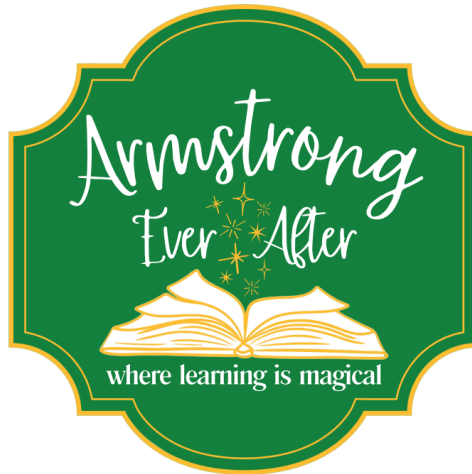




# Armstrong Article

Campus Newsletter



Sponsored by:



**April**

- 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 20, 2026

Dear Parents,

I hope everyone enjoyed the carnival last Friday! Thank you to our amazing volunteers for all of your hard work! We are excited about the final weeks of the 2025-26 school year. It is truly hard to believe that we are planning for the end of the year and the upcoming school year! I want to remind all of you about two important things related to preparing for the 2026-27 school year.

We are still accepting input regarding your child's class placement. As explained earlier in the month, we recognize that some families may wish to provide input regarding their child's class placement. Our teachers and staff invest significant time and care into this process, ensuring each child is placed in a setting that best supports their growth and success. Our goal is to create balanced classrooms that foster a positive and supportive learning environment for all students.

Please keep the following guidelines in mind when submitting class placement information:

- Share the qualities or teaching styles that best support your child's learning. Specific teacher requests will not be honored.
- If there's a unique situation where your child should not be placed with a particular student, please let us know. We encourage a fresh start each school year—past conflicts don't always mean students won't work well together in the future. We cannot accommodate requests for specific friends.

- Providing input is completely optional! Keeping responses limited helps us maintain the flexibility needed to build well-balanced classrooms.

While we carefully consider all input, we can't guarantee specific placements. Our teachers use their professional judgment to create the best possible learning environments for all students.

### **How to Submit Input:**

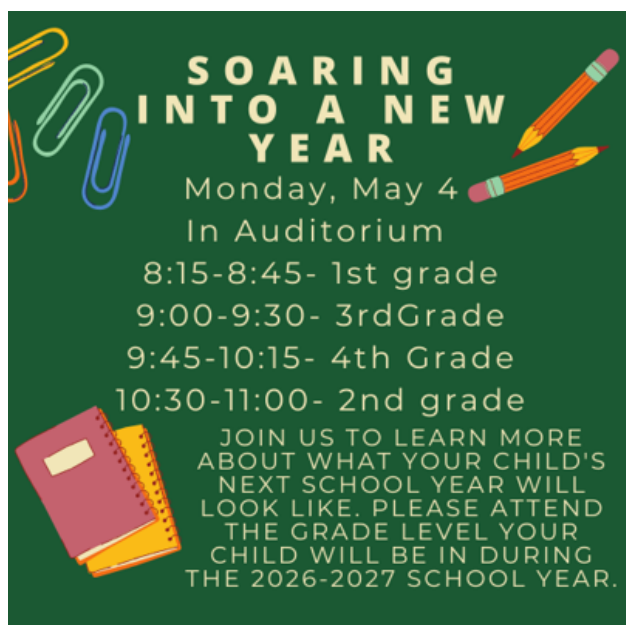
All input must be submitted by **next Wednesday, April 29th**. Due to the time-intensive nature of this process, **this timeline is important**. Our teachers begin the placement process in May, and timely submissions ensure their careful work is not disrupted.

Responses can be submitted in *one of the following ways*:

- **Online Form:** Submit your input using this [Google Form](#)
- **Email:** Send your letter to Amanda Hollier, counselor [HollieA@hpsid.org](mailto:HollieA@hpsid.org) and Betsy Cummins, principal [CumminB@hpsid.org](mailto:CumminB@hpsid.org)

I would also like to remind you about the grade level meetings planned for Monday, May 4 to discuss what to expect in the next grade level. Please see specific times below and note that you should attend the meeting for the grade level that your child will be in during the 2026-27 school year. You may use the following Google Form to submit specific questions that you would like us to address at the meetings.

[Form to Ask Questions about Upcoming Grade Level](#)



Thank you for your trust and partnership as we work together to complete these last few weeks of an amazing school year and continue to prepare for a successful 26-27 school year for all our families. Please do not hesitate to reach out to me if you have any questions.

Sincerely,

Betsy Cummins  
Betsy Cummins  
Principal  
[cumminsb@hpsd.org](mailto:cumminsb@hpsd.org)



@armstrong\_eagles  
@armstrongeaglesHP  
@armstrongptapresident  
@thearmstrongdadsclub

**TAG results are now available in the student's Skyward portfolio.**

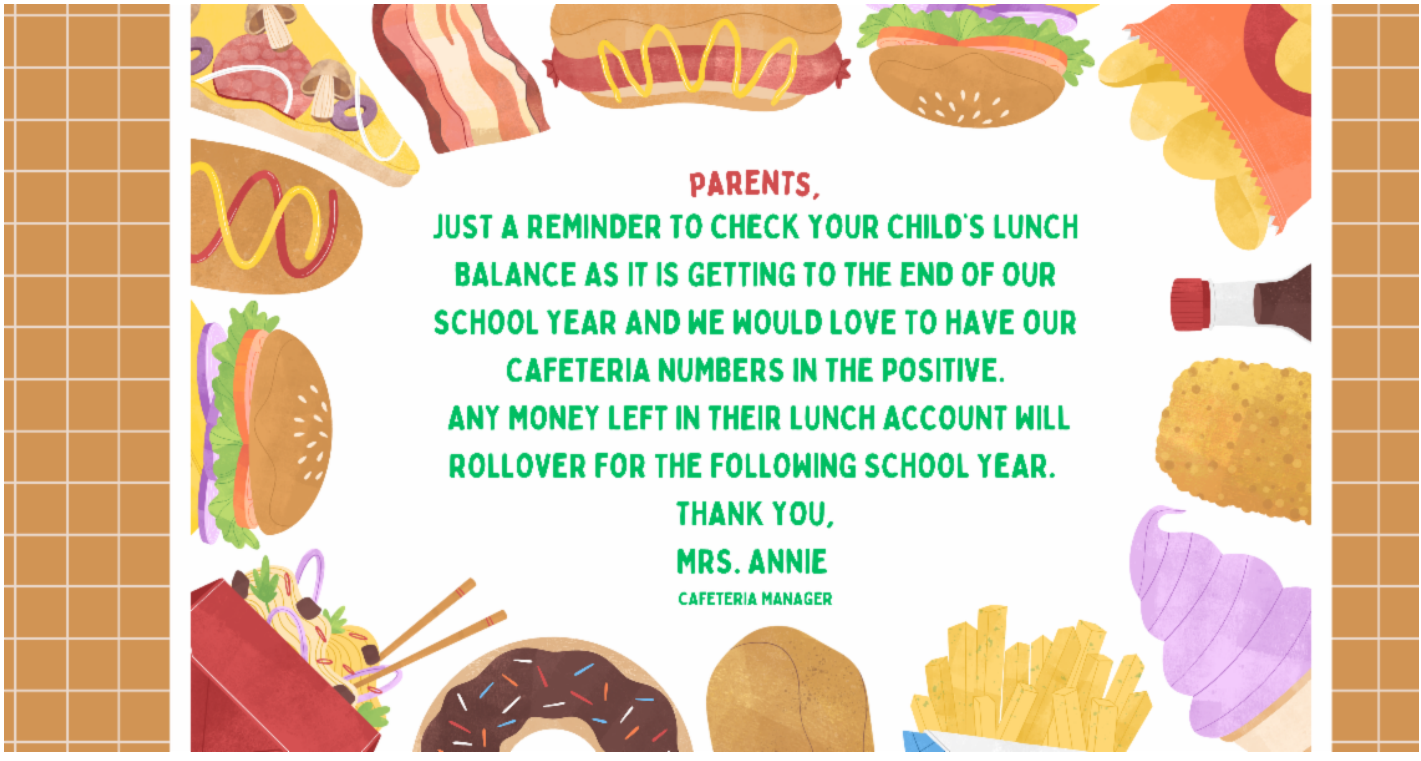
**If you have not ordered your class group pictures, you can do it here:**

[Order and Pay for Group Photos here!](#)

### **First Grade Famous American Parade and Wax Museum**

The parade will start as soon as announcements are over, parents will convene in the cafeteria and after the parade comes through will continue into the small gym for the wax museum. Please use the link below to help expedite your entrance into the school with a badge. If you have a volunteer badge, please bring that and you can sign in on your phone when you arrive.

[Register here for your badge](#)



**PARENTS,**  
**JUST A REMINDER TO CHECK YOUR CHILD'S LUNCH**  
**BALANCE AS IT IS GETTING TO THE END OF OUR**  
**SCHOOL YEAR AND WE WOULD LOVE TO HAVE OUR**  
**CAFETERIA NUMBERS IN THE POSITIVE.**  
**ANY MONEY LEFT IN THEIR LUNCH ACCOUNT WILL**  
**ROLLOVER FOR THE FOLLOWING SCHOOL YEAR.**

**THANK YOU,**  
**MRS. ANNIE**  
CAFETERIA MANAGER



**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 <b>COLD LUNCH:</b> CHOICE SANDWICH APPLE SLICES GOLDFISH CARROT STICKS</p>	<p>March 31. PREK-1 BEEF TAQUITOS HP VEGGIES MEXICAN RICE PEACHES <b>COLD LUNCH:</b> SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>1. PREK-1 SLICED BRISKET W/ROLL WHITE CHEDDAR MAC &amp; CHEESE ROASTED BROCCOLI GRAPES <b>COLD LUNCH:</b> CHICKEN SLIDERS MINI VEGGIE PASTA, FRUIT OF THE DAY</p>	<p>2. PREK-1 ORANGE CHICKEN EDAMAME VEG. FRIED RICE PINEAPPLE <b>COLD LUNCH:</b> 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 <b>COLD LUNCH:</b> 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 <b>COLD LUNCH:</b> PEPPERONI BENTO BOX WITH FRESH CUCUMBERS AND FRUIT OF THE DAY</p>	<p>10. PREK-1 BURGER WAFFLE FRIES BAKED BEANS ORANGES <b>COLD LUNCH:</b> CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>13. PREK-1 CHICKEN TENDER ROASTED BROCCOLI MAC. CHEESE HOMEMADE APPLE SAUCE <b>COLD LUNCH:</b> CHOICE SANDWICH GOGURT, GOLDFISH CARROT STICKS</p>	<p>14. PREK-1 TACO TUESDAY MEXICAN RICE RANCH STYLE BEANS PEACHES <b>COLD LUNCH:</b> SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>15. PREK-1 PAN PIZZA DAY CORN CESAR SALAD STRAWBERRIES <b>COLD LUNCH:</b> 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 <b>COLD LUNCH:</b> TURKEY BENTO BOX CUCUMBERS FRUIT OF THE DAY GOGURT</p>	<p>17. PREK-1 HOT DOGS ROASTED GREEN BEANS FRENCH FRY MANDARIN ORANGES <b>COLD LUNCH:</b> CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>20. PREK-1 BREAKFAST FOR LUNCH PANCAKES HASHBROWN BACON APPLE SAUCE <b>COLD LUNCH:</b> CHOICE SANDWICH GOGURT GOLDFISH CARROT STICKS</p>	<p>21. PREK-1 NACHOS (BEEF OPTIONAL) RANCH STYLE BEANS MEX. RICE STRAWBERRIES <b>COLD LUNCH:</b> 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 <b>COLD LUNCH:</b> CHOICE OF SANDWICH, YOGURT, VEGGIE PASTA SIDE FRUIT OF THE DAY</p>	<p>23. PREK-1 CHICKEN NUGGETS GREEN BEANS MASH POTATO PINEAPPLE <b>COLD LUNCH:</b> 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 <b>COLD LUNCH:</b> CHOICE OF SANDWICH, ORANGE SMILES, CHEESE STICK, PICKLE SPEAR</p>
<p>27. PREK-1 CORN DOGS CURLY FRY ROASTED BRUSSEL SPROUTS APPLE SLICES <b>COLD LUNCH:</b> CHOICE SANDWICH APPLE SLICES GOLDFISH CARROT STICKS</p>	<p>28. PREK-1 BEEF TAQUITOS HP VEGGIES MEXICAN RICE PEACHES <b>COLD LUNCH:</b> SUB SANDWICH PICKLE SPEARS YOGURT FRUIT OF THE DAY</p>	<p>29. PREK-1 SLICED BRISKET W/ROLL WHITE CHEDDAR MAC &amp; CHEESE ROASTED BROCCOLI GRAPES <b>COLD LUNCH:</b> CHICKEN SLIDERS MINI VEGGIE PASTA, FRUIT OF THE DAY</p>	<p>30. PREK-1 ORANGE CHICKEN EDAMAME VEG. FRIED RICE PINEAPPLE <b>COLD LUNCH:</b> 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	

Registration is this Wednesday morning at 7:30am in the front office!

# **Armstrong PNO**

## **Friday, May 1st, 2026**

### ***with Mrs. Barbo and Ms. Johnson***

**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. There will be fun activities, gym games, pizza, a movie, and more!

**Who?** K – 4<sup>th</sup> grade Armstrong students

**When?** Friday, May 1st 6:00pm-11:00pm

**Where?** Check in and pick up at the small 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 11:00 and an additional \$10 will be assessed at 11:15 and at each 15 minute interval.

[PNO Form Here!](#)



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

1<sup>st</sup>- Tuesday, April 21<sup>st</sup>  
2<sup>nd</sup>- Wednesday, April 22<sup>nd</sup>  
3<sup>rd</sup>- Thursday, April 23<sup>rd</sup>  
4<sup>th</sup>- Thursday April 23<sup>rd</sup>

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](#)



Nervous about  
sending your  
4<sup>th</sup> grader to MIS?

Join us in the Raider  
Cafeteria and see  
them at school!

Claim shifts in VSP starting March 9<sup>th</sup>, 2

[Sign up for a VSP account here!](#)

VSP is the system MIS/HPMS uses to sign up volunteers across the camp

Try a shift before school ends!

If you want an inside glimpse –

Contact Katherine & Tracy to get on the  
schedule to try it or join for next year

[Katherine.issel@gmail.com](mailto:Katherine.issel@gmail.com)

[portmelech@gmail.com](mailto:portmelech@gmail.com)

We hope to see you there!

They are still looking for Monday day captains if you are interested, let them know!

[Katherine.issel@gmail.com](mailto:Katherine.issel@gmail.com)

[portmelech@gmail.com](mailto:portmelech@gmail.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](https://HPISD.org/kinder).*



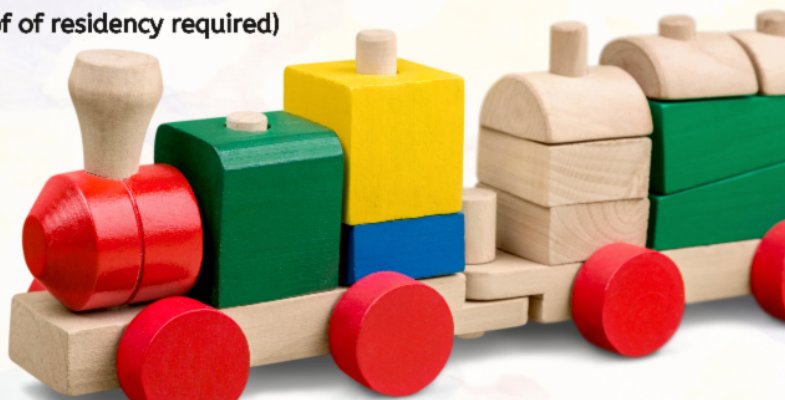
## PROGRAM CHECKLIST:

- ✓ 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

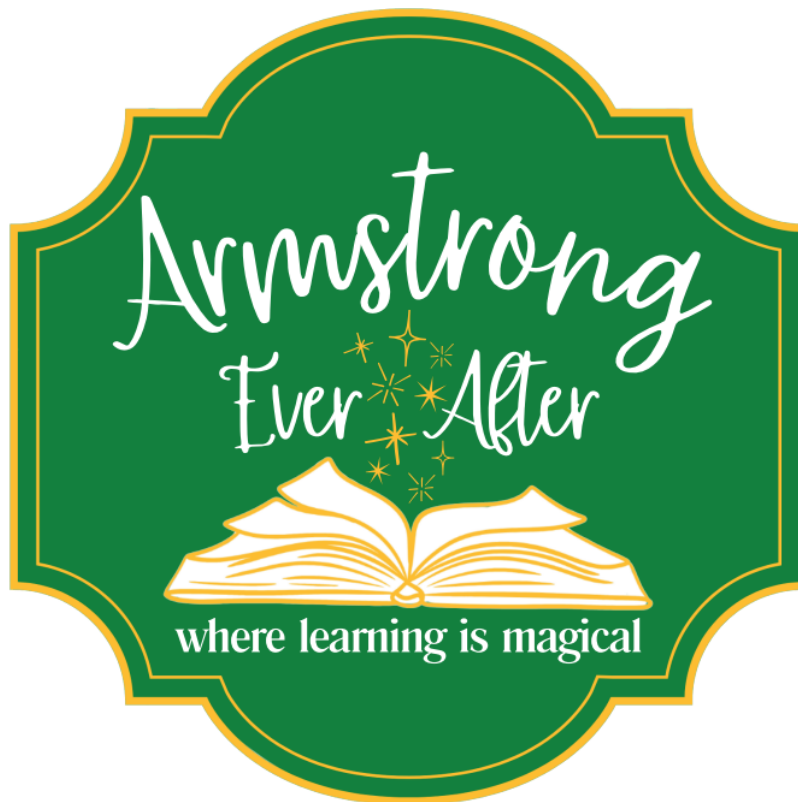
**ENROLL NOW**

 214-780-3000

 [hpid.org/enrollment](https://hpid.org/enrollment)



# PTA News



# THANK YOU TO OUR SPONSORS!

The Haefliger  
Family

Balekian Hayes  
FAMILY LAW

TODD  
EVENTS, DESIGN + CREATIVE

The Isom  
Family

The ten Broeke  
Family

RIAD TILE

REVIVAL  
DERMATOLOGY

The Price  
Family

TT RANCH  
GROUP

DE LA VEGA  
CAPITAL | DEVELOPMENT

SUSIE THOMPS  
REAL ESTATE PARTNER

HIGHLAND PARK®  
EMERGENCY ROOM

The Mims  
Family

The Hensarling  
Family

NOT JUST  
SOCCER

The Dahl  
Family





Muffins



with

Mom



Friday May 1<sup>st</sup>

7:15 - 7:55 am

Moms, aunts, grandmas, and any special women, please join us in the cafeteria for muffins and coffee with your student!





If you've not had a shift in the Armstrong Cafeteria this year, it's time to sign up to serve with us in 2026-67.

Shifts are for the same day of the month e.g. 2nd Tue, 3rd Thu, 5th Fri and recur throughout the year. Dads and moms are welcome any days of the week, but 2nd, 4th and 5th are designated Dads Club days.

25 shifts are open 1st - 4th weeks  
<10 shifts for less frequent 5th week

Let me know your preferences and I will work to find a shift that works for you.  
e.g. any day, 2nd Tue, any Tue or Thu, etc.

Write to [cafevolunteer@armstrongpta.org](mailto: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>

# 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](mailto: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!

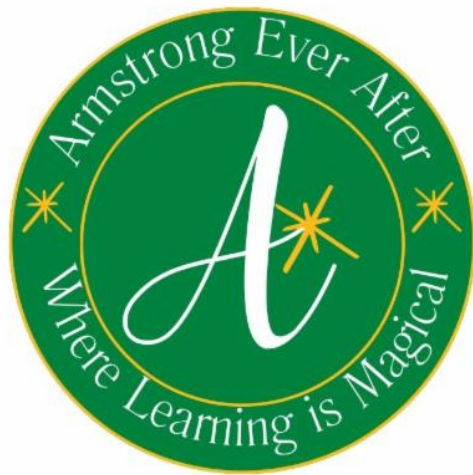


## NEW SHIFTS ADDED

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

Questions? Email Meredith Clark  
[Meredithwclark@gmail.com](mailto: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](mailto:Directory@armstrongpta.org).

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



[PTA Feedback Form](#)



# Community News

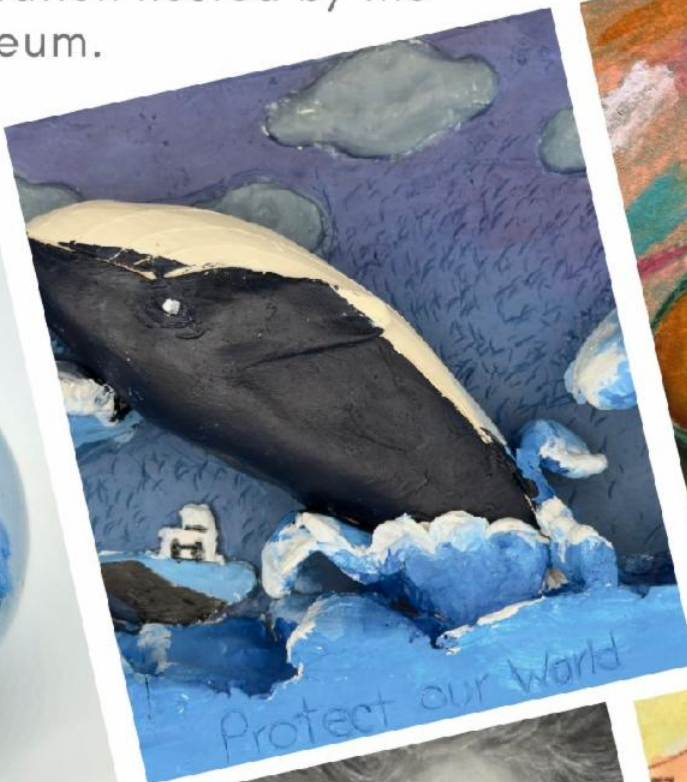


Please join us for the 2025-2026

# Highland Park District Art Show

Thursday, April 23, 2026 from 4:00 pm - 6:00 pm  
William P. Clements, Jr Leadership Center  
6900 Douglas Ave.

Come celebrate HPISD student artists & their outstanding creative achievement in Visual Art. This is a come & go event. Everyone is welcome to attend. Additional parking is available in student garage off Westchester Drive. Music provided by HPHS's Dallas Youth String Outreach & Art-Making Station hosted by the Meadows Museum.





# Inspired Fringe for Girls

Perfect for  
Belles Camp and  
HP Games!

Created by a  
third grader at  
Armstrong!



[shopCFDS.com](http://shopCFDS.com)





# 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/](https://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](https://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

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*

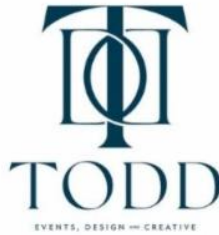
*"Use the following link to see the HPISD Fine Arts Department newsletter! <https://secure.smores.com/n/hnr5a> At the bottom of the newsletter, hit "Subscribe" to be added to the mailing list for all future newsletters. Please share with family and friends so that all of our HP Community can be tuned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

*A Royal Thank You to our Community Sponsors*



LAKESIDE  
BANK

The ten Broeke  
Family



SEWELL

The Tharp Family

Armstrong  
Ever After

WHERE LEARNING IS MAGICAL



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