

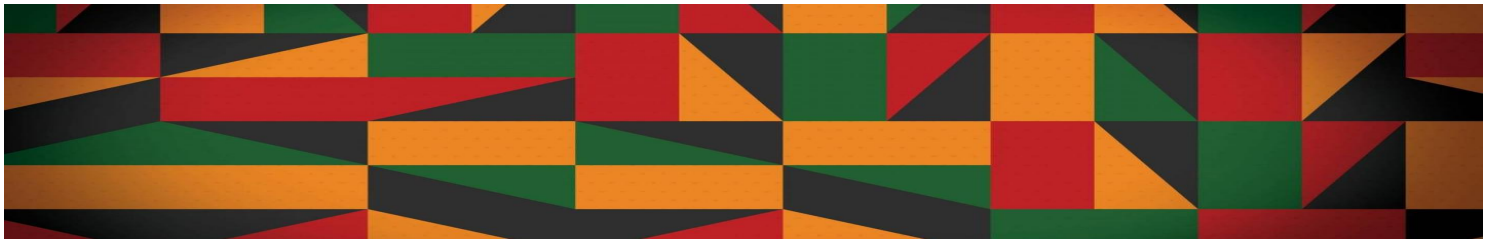


Saint Pau
PUBLIC SCHOOL



COMO PARK
SENIOR HIGH SCHOOL

February 3, 2023 Newsletter



You're invited to our 2023 NAAPID celebration!

Come support Como and our students for National African American Parent Involvement Day

All Parents are invited to attend



When: Monday February 13th

Time: 9:00am-11:30am

Where: Como Park Auditorium



Continental breakfast is provided

Our student led program includes: dancers, choir ensemble, spoken word, educational presentation, and more!

Please RSVP to jamie.hoffman@spps.org

Transportation is available. Please email jamie.hoffman@spps.org or call 651-744-5529



PARENT ADVISORY COUNCIL MEETING

When: Monday, February 6, 2023

Time: 6:00pm

Where: Virtually through Google Meet <https://meet.google.com/caf-dwwh-uro>

We would like to hear from you!! Please email me with suggestions, topics, concerns, or questions to be discussed at the next PAC meeting...jamie.hoffman@spps.org

Upcoming Dates

February	6- Parent Advisory Council 6:00pm
	7- College Knowledge Night 5:00-7:00pm
	13- National African American Parent Involvement Day (NAAPID) 9:00-11:30am
	20- No School (President's Day)
	23- Career & Trade Fair 11:15am-1:45pm
	23- ACT Registration 8:30-10:45am
	24- Black Owned Business Expo 6:00-8:00pm
	26- Close Up Washington DC Trip (through March 2nd)
March	2- Mid Quarter

ACT REGISTRATION

The ACT will be given at Como Park Senior High School on March 7, 2023. All juniors and seniors who did not take it last year have the opportunity to take the ACT for free.

Registration will be in the library on Thursday, February 23rd from 8:30-10:45 am according to last name.

8:30-9:15am- Students with last name beginning with A-H

9:15-10:00am- Students with last name beginning with I-Q

10:00-10:45am- Students with last name beginning with R-Z



**RIGHT TRACK
APPLICATION IS OPEN
JANUARY 17TH - FEBRUARY 28TH**

Right Track provides paid summer internships for young people from Saint Paul. Join us at Right Track to develop your employment skills, build your network, and earn money.

CONTACT US

RIGHTTRACK.STPAUL.GOV

651-266-6363

 **@RightTrackSP**

 **RightTrackSP**



Apply Here



**SCAN HERE
TO APPLY**





Feeling the Winter blahs? Need something fun and/or challenging to do after school? Check out one of our clubs after school! There are a variety of activities to choose from. Click [here](#) for more details.

YEARBOOK

Have you ordered your yearbook yet?

Cost: \$55.00

Order at
<https://ybpay.lifetouch.com/>

Como Yearbook order code:
14933023





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Upload homework assignments and worksheets



Interactive lesson space with audio, video, screen-share and chat. As close to in-person as you can get!

www.tutorme.com



We want **YOUR Senior Photo
for the Como Park Yearbook!**



Submit your photo to the **QR CODE
by February 24 2023!!**



 @comoparkhighyearbook



Give Kids a **SMILE**



FREE DENTAL CARE FOR KIDS IN NEED

Because every child's smile should be the picture of health, dentists and dental professionals volunteer in select clinics throughout the state to provide free care to low-income children in need. This special program, called Give Kids a Smile, is available on the first Friday and Saturday of February. After January 1, parents can find local participating clinics by visiting mndental.org or by calling United Way 2-1-1 or 1-800-543-7709.

Please note: Every child must be accompanied by a parent or legal guardian and must have an appointment in advance. Sorry, walk-in care is not available.



Give Kids a SMILE

Dear Parents or Guardians:

Minnesota dental professionals are concerned about the growing number of low-income children who face barriers to dental care. That's why thousands of dental professionals come together on the first Friday and Saturday of February to provide free dental care to children in need.

This special event is called "Give Kids a Smile" and is coordinated by the Minnesota Dental Association. The dental care will be available in community-based clinics and private practices in many locations throughout Minnesota. Here is more information:

All patients must have appointments in advance and be accompanied by a parent or legal guardian. After Jan. 1, parents may call United Way 211 (just dial 2-1-1) or 800-543-7709. Operators will have a list of participating dental offices and will be able to direct people to a location in their area. Parents will then call the dental office to schedule an appointment. An online list will also be available at www.mndental.org.

Services will vary from preventive care, which includes cleanings, sealants and fluoride treatment, to restorative care, which includes fillings. Information on specific services that will be provided will be outlined when an appointment is scheduled.

Typically, clinics treat children ranging in age from 3 to 18. When calling for an appointment, parents should ask about any age requirements.



Learn more at mndental.org.

Please photocopy this document and share it with families who could benefit from the "Give Kids a Smile" program. This document is also available in Hmong, Spanish, Vietnamese, Somali and Russian. Please download them from mndental.org.

(ENGLISH)



BLACK OWNED BUSINESS EXPO

Join us for a panel and expo to learn about amazing Black Owned Businesses throughout the Twin Cities. Food will be provided. Register early for a chance to win the raffle!

@740 Rose Ave. W. · St. Paul, MN 55117
February 24th 6:30pm-8pm
with a panel starting @ 6pm



Updates about College/Career from Get Ready!

Join us

for virtual financial aid events! Free for MN students and families. \$500 scholarship and interpreters* available!



Space is limited; register now!

Ready, Set, FAFSA!

SESSION DATES/TIMES:

- 02/07/23 @ 7 p.m. | Understand and Prepare to Apply for Financial Aid
- 02/14/23 @ 7 p.m. | Apply for Financial Aid – Complete the FAFSA (for students who are U.S. citizens or eligible non-citizens)
- 02/16/23 @ 7 p.m. | Apply for Financial Aid – Complete the Minnesota Dream Act (for students who are undocumented)
- 02/21/23 @ 7 p.m. | Understand Your Financial Aid Offer Letter
- 02/28/23 @ 7 p.m. | Search for Scholarships

SIGN UP NOW!



<https://bit.ly/MNFAFSA>

* Interpreters available in Hmong, Spanish and Somali.

Brought to you by MN Office of Higher Education (MOHE), MN Dept. of Education and ECMC The College Place.





COMO PARK SR HIGH SCHOOL

PSEO STUDENT WORKSHOP

Open to students 9-12
REGISTER BELOW



FEBRUARY 8TH DURING SEMINAR
MEDIA CENTER



2023 PSEO FEATURE WEEK

Interested in earning college credit as a high school sophomore, junior, and/or senior? Join us each day of the week to hear from Post-Secondary Enrollment Option (PSEO) institutions about their program, courses offerings, admission process, and more!

Our Presenters:



SAINT PAUL COLLEGE

Monday, February 13, 2023

Seminar, 1:05 - 1:40

Alyssa Mettler

PSEO Coordinator



Concordia
UNIVERSITY-SAINT PAUL

CONCORDIA UNIVERSITY

Tuesday, February 14, 2023

Seminar, 1:05 - 1:40

Victoria Thao

Undergraduate Admissions Counselor



MINNEAPOLIS
COMMUNITY & TECHNICAL
COLLEGE™

MINNEAPOLIS COLLEGE

Wednesday, February 15, 2023

Seminar, 1:05 - 1:40

Alyson Gagner

PSEO Coordinator

CENTURY
COLLEGE



CENTURY COLLEGE

Thursday, February 16, 2023

Seminar, 1:05 - 1:40

Katy Olson

PSEO Coordinator/Admissions Advisor



UNIVERSITY OF MINNESOTA

UNIVERSITY OF MINNESOTA, TWIN CITIES

Friday, February 17, 2023

Seminar, 1:05 - 1:40

Andrew Kopelman

Academic Advisor / PSEO Coordinator



FEBRUARY 13-17

CAREER PATHWAY
CENTER
ROOM 1304



bit.ly/PSEOfeature

REGISTER HERE!

You must get permission to attend the PSEO Feature sessions. You will receive a pass from your teacher the day of the event by registering.

Contact Info:

Ms. Aisha
amohamed.ach@spps.org
or

Ms. Mai Chue
mmoua.getr@spps.org

Career Pathway Center
www.spps.org/domain/15743



COMO PARK SENIOR
HIGH SCHOOL

COLLEGE KNOWLEDGE NIGHT

Tuesday, February 7th

Interpreting Support Available!

5 p.m. - 7 p.m.

9TH - 12TH GRADERS

Bring your friends and family for
an important night of learning
about financial aid, completing
FAFSA, searching for scholarships,
and more!

Questions or Concerns?

Career Pathways Center, rm 1304

Aisha Mohamed

amohamed.ach@spps.org



COMO CAREER & TRADE FAIR

FEBRUARY 23, 2023
11:10 AM - 1:40 PM

DISCOVER YOUR DREAM JOB!

Stop by the annual career and trade fair in the Como gymnasium during third period or seminar. Talk to professionals in a variety of fields - including healthcare, business, construction, mechanics, human services, etc. - to discover your passion and potential career options!

Questions? See Ms. Aisha in the CPC, 1304

amohamed.ach@spps.org | 651-774-2487 | calendly.com/como-cpc



OUR LIBRARY COULD USE YOUR SUPPORT

Hello Como Families!

In order to provide current, relevant, and inclusive books for our students, for the last three years I've been using Donors Choose. There isn't enough money in the budget to give kids the books they deserve.

Donors Choose is an amazing company that pairs community members and businesses who wish to support students with educators who are seeking resources for those students.

As a donor, you can pick a project and make a donation of any amount. When the project is fully funded, Donors Choose will purchase the items selected by the teacher *or in this case, your child's librarian*, and ship them to the school directly.

To provide students with quality books our library has had 21 projects funded totaling over \$16,000 in the last 3 years!

With inflation and challenging times, 5 of my last 6 campaigns this school year have expired without funding.

I'm hoping you can help support our library and student literacy by donating at the link below. I currently have two projects posted:

**Book Clubs as an Alternative to Discipline
and
Urban Teens in Need of Modern Poetry**

[Donors Choose](#)



GREAT THINGS HAPPENING AT COMO

Minnesota high school basketball top performers of the week (Jan. 18-23)



Zhane Singer, St. Paul Como Park

The senior center had a pair of double-doubles this week. She scored 14 points and grabbed 15 rebounds in a 94-14 drubbing at St. Paul Humboldt on Jan. 20. The next day she had 16 points and 15 boards in a 77-22 drubbing of Minneapolis South. Her 190 rebounds are second-most in Minnesota and her 66 blocks are the most in the state.



Swimming Lessons for all MCJROTC cadets. New this school year and part of their physical fitness curriculum, all cadets within the program will receive basic swim lessons as part of their curriculum. Volunteering their time to help Marine Instructor Sergeant Major Kirkland is Coach and lifeguard David Albornoz from the Como Pool Aquatics Facility. The plan came together this school year thanks to Ms. Alison Petri from the non-profit Abbey's Hope Foundation. Abbey's Hope is a foundation to honor the passing of six-year-old Abbey Taylor in a swimming pool incident. It works tirelessly with youth toward a world with safer pools by providing swimming education and advocating for comprehensive safety standards for all.





Cadets support the Como Park Open House Thursday night and recruit new inbound Freshman to join MCJROTC. Pictured is Naw Paw (9), David Thaug (9), Paw Htoo (12), Ze Vang (12), Alex Le (12), and Sophia Moore (12).



A fitting new competition has been introduced to the Como Park cadets in MCJROTC this school year for the first time. Archery! Archery is the sport, practice, or skill of using a bow to shoot arrows. The word comes from the Latin arcus, meaning bow. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity. Hunger games led by Cadet Corporal Kmwe Paw. Consider joining MCJROTC to check it out. OOH RAH.





Congratulations to the JROTC Close Order Drilling Cougars. They placed in four events out of eight for the first time ever competing at an Indiana Regional Drill Meet. Our MCJROTC cadets have a shot at being selected to attend the Marine Corps Nationals in Quantico, Virginia. Meanwhile, the cadets continue to prepare for three more upcoming drill competitions this school year at CDH, Iowa, and South Dakota. Disciplined Teamwork - OOH RAH!

STAFF SPOTLIGHT



Please welcome our new Educational Assistant, Amal Mohamud

- I am the new Somali Bilingual EA at Como.
- I was born in Toronto, Canada but raised in Saint Paul, Minnesota. I graduated from Harding High School in 2015.
- I previously worked as a Case Manager for Hennepin County. I also graduated from Metropolitan State University in 2019 with a Bachelors in Human Services and Family Studies.
- I enjoy watching movies and spending time with my two younger sisters. I also like to travel and visit new countries.
- I am excited to be at Como and enjoyed seeing the new upgrade the school has.



Celebrating The History of Black Art & Culture
Open World Learning Community in
partnership with PAASAC (Parents of African
American Students Advisory Council) presents:

AFRICAN
AMERICAN
CULTURE
NIGHT

Please join us for a special evening celebrating African American Culture

When: Thursday February 16, 2023

Time: 6:00pm

Where: 640 Humboldt Ave





Get ready for the **BIG TESTS**



SCORE BIG WITH OUR FREE PRACTICE TESTS ON MARTIN LUTHER KING DAY OR PRESIDENTS' DAY

If you are getting ready for the college admission exams in April and May, we're offering free SAT and ACT practice tests on **Martin Luther King Jr. Day** or **Presidents' Day**. Our full-length, timed practice tests are a great way to help you prepare for your upcoming SAT or ACT exam.

- Experience test-day conditions and build confidence
- Figure out which subject areas need more attention before the exams
- Gain a competitive advantage heading into the exams
- Get ready for the big day when the scores really count

**LIMITED TIMES AVAILABLE. RESERVE YOUR SPOT BY CONTACTING
THE SAINT PAUL CENTER BY PHONE OR EMAIL NOW.**

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