



# Armstrong Article

Campus Newsletter



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Sponsored by:



CLASSIC  
HOME CARE

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## September

Sept. 21 - Oct. 7 - One School, One Book  
25 - Armstrong Live, 2:40PM in the Cafeteria  
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**  
21 - All Things Armstrong & PTA General Meeting, 8:15AM, in the Auditorium  
21 - 2nd Grade Parent Party  
22 - 4th Grade Parent Party  
23 - 2nd Grade Performance, 8:15  
23 - Movie Night, Large Field, Doors open at 6:00pm, Movie at 7:15pm  
26 - 30 - Red Ribbon Week  
30 - Kinder Book Character Parade, 8:15am  
30 - Armstrong Live, 2:40pm  
30 - Dads Club Tailgate

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

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September 21, 2026

Dear Armstrong Families,

Our students in grades 1st-4th have completed the beginning of year MAP Growth assessments. The results of these assessments are now available in Skyward in the student portfolio. Our students performed exceptionally well in all areas!

MAP Growth scores are only one data point that teachers use to determine how a student is performing so they can best plan for instruction for each student. Based on all data collected, your child's teacher is happy to answer any questions and will communicate further information throughout the semester.

We believe this assessment is an effective measure since it provides very detailed information in math and reading which helps us plan and differentiate our daily instruction for your child.

If you have additional questions about MAP Growth, you can reference the Family Toolkit or Parent Guide linked below.

[Family Toolkit](#)

[Parent Guide](#)

Our students in grades PK-4 are still in the process of completing other beginning of year assessments including MCLASS. Teachers will offer Fall conferences on Tuesday, November 3, but you are welcome to reach out to the classroom teacher if you prefer to have a conference prior to that date.

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We love celebrating 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. Here are a few shoutouts submitted last week for our wonderful staff members!

\*We are so thankful to have Miss Olsen this year! She is the most nurturing and loving teacher who facilitates a love for reading! Grateful to have her in the Armstrong family!

\*Mrs. Mac has been such an inviting and friendly face in the morning! Beginning of the year drop offs can be tough and Mrs. Mac is always ready with a warm hug to welcome in her class. If anyone needs a little extra support, she swoops in even before her student has time to know mom or dad have left. It's been such a comfort knowing that she is there and understanding of this transition time. I appreciate the soft landing place my daughter has as she transitions into "big kid school."

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@hpisd.org](mailto:cumminb@hpisd.org)

-



@armstrong\_eagles  
@armstrongeaglesHP  
@armstrongauction  
@thearmstrongdadsclub







## Reading Schedule

|               |                  |
|---------------|------------------|
| September 21: | Chapters 1 - 6   |
| September 22: | Chapters 7 - 13  |
| September 23: | Chapters 14 - 18 |
| September 24: | Chapters 19 - 24 |
| September 27: | Chapters 25 - 30 |
| September 28: | Chapters 31 - 36 |
| September 29: | Chapters 37 - 42 |
| September 30: | Chapters 43 - 48 |
| October 1:    | Chapters 49 - 54 |
| October 4:    | Chapters 55 - 60 |
| October 5:    | Chapters 61 - 67 |
| October 6:    | Chapters 68 - 74 |
| October 7:    | Chapters 75 - 80 |

**BOOK  
GENEROUSLY  
PROVIDED BY:**



**BOOKMARK DESIGN BY  
ADLER RADLOFF - 3RD GRADE**

## **TODAY IS THE DAY!**

The Wild Robot books are coming home in your oldest child's backpack TODAY! Please note the reading schedule on the back of the bookmark. Reading begins tonight!

Each morning there will be one trivia question on morning announcements from the previous night's reading assignment.

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

Congratulations to 3rd grader, Adler Radloff on winning the Bookmark Contest! Thank you to ALL students who entered. We have so many talented Eagles!

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**There are still a few spots remaining for the first PNO of the  
year!  
Register today!**

# **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 – 4<sup>th</sup> 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

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# EAGLE CAFE

*News from the  
Watering Hole*

Lunch Menus for September 2026

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Did you know....

Eagle Cafe now serves organic milk! Please be sure to review milk options with your children.

Cafeteria Manager



## School Pictures Are Ready!

View and order at: <https://shop.jostenspix.com/login> School Name: **JOHN S ARMSTONG ELEM SCH PTA**

Event Code: **FE414926**

Student Identifier: Images are secured using the Event Code and School Approval.

As I receive the emails from Jostens, I will approve accounts daily!

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Our Lost and Found is starting to gather items! Please stop by at arrival or dismissal to see if anything needs to make its way back to your home. Lost and Found is located next to the Music room and public restroom.

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# PTA News

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🦁 Get ready to go WILD! 🐘

We're so excited for our annual auction, **Safari Soirée!** Join us for a night to celebrate, dance, and raise money for our incredible school.

**Sponsorships are still available!** For more information, reach out to our auction chairs: **Arden Hensarling, Hanna Henson & Amanda Toussaint** at **[armstrongauction2026@gmail.com](mailto:armstrongauction2026@gmail.com)**

**Let's make this year's Safari Soirée one to remember!**

[CLICK HERE FOR SPONSORSHIP OPPORTUNITIES](#)





# Reminder!



If you have not picked up your family giving yard sign, they will be available for pickup at the Cornell entrance, this Wednesday before school (7:30–8:00).





🌿 **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!

**SPOT ON!**

A huge thank you to our DirectorySpot Chair, **Lauren Lafitte!** Armstrong was the **first school in the district to have DirectorySpot access**, thanks to Lauren being spot on and making it happen! She has also been incredibly quick to keep everything updated and running smoothly. **Lauren, we are WILD about you!**

**WILD About Class Contest!**

We sure were WILD about Class Contest last week! **Bonner Acker, Lauren Clyce and Sara Thieke** absolutely crushed it. From the fun surprises all week long to making Class Contest such a success, you three knocked it out of the park. Thank you for bringing so much energy and fun to Armstrong. **We're so lucky to have you!**

**SIGN US UP!**

Have a [Signup.com](https://signup.com) need? **Heather ten Broeke is your girl!** Heather has done an amazing job creating our sign-ups and keeping everyone organized for a full year of volunteering. We are in such great hands with Heather and our [Signup.com](https://signup.com) Chair-Elect, **Amy Barklage**. Thank you both for making it so easy for our volunteers to jump in and help!

### **PARTY PLANNERS EXTRAORDINAIRE!**

A huge thank you to our **Pre-K and 1st Grade Level Coordinators** for doing a fantastic job coordinating this year's Parent Parties! **Pre-K Grade Level Coordinators Alexis Scarff and Elisabeth Gettelman and 1st Grade Level Coordinators Jodi Pratt and Ali Wiliford**, thank you for all the planning and behind-the-scenes work that went into bringing our parents together. We appreciate you helping our families feel connected, build community and be even more **WILD about Armstrong!**

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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!

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**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](mailto:Katie.Norman@gmail.com)

**Lara Francis**  
[Lara.Sorokolit@gmail.com](mailto: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





*Wild* about **ARMSTRONG**

OCT-23  
2026

**FAMILY  
MOVIE NIGHT**

— *on the lawn* —

6:00 PM



**ARMSTRONG LARGE FIELD**



**GATES OPEN 6:00 PM**



**MOVIE STARTS AT 7:15 PM**

**MIMI'S  
PIZZA**



**BOUNCE  
HOUSES**



**CANDY BAR**

Hosted by Fourth Grade •  
Cash and Venmo Accepted



**BEVERAGE  
STATION**

Bring water bottles  
for you and your kids



**POPCORN  
BAR**



**CUPCAKE BAKING  
AND DECORATING**



**PHOTO  
BOOTH**



**VIP CHECK IN AND  
PRIORITY SEATING**

Purchased in Family Giving



**MOVIE HINT**



*We'll be cooking in Paris!*



SPONSORED BY:

**INTERESTED?  
CONTACT PTA**



**Bring your own blanket and water bottles**







# **Volunteers needed!**



**Note: Volunteers must commit to the full shift.**

**For questions, email Diana Man ([dianakwon@gmail.com](mailto:dianakwon@gmail.com))**

Sign-Up here!



# Cafeteria Shifts Available

2<sup>nd</sup> Wednesday

substitute sign up!

10:50am-12:50pm

please contact:

Jimmy Ogden  
[jimmy.ogden@gmail.com](mailto: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](mailto:jimmy.ogden@gmail.com).



**oliver's labels**

# GIVE ♥ BACK!

SHOP. LABEL. SUPPORT.

Every label you buy helps support **ARMSTRONG ELEMENTARY!**

Shop at **Oliver's Labels** & they will give part of the proceeds back to **ARMSTRONG!**

**WATERPROOF BUILT TO LAST**

**WASHABLE & DURABLE**

**1000+ BEAUTIFUL FULL-COLOR GRAPHIC DESIGNS to choose from!**

**FUN & FUNCTIONAL LABELS FOR EVERYDAY LIFE!**

- FOR CLOTHING** ♥ No more lost sweaters, jackets & uniforms!
- FOR SCHOOL STUFF** ♥ Perfect for pencils, notebooks, water bottles & more!
- FOR LUNCH BOXES** ♥ Dishwasher safe labels that stick through it all!

**SHOP TODAY & MAKE A DIFFERENCE!**

[oliverslabels.com/ArmstrongElementary](http://oliverslabels.com/ArmstrongElementary)

Labels shown: JACK ROBERTSON (dinosaur), LIAM THOMPSON (soccer ball), CHARLOTTE (butterfly), NOAH (rocket), SOPHIA (cat), EMIL JOHNSON (unicorn), and the **ARMSTRONG ELEMENTARY** eagle logo.



**MINTED FUNDRAISING PROGRAM**

**You save 20%,  
Minted donates 10%**

Enjoy 20% off Minted stationery and gifts with  
our exclusive code, and they'll donate 10%  
of net sales back to our school.

Use code:

**FUNDRAISEARMSTRONG**



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# Community News

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# Hyer Elementary School

Presented by USA Chess

**Fall Scholastic Chess Tournament, Saturday October 3<sup>rd</sup>, 2026 Time 9:00-1:00PM**



Young chess players ready to Think, Play, and Win? Join us for a fun, exciting tournament and put your classroom skills into action! Test yourself, feel the thrill of competition, and team up with your classmates for a shot at the trophy. Come for a day packed with chess, fun, and friendship!

**Location:** 3920 Caruth Blvd Dallas, TX 75225 **Time:** 9:00am - 1:00pm. **Registration fee:** \$55 per student if postmarked by 9/28, \$65 on-site. **Mail all entries to:** Dallas Chess Academy PO Box 940823, Plano, TX 75094. **Refund Policy:** No refunds after September 28<sup>th</sup>. All registration and changes must be made on site only. Checks for the tournament are payable to Dallas Chess Academy. If you'd like to pay by Venmo, email h287jamison@gmail.com and we'll send you the link.

5 Round Swiss System (no elimination, play all 5 games), Game 20 (each side gets 20 minutes d/5.),

Circle the section your child will play in. Sections: 1-2-3-4. Note that sections may be combined if there is a low turnout in one of the sections, even if the other section has a good turnout.

**Trophies:** Top 5 in each individual section & Top 3 teams in each section. Team qualification requires a minimum of 2 players from the same school in the same section, to make a team, the top 4 scores will determine the team score.

**Onsite registration:** 8:00am – 8:30am **Cost** \$65

Round 1 pairing will be posted at 9am, rest of the rounds are as soon as possible. At the end of the tournament once results are tallied, we will present awards to the winning participants. We look forward to celebrating everyone's hard work and dedication.

Please circle the round(s) in which your child will need a bye: 1 – 2 – 3 – 4 – 5

A bye means your child will not play in one round because they will arrive late or need to leave early. Only one bye is allowed, and the student will receive half a point for the requested bye. Please circle the round your child will miss.

For questions contact H Jamison email: h287jamison@gmail.com or 469-226-6781

Name: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_



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## 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!



**DIMA**  
TEXAS

DFW INSTITUTE OF MUSICAL ADVANCEMENT

PRESENTS

# CRESCENDO

The Dallas Youth Music Competition

BENEFITING INSPIRED SOUNDS  
GLOBAL ACCESS TO MUSIC EDUCATION

**LIVE & RECORDED DIVISIONS**

Ages 7–16 | Piano, Strings, Voice, Guitar



WINNERS PERFORM AT  
**CARNEGIE HALL**

WEILL RECITAL HALL  
January 17, 2027 | 1:00 PM

DATE  
OCTOBER 18TH, 2026  
1:00 – 4:00 PM

LOCATION  
STEINWAY HALL  
Dallas, Texas

REGISTER / LEARN MORE

[DIMATexas.com](https://DIMATexas.com)

MUSIC CREATES BRIGHTER TOMORROWS

The DFW Institute of Musical Advancement (DIMA) is proud to debut **CRESCENDO: The Dallas Youth Music Competition**, presented by DIMA and benefiting Inspired Sounds: Global Access to Music Education.

This competition will take place on **Sunday, October 18th, 2026** from **1:00-4:00pm** in **Steinway Hall, Dallas, TX**. Among other awards, the first place winners will be invited to perform at Carnegie Hall on January 17th, 2027. For more detailed information, visit [//DIMATexas.com/crescendo](http://DIMATexas.com/crescendo), or contact us at [crescendodallas@gmail.com](mailto:crescendodallas@gmail.com).

We encourage you to pass along this information and our promotional poster to music educators and instructors with students aged 7-16 who may be interested in applying. Applications close October 14th, 2026.



# HP

## Tennis Academy



**2026 Fall Program**  
**August 24 – December 5**

**Elite/Tournament Training**  
**& Lower School**







Join us on Friday, September 25th, at the HPHS Cafeteria for the Caniac Supper from 5:00-6:30 PM. Scan the QR code below to purchase supper tickets, T-shirts, raffle tickets, and bid on amazing auction items while showing your Scots Pride. The Official Silent Auction opens at 9:00 AM on Sunday, September 20th, and closes at 9:00 PM on Sunday, September 27th. We can't wait to see you there!

**SCAN TO PURCHASE TICKETS, RAFFLES & BID NOW!**



**Text hpfootball to 855-800-4975**

**FEATURED ITEMS:** Crested Butte home for one week, signed memorabilia from Scottie Scheffler, Bijan Robinson, and Matt Stafford, a variety of two-night stays at luxury hotels, and unforgettable HP experiences! Don't miss your chance to win these highly sought-after items.

Join us for the Caniac Supper and Auction: Amazing Experiences for our Rising Scots!!!

- Sideline Experiences for Home Games-Varsity Football Player of the Day-HP Athletic Director for the Game
- HP Football Defense & Offense Experiences-Lunch at your school with a Varsity Football Player
- Spring Training with the Football Captains -
- University Park Fire Department Experience-HP Bass Fishing Experience
- HP Basketball Experience
- HP Baseball Experience

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**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** 3<sup>rd</sup> & 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](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.*

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"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!

**A.L.L. Classes Here**

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**BalekianHayes**  
FAMILY LAW

**ten Broeke Family Foundation**

**TODD**  
EVENTS, DESIGN AND CREATIVE



**Tharp Family**



**Hawkins-Welwood**  
HOMES

**PALO ALTO INVESTORS**  
FUNDAMENTAL RESEARCH SINCE 198

**ONELAGREE**



**Rate**



CLINIC CONCIERGE



DALLAS DENTAL  
*wellness*

**Allie Beth Allman**  
& Associates



**LAKE SIDE**  
BANK



**TOLLESON**  
WEALTH MANAGEMENT

**VANDELAY**  
HOSPITALITY GROUP

**FLEXJET**



**Origin Bank**



**Gould Family**

**Boddicker Family**



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Amanda Hollier, Counselor

Betsy Cummins, Principal

Jamie Condon, Admin  
Asst

Annie Celestino,  
Cafeteria

Lane Arnold  
214.780.3102

Attendance Desk

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[PTA Website](#)

Armstrong Dad's  
Club

[ARattendance@hpsd.org](mailto:ARattendance@hpsd.org)

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