



Saint Pau  
PUBLIC SCHOOL



# COMO PARK

SENIOR HIGH SCHOOL

## March 17, 2023 Newsletter

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

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.

### Upcoming Dates

- |       |   |
|-------|---|
| March | 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- Seniors vs. staff basketball game 2:00 pm                             |
|       | 31- End of Quarter 3  |
| April | 3-7 No School (Spring Break)  |
|       | 10- Classes Resume  |
|       | 18- 9th grade registration at Murray Middle School 5:00-7:00 pm           |
|       | 19- 9th grade registration at Como Park Senior High School 4:00-6:00 pm   |
|       | 21- No School (Professional Development)                                  |

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

**Gender & Sexuality Alliance**



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

### Girls Empowerment

**When:** Tuesdays

**Where:** #1613 with Ms. Cash

**Time:** 3:00pm- 4:00pm

**GSA**

**When:** 2nd & 4th Wednesdays





Saint Paul Public Schools & Marnita's Table Present:

# Safer SPPS: Community Conversation & Dinner

**Thursday, March 30 • 6-9 p.m.**

**Washington Technology Magnet School (1495 Rice Street)**

SPPS students and families, staff and community members are invited to share a meal and discuss their ideas about what students, staff and families need to feel safer in our schools.

- **This event is free!**
- Dinner and child care are provided.
- For those observing Ramadan, there will be a prayer room available and a halal meal served after sundown.
- Transportation can be arranged in advance if needed.
- Interpreters are available in Spanish, Hmong, Somali and Karen.

**Register to attend at  
[marnitastable.org/sppssafer](https://marnitastable.org/sppssafer)**

## Questions?

Email [sammie@marnitastable.org](mailto:sammie@marnitastable.org)  
Call 612-928-7744





# Como Park Senior High School Prom 2023

Como Prom 2023 theme is:

Masquerade



**When:** Friday, May 12th

**Time:** 7:00-11:00 pm

**Where:** Landmark Center- 75 W 5<sup>th</sup> St. St. Paul

Tickets will be sold **after Spring Break** during all lunches. Tickets are **\$50 per person and \$90 per couple**. Only juniors and seniors can purchase tickets (sophomores and freshmen can go to prom, but **ONLY** if they are invited by a junior or a senior).

Students are allowed to bring someone from another school, but will need to fill out a permission form. We will have these forms in the lunchroom or students can ask Ms. Mathieu.

If anyone has any questions they can email [kristin.mathieu@spps.org](mailto:kristin.mathieu@spps.org).

**It's not too late to order your yearbook!**

Cost: \$55.00

Order at

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

Como Yearbook order code:

14933023



**SENIORS! We want **YOUR** BABY Photo  
for the Como Park Yearbook!**



**For 5\$ you can have **YOUR** Senior  
baby photo in the yearbook**

and include an optional personalized message from your parents!

**To upload and pay for your photo go to**

**<https://ybpay.lifetouch.com/Order/SelectJob>**

**And enter the school code: 14933023**

1. Select “Purchase an Advertisement for My Student (Without a yearbook)”
2. Enter your seniors first and last name and select 12th grade
3. Select the “Business Card Color” option for 5\$
4. Enter your billing information
5. Enter baby photo and optional 50 character message to finalize!

For any questions please email: [Jonah.fields@spps.org](mailto:Jonah.fields@spps.org)



## GREAT THINGS HAPPENING AT COMO



**Congratulations to our MCJROTC Cougars. They returned from the North Campus High School Drill Meet in Des Moines; Iowa, humbled by their first-place overall victory this school year. They now have their eyes set on winning the Lincoln High School Drill Meet in Sioux Falls, South Dakota in three weeks. GOOD LUCK and Great job cadets. OOH RAH!**



**Physical fitness remains the cornerstone of building zeal amongst the cadets. The MCJROTC-10 class took advantage of the warm weather with mascot "Chupla" on Como Lake to revive Frosty the Snowman and kayak him to safety as needed. Semper fidelis.**



## Como AP Government students visit Washington D.C.

Seniors currently studying AP Government and AP Economics recently spent a week in Washington D.C. as part of the national Close Up program.

After a couple years of missing out due to Covid restrictions, 15 students took the chance of committing to the educational adventure. Through fundraising and the extraordinary financial support of people in the Como community, all willing and able students had the opportunity to be immersed in the nation's capital.

Como student highlights included study visits to national monuments and memorials including Jefferson, FDR, Martin Luther King, Jr., Lincoln, World War II, Vietnam and Korea. There were also study visits at museums of the Smithsonian, the Holocaust Museum, Black Lives Matter Plaza, the White House, Arlington National Cemetery, and unique Washington neighborhoods with citizen action sites.

On Wednesday, March 1 Como students visited Capitol Hill where the first of many security checkpoints gave access to a House of Representatives Committee Meeting. Students observed an Energy and Commerce subcommittee hearing on data privacy and social media.

Students then sat down for a policy meeting with Congresswoman Betty McCollum in her office. The hour-long discussion had a powerful impact on the students who responded to their representative's questions about education, public safety, and the environment while also listening to the Congresswoman describe the work of Congress and its current climate.

After a tour of the U.S. Capitol building itself, students had meetings on the Senate side of the hill with both Senator Tina Smith and Senator Amy Klobuchar. Capitol Hill Day also included visits to the Supreme Court, the Library of Congress and sitting in the House of Representatives chamber where votes occur, and State of the Union addresses are given.

Throughout the week, Como students were engaged in policy discussions and simulations with peers from across the nation and beyond in workshop groups. A total of 90 students represented the states of California, New York, Rhode Island, Ohio, Michigan, as well as Puerto Rico and France.

Mr. Erickson was proud of his students who advocated for themselves, worked to reach a goal, entered a new environment with an open mind, consistently used critical thinking, and represented their school with a positive attitude and gratitude.

This week of experiential learning helps create informed and engaged citizens, equipped with skills to make a difference in their community and our world.





**Capitol Hill**



**Policy meeting in our Congresswoman Betty McCollum's office**



**Meeting with our U.S. Senator Amy Klobuchar on the Capitol steps**



**Study visit at the Martin Luther King, Jr. Memorial**



## Cougar Swimming Shines at State!



Photo caption: Como swimmers celebrate a great night at the Section 4A Meet where six Cougars qualified for the state meet.

The Como boys swim team entered the Section 4A Meet on February 24 with high expectations. Como's upperclassmen had state qualification on their minds, but they also had goals of setting personal, and potentially, school records.

Mission accomplished. Como swimmers set three school records and qualified for state in eight events.

**Gabe Napierala, Sig Isaacson, Kai Sackreiter and Kyle Kosiak** set a new school record in the 200-yard freestyle relay. **Charlie Power-Theisen and Oskar Helgen** combined with Napierala and Sackreiter to break the school record in the 200-yard medley relay. And Napierala added a new all-time Como record for the 100-yard breaststroke.

There are three relays in high school swimming and Como advanced to state in all three thanks to the 400 freestyle relay race by Isaacson, Power-Theisen, Helgen and Kosiak.





Additional individual qualifications in their specialty events were achieved by these same swimmers, which gave Como a great opportunity to produce points toward a high team score at the state meet on March 3 and 4 at the U of M Aquatics Center.

Cougar supporters in the stands were thrilled to see Como swimmers advance out of the preliminary events on Friday and into Saturday's finals. The overall team score resulted in a 10<sup>th</sup> place state finish – a phenomenal achievement for a group of swimmers that has kept improving through years of dedication.

At state, Isaacson was 11<sup>th</sup> in the 100 free and 13<sup>th</sup> in the 200 free. Napierala was 12<sup>th</sup> in the 100 breaststroke and 13<sup>th</sup> in the 100 butterfly. Sackreiter was 10<sup>th</sup> in the 50-yard free and 16<sup>th</sup> in the 100 free.

The ultimate team success came in the 200-yard freestyle relay, when the school record-holders of Napierala, Isaacson, Sackreiter and Kosiak earned a spot on the podium with a fourth-place finish. Celebrating with state medals around their necks was a special way to end a spectacular season.

And for seniors Isaacson, Napierala and Power-Theisen, it was a fitting end to their Como swimming career.

## Did you know?

Ramadan, the Islamic month of fasting begins on Wednesday, March 22, 2023 and ends on Friday, April 21, 2023. Observing fasting is a special time of the year for over 1.5 billion Muslims around the world. It is a time for inner reflection, devotion to God, and self-control. Muslims consider it as a tune-up for their spiritual lives. The third "pillar" or religious obligation of Islam, fasting has many special benefits. The most important is a means of learning self-control. Due to the lack of preoccupation with the satisfaction of bodily desires during the daylight hours of fasting, a measure of transformation occurs to one's spiritual nature. Ramadan is also a time of intensive worship, reading of the Qur'an, giving charity, purifying one's behavior, and doing good deeds. As a secondary goal, fasting is a way of experiencing hunger and thirst to develop sympathy for the poor. Fasting also leads to thankfulness and appreciation for all of God's bounties.

### Significance of Ramadan

- Muslims abstain from food and drink from dawn to sunset as one of the five pillars of their faith.
- This year, it lasts from 3:30 AM – 6:30 PM (total fasting time is between 13-14 hours this year).
- The common greeting Muslims use to welcome the month is to say Ramadan Mubarak, or Blessed Ramadan.
- Ramadan is the ninth month of the Islamic lunar calendar. The beginning of fasting shifts every year by about 10 days and rotates around the seasons.
- Muslims fast 29 or 30 days during the Month of Ramadan each year.







# 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!

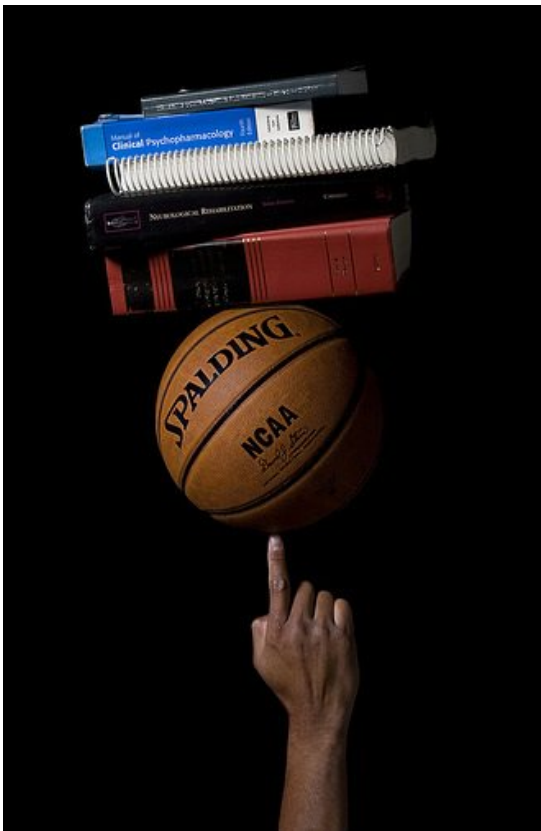
Purchase an ad in our program today!



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



Last year we reached over 400 audience members!



Hey Student Athletes!!!

Coach Londa is looking out for all student athletes. With the Winter sports season ending, it is imperative that students continue to put school as their top priority. Most colleges have strict academic requirements and will only recruit student athletes with good grades.

The NCAA definitely looks at your grades (and thus GPA) as part of your academic status.

Como staff and teachers will continue to hold student athletes to a high standard.

So Cougars, stay in class, work hard while playing sports and when you're not, and you will see a successful future.





**SHARE YOUR TALENT &  
LET YOUR VOICE BE HEARD**

# Cougar Journal

poetry, short essays, spoken word,  
short stories, photos, artwork

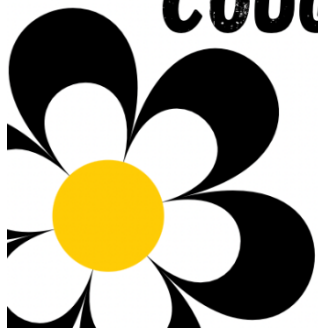
submit song, movie or book  
suggestions here!



 SCAN ME



**OTHER SUBMISSIONS EMAIL TO  
COUGARJOURNALSPPS@GMAIL.COM**



THANK YOU TO ALL THE COMO FAMILIES WHO  
DONATED TO DONORS CHOOSE!

OUR POETRY CAMPAIGN WAS FULLY FUNDED!



YOU HELPED ADD 36 NEW POETRY BOOKS  
TO OUR LIBRARY!

**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 donate 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.**

**I'm hoping you can help support our library and student literacy by donating at the link below.**

**Thrillers, Mysteries & Horror Oh My!**

**Many Thanks!**







# ATTENTION JUNIOR AND SENIOR PARENTS!

WE'RE LOOKING FOR PARENTS TO HELP US  
PLAN THE ANNUAL SENIOR PICNIC!

IF YOU ARE INTERESTED, PLEASE EMAIL US  
AT [COMOPARKBOOSTERCLUB@GMAIL.COM](mailto:COMOPARKBOOSTERCLUB@GMAIL.COM)

