

THE LONGFELLOW KANGAROO

“KANGO” WRONG WITH THE NEWS!



WELCOME OUR NEW PRINCIPAL

Christine Sanguinet

WELCOME, LONGFELLOW KANGAROOS!

Longfellow Alternative HS has a rich tradition of serving young mothers, providing them with a rigorous, relevant and real world academic experience. Our school is known for the love, care and guidance our students receive from our stellar staff. I am excited to get to be a part of this amazing school as your new principal.

I started my career in alternative education as a social studies teacher after receiving my Master's in Teaching. I've most recently worked as one of the Assistant Principals at Edison HS and just completed my 22nd year serving Minneapolis Public School students and families.

I believe that education is the true liberator and opens the entire world to those lucky enough to receive it. Longfellow provides a place for young people to come to be seen and heard. Our students leave Longfellow with all the skills necessary to live happy joy-filled lives and provide that same joy for their children.

We know our students come to us already geniuses. It is our job to help them unleash that brilliance!

Let's make it a GREAT year!
Christine Sanguinet, Ed.S.



WELCOME BACK TO SCHOOL



BOAT RIDE

Fall 2023 Boat Trip
By De'Nijah Johnson Washington

The boat trip was on Friday, September 29, 2023, in Saint Paul. The boat was all white with windows. It had an upstairs and downstairs and outside where people could stand and look at the view. Downstairs were students and teachers from Longfellow and 6th graders were upstairs from OWL Open World Learning Community School.

On the boat we ate hot dogs and chips and drank juice. We also sat around with our classmates and teachers laughing and talking. We interacted with the 6th graders upstairs. One of our students from Longfellow sang a song with some of the 6th graders. Some of us did a science assignment to get extra science credit. We also did chair yoga with Ms. Michelle and took pictures.

After getting off the boat, some of us went to the playground and played and made TikTok videos while we waited for our bus. My favorite part of the trip was when one of our students from Longfellow, Ashley, was singing a Backstreet Boys song with some of the 6th graders.



BOAT RIDE



BOAT RIDE





Governor Walz, Lieutenant Governor Flanagan to Celebrate Indigenous Peoples Day October 6, 2023

Governor Tim Walz and Lieutenant Governor Peggy Flanagan will celebrate Indigenous Peoples Day on Monday, October 9. Monday marks the first Indigenous Peoples Day as a State holiday in Minnesota.

“Indigenous Peoples Day serves as a time to celebrate the 11 Tribal Nations and the diverse Native communities that continue to strengthen our state’s cultural landscape, economy, and heritage each and every day,” said Governor Walz. “It’s also a reminder of our commitment to strengthening and growing our relationships with Minnesota’s Native communities and tribal governments today and every day.”

“This has been years in the making, and I’m thrilled to celebrate the first Indigenous Peoples Day in Minnesota as a state holiday,” said Lieutenant Governor Flanagan. “Native people are still here, and we’ve always been here. Honoring and marking that is an important step in the work to make sure our history continues to be told for our children and our children’s children. Thank you to the advocates and legislators who have been working to make this day a reality for many years. We have so much to celebrate.”

In 2021, Governor Walz signed a historic bill to put government-to-government relations and consultation into law. The law affirms tribal sovereignty; requires state agencies to appoint tribal-state liaisons and recognizes the unique legal relationship between the State of Minnesota; and mandates tribal-state relations training for state leaders and employees.

Governor Walz and Lieutenant Governor Flanagan continue their work to improve government-to government relationships with the 11 Tribal Nations in Minnesota and strengthen Native communities across the state. This work includes:

- Funding the Minnesota American Indian Scholars Program and expanding the Tribal College Supplemental Grant Assistance Program
- Expanding the Minnesota Indian Teacher Training Program
- Investing in Native Language Revitalization Grants
- Protecting Native children’s inherent right to access their culture, language, and Tribal identities
- Making a historic, \$1 billion investment in housing and homelessness prevention
- Invested in food security and Tribal food sovereignty initiatives
- Expanding the Missing and Murdered Indigenous Relatives Office and establishing the Office of American Indian Health



INDIGENOUS PEOPLES' DAY

BY JALEESA RAINY-SCOTT

What is Indigenous Peoples' Day?

Indigenous People's Day is a reminder of the diversity and depth of native peoples, and how hard we've had to work for recognition and visibility.

What is the history of the day and how has this day changed?

In 1977, the International Conference on Discrimination Against Indigenous Populations in the Americas, sponsored by the United Nations in Geneva, Switzerland, began to discuss replacing Columbus Day in the Americas with a celebration to be known as Indigenous Peoples' Day.

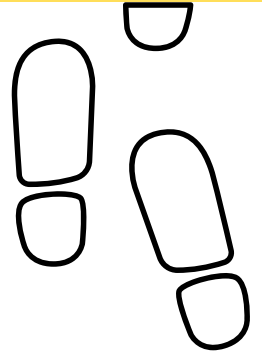
Events at Longfellow on Monday, October 9, 2023:

- Smudging: Smudging is a cultural ceremony practiced by a wide variety of Indigenous People in Canada and other parts of the world. Smudging is the practice of burning various medicinal plants to cleanse ourselves and connect us with our spirit and with the creator.
- Wild rice soup for lunch: Wild rice was used by many tribes to thicken soups of venison, bear, fish and fowl or parched and carried by hunters. The Menominee cooked wild rice with deer broth, pork, or butter and seasoned it with maple sugar. The Ojibwa prepared wild rice a number of ways.
- Events during 6th hour:
 - Land acknowledgement read by Principal Christine: A land acknowledgement is a formal statement that acknowledges the history of the land and the ongoing contributions of Indigenous Peoples.
 - Presentation by Mr. Teddy Dufrane: Mr. Dufrane presented a history of how people got to the Americas, their lives before Europeans arrived, the impact of European colonization, the devastation of boarding schools, and also the joy and resilience of Native Americans today.
 - Dance performance by Courtney Stately: Courtney wore traditional clothing and danced to traditional music. We were all impressed with her footwork and ability to dance so well!
- Books and artifacts on display in the media center and gym
 - Artifacts on display were from Courtney's grandma and Ms. Maria.
 - Ms. Maria brought in her husband's eagle feather. Mr. Dufrane showed it to the group.



CAREER & COLLEGE CENTER (CCC)

LONGFELLOW *Students!*



FIND YOUR PATH



Lucia Mendez
CAREER & COLLEGE COORDINATOR
ROOM 102 (CCC)

CAREER & COLLEGE CENTER (CCC)

North Hennepin



University of MN



Saint Paul College



SCHOOL IMPROVEMENT PLAN (SIP) 2023-24

Vision

Every student will be prepared for post-secondary education, employment, and leave Longfellow with knowledge of child development and parent education. Every students' child(ren) will be ready for kindergarten.

MISSION

At Longfellow Alternative High School, we provide a personalized learning environment for students to complete their high school education and build a strong future through an emphasis on attendance, academic achievement, and positive relationships. By encouraging critical thought, providing prenatal and parenting education, and partnering with community services we support diploma-driven parents and kindergarten ready children as they establish the groundwork for lifelong learning.

Goal 1: Academic Achievement

30% of students will meet their individual WIDA ACCESS growth target by 2024-25. 50% of American Indian students will increase credit earning on a quarterly basis.

Goal 2: Student Well Being

Increase the number of students who organize and make decisions on school activities and family culture events. 50% of students will participate in these decisions and plans

Goal 3: Effective Staff

Every Longfellow student can state where they are with their credits and what they need quarterly. Every student knows who their key staff person is and has their contact information.

Goal 4: School Climate

In conjunction with our Effective Staff goal, our EET will monitor qualitative and quantitative student data and performance through our Advisory model on a weekly basis. Quarterly data will be collected and monitored for student achievement as well.

SCHOOL IMPROVEMENT PLAN (SIP) 2023-24

Strategy 1: Structured Productive Language Opportunities

Team will create language goals to track student progress. Staff PD on translanguageing, visuals, and routines. Track small language goal growth for students in reading, writing, speaking, and listening.

Strategy 2: Acting on Student Voice

Develop student voice and shared decision-making through YPE, Advisory, Dare to be Real, Project Diva & Student Council (Student Justice Summit, Town Halls, Students lead meetings and groups) and complete quarterly and end of year surveys. Students will plan events and awards

Strategy 3: Strong Advisory Model

Using an advisory model that allows time for advisors and support staff provide targeted support, help students set goals that hold students & adults accountable for student success. Students will know where they are & where they are going with a weekly and quarterly check in.

Strategy 4: Relevant Student Learner Plans

Equity team monitors student data & performance through our Advisory model on a weekly basis. Teachers & support staff monitor student CLPs (goals) on a weekly basis to keep students on track to meeting their goals.

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Brooke Eichele, Instructional
Specialist Geneva Dorsey,
Community Liaison Cheryl
Flugar-Levitt, Social Worker

MY PREGNANCY EXPERIENCE

BY MALEIGHIA HILL

1. How did you find out you were pregnant? My mom told me. I never knew I was pregnant.

2. How did it make you feel to be pregnant? At first I didn't want to have him because I was thinking about my future but I also did want to keep him because I don't like abortion.

3. Was there anyone you were nervous about telling about your pregnancy? I was really nervous to tell my baby daddy. Why? Because I didn't know how he would react because I really was scared and nervous.

4. What health problems have you had during your pregnancy? When I was pregnant I had preeclampsia. Preeclampsia is high blood pressure during pregnancy. Certain risk factors increase the likelihood that a woman will develop high blood pressure during pregnancy, including: Obesity, diabetes, chronic hypertension prior to pregnancy.

5. How have you coped with the health problems in order to feel better? I feel scared because I can still have a stroke at any moment but I'm still gonna have fun either way.

Is there anything that made you nervous about being pregnant? Explain. Not really, I thought I wasn't pregnant but then my mom told me to take a pregnancy test and it came back positive and then that's when I started to feel like what if I'm not ready to have a baby but also what if I am and this is just God testing me. That's how I was feeling. I didn't really plan it but I'm glad I'm a mom.



BAKED MACARONI AND CHEESE

BY TIFFI TYLER

Ingredients: *heavy whipping cream, mild cheddar cheese, gouda, pepper jack cheese, sharp cheddar, velveeta, and macaroni noodles.*

How to prepare: You'll need to start with boiling the water for the noodles and add ½ tbsp of salt and 1 tbsp of chicken bouillon to the water. While the water comes to a boil, preheat your oven to 400 degrees fahrenheit. You will need to grab a COOL pot and add 1 1/2 pints of heavy whipping cream immediately to avoid the cold cream curdling in a hot pot. Turn the burner on medium High to start the boiling process.

Once that is done you'll want to bring the cream to a boil while occasionally stirring it. After you bring your cream to a boil, you'll want to add the cheeses one handful at a time while stirring the cheese to avoid sticking to the bottom of the pan. (only use half of each bag or block to reserve some for the end). While making sure the last handful of cheese is completely melted and stirred into the cream, cut a quarter block of the velveeta cheese. Take that quarter piece and cut it into 1 inch thick squares. Add about 3-4 squares of velveeta into the pot until you dont have anymore of the velveeta you cut off.

Make sure everything is well incorporated before turning off the eye and taking the pot off the burner. By this time the water should be boiling and you can add your macaroni noodles. Your cheese sauce should be done with a smooth almost thick consistency. So set that aside while your noodles boil. Once the noodles are boiled (and strained) transfer the now drained macaroni noodles to a casserole dish or glass dish for baking. Add a quart of the cheese sauce and FOLD into the noodles, repeat this 3 more times or until your cheese sauce mixture is gone. Avoid over mixing as your noodles will get crushed and gummy.

Once the cheese sauce is well folded into the noodles covering every noodle grab the reserved half bags of cheese and take ⅓ cup of each cheese into a separate bowl and mix. Evenly spread the mixture on top of the mac and cheese until the top is fully covered with the cheese blend.

Bake your mac and cheese for 25-30 minutes. Take out the casserole dish (or glass dish) and check to see if you have achieved a golden brown color of cheese on top. If not put back into the oven for an additional 6 minutes. Take the dish out and set to cool for 8 minutes, serve and enjoy!

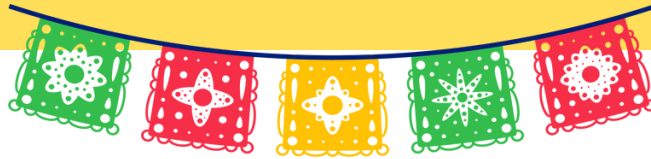
This recipe should make about 9-11 servings.

Other tips for making this food: It's never too much cheese! Add as much as you like. It's not any type of specific cheese, it's any kind of cheese you desire.

What role does this food play in your family? I would make this for my family every other Sunday along with greens, rice, cornbread ect. This food goes into a meal that would bring my small family together for a conversation about our week Sunday dinner is what it is.



HISPANIC HERITAGE CELEBRATION



NANCY-ALVARADO-HAZELTON
*Assistant Vice President, DEI
Strategy Program Manager, U.S. Bank*



OSCAR CORRAL
*Business Outreach Specialist, Lake
Street Council, South Minneapolis*



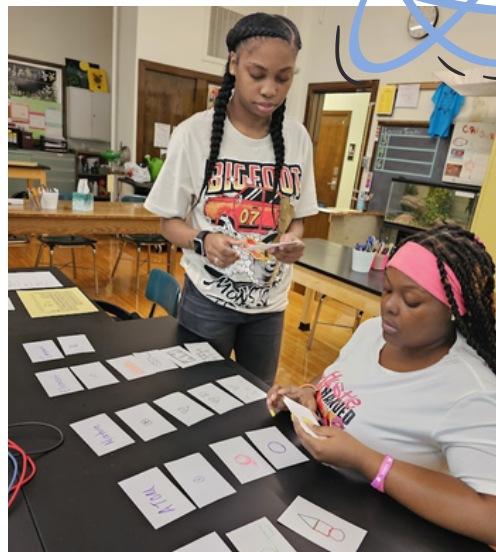
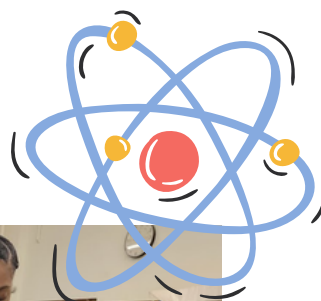
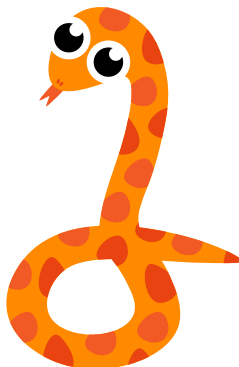
ISMAELA DELGADO
D3 Participant



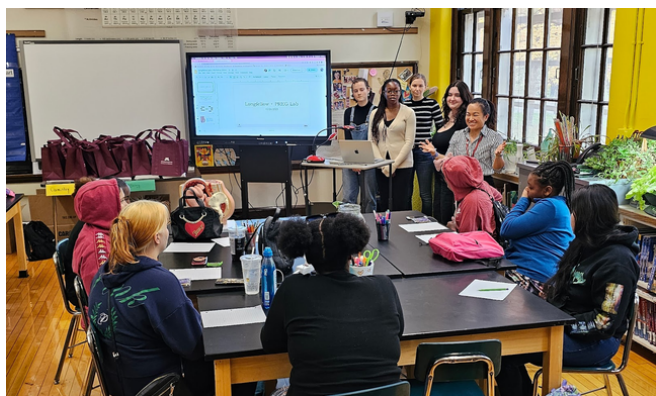
TOLBERT'S SCIENCE CLASS



Courtney holding Snowy our 5 foot long albino corn snake



Giana and precious learning about atoms in chemistry class



Dr. Kyoko Yoshida and her students from the U of M - Biomedical engineering department - teaching us the physics of pregnancy!



Myshalaya reclaims garlic cloves from our garlic harvest. The cloves have been planted to grow new plants next year!



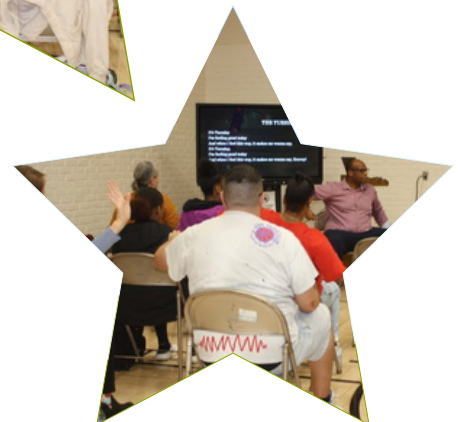
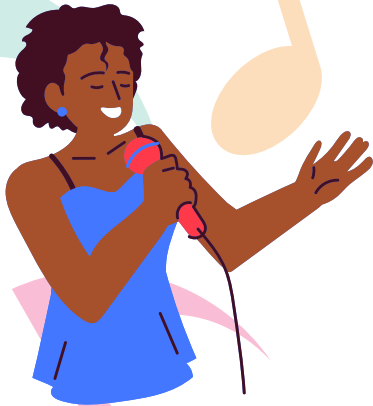
Trying to figure out... where is the most effective location for uterine contractions to birth a baby?



VOCAL ESSENCE

Choir Director: G. Phillip Shoultz

Longfellow school has a great partnership with Vocal Essence. Students are given the opportunity of having choir every Tuesday for 45 minutes. Vocal Essence has brought in various local and International Artists to our school from Mexico and Africa. Including the Grammy nominated singer/ composer director Melanie Demore.





AMERICAN INDIAN AWARENESS & FAMILY INVOLVEMENT WEEK



November 13-17, 2023



A week line-up to celebrate
American Indian art and culture.



*Podcasts during lunch
with different Native media*



AMERICAN INDIAN AWARENESS & FAMILY INVOLVEMENT WEEK





Student Voice Updates

By Jennifer Atterberry



At Longfellow students have many opportunities to voice their opinions and contribute to the school community. This year we have had two Town Hall meetings where all students and staff gathered to hear important updates. These meetings were also a chance for students to give feedback about topics such as the cell phone policy and what students' hopes and dreams are for themselves and their children. Students have given input about possible topics for future informational meetings, such as learning about child support and fathering programs.

Other opportunities for student voice at Longfellow include groups like Dare 2 Be Real and Student Council. Dare 2 Be Real is a group that meets each week on Wednesdays during 6th hour with Ms. White and Ms. Geneva. Students discuss topics related to racial equity and also help plan the Social Justice Summit. Ms. Geneva leads Student Council and participating students have helped with events such as the Hispanic Heritage celebration and the American Indian Awareness and Family Involvement celebration. Student Council members are currently preparing for events like the holiday party, the African American Family Involvement celebration, and prom. Students also have helped raise awareness in the Longfellow community around health issues such as breast cancer and suicide prevention.

Also of note is that two Longfellow student leaders are participating in MPS athletics. Giana Johnson and De'Nijah Johnson Washington are on the North High School basketball team. These students took the initiative to try out for the team and they are attending practices in preparation for upcoming games.

Because we're a small school, students often have the chance to have one-on-one or small group conversations with staff about their school experience. Here is a recent conversation I had with two students:

What do you think of the climate of the school?

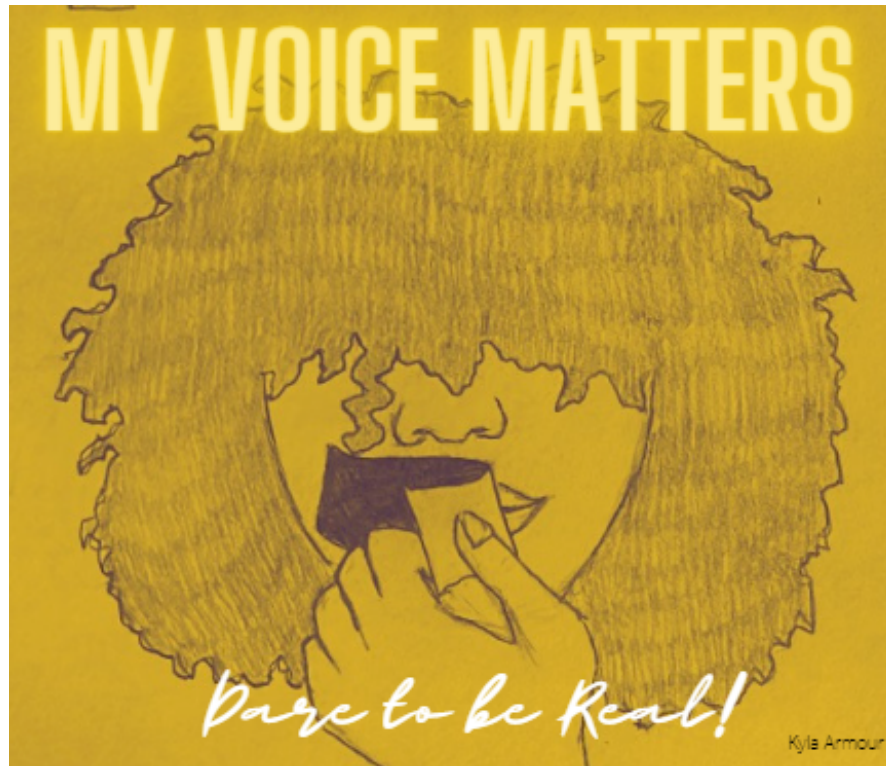
- It would be nice to have more time with our kids. This could be during lunch time maybe, or other times. We'd also like to get more pictures, notes, etc. to see how our kids are doing each day. A field trip with our kids would be great. It could even be just to the park, or playing outside with them when the weather is nice.
- We would like to have more events where all students come together, like choir and volleyball.

What do we do well at Longfellow?

- This school does a good job recognizing the different cultures and diversity. We liked the cultural events like Indigenous Peoples' Day, Hispanic Heritage celebration, and American Indian celebration.

DARE 2 BE REAL (D2BR)

Student Group



Dare 2 Be Real (D2BR) is an anti racist student group at Longfellow High School, with a mission to engage students in conversations about racial equity and be empowered to seek ways to eliminate systematic, cultural, and individual racism in their school and community. D2BR was brought forth to encourage students to reflect on their identity and to build voice, healing and to highlight the importance of self-care for social justice.

Dare 2 Be Real (D2BR) es un grupo de estudiantes antirracista en Longfellow High School, con la misión de involucrar a los estudiantes en conversaciones sobre equidad racial y empoderarlos para buscar formas de eliminar el racismo sistemático, cultural e individual en su escuela y comunidad. D2BR surgió para alentar a los estudiantes a reflexionar sobre su identidad y construir voz, curación y resaltar la importancia del autocuidado para la justicia social.

Thank You for Contributing to the Newsletter



Students

Maleighia Hill
De'nijah Johnson Washington
Jaleesa Rainey-Scott
Tiffiauni Tyler



Staff

Jennifer Atterberry
Brooke Eichele
Lucia Mendez
Christine Saguinet
Lauren Tolbert
Sharon White

*Anything is
possible and my
wildest dreams
can come true.*



MINNEAPOLIS
PUBLIC SCHOOLS
Urban Education. Global Citizens.

Meet the School Board



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