



Saint Pau  
PUBLIC SCHOOL



COMO PARK  
SENIOR HIGH SCHOOL

## February 17, 2023 Newsletter

### Upcoming Dates

- February
- 20- No School (President's Day)
  - 23- Career & Trade Fair 11:15am-1:45pm
  - 23- ACT Registration 8:30-10:45am
  - 24- Black Owned Business Expo 6:00-8:00pm
  - 26- Close Up Washington DC Trip (through March 2nd)
- March
- 2- Mid Quarter
  - 2- AVID 9 Augsburg College Visit
  - 6- Parent Advisory Council 6:00pm
  - 7- ACT
  - 7- Parent-Teacher Conferences 4:00-7:00pm
  - 9- Parent-Teacher Conferences 4:00-7:00pm
  - 10- No School (Professional Development)
  - 14-16 Bilingual Seals Assessment
  - 16- Outfront MN Youth Summit 8:30-2:30pm
  - 17- 25th Annual Putnam County Spelling Bee Musical Show 7:00-9:00pm

### ACT REGISTRATION

The ACT will be given at Como Park Senior High School on March 7, 2023. All juniors and seniors who did not take it last year have the opportunity to take the ACT for free.

Registration will be in the library on Thursday, February 23rd from 8:30-10:45 am according to last name.

8:30-9:15am- Students with last name beginning with A-H

9:15-10:00am- Students with last name beginning with I-Q

10:00-10:45am- Students with last name beginning with R-Z





# MYACT USER GUIDE FOR STUDENTS & FAMILIES

## REASONS TO CREATE A MYACT ACCOUNT

- Receive your test results 11-14 days faster than waiting for paper score reports from your school.
- Send your scores to up to 4 colleges or scholarship agencies for FREE.
- 2 additional colleges can receive scores for a fee.
- Completing your profile provides insights to your potential career path.
- Opting in to ACT's Educational Opportunity Service (EOS) increases your chances of getting discovered by colleges and connects students to colleges and scholarship agencies for recruitment.

## ALREADY HAVE A MYACT ACCOUNT?

- Use your existing account. Do not create a new account!
- Check to see that the first 16 characters of the last name (excluding spaces and special characters) and date of birth on your MyACT account matches the last name on your personalized MyACT Non-Test Instructions for Student form.

## NEED TO CREATE A MYACT ACCOUNT?

**ACT**  
Welcome To MyACT  
Don't have an account?

Create MyACT account

1. Go to [MyACT.org](https://myact.org)
2. Select "Create MyACT account"
3. Select "I'm new! Let's get started"
4. Enter the prompted information to create a MyACT account.
5. Use this MyACT account to enter non-test information.

*\*Note: If possible, use a personal email address instead of a school address. If not possible, make sure to update it to a personal email after graduating.*

## ENTERING YOUR STUDENT CODE

- After logging in to your MyACT account, the next step is to enter your unique Student Code which will link scores to your MyACT account.
- On the right side of the home page, locate a box titled "Already testing at your school for school day testing?" and a button that says "Enter Student Code."
- Enter your unique 9-digit student code provided on the MyACT Non-Test Instructions for Student form correctly.
- If the data doesn't match, you will receive an error. Please note that the Student Code is not the same as your ACT ID.

**QUESTIONS?  
CALL 319-337-1270**

**SCAN THE QR CODE TO  
CONTACT AN ACT CUSTOMER  
CARE AGENT**





# Free RESOURCES

CHECK OUT THE QR CODES  
BELOW FOR MORE FROM ACT!



**COLLEGE PLANNING  
GUIDE  
FOR PARENTS**



**ACT TEST TIPS**



**COLLEGE & CAREER  
PLANNING**



**COLLEGE LIFE**



**APPLYING TO  
COLLEGE**



**HIGH SCHOOL LIFE**



**PAYING FOR COLLEGE**



**WAYS TO TAKE  
THE ACT**





## ATTENTION COMO STAFF AND STUDENTS!!!

Due to popular demand, the school store/coffee shop is open every day. We are open period 1 on B days, and period 2 on A days.

We thank you all for the support as our students learn valuable work experience and develop interpersonal social skills.

We sell Cougar Merchandise, Coffee, Tea, Lattes and Cocoa.

If you have not visited yet, please do!

## MCA & MTAS Testing 2022-23

Each spring, the Minnesota Comprehensive Assessments (MCA) or the Minnesota Test of Academic Skills (MTAS) are provided to students in mathematics (grades 3-8 and 11), reading (grades 3-8 and 10), and science (grades 5, 8 and in high school upon completing biology). Most students take the MCA; however, some students who receive special education services and meet eligibility requirements take the MTAS. Both tests provide information about student learning of grade level content in reading, mathematics, and science. The MCA and MTAS are used to meet federal and state legislative requirements. The tests are administered every year to measure student learning relative to the Minnesota Academic Standards that specify what students in a particular grade should know and be able to do.

Students will take the MCA or MTAS between March 6-May 5, 2023. If you would prefer that your student not participate in statewide standardized testing, please inform your student's principal of that choice by providing a written note or a completed MDE Parent/Guardian Participation Guide and Refusal form.

For more information on the MCA, MTAS and the MDE Parent/Guardian Participation Guide and Refusal form, please go to:

- SPPS Family Testing Information website: [spps.org/Page/33916](https://spps.org/Page/33916)
- MDE's Family Testing Information website: [education.mn.gov/MDE/fam/tests/](https://education.mn.gov/MDE/fam/tests/)

Please reach out to Jamie Hoffman if you have any questions at [jamie.hoffman@spps.org](mailto:jamie.hoffman@spps.org) or 651-744-5529.



## PARENT/TEACHER CONFERENCES

Tuesday March 7th from 4:00-7:00pm

Thursday March 9th from 4:00-7:00pm

Interpreters are available

Need transportation? Contact Jamie Hoffman at [jamie.hoffman@spps.org](mailto:jamie.hoffman@spps.org) or 651-744-5529 for more information.



**RIGHT TRACK  
APPLICATION IS OPEN**  
JANUARY 17TH - FEBRUARY 28TH

Right Track provides paid summer internships for young people from Saint Paul. Join us at Right Track to develop your employment skills, build your network, and earn money.

**CONTACT US**

**RIGHTTRACK.STPAUL.GOV**

**651-266-6363**

 @RightTrackSP

 RightTrackSP

 **RIGHT TRACK**

 **SAINT PAUL  
MINNESOTA**

**Apply Here**

**SCAN HERE TO APPLY**



**We meet after school  
March 8th & 22nd**

**Gender &  
Sexuality  
Alliance**



**In Profe. Butler's room #1207**

Feeling the Winter blahs? Need something fun and/or challenging to do after school? Check out one of our clubs after school! There are a variety of activities to choose from. Click [here](#) for more details.

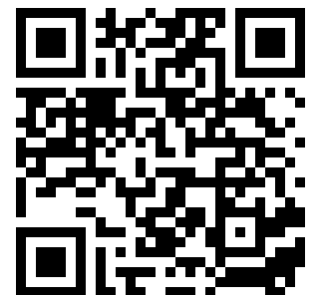
# YEARBOOK

Have you ordered your yearbook yet?

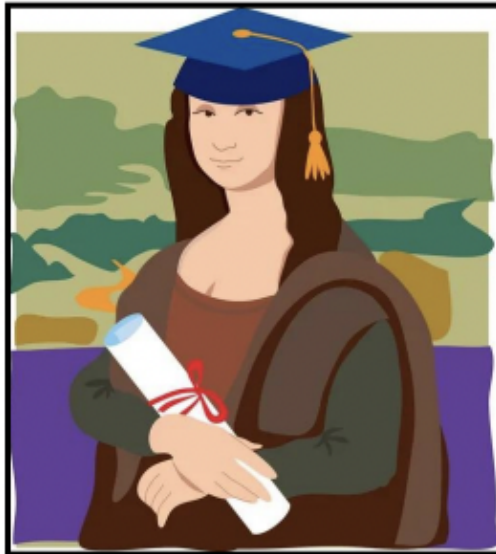
Cost: \$55.00

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

Como Yearbook order code:  
14933023



**We want **YOUR** Senior Photo  
for the Como Park Yearbook!**



**Submit your photo to the **QR CODE**  
by February 24 2023!!**



@comoparkhighyearbook



## Black-Owned Business Expo

Join us on Friday, February 24<sup>th</sup> from 6-7:30 PM for the Black-Owned Business Expo. This student-led event will feature a panel with five local businesses that are Black-owned, as they share their business insights about challenges and achievements of running a successful business. Stay with us afterwards for a mini expo where you can purchase and connect with some of these Black-owned businesses. A light dinner will be provided for attendees. Online registration for the event is encouraged: <https://forms.gle/8ptkv6ZgpXiz6DmJ7>

# BLACK OWNED BUSINESS EXPO

Join us for a panel and expo to learn about amazing Black Owned Businesses throughout the Twin Cities. Food will be provided. Register early for a chance to win the raffle!

@740 Rose Ave. W. · St. Paul, MN 55117  
February 24th 6:30pm-8pm  
with a panel starting @ 6pm






# Como girls set St. Paul City record

*Cougars reach 82 consecutive conference wins*

**COMO PARK**  
SENIOR HIGH SCHOOL



BY ERIC ERICKSON  
Social studies teacher

With another undefeated season in the St. Paul City Conference in the books, the Como girls basketball team earned their ninth consecutive conference championship.

The last time the Cougars lost a game to a city competitor was in 2015. As the conference champs, Como has had the honor of representing St. Paul versus the Minneapolis City Conference champion in the traditional Twin Cities Game to end the regular season.

Como has never lost a Twin Cities Title Game either. They'll look to keep that streak alive when they cross the river on Saturday, Feb. 25 and face the to-be-determined Minneapolis champ.

The consistent dominance within the city is remarkable for several reasons. Dynamic programs often occur under one coach. The Cougars have had three different head coaches lead them to titles.

John Robinson coached the first group whose star was the city's all-time leading scorer, Andrayah Adams. They were the first Como basketball team to ever win the conference.

Robinson switched to coach the Como boys after that historic season and was replaced by Alexis Gray-Lawson who guided the team to the team's first state tournament appearance during Adams' senior year.

For the three most recent conference title runs, it has been Olonda England at the helm. She brought the Cougars all the way to a third-place finish in the state tournament last year with her daughter Ronnie Porter as the team's star point guard.

Despite the 2022 graduation of Porter and four other seniors who are all playing college basketball now, the Cougars are right back where they've always been.

Leading the squad this year is senior guard Shania Nichols-VanNett. One of the best pure shooters in the state, she has expanded her role this year to be the team's facilitator and fast-break catalyst.

Nichols-VanNett is averaging 20.7 points per game, along with 5.2 assists, 5.6 rebounds and 2.8 steals. It should be noted, she frequently plays less than half



*A focused effort by the Como girls' basketball team resulted in a 88-63 victory over Central and extended the program's conference remarkable winning streak. (Photo by Eric Erickson)*

a game when the Cougars are blowing out an opponent.

Coach England uses her entire bench liberally and gets all 13 varsity players quality minutes in those situations, plus several JV players.

There are only two other seniors on the roster: center Zhane Singer and forward Kayla James. Both have gone from key reserves last year to being major contributors for the 2023 campaign.

Singer is scoring 13 points per game and hauling down over 10 rebounds per contest. James is a good three-point shooter and quick defender with averages

of 7.6 points, 4.8 rebounds and 2 assists.

The team's depth includes juniors Alice Wagner-Hemstad, Greta Seppanen, Sahara Hinton and Asia Mohamed, sophomores Makyia Kenney, Cecelia Davis, Elayna VanNett and Jailyn Walker, freshman Aletha Keizer and 8th grader Ahmani Crump.

The team's assistant coaches are Ronnie Smith, LaVera Jeffrie, and Jeff Dmytruk.

After the Twin Cities Title Game, the Cougars will begin the Section 3AAA Tournament at home on March 1.



**Our National African American Parent Involvement Day event was a memorable one! Thanks to everyone who came out and contributed. It was a very special day for Como Park Senior High School. Click [here](#) for photos.**



The Como Park MCJROTC program has been very busy volunteering in the community, competing, helping our school with events, and building comradery with each other by just having some fun.



The El Rio Rec Center Winter Wonderland Community Service Event indoors and outdoors in South Saint Paul was led by Sophomore Cadet Sumalee Reh. Afterwards cadets chowed on local Mexican chicken & pork tacos. 😊



Congratulations MCJROTC on another solid performance competing at the annual Upper Midwest Cretin Durham Hall Drill Meet. Cadets on fire now as they close their fourth drill competition of the school year. All did spectacular. A special shout out to Cadet "Chi" Say who led her team to a first-place win against 11 other JROTC's from surrounding states. OOH RAH.





MCJROTC Pie Promo Party was a huge success. Congratulations to now Cadet Sergeant Jesus Flores, Cadet Sergeant Sumalee Reh, Cadet Sergeant Hser "Chi" Say, Cadet Corporal Rihanna Said, Cadet Lance Corporal Nolan Rognerud, Cadet Lance Corporal Olga Tetevi, Cadet Lance Corporal Roman Rivers, Cadet Lance Corporal Jayden Eagan-Crowley, Cadet Lance Corporal Providence Mwakana, Cadet Private First-Class Sarah Williams, Cadet First-Class Landon Baker. They all passed their promotion test tonight and enjoyed pie too.



The MCJROTC cadets celebrate Valentine's Day Karaoke style dancing, sharing Valentines, and munching down sweets in the MCJROTC classroom on February 14th. ❤️





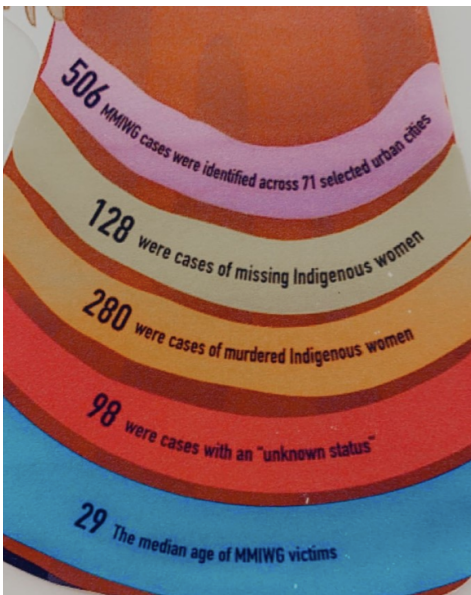
Valentine's Day is a holiday where we celebrate love and the people we love, but it is also a day used to spread awareness for the loved ones we have lost and who are no longer with us. The Missing and Murdered Indigenous Women's March is held on February 14th, Valentine's Day, to commemorate the indigenous people who have gone missing and/or murdered throughout the years due to kidnappings, trafficking and many other reasons. The purpose of the march was not only to remember who we have lost, but to show that indigenous people are still here and to recognize that many cases of missing murdered indigenous women have been dropped, closed, and haven't been solved. Our braided journey students went to The march located in Minneapolis to show their support, starting in the Phillips neighborhood where marchers gathered to share stories on who they've lost and how we are coming together to become a stronger and more unified community. People wear traditional clothing and carry handmade posters to show whom they had lost, and mark their faces with a red hand painted over their mouth

to show how they have been silenced over many years. A crowd of people gathered to listen to the marcher's stories and how as a community they can still come together to support one another regardless of race, color, and tribe. When the march had started, so did the rain and freezing weather, but that didn't stop them from walking the streets of Minneapolis to show that they are still here and advocating for awareness of all of the indigenous women and children that are still missing to this day.





Buffalo meal



## Ready, Set, FAFSA!

Register to participate in this informative virtual webinar series about financial aid and college planning. Registered attendees will be entered for a chance to win a \$500 scholarship.



**Join us**  
for virtual financial  
aid events! Free for MN  
students and families.  
\$500 scholarship  
and interpreters\*  
available!

**Space  
is limited;  
register  
now!**

# Ready, Set, FAFSA!

## SESSION DATES/TIMES:

- 02/07/23 @ 7 p.m. | Understand and Prepare to Apply for Financial Aid
- 02/14/23 @ 7 p.m. | Apply for Financial Aid – Complete the FAFSA (for students who are U.S. citizens or eligible non-citizens)
- 02/16/23 @ 7 p.m. | Apply for Financial Aid – Complete the Minnesota Dream Act (for students who are undocumented)
- 02/21/23 @ 7 p.m. | Understand Your Financial Aid Offer Letter
- 02/28/23 @ 7 p.m. | Search for Scholarships

**SIGN UP  
NOW!**



<https://bit.ly/MNFAFSA>

\* Interpreters available in Hmong, Spanish and Somali.

Brought to you by MN Office of Higher Education (MOHE), MN Dept. of Education and ECMC The College Place.



# COLLEGE DOLLARS & SENSE

*Personal Finance For Life After High School*

JUNE 26-30 OR JULY 17-21



## Program

College Dollars & Sense is a personal finance-based four-year & technical college readiness program for high school students - learn & understand how personal finance will affect your life after high school and in the workforce.



## Eligibility

All Minnesota students currently in grades 9-12 are eligible to apply for the program.



## Virtual

This program takes place via Zoom meetings Monday-Friday from 9:00am-12:00pm.



## Incentive

Students with full participation are eligible to receive a \$100 stipend.



*Scan to  
Learn more!*

APPLY TODAY AT [Z.UMN.EDU/MCEE-CDS](https://z.umn.edu/mcee-cds)  
APPLICATION DUE: APRIL 30



## Career Trade Fair

Como is excited to host another Career Trade Fair event at Como on Thursday, February 23<sup>rd</sup> from 11:10 - 1:40. Students will attend the event with their classes on a rotational schedule. Feel free to engage your child in conversation about their potential post-secondary plans and what kinds of careers they imagine for themselves. Vendors and presenters at the fair will be from a diverse mix of industries that includes the trades, healthcare, hospitality, realty and more. For questions or more information, reach out to Ms. Aisha in the Career Pathways Center (CPC) at [amohamed.ach@spps.org](mailto:amohamed.ach@spps.org).

# COMO CAREER

# & TRADE FAIR

## FEBRUARY 23, 2023

## 11:10 AM - 1:40 PM

### **DISCOVER YOUR DREAM JOB!**

Stop by the annual career and trade fair in the Como gymnasium during third period or seminar. Talk to professionals in a variety of fields - including healthcare, business, construction, mechanics, human services, etc. - to discover your passion and potential career options!

**Questions? See Ms. Aisha in the CPC, 1304**

[amohamed.ach@spps.org](mailto:amohamed.ach@spps.org) | 651-774-2487 | [calendly.com/como-cpc](https://calendly.com/como-cpc)





# WINONA

## STATE UNIVERSITY

Pick-up a field trip permission form from the Get Ready! Office (2614) for the opportunity to visit Winona State University. All Como students are welcome, however due to limited spaces, seniors and juniors will be prioritized. For questions or concerns, please contact Ms. Mai Chue (mmoua.getr@spps.org or 651-706-6032, call/text) or Mr. S (steven.martinez.grande@state.mn.us or 651-706-6035, call/text).

## OUR LIBRARY COULD USE YOUR SUPPORT

**Hello Como Families!**

**In order to provide current, relevant, and inclusive books for our students, for the last three years I've been using Donors Choose. There isn't enough money in the budget to give kids the books they deserve.**

**Donors Choose is an amazing company that pairs community members and businesses who wish to support students with educators who are seeking resources for those students.**

**As a donor, you can pick a project and make a donation of any amount. When the project is fully funded, Donors Choose will purchase the items selected by the teacher *or in this case, your child's librarian*, and ship them to the school directly.**

**To provide students with quality books our library has had 21 projects funded totaling over \$16,000 in the last 3 years! With inflation and challenging times, 5 of my last 6 campaigns this school year have expired without funding.**

**I'm hoping you can help support our library and student literacy by donating at the link below. I currently have two projects posted:**

**Book Clubs as an Alternative to Discipline  
and  
Urban Teens in Need of Modern Poetry**

**[Donors Choose](#)**







# Health Start Clinic

## Spring Sports Physicals

**Appointments or questions? Stop  
in to your Como Health Start  
Clinic or call  
651.233.8951**



*\*\*If you are a new patient with us, we need parent consent\*\**

-  A sports physical needs to be done **EVERY 3 YEARS**.
-  You won't be allowed to play or even practice with your team if your physical is **OUT OF DATE**.
-  A sports physical has special requirements that athletes need to have checked for your safety.
-  You can get your physical from your Health Start Clinic at no cost to you.

**We can also help with other clinic needs:  
mental health, nutrition, and health education!**



HEALTH START  
SCHOOL BASED  
CLINICS



Teen and parent resources @MNcommunitycare



TUBMAN'S 14TH ANNUAL

# POSTER & VIDEO CONTEST

February is Teen Dating Violence Awareness Month. Join the movement and make a poster or video showing your commitment to anti-violence! The contest is open to middle and high school students to enter individually or as a group up to 4. All submissions due by February 28, 2023 to [teens@tubman.org](mailto:teens@tubman.org)

## PRIZES!

**1ST PLACE: \$200 VISA GIFT CARD**  
**2ND PLACE: \$100 VISA GIFT CARD**  
**3RD PLACE: \$50 VISA GIFT CARD**

### POSTER SUBMISSIONS:

- \*Take a pic of your poster and email it to [teens@tubman.org](mailto:teens@tubman.org)
- \*Save the poster for display and later use

### VIDEO SUBMISSIONS:

- \*1-3 Minutes long
- \*Send vid (or link to vid) to [teens@tubman.org](mailto:teens@tubman.org)
- \*Everyone in vid must submit release form





# Get ready for the **BIG TESTS**



## **SCORE BIG WITH OUR FREE PRACTICE TESTS ON MARTIN LUTHER KING DAY OR PRESIDENTS' DAY**

If you are getting ready for the college admission exams in April and May, we're offering free SAT and ACT practice tests on **Martin Luther King Jr. Day** or **Presidents' Day**. Our full-length, timed practice tests are a great way to help you prepare for your upcoming SAT or ACT exam.

- Experience test-day conditions and build confidence
- Figure out which subject areas need more attention before the exams
- Gain a competitive advantage heading into the exams
- Get ready for the big day when the scores really count

**LIMITED TIMES AVAILABLE. RESERVE YOUR SPOT BY CONTACTING  
THE SAINT PAUL CENTER BY PHONE OR EMAIL NOW.**

**GUARANTEED FULL SIMULATED FREE ACT OR SAT EXAM WILL  
HELP ENSURE YOU'RE PREPARED FOR THE REAL DATE.**

\*ACT IS A REGISTERED TRADEMARK OF ACT, INC. GUARANTEED FULL SIMULATED FREE ACT OR SAT EXAM WILL HELP ENSURE YOU'RE PREPARED FOR THE REAL DATE.

**JOIN US ON JANUARY  
16TH OR FEBRUARY 20TH  
FOR YOUR FREE SAT OR  
ACT TESTING**

**Sylvan Learning  
of Saint Paul**

**(651) 583-5500**

[SaintPaul.MN@sylvanlearning.com](mailto:SaintPaul.MN@sylvanlearning.com)

**Learning Should Be Personal™**

**SYLVANLEARNING.COM**





Mccarron Lake Dairy Queen wants to hire Como Students!

1739 Rice St.

Must be at least 16 years old. Must be able to work some nights and weekends. If you're looking for a fun, flexible job this is the place for you! Stop in to fill out an application!

# RESUME & COVER LETTER

## Teen Workshop

Are you looking to boost your chances of landing your dream job? Do you want to make a lasting impression with a standout resume? Look no further! Our resume workshop is designed to empower you with the skills and knowledge you need to create a winning resume.

### EVENT DETAILS

**When:** February 22nd from 4-5:30pm

**Where:** 1150 Selby Ave

**Cost:** FREE

### WHAT WILL YOU LEARN?

- How to create a resume and cover letter
- Different parts of a resume and their purpose
- How to tailor your resume for specific jobs
- How to highlight your skills and abilities

### WHO IS THIS FOR?

- Teens ages 13-18
- All levels of experience are welcomed



SCAN ME

