



Saint Pau
PUBLIC SCHOOL



COMO PARK

SENIOR HIGH SCHOOL

September 9, 2022 Newsletter

Welcome to the 2022-23 school year! All of us at Como Park Senior High School were thrilled to see students participating and building relationships at our Open House last week. We hope that every student will feel welcomed and connected to our school community. We are looking forward to productive partnerships with parents/guardians to ensure student safety and academic growth. We encourage family involvement and believe it is key to student success. This school year, we are working towards as much normalcy as possible for our students. Our goal is to have a safe and positive environment at school so your student can thrive. We are excited to get to know you and your students this year. Thank you for your patience, support, and understanding as we tackle this year with enthusiasm, compassion, and collaboration.

Go Cougars!!

Attendance

*Students cannot enter the building until 8:15am. Please plan accordingly.

*New tardy policy this year: Students will not be allowed into the building after 11:30am unless a parent is present or the student has a doctor's note.

*Parents/guardians are legally responsible for making sure their children attend school every day it's in session. Children are not allowed to miss school without legal excuse.

The only legal reasons to miss school are:

- Sickness.
- Doctor appointments.
- Religious holidays.
- Extreme family emergency.

If a child is going to miss school for any reason, parents/guardians must notify the school of the absence by calling 651-744-5343. Any vacation leave of 3 or more days must be approved by Principal Morris. Students can get the vacation approval form in the office.



School Expectations

*Students are expected to be in their assigned class at all times. This is how we can ensure students are safe and learning.

*PSEO, Self Directed, and Online Learning students will need to spend this time out of the building as we do not have staff to supervise students in these courses. Students need to come to school when they have an actual class with a teacher.

*No outside food is allowed unless your child would like to bring lunch from home. Como Park Senior High School provides free breakfast and lunch everyday. No food will be accepted that is delivered from Door Dash, GrubHub, etc.

Cell Phone Reminder

Parents: If you need to reach your student during the school day, please call the main office at 651-293-8800 and the clerk will relay the message or call your student down to the office. Please do not call the student directly. Cell phone use is not allowed during class time. It is distracting to the teacher and it disrupts your child's learning. If a student continues to use their cell phones during class, teachers may hold the phone for the class period or the student can make arrangements to check in their phone for the day. Thank you for your cooperation.

Parent Advisory Council 22-23

Come be involved in decisions about Como Park Senior High School.

We meet every 1st Monday of the month. The Parent Advisory Council (PAC) works together to provide input regarding school policies and school improvement. Parents are an integral part of developing our Family Engagement Plan, School Compact, and School Continuous Improvement Plan (SCIP). PAC also helps organize school events such as Family Fun Night and the Senior BBQ. For more information, contact Jamie Hoffman at jamie.hoffman@spps.org or 651-744-5529.

Our first PAC meeting will be on October 3rd from 6:00pm-7:30pm. It will be virtual through Google Meet.

Google Meet joining info

<https://meet.google.com/caf-dwwh-uro>

Or dial: +1 224-650-8380 PIN: 201 053 629#



Como Park Senior High
2022-23 Bell Schedule

Seminars meet every day

Period 1A/1B

8:30 - 9:50

Period 2A/2B

9:55 - 11:10

Period 3A/3B

11:15 - 1:00

11:10 - 11:35 Lunch A

11:55 - 12:20 Lunch B

12:35 - 1:00 Lunch C

Grade Level Seminar

1:05 - 1:40

Period 4A/4B

1:45 - 3:00



Saint Paul Public Schools
A/B Day Calendar 2022-2023
Quarter 1 and 2



September											
Monday		Tuesday		Wednesday		Thursday		Friday			
No School		6	First Day of School	A	7	B	8	A	9	B	
12	A	13		B	14	A	15	B	16	A	
19	B	20		A	21	B	22	A	23	B	
26	A	27		B	28	A	29	B	30	A	
October											
Monday		Tuesday		Wednesday		Thursday		Friday			
3	B	4	A	5	B	6	A	7	B		
10	A	11	B	12	A	13	B	14	A		
17	B	18	A	19	B	20	No School		21	No School	
24	A	25	B	26	A	27	B	28	A		
31	B										
November											
Monday		Tuesday		Wednesday		Thursday		Friday			
		1	A	2	B	3	A	4	B		
7	A	8	Digital Learning Day	B	9	A	10	B	11	End of quarter 1	
14	B	15	A	16	B	17	A	18	PD-No school		
21	B	22	A	23	B	24	No School		25	No School	
28	A	29	B	30	A						
December											
Monday		Tuesday		Wednesday		Thursday		Friday			
						1	B	2	A		
5	B	6	A	7	B	8	A	9	B		
12	A	13	B	14	A	15	B	16	A		
19	No School		20	No School		21	No School		22	No School	
Winter Break - No School 12/19/22-1/2/23											
January											
Monday		Tuesday		Wednesday		Thursday		Friday			
2	No School		3	B	4	A	5	B	6	A	
9	B	10	A	11	B	12	A	13	B		
16	No School - MLK		17	A	18	B	19	A	20	B	
23	A	24	B	25	A	26	End of Quarter 2		27	No School-Grading Day	



CPSHS MCJROTC Summer Highlights



MCJROTC Cadets worked their annual fundraiser at the Minnesota State Fair for seven days. Keeping the great Minnesota Get Together clean from end to end. The leadership of all those involved was noteworthy. They managed to raise enough money again for their travel adventures for SY22-23. OOH RAH!



The all-Girl Color Guard team in action today at Fort Snelling State Park for the Women Marine Association. Sophia Moore, Sumalee Reh, Krisha Rana, DC Her, and Paw Htoo.





Easy Company, 3-47 Infantry Regiment

1d · 🌐

This afternoon, the Deputy Commanding General of the U.S. Army National Guard, Brigadier General Osborn recognized PFC Shar for excellence. PFC Shar was selected as the Soldier of the Cycle for Class 22-103. PFC Shar rose above his peers both physically and mentally and became an example for his fellow Soldiers to emulate. Congrats PFC Shar!

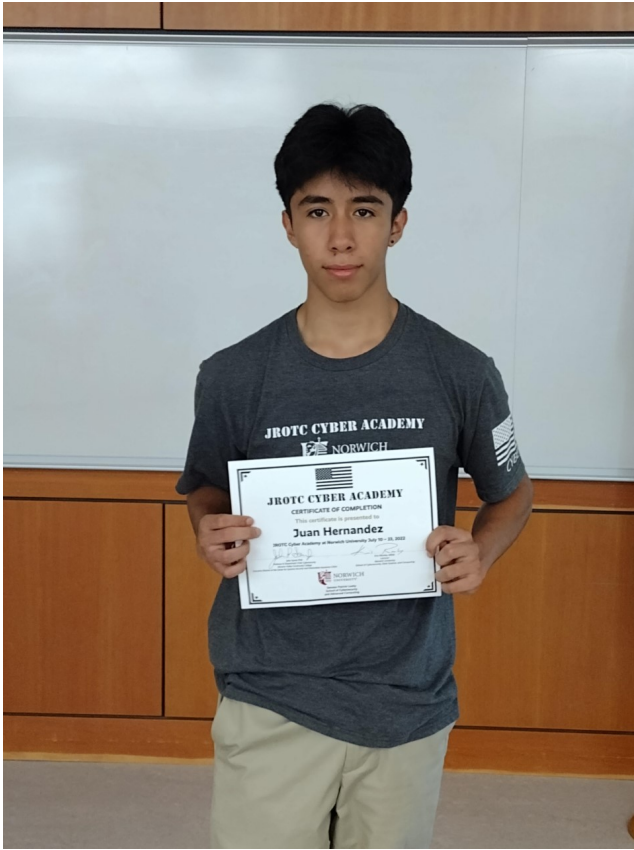


Left: PFC Shar was selected as the Soldier of the Cycle for Class 22-103 by U.S. Army National Guard, Brigadier General Osborn.

Below: On August 4th, the Keewaydin Chapter of the Daughters of the American Revolution (DAR) held a ceremony to rededicate the restoration of a historical marker that had been placed on the Gideon and Agnes Pond House in Bloomington, Minnesota in 1934. Samuel and Gideon Pond were missionaries to the Dakota Indians of Minnesota from 1834 until 1853. One of their greatest accomplishments was developing the first alphabet for the Dakota language, which had never previously been written down. Once the alphabet was established, with collaboration of others, they developed a Dakota dictionary, as well as a grammar and hymnal. They also translated the Bible into Dakota; that effort took 40 years to complete.

The ceremony included the Presentation of Colors which was beautifully performed by Color Sergeant Cadet Corporal Samuel Hunt and the rest of the Color Guard team from Como Park Sr. High School Marine Corps Jr. ROTC. Three great-great-grandsons of Gideon Pond attended the ceremony.





Congratulations MCJROTC Cadet Corporal Juan Hernandez. He graduated from his three-week Cyber Patriot training and earned 3 college credits at Norwich University out in Vermont. Outstanding!



It has been an amazing week with CPSHS MCJROTC cadets: Hadrian Senter, DC Her, Gay L. Htoo, Chong Her, Jesus Flores, Sophia Moore, Paw Htoo, and Selena Paul interacting with various community first responders in our community.

First responders camp teaches metro teens ins and outs of rescues

Click link for full story.

<https://www.cbsnews.com/minnesota/news/first-responders-camp-teaches-metro-teens-ins-and-outs-of-rescue-s/>





The Como Park's High School MCJROTC embarked on a 4-day (3,300 mile) road trip for their annual Cadet Leadership Orientation Camp for SY21-22. With the intent of developing the new cadet staff in logistics and planning and ensuring all 29 cadets were developed progressively through increased stress, responsibility, teamwork, and sacrifice during the entire adventure. Excellence in their leadership attacked the Chicago Science and Industry Museum, Chicago Naval Pier, Gettysburg National Park, Constitutional Hall, the Liberty Bell, Tun Tavern (Birthplace of the Marine Corps) hollow grounds, NYC Statue of Liberty, NYC Ellis Island, NYC Financial District, NYC 9/11 Museum, NYC Subway System, NYC Times Square, NYC Central Park, NYC Museum, and finally the Cedar Point Amusement Park in Northern Ohio. OOH RAH!





Como Park Senior High School Homecoming!!



When: Saturday October 1st

Time: 1:00pm

Where: Como Park Senior High School Football Field

Go Cougars!!



PARENT/TEACHER CONFERENCES

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

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

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

Retakes will be 11/30/2022



Parents Right To Know

PARENT'S RIGHT TO KNOW TEACHER AND PARAPROFESSIONAL QUALIFICATIONS

Under the *Every Student Succeeds Act*, parents have the right to request information regarding the professional qualifications of their student's classroom teachers and paraprofessionals. Parents who would like to receive this information should write to the Human Resource Department, Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. You have the right to ask for the following information about each of your child's classroom teacher(s).

- Information about whether the teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
- Information about whether the teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived;
- Information about whether the teacher is teaching (subjects or content) in which proper certification is held by the teacher.
- Information about whether the child is provided services by paraprofessionals and, if so, their qualifications.

Parent Right to Know: Hmong

Parent Right To Know: Karen

Parent Right To Know: Somali

Parent Right to Know: Spanish

Education Benefits/Free or Reduced Price Meals

Although all students receive a free breakfast and lunch, it is extremely important that families complete an application for Education Benefits/Free or Reduced Price Meals. These applications also determine educational funding for a variety of programs including math and reading. You can find this application online at ns@spps.org. For a paper copy, call Nutrition Services (651) 603-4954.

Health Start Clinic

Services are provided during the school day and after school by teams that include a health care provider, licensed independent clinical social workers, registered dietitians, health educators, and in four sites, a certified fitness trainer. Services include:

- Medical Care: Physical/sports exams, immunizations, lab services, and asthma care. Reproductive care includes testing and treatment for STDs, birth control, and pregnancy testing.
- Nutrition Counseling and Medical Nutrition Therapy includes services for weight loss, reduction of cardiovascular and diabetes risk, anemia, eating disorders, and food scarcity.
- Social Work Counseling & Therapy includes assessment, diagnosis and treatment of mental health disorders and mental health issues such as bereavement, homelessness, violence, substance abuse, relationship problems, pregnancy, sexual abuse, and anxiety.
- Health Education: Includes individual, small group, classroom and peer education on topics such as smoking cessation, sexual health, stress management, and insurance resources.



IMMUNIZATION REQUIREMENTS AND INFORMATION

State Law (MS 121A.15) requires all students in public schools be fully immunized or have a notarized statement exempting them from immunizations while enrolled in school.

-All students new to Saint Paul Public Schools (SPPS) must bring their immunization record or exemption record to school upon enrollment.

-Make sure your child has all of the recommended vaccinations for the school year 2022-23.

***For more information contact our school nurse, Lori Nakamura at 651-888-7614**

Please familiarize yourself with our [SPPS Covid-19 Student and Family Guidelines](#).



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.





HIGH SCHOOL YOUTH CONSERVATION INTERNS NEEDED



American Conservation Experience (ACE) and Minnesota Valley National Wildlife Refuge are seeking **Youth Conservation Interns** to protect and preserve public lands, wildlife, and waters!

Interns will work alongside refuge staff to contribute to various natural resources and conservation programs one Saturday per month during the school year. The conservation interns will have the opportunity to participate in habitat restoration, biological monitoring, community outreach and refuge programming, career readiness training, develop outdoor recreation skills such as bird-watching, mountain biking, archery, hiking, fishing, and more!

Location: Minnesota Valley National Wildlife Refuge

Dates October 2022 – May 2023

*Possibility for extension into our 9 week upcoming summer program!

Compensation: \$96 per Saturday shift

Schedule: One Saturday per month (6-8 hour shift)

Qualifications:

- Age 14-17 at the start of the position
- Willingness to conduct physical work in all outdoor conditions
- Dedication to modeling safe and professional behavior at all times
- Live within driving or public transit distance of Minnesota Valley NWR
- Have an interest in natural resources and conservation!

Questions? Contact:

- *Christopher Dunham (USFWS)*
christopher_dunham@fws.gov
- *Nicholaus Jackosky (ACE)*
njackosky@usaconservation.org
- *Dakota Crider (ACE, USFW)*
Dakota_Crider@fws.gov



To learn more and apply at :

<https://docs.google.com/forms/d/e/1FAIpQLSdzB4QgSWS2I5ht4W1hoPY3P3tYjDoINha0xwNBGEaGDVBhJw/viewform> .

or scan the QR code

Apply Today!

**Applications are accepted
until positions are filled**





COMO PARK

SENIOR HIGH SCHOOL

Dear Como and Murray Parents,

Fall sports have begun! The first day of practice was August 15th, but we still have room for more student-athletes on the girls swimming, girls tennis, and girls soccer teams. Great news: we finally got our second set of bleachers! Come out and cheer on the Cougars! Here's the link to our athletic schedules:

<https://spscomoparkhighschool.rschooteams.com/page/2917/mn>



Athletic Registration and Payment Procedure

Please come and register at the high school athletic office. In order for your child to be eligible for participation, you will need a [Minnesota state high school league eligibility form](#), updated sports physical, and the sport fee of \$45, or \$20 for free and reduced lunch. If you're looking to pay the athletic fee in person, you can find Athletic Director Koua Yang and Assistant Athletic Director Brandon Kuether in room 1109 at Como Park High School. Our usual office hours are 9am to 4pm. Please enter through the main entrance and security will escort you to the athletic office.

For more information, please visit: <https://sppscomoparkhighschool.rschooteams.com>. If you have any questions, please feel free to call or email. Here is a list of coaches and their emails if you want to contact them directly for summer practices and regular season practices/tryout logistics:

Adapted Soccer (co-op w/Humboldt): Malachi Long / malachi.long@spps.org

***Cross Country Boys & Girls: Tim Kersey / kerseytimothy@gmail.com**

Football: Kirby Scull / kirby.scull@spps.org

Soccer Boys: Sunday Htoo / sunday.htoo07@gmail.com / Jonah Fields / jonah.fields@spps.org

Soccer Girls: Sumaya Mohamed / sumaya.mohamed@spps.org / Rodrigo Sanchez-Chavarria / rscspokenword@gmail.com

***Swimming Girls: Jon Tufte / jon.tufte@spps.org**

***Tennis Girls: Poem Vang / vangpoem@gmail.com & Kia Yang / kia.yang3@spps.org**

Volleyball Girls: Hannah Wolf / hannahwolfy@gmail.com & Justine Revermann justine.revermann@spps.org

**** middle school (7th-8th graders) can participate!!!!***

Sincerely,

Koua Yang Athletic Director

koua.yang@spps.org

651-744-3104

