ATTENTION PARENTS/GUARDIANS!!

PARENT/TEACHER CONFERENCES WILL BE VIRTUAL FOR 2ND QUARTER
Conferences will be conducted virtually through Google Meet and may be with your child's teacher, counselor, or social worker. Please click on the link to sign up for a conference time with your child's teachers, social worker, or counselor. The Conference Sign Up is also available on our website at https://www.spps.org/ComoConferences.

PARENT ADVISORY COUNCIL MEETING
Monday, December 6, 2021
6:00-7:30pm
Google Meet joining info: https://meet.google.com/pyw-gcta-dyz

Come be involved in decisions about Como Park Senior High School.

We meet virtually every 1st Monday of the month. The Parent Advisory Council (PAC) works together to provide input regarding school policies and school improvement. Parents are an integral part of developing our Family Engagement Plan, School Compact, and School Continuous Improvement Plan (SCIP). PAC also helps organize school events. For more information, contact Jamie Hoffman at jamie.hoffman@spps.org or 651-744-5529.
The ACT will be administered at Como Park Senior High School on Tuesday March 8, 2022

ACT Test Prep registration is now available. There will be two prep options for our students to choose from:

**OCCR Test Prep Program: Registration open November 10 through December 8**

The Office of College and Career Readiness (OCCR) Test Prep Program will provide students with strategies that will help them feel confident with the testing process. Test item analysis, specific techniques to handle the different question types, and time management skills will be included in the course.

Eleventh grade students from ALL SPPS High Schools are eligible for this program. Twelfth grade students who have not done testing for post-secondary programs are also eligible to enroll. Students have the option of an 8-week Saturday morning schedule or an 8-week Tuesday evening schedule.

**Alpha Phi Alpha ACT Test Prep: Registration open November 10 through December 31**

The program seeks to give students a better chance at attending the college of their choice and also to prepare them to be successful once there, by providing both opportunities meant to increase college admission test scores and to inform them for entry into higher education. These will include: practice tests, advising on the college and scholarship application processes, interaction with current college students and leaders in the community, financial planning information/strategies and supplementary instruction on content areas, test taking skills, time management and more.

Contact your counselor to discuss testing further.
Feeling overwhelmed, anxious or stressed? Change to Chill offers free online mental health resources for teens designed to help them learn how to relax and integrate healthy habits into their lifestyle. Whether you’re a teen yourself, a mentor or a parent, explore our mindfulness guides and stress management activities to help yourself and others soothe their minds and Change to Chill. Click here for more information.

STAFF SPOTLIGHT

Please welcome our new Business Teacher, Sumaya Mohamed

- I am the Business Teacher for the Academy of Finance.
- I just graduated from the University of Minnesota - Carlson School of Management and graduated from Como in 2017.
- I am an amateur boxer, enjoy playing soccer and like to travel.
- Como is a wonderful place; I am happy to be back here as an educator and coach. Como has had an amazing upgrade and it's nice to see that there are many new opportunities as a result and a greater culture being fostered here at Como.
GREAT THINGS HAPPENING AT COMO

Life Skills, Team Building, Comradery, and Dedication: All words to describe Como’s MCJROTC Program

Rank up! Several MCJROTC cadets gathered after school to attend a Pie Promotion Party. Gathering their wit and skill to pass promotion tests to get ranked up. Afterwards sharing comradery amongst one another over a slice of pie. Semper fi.

The Como Park MCJROTC cadets participated amongst three other JROTC High Schools within the city at a competition of sport and brain. Although due to keen competition, the cadets were unable to place in any event this time, but the comradery and zeal of fifty plus cougar cadets in attendance was noteworthy on Friday, (11-19-2021). Semper fi!
Congratulations on their recent enlistment into the Minnesota National Guard for the MCJROTC Commanding Officer, Senior Cadet Major Aliser Paw and Junior Cadet Lance Corporal Ve Shar.

Como Outdoors braved the cold to ride SPPS mountain bikes in Como Park!

Any student is welcome to join! Stay tuned for upcoming adventures, and contact Ms. Wielgos with any questions (jillian.wielgos@spps.org).

Como Outdoors

- **When:** Thursdays after school before going outside

- **Where:** Room 2712
Como AVID 11th grade students joined other AVID juniors from across the SPPS District to visit Winona State University on December 13th. AVID (Advancement Via Individual Determination) is an academic support and college readiness program.

Students enjoyed a campus tour and learned about college life at Winona State from their student tour guides and admissions counselors, and ate lunch in the college dining commons. They also heard from the Office of Equity and inclusive Excellence.
Important reminder from the Health Office

Please refer to the screening poster and keep your student home if they are experiencing symptoms. Let’s keep Como safe and healthy for everyone so we can all enjoy the holiday season!

Do you live with someone who is being tested for COVID-19, or is showing symptoms of COVID-19? Have you recently had close contact with someone with COVID-19?

- ¿Vive usted con alguien que está siendo evaluado por COVID-19 o que tiene síntomas de COVID-19? ¿Ha estado usted recientemente en contacto con alguien que tiene COVID-19?
- ¿Tiene usted alguno de los siguientes síntomas de COVID-19 listados más abajo?
- ¿Puax liu neexayte ngeen yee leqho xam mu neexayte ngeen yee leqho?

Do you have any of the COVID-19 symptoms listed below?

- FEVER OR CHILLS
  - Fieber o escalofríos
  - Us naaw lus sis no le ce
  - Qariru ama qerger

- FATIGUE
  - Fatiga
  - Seb sob
  - Daa li nweiqwu

- CONGESTION
  - Congestión
  - Tuhaw naaw xam
  - Neeffsaxa oo kugu naalwaad

- A NEW COUGH
  - Una nueva tos
  - Nyum qhav
  - Hoonas tahla
  - Outel kugu cuusub

- SHORTNESS OF BREATH
  - Dificultad para respirar
  - Us pu toox suva
  - Neeffsaxa oo gaabata

- A NEW SORE THROAT
  - Doier de garganta nueva
  - Nyum qhav mob qa
  - Dhuhuun xamuu kugu cuusub

- NEW MUSCLE ACHES
  - Doier musculares nuevos
  - Nyum qhav hnoov mob qa
  - Maruh xamuu kugu cuusub

- NEW HEADACHE
  - Doier de cabeza nuevos
  - Nyum qhav hnoov mob qa
  - Maruh xamuu kugu cuusub

- NEW LOSS OF SMELL OR TASTE
  - Pérdida reciente del olfato o del gusto
  - Nyum qhav tris hnoov
  - Taw lees sis qheew
  - Ncuaj tquoc
  - Urin ama dhadham
  - Haa cuusub

- NAUSEA, VOMITTING OR DIARRHEA
  - Nausea, vómito o diarrea
  - Xeew stah, nyivov lass sis
  - Raaw piab
  - Liqaabaa, margu cama shuuban

If yes to ANY of the above questions, make a report using the: SPPS COVID-19 Reporting System.

You will be sent home and advised to contact your health care provider.

Sí su respuesta es sí a múltiples de las preguntas del recuadro, usted será enviado a casa y se le sugerirá que contacte a su proveedor de salud.

Si su respuesta es sí a múltiples de las preguntas del recuadro, usted será enviado a casa y se le sugerirá que contacte a su proveedor de salud.

Nort舆情: Si tiene cualquiera de los síntomas enumerados, se le recomienda que haga un reporte a través del sistema COVID-19 de SPPS.

Si es sí a múltiples de las preguntas del recuadro, le sugerimos que se pase a casa y se le sugiera que haga un reporte a través del sistema COVID-19 de SPPS.

Nort舆情: Si tiene cualquiera de los síntomas enumerados, se le recomienda que haga un reporte a través del sistema COVID-19 de SPPS.

Si es sí a múltiples de las preguntas del recuadro, le sugerimos que haga un reporte a través del sistema COVID-19 de SPPS.
Students, quarter two has begun. If you find that you are struggling with a class, check out this FREE tutoring resource: TutorMe, which is accessible from your ipad. Here is the link to the video on how you can get help.

https://docs.google.com/presentation/d/1q2vnYd_3qZL5RxAZ-RD6AjDyF0k5s1_B1Z9a2SlYSTM/edit#slide=id

Attention Juniors! Be on the lookout!

Genesys Works is returning and will start recruiting juniors very soon – stay tuned for information about this unique internship.

3M STEP internship is returning with some upgrades – stay tuned for more details next week.

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.

Thank you,

Como Park Senior High Yearbook Team

Link to attach baby pictures:
https://docs.google.com/forms/d/e/1FAIpQLSdAD_xkgixRGKJ1wTmKxr48zo8e0JLFYtBnyKhTH6Dkp3pmUQ/viewform?usp=sf_link
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.

FREE and Unlimited Financial Education and Coaching
We’ve partnered with KOFE to bring you and your family financial education to help you with:

- Budget and money management advice
- Counseling for debt and repayment options
- Guidance with improving your credit score
- Education for first time home-buyers
- Setting and achieving savings goals
- Assistance understanding your credit report

Additionally KOFE created a very user friendly portal to help you improve your money management skills.

Setting up a free account will give you access to videos, books, games, budgeting tools, and so much more!

Visit https://comosr.kofetime.com to explore your portal!

Call the number below to confidentially speak with a financial coach and get started on your path to being financially fit.

1-844-694-1063
Updates from the Counseling Department and the Career Pathway Center (CPC)

**Medical Career Pathways** Have you ever wondered what careers exist in the medical field other than nursing? Educators in Duluth put together some really thorough resources about medical career pathways, including an overview and one-pagers. Note: the education programs listed for study are all in the northeast part of Minnesota. Encourage your student to use Xello or contact Ms. Bridgette for support in seeking education programs in other locations.

**Juniors! ACT Prep** All juniors will take a FREE ACT in March -- start preparing today! There are two free ACT prep classes for Como students: The District Test Prep (which primarily focuses just on the ACT, Due 12/8) and Alpha Phi Alpha (which focuses on serving underrepresented students and offers college and scholarship advising -- use the code Como31 to register, Due 12/31)

**UW Madison ProCSI Summer Program** Due February 28 (summer program). ProCSI (Promoting the Computational Science Initiative, pronounced "proxy"), is an annual, week-long residential program that is offered, free of charge, on the campus of the University of Wisconsin-Madison. First-generation and/or minority high school students are encouraged to apply. ProCSI participants attend lectures on a range of engineering-related topics, go on tours of the campus, and experience campus life during this fun-filled week. Students will be provided with meals at a university dining hall and reside in the dorms, both at no cost. CLICK HERE!

**“Don't Believe the Hype” PBS Youth Show** Weekly January-May. Twin Cities PBS is proud to announce the return of its show “Don’t Believe the Hype.” The project’s goal is to leverage the power of media-making to help Indigenous, Black, LatinX, and Asian American youth craft their own narratives and amplify their unique voices within the Twin Cities community. This is an in-person opportunity to produce your own media and learn more about broadcasting -- participants get a $300 stipend!

Click HERE for more information on College Resources + Events, Student Career Resources, Family Resources, and Paying for College

CONTACT US
Counseling Department Website
Como Park Career Pathway Center Website
PRE-ORDER YOUR
2021-2022
COMO YEARBOOK!
Buy at:
Yearbookforever.com
Coupon Code: cougar
FOR 10 DOLLARS OFF
St Paul Public Libraries are offering in-person homework help and virtual one-to-one options.

Saint Paul Public Library’s in-person Homework Centers schedule is:

**Arlington Hills Community Center**
1200 Payne Ave, 55130, 651-632-3870
Monday-Wednesday, 4-7 p.m.

**Highland Park Library**
1974 Ford Pkwy, 55116, 651-695-3700
Tuesday & Wednesday, 4-7 p.m.

**Rice Street Library**
1011 Rice Street, 55117, 651-558-2223
Monday-Wednesday, 4-7 p.m.

**Rondo Library**
461 Dale Street N, 55103, 651-266-7400
Monday-Thursday, 4-7 p.m.

**Sun Ray Library**
2105 Wilson Ave, 55119, 651-501-6300
Monday-Wednesday, 4-7 p.m.

Along with in-person homework assistance, Saint Paul Public Library also offers one-to-one homework help online every day from 1-11 pm in English and Spanish for students of all ages. Online homework help, available on the Library’s website through HelpNow, can be accessed from anywhere using a library card. More information at [www.sppl.org/homework](http://www.sppl.org/homework).
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.

Como Park HS is looking for a Choreographer for their Spring Musical!
Availability: M-F 3:15 - 5pm (with some flexibility) starting January, plus Tech/Dress Rehearsals the week of the show with the show running March 18th and 19th.
Must have previous experience in choreography and working with High School students.
If interested, please email siri.keller@stpaul.k12.mn.us

Career Event: Black Men With Stethoscopes Youth Summit on Saturday, December 4th downtown Minneapolis. This event will expose Black men ages 12-18 to careers in medicine through hands-on activities and interaction with Black/BIPOC professionals. Sponsored by Hennepin Health Care.

Registration for Driver’s Education starts Monday!!
To register, go to the Community Education link, to the right of the slider are quick links, one for viewing the catalog, another link to register for classes. https://www.spps.org/commed

The Driver's Education website has helpful information for parents and students and is a place for updates. That link is: https://www.spps.org/domain/10140
Driver Education

Register online at spps.org/commed. For information, call the Community Education Office at 651-767-8179.

* 15% discount available for youth who qualify for free or reduced lunch

THE BASICS

- Students must be 15 years of age by the first day of class.
- Parent/guardian permission is required to take the Driver Education Course.
- Course consists of State-required 30 hours of classroom instruction and six hours of behind-the-wheel lessons.
- Students are required to attend all 30 consecutive hours of classroom instruction.
- The classroom prepares students for the written permit test. After successful completion of classroom instruction, students receive their Blue Card and have 24 months to complete the behind-the-wheel portion of the program.
- Students are required to have their permit for six months, complete six hours of behind-the-wheel instruction, complete and log 40-50 hours of supervised driving, and be 16 years of age before they are eligible to take the road test for a driver's license.
- Refunds minus a $75 fee will be issued upon request for cancellation. Refunds will be issued if requested less than three business days prior to the class start date.
- For more information about the licensing process and a full list of program procedures, visit spps.org/drivered.

FEE: $385

PAYMENT PLANS:
1) Full payment at time of registration
2) $192.50 at time of registration and remaining $192.50 payment will automatically be charged to your credit card on the 6th scheduled day of the student's Driver Education Course.

DRIVER EDUCATION CLASSROOM INSTRUCTION

Fee includes behind-the-wheel lessons to be scheduled upon completion of classroom instruction.

Harding HS • A+ Driving School • #2500WDA
Sat Jan 22 • 8:30-11:30a • 10 sessions • $385
Class meets: Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26

Ramsey MS • A+ Driving School • #2500WDC
Sat Jan 22 • 8:30-11:30a • 10 sessions • $385
Class meets: Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26

Como Park HS • A+ Driving School • #2500WDD
Mon/Tue Jan 31 • 5:30-8:30p • 10 sessions • $385
Class meets: Jan 31, Feb 7, 8, 14, 15, 22, Mar 1, 8, 21, 28

Ramsey MS • A+ Driving School • #2500WDE
Mon/Tue Feb 22 • 5:30-8:30p • 10 sessions • $385
Class meets: Feb 22, 23, 28, Mar 1, 2, 7, 8, 9, 14, 15

Central HS • A+ Driving School • #2500WDF
Mon/Wed Feb 28 • 5:30-8:30p • 10 sessions • $385
Class meets: Feb 28, Mar 2, 7, 9, 14, 16, 21, 23, 28, 30
DESIGN THINKING ENGINEERING ENTREPRENEURSHIP SOCIAL GOOD

Earn a $100 stipend upon completion of the program.

What teens get...
- Real-world, hands on experience ideating, building, scaling, and pitching a community-focused product.
- Design thinking, making, and entrepreneurship training.
- Experience working with clients.
- A chance to pitch your idea to Silicon Valley investors.

Join our Project Invent program now to grow your job readiness skills!

Who can join? Current high school students.

Commitment: Ability to attend in-person on Mondays for 9-11 weeks.

Where: 1150 Selby Ave St. Paul, MN 55104

Learn more & Apply here: https://bit.ly/30gaXH4

Meeting on Mondays, beginning January 10th 2022, from 4-5:30pm
Spring 2022 Student Interns
Partner with Saint Paul Public Schools and Right Track

(Right Track is a youth employment program with the City of St Paul)

Sponsor an Intern from Jan - May 2022

Saint Paul Public Schools would like to partner with you! Do you have a project where interns could assist? Do you have a business issue to be researched and possibly solved?

What: Provide internship experience for 2+ high school students

When: Jan- May 2022

Number of Hours: 80 hours

Employer Role:
• Provide a project or work for intern to complete hybrid/remote - Googly meet, yes - Zoom, no
• Provide weekly mentoring and supervision for intern(s) remotely
• Register with Right Track – Interns will be paid through Right Track
• Attend short training with Right Track/SPPS

SPPS Role:
• Identify intern(s) to match your project needs
• Assist with development of work or project as needed
• Check in with employer and/or student regularly

Right Track Role:
• Oversee payroll process and pay interns
• Provide training to interns and employers
• Provide job coach to support intern

We currently have funding to support your organization to hire high school interns. Ideally, the internship project or experience would fit into the Business & Communications, Science & Medical, Innovative & Emerging Technology, and/or Arts and Human Services career field(s).

For more information, please reach out email erin.colestock@spps.org
Hire an Intern

Spring 2022 Student Interns
Partner with Saint Paul Public Schools and Right Track
(Right Track is a youth employment program with the City of St Paul)

Hire an Intern from January - May 2022
Saint Paul Public Schools would like to partner with you! Do you have a project where interns could assist? Do you have a business issue to be researched and possibly solved?

What: Provide internship experience for 2+ high school students
When: Jan - May 2022
Number of Hours: Approx. 80 hours

Internship Project Ideas
- Develop community outreach plan to serve populations disproportionately affected by COVID
- Research and analyze how geometry and algebra concepts used in real-world careers
- Research, analyze, and develop products/ideas organization has been thinking about
- Assist with marketing plan, budgeting, and other parts in a start-up business
- Interview target group to increase participation from that group
- Interview target market/audience and assist with marketing and advertising
- Work on community projects and conduct research on social trends
- Design and build a project