



# COMO PARK

## SENIOR HIGH SCHOOL

### March 3, 2023 Newsletter

#### Como Park Senior High School Registration for 2023-24

The registration Google Form will be posted on Monday, March 6th. Students, please take the time to talk to parents/guardians and teachers before registering for classes. Counselors will present to students during Seminar on March 8<sup>th</sup> to go over the registration process. Students will have until March 17<sup>th</sup> to register for their classes. Counselors will then meet with students one on one to go over their course registration and answer any individual questions they may have. Here is the link to the registration website:

<https://sites.google.com/stpaul.k12.mn.us/comoregister>

Registration for incoming 9th graders for Murray Middle School families will be at Como Park Senior High School on April 19th from 4:00-6:00 pm.

Como Park Senior High School counselors will also be at Murray Middle School on Tuesday April 18th from 5:00-7:00 pm for a registration night there.

#### PARENT ADVISORY COUNCIL MEETING

When: Monday, March 6, 2023

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](mailto:jamie.hoffman@spps.org)**



## Upcoming Dates

- March
- 6- Parent Advisory Council 6:00pm
  - 7- ACT
  - 7- Parent-Teacher Conferences 4:00-7:00 pm
  - 8- MCA testing begins
  - 9- Parent-Teacher Conferences 4:00-7:00 pm
  - 10- No School (Professional Development)
  - 14-16 Bilingual Seals Assessment
  - 14- MNaCC College Fair 12:00-2:00 pm
  - 16- Outfront MN Youth Summit 8:30-2:30pm
  - 17- 25th Annual Putnam County Spelling Bee Musical Show 7:00-9:00 pm
  - 18- 25th Annual Putnam County Spelling Bee Musical Show 2:00 pm & 7:00 pm
  - 31- Black Owned Business Expo (rescheduled) 5:30-7:30 pm
  - 31- End of Quarter 3



### 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.

## ACT is March 7, 2023

**The ACT will be administered at Como Park in the gym and fieldhouse. If a student has an accommodation, their testing location will be different, and they will be notified prior to the test date. Students should be at school on time; no later than 8:30. Students should bring their student ID, a calculator, a water bottle and/or snack. A snack will also be provided. Cell phones, smartwatches, etc. are not allowed and cannot be accessed at any time. Failure to comply with any of the rules provided by the test administrators may result in test invalidation and student removal. Testing will take approximately 4 hours and lunch will be provided after testing is completed. Students with accommodations may have up to 6 hours for testing.**



## 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.



Como Wear will be sold during the March 9th conferences!





*Minnesota Association of Counselors of Color*

# MNACC COLLEGE FAIR

**FEATURING 60+ MIDWEST COLLEGES & UNIVERSITIES**

**TUESDAY, MARCH 14, 2023**

**12:00 PM – 2:00 PM**

**COMO PARK SENIOR HIGH SCHOOL  
740 ROSE AVE W, SAINT PAUL, MN**



**STUDENTS:  
REGISTER TO GET  
YOUR STRIVESCAN  
BARCODE!**



## STAFF SPOTLIGHT



Please welcome our new Teaching Assistant:

### Ruari O'doubhlain

- I am a first year Special Education Paraprofessional
- I graduated from Como in 2015, I've worked as a tutor and as a pizza maker. Tutoring was more rewarding and pizza is pizza.
- I am an amateur artist, musician, and cook.
- I grew up in this area and I've been enjoying returning the gift of education to this community, passing it forward to the students.

Have you ordered your yearbook yet?

Cost: \$55.00

Order at

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

Como Yearbook order code:  
14933023



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

**Gender & Sexuality Alliance**



*Cougar Pride*

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



## GREAT THINGS HAPPENING AT COMO

The focus of effort for 52 MCJROTC cadets from Como Park High School was accountability, leadership, courage, and teamwork. Several travel and adventure events played out over a 3-day field trip under cold winter conditions; Fort Snelling State Park, DNR talks, Meals Ready to Eat (MRE), Minnesota State Capitol, Winter Skills Training, Night Ski Lessons, Bon Fires, Lake Shamineau Lodging, Zip Lining, Low Ropes Obstacle Course, Ice Wall Climbing, Leather designing skills, Various Sport Competitions, Indoor Rock Wall, Knots, Close Order Drill, Knowledge testing, Tent construction, Military Bivouac appreciation skills, Outdoor Overnight Winter Camping, Broom-ball competition, and finally a Raider Challenge. Throughout the numerous hours of training, morale was high at all times! Thanks to our local military members, school nurse Ms. Lori Nakamura, the Northstar Veterans Corps, Camp Shamineua staff, and Mt. Ski Gull for their patriotism and mentorship that made this event happen.





# Como Senior Alex Le accepts Air Force Academy Appointment

By Eric Erickson



Como Park High School senior Alex Le received nominations to the U.S. service academies from Congresswoman Betty McCollum and Senator Tina Smith last fall.

When Le was appointed to the Air Force Academy, his college search was over.

Le was also appointed to the Naval Academy. He's still waiting to hear from West Point.

But the decisions of the Army and the few other elite schools he applied to won't matter. Le's first choice has all been the Air Force Academy in Colorado Springs, Colorado.

As an Air Force cadet, Le's tuition, room and board will be fully funded, and he will receive a \$900 monthly stipend throughout his four years. Upon graduation, Le will serve five years of active duty — which is precisely the plan Le wants to pursue.

"I'm excited to give back through my service," Le said. "I plan to be an aerospace engineer or a pilot."

Le already has a private pilot's license from the Federal Aviation Administration. He achieved that last summer by earning a full scholarship to the Naval Summer Flight Academy at Delaware State University.

Le is the son of Thephong Le and Danglan Nguyen. They migrated from Vietnam to St. Paul in the 1990s. Le attended Crossroads Elementary and Murray Middle School before his high school years at Como.

When asked about his Como experience, Le praised his teachers. "I'm grateful for their commitment. They are hard-working and give each student a chance to accelerate their learning and reach their full potential."

In return, each of Alex's teachers will tell you that he's intellectually curious, motivated, kind and a pleasure to teach. His intelligence is matched by his effort — both are exceptional.

Le has a 4.0 GPA with a weighted GPA of 4.74 from Advanced Placement college-level courses.

Le said he used to be meek and quiet, but his involvement in Como's Marine Corps JROTC program changed that.

"Marine Corps JROTC made me more confident, assertive, and improved my leadership skills," Le said. "I also learned humility and how to work as a team."

Le acknowledged that the new team he will join at the Air Force Academy has a reputation for intensity.

When asked if he's ready for it, Le paused, smiled and said, "Yes I am."









# 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





## Spring Sports Registration is Open!

Please follow the guidance below if you'd like to register. Sports offered in the spring are:

- Girls Badminton
- Boys Baseball
- Girls Golf
- Boys Golf
- Girls Lacrosse
- Boys Lacrosse
- Boys Tennis
- Track and Field

### Step 1

You must be academically eligible per [SPPS Athletic Eligibility Rules](#).

### Step 2

Submit the [2022-2023 MSHSL Eligibility Brochure](#) to the Como Park Athletic Office. NOTE: You must completely fill out and upload ALL pages below: • Page 1, Pages 10-11 (Eligibility Statement), Page 12 (Health Questionnaire)

*MSHSL Eligibility Brochure only needs to be submitted once per school year.*

### Step 3

A current sports physical must be on file with the Athletic Department. Sports physicals last for 3 years. You can schedule an appointment for free at the Como Park High School Clinic.

### Step 4

Athletic fees are due before the first day of practice.

Please pay by cash or check (made payable to Como Park Athletics).

Fees can be dropped off at the Athletic Office – Room 1109.

For questions, please contact the athletic department:

Koua Yang, Athletic Director – [Koua.Yang@spps.org](mailto:Koua.Yang@spps.org)

Brandon Kuether, Assistant Athletic Director – [Brandon.Kuether@spps.org](mailto:Brandon.Kuether@spps.org)

Como is also offering three club sports with different registrations:

-Clay Target Shooting (New to SPPS)

-Boys Volleyball (contact [kooblee193@gmail.com](mailto:kooblee193@gmail.com))

-Ultimate Frisbee ([mdensinger@gmail.com](mailto:mdensinger@gmail.com))



# 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




Como Park Theater Presents....



The 25th Annual  
Putnam County



 Spelling B-E-E

Friday March 17th at 7pm  
Saturday March 18th at 2pm\* & 7pm

Student : \$5 – Adult : \$7

\*This show is rated PG

**Musical Director – Siri Keller**  
**Director – Suzanne Myhre**  
**Dance Choreographer – Maija Kelly**  
**Stager Managers – Kaya Solheid and Freddy Gray**

Music & Lyrics by  
William Finn

Conceived by  
Rebecca Feldman

Book by  
Rachel Sheinkin

ORIGINALLY PRODUCED ON BROADWAY BY  
DAVID STONE, JAMES L. NEDERLANDER, BARBARA WHITMAN, PATRICK CATULLO  
BARRINGTON STAGE COMPANY, SECOND STAGE THEATRE  
PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI).  
ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI.  
WWW.MTISHOWS.COM

[HTTP://TINYURI.COM/COMOPARKTHEATER](http://tinyuri.com/comoparktheater)



# Support Como Theater!

Purchase an ad in our program today!



Go to [tinyurl.com/comoparktheater](http://tinyurl.com/comoparktheater) for more Information and order form!



Last year we reached over 400 audience members!



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!



## CHILL BREAKS

Only have a few minutes? Check out chill breaks! These two, five, and ten minute activities will help you stress less when you've got limited time. Click [here](#) for details.

