



COMO PARK

SENIOR HIGH SCHOOL

September 22, 2023 Newsletter

Absences/Attendance

Please make sure to ALWAYS report your student's absence by 9:30 AM. You can do this by calling the Attendance Line at (651)744-5343. If no contact has been made by a parent/guardian regarding your student's absence, please send a note with the reason for the absence with your student when they return to school. Please contact the main office (651-293-8800) for the process to follow when taking an extended trip.

Transportation at Como

SPPS is continuing to navigate a shortage of bus drivers and has invested heavily into recruitment and retention of new drivers. Como Senior is next on the list to return to yellow buses; however, we do not have enough drivers to commit to sustained yellow bus service for the school at this time. The district carefully considered the Metro Transit routes for each high school and the schools with more difficult to navigate city bus routes were selected to return to yellow buses first.

SPPS has worked closely with Metro Transit to improve bus drop-off and pick-up times near Como Senior and has arranged additional bus access points closer to the school. We will continue to support Metro Transit in improving safety on public transportation, including their recently announced initiative to hire transit ambassadors who will act as an additional resource for riders.

Upcoming Dates

- September 25- No School (Professional Development)
- 28- Technology Night 5:30-7:00 PM
- October 2- Parent Advisory Council Meeting 6:00 PM
- 4- National College Fair
- 5- College Knowledge Night 5:00-7:00 PM
- 6- Homecoming Dance 7:00-10:00 PM
- 7- Homecoming vs. Harding/Humboldt 1:00 PM
- 10- Parent-Teacher Conferences 4:00-7:00 PM
- 12- Parent-Teacher Conferences 4:00-7:00 PM
- 19- No School (MEA Break)
- 20- No School (MEA Break)

Please check out athletic events coming up at :<https://sppscomoparkhighschool.rschooteams.com>




PARENT ADVISORY COUNCIL MEETING

When: Monday October 2, 2023


Time: 6:00pm

Where: Como Park Senior High School


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 Park High School




COMO'S BLACK & WHITE HOMECOMING DANCE



FRIDAY OCT 6TH
7:00-10:00



TICKETS: \$5 EACH
SOLD DURING ALL
dj LUNCHES!



DJ, Board Games & Games!
Raffle For Prizes!
Snacks for sale! (bring cash)





Como Families,

Please talk to your student about the PSAT/NMSQT, an opportunity for your junior to take a test to earn a scholarship toward certain universities. If your student is interested, they can complete this [form](#) to receive more information from Mrs. Vang. Click here to learn more about the [PSAT/NMSQT](#).

Como Park Senior High School Cell Phone Expectations

Please view our cell phone expectations and help us make this year a positive learning experience for your student. [Cell Phone Expectations](#)

Como Park Coffee Shop



The Como Park Coffee Shop wants to send a BIG Thank You! to [True Stone Coffee Roasters](#).

They are providing coffee for our shop and cannot be nicer people to work with. Tera and Bruce are local, and love to support small organizations. Look for their coffee and buy some, It is GREAT!

When is the Como Park Coffee Shop open?
Every day during 1st period and on A days 2nd period.

What can I get at the Como Park Coffee Shop?

- Coffee \$2
- Cocoa \$2
- Smoothies \$3
- Lattes \$3



*** We will be offering Iced Coffee for \$3 later this fall.**



Attention all student and staff drivers!

If you don't have a parking permit, you are in violation of our parking policy. Students and staff, please see Ms. Lor to purchase your parking permit. Staff, be sure your vehicle is displaying your sticker. All students and staff need to stay out of reserved and visitor parking spaces. Follow the rules or violators will be towed. Thank you everyone for your cooperation.

STUDENTS WITH EARLY RELEASE OR LATE START

Students that have early release or late start need to be in the library or stay at home until they need to be at school. It is a safety concern when students are not in their designated areas. If students do not adhere to their schedules, they will be given a class so they have a consistent schedule that they can manage.

CREDIT RECOVERY

Credit recovery registration is now open! Please be sure to use the link below to register for credits you need for graduation. The registration will close at 3:00 p.m. on Thursday 9/28. Reach out to your student's counselor if you have any questions.

<https://docs.google.com/forms/d/e/1FAIpQLSchV2BR4qD4oRSMZErcKLMxiJR9STXLU5nY8DGwGYjcH3-bg/viewform>



TRAVEL OPPORTUNITY FOR COMO PARK STUDENTS!

Puerto Rico and Spain in the summer of 2024!



Travel is so much more than just planes and trains! Students will gain new perspectives, develop a sense of independence, and build skills for the future through this experience. Register for the Puerto Rico information meeting with Mr. Mann here: <https://rsvp.efexploreamerica.com/eyawwww> Register for the Spain trip with Ms. Deiman here: <https://rsvp.eftours.com/yee6aaz>



Como Park Senior High has a new Safe Routes to School Plan to support walking and biking

Over the last year, Como Park Senior High has developed a Safe Routes to School Plan, along with Como Park Elementary. This outlines some ideas for how the streets around the school can be safer - an important first step for safety improvements down the road. Our biggest priorities include getting a sidewalk on Rose Ave by the school and making it safer for walkers to cross at nearby intersections.

The plan also has some ideas for programs we can start at our school to support walking, biking and transit. One thing we are working to offer this year is transit training to help students feel more comfortable using Metro Transit.

Thank you to all of our families and students who shared their input to help develop the plan. If you are interested in getting involved, reach out to Jamie Hoffman at jamie.hoffman@spps.org. You can view the Safe Routes plan online, including the [executive summary](#) and the [full plan](#).

STAFF SPOTLIGHT

Please welcome our new attendance clerk, Vanessa Whitehead



My name is Vanessa but you can call me Ms. V. My current position is the Attendance Clerk here at Como High School and I'm excited to be here. I'm also a transplant to Minnesota however I've lived here with my family for over 3 decades. My favorite time of the year are the summer months and unlike most people I enjoy warm humid days and hot summer nights. I also enjoy researching landscapes, architecture, and interior design. While traveling I prefer mountains and rain forest over beaches and large cities, solitude over crowds, hiking over driving, and spicy foods over bland. In my spare time I attend cultural events, read books on history or watch period pieces. I am not hard to find if you are looking for me. I wear bright colors, hats and bold shoes. What brings me joy are those who take care of animals,

plants, the elderly, and our beautiful planet! Customer service and hospitality are my specialties and when I greet you with a warm smile please don't look too deeply into it. When I was a young girl my father once told me, when I smiled at him while he was disciplining me, my punishment was lessened:) I believe a smile can bring healing to our souls and sending a warm greeting with a smile is a wonderful gift to share.



Please welcome our new school counselor, Natalee D'Amore



Hello students and families!

I'm Natalee D'Amore and I'm excited to work with the students at Como Park Senior High School. Feel free to call me Ms. D'Amore (pronounced Dee-Uh-More). All my students and families do. My pronouns are she/her.

I am the school counselor for students in grades 9-12 with the last names Fi-L. Prior to moving to Minnesota, I worked at schools in Baltimore, New Jersey, Georgia, and U.S.-affiliated international schools in China. I'm excited to work in Saint Paul Public Schools in support of our district's mission to "inspire students to think critically, pursue their dreams and change the world."

As a school counselor and former high school literature teacher, I strive to support students with their academic, personal, and career goals. We all have an array of interests and unique strengths. I'm excited to work with the students here at Como as they continue to develop their strengths, skills, and passion for learning in preparation for their post-high school journey. I'm the proud teacher and counselor of students starting their careers, serving in the military, and attending colleges nationwide, including Morehouse College, Stanford University, New York University, and other post-secondary institutions.

I moved to Minnesota 3 years ago and am originally from New Jersey, the home of some of the best beaches and bagels in the country. When I'm not at school, you can find me exploring the Twin Cities in search of new music, food, museums, and other exciting places to explore. If you have any recommendations for me, I'd love to hear them!

The role of a school counselor

"School counselors help students focus on academic, career, and social/emotional development so they can achieve success in school and are prepared to lead fulfilling lives as responsible members of society"

-American School Counselor Association





Como Park Senior
High School



Scholarships Pathways Applications

Match & Fit

Financial Aid



COLLEGE KNOWLEDGE NIGHT

Thursday, October 5, 2023

5:00 pm - 7:00 pm

740 Rose Ave N
St. Paul, MN 55117

Questions & Concerns?

Career Pathways Center
Ms. Aisha Mohamed
amohamed.ach@spps.org
651-774-2487

Join Us!

To learn about:

- Applying to Colleges
- Como Scholarships & Resources
- Admission Criteria

Take the opportunity to connect with counselors and college/ career access partners to get your individual questions answered.



Dear Como Park High School Families,

The Como Park Senior High School Booster Club invites you to join in all the Booster Club FUN! Como Park Senior High School Booster Club is a non-profit parent-led organization that raises funds in order to 'boost' school activities and clubs that are in need of supplemental financial support.

The Booster Club supports student activities, athletics and clubs throughout the calendar year which include:

- *Homecoming*
- *The Senior Picnic*
- *Robotics club*
- *Girls in Tech*
- *The athletic teams*
- *Black Student Union*
- *Link Crew*
- *English Language Arts*
- *Table Tennis Club*
- *Como Global Showcase*
- *Youth in Government*
- *Counseling Department*
- *Cougar Journal*
- *Como Park FFA*
- *Art and music programs, plus much more!*

Our Booster Club is in need of a BIG BOOST! We have a goal of raising \$15-20K a year and we are falling very short of this goal. This means, we have foregone a Senior All Night Party for the last few years, clubs are very underfunded, and our students are missing out!

Parents who are interested in staying in touch with the Booster Club and helping with fundraising or volunteering your time, please add your information on the sheet in this link: [📄 Booster Club Sign Up](#)

Additionally, instead of selling candy, wrapping paper or magazines, we are suggesting families, businesses, (or groups of families, individuals, or businesses), to send a \$100.00 check or donate online to the St. Paul Como Park Booster Club.

If we can get 200 donations of \$100.00, we can more fully satisfy the many grant requests that we get every year. If another amount is more suitable for you and your family, we are accepting any amount that makes sense to you!

Donate online: <https://sites.google.com/view/cpsbsboosterclub/donate>

You can donate via paypal even if you don't have a Paypal account! Just choose guest check out or "Debit/Credit Card"!





Checks should be made payable to: CPSHS Booster Club and dropped off at the main office or mailed to:

CPSHS Booster Club
740 Rose Ave. West
St. Paul, MN 55117

Thank you in advance for your generosity and support.

Sincerely,

CPSHS Booster Club Committee

PS: Many employers offer a matching gift program for charitable contributions. Please check with your employer and attach any necessary forms with your direct donation – we will do the rest! To learn more about the CPSHS Booster Club and how you can get involved visit us at: <https://sites.google.com/view/cpsbsboosterclub/home>.



CHECK THIS OUT!

Como Park Senior High School Booster Club Fundraiser



Talk about a “win-win,” now your daily cup of inspiration can help support a great cause! Order sustainably farmed, fair-trade Velasquez Family Coffee delivered right to your door and 29% of the purchase price will go to support **Como HS Booster Club**.



**HELP SUPPORT
A GREAT CAUSE!**

Coffee *delivered*
right to your door!

1. Visit vfamilycoffee.com/collections/fundraiser
2. Choose from a variety of roasts and flavors—whole bean or ground—to fill your cart.
3. At checkout, select **Como HS Booster Club** from the fundraiser pulldown menu, then enter your payment information.

You'll enjoy delicious Honduran coffee delivered right to your door and get an extra-warm feeling with every sip knowing 29% of the purchase price goes to **Como HS Booster Club!**

Make a one-time purchase or start a subscription—you'll get great coffee delivered every month while providing ongoing support for **Como HS Booster Club!**



Did you know?

National Hispanic Heritage Month is September 15-October 15

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Hispanic Americans embody the best of our American values, including commitment to faith, family, and country and they have left an indelible mark on our government, culture, and economy.



Upcoming Event

CPSHS TECHNOLOGY NIGHT

Campus & Schology Workshop

Need help navigating
through Campus and
Schology?

Learn how to view your
student's attendance,
grades, and assignments



Thursday, September 28th
5:30-7:00pm



740 Rose Ave. W.
St. Paul, MN 55117

Como Park Senior High School
Cafeteria

Email jamie.hoffman@spps.org
for more information



Register Your Students for Specialty Virtual College Fairs

Each student is unique: help them find their individual pathway.

Specialty virtual fairs offer a convenient way to explore post-secondary options. Encourage your students to join recruiters at one or all of these upcoming events:

Live fair hours are 12:00pm - 2:00pm and 6:30pm - 9:30pm (ET) each date for the following fairs:

- Professional Certificates Virtual College Fair - [Thursday, September 21, 2023](#)
- Diversity, Equity, & Inclusion Virtual College Fair - [Wednesday, October 4, 2023](#)
- Learning Differences Virtual College Fair - [Thursday, October 12, 2023](#)
- First-Generation Virtual College Fair - [Wednesday, October 25, 2023](#)

[Learn more here](#) or [Register now!](#)

Students and Families:

- Use this platform to explore options and services that are available to you at the participating institutions.
- [Expert-led educational sessions](#) will guide you on maximizing the benefits of higher education.
- Visit institution booths and chat live with admissions representatives
- Participating students have a chance to [win a \\$50 Starbucks gift card](#) through a TikTok contest. *Details will be emailed to registered students.*
- This experience will be ADA and WCAG-compliant.

[Get helpful information about navigating a virtual fair here.](#)

Counselors: Print and distribute [this QR Code flyer](#) for students to register on the spot!

GoToCollegeFairs is invested in equity and opportunity for all students. The [GoToCollegeFairs Virtual Fairs Fall 2023](#) are free to attendees. [Learn about our why.](#)



Your child's college degree,

ACHIEVED



FAMILIES OF HIGH SCHOOL JUNIORS AND SENIORS:

Get free college coaching now

Your student can apply to College Possible to get **free college coaching** for help with the most common challenges of getting into their best-fit college. Support starts their junior or senior year in high school and follows them to through college graduation.

YOUR STUDENT CAN GET FREE HELP WITH:

- SAT or ACT test prep
- Finding their best-fit schools
- College applications
- Financial aid and scholarships
- Getting ready for their first year of college

WHO IS ELIGIBLE?

- High school juniors or seniors
- Minimum GPA requirement (varies by location)
- Meet household income guidelines (varies by location)
- Students with interest in attaining a bachelor's degree
- Students who are ready to commit to full participation in the program



Limited spots available, apply early! Learn more at
CollegePossible.org/Apply

[Español](#) [Hmong](#) [Somali](#)



OUR STORY

Every Meal is a 501(c)(3) nonprofit organization with a mission to fight child hunger through community and school partnerships. We strive to make a difference in children's lives by focusing specifically on food gaps — the times when children aren't at school to access meal programs. Providing kids with wholesome food is our focus, and their growth and achievement is at the heart of everything we do.

- **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
- Volunteers or school staff discreetly place food bags in students' backpacks each week, typically on Fridays

For questions, please contact your school.



To learn more or to get involved
with Every Meal's mission, visit:
everymeal.org

2723 Patton Rd. Roseville, MN 55113



EVERY MEAL
formerly The Sheridan Story

FREE WEEKEND FOOD ENROLLMENT FORM



Need information in a
different language?

Scan the QR code or visit:

everymeal.org/free-weekend-food





KAREN CLUB

2023-2024



Calling all Karen students of Washington Tech Magnet, Harding Senior High School, Humboldt Secondary School, and Como Park Senior High...

- Are you looking for extra academic support?
- Do you want to learn more about your culture and history, how to manage stress, leadership skills, etc.?
- Do you want to go to exciting field trips of your choice?
- Or connect with other Karen youths at your school or community?



Come Join Our team for the 2023-2024 School Year!

Contact: Mular Lerpwel 651-202-3119 mlerpwel@mnkaren.org





HEALTH START
SCHOOL BASED
CLINICS

Your Health Start Clinic is Open!

MONDAY-FRIDAY 8:00AM-4:00PM

WE PROVIDE:

- MEDICAL CARE
- MENTAL HEALTH SERVICES
- NUTRITION COUNSELING AND EDUCATION
- HEALTH EDUCATION

INCLUDING SEXUAL HEALTH AND STRESS MANAGEMENT

PLEASE STOP BY THE CLINIC (LOCATED NEAR YOU SCHOOL NURSE'S OFFICE) OR CALL 651.233.8951 TO ASK QUESTIONS, REGISTER, AND MAKE AN APPOINTMENT

NO ONE IS TURNED AWAY FOR INABILITY TO PAY. WE SEE YOUTH 11+



HEALTH START
SCHOOL BASED
CLINICS

FOLLOW US ON INSTAGRAM!

For helpful info about our clinics,
health resources for teens &
parents, and more!



@mcc.healthstart



CAREER CONNECT

CAREER EXPLORATION + JOB FAIR

Attention 11th grade students & families!

The Career Connect field trip will take place on October 17th!

This experience reflects how students at increasingly younger ages are working to envision their paths beyond high school. There are more options than ever before for students to volunteer, intern, and shape their educational experiences. Our thriving business community wants to help students explore their opportunities and help them understand how they can dream and create their own paths to the future.

The following career areas will be represented:

1. Business, Management & Administration
2. Agriculture, Food & Natural Resources
3. Arts, Communications & Information Systems
4. Engineering, Manufacturing & Technology
5. Health Science Technology
6. Human Services

Find Aisha Mohamed in the Pathways Center (right across from the Counselor's office, or Mr. Zamacona, in room 1603, to get your field trip permission slip.

<https://www.stpaulchamber.com/careerconnect.html>

Here is a video to watch for more information:

<https://www.youtube.com/watch?v=htBZHvmloQc>



GREAT THINGS HAPPENING AT COMO



Congratulations OI' Cadet Dallas Beilke who was inducted officially into the ranks of the United States Navy after graduating basic training in Great Lakes Naval Training Center north of Chicago, Illinois. He will now work towards his MOS as a machinist / mechanic. Ooh Rah Sailor!



Cadet Color Sergeant's Sumalee Reh and Rigoberto Flores stand tall on the Como Park Football field at 9:11am on the morning of 11 September 2023 to honor the many souls who perished on the frightful day. 9/11 made our country more determined than ever to live our lives in freedom

and it was the worst day we have ever seen, but it brought out the best in all of us. One of the worst days in America's history saw some of the bravest acts in Americans' history. Semper Fidelis.



CPSHS stands up a Raider Team! Pictured is Como Park's MCJROTC introduction to the one-rope bridge and our future RAIDER team. **OOH - RAH !** Thanks to the leadership of the first ever Como Park High School Raider Team Captain, Cadet Sergeant Major Alex Sandoval has stood up a RAIDER team for Como Park's MCJROTC. Although we have much work ahead of us to prepare the mixed team (8 boys and 4 girls), they will travel to their first competition on October 13-14 in Peoria, Illinois to compete in many grueling physical fitness challenges and the challenging one-rope bridge over a creek of water. Good luck Como Park Raiders!!!



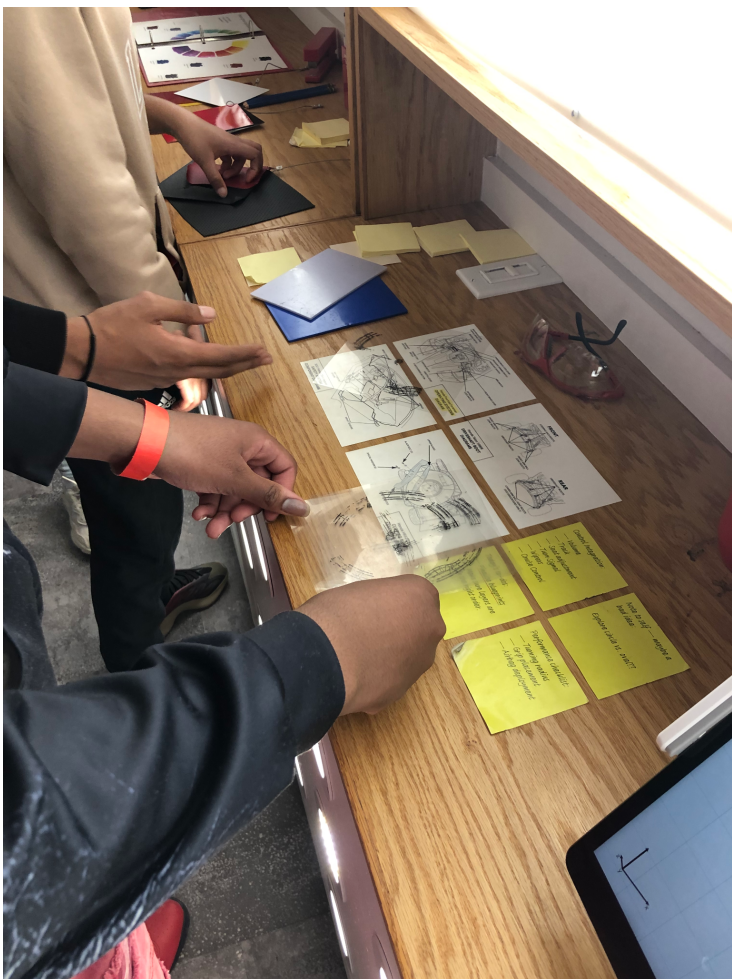


A really great group of new CPSHS MCJROTC cadets turned out for our Mini Boot Camp. All of them were led by Senior Drill Master Cadet First Sergeant Cooper Westrum. Introduction to Color Guard, Unarmed Drill, Armed Drill, Physical Fitness and yummy MRE's. We continue to sail our ship forward to stand up our SY23-24 (LE1 Teams). OOH RAH!!!



On Wednesday, Sept. 20, about 40 Como students, grades 9-12, went on a field trip to St. Paul College for a CREATORS WANTED—Manufacturing Exhibit.

Our kids explored modern manufacturing in the United States, met with industry leaders, and networked with area-manufacturers to find resources for training programs and job opportunities!



“Creators Wanted is not only a campaign to give students and jobseekers the resources and paths for well-paying and rewarding careers but also our industry's call to the nation to join us and create a better future for all.”

CREATORS WANTED

PRESENTED BY

