



Saint Pau
PUBLIC SCHOOL



COMO PARK

SENIOR HIGH SCHOOL

June 9, 2023 Newsletter



Thank you Como families!

Thank you all for your support as we close another successful school year. Your students have made significant strides, built and strengthened relationships, and adapted to changes and challenges throughout this school year. We are very proud of them!

Thank you for trusting us to educate your students and for allowing us to be their guide. We appreciate your belief in us and look forward to partnering with you and your students in the fall.

Como Park Senior High School Staff



Upcoming Dates

- June
- 9- Cap/Gown/Ticket pick up & Senior Picnic 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

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/cps-hs-class2023/home>

Leaving Saint Paul Public Schools? Moving?



Students will be keeping their iPads for the summer unless they are leaving the district. If this pertains to your student, please return the iPad, charging brick and cord to Mr. Kvamme; iPad Coordinator, before the last day of school. Have your student notify their counselor of any moves as well. Thank you.



We would like to thank EVERYONE who supported us in our first year at the Coffee Shop. Your business, and patience has gone beyond anything we could have hoped for.

As the year comes to an end, we want to announce that our last day for the year will be Wednesday, June 7th.

We will be back next year, with more times for you to get your cocoa or caffeine fix. We will be open everyday period 1, and every other day period 2.

Can't wait to see you all then!





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

Health Start Clinic

WE ARE OPEN FOR SUMMER!!

Need to check in? We are here for you

- Medical care, mental health support, nutrition counseling and health education
- All insurance or no insurance works for us
- You will not pay at the time of your service or be billed for care

Same day appointments available

Open at two schools or through Telehealth (phone or video chat)

Como High School
740 W. Rose Ave. 55117
Monday - Thursday
8:00 am - 4:00 pm
651-487-8539



Humboldt High School
30 E. Baker St. 55107
Monday - Thursday
8:00 am - 4:00 pm
651-312-1996

Telehealth appointment line:
Monday - Thursday 9 AM - 4 PM
651-233-8951

Please find teen and parent resources



@MNcommunitycare



www.mncare.org



Over 400 library books wanted!



The value of the books still checked out exceeds the entire library budget for next year.

Please help by encouraging students to bring their library books back.

Thank you!

Last chance to purchase 2022-2023

YEARBOOKS

Only about a handful remain.
\$60 Check or cash to Mr. Fields in 1205.





at schools & other sites

Free Nutritious Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota.

How it works:

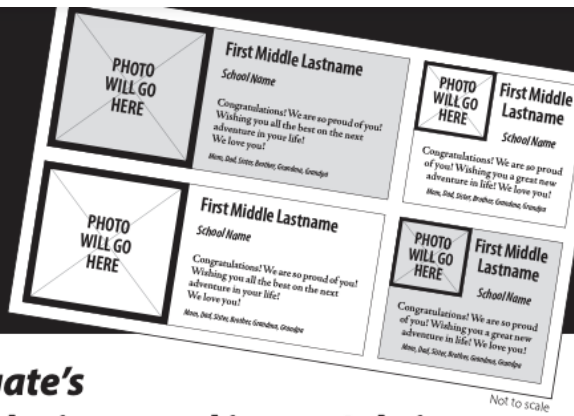
- 1** Download the Free Meals for Kids app to your cell phone.
- 2** Use the app to find the nearest site providing meals by GPS.
- 3** Click on the nearby site and use the Site Updates tab for more details.
- 4** Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools and community locations. The app provides location, directions to the site and hours and days of operation. More sites are added daily. For more information: www.hungerimpactpartners.org.



Honor Your Graduate in the Park Bugle!



Celebrate your graduate's accomplishment by placing an ad in our July issue.



Go to parkbugle.org/graduation-ads

Or scan this QR code. Once there, fill in all form fields, upload a high resolution photo, select size of ad, and submit payment via PayPal.

All ads will be printed in black & white.

TWO SIZES / RATE OPTIONS:

\$25 = 1 column wide x 1.625" tall
Up to 28 words for your message

\$45 = 2 column wide x 1.625" tall
Up to 35 words for your message

DEADLINE:
Wednesday, June 7, 2023

Deadline extended until Friday, June 9, 2023

GREAT THINGS HAPPENING AT COMO

R & R! The MCJROTC cadets took a day to rest and relax amongst friends at ValleyFair Amusement Park. A large outdoor area with fairground rides, shows, refreshments, games of chance or skill, and other entertainment which allowed them to bond in comradery in that Marine Corps spirit.



Having a game day and end of school year celebration for an amazing group of students in the AVID 9 class with our volunteer, Jeanne Steele.



Community Service is unpaid work performed by a person or group of people for the benefit and betterment of their community without any form of compensation. On Friday, 26 May 2023 for six hours the Como Park MCJROTC cadets performed a food drive event at the Serenity Village Church in Crystal, Minnesota. The event supported the **Loaves and Fishes Foundation** packing and serving a food drive collection point. Their contribution to society resulted in subsidizing more than 328 people that registered, and we served

244 vehicles that drove up. That is 74.4%. It resulted in service to 587 families.





Nope! MCJROTC will **not** shut down this summer. Semper fi - Staying Alive. We will be working hard this summer doing several camps, community service events and fundraising for SY23-24. We will need max participation from our cadets to make it all happen. **Congratulations to the (16) cadets selected to travel to various leadership camps in July.** Back to the Fifties Car Show (June 23, 2023-June 25 2023) and the Minnesota State Fair Fundraiser (Thursday Aug 24, 2023 - Monday, Sep 4, 2023). Staying motivated!

- National MCJROTC Drill Camp: Soe Thoo (10) & Sumalee Reh (10)
- Senior Leadership Camp Outdoor Odyssey: Cooper Westrum (11) & Paw Hser Yui "Chi" Say (11)
- Raider Competition Instructor Course Training: Sergeant Major James C. Kirkland
- Senior Leadership Camp One: Adam Luchsinger (11) & Alex Sandoval Soto (11)
- Senior Leadership Camp Two: Anthony Landaverde Guillen (11) & Rigoberto Flores (11) & Soe Thoo (10)
- Aviation STEM Camp: Olga Tetevi (9) & Rihanna Said (9)
- Cyber STEM Camp: Kmwe Paw (11) & Say K. Wah (11) & Providence Mwakana (9) & Davis Thaug (9)



The annual MCJROTC Battle of the Company Competition was a great success. Bravo Company (2024) claims the title of this year's champions. The Sophomore class made it a real hoot w/ great chow. Cadet in Charge, Corporal Soe Thoo's leadership was phenomenal. Ooh Rah!



Congrats to Angie Jimenez-Valerio and Shanya Abron. They finished in 1st place at this year's MN Urban Debate League's final tournament for the spring season! They also won 3rd and 2nd place individual speaker awards (respectively) as well! If you see them in the halls congratulate them, they were outstanding. Como was well represented!

For all those curious, this season's topic was financial literacy. Each round began with a profile of a fictional individual, then teams were assigned whether said individual should choose a large national bank, or a smaller institution like a credit union or online only bank. The girls had to argue for both sides throughout the day.



Minnesota
**URBAN
DEBATE**
League

For more information about the MN Urban Debate League, click [here](#).



COUGAR awards are presented to nominated students in every grade once a quarter. Congratulations to our nominated seniors for Quarter 4 COUGAR awards.



C - Collective Care - seeing members' well-being as a shared responsibility of the group rather than the lone task of an individual.

O - Optimistic - hopeful and confident about the future.

U - Unplugged - refrains from using digital or electronic devices for a period of time.

G - Growth - gradual increase in development.

A - Attitude (Positive) - mental outlook of optimism and of expecting good things to happen.

R - Respect - high regard for the feelings, wishes, rights, or traditions of others.

S - Support - gives encouragement and approval to someone or something because they want the person or thing to succeed.

Sadrac was one of several senior students who were recognized by Como staff as well as liaisons from the Office of Family Engagement and Community Partnerships for Academic Performance, Tenacity, Contribution to School Community, Leadership, Volunteerism, Most Improved, School Sports, Students with Disabilities, and/or Military Bound.





Como Alumni join current Como players for an Ultimate Frisbee game at Como Park Senior High School!

Seventeen years ago, Cleo, class of 2006 and other former Como graduates, started off a new high school sport at Como that was just picking up in the district at that time... **Ultimate Frisbee**.

Cleo said, "It was nice to connect with the current Como team, such well behaved kids. It was refreshing to come back and have such a good time. Eat pizza. Laugh and be a kid with the old kids."

Cleo also stated, "Be reminded that time does really fly."





Here are some pics of Spanish 4, concurrent enrollment Spanish 201 & Spanish 5, concurrent enrollment Spanish 202.

Spanish 201 studied Frida Kahlo & painted a replica of one of her paintings.





Attention all current and future band/orchestra families!! If your child signed up for band or orchestra next year, please have them fill out this google form to share a bit about themselves. This way Ms. Miller can plan to give them the best instrumental music experience this fall. Wishing you had signed up? Send Ms. Miller an email at katie.miller@spps.org and cc your counselor!

Link to Google Form: <https://forms.gle/TiUebj6aBXpyio1U7>

How your brain benefits from learning an instrument: <https://youtu.be/ROJKCYZ8hng>





Dear Como and Murray Parents,

Fall sports registrations have begun! The first day of practice will be August 14th. Student-athletes will need to have three things to be able to start participating in practice:

1. Updated physical; good for three years
2. Minnesota State High School League athlete eligibility form
3. **Fees:**

- **Until the end of the 2022-2023 school year: \$45 / \$20 (football is \$55) free and reduced lunch**
- **Starting fall 2023-2024: \$60 / \$30 free and reduced lunch (football is \$70)**

Athletic Registration and Payment Procedure

Please come and register at the high school athletic office. In order for your child to be eligible for participation, you will need a [Minnesota State High School League Form](#), updated sports physical, and the sport fee of: **SEE FEES ABOVE**. If you're looking to pay the athletic fee in person, you can find Athletic Director Koua Yang and Assistant Athletic Director Brandon Kuether in room 1109 at Como Park High School. Our usual office hours are 9am to 4pm. Please enter through the main entrance and security will escort you to the athletic office.

For more information, please visit: <https://sppscomoparkhighschool.rschooteams.com>. If you have any questions, please feel free to call or email. Here is a list of coaches and their emails if you want to contact them directly for summer practices and regular season practices/tryout logistics:

Adapted Soccer (co-op w/Humboldt): Malachi Long / malachi.long@spps.org

Cross Country Boys & Girls: Tim Kersey / kerseytimothy@gmail.com

Football: Kirby Scull / kirby.scull@spps.org

Soccer Boys: Brendan Doyle / bdoyle028@gmail.com & Jonah Fields / jonah.fields@spps.org

Soccer Girls: Sumaya Mohamed / sumaya.mohamed@spps.org

Swimming Girls: Jon Tufte / jon.tufte@spps.org

Tennis Girls: Poem Vang / vangpoem@gmail.com & Kia Yang / kia.yang3@spps.org

Volleyball Girls: Justine Revermann justine.revermann@spps.org & Keng Cha keng.cha@gmail.com

Sincerely,

Koua Yang Athletic Director

koua.yang@spps.org

651-744-3104





Get a summer's worth of rides on buses and light rail with a Summer Student Pass!

Any current 9-12th grade student at participating schools can get unlimited rides on buses and trains up to a \$3.25* fare. Passes are valid from June 1 through Sept. 5, 2023.

How do I get one?

Starting May 8, go to metrotransit.org/summer-pass to get more details about the pass and order one using a credit card. All you need is your school's name and your student ID number.

If you'd rather use cash, you can buy a Summer Student Pass at a Metro Transit Service Center. Call 612-373-3333 or visit metrotransit.org/service-centers for locations.

Have questions? A friendly transit expert can answer them. Give us a call at 612-373-3333.

* For fares higher than \$3.25, like some Northstar trips, just add stored value to your pass.





GET READY TO GET SUMMER

THIS SUMMER, TEENS JOIN THE Y FOR FREE*.

**Interested in a FREE
Summer Membership?
Contact your local Y to join.**

ymcanorth.org/locations

"Get Summer" will provide a safe, fun environment for teens to obtain FREE memberships to their local YMCA facilities.

Teens will have access to 19 YMCA of the North locations to enjoy basketball, swimming pools, splash decks, fitness centers, group exercise classes, free Wi-Fi and more!

REGISTRATION BEGINS JUNE 5. To register, visit your Y location or join online at ymcanorth.org/getsummer

YMCA of the North
ymcanorth.org/getsummer

*Free membership is available from June 5 - August 31, 2023 for teens entering grades 9-12 who have not had a YMCA membership within the past 60 days. Limited memberships available per location.

23-MS03

- Hmong
- Somali
- Spanish





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 11th 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

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

