

#### **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

- April
- 3-7 No School (Spring Break)
  - 10- Classes Resume
  - 18-9th grade registration at Murray Middle School 5:00-7:00 pm
  - 18- Portillo's fundraiser to help support Family Fun Night 5:00-8:00 pm
  - 19-9th grade registration at Como Park Senior High School 4:00-6:00 pm
  - 21- No School (Professional Development)
  - 27- Career & Trade Fair 11:10 am-1:40 pm
  - 1- AP testing begins
    - 1- Parent Advisory Council Meeting 6:00 pm



#### Como Park Senior High School Spring Fling Dance

When: April 22nd Time: 7:00-10:00 pm Where: Gymnasium

There will be a DJ and snacks for sale. Tickets are \$5.00 and will be sold during lunches after Spring break. Any questions or you'd like to volunteer? Email kristin.mathieu@spps.org.

May



### 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 <u>kristin.mathieu@spps.org</u>.







#### ATTENTION SENIORS!

It's that time of year again where seniors need to verify the spelling of their full name. What they see in student Campus will be what is printed on their diploma. Please show either a birth certificate or passport to Ms. Mills in the counseling office for any corrections by <u>Friday</u>. April 21st.



Como Park Senior High School FAMILY FUN NIGHT FRIDAY, MAY 19, 2023 5:00 P.M. - 8:00 P.M.

Attention ALL Como Park Senior students, families, staff and teachers! Join Como Park Senior High School for a FREE evening of fun-filled activities, food, music and more!

#### CONTACT:

Jamie Hoffman, Parent Family Liaison jamie.hoffman@spps.org | 651-744-5529



Supported by:



Eat Portillo's and give back.

Join us at Portillo's for a fundraiser to support:

Come join us!

## **Como Park Senior High School**

When: April 18, 2023 5:00 PM - 8:00 PM at the Portillo's located at: 1800 County Road B2 W

Keep 20% of the Proceeds

**Roseville, MN** 

20% of sales will benefit your organization. Order online or in app for pickup using code **PORTILLOS59** before checkout in the "Apply Offer" field, or show this flyer or a digital version to cashier when ordering at the restaurant. Valid on drive thru, pickup, curbside, and in restaurant orders.





For online/app orders to qualify for the fundraiser, orders must be placed for pickup only, from the participating restaurant, on the fundraiser date and during the listed fundraiser hours. Gift card purchases, delivery orders, and orders placed on the third party websites are excluded from the fundraiser. Online ordering subject to availability, \$200 minimum fundraising sales required for the organization to receive donation. Cannot be combined with other offer codes.

#### **GREAT THINGS HAPPENING AT COMO**



CONGRATULATIONS to the other JROTCs winning the Lincoln High School MCJROTC Drill Competition this weekend. The Como Park MCJROTC Cougars may have ended their final drill competition of this school year without an overall win, but it has taught all of us humility and strengthened the pack to handle the next adversity we face. It was still a memorable adventure for all cadets pictured. Learning how to properly deal with a loss is a good thing. As their Marine Instructor, it's important to teach the cadets that there are many positive things that come from losing. "There's more to learn in losing than there is in winning," says SgtMaj Kirkland.

## SPPS students attend Future Educators Day at Mankato State University

 Over 60 SPPS high school students attended Mankato State University's Future Educators Day on Monday, March 27th.

- Students learned about the pathway to become an educator, attended breakout sessions and got a feel for what life is like on campus.
- Topics included admissions, classroom experience, school counseling/student affairs, diversity equity & inclusion and multicultural student affairs.









#### NEXT STEPS: PREPARING FOR YOUR FUTURE AS AN NCAA STUDENT-ATHLETE

Free Webinar for College-Bound Student-Athletes and Families

High school student-athletes focused on playing their sport at the NCAA level won't want to miss this informative hour with the Eligibility Center staff. Learn about next steps, based on your year in high school and how the removal of standardized test score requirements may impact your eligibility experience. Parent/families/advocates encouraged to join! Click here to register.



ELIGIBILITY CENTER

#### Share this QR Code to Register



Updated March 2023



#### AGAPE OASIS PRESENTS

# VIOLENCE PREVENTION SUJJA

Youth-Led. Youth-Driven.

ENTERTAINMENT RESOURCE FAIR WORKSHOPS RESOURCES FOOD

727 Hennepin Avenue Mpls, MN 55403

#### SCAN TO REGISTER



APRIL 22ND 10AM



#### YOUTH VIOLENCE PREVENTION PROGRAM OVERVIEW



#### Mission Statement

To provide culturally relevant spaces for youth and young adults that focus on character development, violence prevention, building healthy relationships, and molding productive citizens within the community.

#### Vision Statement

To prevent the cycles of harm, violence, and cultural insensitivity within a targeted population of peers, to promote awareness of, and acceptance to the diversity that makes us unique and influence growth and development among young people.

#### Purpose of Youth Violence Prevention Program

The Youth Violence Prevention Program is designed to help young people stay safe, reduce violence, and build a culture of respect and understanding. The program focuses on providing youth with the skills, knowledge, and resources necessary to help them make healthy decisions, identify and address the underlying causes of harmful behavior, and resolve conflicts peacefully. The program will focus on educating youth on how to recognize the warning signs of relationship violence, consent, healthy relationship building, and coping skills for social and emotional wellness.

The program will include age-appropriate activities such as educational workshops, symposiums, and group activities. High school aged and college aged students will connect on a variety of levels to discuss multiple topics including, but not limited to: academic burn-out, familial and community disruptions, relationship violence, social relations, and racial injustices. These group activities will support this generation of young scholars to be better equipped to navigate through life challenges, build trust, and maturely develop for their next level of being.

The Youth Violence Prevention Program will provide resources and tools for parents/caregivers, school administrators and educators, counselors, behavioral specialists, coaches, and other youth-friendly spaces to promote positive and successful outcomes.

#### Goals of the Program:

- Reach 1000-1500 High School & College Aged students across the Twin Cities
- Bring awareness to social-ills that plague young people:
  - Dating Violence
    - Rape
    - Domestic Violence
- Celebrating Diversity

- Drug & Alcohol Abuse
- Cyberbullying
- Mental Distress
- Lack of Belonging





#### CER HOr RS



## HONORS CONCERT 20 VISUAL ART EXHIBITION 23

ORDWAY CENTER FOR THE PERFORMING ARTS 345 WASHINGTON STREET SAINT PAUL, MN 55102

#### JOIN US FOR THE 30TH ANNUAL HONORS CONCERT

celebrating the accomplishments of Saint Paul Public Schools students in the performing and visual arts

#### CONCERT AND VISUAL ART VIDEO

Wednesday, April 12, 2023 Ordway Center for the Performing Arts Concert and Visual Art Projection 6:00p.m. \$5 General Admission | Ordway.org | 651.224.4222

#### VIRTUAL HONORS VISUAL ART EXHIBIT

View the Honors Visual Art Exhibit online at spps.org/HonorsArt







OPERATIONAL SUPPORT BY



This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund. **Artwork:** Zach Schrom, Joyce Phattharajarin Buapheng

Artwork: Zach Schrom, Joyce Wu,

## **Support Como Theater!**

#### Purchase an ad in our program today!

Go to tinyurl.com/comoparktheater for more Information and order form!



## Last year we reached over 400 audience members!

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

Cost: \$55.00

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

Como Yearbook order code: 14933023





## 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!





OTHER SUBMISSIONS EMAIL TO

COUGARJOURNALSPPS@GMAIL.COM

#### STAFF SPOTLIGHT

Please welcome our new Teaching Assistant, Matthew Mandel



I graduated from St. Cloud State University in 2012 with a Chemistry B.S. and landed a job at PRACS Institute ( a company that tests new and developing types of medicine) in Fargo, North Dakota for about three months. PRACS had a layoff because they could not find financing for their drug extraction laboratory. After this, I wanted to live closer to family but could not find a job in chemistry close by where I live.

I'm in the position at Como Park Sr. HS as a TA2 or Paraprofessional in mostly English and ELL classes. Since I've been at Como, I've enjoyed the challenge of helping teachers with struggling students; every student could probably ask for my help and I could help.

I also was a Teaching Assistant at Harding Sr. H.S. In the 2004/05 school year, so I knew I liked this job. I enjoy science and math and in my free time endeavor to record my dreams. I can use dreams to access my subconscious. Recently I've been interested in Egyptian hieroglyphics because hieroglyphics have multi-component meanings, as in sounds, ideograms, and other meanings.

When I hear loud and distracted Como students, I think and sometimes say, "Love and Gratitude." Sometimes love is lost, and you need gratitude to navigate back. I explain to them that you don't need to distract from someone's education and put yourself in a bad light, when in fact they are the ones that can help them at school to learn. Students may lose sight of this.



## 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



## THANK YOU TO ALL THE COMO FAMILIES WHO DONATED TO DONORS CHOOSE! Our Poetry Campaign was fully funded!



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!** 





#### NEED SUMMER PLANS? TRY SUMMER CAMP!

The Summer Enrichment Program (SAEP) is the perfect way to have fun while enhancing your love of learning! Get Ready is offering funding to students currently in grades 10 -12, who would like to attend these summer camps.

Contact the Get Ready Coordinator at your school for more information about the summer camp you're interested in attending, and receive assistance on completing the application process.

Documents you will need to complete to apply include: Get Ready student application, guardian form, transcripts, MARSS number, and free/reduced lunch eligibility form (if applicable).

- Business
- Cosmetology
- Culinary
- Finance
- Fine Arts
- Healthcare
- Programming
- Science •
- Welding
- World Languages and Cultures
- And More!

Get enrolled in the summer camp of your choice with Get Ready!

#### Are you eligible for a stipened from SEAP?

#### Apply for a stipened if:

- You are a Minnesota resident and a student attending an eligible summer camp (listed on back or on the Get Ready website).
- You are eligible for free or reduced priced meals.
- You have a "C" average GPA

\*If 2 and 3 do not apply to you, Get Ready will cover your cost of registration and attendance. Everyone is eligible!

#### How do you apply?

Scan the QR code to apply on the Get Ready website! Connect with your Get Ready Coordinator for assistance or with questions.



https://bit.ly/getready\_summer2023



#### 🛧 Concordia Language Village

Concordia Language Village offers an immersive approach to language teaching, providing students with a culturally authentic setting full of natural opportunities to hear, learn, and speak a variety of languages.

www.concordialanguagevillages.org

#### MN Institute for Talent Youth (MiTY)

MITY's Expand Your Mind program offers more than 30 unique STEM, humanities, and fine arts courses specifically designed to challenge and inspire bright and motivated students from around the Twin Cities and beyond.

www.mity.org

#### 쓝 MN Business Venture (MBV)

MBV is a business and career development camp that brings together students to learn business, leadership, and financial literacy skills. This is a great opportunity to network, hear from business owners, build skills, and explore future career options!

www.bestprep.org/Minnesota-businessventure

#### 🛧 SCRUBS Camp

Come and learn all about healthcare careers through fun, hands-on activities! Students will take part in a variety of activities related to healthcare, lead by experts in the field. Scrubs Camp is a fun and exciting way for those interested in pursuing a career in the growing field of healthcare!

www.stcloudstate.edu/chwp/scrubscamp www.saintpaul.edu/wtce/highschoolcamps

#### 🛠 Summer Beauty Cosmetology Camp

Cosmetology camp offers a variety of different classes on subjects including hair, skin, nails, and makeup application. These workshops give students the chance to explore the world of cosmetology and esthetics!

www.saintpaul.edu/wtce/highschoolcamps

#### ★ Culinary Camp

During Culinary Summer Camp, students will learn fundamental cooking skills and how to make various dishes. This unique experience will give students a taste of culinary careers and opportunities available to them!

www.saintpaul.edu/wtce/highschoolcamps

#### 쓝 Video Game Design Camp

Video Game Design Camp gives students the opportunity to work with multiple programming platforms to design their own video games, as well as learn from industry professionals including programmers, designers, artists, and writers.

www.saintpaul.edu/wtce/highschoolcamps

#### 🛣 Imagine it, Design it, Make it! Camp

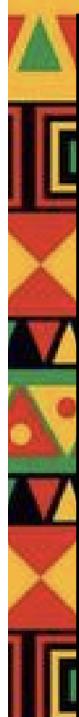
Imagine is an advanced manufacturing summer camp on welding and machining. Students get the chance to design and build their own product from start-to-finish, while learning how to do CAD, CAM. CNC design and operate various kinds of welding and manufacturing equipment with industry professionals.

www.saintpaul.edu/wtce/highschoolcamps

#### GET READY COORDINATORS, Room 2614

Ms. Mai Chue mmoua.getr@spps.org | 651-706-6032 Mr.S steven.martinez.grande@state.mn.us | 651-706-6035

OFFICE OF HIGHER EDUCATION



## 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 to double your chances to win the raffle!

@740 Rose Ave. W. \* St. Paul, MN 55117

Friday, March, 31 @ 5:30 - 7:30 pm in the Como Cafeteria

Questions? Contact Ms. Mai Chue from the Get Ready Office at mmoua.getr@spps.org or 651-706-6032 (call/text)

#### PROGRAM

- 5:30-6:00 Dinner
- 6:00-6:30 Panel
- 6:30-7:30
- Expo

This event brought to you by Como students with the support of the Get Ready Program



















#### **Attention Como Families**

SPPS will not serve meals during spring break (April 3-7). Here are some other options:

#### Food Resources During Spring Break 2023 (April 1-9)

#### Español | Hmoob | Soomaali | Karen

#### Youthprise (meals for kids)

- Website: youthprise.org/nutrition-program
- Check their website during the week of March 27 for the latest updates on spring break hours at each site.

#### **Loaves and Fishes**

- Website: loavesandfishesmn.org
- Dorothy Day Center (Higher Ground)
  - Address: 435 Dorothy Day Place, Saint Paul, MN
  - Hours: Every day 4:30-5:30 p.m.
  - Contact: 612-204-8485
- Our Redeemer Lutheran Church
  - Address: 1390 Larpenteur Ave. E, Saint Paul, MN 55109
  - Hours: Wednesdays 5:30-6:30 p.m.
- St. Matthews Catholic Church
  - Address: 510 Hall Ave., Saint Paul, MN 55107
  - Hours: Monday-Thursday 5-6 p.m.
  - Hybrid meal service with to-go and in-person dining options. To-go meals are served in the SE parking lot off W Robie Street, near door #5.

#### **Neighborhood House**

- Website: neighb.org
- The Wellstone Food Market
  - Address: 179 Robie Street, Saint Paul, MN 55107
  - To shop in person, you will need to schedule an appointment ahead of time. Here are some important things to know:
    - In person shopping hours: Monday-Friday, 9-11:30 a.m. & 1-3:30 p.m.
    - Appointments can be booked up to 48 hours in advance, but no sooner. Please note: Appointments are limited and will be scheduled on a first-come, first-served basis.
    - To make an appointment, please call 651-789-3602 between the hours of 9 a.m.-4 p.m., Monday-Friday.
  - The Francis Basket Food Market
    - Address: 1293 E Maynard Drive, #410, Saint Paul, MN 55116
    - o Contact: 651-699-0986
    - Hours: Mondays 9-11:30 a.m.; Tuesdays and Fridays: 9-11:30 a.m., 1-3:30 p.m.
    - The Francis Food Basket Market has a walk-up procedure. Please walk to the door and ring the doorbell and someone will help you.



#### Fruit of the Vine Food Shelf

- Website: <u>vcsmn.org</u>
- First Covenant Church
  - Address: 1280 Arcade Street, Saint Paul, MN 55106
  - Contact: 952-595-5980
  - Hours: Saturdays 9 a.m.-12 p.m.
  - Provides groceries (meat, milk, bread, canned goods and dry goods). Guests are welcome to visit twice a month and receive 65 pounds of food per visit.

#### **Salvation Army**

- Website: centralusa.salvationarmy.org/northern
- St. Paul Eastside Worship and Service Center
  - Address: 1019 Payne Ave., Saint Paul, MN 55130
  - Contact: 651-776-2653
  - Walk-in Food Shelf: Tuesdays and Fridays 9 a.m.-12 p.m.
  - Fresh Food Distribution: Mondays and Thursdays 11:45 a.m.-12:45 p.m.
  - Youth Food Shelf: Thursdays 3-5 p.m.
  - Hot Lunch Served: Monday-Friday 11:45 a.m.-12:45 p.m.
- King Family Childhood Development Center
  - Address: 401 7th Street W, Saint Paul, MN 55102
  - o Contact: 651-224-4316
  - Food Shelf: Mondays and Wednesdays 9-11 a.m., Tuesdays and Thursdays 1-3 p.m.
  - Fresh Produce Distribution: Fridays 11 a.m.
  - Hot Dinner Served: Wednesdays 5:30 p.m.

#### House of Refuge

Make an appointment for grocery distribution at <u>hortc.org</u>

#### **Twin Cities Mobile Market**

Check schedule at thefoodgroupmn.org

#### **Hunger Solutions**

Use the online search tool to find food shelves at <u>hungersolutions.org/find-help</u>

#### **United Way**

Search online for a variety of resources at <u>211unitedway.org</u>

#### **Open Cupboard**

Check online at https://opencupboard.org/needhelp/how-it-works/





Photo Credit: Inclusivity Mural - Collaboration between SPPS Student Engagement and Advancement Board, Good Space Murals and Community Member

## Ethnic Studies Spring Family Forum

Hosted by: Ethnic Studies Department, Office of Teaching and Learning

The SPPS Ethnic Studies Department welcomes family members, students, educators and community members to discuss and learn more about the new graduation requirement class: Critical Ethnic Studies.

#### Wednesday, April 12, 5 to 6:30 p.m.

SPPS Administration Building 360 S Colborne St. St. Paul, MN 55102 Rooms A & B

Food will be provided Childcare services available Language support will be available in: Hmong, Karen, Somali, Spanish and English







Contact Information: ethnicstudies.dept@spps.org i spps.org/ethnicstudies

Hmong Karen Somali Spanish

#### **Attention Como Students!!**

The Health Start Clinic is hosting "STI Awareness Day" this Tuesday April 11th. Come by anytime throughout the day and speak with a health educator or medical provider to learn what sexually transmitted infections are, test for them if needed, and know how to keep yourself safe in the future. Everything is free, and confidential. We will also have games, condom demos and candy.

Everyone who comes in can enter the raffle for a chance to win a Target Gift Card or a portable phone charger. We hope to see you there!!!





## JOIN OUR TEAM!!

## steven scott

#### Looking for a part-time job or summer employment?

Have you ever been interested in real estate or curious about the operations of running an apartment complex? Steven Scott Management is a local property management company with exciting entry level positions in leasing, maintenance and caretaking for high school graduates. We are looking for students interested in getting experience with light maintenance, grounds, or front desk work.

#### **Employee Benefits:**

- Medical
- Dental
- 401K
- PTO and Paid Holidays
- Vision
- Life Insurance
- 401(k) match

#### **Additional Benefits:**

- Sign on Bonus program (FT employees)
- Referral Bonus program
- Commissions (Office staff), quarterly renewal commissions
- Annual bonus eligibility

If interested: please apply via our online application. You can visit our website at www.steven-scott.com and go to: careers > apply now

For questions: please contact our recruiter, Shelby Henderson at (952) 540-8606 or shenderson@steven-scott.com

### APPLY FOR OUR MAINTENANCE TRAINING PROGRAM!



#### NEW STEVEN SCOTT MANAGEMENT MAINTENANCE TRAINING PROGRAM

We are excited to announce a new entry-level Maintenance Technician Training Program! This program will be open to current and new employees, with an interest in pursuing a maintenance career with Steven Scott. It has been created to train entry-level employees via hands-on experience within a training workshop. One of SSM's own advanced maintenance technicians has designed and built several training stations to provide a unique training platform.

#### WHAT YOU WILL LEARN:

Technicians in training will learn electrical, plumbing, and general maintenance skills in a test environment prior to entering the homes of our residents.

#### WHAT YOU WILL RECEIVE:

Upon completion of the training program, participants will receive a small supply of tools to get them started in the maintenance field.

#### AFTER YOU COMPLETE THE TRAINING?

Each trainee will remain in the program until they obtain the skills required to work on their own; at which time they will be eligible to transfer to another site through our Self-Nomination Program.

\*This is a full-time training program.



If interested or if you have any questions, please contact us at 952-540-8606 or email us at recruiter@steven-scott.com



## **COMO CAREER** & **TRADE FAIR** APRIL 27, 2023 11:10 AM - 1:40 PM

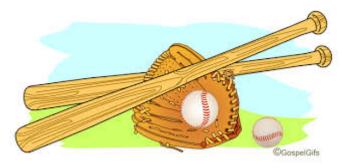
#### **DISCOVER YOUR DREAM JOB!**

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 | 651-774-2487 | calendly.com/como-cpc





#### Como Boys Baseball is doing a team store fundraiser!

If you are interested and/or in need of some Como gear, feel free to take a look. 10% of the sales goes back to the team.

Here is the link: <u>https://bsnteamsports.com/shop/BdVdpMKhvb</u>

Need something to do over Spring Break?

Head over to the Rice Street Library!

#### Rice Street Library

- Tuesday Friday, 5:30 7:45 p.m.
  - On Friday nights, the library closes to the public and is only open for teens attending Createch After Dark from 5:30 - 7:45 p.m.

### **Createch** Tech lab and creative space for teens.

#### **By Teens for Teens**

Createch is created by teens for teens, ages, 12-18 to explore creative talents, pursue their interests, and spark new passions.

Play video games with friends, create a design on the laser engraver, dive into a VR game on an Oculus Quest headset, try your hand at painting, drawing, and sewing, pilot a drone, or record your next song in the recording studio.





Parents of 12th Complete the FAFSA or MN Dream Act: Get money for college! Complete the FAFSA or MN Dream Act today. Here's a link to a super helpful step-by-step FAFSA walkthrough video and more information about financial aid here. Make an appointment if you need help!

Parents of 9th,10th,11th Sign Up for Summer Enrichment Programs at Minnesota's Private Colleges! Well before students can enroll in college, there are summer options at Minnesota's private colleges. Students will find new ways to explore existing passions or develop new ones — from sports to music to languages. Some are away camps, others run during the day. There are even virtual options. See for yourself how our colleges are offering something unique, helping teens, tweens and younger kids get more out of summer. Note: Applications for some camps are due as early as February or March.