



COMO PARK

SENIOR HIGH SCHOOL

May 13, 2022 Newsletter

Important Upcoming Dates

- May 20- Prom at Landmark Center 7:00-11:00pm
- May 24- Spring choir concert at Como Lake Pavilion 6:00pm
- May 26- Spring band concert 7:00pm
- May 27- Last day for seniors to submit work for Quarter 4
- May 30- No School- Memorial Day
- June 2- Seniors last official day at Como
- June 3- Senior celebration and cap & gown pick up
- June 7- HS Graduation Roy Wilkins Auditorium 8:00-9:00pm
- June 10- Last day of school for students grades 9-11

Student Arrival Reminder

Students will not be allowed to enter the building until 8:10 each morning. Please plan accordingly.

ATTENTION COMO FAMILIES AND STUDENTS

We are fast approaching the end of high school for our Seniors. We look forward to celebrating their accomplishments at graduation. Please remind students that "Senior Pranks" can go awry and result in being barred from graduation. All Senior activities should promote school spirit and create a positive culture for all students at Como Park Senior High School.



Time is running out to buy yearbooks! We only have 30 yearbooks left, so get yours NOW! Go to yearbookforever.com to purchase with a credit card, or stop by room 2624 to see Ms. Myhre for a cash payment.



Library Year-End Info.



This summer be sure to take advantage of the 5000+ eBooks on MackinVia this summer.

Please note the following due dates for the library:

- Last day for book checkout: MAY 13th
- Seniors must return all library books by MAY 27th
- 9th - 11th grade students must return all library books by JUNE 3rd.
- Library will be closed starting June 6th, for inventory, but staff & students will be welcomed to drop off their books.



Como Park Spring Choir Concert

TUESDAY, MAY 24TH 2022

COMO PARK PAVILLION

6-8PM



Come join us for an evening of song focused on the elements and celebrate our seniors! Food is available for purchase from Dock and Paddle. Doors open at 5:30pm Questions? Please email Ms. Keller at siri.keller@spps.org





CLASS OF 2023

RISING SENIOR SUMMER SUCCESS PROGRAM

June 24: St. Paul College

July 28: North Hennepin Community College

August 5: St. Cloud Technical and Community College

This **free, limited-space** event includes transportation, breakfast, lunch, college prizes, and the opportunity to:

- Explore your career and college options after high school
- Visit local colleges and meet advisors and subject matter experts
- Leave with tools and resources for career and college planning
- Attend hands-on workshops lead by subject professionals regarding:
 - Researching post-high school college or career options
 - Federal Student Aid and how to access free money for college
 - Scholarship information
 - Free training programs
 - Personal statements and essay writing



Scan the QR code to sign up.





Preparing
Students for
Tomorrow.

Class of 2023: Rising Senior Summer Success Program

Attention Como Class of 2023! Join us for the Rising Senior Summer Success Program. This FREE event includes transportation, breakfast, lunch, college prizes, and the opportunity to:

- Explore your college or career options after high school
- Visit local colleges and meet advisors and subject matter experts
- Leave with tools and resources for career and college planning
- Attend hands-on workshops about: researching college or career options, Federal Student Aid and how to access free money or college, scholarship information, free training programs, and more.

Dates and Locations:

- June 24th at St. Paul College from 8:00 a.m. to 2:00 p.m.

The program is open to all Get Ready Como High School Class of 2023 students, but space is limited.

Interested students should complete the registration: <https://forms.gle/6r757xwWUdXaXTic8>

A completed parent permission slip is required for attendance:

<https://forms.gle/xxgw92LKRnYFmGFRA>

For questions or concerns, please contact the following Como Get Ready Coordinators:

	<p>Mai Chue Moua Post Secondary Pathways Coordinator She/Her/Hers Email: mmoua.getr@spps.org Call/Text: 651-706-6032</p>		<p>Steven Martinez Grande Post Secondary Pathways Coordinator He/Him/His Email: smartinez.getr@spps.org Call/Text: 651-706-6035</p>
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[Minnesota Business Venture](#) (MBV), our week-long summer business camp for High School students, is back in-person! This is a great opportunity for students to network, build skills needed for their resume and future job, learn information they'll need for college applications, and do some Career Exploration. Find more information [Here](#).



Sophomores!

Interested in joining College Possible?

Scan the QR code or go to
collegepossible.org/join

Apply Today!

- + **Priority Deadline:** May 1st, 2022
 - + guaranteed interview
 - + **Application Deadline:** June 1st, 2022
-



Questions?

Go to collegepossible.org or contact Riley Nelson or Tou Her.

Room 277

Riley - rnelson@collegepossible.org

Tou - ther@collegepossible.org

What is College Possible?

- + Free college access program that supports students to and through college graduation!
- + Provides services to help you navigate your college journey by connecting you with resources and a dedicated coach
 - + ACT prep
 - + FAFSA support
- + Includes after-school sessions your Junior and Senior years of high school



GREAT THINGS HAPPENING AT COMO



37 cadets led by junior Cadet Corporal Pah Meh at Feed My Starving Children. Their efforts will result in 13,608 meals distributed to those in need overseas. Ooh Rah!



A few motivated MCJROTC cadets giving back their time off on a Saturday to the community in support of the Northdale Recreation Centers Crown Craft plant a flower day. Thank you cadets Paw Htoo, Ywa Say, DC Her, Bui Quang, Chong Her, and Minion-Rachel De.





Eight MCJROTC cadets volunteer for the Walk Charity Fundraiser in support of the Multiple Sclerosis (MS) that brings together passionate people for a powerful purpose: to end MS forever. We Felt the support that can only come from a community whose steps fuel breakthroughs, solutions and a cure.

MCJROTC cadets joined the movement at Minnehaha Falls to show that together, we are stronger than MS. Semper fi.



The Como Park MCJROTC cadets continued their success at Orienteering with the Minnesota National Orienteering Club and against fellow JROTCs this past Saturday. Cadets Cooper Westrum and Ze Vang placed First and Second place on a 2.8 mile brown course. Magnificent navigational speed warriors. Semper Fi.



Students in Gail's girl's group decorated the front entrance of Como Park High School in honor of our teachers during Teacher Appreciation Week





The Como Park MCJROTC helped set up, serve food, supervise games and activities, and clean up during Family Fun Night on Friday, May 6th. Thank you cadets for your continued support!

The Como Park MCJROTC orienteering team finished the final competition of the year strong on Mother's Day. Team captain, Sophomore cadet Corporal Cooper Westrum stays in the SPPS District JROTC lead with an outstanding navigational run time on the MNOC brown course. Ooh rah.



Family Fun Night was an evening filled with music, dancing, indoor & outdoor activities, delicious ethnic food, raffles, and prizes. It was a chance for students, staff, and families to gather, laugh, and be themselves in a safe, and welcoming environment. Many thanks to all who volunteered and to the families that came out to celebrate their child during a challenging, yet perseverant school year.

Thanks to the parents and staff that shared pictures. Please click on the link and enjoy!

<https://drive.google.com/drive/folders/1L05SC95iafW9MERH09BRP1rIMLjxmaEo?usp=sharing>



MENTAL HEALTH
AWARENESS
MONTH



changetochill.org

Normalize Mental Health

Mental health is something everyone has and we all care for it differently. Join Change to Chill in normalizing mental health.

Recognizing National Mental Health Awareness Month

According to the National Alliance on Mental Illness ([NAMI](#)), 1 in 6 youth aged 6-17 experience a mental health condition each year. Despite this, stigma associated with mental health conditions and seeking mental health care means that many youth suffer in silence.

Change to Chill is working to end mental health stigma, and we need your help to do it! Here are a few ways YOU can join us in the fight against stigma:

- Start by [educating yourself on stigma](#), including the ways culture impacts stigma and the connection between [stress and identity](#).
- Be mindful of the [language you use to talk about mental health](#).
- Engage others in dialogue about mental health and stigma using our [conversation starters](#).
- [Practice being an active listener](#), especially with those you see struggling.
- Consider sharing your story around mental health and well-being. Use [this checklist](#) to think through why you are sharing your story and how you will be supported.

Normalize Therapy.

Normalize Medication.

Normalize Mental Health.

changetochill.org



Did you know that [Allina Health](#) has mental well-being resources for folks of all ages? You're probably most familiar with Change to Chill, which focuses on youth ages 13-19, but we've got 2 sister programs we encourage you to check out as well!

[Health Powered Kids](#) focuses on youth ages 3-14, with lesson plans to help kids Be Active, Keep Clean, Find Balance and Eat Well. Examples of their well-being resources include:

- [What We Can Do to Stress Less](#)
- [Learning Mindfulness Through Movement](#)
- [Self-Esteem and Body Image Activities for Kids](#)

[Hello4Health](#) is a resource for adults, with tools and activities to help build or strengthen social connections.

Examples of resources include:

- [How to Build Social Connections](#)
- [Staying Grounded and Connected to Self, Family and Surroundings](#)
- [Connection Across Differences](#)

In good health,

The Change to Chill team



Neighborhood House Resources

[Neighborhood House Fresh Produce Distribution](#)

- FREE fruits and vegetables
- May 20, 2022, 1 – 2:30pm
- Metro State Parking Ramp, 407 Bates Avenue, St. Paul, MN 55106

[Neighborhood House Family Centers](#) – Open in the summer!

- Family Centers have resources for families looking for support related to
 - o Food, clothing, housing...
- Family Centers are located at
 - o Dayton's Bluff Achievement Plus Elementary, 262 Bates Ave, St Paul, MN 55106
 - o John A Johnson Achievement Plus Elementary, 740 York Ave, St Paul, MN 55106
 - o St Paul Music Academy, 27 Geranium Ave E, St Paul, MN 55117
- May be best to call first: 651-789-3602





House of Refuge
520 Atwater Circle
St. Paul, MN 55103

House of Refuge serves countless individuals and families each year with food, clothing, financial assistance, workforce development activities and many other services.

HOURS OF OPERATION

SUMMER EATS YOUTH PROGRAM

The Summer Eats Youth Program is available every day. Sunday through Saturday- 11:00am-2:00pm
Program open for all youth ages 0-18.

SHOPPING WITH DIGNITY FOOD DISTRIBUTION

EVERY WEDNESDAY- 4:00pm-6:00pm
EVERY SATURDAY- 2:00pm-4:00pm

*For more information visit www.hortc.org or call 952-681-8934.

Como Park Senior High School Prom

Where: The Landmark Center downtown St. Paul
75 W 5th Street
Saint Paul, MN 55102
651-292-3233

When: Friday May 20th from 7-11pm

Theme: "Under the Stars"

Cost: \$50.00 person \$90.00 per couple

Prom Coordinator: Kristin Mathieu 651-293-8800



*If you'd like to help make this prom a memorable event, we are accepting cash/check donations (check made out to Como Park HS) Thank you.





SPPS DISTRICT BUDGET INFORMATION MEETINGS

How does Saint Paul Public Schools create a budget for each school year? How do schools and programs set priorities for their budgets? Families and community members are invited to learn more about SPPS's district budget process and priorities for the 2022-23 school year. Staff members from the finance department and other district leadership will be present to provide additional information and answer questions.

If you have questions regarding the 2022-23 budget for your student's school, please contact your school principal.

Monday, May 16 • Virtual 12-1 p.m. & In-person 6-7 p.m.

- Virtual meeting in **English**
 - Join the virtual meeting at spps.eduvision.tv/LiveEvents
- In-person meeting in **English** at the District Administration Building (360 Colborne Street)
 - To request a language interpreter for the in-person meeting, please fill out the [Interpreter Request Form](#) or call 651-767-8347
- **ASL** interpretation will be provided at both meetings

Tuesday, May 17 • 6-7:30 p.m.

- In-person meeting with a **Karen** interpreter at Washington Technology Magnet (1495 Rice Street)

Wednesday, May 18 • 6-7 p.m.

- In-person meeting presented in **Spanish** at the District Administration Building (360 Colborne Street)

Thursday, May 19 • 6-7 p.m.

- In-person meeting presented in **Hmong** at the District Administration Building (360 Colborne Street)

Friday, May 20 • 6-7:30 p.m.

- In-person meeting with a **Somali** interpreter at the District Administration Building (360 Colborne Street)

All meetings will provide light refreshments.

[Hmong](#), [Somali](#), [Karen](#), and [Spanish](#) versions also available.





Your Monthly Money

brought to you by



7 Ways to Live Happily With Your Financial Opposite

Financial opposites attract – trouble! Can these 7 tips save your relationship

When you first started dating, the way he overspent on dinner was kind of cute, especially in contrast to your frugal ways. You complemented each other, you said.

Lately, though, your sweetheart's views on money are nearly as grating to you as the clink of those dimes dropping into your piggy bank is to him. Is your relationship as doomed as the Susan B. Anthony dollar? Maybe not.

1. Talk about money

While it's easier to avoid the subject of money than to argue, eventually, something will happen that begs discussion. Credit card debt is mounting. A bill doesn't get paid. One of you runs out of money a week before payday. Then it's on.

How can you work out financial differences if you're afraid to talk about them? Don't wait for a financial crisis to discuss your views on saving, spending, and other personal finance matters.

2. Create a budget that works for both of you

If one of you clings to every penny and the other rarely glances at the checking account, it's a challenge to come up with a monthly budget. However, a budget is just what you need to keep the peace.

With no budget goals, if one person in the couple overspends, how was that person to know any better? At the same time, with a budget, the more frugal person can loosen up when it's clear the budget allows.

3. Do your share of compromising

Of course, the best way to get along is if the other person changes his or her personal finance habits to become more like you. That's probably not going to happen, though. So, you both must compromise.



For example, even if you like to go out to eat every night, be open to cooking a few meals at home each week. If you're the one who thinks dining out is an extravagance you can't afford, find ways to cut expenses elsewhere to allow at least a few restaurant nights every month.

4. Try not to judge

Maybe your wife grew up poor so she worries that the two of you will never have enough savings. Or, your boyfriend learned to be secretive about spending from his dysfunctional family.

Whatever the case, maybe it's time for a conversation about lessons you each learned about money while growing up. Knowing more about the reasons behind each other's relationship with money may help you find patience with the other person when anger is your first impulse.

5. Set reasonable expectations

When your household and finances mingle, it's natural to have reasonable expectations. The rent must be paid on time, for example. You have to hold down a job. You'll each deposit a certain amount in savings every month.

However, just as your thrifty wife shouldn't expect you to match her every savings account deposit, don't expect her to withdraw a huge sum from savings to finance a cruise for next year's vacation.

6. Offer an incentive

If you're a saver but your spouse struggles to save money, show him or her all the ways that cutting back on spending can improve your lives over the next year.

Will you be able to take an extra vacation, thanks to a fatter bank account? Get closer to buying a better vehicle? That incentive may be just the motivation needed for him to take lunch to work occasionally or for her to stay home and watch Netflix instead of going to a movie.

7. Keep talking honestly about money

Whatever you do, don't let conversations about money disappear from the relationship. You are financial opposites, after all. No matter what you do, money will always be an issue.

So, make sure you don't slip into old habits, like waiting until a crisis erupts to get serious about working out financial differences. When you slip up, admit it. When your partner fails, forgive it. Then get to work on next month's budget.

For the Spanish version, click [here](#).

