



Saint Pau
PUBLIC SCHOOL



COMO PARK
SENIOR HIGH SCHOOL

September 23, 2022 Newsletter

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.

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.



Late Work

Students are expected to turn in work on time per the teacher's due date. Students should work directly with their teachers to request due date extensions. All work due before mid-quarter (as shown on the [Como calendar](#)) must be submitted by mid-quarter or it will not be accepted. All work due after mid-quarter must be submitted by the Friday before the end of the quarter or it will not be accepted. Work due during the last week of the quarter must be submitted by the last day of the quarter.

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

It is for all students grades 9-12

Retakes will be 11/30/2022



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 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/100B8fP3-jEYvzHT7Qq8xUEebkvVJCjtXxrT_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>



News from the Como Library!

Basics:

- **The library is open** for book checkout. Come see me!
- **Peer Tutoring** is launching again this year. If you need extra help with your class work, please come see us (with a pass from your teacher of course!).
- There's lots of new books to read, I hope to see you soon.

#BookTok student requests are in and on display!



~ CJ
(your humble librarian)





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 Assistant Principal, Michelle Odeen

I am excited to be joining the Como Park Senior High School community as the newest Assistant Principal. I have spent the last 27 years working across the street at Como Park Elementary School as a classroom teacher, technology coordinator and instructional coach. I love living in the neighborhood and look forward to working with Como families at the next level. When not at work I enjoy cooking, reading, gardening, boating, fishing and spending time with family.

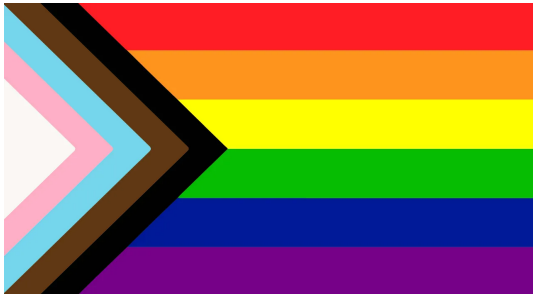




New district-approved course offering at Como!



LGBTQ Studies is a new Social Studies elective being offered Quarter 3!



This semester-long course covers topics such as: identity denial, sexual-orientation, bias and credibility, scientific arguments for/against gender-based identities, social status, stereotypes, and institutional heterosexism.

Students will focus on resistance and resiliency today and answer questions like “How did we get here?”, “Where are we today?” and “Where are we going?”

Students will learn how to construct an argument and counter-argument, how to assess and access multiple perspectives, and how to support or refute interpretations through evidence.

National Hispanic Heritage Month

Sept. 15-Oct. 15, 2022

This month is a celebration of the heritage, histories, cultures, and contributions of Americans, immigrants, and visitors whose ancestors came from parts of Spain, Mexico, the Caribbean, Central America, and South America. Observing Hispanic Heritage Month allows our community to show its recognition and support for the work Latinos/Latinx are doing in helping our communities to grow.

From hispanicheritagemoth.gov: “The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.”

From The American Presidency Project: [Proclamation 10257—National Hispanic Heritage Month, 2021](#): “National Hispanic Heritage Month is an important reminder of how much strength we draw as a Nation from our immigrant roots and our values as a Nation of immigrants.”



GREAT THINGS HAPPENING AT COMO



MCJROTC color guard Cadets Anthony Landaverde and Jesus Flores participate in a 9-11 remembrance event held Sunday at the Lake Harriet Band Shell to remember all the victims of 9-11.



Congratulations student/Commanding Officer Cadet Major Jesiah Mason from MCJROTC. He was accepted to Augsburg College today and was awarded a \$116,000 dollar 4 year scholarship. Ooh Rah!



MCJROTC Female Color Guard Team gearing up to present the Colors at the CPSHS Homecoming Football Game. Team will be led by Color Sergeant Sumalee Reh (10).



We have several artists here at Como Park! Ms. Miller's Beginning Drawing class has been working on color schemes to enhance their drawings. Wow! Great artwork!



Miss Minnesota, RACHEL EVANGELISTO, visits Como Park

Rachel Evangelisto, the first Native American Miss Minnesota, visited our school on Wednesday September 21st. Rachel is a certified Racial Justice Facilitator and enjoys sharing her cultural journey as well as her Miss America journey with others. She is from Winona, Minnesota and also works as an Indian Child Welfare Act guardian. She is a member of the Standing Rock Sioux Tribe.

Here is what Como student, Brea Wilson, had to say:



Miss Minnesota, Rachel Evangelisto, is an amazing indigenous, and inspiring woman. Crowned Miss Minnesota this year she has done many great things for Native American youth and will continue to do so through her term. Rachel inspired me especially due to the fact that she persisted through law school, and persisted through the hard troubles being the first Native American Miss Minnesota. A common issue amongst many Native Americans and specifically Native American youth is feeling as though you aren't "native enough", not fitting into the stereotype society places us in and feeling lost or without a true cultural identity. Rachel touched on this subject sharing how she felt, how she dealt with it, and how she overcame it, leaving me at the end of her time with us feeling connected to my community and empowered. ~Brea Wilson





Managing Back to School Stress

With the start of a new school year, students are likely to feel both excitement and stress. Learn how to help them manage with resources from Change to Chill.

changetochill.org

Step 1: Understanding Stress

Teaching students how to recognize the signs and symptoms of stress can be helpful as they work to better manage their mental well-being. Here are a few Change to Chill resources that can help: [Read more >](#)

September is Suicide Awareness Month

Suicide can be a very difficult topic. Please be sure to practice self-care when reading. September is Suicide Awareness Month. Though suicide can be an uncomfortable topic, it is important that we talk about it. Asking someone if they are feeling suicidal or talking about suicide in a safe way will not put the idea in someone's head. Instead, opening up the conversation can give someone the chance to ask for help. Please check out this month's [parent resources](#) from NAMI Minnesota (National Alliance on Mental Illness).



Hey Cougars!!

The Como Coffee Shop and School Store will be opening soon!

The store will be open period 1B from 8:30-9:30

Supplies are being ordered, including coffee, tea drinks, and Como Gear



The staff is getting ready for our opening. Listen to the school announcements for more details.

See you soon!





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!!!



**Come And
Join the
Fun!**

COMO PARK SENIOR HIGH

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



HOMECOMING

October 1, 2022

10 AM GIRLS SOCCER \$4

1 PM FOOTBALL \$4

4 PM BOYS SOCCER \$4

YARD GAMES

FREE BREAKFAST

CLIMBING WALL

CONCESSIONS

FREE FOOTBALL ADMISSION TO FIRST 50 STUDENTS



**HOMECOMING
SPIRIT WEEK**

SEPTEMBER 26TH - 30TH

MONDAY ONSIE/PAJAMA DAY

TUESDAY CULTURE DAY

WEDNESDAY PINK OUT

THURSDAY JERSEY DAY

FRIDAY CLASS COLOR DAY

FRESHMAN: GREEN

SOPHOMORE: RED

JUNIOR: BLUE

SENIOR: BLACK & GOLD





COMO PARK SENIOR HIGH HOMECOMING DANCE

SATURDAY OCTOBER 1ST

7:00pm-10:00pm IN THE GYM

Tickets: \$5.00 (sold in all lunches)

Theme: **Neon** or **Glow in the Dark**

Snacks such as chips, candy, water, and Gatorade will be sold during the dance

Greetings Como Families!

The Como Park Booster Club is looking for volunteers and/or donations to help with Homecoming activities on Oct 1. Visit our Sign Up (by using the link below) to volunteer or donate! We are hoping to collect donations to cover student admission fees to the football game. Help us BOOST Como!

<https://signup.com/go/CJPWRqU>

Como Park Booster Club
comoparkboosterclub@gmail.com

Infinite
Campus

[Campus Parent Login](#)

Do you want to stay informed about your student's classes, assignments, grades and attendance? Do you need help accessing Campus Parent Portal, Schoology, or iUpdate?

Come to our workshop **Thursday October 6th from 6:00pm-7:00pm** in the cafeteria where we can walk you through these online tools. Please RSVP to Jamie Hoffman at 651-744-5529 or jamie.hoffman@spps.org so we can meet your needs the evening of the event. Interpreters are available.



The Minnesota Report Card gives you easy access to several reports about the state of education in our local district, a specific school, or the state as a whole.

Here is the Minnesota Department of Education (MDE) School Report Card for Como Park: [Minnesota Report Card](#)

For information about interpreting and using the data on the Minnesota Report Card and MDE Data Center, please see the [Minnesota Report Card User Guide](#).



If your student signed up for a Metro Transit bus card on Schoology, please have them pick it up from Sarita in the Main Office.

If your student's bus card is lost or stolen, they may purchase replacement cards for \$20 in the Main Office.

