



Saint Pau
PUBLIC SCHOOL



COMO PARK

SENIOR HIGH SCHOOL

October 7, 2022 Newsletter

PARENT/TEACHER CONFERENCES

Tuesday October 11th from 4:00-7:00pm

Thursday October 13th from 4:00-7:00pm

Interpreters are available

Need transportation? Contact Jamie Hoffman at jamie.hoffman@spps.org or 651-744-5529 for more information.



Attention Juniors!!

The PSAT will be administered at Como Park Senior High School on **October 25, 2022**.

By taking the PSAT, you may be eligible for the National Merit Scholarship.

Look for more information from Ms. Vang in Schoology.

SCHOOL PICTURE DAY

Picture Day has been scheduled for 10/28/2022

It is for all students grades 9-12

Retakes will be 11/30/2022

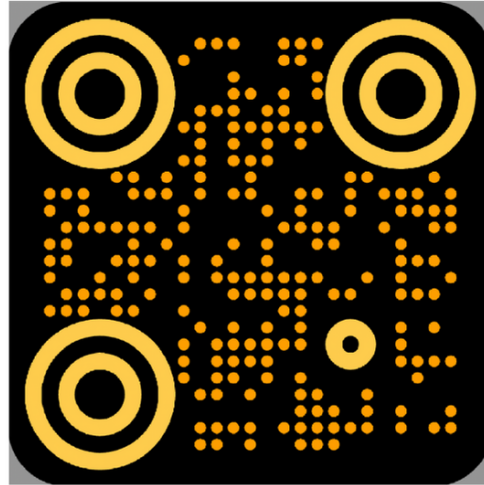




CAP AND GOWN

IT'S NEVER TOO LATE

SENIORS 2023 ORS



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>



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.



Attention Como Families

October 7, 2022

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/#/>

DID YOU KNOW???

Did you know that required school documents can be translated upon request or interpreters made available? For more information please contact Jamie Hoffman at

jamie.hoffman@spps.org.



Girls Empowerment Fall Welcome Back Meeting

When: Wednesday 10/18/22

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

Upcoming Dates

OCTOBER 6- Mid Quarter

11- Parent-Teacher Conferences 4:00-7:00

12- Parent-Teacher Conferences 4:00-7:00

14- Get Ready visit to MSU Mankato 8:00-3:00

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





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!!!



GREAT THINGS HAPPENING AT COMO

SPIRIT WEEK



Pajama/Onesie Day



Culture Day



Jersey Day



Pink Out





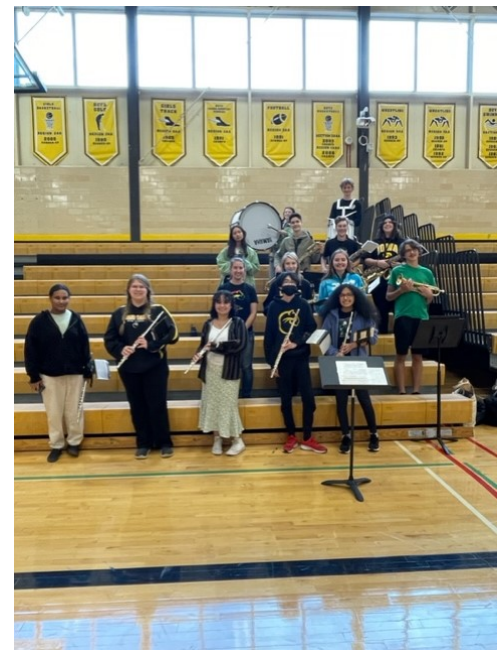
Class Color Day



Way to go Freshmen!

Pep Fest





Above: Juniors from MCJROTC polish their teamwork skills and leadership upon a mission assigned to them during class. Errrrrr.

Left: Medtronics Minneapolis Marathon community service event for MCJROTC hanging hundreds of medals. Great teamwork led by Junior 2ndLt Paw Htoo.



Congratulations MCJROTC Cadet First Lieutenant Ze Vang joining the Minnesota National Guard.



This week in Como Culinary Ms. Gbolo's class did a Murray/Como collaboration. Students at Murray grew and harvested some beautiful vegetables and Como Culinary students prepared some great nutrient dense food with them.

Prioritizing Mental Health is Always in Season

New seasons often come with new stressors. Try to embrace these changes and make sure to prioritize your mental health. Check out Change to Chill for resources and tips.



Please check out this [link](#) through Change to Chill for more information.





Amy (Mental Health Therapist), Tyler (Clinic Coordinator), Jennifer (Health Educator), Christine (Nurse Practitioner), Katie (Nutritionist) and Bao (Medical Assistant)

Hello Como Staff and welcome to the new school year! The Health Start Team at Como would like to introduce ourselves and let you know what services students can access right here in the building.

Services Include:

Physicals

Immunizations

Reproductive Health Services

Care for Acute and Chronic Illnesses

Weight Control Counseling

Sports Nutrition

Mental Health Counseling/Therapy

Health Education Services (including sexual health, smoking cessation, and relaxation techniques)

Classroom presentations on a variety of health topics



Hours of services:

Our Clinic at Como will be open Monday-Friday from 8-4. Not all staff are in the clinic every day, but there will always be someone available during open hours.

Referrals:

To refer a new student to our clinic for any of these listed services, please send or bring student to the Health Start Clinic to start the initial paperwork.

Reminders:

We are located next to the school nurse.

Walk-Ins are welcome.

Main scheduling line for appointments (students can call or text): **651-233-8951**

Direct line to the Health Start Clinic: **651-602-7532**

Please remember that services for students are confidential.

We do not charge students for clinic services but we do bill insurance companies when possible.

THANK YOU FOR SUPPORTING THE CLINIC AND STUDENTS IN ALL THEIR HEALTH CARE NEEDS!



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](#).





Launch your Business.
Be an Entrepreneur!

Are you:

- a student in the 8th-12th grade
- looking to run a business or go to college after high school
- curious about starting your own company

Then apply for our free after-school program by October 9th! Learn more:



or visit
janorth.org/ja-launchu/

Applications are open now for Fresh Films Weekly Filmmaking!

Apply today to join the Fresh Films Weekly Filmmaking to learn the ins and outs of filmmaking as you create film projects and tell your story through film! Meet and work with other teens from your community on projects that will build your skills and your portfolio. Plus, you could earn a paid internship and/or an on-set apprenticeship on a feature film set!

What is the Fresh Films Weekly Filmmaking Program?

It's a chance for youth ages 13-19 to learn film skills and network with industry professionals! You'll meet after school on Thursdays to work on a series of film projects. You'll build all sorts of filmmaking skills – like creating a script, framing a shot, filming, editing and more!

What: Master filmmaking skills as you work on 5 different film projects and learn how to tell your story through film!

When: Starting December 1st

Where: In person at BBTTTC Keystone Community Service and Virtually

Who: YOU!



Applicants will be accepted on a rolling basis - so apply as soon as possible to learn new filmmaking skills and get creative telling your stories.

No experience necessary and the program is **FREE!** Just bring a desire to learn alongside other young people and get creative on your own film projects.

Details and applications: freshfilms.org/weeklyfilmmaking

We look forward to making movies with you!



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.



Blue Bag

Tailored for East African dietary preferences



Green Bag

Tailored to offer the widest variety of food items



Orange Bag

Tailored for Latino dietary preferences



Purple Bag

Tailored for Southeast Asian dietary preferences



Yellow Bag

Tailored with ready-to-eat items that require little or no preparation

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.



STAFF SPOTLIGHT

Please welcome our new Career Pathways Center Coordinator, Ms. Aisha Mohamed

THE COMO CPC

[CLICK HERE](#) to check out the CPC Website

Hi everyone! I am Ms. Aisha Mohamed

What I do at Como: 12th and 11th grade support, College Planning, Career Exploration, Financial Aid Assistance, Job + Internship Support, and Future/Postsecondary planning for all grades!

Contact Info Email:

amohamed.ach@spps.org CPC Coordinator,
Achieve Twin Cities



A Little About Me: I am a Como Alumni and graduated in 2015. I left MN to pursue a bachelor's degree in health policy and political science at the University of Rochester in Upstate New York. I spent my time in undergrad and post college in youth development/youth work and early childhood education. Before coming to CPSHS I was a youth engagement coordinator co-leading the Youth on Boards initiative with the City of Saint Paul. I love to bake, craft and travel as well as trying new foods and experiences.

Why I am excited about my job! I believe the opportunities for young people are limitless and with great support, connection and collaboration can you reach all of those hopes and dreams. I am here to be on the journey of figuring out what you want to do during and post high school. You have high expectations from Como and within the CPC so come ready to get to work and feel great about your post secondary pathway!



Achieve Twin Cities provides career and college readiness programs for Minneapolis and Saint Paul students. For more information please click [here](#).



Please welcome our new Social Worker, Christy McCoy



My name is Christy McCoy and I am so excited to join an experienced team of social workers at Como Park Senior High School this school year. I am new to Como Park Senior High School but not new to St. Paul Schools or the social work profession. For the past 19 years, I have been practicing as a Licensed Clinical School Social Worker for St. Paul School District but have 26 years working in education. My journey working in education began when I was hired as a Social Work Assistant for the Area Learning Center in 1996 after graduating from the University of Minnesota, Minneapolis with my Bachelor of Arts Degree in Psychology. That first year of my career, I met 2 amazing individuals who inspired me to return to school to further my education to be the best advocate I could be for the students and families with whom I worked. I completed my Master of Social Work Degree in 2003 from University of St. Thomas and St. Catherine University's joint social work program and was hired as a social

worker to support students in various alternative high school diplomas including Agape High School where I worked for the past 13 years.

Serving as a link between the home school and community, I collaborate with teachers, administrators, parents, and other educators to provide coordinated interventions and consultation designed to keep students in school and help families access the supports needed to promote student success. I believe in the power of relationships to empower, heal and help us grow as individuals and communities. Honoring the value, worth and dignity of every person is fundamental to who I am as a person and is embedded in every aspect of my practice. As a licensed mental health professional, I provide direct counseling services to address the social, emotional (grief, depression, anxiety, trauma, etc.) and academic needs of students individually and/or in a group setting. I can also help students and families connect with culturally responsive resources such as mental health providers and community resources related to housing, food, clothing, medical needs, etc. as well as assist during times of crisis. Collaborating with school staff and community service providers as a means to pool our expertise to holistically meet the needs of every student is another vital aspect of my role as a social worker. Finally advocating for social justice and striving to ensure access to needed information, services, and resources; equality of opportunity; and meaningful participation in decision making for all people is an essential part of my position as a social worker.

Fun fact - I have also been actively involved with the Minnesota School Social Work Association since 2002 serving in the following leadership roles: Legislative Chair 2008-2013 and 2015-present; President 2013-2015. I am proud to also be serving as the current President of the School Social Work Association of America (SSWAA). In my free time, I enjoy Pilates, walking/hiking with my dog, horseback riding, traveling, reading and spending time with loved ones.



Westerns in the Library!

They're making a comeback in literature and film. There have been so many missing narratives in America's Old West stories.

Not anymore.

Come check them out!





Photo Credit: Inclusivity Mural - Collaboration between SPPS Student Engagement and Advancement Board, Good Space Murals and Community Members

Ethnic Studies Fall Family Forum

Do you have questions about the new Critical Ethnic Studies course in St Paul Public Schools?
 Want to know more?
 Want to connect with other SPPS family and community members?
 We can help answer questions and build connections.

- *Food will be provided
- *Childcare services offered
- *Language support will be available (Hmong, Karen, Somali, Spanish)

A space to ask questions, listen, learn and build community.

Hosted by: Ethnic Studies Department,
 Office of Teaching and Learning

Contact Information:

- [E ethnicstudies.dept@spps.org](mailto:ethnicstudies.dept@spps.org)
- [i Ethnic Studies Website](#)

Information in:

- [Hmong](#)
- [Karen](#)
- [Somali](#)
- [Spanish](#)

**Tuesday-
 October 18, 2022**

5:00 - 6:30 pm

District Administration Building

360 S Colborne St.
 St. Paul, MN 55102
 Rooms: A & B



Saint Paul
 PUBLIC SCHOOLS





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5 Tips to Help You Avoid Student Loan Forgiveness Scams

**Excited about the government's new student loan cancellation program?
So are scammers who are after your money and personal information.**

If you or your children have student loans, you're probably excited about the Biden Administration's announcement on August 24 of the new debt forgiveness plan targeting student loan debt.

The long-awaited plan will cancel up to \$10,000 of student loan debt for borrowers with an annual income of under \$125,000 for individuals and under \$250,000 for married or heads of household couples. Borrowers who received a federal Pell Grant will qualify for up to \$20,000 in student loan debt cancellation.

The U.S. Department of Education (DOE) plans to announce details within the next few weeks on how borrowers can claim their share of the student loan debt relief.

"Nearly 8 million borrowers may be eligible to receive relief automatically because relevant income data is already available to the Department," said the DOE in a recent press release.

Meanwhile, student loan borrowers aren't sure exactly what to do next to receive the relief —and scammers will be rising to the occasion, according to the Better Business Bureau (BBB).

"As student loan holders navigate the new forgiveness program, con artists will undoubtedly be there to take advantage of any confusion," says the BBB, which recommends the following tips for avoiding student loan forgiveness scams.



5. Contact the government agency directly

If you receive suspicious correspondence about grant offers, faster student loan forgiveness, or other messages that raise a red flag, don't reply. Instead, if you are intrigued by the message, contact the government agency (not the number or email listed in the message) named in the offer to inquire whether the message is legitimate or a scam.

For more financial education information visit your [KOFE Portal!](#)

This message is brought to you by our own Hiway Credit Union located inside Como Park Senior High School.

For Spanish, click [here](#).

Support COMO CHOIRS TODAY!

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!!



Thanks for helping Como Choirs rebuild!

@cphs.performingarts

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WE CAN HELP YOUR GROUP WITH FUNDRAISING TOO!
CALL ALEX AT IMPACT FUNDRAISING, 763-208-4944

ONLY
\$20

