



# Eagle's Nest



HIGH POINT SCHOOL NEWSLETTER

SPRING 2019

## Mindfulness Matters

"Mindfulness" is commonly defined as the ability to be fully present — to be both aware of where we are and what we're doing in the moment as well as not easily distracted by or reactive to



what's going on around us. Current research shows improved outcomes in overall academic performance, health, and emotional well-being in individuals who engage in mindfulness, and that's why High Point is making a concerted effort to bring this practice into our classrooms on a daily basis in any way we can. One way is through the use of essential oils, which have been added to our educational and therapy spaces this semester to guide our students' attention more directly to their senses and their present state of mind. Diffused throughout our environment by pretty and practical oil lamps, like the one Ms. Narducci (at left) is holding, the aromas essential oils emit are reported to each have their own effects — for example, lavender is said to relieve stress, sandalwood enhances focus, rose reduces anxiety and boosts mood, and chamomile is a relaxation aid. What's the verdict on our

experiment with essential oils so far? Well, they appear to be having a school-wide calming effect on our amazing students, who are concentrating better and working harder than ever!



## At Attention for the Army

In February, High Point students were treated to a personal visit from U.S. Army representatives Private Galan Arte, Sergeant Vern Scott, and Sergeant Rona Ver, who came to present at our school to offer multiple options for students considering continuing their education through the U.S. military system. Our guests pointed out to their audience that many educators and parents are not aware of the array of available career and educational opportunities that the Army provides in such fields as science, technology, engineering, and math, among many others. Along with the educational path comes the character-building aspect of the Army's curriculum, summarized in the *U.S. Army Education Program Guide* accordingly: "The Army strengthens [recruits] mentally, physically, and emotionally from day one, to meet and ultimately master any challenge,



equipping them to do things they never thought they could." We were proud of our students' attention to and respect for our visitors, who were patient, motivating, and inspirational as they addressed all the raised hands and answered all

the students' questions. For more information, interested families and students can visit [goarmy.com](http://goarmy.com).

## It's Travel Time!

HPS students have been getting out and about lately — and they're really enjoying the change of scenery! As one example, Ms. Sluka, Ms. Narducci, and Mr. S were excited to chaperone our outing to Medieval Times, a dinner theater featuring staged medieval-style games, sword-fighting, and jousting. This experience was brand new for many of our students, who all enjoyed a four-course banquet while cheering on the knights performing in a tournament of great horsemanship, swordsmanship, and falconry in the setting of medieval Spain. And speaking of enjoyable field trips, what could be more fun than going to the movies in the middle of a school day?



And not just any movie: Staff and students alike were both moved and educated by the wonderful Academy Award-winning film *Green Book*, which sparked a lively discussion about racism in the era of segregation.



COMING UP!

April:

SCIENCE FAIR

May:

COOK-OFF MANIA

