



COMO PARK

SENIOR HIGH SCHOOL

November 4, 2022 Newsletter

Attention Como families!! We Need Your Help...

Como Staff wants to make sure we are addressing the concerns and issues that are important to students and families. Please click on the link and fill out this short form and let us know what you would like to see communicated at Staff Professional Development Trainings.

<https://docs.google.com/forms/d/e/1FAIpQLSdq02-HrYZFbTg9vCfqfgugO6JiHyNxSk9L0vQxJhdIRXL7Q/viewform?usp=sharing>

Upcoming Dates

- NOVEMBER 7- Parent Advisory Council Meeting (PAC) 6:00pm
- 8- Digital Learning Day (All classes online)
- 11- End of 1st Quarter
- 15- Accelerated Programs Night 6:30pm
- 18- No School (Professional Development)
- 21- Saint Paul College Visit
- 24- No School (Thanksgiving Break)
- 25- No School (Thanksgiving Break)
- 30- Picture Retakes
- DECEMBER 2- Fall Play
- 5- Parent Advisory Council 6:00pm
- 9- Winter Choir Concert 6:00-8:00pm
- 15- Mid Quarter
- 19- January 2 No School (Winter Break)
- JANUARY 3- Students return to school





Como Park Senior High School Graduation

When: June 13, 2023

Time: 8:00pm

Where: Roy Wilkins Auditorium

PARENT ADVISORY COUNCIL MEETING

When: Monday, November 7, 2022

Time: 6:00pm

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.

DIGITAL LEARNING DAY/E-LEARNING DAY

November 8, 2022

All Saint Paul Public Schools will hold a Digital Learning day on Tuesday, November 8th, 2022 for Election Day. Students should NOT report to school. Click [here](#) for more information.





COMO PARK

SENIOR HIGH SCHOOL



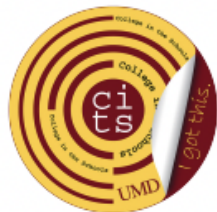
ACCELERATED PROGRAMS NIGHT

TUESDAY, NOV. 15, 6:30-7:30 P.M.

What: Como Park High School is hosting their Accelerated Programs Night. This is an opportunity for prospective students and families to learn more about Como's college-level Advanced Placement classes, Post-Secondary Enrollment Option (PSEO) and Concurrent College Enrollment options from Como staff and a student panel. Learn about our successful programs and have all your questions answered! Light refreshments will be provided.

When: Nov. 15, 2022 from 6:30-7:30 p.m.

Where: Como Park Senior High School Library
740 Rose Avenue West, Saint Paul, MN 55117



Prospective Como students and current Como students are welcome at this event to learn more about Como!





Buy your 2022-23 yearbook today!

Early bird pricing ends on

Thanksgiving

This is your chance to get the yearbook for the low price of \$40.

Order at

<https://ybpay.lifetouch.com/>

Como Yearbook order code:

14933023



THINKING ABOUT JOINING TRIO UPWARD BOUND?

JOIN UPWARD BOUND AND THIS IS WHAT YOU'LL GET:

- Weekly after-school academic support
- College campus visits and fun field trips!
- ACT test preparation
- College application, FAFSA and scholarship assistance
- Career guidance and exploration
- Workshops that include financial literacy, career exploration, goal-setting, and college exploration
- A six-week academic summer program at our college campus, including an out-of-state, week-long summer trip
- Individual academic advising and support
- Plus, we pay for EVERYTHING, including trips, hotels, travel expenses, food, and supplies!



WHAT IS TRIO UPWARD BOUND?

Upward Bound is a **FREE** college access program.

We help students get into college with four years of services and support...and have a lot of fun along the way!

HOW TO APPLY:

1.) **Stop in room 2616** on Monday, Wednesday or Thursday for a **paper application packet**

OR

2.) **Scan the QR Codes** on this flyer to complete our **online application**
(Application **CANNOT** be saved once started!)

AND

3.) Submit **two teacher recommendation forms** along with your application

Applications are due on November 22nd, 2022!

Online Application



Teacher
Recommendation

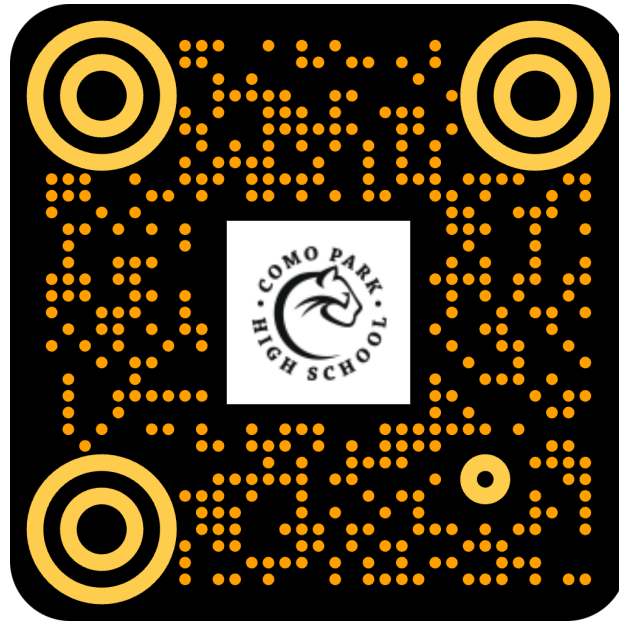
TRIO
UPWARD BOUND

ALL OF THE ABOVE, ALL FOUR YEARS

Exclusive to 9th and 10th grade students at
Johnson, Como, Harding, and North High School



Welcome to the Como Library!



Scan the QR code above with your phone's camera. A link will appear and if you tap it, you will be directed to the library home page.

You have free access to thousands of eBooks and Audiobooks through:

MackinVia

Teen Book Cloud

eBooks Minnesota

and of course our own St. Paul Public Library!

ENJOY!





WHAT IF



**YOUNG PEOPLE RAN
THE GOVERNMENT?**

**AT YMCA YOUTH
IN GOVERNMENT,
THEY DO.**



Click [here](#) for more information about Youth in Government program details including Como Alumni pics and accomplishments.



GREAT THINGS HAPPENING AT COMO



Mission Impossible! Frequently on Fridays during MCJROTC class time, cadets will be tasked with a challenging event in which the mission may be impossible to complete. Focus is on evaluating a diverse group of students and building a sense of feeling of friendliness, goodwill, teamwork, and familiarity among the cadets in a group. Pictured is the freshman and sophomore class. OOH RAH!



OOH RAH! Grateful to the Harding High School Navy JROTC for kick starting and ice breaking the first local JROTC competition of the school year. With many on our schedule for SY 22-23, it was a real hoot to get 35 Como Park students/cadets competing against one another on a beautiful sunny day. Although another GNATS Como Park MCJROTC loss, it was more impressive to see the amount of good sportsmanship displayed, teamwork, and comradery. The entire event for the Como Park MCJROTC was flawlessly led by cadet Second Lieutenant Dallas Beilke. Semper fi!



Left:
Cadets give back to the community and help 96-year-old Deloris Noltman in the local Como neighborhood.

Right:
The MCJROTC Cadets in support of the Halloween Carnival at the Palace Recreation Center on Thursday 4pm-8pm. Thanks for all you gave back to the community.



A message from:

Denis G. Carruth
LtCol USMC (Retired) Director, Region 4, MCJROTC Programs

“Como Park gets the Gold Star for being the unit with the most accessible and best action pictures for all that the unit does. Really paints a good picture of their annual activities... Their site appears to be a great recruiting tool.”

Thanks to Cadet Eh Say, grade 12, for posting pictures and stories on our Facebook page, giving Como Park national attention.

[Como Park MCJROTC](#)



STAFF SPOTLIGHT

Please welcome our new school counselor, Emily Kurmis



Hello! My name is Emily Kurmis and I am the new school counselor for students in grades 9-11, last names starting with Ho-Pe.

I graduated in 2009 from Maple Grove Senior High, after which I attended the University of Wisconsin-Eau Claire to earn my bachelor's degree in Spanish teaching. I worked as a Spanish teacher for two years in Colorado and Minnesota. I then earned my master's degree in Counseling and Student Personnel Psychology at the University of Minnesota. This is my 5th year as a school counselor in Saint Paul Public Schools and first year at Como!

In my free time, I love spending time outdoors. I fill up my summers with backpacking and camping trips and I do lots of hiking on the weekends with my dog, Lucy. I also love being creative, dabbling in photography, drawing, painting, knitting, etc.

I am so excited to be joining an excellent team of school counselors at Como! I have really enjoyed getting to know students and staff so far and have felt very welcomed by the Como community. Stop by the counseling office to say hi!



Please welcome our new ELL teacher, Sam Divita

I am the new English as a Second Language teacher here at Como Park Senior High. I teach level 1 Language through Geography and level 1.5 Language through Social Studies, as well as co-teach US and World History.

Prior to joining the CPHS community, I taught English learners at LEAP High School for 13 years and spent 1 year in the middle of that working with kindergarten students at Farnsworth Aerospace Lower Campus. After my time at LEAP, I spent 1 year at Global Arts Plus working with middle school students. For the past 3 years, I worked in the Office of Teaching and Learning as a PAR Educator supporting 2nd and 3rd year ESL and science educators as they worked toward achievement of tenure. I've also taught adult learners - both ESL students and graduate students at the University of St. Thomas.

When I'm not teaching, I enjoy spending time with my family and friends, playing frisbee with my dog, baking, running, sailing, and cross country skiing. I also love to be outdoors in the wilderness!

I am enjoying working with students and staff here at Como and feel grateful to teach alongside an incredibly devoted and creative group of educators. My department has been especially helpful as I've transitioned back to the classroom from coaching.





**COMO PARK HIGH SCHOOL BOOSTER CLUB is participating in
Give to the Max November 1-17**

Give to the Max giving event taking place this year starting on Tuesday, Nov. 1 and culminating on Thursday, Nov. 17. Give to the Max is a statewide giving event that raises millions each year for more than 6,000 causes across Minnesota and beyond.

Help the Como Park High School Booster Club raise funds that support student led groups, teams, and clubs as they connect with opportunities and experiences that are meaningful but 'out of reach' without support from families and the community.

To participate in Give to the Max:

- 1) Go to this link: <https://www.givemn.org/story/Cs2ujf> , **OR**
- 2) Visit **GiveMN.org**, click on the Donate button, and search for Como Park Booster Club

Each donation made through GiveMN.org qualifies Como Park High School Booster Club for additional grants from the Give to the Max prize pool, thanks to the continued generosity of the Bush Foundation. GiveMN will award:

- \$500 Early Giving Golden Ticket prizes daily Nov. 1-17
- \$500 Golden Ticket prizes every 15 minutes on Nov. 17
- \$1,000 Hourly Golden Ticket prizes every hour on Nov. 17
- \$10,000 Super-Sized Golden Ticket from all donations made through GiveMN.org Nov. 1-17



SUPPORT COMO PERFORMING ARTS:



Upcoming Events:

12/2/22

Fall Play

12/9/22

Choir Concert

1/12/23

Band Concert

Please SCAN and COMPLETE the form if you are interested!
All proceeds benefit Band, Choir, and Theater!
Questions? Email siri.keller@spps.org



SCAN ME

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.



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

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.

[Highland Park](#)

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

[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.

[Sun Ray](#)

- 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](#)





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



**We meet after school on the 1st
& 3rd Wednesday of the month!**

Gender & Sexuality Alliance



In Profe. Butler's room #1207

Girls Empowerment

When: Tuesdays

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





Your Monthly Money

brought to you by



Getting your finances right before the end of the year

Fall is officially here!

As the weather gets cooler, prices on consumer goods are still red hot due to inflation. Now is a good time to check in on your finances. If you focus on your income and expenses in the fall, you should be able to make it through the expensive holiday shopping season and start the New Year right.

To help you get started, KOFE has put together this fall financial checkup, so you can focus on all the points that need your attention right now.

Click [here](#) for the full article.

To view in Spanish, click [here](#).

A message brought to you by Hiway Credit Union located inside Como Park Senior High School.

