As you may have heard last week, SPPS is implementing an 8/2 block schedule at all of our secondary schools beginning in the 2022-23 school year. A secondary workgroup focused on grading, credit recovery and aligned schedules collaborated and gathered input from students, teachers and other school staff to recommend a consistent schedule for all of our 6-12 and 9-12 schools.

The Board of Education voted to approve updates to Policy 510.00 Graduation.

Updates to the policy include:

- The addition of “Critical Ethnic Studies” as a basic course requirement for Saint Paul Public Schools high school diploma starting with the graduating class of 2025.

In addition:

All 10th graders will be scheduled to take the Critical Ethnic Studies course in school year 2022-2023.

Critical Ethnic Studies consists of a 1-semester / 2-credit course through the Ethnic Studies Department in the Office of Teaching and Learning.

This change will also reduce the Human Geography course requirement from a full year (4 credits) to a one-semester course (2 credits) in SPPS. This is in alignment with the Minnesota Social Studies Graduation Requirement.

For more information about the Critical Ethnic Studies course overview and framework, student survey and testimonies, and how to collaborate on the Critical Ethnic Studies curriculum, please visit the Ethnic Studies Department website.
GREAT THINGS HAPPENING AT COMO

Congratulations MCJROTC Cadet Sergeant Major Isaiah Cooper on his recent enlistment into the United States Navy. His intent is to get a job in the US Navy working on Nuclear Submarines. A large amount of power generated by a nuclear reactor allows nuclear submarines to operate at high speeds for long periods, and Isaiah Cooper’s long intervals between refueling grants a range virtually unlimited, making the only limits on his voyage being times imposed by such factors as needed to restock food or other consumables. Good luck Isaiah Cooper. WOW!

Congratulations to Como Park MCJROTC Alumina John M. Farley (Graduated 2020) who recently joined the US Army to be an Army Combat Medic. His intense training this coming January 2022 as a Combat Medic Specialist, will include administering emergency medical care in the field in both combat and humanitarian situations. He will go on to serve as a first responder and triage illnesses and injuries to save lives. He will also get qualified and trained with the elite Army Airborne to save Soldiers in lifesaver/first responder circumstances. We are proud of John Farley and Hooah!
CONGRATULATIONS ALEXANDER LE!

The Commander of Naval Air Forces has released the list of Cadets selected for this year's scholarship opportunity and Como's Alexander Le was one of the cadets chosen!

Cadets will attend a summer university program for college credit and have the opportunity to earn their private pilot certification/license. All of this is fully funded by the Flight Academy Scholarship.

An amazing show of support back to our community at Toys 4 Tots on Saturday by the Girls Varsity Basketball team and the MCJROTC cadets. They were able to give back their time and effort to sort hundreds of toys, break bread together, and build comradery amongst teammates. Several teachers and staff also made kind donations to the event. Ooh Rah Cougars!

Racism as a Public Health Crisis: Youth and Professional Artists Respond

Congratulations to the 13 Como Park students who have artwork in "Racism as a Public Health Crisis" Youth and Professional Artists Respond. This display will run from 11/05/21 - 2/06/22 at ARTSMia aka Minneapolis Institute of Arts.

Click here for more information.
Way to go Como counseling team! 100% participation for Pajama Day during Spirit Week. (I think this might be their favorite day during Spirit Week:) Como Counselors are now on Instagram! Follow us @ComoCounselors

These students were spot on for Dress Like a Senior Citizen Day!

Mr. Mann and students showed Como how Ugly/Christmas Sweater Day is done!
Como Park Senior High School

Winter Co-Ed Ultimate Frisbee

Join us for weekly co-ed frisbee sessions every Thursday now until March!

Thursday, December 16th
7-8:30PM
Field House

Coaches aim to have a fun optional practice everyday Thursday starting December 16th for players to learn and practice frisbee skills. No sessions during winter break!
FREE WINTER MEAL BAGS AVAILABLE

November 19th, 2021 - January 3rd, 2022

LOCATIONS & HOURS

HOUSE OF REFUGE OUTREACH, GOD SQUAD, PRESSING FORWARD, & PRESSING TOWARD THE MARK PRESENTS

FREE FOOD, HOUSEHOLD ITEMS, DIAPERS & TOILETRIES

Come and Pick Up a FREE Food, Household Items, Personal Hygiene and more for your Family! Just come to the back entrance of the building and come in and pick up your food.

EVERY WEDNESDAY - 4:00P.M. - 6:00P.M.
EVERY SATURDAY - 12:00P.M. - 2:00P.M.

OUR NEW LOCATION:
520 ATWATER CIRCLE
Please welcome two new Paraprofessionals to Como: Avery Reid and Tyler Rogalski

Avery Reid- I am a TA at Como and work one on one with a student who keeps me in good spirits everyday!
I graduated from Como Park class of 2019 and went to a Community College in Santa Barbara, California. I decided to come home when the pandemic started and transferred to Century College. I graduated from Century College with a certificate in Auto Body and got a job in the industry to quickly realize it wasn't for me.
I have a passion for producing music, specifically hip hop and R&B beats; I also love modifying and painting cars.
Como has a special place in my heart and a lot of the staff here have made me into the man I am today and I am forever grateful. The least I can do is guide these young students on the right path just like the teachers and staff did for me when I attended.

My name is Tyler Rogalski, and I am a new paraprofessional here at Como Park. I am a lifelong resident of St. Paul. I attended SPPS schools- St. Paul Central. I have been fairly involved with the tennis community in St. Paul as a coach, with both the St. Paul Urban Tennis community, and more recently as a boys coach at Highland High School. I also helped out a bit with the Como girls team this fall. Coaching was the avenue into working at Como, and I have greatly enjoyed becoming a part of the Como community.

In addition to tennis, my main hobbies are running, cross country skiing, hiking, camping, fishing and generally most outdoors activities. I always like meeting new people, so if we haven’t met yet, hopefully we eventually will. We are already a good chunk through the school year, but I still look forward to what the rest of the year will bring!
**Description of the Event:**

The No Cap Man Up Fatherhood Summit is a forum designed for young black males and boys of color to have intimate discussions addressing the issues of fatherlessness and how it has impacted them as a culture!

Our goal is to embrace our young boys and young men who are without fathers in their lives with the laser sharp focus to initiate healing!

The summit will consist of hard conversations and interactions about abandonment, responsible manhood, parental, communal and self-respect, grief, love and forgiveness.

We want to hear the voices of our boys and young men!

Our mission is to start meaningful relationships with these young men and give them self-worth, enlightenment and empowerment, and all who want a mentor will get one!

We have limited capacity and only have 100 tickets available for young boys of color age 15-24

Tickets are only $10 and includes dinner. *(We have a sponsor for young men who wants to attend but cannot afford a ticket)*

**PURCHASE YOUR REGISTRATION TICKET HERE:**


This event is in partnership with the City of Minneapolis Office of Violence prevention and The Man Up Club of St. Paul and Minneapolis. For more information visit [https://themanupclub.org](https://themanupclub.org).
The Hiway Como Cougar Credit Union School Branch has partnered with KOFE and Como Park High School to provide you and your family with free financial education. During the month of December, any Como family member who registers and completes one training module will be entered into a drawing for a $100.00 Target gift card.
Career and Internship Opportunities

**Rock the Street, Wall Street** is planning to return in the Spring! Gals only for this opportunity – keep checking updates for more details!

**Earn As You Learn: Career Certification Opportunities!**
Are you interested in earning money from home? Do you have 30-40 hours to expand your financial literacy skills, learn about possible careers and earn certifications to bring you closer to those careers?

SPPS is offering an opportunity for students to earn a $300 stipend to learn financial literacy skills, earn a certificate and/or credential to show work readiness. Students complete the work asynchronously.

*Please see this website to learn more about the program and certifications being offered. It'll likely take between 30-40 hours to complete the work depending on the certification you select and your work style. The program can be completed in English and/or Spanish.*

If you'd like to participate, please complete the **Student Interest Form**.

**Topline Federal Credit Union** is partnering again with Como to bring an internship opportunity to 2 Como students, virtually and starting right after Winter Break. Topics include helping to guide younger generations towards better personal finance management by sorting through these questions and more. Two interns will be paid via Right Track for 80 hours of internship time at $12.50 per hour. Email Miss Colestock with your interest.

Erin.colestock@stpaul.k12.mn.us

**Key Framing Questions**

1. How do young adults choose their financial institution?
2. Do young adults know what a credit union is and how it differs from large regional and national banks?
3. How can young adults gain a better understanding around financial institution options and how consumers benefit from using credit unions for their financial needs?
4. How can credit unions enhance their awareness among the younger generation as a financial services alternative?
5. What awareness strategies and/or tools do you recommend to the younger generation to educate them about the benefits for joining a credit union for their financial needs?
6. What do young adults want to learn about as it relates to personal finance topics? (i.e. budgeting, how to use credit, what are credit scores, how loans work, investments, insurance, etc.)
7. How do young adults want to learn about personal finance topics (i.e. in-person/classroom learning sessions, online videos, social media, website, etc.)?
Genesys Works internship recruitment will get underway when we return from break. This opportunity is open for juniors to apply. There is summer training (college credit awarded on completion) and the internship will start your senior year, leaving school early to go to work and get paid for it! Win Win!! Look for details after break and check schoology for updates.

!! New Course for Como Senior !!

Bethel University will offer an entry level course to Como Senior students in grades 11 and 12 this Spring Semester

**WHO** - juniors and seniors are welcome - students with a 3.0 GPA or better are likely to be successful, students with a 2.8 or 2.9 can join as well

**WHAT** - PSEO Course through Bethel University called Intro to Healthcare
- introduces students to the broad careers in healthcare besides a nurse and doctor
- this course offers 3 college credits
- this is entry level but will be a challenge and will involve writing
- student support provided for you to be successful
- you'll create a Bethel account (email and moodle) - feels like “real” college

**WHEN** - Spring Semester 2022, one section, period 7 only

**WHERE** - at Como! A Bethel instructor will come to Como 2 days per week (MW) for in-person class, 1 day is virtual (F) and the remaining are self-directed (TTH)

**WHY** - Why prepare for a healthcare career?

In this part of the country, we are known around the world as "Medical Alley" - We are home to the largest healthcare organization in the world (UnitedHealth Group), the world’s foremost clinical innovator (Mayo clinic) and the birthplace of the entire medical device industry (Medtronic). The Twin Cities metro area is also home to the 3rd largest concentration of health-related start-up companies in the country.

This creates a robust healthcare ecosystem with tremendous career potential.

**HOW** - to get in this class, fill out this [form](#)
Counselors are sending home progress letters about your child's graduation status. Junior and senior letters should arrive sometime next week. Freshman and sophomore letters will be sent out after winter break. If you have any questions or concerns, please reach out to your child's school counselor.

Mrs. Vang, graduation coordinator, has posted on the seniors schoology page the link for cap and gown measurement: https://forms.gle/rDhrJgNd7Pp8QYYw7. Please encourage your child to get the form filled out before Friday, Jan. 21st. It has been asked of students to verify their full name (first, middle and last name) in student portal to make sure that the spelling is correct as that will be printed on their diploma. If the spelling is incorrect, Ms. Mills will need either a passport or birth certificate to make that change.

Submit your senior’s baby pictures!

Attention Como Senior Parents,

The Como Park yearbook team is requesting a baby picture of your senior! Please complete the form below to have your senior’s baby photos included in the yearbook. We would like to have the pictures by Thursday, January 27th.

Link to attach baby pictures:
https://docs.google.com/forms/d/e/1FAIpQLSdAD_xkqixRGKJ1wTmKxr48zo8e0JLFYtBnyKhtH6DKP3pmUQ/viewform?usp=sf_link

PRE-ORDER YOUR 2021-2022 COMO YEARBOOK!

Buy at Yearbookforever.com
Coupon Code: Cougars for $10 off!
Interested in joining either? Scan the QR code below and sign up!

To fill out the form you must be signed-in to your school (@stpaul.k12.mn.us) email!

@cphs.performingarts
HIGH SCHOOL MUSICAL

AUDITIONS

Jan. 4th & 5th
3:15~ 5:00
In the Auditorium

Audition Requirements:
1. Memorize and perform a short monologue (this can be picked up from the music hallway)
2. Perform 30 seconds of a song to showcase your voice

@cphs.performingarts
Are you into Science Fiction?

There are 92 new titles in the library waiting for you!