

# Ames HSAP Newsletter

February 2023

HSAP Website: [ameshsap.org](http://ameshsap.org)



## Iowa Assessments Sign-up

Iowa Assessments (IA) are available and completely optional for students in grades 3-12 in our Ames HSAP program. *These tests are free of charge.* Testing will be available remotely and on-site at Harvest Vineyard (320 S. 17th St.) during the first two weeks of May. Both testing location options use online tests (not paper and pencil).

Please complete [THIS FORM](#) by **March 3rd**.

If you have questions or need assistance, contact either Stephanie ([stephanie.haila@ames.k12.ia.us](mailto:stephanie.haila@ames.k12.ia.us)) or Wendy Pixler ([wendy.pixler@ames.k12.ia.us](mailto:wendy.pixler@ames.k12.ia.us)) (515-520-0872).

## Open Enrollment

Those who are open enrolled already do *not* need to reapply, *unless* they have a younger child who has *not* been open enrolled yet (*it is per person, not per family*). New students must submit their own form even if siblings are already open enrolled into the Ames Community School District. Once a student is open enrolled, there is no need to fill out open enrollment forms for that student again. If you know of others who wish to join our program from another district, please pass this information on to them.

- [Here](#) is a link for the 2023/2024 open enrollment application.

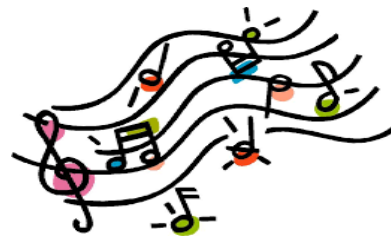
## For Your Calendar

Qtr 3 Enrichment	1.23-3.03
Parent Connect #3 (1:00-2:00 pm)	2.08
Story County Conservationists (Furries PreK-1; Raptors 2/3; Garbologists 4/5)	2.03
Drums Field Trip	2.24
Final Week of Qtr 3 Enrichment	2.27-3.03
Ames Resource Recovery System Plant	3.03
Iowa Assessments Form Due Date	3.03
No Enrichment Classes	3.06-3.10
Spring Break	3.13-3.17
Quarter 4 Enrichment Classes	3.20-4.28
Mary Greeley Mileage Club (K-8)	3.21-5.13
Parent Connect #4 (1:00-2:00 pm)	4.06
4th and 5th Grade HSAP Play	4.20
Iowa Assessments	5.01-5.12
HSAP Drama (Gr 6-12)	5.7,5.8,5.9
Ice Cream Social Family Event	5.19



## Parent Connect #3: Consider Joining Us

You're invited to our third informal gathering hosted by HSAP supervising teachers Sonia Harold and Irish Briese. They'll facilitate a relaxed discussion with homeschool parents about how this second semester of the school year is progressing. We would love to chat about all things homeschool, brainstorm ideas with each other, and just gather to make connections and get to know each other better. Meet with us in the foyer of Harvest Vineyard (320 S. 17<sup>th</sup> Street, Ames) from **1:00 pm to 2:00 pm** during the **Wednesday** afternoon enrichment classes on **February 8th**.



*Those who wish to sing always find a song.*  
Swedish proverb



### Ames HSAP Field Trip Information

All registration for field trips will take place through our HSAP website: <https://ameshsap.org>.

- Under the Program Resources heading, choose Services; Scroll down to "Field Trips"
- Field trips will generally be open for registration two months at a time. (Currently featuring February & March events)
- Updates and additions will be found on the website and sent via email.
- **Some of our students have severe nut and peanut allergies! Please do not bring or consume any products with nuts/peanuts.**
- HSAP Field Trip Coordinator is Carrie Pahl. [carrie.pahl@ames.k12.ia.us](mailto:carrie.pahl@ames.k12.ia.us)



### February HSAP Field Trips

Story County Naturalists Program: *Furries*

Grades: Preschool - 1st Grade

(Note: babies and toddlers welcome - An adult must attend with their children)

Friday, February 3

1:00 pm - 1:45 pm (check-in time 12:45 pm)

Harvest Vineyard, 320 S. 17th Street, Ames

Registration Deadline: Monday, January 30

Explore furs in this hands-on program about mammals and their characteristics.

- An adult must attend along with their children.
- A HSAP teacher will be present.
- Parents can go to the nursery (#108) if the babies/toddlers are too noisy for the naturalist to speak.
- All can play and converse in the K/1 room after the program while waiting for older siblings to finish their hour-long programs next door.
- There is no fee for this event.

### February HSAP Field Trips *continued*

Story County Naturalists Program: *Raptors*

Grades: 2nd and 3rd

Friday, February 3

1:00 pm - 2:00 pm (check-in time 12:45 pm)

Harvest Vineyard, 320 S. 17th Street, Ames

Registration Deadline: Monday, January 30

Learn about raptors and their special adaptations that allow them to function and survive.

- This is a drop off event, but parents are welcome to attend if they so choose.
- There is no fee for this event.

Story County Naturalists Program:

*Garbologists*

Grades: 4th and 5th

Friday, February 3

1:00 pm - 2:00 pm (check-in time 12:45 pm)

Harvest Vineyard, 320 S. 17th Street, Ames

Registration Deadline: Monday, January 30

This interactive and wacky program introduces students to the garbage cycle. Learn what we throw away, how it fuels energy production, and what we can do to reduce garbage.

- This is a drop off event, but parents are welcome to attend if they so choose.
- There is no fee for this event.

Drums (with Tony Stevens)

Grades: 2nd-5th

Friday, February 24 (Note New Date)

1:00 pm - 2:00 pm (check-in time 12:45 pm)

Harvest Vineyard, 320 S. 17th Street, Ames

Registration Deadline: Wednesday, February 22

Anthony (Tony) Stevens is a quantitative psychologist who is also a homeschool dad, a gifted musician, and teacher. Please read more of the details that are on the website to find out about his presentation that includes music, math, and history (<https://ameshsap.org>).

- Students will hear about the history of West African drumming and the celebration of a Senegalese village.
- Parents can contact Carrie Pahl if older students are interested and there is available room ([carrie.pahl@ames.k12.ia.us](mailto:carrie.pahl@ames.k12.ia.us))



## March HSAP Field Trip

### **Ames Resource Recovery System Plant Tour**

**Grades: 2nd - 12th**

**Friday, March 3**

**1:00 pm - 2:00 pm** (check-in time 12:45 pm)

**2:00 pm - 3:00 pm** (check-in time 1:45 pm)

**110 Center Street, Ames**

Get to know your city! You will be a voter someday! Learn about the Ames Resource Recovery System "where our community recycles metals and glass, and prepares 60% of the waste to be used as fuel at our power plant to help generate electricity for Ames."

- Each session is 45 minutes long
- The 1:00 pm session is now full!
- You can park in the parking lot or on the street
- This is not a drop off for most students. *High school students might be able to be dropped off, but contact Carrie Pahl first.* She needs to make sure that we have plenty of chaperones.
- There is no fee for this event.



## Spelling Bee Results

Thank you to all of the spellers and their families who came out on Thursday, January 19, to participate in the Ames HSAP Spelling Bee. Sixth grader Rosalie White was named the Grade 4-8 Bee Champion, and is qualified to participate in the Scripps Regional Spelling Bee. Second grader Harlan Sievers was named the Grade K-3 Bee champion, and second grader Hailey Jones was the runner-up. You may want to check out the "Parent section" of their website to find out more information about their monthly Book Club, and other learning opportunities available.

- <https://spellingbee.com/>

## A Few Highlights for High School Students from the Ames HSAP Website

If you have a high school student, please consider checking out the upcoming opportunities and information that Sonia Harold has included on her incredible website ([HSAP High School Site](#)). Here are several that may be of interest:

- *Hunziker Career Academy* for your 2023/2024 11th or 12th grader. Learn more about such opportunities as CNA, Welding, Auto Mechanics, and many others offered at DMACC. *Registration opens on February 1st.*
  - The Hunziker Career Academy page can be found on the website found in the link below.
  - Choose the DMACC tab and scroll down to Hunziker Career Academy
  - [High School Website](#)
- *National Honor Society (NHS) Announcement:*
  - The Ames Chapter of the NHS is an organization for students who share common goals in academics, leadership, character, and service.
  - Only current sophomores and juniors that have a GPA of 3.4 or higher are qualified.
  - Applications can be found in the main office or you can gain access to the form online at [bit.ly/amesnhsapp](http://bit.ly/amesnhsapp). Please email or visit Mrs. Zeiss in room 1640 if you have any questions.
- *The Iowa Hero Academy* provides a one-of-a-kind opportunity for young women aged 16-18 in Central Iowa to explore careers in firefighting, policing, and the military. It takes place July 23-29 at Camp Dodge in Johnston.
  - The application is *due February 13*
  - More information can be found using the link below or visiting the High School website Sonia Harold created
  - [Iowa Hero Academy](#)





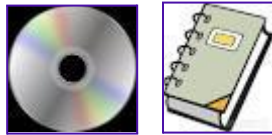
### Ames HSAP Resource Library

The library will continue to be open during our 3rd quarter enrichment classes (Monday, Wednesday, and Thursday) through March 2.:

- Monday from 12 noon to 3:00 pm
- Wednesday from 9:30 am - 11:30 and from 1:00 pm - 3:00 pm
- Thursday from 9:30 am - 11:30 and from 1:00 pm - 3:00 pm

The library will re-open for fourth quarter enrichment classes which begin on March 20.

Our HSAP Librarian, Joni Gainer, has organized our resources and labeled the different sections to make it easier for you to locate what you may like to borrow. Also, if you have books to return that you are no longer using, you can place them in the bin as you enter the library. Please don't forget the "free resources" that are found on the carts in the hallway. We are grateful for the many generous donations our HSAP has received.



### HSAP Curriculum Library

If you are interested in borrowing some of the additional resources we have, please contact your supervising teacher or direct questions to Kathy Burns ([kathy.burns@ames.k12.ia.us](mailto:kathy.burns@ames.k12.ia.us)). We will let you know if the resource you're looking for is available, or place you on a waiting list, if desired. Our resources include:

- Barton (Level 1- Level 10)
- All About Reading (Level 1-3)
- PAL (Primary Arts of Language) - IEW program
- Saxon Math for middle school and high school
- Teaching Textbooks for middle school/high school math.
- Institute for Excellence in Writing (IEW)



### 2023 Mary Greeley Mileage Club

This is the eighth year that our Ames HSAP has joined other local Story County schools to participate in the Mary Greeley Mileage Club. The goal of this eight (8) week program is to encourage students to increase activity levels. **Participation is voluntary and is open to those HSAP students who are in Kindergarten through 8th grade.**

The 2023 Mileage Club will take place from March 20-May 12. We have been given special permission for our parents to record the mileage covered via walking, jogging and/or running. If you know that you would like to have any of your K-8 students participate in this program, please contact Kathy Burns ([kathy.burns@ames.k12.ia.us](mailto:kathy.burns@ames.k12.ia.us)), and provide their names and grade levels.

All families with K-8 students will be sent a detailed email in late February after Kathy Burns attends a meeting at Mary Greeley with all the 2023 Mileage Club updates. In the past eight years we have followed the same protocol as the Story County schools that participate: Mileage is recorded based on a maximum of three 25 minute exercise sessions per week (or a total of 75 minutes). Small awards are earned every five miles, ranging from a "toe token" to a nice Mileage Club t-shirt.

We understand that you may join and then change your mind or adapt your participation based on other activities in your lives at that time. However, Mileage Club director Kathy Burns would love to hear from you *if you are thinking about joining us* so she secures the right amount of prizes.





## **Humor Me**

Did you hear about the ship filled with yo-yos bound for New York that got caught in a violent storm?  
*It sank 25 times.*

How do you scare a snowman?  
*Get out a hairdryer*

What do snowmen call their offspring?  
*CHILLdren*

What item did the snowman and his wife place over their baby's crib?  
*A snowmobile*

What is the best breakfast cereal to eat during the winter?  
*Frosted Flakes*

What do you get when you cross Frosty with a polar bear?  
*A "brrrr" - "grrrr"*

Where did the hamburger take his date for Valentine's Day?  
*The Meat Ball*

What did one Jedi say to the other on Valentine's Day?  
*Yoda one for me!*



## **Looking for Some More Drama in Your Life?**

A group of our 4th and 5th graders recently started practicing for a performance on Thursday, April 20. It will take place at Harvest Vineyard at 7:00 pm.

We also have an enthusiastic group of 6th-12th graders who are rehearsing for this year's HSAP Drama Production that will take place on the stage at Ames High School. These performances are scheduled for Sunday afternoon, May 7th, along with Monday and Tuesday evenings. More details will be available in the future.

**Please contact our teachers by following this format: [first name.last name@ames.k12.ia.us](mailto:first.name.last.name@ames.k12.ia.us).**

### **Specific HSAP Contacts:**

<b>AHS Liaison</b>	<b>Sonia Harold</b>
<b>AMS Liaison</b>	<b>Stephanie Haila</b>
<b>Curriculum Library</b>	<b>Kathy Burns</b>
<b>Drama</b>	<b>Judy Anderson</b>
<b>Field Trips</b>	<b>Carrie Pahl Judy Anderson</b>
<b>HSAP Coordinator</b>	<b>Kathy Geis</b>
<b>HSAP Website</b>	<b>Stephanie Haila</b>
<b>Iowa Assessments</b>	<b>Wendy Pixler Stephanie Haila</b>
<b>K-1</b>	<b>Julie Edmondson Diane Prescott</b>
<b>Resource Library</b>	<b>Joni Gainer</b>
<b>Mileage Club</b>	<b>Kathy Burns</b>
<b>Newsletter Info</b>	<b>Kathy Burns</b>
<b>Speech Contest</b>	<b>Judy Anderson</b>
<b>Spelling Bee</b>	<b>Sarah Johnson</b>



## **When Cold Weather Keeps You Indoors**

It's important to continue a consistent exercise plan even when the weather is not cooperating! Help your children to develop healthy habits, along with providing a change-of-pace and stress-reducer as you complete your school. Plan together as a family to fit your circumstance. This could include:

## **Indoor Activity Ideas** (continued)

- Jump rope (“pretend jump rope” if you don’t have any or it works better for everyone’s safety!)
- Set up a dance party with favorite music which has a lively beat
- Blow up one or more balloons, set easy (safe) boundaries and start a “Balloon Bop” Game (a relaxed sort of version of volleyball). Try to set a record for how many in a row. You decide if a child can hit more than once in a row. Change up positions so all have a good opportunity to hit the balloon.
- Have an animal race (you each mimic an animal’s movement)
- Turn a sheet into a parachute and send nerf-like balls on a ride as you all move the sheet up and down quickly (don’t drop the sheet until all have been bounced off OR choose one child to be the “retriever” during the round and toss the balls back on the sheet)
- Design your own indoor tag game (I use a piece of a pool noodle as a “soft tagger”): tickle-tag, flag-tag (tuck a washcloth or dish towel on each side of your waistband), or freeze tag (you hold a pose for 5-10 seconds before getting back into the game).
- Invite your children to create or suggest other safe movement activities that can be enjoyed by all.



## **Additional Activities/Groups to Consider**

*Please note: These are not sponsored by the HSAP, but may be of interest to your family.*

### **Ames Children’s Choirs**

These choirs include boys and girls ages 7-18. Visit the website for more details on activities, including “bring friend to open rehearsals during the month of February.

- [Jhttps://www.ameschildrenschoirs.org/](https://www.ameschildrenschoirs.org/) or call (515.290.1422)

### **The Ames Explorers Program developed by The Community Academy**

Ames Explorers will “explore the people and places of our community. We’ll go behind the scenes at all kinds of businesses and events around our community.” These sessions are usually once a week for a two (2) hour session.

- For more details, costs, and information: <https://thecommunityacademy.org>

### **Ames Public Library**

You may benefit from scanning the calendar of our local Ames library (515 Douglas Avenue). A sampling of events is listed here: a Homeschool Book Club (2.2 - *One Crazy Summer* by Rita Williams-Garcia), Winter Crafternoon, Natural Discoveries, Toddler Storytime, Family Storytime, Lego Builders (Gr 3-5), Kids Create, Storybook Science, Checkmates Chess Club (Gr 4-6), Wild on Wednesdays (WOW K-5), and After School Adventures (K-5: including art, science, games, and more). These are just a few highlights of the many programs that may interest your family, including teens. (*Note: Check the website to find out details for these events, including what books will be discussed in future Homeschool Book Club meetings*).

- <https://amespubliclibrary.org>

### **Blank Park Zoo**

You may want to check out all the activities and special events they offer at this time.

- <https://www.blankparkzoo.com/>

### **Book It!**

Reading incentive program for students in PreK-6 grade (ages 4-12); Enrollment is accomplished online at their site on their digital dashboard and it appears that you can still join at this time. The program is free and runs from October to March. The award is a one-topping personal pan pizza when your student reaches the requirement.

- <https://www.bookitprogram.com/>

### **Cultivating Hope Farms**

Events on this farm are specifically designed to safely engage family fun for our families living with autism and special needs. Visit their website for all details.

- <https://cultivatinghopefarms.org/>

### **ExerCYse Time**

ISU is offering ExerCYse time for local students up through 8<sup>th</sup> grade. The fun and games are scheduled for Friday evenings from 6:00 pm to 7:00 pm in Forker Gym #184 on the ISU campus. You may have to sign a parental permission slip.

- Friday: 2.03, 2.10, 2.17, 3.03, 3.10

## **Additional Activities/Groups to Consider**

(continued)

### **4-H**

If there are any of our HSAP students who are interested in participating in 4-H and Clover Kids, you can contact the ISU Extension Office at 515-382-6551 and also find more information on their website regarding other opportunities. For those seniors who are Iowa 4-H members, March 1 is the deadline to submit your application for Iowa 4-H Foundation college scholarships. Their website has all the details.

- <https://www.extension.iastate.edu/4h/>

### **Goldie's Kids Club**

The Iowa Department of Cultural Affairs has a program called Goldie's Kids Club "to introduce children aged 12 and under to Iowa history – starting with Goldie the eastern goldfinch, the state bird." Please investigate the website to find out what they offer ("*History Mystery*" - virtual, requires registration). You can also investigate a STEAM education program "Innovative Iowans".

- <https://iowaculture.gov/goldie>

### **Hy-Vee Kids Fitness Program**

Includes a five week challenge, with videos, training tools, a blog, and more

- <https://hy-veekidsfit.com/>

### **ICAN**

Features a variety of resources for college and career, including financial aid and helpful steps for success. It may be helpful to regularly check their website for upcoming virtual events, special events, available resources, and upcoming programs. They also include a "Tip of the Week" covering a variety of topics (tweets @icansucceed). The Succeed Virtual College Fair scheduled for February 1 has been postponed until February 22.

- <https://www.icansucceed.org>

### **Iowa Living History Farms**

This is an interactive, 500-acre outdoor museum that tells the 300+ year story of Iowan farmers. They are offering several historic skills classes during February and March. Check their website for details, including cost.

- 11121 Hickman Road, Urbandale, IA
- <https://www.lhf.org>

### **Octagon Center for the Arts**

They are once again offering in-person classes, as well as affordable art kits for fun at home (contactless pickup).

- 427 Douglas Avenue
- <https://octagonarts.org>

### **Reiman Gardens**

The exhibits and offerings may be of interest to your family at this lovely site in Ames (1407 University Boulevard)

- <https://www.reimangardens.com/events/>

### **Science Center of Iowa (SCI)**

Visit their website to confirm offerings and hours of operation. Ticket/event cost and details can be found on their website. For those with children on the autism spectrum or those with sensory processing disorder, they offer "Sensory-Friendly Hours" on the 2<sup>nd</sup> Tuesday of the month from 4:00 pm to 7:00 pm. The SCI also offers a variety of virtual programs and educational resources with "*Go Beyond with SCI*". They are hosting a traveling series, *The World's Largest Dinosaurs*, and have four workshops scheduled from 11:00 am-12:00 noon on Thursdays in February. You can purchase tickets online.

- 401 W. Martin Luther King Jr. Parkway, Des Moines
- <https://www.sciowa.org>

### **Seven Oaks Recreation**

- Winter activities include skiing, snowboarding, and snow tubing.
- Located in Boone
- In February they are offering four more *Home School Days* with discounts (see website for details, such as hours, fee, and need to bring a document with proof you are home schooling): February 3, 10, 17, and 24.
- <https://sevenoaksrec.com>

### **Story County Conservation Center-McFarland Park**

Offers classes, workshops, hikes, activities, Story County park maps, nature center, and volunteering. Check out their calendar of events.

- 56461 180th street; (515) 232-2516
- <https://www.storycountyiowa.gov/1579/Conservation-Parks>

### **Story Theater Company**

This company offers theatrical opportunities for area children, with an opportunity to learn the fundamentals of theater. Their next show is *Charlotte's Web* (February 17-26) at the Ames City Auditorium (520 6th Street).

- 1609 Golden Aspen Drive #105, Ames
- <https://www.storytheatercompany.org/>

## **Additional Activities/Groups to Consider**

(continued)

### **Vision Homeschool Basketball**

This is a homeschool program, and is faith-based. More information on practice times, facilities, game schedule, and cost can be found on their website. The competitive season is well underway and game times and sites can be found on their site calendar.

- <https://www.visionbb.org>

### **Youth Matinee Series at ISU**

All performances will include grade level recommendations. Additional shows can be found on their calendar. Seats are \$4.00 in advance and \$5.00 at the door. Investigate their website for more details about the upcoming productions and available workshops.

- *Barjche 2023 Piece of Mind* – Dance pieces with peace in mind - February, February 3, at 10:00 am. All ages welcome
- The entertaining *Ben Franklin* will take place February 7, at 10:00 am and 12:30 pm, for K-5 students.
- *Finding North* is for grade 5 and up, presented on Friday, February 10, at 10:00 am and 12:30 pm.
- *ZuZu African Acrobats* performance (all ages) is Tuesday, February 21, at 10:00 am.
- *Danny Carmo's Mathematical Mysteries* for those in Grades 2-6 - spectacular magic show featuring math, theater, and digital technology, with a performance at 10:00 am and 12:30 pm on Friday, March 10.
- *Tales as Tall as the Sky* - introduces audiences to famous American tall tales, or stories that exaggerate larger-than-life characters who may or may not be based on real people - Thursday, March 30 at 10:00 am and 12:30 pm, for Grades K-5
- <https://www.center.iastate.edu/education/>