



Saint Paul  
PUBLIC SCHOOL



COMO PARK  
SENIOR HIGH SCHOOL

## May 12, 2023 Newsletter

### Upcoming Dates

- |      |  |
|------|--|
| May  | 12- Prom 7:00-11:00 pm                             |
|      | 16- Junior College Night 4:30-7:30 pm              |
|      | 18- Spring Band Concert 7:00-8:00 pm               |
|      | 19- Family Fun Night 5:00-8:00 pm                  |
|      | 26- Spring Choir Concert 6:00 pm                   |
|      | 29- No School (Memorial Day)                       |
| June | 6- MCJROTC Valley Fair Field Trip 10:00-6:00 pm    |
|      | 9- Last day of school for seniors                  |
|      | 9- Senior BBQ 11:30-2:00 pm                        |
|      | 13- Graduation 8:00-10:00 pm                       |
|      | 14- End of 4th Quarter                             |
|      | 14- Last day of School for students in grades 9-11 |
|      | 15- Last day for teachers                          |

## Como Park Senior High School Prom 2023

Como Prom 2023 theme is: **Masquerade**

**When:** Friday, May 12th **Where:** Landmark Center- 75 W 5<sup>th</sup> St. St. Paul

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

### Next week is Mental Health Awareness Week!

The providers at our HealthStart Clinic want to share some information, resources and tips with students and their families. Please click [here](#).



# 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)

We meet after school  
May 10th, 24th & 31st

**Gender &  
Sexuality  
Alliance**



in Profe. Butler's room #1207





**\*Attention\***



## Parents/Guardians of Juniors Required Immunization Alert

**Meningococcal booster (MCV4 #2) is a required vaccination and is administered to individuals 16-18 years of age.**

**Please make arrangements with your health care provider to receive this required shot before the start of your student's senior year.**

- Health Start Clinics, 651-233-8951. Located in Various St. Paul High Schools throughout the city. Call for an appointment
- St. Paul-Ramsey County Public Health, 651-266-1234. Call for an appointment
- Student Placement Center (SPC) Health Office, 651-632-3763. Pre-K through 12th grade students who are uninsured or have State Health Insurance only. Please contact our office prior to arriving. The Health Office is open Monday, Tuesday, Wednesday and Friday from 8:00 AM - 3:30 PM and Thursdays from 12:00 PM - 3:30 PM

## GRADUATION INFORMATION

**HEY SENIOR PARENTS!** If you have questions regarding graduation or events leading up to it, please click the link below.

<https://sites.google.com/stpaul.k12.mn.us/cpshts-class2023/home>



## FAMILY FUN NIGHT

FRIDAY MAY 19TH 5:00-8:00 PM  
COMO PARK SENIOR HIGH SCHOOL

COME JOIN OUR **FREE** EVENT THAT  
INCLUDES:

FOOD  
PING PONG  
FACE PAINTING/TATTOOS  
VOLLEYBALL  
RELAY RACES  
NATIVE AMERICAN DRUMMERS  
KNITTING DEMOS/DISPLAYS  
DOUBLE DUTCH  
COMO WEAR SALES  
FISHING GAME  
JUMBO JENGA

ROBOTICS DEMOS  
RAFFLE PRIZES/BASKETS  
CORNHOLE  
SELFIE STATION  
MUSIC  
BINGO  
PAPER DOLL  
CREATIVITY STATION  
SOCCER  
BADMINTON

\*JOIN US IN ROOM 1304 (#10) FOR THE  
"COMO & COLLEGE ATHLETICS TRIVIA".  
MUST ATTEND THE FULL SESSION TO  
RECEIVE 5 ADDITIONAL RAFFLE TICKETS.

\*BRING CASH TO INCREASE YOUR  
RAFFLE WINNING CHANCES, SUPPORT  
OUR VENDORS, AND ALSO SUPPORT OUR  
PROM FOR NEXT YEAR!



Hey Como families! We still have some spots open if you'd like to volunteer at Family Fun Night on Friday, May 19th. Please sign up in the blue areas if you are available. I guarantee you will have some fun! Thanks for supporting Como Park Senior High School.

<https://docs.google.com/spreadsheets/d/1VUYhYIr4eDqSwoD0BRSWURqCjBRbGHLmbhuVUzjDeQ0/edit?usp=sharing>



**Macalester College** will be hosting Workshop Wednesdays over the summer to help uprising seniors with the college process throughout the summer. Click on [link](#) to learn more about sessions they will be hosting over the summer and to RSVP.

Greetings SPPS Staff, Family & Community,

You're invited to be a part of the first ever Critical Ethnic Studies Student Showcase hosted by the SPPS Ethnic Studies Department (see flier below).

**Date:** Saturday June 10, 2023

**Time:** 9 am - 2 pm

**Location:** Washington Technology Magnet Secondary (Great Hall), 1495 Rice St, St Paul, MN 55117

The purpose of this event is to highlight students' learning, growth and experience through the Critical Ethnic Studies course (new graduation requirement). Students will have opportunities to share their Final Capstone Project, attend workshop sessions and listen to guest speakers. This is a collaborative space for young people to practice and model the 7 Principles of Ethnic Studies (Self Love, Honor, Community, Critical Consciousness, Resistance, Hope, and Visualization) with their peers and extended school community.

This is a student-centered space created with the help of SPPS and Macalester students. SPPS family and community members are welcome to attend as well.

Deadline for registration is **June 5th, 2023**.

If you have questions, please reach out to the CES Showcase Planning Committee at [ethnicstudies.dept@spps.org](mailto:ethnicstudies.dept@spps.org).



# Critical Ethnic Studies Student Showcase

**SATURDAY, JUNE 10TH 9-2PM | AT WASHINGTON TECH**



## Activities & Events

- CES Student Capstone Projects
- Guest Artists
- Keynote Speakers
- Community Led Workshops
- Open Mic
- Raffle/Prizes!
- Food & Refreshments

**Meet us in the Great Hall!**

**1495 Rice St, St Paul, MN 55117**

**Saturday, June 10th**

**9:00am - 2:00pm**

**Please register using the QR  
Code below. Deadline is June 5,  
2023.**



**Contact:**

**[ethnicstudies.dept@spps.org](mailto:ethnicstudies.dept@spps.org)**

**Flier created by SPPS Students, CES Showcase  
Committee Member.**





# COMO HIGH SCHOOL JUNIORS' NIGHT

**WHEN: May 16th, 4:30 - 7:00pm**

**WHERE: Como High School Auditorium**

Hey Juniors! You and your parents or guardians are invited to a special Post Secondary Options presentation on May 16th at the Como High School auditorium. At this event you will:

- Hear from counselors about Post Secondary planning.
- Hear from Como seniors and get to ask questions about their plans.
- Have dinner with your friends and family.

## **Schedule**

- Como presentation is from 4:30 - 5:15pm.
- Dinner with the Como Senior Panel is from 5:20 - 6:10pm.
- Como presentation will be repeated at 6:15pm.

Let's go Juniors! It's time to Get Ready to make plans for your life after high school!

## **Questions?**

Contact Mai Chue or Mr. S in the Get Ready office room 2614.



Your college degree,

# REALIZED

with  COLLEGE  
POSSIBLE  
MINNESOTA

SOPHOMORES:

## Get free college coaching now

Recent college grads can answer your biggest questions and help you with ACT test prep, finding scholarships and financial aid, college applications and much more!

10<sup>th</sup> Grade



Interested in joining College Possible?  
Scan the QR code to receive more info!

For more information about College Possible,  
visit [CollegePossible.org/Apply](https://CollegePossible.org/Apply)







## Keep your kid engaged with a **SUMMER CAMP**

Get your kid enrolled in an academic summer camp and apply for a stipend to help you pay for it.

- Humanities
- Language Arts
- English
- Social Studies
- Science
- Mathematics
- Fine Arts
- Performing Arts
- World Languages and Cultures



**The Summer Academic Enrichment Program (SAEP)** provides stipends on a first-come, first-serve basis, to cover all or a portion of the direct cost of eligible summer academic enrichment programs for students in grades 3-11.

Students can be awarded one stipend of a maximum amount of \$1,000 that will be directly paid to the program they enroll in.

### Is your kid eligible for an stipend from the **SAEP?**

Please, apply for an stipend if:

- Your child is a Minnesota resident and a student (up to 11<sup>th</sup> Grade) attending an eligible summer enrichment program (see list below).
- Is eligible for free or reduced priced meals.

If your child is in grades 7-11, they must have either an overall "C" average or its equivalent for the most recently recorded academic term in the subject area applicable to the summer program they wish to attend.

### How do you **Apply?**

You must apply directly to the eligible summer program. The summer program will complete the online application for a stipend from the Summer Academic Enrichment Program. Funds will be processed and will go directly to the eligible summer program.

For locations and enrichment programs, click [here](#).





## Explore Your Interests with a SUMMER CAMP!

- 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!**

### 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).

### 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.

SCAN HERE!



[https://bit.ly/getready\\_summer2023](https://bit.ly/getready_summer2023)

For a list of Summer Camps, click [here](#).





# CLASS OF 2024 RISING SENIOR SUMMER SUCCESS PROGRAM



## July 12: North Hennepin Community College

Target Schools: Cooper, Fridley, Como, Harding, Hiawatha

## July 28: St. Cloud Technical and Community College

Target Schools: Apollo, Tech

This **free, limited-space** event includes transportation, breakfast, lunch, college prizes, and the opportunity to:

- Explore your career and college options after high school
- Visit local colleges and meet advisors and subject matter experts
- Leave with tools and resources for career and college planning
- Attend hands-on workshops lead by subject professionals regarding:
  - Researching post-high school college or career options
  - Federal Student Aid and how to access free money for college
  - Scholarship information
  - Free training programs
  - Personal statements and essay writing

### JOIN US!

Scan the QR codes to register, or talk with the Get Ready Pathway Coordinator at your school for more information.

Student  
Registration



Parent  
Permission



## GREAT THINGS HAPPENING AT COMO



The Career and Trade Fair at Como Park was a huge success! There were 31 companies represented and over 200 students attended the event.

Thank you to all the people who came out to give our students this wonderful opportunity.





At the end of the major training events for our CPSHS MCJROTC SY22-23, the Cadets hold a 'Warrior's Night,' a tradition where all cadets come together and celebrate the obstacles they have overcome, and the esprit de corps built among fellow warriors during hardship throughout the entire school year. It is also a very special event for the MCJROTC Juniors who find out their staff billets for the following school year. **OOH RAH!**



MCJROTC Staff officers support the commander in the day-to-day tasks of the unit. Congratulations to all the Juniors pictured here shortly after Warriors Night on 5/5/2023. The CPSHS MCJROTC will have **Cadet Major Anthony Landaverde Guillen** at the helm now. Congratulations to all of you!

### Take a Step Toward a World Free of MS

On Sunday, May 7th, the the Como Park MCJROTC Cougars volunteered and joined the movement to show that together, we are stronger than MS.





## Recognizing National Mental Health Awareness Month

According to the National Alliance on Mental Illness ([NAMI](#)), 1 in 6 youth aged 6-17 experience a mental health condition each year. Despite this, stigma associated with mental health conditions and seeking mental health care means that many youth suffer in silence.

Change to Chill is working to end mental health stigma, and we need your help to do it! Here are a few ways YOU can join us in the fight against stigma:

- Start by [educating yourself on stigma](#), including the ways culture impacts stigma and the connection between [stress and identity](#).
- Be mindful of the [language you use to talk about mental health](#).
- Engage others in dialogue about mental health and stigma using our [conversation starters](#).
- [Practice being an active listener](#), especially with those you see struggling.
- Consider sharing your story around mental health and well-being. Use [this checklist](#) to think through why you are sharing your story and how you will be supported.

## Mental Well-Being Resources for All Ages

Did you know that [Allina Health](#) has mental well-being resources for folks of all ages? You're probably most familiar with Change to Chill, which focuses on youth ages 13-19, but we've got 2 sister programs we encourage you to check out as well!

[Health Powered Kids](#) focuses on youth ages 3-14, with lesson plans to help kids Be Active, Keep Clean, Find Balance and Eat Well. Examples of their well-being resources include:

- [What We Can Do to Stress Less](#)
- [Learning Mindfulness Through Movement](#)
- [Self-Esteem and Body Image Activities for Kids](#)

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[Hello4Health](#) is a resource for adults, with tools and activities to help build or strengthen social connections. Examples of resources include:

- [How to Build Social Connections](#)
- [Staying Grounded and Connected to Self, Family and Surroundings](#)
- [Connection Across Differences](#)





# Earn up to \$70,000/year

Paid on the job training at Saint Paul College  
for 10,000 high-demand jobs

**Get free advanced manufacturing  
career training!**

Get \$17/hour to go to class and connect  
with local manufacturing employers who  
will pay you to learn on-the-job skills.

We'll train, mentor and coach you 1-on-1  
for job skills like:

- Advanced manufacturing
- Manual milling
- Computer controlled machining (CNC)
- Quality control

To learn more, visit  
[www.gesmn.org/manufacturing](http://www.gesmn.org/manufacturing)  
or contact your school staff and  
counselors for information.



GOODWILL

EASTER  
SEALS

Goodwill-Easter Seals Minnesota [gesmn.org](http://gesmn.org)

For more information, click [here](#).



# HAMLIN ELEMENTARY MIGHTY MIDWAY SPRING FESTIVAL



**Saturday, May 20th, 2023**

**1:00-4:00pm**

**Free Admission!**

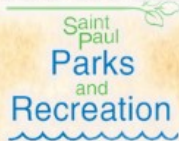
Featuring entertainment, food for sale, fun & games, a bake sale, community expo, and more!  
Sponsorship opportunities and tables for vendors & organizations at the community expo are available.

For more information,  
contact [karen.mccauley@spps.org](mailto:karen.mccauley@spps.org)

Visit the Facebook event page:  
<https://fb.me/e/6yqlQJXA0>



Hancock Recreation Center, 1610 Hubbard Ave,  
St. Paul, MN 55104  
Rain or shine!



\*proceeds from donations, sponsorships,  
table fees, and food sales benefit programming  
at Hamline Elementary through the Hamline  
Elementary PTA.

