Armstrong Article

Campus Newsletter

Est 1914

ABOUT ARMSTRONG

Where Eagles Soar

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CLASSIC
HOME CARE



October

20 - Picture Retakes & Class Group Photos
21 - Park Cities Dads Club Breakfast - Armstrong Cafeteria 7:00AM
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, Please Register Below
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

November

2 - Student Holiday
3 - Student Holiday, Parent-Teacher Conferences
4-6 - Brother Bill's Food Drive
6 - Bike Rodeo
11 - Veterans Day Program
13 - Auction - Safari Soiree
13 - PNO with Miss Olsen and Miss Annie
18 - Thanksgiving Family Lunch, Cafeteria
23-27 Thanksgiving Holiday
30 - Toy Drive Begins!

Stay up to date with Armstrong happenings by **subscribing to the calendar**.



ARMSTRONG EAGLES

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October 19, 2026

Dear Armstrong Families,
I hope you are enjoying this beautiful weather! You may have noticed that many of our students are using the fields and playground to play games and gather with friends before school. We love seeing them running around and enjoying each other's company.

To keep our mornings safe and our days starting on time, I've shared a couple of expectations with students. Please help reinforce them at home:

- **Finish games and head inside at 7:45 a.m. This gives students time to get settled and be ready to start learning at 7:55 a.m.**

- **Play safely, respectfully, and responsibly. School staff are not able to supervise the fields and playground before school, so students know they can come find a staff member if they need help.**

Thank you to the families who have already helped with these guidelines over the past few days. We truly appreciate your support!

We wrapped up One School, One Book in a big way today, Monday, October 19, with a visit from The Creature Teacher! Students met five animals connected to *The Wild Robot*, giving them a fun, hands-on way to link the story to real animals and the natural world.

A huge thank you to our PTA for providing this special experience. We are so grateful for your support of our students' learning.

Ask your child which animal was their favorite. I'm sure you'll hear some great stories!



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!

*Mrs. Mac is the best! She is so encouraging, supportive, and has the best energy. She is willing to meet every child where they are and offers a warm and nurturing environment that makes even our nervous kindergartener comfortable. Watching him grow and love school is a testament to her skills! We are so thankful for her!

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

@armstrong_eagles
@armstrongeaglesHP
@armstrongauction
@thearmstrongdadsclub



Important:

Make sure your child and their teacher know that you want retakes made. We will be calling for retakes and your teacher will need to know!

About All Things Armstrong

Wednesday, October 21st at 8:15am

IN THE ARMSTRONG AUDITORIUM

CLINIC CONCIERGE

Hear from Clinic Concierge

Allison Vanderwoude from the Highland Park Education Foundation

Hear from Landen Tillery, President - Elect about the PTA Volunteer Positions for the 2027 - 2028 school year

SECOND GRADE

International DANCE PERFORMANCE



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The Tillery Family

Register for 2nd Grade Dance Performance Here

The 2nd Grade International Dance Performance is this Friday, October 23, at 8:15am in the Large Gym. 2nd grade parents will need to register here or sign in when you come in order to stay for the performance. This registration portal will close on Thursday at noon, so get registered today!



Register for the Book Character Kinder Parade Here

The Kindergarten Book Character Parade will be Friday, October 30. Kindergarten parents will see the parade in the cafeteria. It will start at 8:15 and end in the cafeteria with the Kindergarten parents. Please register at this link or you will need to register in the office on the morning of October 30. Go ahead and register early!

Lunch Menus for October 2026



Please help us salute our nation's heroes during Armstrong's Veterans Day celebration by sending in photos of veterans and active-duty service members in your family! Photos will be displayed on Armstrong's Wall of Honor near the main entrance leading up to the celebration on Wednesday, November 11. **Please submit your photo(s) via email by 5:00PM on Friday October 23** to veteransday@armstrongpta.org. Ideal submission is a military portrait or other solo photo in uniform. **Be sure to include: veteran's name, rank, branch, dates active (if known), and relationship to Armstrong student(s)**. If you submitted pictures in the past, we still have them and will display them for the duration of your time at Armstrong.



🐮 **Let's MOO-ve Betty to the Top!** 🏆

Armstrong needs your vote! Our 3rd Grade TAG Explorations students have officially adopted an adorable dairy calf named **Betty** through the Discover Dairy program!

Betty was born on August 19, and she officially became part of our Armstrong family on October 6!

Now, Betty is competing to become **America's Favorite Adopted Cow**, and we need our entire Armstrong community to help her win!

🗳️ **VOTING IS NOVEMBER 2–4!** 🗳️

Mark your calendars, spread the word, and help our sweet Betty become a **NATIONAL STAR!** 🌟

Let's show the nation that Armstrong has the most MOO-velous school spirit around!

GO BETTY! GO ARMSTRONG! 🐄❤️

PTA News



The wildest night of the year is getting closer… and there are still a few ways to make your mark on Safari Soirée! 🐆✨

We have some AMAZING sponsorship opportunities still available—each offering a fun way to support Armstrong while putting your family or business front and center throughout the evening.

From memorable guest experiences to standout event moments, there's something for every sponsor. 🌿🥂

Swipe to see what's still up for grabs and claim your favorite before it's gone!

💚 Interested in sponsoring? DM us or email armstrongauction2026@gmail.com.

Safari Soirée: A Wild Night
November 13, 2026 | Dallas Country Club

CLICK HERE FOR SPONSORSHIP OPPORTUNITIES



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

A **WILD** thank you to our fabulous Third Grade Level Coordinators: **Laura Burkhart and Cydney Justice**, for planning such a ROAR-some parent party at Ramble Room last week! What a fun night for our third grade parents to gather, mingle and enjoy a little time together outside the jungle of school

schedules! Thank you, ladies, for bringing our Armstrong families together and making third grade even more WILD and wonderful!

A ROAR-tastic shoutout to our incredible **Cafeteria Volunteer Team** for keeping our cafeteria running like a well-oiled safari machine! From filling every volunteer shift to having amazing substitutes ready to jump into action, this crew is absolutely CRUSHING IT! It takes a village (or should we say a whole safari!) to keep our little Eagles happy, fed and ready to SOAR!

A HUGE thank you to our all-star cafeteria crew:

- **Jimmy Ogden** – Cafeteria Volunteer Coordinator Chair & Friday Day Captain
- **Melinda Wenk** – Cafeteria Volunteer Coordinator Chair-Elect
- **Jodi Pratt** – Monday Day Captain
- **Marge Lemkin** – Tuesday Day Captain
- **Sarah Thomas** – Wednesday Day Captain
- **Lauren Esquivell** – Thursday Day Captain
- **Bo Rollins** – Friday Dads' Day Captain (2nd, 4th & 5th Fridays)

Thank you for your incredible organization, dedication and willingness to go the extra mile to make sure every shift is covered! We are **WILD** about this team and so grateful for the time, energy and HEART you pour into Armstrong each and every week! 💚💛



We’re WILD About Principal Cummins!

October is **Principal Appreciation Month**, and there’s no one we’d rather celebrate than our incredible **Principal Cummins!**

From being the **first smiling face our Eagles see each morning** to leading Armstrong with heart, enthusiasm, and an unwavering commitment to our students and teachers, Principal Cummins truly sets the example for us all. She is an exceptional leader, educator, encourager, and the heart of our Armstrong family.

We feel incredibly lucky to have her **leading the pack** at Armstrong!

All month long, help us show Principal Cummins just how WILD we are about her! Give her a **hug, high five, kind word, big smile, or special thank-you** when you see her around school.

Principal Cummins, thank you for loving our Eagles, leading by example, and making Armstrong such a special place to learn and grow. We are WILD about you!🦅💚

Wild about ARMSTRONG

FAMILY MOVIE NIGHT
— on the lawn —

OCT-23
2026

6:00 PM



ARMSTRONG LARGE FIELD

GATES OPEN 6:00 PM

MOVIE STARTS AT 7:15 PM

MIMI'S PIZZA



POPCORN BAR



BOUNCE HOUSES



CUPCAKE BAKING AND DECORATING



CANDY BAR

Hosted by Fourth Grade •
Cash and Venmo Accepted



PHOTO BOOTH



BEVERAGE STATION

Bring water bottles
for you and your kids



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

🐭 Anyone Can Cook… But 4th grade has the treats 🍬

As you settle in for our outdoor screening of Ratatouille this Friday night, be sure to visit the 4th Grade Candy Sale! Our fourth grader raising funds for their class gift to Armstrong, and they'll be serving up movie–theater candy boxes for $5 each. Payment is cash or Venmo only (exact change appreciated, as no change will be given). Grab your sweets, find a cozy spot on the lawn, and enjoy the show!

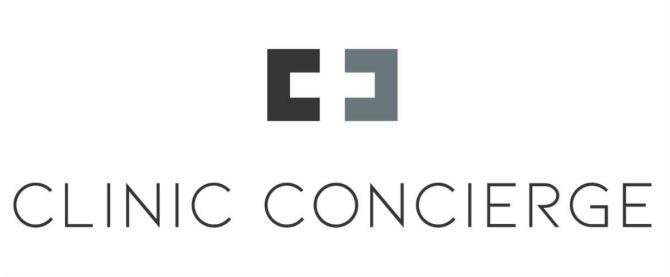
SPOTTED IN THE WILD: Heading to campus for the second grade performance, fourth grade Candi sale, or movie night this Friday? Keep an eye out for our new photo upload QR codes posted at the main exits! Double tap the QR code below or scan the code on your way out to instantly share your favorite snapshots with our yearbook and communications team help us capture every wild moment of this unforgettable year!


DREXEL DRIVE
ST. JOHNS DRIVE
SAVE THE DATE
BIKE RODEO
A WILD ABOUT ARMSTRONG EXPEDITION
ARMSTRONG
PRIORITY
FRIDAY
NOVEMBER 6
2026
START
FINISH
BYRON AVENUE

Volunteer for Bike Rodeo Here! Parents and Dads Club opportunities!

Gear Up for the Bike Rodeo! Calling all young trail-blazers! Please have your student finish their custom-designed license plate and return it to school by FRIDAY OCTOBER 23 so it can be laminated and returned to be mounted on their wheels for the big event. We can't wait to see our eagles show off their personal style as they ride through the course on November 6th!

Sponsored by:



Community News

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!

DESTINATION IMAGINATION

Join a team to start your creative journey!

- Solve awesome STEAM challenges
- Make new friends & learn new skills
- Develop your creative side
- Plan, build and present your own solution

JOIN US FOR AN INFO SESSION!

WHO: K-12 Students and Parents

WHERE: Hyer Library

WHEN: Tuesday, 10/13/26 @ 7 PM



SCOTS WRESTLING CLUB

2026-2027 SEASON REGISTRATION

NOW OPEN

BUILD STRONGER KIDS

ON AND OFF THE MAT



PRE-K - 12TH GRADE

SIGN UP TODAY! | LOW COACH-TO-ATHLETE RATIO | BEGINNER AND ADVANCED GROUPS

BEGINNER GROUP
$699
Mon & Wed 5:00-6:00 PM

INTERMEDIATE GROUP
$699
Tue & Thu 5:00-6:00 PM

ADVANCED GROUP
$999
Mon, Tue & Thu 6:00–7:30 PM

BUILDS CHARACTER
Learn hard work, respect & teamwork

SEASON DATES
OCTOBER 26TH, 2026 – FEBRUARY 25TH, 2027

PRACTICE LOCATION
Practices held at the Highland Park High School wrestling room

HOW TO REGISTER

VISIT: SCOTSWRESTLINGCLUB.COM
TO VIEW MORE DETAILS AND
SIGN UP TODAY

COACHED BY FORMER COLLEGIATE AND ALL-AMERICAN WRESTLERS

NICK PICCININNI | ANTHONY COLLICA | ANTHONY MONTALVO
HUNTER STIEBER | JAMUAL PARKS | JEREMIAH KENT | THADDEUS LONG

BUILD STRENGTH. BUILD ATHLETICISM. BUILD CONFIDENCE.

HIGHLAND PARK KLIFE DODGEBALL TOURNAMENT

Get Your Team Ready!

The annual HP KLIFE Dodgeball Tournament is back!
Grab your friends, build your team and get ready
for an afternoon of dodgeball and fun!

3RD – 7TH GRADE
6–8 PLAYERS PER TEAM
Boys' + Girls' Leagues by Grade

FRIDAY, NOVEMBER 6TH

3:30 – 7:30 PM

HPUMC TOLLESON CENTER
5817 Hillcrest Ave
Dallas, TX 75205

REGISTER YOUR TEAM HERE →
https://events.idonate.com/hpklife-dodgeball-team-2026

HELP MAKE THE TOURNAMENT HAPPEN – BECOME A SPONSOR! →
https://gift.idonate.com/highland-park-klife/Sponsorhpklifedodgeball

IF YOU HAVE ANY QUESTIONS, CONTACT
CODI CARROLL 214-417-3743 | HEATHER COLE 858-735-3869

HIGHLAND PARK TENNIS
2026 2027
OWN THE COURT

MEET the Scots

PLAY TENNIS WITH THE SCOTS!

Games for all ages and skill levels.

PLAY TENNIS
Games for all ages and skill levels.

FAMILY FUN
A great morning for the entire community!

AMAZING RAFFLE PRIZES
Tennis, travel, dining, beauty, fitness, Scots spirit and more!

SUPPORT HP TENNIS
All proceeds benefit the Highland Park Tennis Team.

SATURDAY NOV. 7

9:00 - 11:00 A.M.
SEAY TENNIS CENTER

BUY YOUR TICKETS
$15 PER PLAYER
Scan the QR code to purchase tickets and raffle entries!

Seay you for Coffee at the Courts!
FEATURING THE HERBSTER TRUCK

The Herbster™

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ALPHA
PATRICK GREEN PICTURES

The HPHS tennis team is hosting its annual “Meet the Scots” event on Saturday, November 7.





Fundraiser

Highland Park HS Men's Soccer Booster Club

Please enter the coupon code **GIVEBACK** upon ordering online, including online catering orders, through the Modern Market mobile app or website or in Modern Market on October 22. By applying this code, Modern Market will contribute **25%** of your order to support our community.

All day, October 22, 2026

7949 Walnut Hill Lane Suite 101
Dallas, TX 75230

MODERN market EATERY

Offer valid only on select date(s). Only non-profit organizations and non-profit schools are eligible to participate in the fundraising program. Restaurant will donate 25% of food and beverage sales to the organization. Tax, gift cards, delivery, and alcohol are excluded from the donation. Offer void if flyer is distributed in or near the restaurant. For more information about fundraising, email fundraisers@modernmarket.com.

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

INFORM

2026 Talk Series

Get *inform*ed – *form* healthy relationships – *form* habits and attitudes for well-being – trans*form* your life!

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 ca confidence. We'll discuss preventative communication and the role of faith and community in well-being. We'll practic 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 i 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 630-8:00 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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A.L.L. Classes Here

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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@hpisd.org

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

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