



Saint Pau  
PUBLIC SCHOOL



COMO PARK  
SENIOR HIGH SCHOOL

## December 16, 2022 Newsletter

Dear Como families,

Holiday breaks are a time to relax, rejuvenate, and reflect on our accomplishments as a school community. It is a time to nurture relationships with family and friends and also provide self care for ourselves.

We at Como Park Senior High School want to wish our Como community a safe, healthy, and happy holiday season. Thank you for your continued support and trust in our staff to make your child's educational experience the best it can be.

Parents/Guardians are a crucial part of student learning so please look for a Como Family Inquiry Survey from us in our next newsletter requesting your help in planning for future family engagement activities. Thank you.

### *Self-Care During the Holidays*

*The holidays can be one of the most stressful times of year. Check out Change to Chill for tips on how to prioritize self-care this holiday season.*



Please check out this [article](#) from Change to Chill by Allina Health.





GSA is hosting a **Bring Your Own Shirt event on January 18th** after school in Profe. Butler's room. The event is open to staff and students and is free, but we will accept donations to help cover the cost of materials. Ideally your shirt should be 100% cotton.

Here is an example of what your finished shirt will look like.



# Girls Empowerment

When: Tuesdays

Where: #1613 with Ms. Cash

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)



Do you feel like your student needs an awesome intellectual fun after school program this Winter where they can learn valuable life and career skills?

Encourage your student to join **Como Park High School Robotics**

Email [traci.buckle@spps.org](mailto:traci.buckle@spps.org) to get signed up!

Or speak to Mr. Fischer, Ms. Buckle or Mr. Hanson at Como Park High School

Informational pre-season meetings are happening once a week in Ms. Buckle's room 1214 at 3:15, come and check out the shop and help us get ready to construct and program a robot for the 2023 season beginning in January.

Build Season will have after school opportunities Monday-Thursday, and Saturdays starting the first Thursday of January through Spring break.



## Upcoming Dates

DECEMBER 19- January 2 No School (Winter Break)

JANUARY     3- Students return to school  
12- Winter Band Concert 7:00pm  
16- No School (Martin Luther King Jr.)  
19- Showcase/Open House 5:00-7:00pm  
26- End of Quarter 2  
27- No School (Grading Day)

## Winter Weather Guidelines

As we head into the winter weather season, we'd like to remind you about our weather policies. Please visit [spps.org/weather](https://spps.org/weather) for more information regarding school closures and e-learning days. SPPS notifies families through text, email, and robocalls. Families should make sure their contact information is up-to-date through [Campus Parent](#).

## Upcoming District and State Testing at Como Park

**ACCESS 2.0 for ELLs- Testing window is January 31- March 24, 2023**

- Administered to students whose first language is not English and who qualifies for ELL services at Como

**ACT- March 7, 2023**

- Administered to all juniors and any senior who has not taken the ACT through district testing last year

**MCA/MTAS- Testing window is March 6- May 12, 2023**

- MCA/MTAS Reading is administered to all 10th grade students.
- MCA/MTAS Math is administered to all 11th grade students.
- MCA/MTAS Biology/Science is administered to any student enrolled in a Biology or Life Science course.





*The mission of [Keystone Community Services](#) is to strengthen the capacity of individuals and families to improve their quality of life.*

Located in several sites around St Paul with services and programs varying by [location](#).

### **Youth Services**

- Teen Tutoring (homework help and literacy for younger students provided by teen volunteers; at McDounough Rec Center)
- Teen Tech Center/Digital Playground, Career Pathways, Bike Shop (for teens and older youth, located near Selby/Lexington)
- Bike Shop work-readiness training
- After school program info: <https://keystoneservices.org/youth-families/tutoring/>

### **Senior Services**

- Communal activities and events, Meals on Wheels, in-home help, and additional resources (care consultants, health advocacy, caregiver support...)
- For more info call the West 7<sup>th</sup> Community Center: 651-298-5493

### **Basic Needs**

- Food shelves and food mobile
  - Food shelf hours, contact info etc: <https://keystoneservices.org/food-shelves/>
  - The Food Mobile schedule is on our events calendar: <https://keystoneservices.org/events/>
- Crisis support
  - For help with one-time [financial assistance](#), families can call our community support phone line at 651-917-3883.

### **The Future**

Keystone recently purchased space on University and Fairview which will house much of their food and basic needs services. Construction will start soon with an opening scheduled for Fall 2023.

Opening the new site will allow Keystone to consolidate many of its spaces which means that some of the current Keystone food distribution sites will close. Keystone plans to “ramp up” their Mobile Food Distribution in order to continue to serve North End and East Side families where they live.

### **Coats –** Some options to explore for winter coats, hats, gloves for families

- Neighborhood House, St Paul West Side, [Family Center](#)
- Salvation Army, Payne Avenue: [Coats for Kids](#)
- Joseph’s Coat, West 7<sup>th</sup>: [Josephs Coats](#)



# YEARBOOK

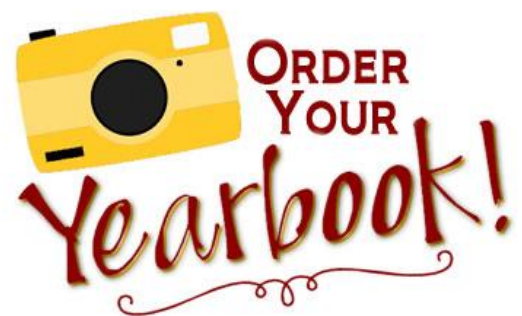
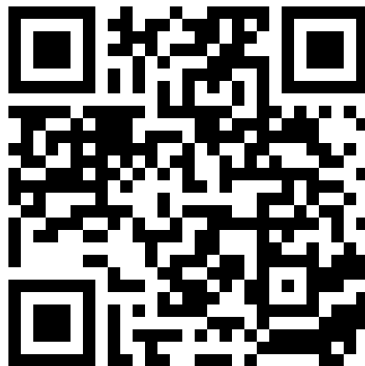
## Buy your 2022-23 yearbook today

END OF YEAR SALES PRICE ENDS  
December 25th!!!

This is your chance to get the yearbook for the low price of \$50.

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

Como Yearbook order code:  
14933023





Author...Editor...Tutor

## Affordable ACT/SAT Tutoring\* & College Essay Coaching

**WHY WORK WITH ME?** In the last few years, I've helped more than 250 students raise their scores in English and Reading. I have a master's degree in creative writing from Hamline University and have published more than 100 well-regarded children's books. I've also worked as an editor and writing instructor.

**MY PHILOSOPHY** I enjoy working with students at all ability levels. I make a point of meeting students where they're at, and I'm quick to offer encouragement and acknowledge progress.

Private tutoring can be very expensive, making it out of reach for the average family. I'd like to do my part to even the playing field. That's why my fees are based on a sliding scale according to family income.

**HOW IT WORKS** Tutoring can be in person (at St. Paul-area libraries or coffee shops) or via Zoom. I'm also happy to work with small groups (two to four students) as another way to make college prep affordable. Essay coaching can be in person, via Zoom, or entirely via email.

### LET'S TALK!

[nancyloewen@gmail.com](mailto:nancyloewen@gmail.com) 612-987-8589 [nancyloewen.net](http://nancyloewen.net)



*Nancy Loewen helped my son go from a 27 and 28 on the English and Reading ACT tests to a 35 and 33 respectively. Although my son hated the ACT and experienced test and studying anxiety, he enjoyed his sessions with Nancy because she made him feel adequate and helped him learn the critical concepts he needed to improve his scores. South Minneapolis parent*

*Your classes were really helpful and they truly pushed me to work a lot harder. I had a really great time working with you! St. Paul student*

*I can't tell you enough how much I appreciate your time. Your comments helped so much. I love where my essay is at and couldn't have done it without you. Thank you!!! Rosemount student*

*Thank you so much for helping me revise this essay. I'm really proud of the end result. This was the first time I've spent this much time and effort on a single essay. I feel like I learned a ton from it and am considering doing a creative writing course at the U for PSEO in the spring. South Minneapolis student*

\* Sorry, I don't tutor Math and Science, just English and Reading!



## STAFF SPOTLIGHT

### Please welcome our new School Counselor, Holly Moser



Hi, I'm Holly Moser and I am one of the school counselors at Como Park. My caseload is 9<sup>th</sup> - 11<sup>th</sup> graders whose last names begin with A-Hi. This is my first year at Como and my first within SPPS. I started this school year as a long term sub counselor at Global Arts Plus Upper working with 5<sup>th</sup> - 8<sup>th</sup> grade. Prior to that I worked in private K-8<sup>th</sup> grade schools.

When I'm not at school, I love reading, working in my craft room on various projects, running, riding bikes and spending time with my son and husband. I also love to travel and see new places. I'm excited to be at Como and am already getting to know some of my students. The staff has been very welcoming and I'm looking forward to a great year.

### Please welcome our new English Teacher, Michael Youle-Ellering

I am a Como alumni, Class of '07! So it is amazing to be back and to see how the school has changed. This is my first year teaching in my own classroom, so I am very excited and humbled by the opportunity. I teach English and Creative Writing. Before coming back to Como, I lived and worked in the Bay Area of California as a Case Manager for homeless youth. Before that I worked at Roseville Area Middle School with the before and after school programs there.

I enjoy being a giant geek and playing tabletop RPGS (like Dungeons and Dragons), video games, and reading a huge variety of books. Besides that, I love to travel and just be in nature. Nothing beats sitting outside (when weather permits) and reading a great book.





# New! Karen Language Courses for High School Students



**Saint Paul Public Schools is proud to offer two new Karen language courses starting in the 2023-24 school year: *Karen Level 1* and *Karen for Karen Speakers*.**

- Karen Level 1 is designed for students to learn beginner level Karen
- Karen for Karen Speakers is designed for students who already understand and speak Karen and want to build on their language skills

**These new courses will be included in the 2023-24 high school registration guide and begin in the fall of 2023.**

- The courses will be offered in-person at Como Park Senior High, Harding Senior High School, Humboldt High School and Washington Technology Magnet School.
- They will also be offered as districtwide online courses for 9-12th grade students at any SPPS school.
- Current SPPS students can register through their counselor in February-March.

**The Karen language has not been taught in a public school since 1962, when it was taught in some schools in Burma.**

With over 2,000 Karen students, SPPS is the perfect place for the Karen language to thrive. Karen parents have been asking for their language to be taught for many years, and these courses would not be available without their commitment and support.

**For more information, please visit our website at [spps.org/languages](https://spps.org/languages) or contact Megan Budke, Immersion, Indigenous, & World Language Coordinator, at [megan.budke@spps.org](mailto:megan.budke@spps.org) or 651-744-3352.**

For Karen, click [here](#).



## GREAT THINGS HAPPENING AT COMO



It takes a village. Congratulations to the cadets/students who put in the hours of practice to place 2<sup>nd</sup> at this year's Devil Dog Drill Competition. We will embark on traveling to four more competitions this school year. Thank you, Dr. Morris and the patience of the administration team for the opportunity to host six schools and over 300 patrons on our school grounds last weekend. Thank you, Custodians, for the hours of cleanup and attention to detail given to the east wing of the school to host such an event. Olonda England and her daughter for the food prep, concessions, and sales. The lunchroom ladies for your continued support and many tables from your area to feed our corps. Thank you, Siri Keller and Katie Miller, for the use of the music area as prep for a visiting JROTC School. *Our sincere gratitude to Mr. Brad Turner who for 10 years has spent his Saturday running the Knowledge Bowl Competition and drill team score sheet accountant for every Devil Dog.* Lastly, Ms. Mathieu who donned her Air Force Uniform to help us judge drill Saturday in the absence of our local Air Force Service members. Thank all of you very much.

Honestly - SgtMaj Kirkland





Como Park's MCJROTC cadets again volunteered this school year to collect, sort, and distribute NEW and unwrapped toys as Christmas gifts to those children less fortunate for the Minneapolis & St. Paul area. For the last 75 years, the United States Marine Corps has distributed over 627 million toys to more than 281 million children. This success stems from great partners, sponsors and volunteers such as the Como Park cadets that help raise funds, toy donations, and massive amounts of sorting. Without their help this program would not be as successful as it is! This year the many cadets that volunteered were led by Junior Cadet Tetevi (11). Semper fidelis.



Post-Choir concert last Thursday, students from Golden Harmonies, GuildeTones and Como Singers toured Chelsea Heights, Como Elementary and Murray Middle School sharing songs from their concert like Sesere Eeye, Flanders Fields, and Bonse Aba. We wrapped up those performances with Don't Stop Believing and a holiday sing along! Students then traveled to The Heritage Center at Lyngblomsten to sing for some seniors in our community who joined us in singing some carols as well! Students ended the day singing in the lobby of Radisson Blu at MOA! Even Santa made a special appearance for an EXTRAORDINARY day!



Research has shown that singing can be good for you on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help you cope with physical and emotional pain. One of the best things about singing is that you don't have to be good at it to reap the rewards. 😊





CAREER PATHWAY CENTER



# COLLEGE APPLICATION RAFFLE!

Finale deadlines for colleges and university is fast approaching (January 1st and 15th)!!!!



**APPLY TO  
2 COLLEGES OR UNIVERSITIES &  
FILL OUT THE GOOGLE FORM ON  
SCHOOLGY FOR A CHANCE TO WIN...**



**COLLEGE  
SHIRT**

**A MYSTERY BAG  
OF COLLEGE  
SWAG**

**WATER  
BOTTLE**

**There will be 20 winners so make sure  
to fill out the form by JANUARY 2ND.  
Winners will be chosen on 1/9!**

Connect with Ms. Aisha at [amohamed.ach@spps.org](mailto:amohamed.ach@spps.org)  
or stop by the CPC 1304



## Attention Como Community!

Saint Paul Parks and Recreation is looking for volunteers to be on their Design Advisory Committee regarding the Como Regional Park Trail Master Plan. If you are interested, or if you would like to receive email project updates, please fill out this [application](#).

## Como Park Ceramics NEEDS empty plastic jars please



Please save plastic, screw covered jars for ceramics students

We use them to custom mix colored slips.

Donations gratefully accepted in CPHS room 1211

