



Armstrong Article

Campus Newsletter



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CLASSIC
HOME CARE



August

17 - Meet the Teacher, 4-5pm
18 - Pre-K Donut Meet-Up, 8am
18 - ABPA Kinder Popsicle Party, 9am
19 - First Day of School, 7:55am
19 - Kindergarten Tears and Cheers, 8:30am at the Perella's 3220 Cornell
19 - Dads Club Sno-Cones, 3:15pm
20 - Cafeteria Training, 8am
21 - New Family Parent Coffee, 8am, 1st - 4th grade, Sky Flex Space
21 - 4th Grade Tears and Cheers Lunch at José
25 - Room Parent Training, 8am
25 - Grade Level Coordinator Training, 8:30am
25 - Dads Club Gathering, 5:30pm, Home of the Sargents
26 - Dads Club Meeting, 8am
27 - 1st Grade Parent Party
28 - Dads Club Donuts, 7:15am

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



August 12, 2026

Dear Armstrong Families,

The halls of Armstrong are coming back to life, and we could not be more excited! Our teachers and staff officially returned on Tuesday, construction projects are wrapping up, classrooms are being prepared, and there is so much energy and excitement as we get ready for another incredible school year! In partnership with our PTA and Dads Club, we are planning great celebrations and treats for our amazing staff!

We have missed our Armstrong students and families, and we can't wait to welcome everyone back! Our staff has been working hard to make sure the school is ready for a wonderful year of learning, growing, and making memories together.

This year, we are **Wild About Armstrong**, and we are truly wild about our amazing students, families, and staff! Thank you for being such an important part of our Armstrong family. We can't wait to see you today for Meet the Teacher from 4-5 pm!

Here's to an amazing 2026–2027 school year!

With excitement,

Betsy Cummins

Betsy Cummins
Principal

cumminb@hpsd.org



@armstrong_eagles
@armstrongeaglesHP
@armstrongauction
@thearmstrongdadsclub

★ ARMSTRONG ELEMENTARY ★

BACK TO SCHOOL

SPECIAL PROGRAMS



A NEW YEAR. NEW ADVENTURES. SAME EAGLE PRIDE!



MONDAY
AUGUST 17, 2026
2:45 PM – 3:30 PM



ARMSTRONG
ELEMENTARY
Highland Park ISD

TOGETHER, WE SOAR!



MEET YOUR TEACHER

Stop by your
classroom and say
hello to your teacher!



SEE YOUR CLASSROOM

Find your classroom
and get excited for
the year ahead!



MEET OUR TEAM

Meet our Preschool
and Special Programs
staff.



CONNECT & COMMUNITY

Meet other families
and learn more about
Armstrong programs!

Welcome Back, Eagles!



REMINDER!

*pre-k
meet the teacher*



4PM - 5PM

A REMINDER FOR ALL PRE-K 3
AND PRE-K 4 PARENTS AND
STUDENTS! PLEASE ARRIVE AT 4
PM FOR TODAY'S MEET THE
TEACHER!

If you did not complete your background check in BSSU, please click below and let us get your volunteer badges started! The earlier, the better. It will save you time when entering the building starting on day one! The background checks will be uploaded into Verkada on Thursdays of each week.

Once you are in Verkada as a Volunteer, you will ALWAYS check in as a volunteer even if you are just coming for lunch. When you register in Verkada, you will use your phone number or email, after doing so, you will be sent a qr code that you can save in your wallet for scanning.

If you have signed up for lunch duty you are required to do the background check and get a permanent badge.

You can stop by the office anytime and sign into Verkada to make your first entrance seamless. We will not be in the office Wednesday or Thursday this week.

Volunteer Background Check

We celebrate every child's birthday with special recognition on the morning announcements and in the classroom. Because of food allergies and nutritional guidelines, parents are asked not to bring birthday treats to distribute to other students in the class, either in the classroom or in the cafeteria.

This also includes donut treats for classes. Please do not bring class treats such as donuts for classroom distribution.

Thank you!

PTA News



Step onto the trail and scout out your new classroom! Swing by to meet your teacher, unpack your gear, and get ready for an untamed year of learning and discovery.

ARMSTRONG ELEMENTARY

MEET THE *Teacher!*

PICK UP YOUR SPIRIT WEAR!



PLEASE STOP BY THE
AUDITORIUM

— *today between* —

4:00 – 5:00 PM

TO PICK UP YOUR SPIRIT WEAR!

★ ARMSTRONG EAGLES ★



**PRE-K
DONUT
MORNING
MEET UP**

**ARMSTRONG
PLAYGROUND**

TUESDAY-AUGUST 18 - 8AM

Pre-K Donuts on the Playground

Please join us on **Tuesday, August 18th at 8:00 AM on the Armstrong Playground for Pre-K Donuts!**

This is a fun opportunity for incoming Pre-K students and their families to meet classmates, connect with other Pre-K families, and start the school year with some familiar faces. Enjoy donuts, make new friends, and kick off an exciting year at Armstrong together!

We can't wait to see you there!

[Please RSVP Here](#)

pop on over

AND CHILL WITH
2026 ARMSTRONG KINDER



Join us at for
two popsicle parties before school starts!

JUNE 12TH

3PM



AUG 18TH

9AM

Armstrong Playground

RSVP on Wild Appricot

Hosted by
Shelby Hatfield & Medley Perella

Welcome Back to ARMSTRONG

We are so excited to welcome you all back for
the 2026-2027 school year!

Don't forget the first bell rings
at 7:45 AM and the tardy bell
rings at 7:55 AM!



August 19: First Day of School Welcome to the wild! Strap on your backpacks and get ready for a sensational new school year at Armstrong as our students head back to their classrooms for another unforgettable adventure.



Tears and Cheers



A BACK-TO-SCHOOL SIP & SOCIAL!

Join us for a fun and relaxing morning to
celebrate the kids heading back to school!
Sip, chat, and connect with fellow moms.

WEDNESDAY, AUGUST 19TH AT 8:30 AM



THE PERELLA RESIDENCE
3220 CORNELL AVE
DALLAS, TX 75205

August 19: Kindergarten Tears and Cheers (8:30 AM at The Perellas, 3220 Cornell) Whether you're shedding a tear or letting out a cheer as your kindergarteners head into the jungle, drop by the Perella home! Connect with fellow kindergarten parents over coffee and celebrate surviving your very first day one.



August 19: Dads Club Sno-Cones (4th Grade Released First) After a wild first day of school, cool off with a sweet treat courtesy of the Dads Club! 4th graders get first dibs at the sno-cone station before the rest of the pack joins in on the fun.

YOU'RE INVITED!

Cafeteria Training for Parents



Thursday, August 20th

8:00 am In the Cafeteria

We look forward to seeing you there!

We're excited to see all our new and returning cafeteria volunteers! Thanks for having signed up for more than 1000 shifts for this school year.

A reminder that we have cafeteria training on Thursday the 20th at 8:00 a.m. for any parents who are new to serving in the Armstrong cafeteria. Come find us in the Cafeteria. This should only take 15-20 minutes of your morning.

Even though we're starting the school year with only a few shifts open (2nd: Tue & Wed, 3rd: Thu, 4th: Thu) we still have opportunities to serve by covering for people needing a substitute for their

shift. **Please sign up here to put yourself on the Cafeteria Sub list**, just sign up for the days that might work for you.

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**.



MEET OTHER NEW PARENTS AND HEAR FROM
CURRENT PARENTS AND OUR PRINCIPAL.
KINDLY, NO CHILDREN.

August 21: New Family Coffee (8:15 AM in Upstairs Flex Space) Still navigating the map? Join us in the upstairs Flex Space to grab a fresh cup of coffee, ask questions, and learn all about how to navigate life in the Armstrong ecosystem.



4th Grade
Tears & Cheers!

PLEASE JOIN US FOR
LUNCH TO CELEBRATE
OUR 4TH GRADERS
LAST WILD YEAR AT
ARMSTRONG

FRIDAY, AUGUST 21
11AM-1PM

JOSÉ
4931 W LOVERS LN

RSVP by Thursday, August 20 - Dutch Tre

August 21: 4th Grade Parent Lunch Fourth grade parents, grab your spot in the canteen! RSVP and join us for lunch at José as we map out all the big traditions, milestone events, and special celebrations lined up for your student's final year.

Save the Armstrong Eagles Contact Card Now!

for quick access to phone, email,
address and the school calendar!





SAVE THE DATE

2026-2027 SCHOOL YEAR

MONDAY AUGUST 17

MEET THE TEACHER (4-5PM)

TUESDAY AUGUST 18

PRE-K DONUT MEET UP (8AM)

ABPA KINDER POPSICLE PARTY (9AM)

WEDNESDAY AUGUST 19

FIRST DAY OF SCHOOL (tardy bell rings at 7:55AM)

ARRIVE EARLY FOR PHOTOS AND SURPRISES!

DAD'S CLUB SNO CONES (3:15PM)

THURSDAY AUGUST 20

CAFETERIA TRAINING (8AM)

FRIDAY AUGUST 21

NEW FAMILY PARENT COFFEE (8 AM: 1ST- 4TH GRADE)

TUESDAY AUGUST 25

ROOM PARENT TRAINING (8AM)

GRADE LEVEL COORDINATOR TRAINING (8:30AM)

DAD'S CLUB HAPPY HOUR

WEDNESDAY AUGUST 26

DAD'S CLUB MEETING (8AM)

THURSDAY AUGUST 27

FIRST GRADE PARENT PARTY

FRIDAY AUGUST 28

DAD'S CLUB DONUTS (7:15AM)

TUESDAY SEPTEMBER 1

CURRICULUM NIGHT (4PM & 4:45PM)

MONDAY SEPTEMBER 7

STUDENT HOLIDAY

WEDNESDAY SEPTEMBER 16

PTA GENERAL MEETING (8:15AM)

SEPTEMBER 14-18

CLASS CONTEST!



Interested in being a Room Parent? Please sign-up using this link! Signing up via this link is the only way to indicate your interest in being a Room Parent for the 2026 - 2027 school year.

[Sign Up Here!](#)

Welcome back to another year of school lunches! Annie Celestino and the Eagle Cafe staff are working hard to get the cafeteria ready to serve our children lunch for this school year.

There are several updates to the prices that we want to bring to your attention! In response to increased food costs, the Plated Lunch (pre-k to grade 1) and certain à la carte prices have changed.

The HPISD Cafeteria Finance Committee votes on price changes and approves changes only when necessary for financial solvency. The PTAs have operated the cafeterias since the 1920s and we strive to operate efficiently and responsibly, while offering a sensible variety of options for our students.

Updated Lunch Prices

Pre-K to Grade 1 Plated Lunch: \$6.50

À la carte items:

Extra entrees: \$3.50

Hot vegetable: \$1.25

Baked potato: \$1.25

Chips: \$1.50

Small salads: \$3.25

Large salads: \$6.00

Frozen yogurt: \$1.50

Community News

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.

"Learning is a lifelong experience."

The Academy for Lifelong Learning provides:

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

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[Classes Here](#)



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FLEXJET



Origin Bank

Boddicker Family



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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