



Saint Pau
PUBLIC SCHOOL



COMO PARK
SENIOR HIGH SCHOOL

October 19, 2022 Newsletter



Attention Juniors!!

The PSAT will be administered at Como Park Senior High School in the gym at 8:30am on **October 25, 2022**. Students should bring photo ID, calculator, and snack/water bottle if needed. Cell phones are not allowed. Attendance will be taken and teachers will be notified.

Look for more information from Ms. Vang in Schoology.

SCHOOL PICTURE DAY

Picture Day has been scheduled for 10/28/2022.

Order forms were sent home. If you'd like to purchase pictures, please return the form and hand it to the photographer on picture day.

It is for all students grades 9-12. If you will miss picture day, retakes will be 11/30/22.

Indigenous People's Day

October 10, 2022

Staff and Students acknowledged this important day through a presentation shown during Seminar. To view, click the link below.

https://docs.google.com/presentation/d/1wDgoAm8Kg7sxORAXPf3WdM6dgc_GSwDX2Ett-8gJR4s/edit?usp=sharing





CAP AND GOWN

IT'S NEVER TOO LATE

SENIORS 2023



SUBMISSION BY WEDNESDAY, OCT. 19TH

**WONDERING ABOUT YOUR GRADUATION STATUS?
MAKE AN APPOINTMENT WITH YOUR COUNSELOR**

MRS. FARAH

MRS. THAO



Como Seniors and Families

The counselors and CPC/Get Ready coordinators will be meeting with students through classroom lessons, workshops, and individual meetings to help them with their postsecondary plan. In the meantime, please visit our Career Pathways Center website which has helpful information and a timeline for senior year:

<https://sites.google.com/stpaul.k12.mn.us/cpc/postsecondary-options/college/applying-to-college?authuser=0>

Please refer to this presentation for important information regarding post-secondary planning and the college application process. The presentation has links to helpful information/resources that all seniors should have access to.

https://docs.google.com/presentation/d/1O0B8fP3-jEyzvHT7Qq8xUEebkvVJCjtXxrT_hTTgWv0/edit?usp=sharing

We encourage seniors to make appointments with their counselors to start their application process, especially if they want to meet a November 1st deadline. Counselors require a two week notice for recommendation letter requests.

Kia Thao- 9-12 AOF Counselor, Kia.Thao@spps.org

<https://calendly.com/msthao>

Farah Abuqalbeen- Class of 2023 Counselor, Farah.AbuQalbeen@spps.org

<https://calendly.com/farah1>



Como Park Senior High School Graduation

When: June 13, 2023

Time: 8:00pm

Where: Roy Wilkins Auditorium



Attention Como Families

This year, the city of St. Paul is working with Como Park Elementary and Como Park High School with funding from the Minnesota Department of Transportation to create a Safe Routes to School plan. The plan will recommend ways to make walking and biking to school easier, safer, and more comfortable for students and families. The website below links to a survey that asks your feelings about walking and biking to school. Completing this survey will help us create a better plan!

Please help us reach this goal by filling out this 5-10 minute survey before October 21, 2022!

Survey link:

English: <https://www.surveymonkey.com/r/5HP8RKM?lang=en>

Spanish: <https://www.surveymonkey.com/r/5HP8RKM?lang=es>

Somali: <https://www.surveymonkey.com/r/5HP8RKM?lang=so>

More information :

For more information about the project, please visit the project website at:

<http://www.mnsaferoutesplanning.org/>

Interactive Map

Share your ideas about walking and biking to school on the interactive project map.

<https://www.mnsaferoutesplanning.org/map/#/>

Campus and Schoology

Forgot your username and/or password for Campus and Schoology?

- 1) Go to www.spps.org/onestop
- 2) Select Reset/Recover Password

You will use the same username and password for both Campus and Schoology. You can reach Campus and Schoology under www.spps.org/onestop. For Campus, click on Parent Login and for Schoology, click on the Schoology icon.

Campus is used for Attendance, iUpdate, viewing your student's schedule, looking at progress reports and report cards, and transcripts.

Schoology is for current grades, courses and assignments for your student. Here is the [Parent Guide to Schoology](#).



Upcoming Dates

- OCTOBER 20- MEA Break- No School
21- MEA Break- No School
25- PSAT 8:30
28- Picture Day
28- Get Ready visit to Concordia 9:00-12:00
- NOVEMBER 1- Get Ready visit to St. Scholastica 9:00-2:00
7- Parent Advisory Council Meeting (PAC) 6:00-7:30pm
8- Digital Learning Day (All classes online)
11- End of 1st Quarter
15- Accelerated Programs Night 6:30pm
18- No School (Professional Development)
24- No School (Thanksgiving Break)
25- No School (Thanksgiving Break)
30- Picture Retakes

OCTOBER IS NATIONAL BULLY PREVENTION MONTH

WEDNESDAY, OCTOBER 19, 2022

WEAR AND SHARE ORANGE

to show unity for kindness, acceptance, and inclusion and
to send a visible message that no child should ever
experience bullying.



PARENT ADVISORY COUNCIL MEETING

When: Monday, November 7, 2022

Time: 6:00-7:30pm

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.

COMO IS HOSTING AN ACCELERATED PROGRAMS NIGHT!

WHEN: Tuesday, November 15, 2022

TIME: 6:30pm

WHERE: Como Park Senior High School Library

Come to the library November 15th where you will hear from teachers, counselors, and students about College in the Schools (CIS), Advanced Placement classes (AP), and Post Secondary Enrollment Options (PSEO).



The weather is getting colder so please encourage students to dress appropriately. Students are not allowed in the building until 8:15 and need to leave the building by 3:15 unless they are in a supervised activity. Thank you.

GET READY! for College Visits

Join the Get Ready/GEAR UP program on their upcoming college visits to Concordia University, St. Paul on October 28th and the College of St. Scholastica on November 1st. Permission forms can be found in the Get Ready Office in room 2614. You can email Ms. Mai Chue at mmoua.getr@spps.org for an electronic copy of the permission form or reach her at 651-706-6032 with questions.



GREAT THINGS HAPPENING AT COMO



AVID 9 field trip to Lake Phalen:

Wilderness Inquiry



Spanish 4 and 5 students toured



Spanish 4 and 5 are concurrent enrollment courses SPAN 201 & 205 respectively through MSU, Mankato. Students earn free college credit! Please feel free to reach out to Angela Butler for more information about concurrent enrollment at angela.butler@spps.org.



Senior Night at Volleyball 10/13/22



Our girls' volleyball team will represent St. Paul October 24th vs. Minneapolis Southwest at Minneapolis Southwest High School. Come cheer for your Cougars!!





Como Park senior **Alex Le** received the Legion of Valor Bronze Cross award at the Como Park Marine Corps JROTC. The Bronze Cross is an elite honor earned annually by just six exceptional individuals from over 5,000 JROTC cadets across the entire world.

Le's accomplishments in JROTC began during his freshman year and increased over time to include not just higher rank and distinction within the program, but also excellence in challenging academic coursework, extracurricular activities, and community service.

Le is #1 academically for his Junior year at Como Park Senior High. Le carries a non-weighted GPA of 4.0 (4.74 weighted), he has led a Como Knowledge Bowl team to the national JROTC finals in Washington D.C., two times and has earned AP Scholar with Distinction status, and is a member of the National Society of High School Scholars. He has also earned multiple accolades, Nordic skiing, swimming, tennis". Most impressive is the fact that he has completed the Commander Naval Air Force Pilot Scholarship program this past summer at the Delaware State University, Dover.

The proclamation for the Legion of Valor Bronze Cross ceremony included roughly 40 other awards, achievements, and accomplishments. Le's resume is extensive, and his uniform is highly decorated. But the quality most admired by both instructors and fellow cadets is Le's determination.

When asked about his award, Le's selfless attitude revealed itself. To him, the achievements and honors are a by-product of the experiences that were developed as part of his team. "I think truly the most wonderful experience I've had has been to be part of this second family of MCJROTC," Le said.

The support Le has received from the Como MCJROTC, his teachers at Como, and his parents *Le, Thephong* and *Nguyen, Danglan* will serve as a springboard as he pursues his Armed Forces Academy and College experiences. Alex Le has plans to study aeronautical engineering. The goal is to use the skills and commitment to excellence he's developed as a compass for succeeding in the military or college, career, and life".





MCJROTC news:

CPSHS MCJROTC Naval Honor School Again!

The Marine Corps JROTC (Junior Reserve Officer Training Corps) at Como has again been recognized as a Naval Honor School Program for SY21-22 for a seventh time. The award is reserved for the top 20% of all MCJROTC programs across the nation and overseas posts.

The Naval Honor School Award and ranking is based on several factors including unit enrollment, volunteer campaigns, cadet citizenship, leadership camps, competitions, grade point averages, extra-curricular activities, public affairs, scholarships, MCJROTC academies, national level competitions and unit camaraderie.

“Each year we feel the pressure to uphold the highest of standards and proficiency for our program passed down from the last pack of seniors,” said Cadet Commanding Officer Major Jesiah Mason. “It’s normal to fill those big shoes of what they helped us accomplish and drive on with increased economic stress and still meet or exceed the pressure of past year’s statistics. The cadets are always hungry for action and the cadet senior leadership will again prove the wolf is only as strong as its pack. Teamwork! The diverse highlights of our program started well before the school year even started with many cadets involved in the summer Cyber Stem Camp, summer National Drill Camp, summer Senior Leadership Camp, summer Cadet Leadership Camp, summer orienteering, summer JLAB nationals, summer physical fitness sessions, multiple community service events, and our annual Minnesota State Fair Fundraiser which generated double the programs fundraising amounts.

“There remains a steadfast level of pride, maturity and discipline built into each school year in which the littlest of things really matter, and the ‘take charge’ attitude of all the cadets with high motivation is just kind of refreshing during these post pandemic years. Semper fi – we’re staying alive” said Marine Instructor Sergeant Major Kirkland.





These students are preparing to make a masterpiece in Ms. Gbolo's Culinary Arts class. They are using the vegetables grown in collaboration with Murray Middle School.



Ms. Miller's Beginning Drawing students have been doing observational drawing. Students observed color, shape, and detail while drawing leaves and Tootsie Rolls. Students also created small candy still lives using their understanding of composition.



Creativity takes courage.

by Henri Matisse



STAFF SPOTLIGHT

Please welcome our new Physical Education teacher, Kelsey Budd



I am the physical education teacher here at Como.

I have worked as a health teacher at Harding Senior High for the past seven years and Battle Creek Middle School for three years before that. I am also an adjunct professor at Hamline University, teaching K-12 Health Methods to grad students.

In my spare time, I enjoy going for walks with my French bulldog Chance. I love cooking and trying new recipes. I enjoy watching sports and working out.

I am really enjoying working at Como. I have found the staff and students incredibly welcoming. I have enjoyed spending my time in the gym and sharing my passion for athletics with many students.

Please welcome our new Work-Based Learning Coordinator, Mike Zamacona



I am the Work-Based Learning Coordinator, which mainly involves setting kids up for post-high school success.

Previously taught 16 years at Harding High School, and 6 years at the Ramsey County Juvenile and Family Justice Center. I've also been a high school baseball coach in Saint Paul for 20 years, the last 15 of which I have been the Head Coach at Harding.

I love to travel, and have even coached baseball in Kyrgyzstan! I also work as a Public Address announcer for Macalester College—Football/Basketball, and Hamline University—Hockey/Volleyball.

I am new to Como Park Senior High School, but I came here in part because of some of the great people that work here. Moreover, I'm looking forward to collaborating with our educators here as we all strive for the same goal: life-long success for all Como Park students!





Come Be A Gymnast!!



Where:

Central High School,
275 Lexington Pkwy N.
St. Paul MN 55104



When Season

Starts:

November 14-
February 18



You get to meet
new people and
have a great
time as a
gymnast.

For more information
contact Liz at
zamarializ@yahoo.com

Come have a great/ fun time with
the central gymnastics team..

**YOU WONT REGRET
IT!!!**



School Information

Como Park Senior High School is a Title I School. In Saint Paul, to be designated as a Title I school, a school must have a concentration percentage of free and reduced lunch eligible students of 40% or more based on the previous year's October 1 count.

A percentage of the Title I funds at a school are used to support parents in their involvement in their children's education. Schools provide opportunities for parents to learn how to support their children in their school work, to be involved at the school through volunteering and decision making opportunities and they assist parents by removing barriers to being involved.

Please check out some important school documents:

Family Engagement Plan (FEP):

https://docs.google.com/document/d/1a7S3qNKFzD_SfC0tcpGxYCCDavsUywW/edit?usp=sharing&oid=111352336796782835865&rtpof=true&sd=true

Family-School Compact:

<https://drive.google.com/file/d/1bpYIAWJ9hArDGoWYn1Z96fj-zN1DtpTO/view?usp=sharing>

School Continuous Improvement Plan (SCIP):

<https://docs.google.com/document/d/1tljZpmZlo25oPmb07D5NPelIthaW27MR/edit?usp=sharing&oid=111352336796782835865&rtpof=true&sd=true>



Beastbot 2855 is back!

The Como Robotics Team is proud to announce our resurgence! After several years of not having a working team, we are re-building. Join us after school on Thursdays in room 1214 for snacks, adventures, fun and robot building! Robotics is open to anyone. Learn how to build, code, and promote robots! The team is coached by Traci Buckle, Michael Fischer, and Jacob Hanson. For more information stop by their classrooms or send them an email.



Support COMO CHOIRS TODAY!

IMPACT Fundraising

COMO PARK HIGH SCHOOL

Thanks for helping Como Choirs rebuild!

@cphs.performingarts

HUNDREDS OF DOLLARS IN SAVINGS! | WE CAN HELP YOUR GROUP WITH FUNDRAISING TOO! CALL ALEX AT IMPACT FUNDRAISING, 763-208-4944

ONLY \$20

DQ
DQ Grill & Chill
VANGUARD
1799 Rice St. • Roseville

nico's TACOS
2300 Como Avenue • St. Paul
FREE

Hardees
300 Hardees Avenue North • St. Paul
Buy a Sandwich

ACE
The helpful place.
Hardees's Ace Hardware & Paint
915 Dale Street North • St. Paul

The Como Choir Program is fundraising and NEEDS YOUR HELP. Purchase a discount card for \$20 and not only will you save ALL YEAR LONG but you'll also support Como Choirs ALL YEAR LONG!!

Every Meal Free Weekend Food Program is at Como Park!

- Free for all families
- No qualifications required for enrollment
- Every Meal does not collect information from families; privacy is protected
- Families may enroll in the program at any time throughout the school year
- Staff discreetly place food bags in students' backpacks or lockers each week, typically Thursday or Fridays



Families may choose from 5 bag options. All bag types contain 4-5 lbs. of nutritious, non-perishable food.

Please complete the [application](#) and return to the front office or email to lynda.taylor@spps.org. Applications are also available in the front office.

Every Meal program information is available in [Spanish](#), [Somali](#), and [Hmong](#).

For more information, please contact Lynda Taylor at 651-744-5230 or visit her in room 1722.



SAINT PAUL PUBLIC LIBRARY IS OFFERING HOMEWORK HELP CENTERS

LOCATION AND HOURS

[Arlington Hills](#)

- Monday: 4:00 - 7:00 p.m.
- Tuesday: 4:00 - 7:00 p.m.
- Wednesday: 4:00 - 7:00 p.m.

[Rondo](#)

- Monday: 4:00 - 7:00 p.m.
- Tuesday: 4:00 - 7:00 p.m.
- Wednesday: 4:00 - 7:00 p.m.
- Thursday: 4:00 - 7:00 p.m.

[Highland Park](#)

- Monday: 4:00 - 7:00 p.m.
- Tuesday: 4:00 - 7:00 p.m.
- Wednesday: 4:00 - 7:00 p.m.

[Sun Ray](#)

- Monday: 4:00 - 7:00 p.m.
- Tuesday: 4:00 - 7:00 p.m.

[Rice Street](#)

- Sunday: 1:00 - 4:00 p.m.
- Monday: 4:00 - 7:00 p.m.
- Tuesday: 4:00 - 7:00 p.m.

Homework Centers will be open through the week of May 15, 2023. They are closed on [holidays and other library closed dates](#)

Student Career/Internship Opportunities

ManCode Mentoring 2022: Consumer-to-Creator

Phyllis Wheatley, Microsoft, and 100 Black Men of the Twin Cities present this FREE 3-day event for young men ages 11-18. They'll learn the basics of coding, hear speakers talk about a variety of important topics, and get the chance to meet friends and gain skills for tech careers.

October 20, 2022-October 23, 2022

Phyllis Wheatley Community Center

1301 N. 10th Ave.

Minneapolis, MN 55411

[REGISTRATION LINK](#)


[Event Information](#)





JOIN OUR TEAM



 APPLY NOW

SCAN THIS



FOR MORE INFORMATION
<https://www.tidalwaveautospa.com/employment/>





2023 STUDENT SPOTLIGHT COMPETITION

FOR MINNESOTA STUDENTS IN GRADES 9-12

PRIZES

- 1ST PLACE: \$2500 SCHOLARSHIP
- 2ND PLACE: 64GB IPAD AIR
- 3RD PLACE: AIRPODS MAX
- 4TH PLACE: NINTENDO SWITCH
- 5TH PLACE: AIRPODS PRO



The remaining 15 winners will each receive a \$50 Target gift card. Educators representing the top five students will each receive a \$100 VISA gift card.

BestPrep and sponsor Thomson Reuters will invite the top 20 high school student winners and their respective teachers to attend the Educational Forum.

STUDENTSPOTLIGHT.MY.CANVA.SITE

COMPETITION PROMPT:

Imagination and creativity can be tools for change. In *Until the End of Time*, Brian Greene takes us on a journey across time and allows us to think about what a collection of imaginative, passionate, and creative minds can do for our world.

Using written word, art, sculpture, music, theater, or another artform of your preference, share your thoughts on what you want the future to look like. If you had the opportunity to reimagine and create a more equitable society, what would that look like in your world? What can we do now to get closer to the world you imagine?

QUESTIONS? CONTACT KRISTINA CURTIS KCURTIS@BESTPREP.ORG





Career
Pathways

Launch Yourself with Career Seminar Portfolio

Start with **Career Seminar Portfolio**. It is an online self-paced course that is required to be eligible for paid internships and the Earn as You Learn program!

Students will learn about:

- Professional Communication
- Career Interest Inventories
- Career Plans
- Resume Writing
- Job Applications
- Interview Skills
- Worker Rights & Responsibilities Training
- Financial Literacy
- Career Pathway Selection
- And more!

Sign up with QR code or go to:

<https://tinyurl.com/cm6m6ukn>

Questions?

Please reach out to the Work-Based Learning teacher for more information.

SIGN UP!



Log into SPPS email to
use QR code.





Career
Pathways



Paid Spring Internships

Apply in October and make sure you complete **Career Seminar Portfolio**. It is an online self-paced course that is required if you'd like to interview for paid internships.

Spring Internships!

- Get paid to explore careers
- Experience in-demand careers
- Work with professionals
- Develop new skills
- Expand your network
- Build your resume
- And more!

SIGN UP!



Log into SPPS email to use QR code

Apply during the month of October!!

Sign up with QR code or go to:

<https://tinyurl.com/cm6m6ukn>

Questions?

Please reach out to the Work-Based Learning teacher for more information.





Career
Pathways

Earn as You Learn

The **Earn as You Learn** program provides SPPS high school students the opportunity earn a \$300 stipend to learn financial literacy skills, earn a certificate and/or credential to show work readiness.

Certificates include:

- Microsoft (Word, PowerPoint and/or Excel)
- Occupational Safety and Health Administration (OSHA)
- CPR/First Aid/AED
- Customer Sales and Service
- And many more!

Time commitment: ~30-50 hours

For more information:

See the Work-Based Learning teacher at your school

SIGN UP!

Sign up with QR code or go to:
<https://tinyurl.com/cm6m6ukn>



Questions?
Visit spps.org/EarnAsYouLearn for more information.

Log into SPPS email to use QR code.



Do you know a young storyteller? Photography wiz? An aspiring Steven Spielberg? Then they should join the FREE Fresh Films Weekly Filmmaking Program!

Teens 13-19 will create alongside some of the entertainment industry heavyweights including Sony Pictures, Paramount, Food Network, the Roku Channel and others – as they learn the art, science, and business of filmmaking. Teens will learn how to tell their story through film as they work with like-minded teens from their community.

The Details:

- What – Write, Direct, Light, Shoot 5 different films!
- When – Thursdays, starting December 1st , 2022
- Where – CLUES St. Paul
- Who –Teens 13-19

Applicants are accepted with rolling approvals through November 28th. Space is limited so apply as soon as possible. No experience necessary and the program is 100% FREE! Teens just need to bring a desire to learn alongside other young people and get creative on their own film projects.

Learn more and apply at: freshfilms.org/weeklyfilmmaking/

North End Neighborhood Network Resources

Food

In addition to their standing food shelf at the Wellstone Center (West St Paul), [Neighborhood House](#) will again operate a monthly fresh produce distribution at Metro State starting in November. More info to follow.

Holiday gifts – [House of Refuge](#) (near Dale and Front Streets and partnering with Toys for Tots) has started their holiday gift sign up; they also run a food shelf <https://www.hortc.org/shopping-with-dignity-food-shelf>

Thanksgiving baskets – Union Gospel Mission

If you are in need this Thanksgiving, please register [here](#) for a ticket to pick up your free bag of Thanksgiving groceries. All grocery bags must be picked up in person on the date and time given on your ticket.

• Pickup will be Monday, November 21 and Tuesday, November 22. Tickets and correlating time slots will be available on a first-come/first-serve basis.

• For more information (and to volunteer!):

<https://www.ugmtc.org/2022/09/thanksgiving-at-the-mission-2022/>

Energy assistance/Housing supports

• Neighborhood House/Family Center can help with energy assistance. For more information, please contact Family Center Coach Sa Eh Paw at: spaw@neighb.org

• For more information on housing supports, please contact the Neighborhood House Service Connect line: 651-789-3602





COMO PARK SENIOR HIGH SCHOOL

WINTER SPORTS FLYER

REQUIRED FORMS TO PARTICIPATE:

- Sports Physical (valid for 3 years)
- \$45, or \$20 if You Qualify for Free/Reduced Lunch (Must turn in a Free/Reduced form)
- MSHSL Eligibility Form
- Registration Form
 - In Person at the Como Athletic Office Room 1109
 - Online on the Como Park Athletics website





COACH CONTACT INFO

NORDIC SKIING:
TBD / TBD

WRESTLING:
TIJL VANDERWEGE / TIJLOVDW@GMAIL.COM

BOYS SWIMMING & DIVING:
JON TUFTE / JON.TUFTE@SPPS.ORG

BOYS BASKETBALL:
DONNELL GIBSON / DONNELL.GIBSON@SPPS.ORG

GIRLS BASKETBALL:
OLONDA ENGLAND / LONDA214@GMAIL.COM

GIRLS GYMNASTICS (CO-OP WITH CENTRAL):
TAMMY LITTLE / TAMMYLITTLE@COMCAST.NET

BOYS HOCKEY (CO-OP WITH JOHNSON):
STEVE "MOOSE" YOUNGHANS / MOOSE@SHOPSTRAUSS.COM

GIRLS HOCKEY (CO-OP WITH TWO RIVERS):
TIM BLASE / TIM.BLASE@GMAIL.COM
ALLIE DUELLMAN / ALLIE.DUELLMAN@ISD197.ORG

DANCE:
SYDNEY FRANKLIN / HIGHLANDERSDANCETEAM@GMAIL.COM

ATHLETIC DIRECTOR
KOUA YANG
KOUA.YANG@SPPS.ORG

ASSISTANT ATHLETIC DIRECTOR
BRANDON KUETHER
BRANDON.KUETHER@SPPS.ORG





Girls Empowerment

When: Wednesdays

Where: #1613

Time: 3:00pm- 4:00pm

Come join us and learn more about Como Park High Girls Empowerment Group
(there will be food, positivity, games, and great conversation)



Questions? See Ms. Cash in room #1613

