthearted pickleball games for all skill levels. Big Kahunas Tournament. Prizes for best dressed, top teams and more! Royal Oaks Country Club. **April 18, 2026. 4pm-7pm. \$150/ticket.**

[Purchase Tickets Here!](#)

YEARBOOK PHOTOS!

Don't forget to submit your photos from this fall
(Meet the Teacher, First Day of School,
Founder's Day Picnic, Hero, Pumkin Carving,
Bike Rodeo, Character Parade,
2nd and 3rd Grade Performances,
Veterans Day, Sports...)
to Armstrongeaglesyearbook@gmail.com

Please just include the grade and if applicable,
the class/teacher.

You do not need to include children's names!

Upload photos here:

Volunteers Needed!

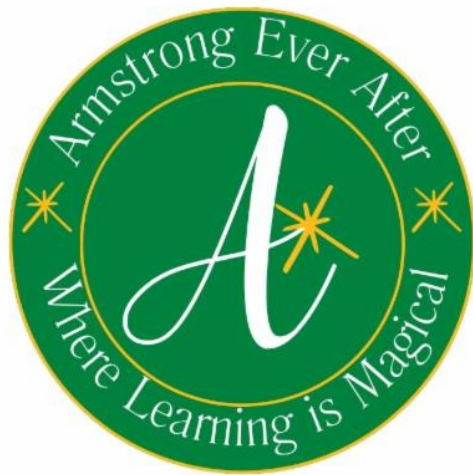


NEW SHIFTS ADDED

*must commit to work entire shift, not just a class' assigned time

Questions? Email Meredith Clark
Meredithwclark@gmail.com

[Sign up for a shift here!](#)



COMMUNITY SPONSORS 2025-2026

Magical things happen when our community comes together!
We have so wonderful ways for businesses, partners, and families
to help underwrite our enchanting year at Armstrong.

With a variety of sponsorship levels and benefits,
there's a perfect way for everyone to be part of the magic.

Please visit our website **HERE** to join us in making
2025-2026 one for the storybooks!

Directory Spot:  DirectorySpot 

2025-2026 DirectorySpot is LIVE! If you [purchased a PTA membership](#) during BSSU, you'll have access to the Armstrong Directory. Existing users can continue to use the app as you did last year, unless you want to [update your contact information](#). If you're a new user, click on Login in the upper right-hand corner and click Reset password using your email address. Then, click on the link in your password and log in. If you have questions, reach out to Directory@armstrongpta.org.

**Need your information in the Armstrong PTA
Directory updated? Click Here**



[PTA Feedback Form](#)



Community News

Calling all 4th graders interested in learning about or joining Scouts BSA!



SCOUTS BSA INFORMATIONAL MEETING

April 13, 2026, 5 pm

**5/6 Assembly
Room, MIS**

3555 Granada Dr.

**Come hear scouts and
leaders from Troop 70 and
Troop 1899 talk about why
they love Scouting!
Parents & youth welcome!**

FREE PIZZA!





You're invited!

HP CultureFest

.....

Saturday



April 18, 2026

Highland Park Presbyterian Church

12-3PM



Activities

- Food
- Crafts
- Performances
- Photo Booth
- Traditional Attire
- Fine Arts Contest

.....

For More Information

hpculturefest.com



Highland Park Middle School Raider Drama Presents

Disney
BEAUTY
AND THE
BEAST

© Disney

Thursday, April 16 at 6 pm
Friday, April 17 at 4 pm
Saturday, April 18 at 5 pm
Sunday, April 19 at 2 pm

MIS/HPMS Auditorium
Admission \$8 - Priority Seating \$11



Tickets:



[Purchase Tickets Here!](#)



JOIN US FOR THE 44TH ANNUAL PCIDA

Pool & Garden Party

THE HOME OF
Margo & Bill Goodwin
4302 Overhill

Thursday, April 16, 2026

6:00 *to* 8:00 PM

TICKETS: \$50 in advance, \$60 at the door

PURCHASE TICKETS AT:



Honorary Chair
Cynthia Hollingshead

Co-Chairs
Geoff & Kelly Schorr

CLICK HERE FOR LINK

INVITATION GENEROUSLY
SPONSORED BY:



Join the Park Cities Learning Differences Association for its signature event of the season, hosted in the beautiful and historic home of Highland Park's beloved former mayor, Margo Goodwin.

This year we're thrilled to honor Director of Special Programs Cynthia Hollingshead as honorary chair for the event and longtime champion of our schools.

Bring your spouse, invite your friends, and don't forget to treat a teacher to a ticket.

We look forward to celebrating with you, as we commemorate 50 years of supporting special education in HPISD.



HP

Tennis Academy



2026 Summer Program
May 26 – August 7

All Academy Brochure





Meadows Museum
**SUMMER
CAMPS**
On sale NOW!



Students entering the 4th through 8th grades are invited to the Meadows Museum's weeklong summer camps, where they can make artworks of their very own! Campers will also have the opportunity to explore art in the museum's galleries and go behind the scenes to view works that are rarely exhibited.

SENSATIONAL SCULPTURES

JUNE 1-5 | 9:00 a.m.-12:00 p.m.

Chisel and carve. Model and mold. We'll explore the different materials used to create three-dimensional works of art, including clay, plaster, and wood.

For rising 6th- through 8th-graders.

PRINTMAKING PALOOZA

JUNE 22-26 | 9:00 a.m.-12:00 p.m.

It's a Printmaking Palooza! This weeklong camp will introduce students to a variety of techniques, such as monoprint, screen printing, Gelli plate printing, and linocut.

For rising 4th- through 6th-graders.

\$200 per child; \$175 for children of SMU students/faculty/staff; \$125 for children of Meadows Museum members at the Individual level and above.

Priority registration for members opens Feb. 2; registration for the public opens Feb. 14.

Register at meadowsmuseumdallas.org/family-programs/







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.



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.

"Learning is a lifelong experience."

The Academy for Lifelong Learning provides:

- Community education and enrichment classes for adults and children
- Extended School Day programs

Register now for outstanding enrichment and learning opportunities for children and adults. There are interesting classes for everyone!

[Classes Here](#)



FINE ARTS DEPARTMENT NEWS

"creativity takes courage" -henri matisse

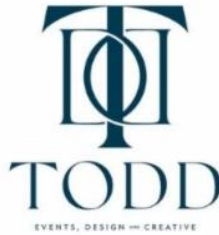
"Use the following link to see the HPISD Fine Arts Department newsletter! <https://secure.smores.com/n/hnr5a> At the bottom of the newsletter, hit "Subscribe" to be added to the mailing list for all future newsletters. Please share with family and friends so that all of our HP Community can be tuned into our fantastic Fine Arts programs!"

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