



Eagle's Nest



HIGH POINT SCHOOL NEWSLETTER

MARCH 2018

Teaching Life Skills

March 5–9 was a full-flavored week for the students enrolled in Mr. Torres's Culinary Arts Program, packed with nutritional education and practical food-based lessons. In preparation for off-campus life skills training, students were first taught the value of smart shopping and the multiple options available to them in our immediate area. Then, heading out of the building and into the community, Chef Torres partnered with Aldi supermarket to teach the students about pricing strategies, employee schedules, and customer expectations. They learned how and why the store chain stocks organic items, avoids pesticides and MSG, and is supplied only by local farmers. With all of this information in their baskets, the students were then given an interactive assignment: shop for and buy all of the ingredients needed for the recipe they received using only their \$15 budget, a compare and contrast



analysis of the various brands, and their computation skills. In the process, they learned about portion sizes, making monetary decisions, and fulfilling recipe requirements. This themed week is just one example of the many ways in which High Point focuses on preparing our students for the real world with real-life learning.



Field Trip Fun

On Tuesday, March 27, students who earned the privilege to attend our monthly field trip to Liberty Science Center in Jersey City had a fantastic time exploring all of the wild and wonderful attractions the center offers, like hands-on workshops, innovative exhibits, and famous science experiments reenacted on stage. Though the trip sounds like all fun and games, it actually exposed our students to important STEM topics, like physics, biology, chemistry, engineering, life science, and earth science — all in a fully equipped laboratory setting. Our students had the opportunity to work on computer and technology programs like inventors do and enjoy a 30-minute show at the end of their visit.



Targeting a Serious Problem

Four years ago, the Bergen County Prosecutor's Office launched a high school heroin and opioid education initiative as a vital measure to halt the spread of drug addiction in our community. But with drug use still at epidemic proportions throughout the nation, cutting across all economic levels and societal populations — with 320 overdoses and 98 fatalities in our county alone in 2016 — our local law enforcement recognizes the continuing need to address this public health crisis as aggressively as possible. High Point was therefore proud to welcome representatives from the Prosecutor's Office on March 9, to talk to our high schoolers about the dangers of experimenting with prescription medication and how that can lead to heroin usage among young adults. After Detective Valdiva presented on the effects of opioid usage, examples of heroin-related arrests, and drug-related statistics, recovering addict Mr. Boomhower shared his personal experiences, including the mental and physical effects of his addiction, the impact it had on his relationships, and its consequences in terms of his education, career options, and lifelong health risks. It was a powerful and profound presentation that engaged our students from start to finish and concluded with a lively Q&A session.



Detective Valdiva spoke with dedication and commitment to his rapt audience.

MARK YOUR CALENDARS

Wednesday,
April 11:
MARCC
EVENT

