November 5, 2021 Newsletter

Cell Phone Reminder
Parents: If you need to reach your student during the school day, please call the main office at 651-293-8800 and the clerk will relay the message or call your student down to the office. Please do not call the student directly. Cell phone use is not allowed during class time. It is distracting to the teacher and it disrupts your child’s learning. Thank you for your cooperation.

Forgot your username and/or password for Campus and Schoology?
1) Go to www.spps.org/onestop
2) Select Reset/Recover Password

You will use the same username and password for both Campus and Schoology. You can reach Campus and Schoology under www.spps.org/onestop. For Campus, click on Parents/Guardians and for Schoology, click on the Schoology icon.

**Campus** is used for iUpdate, viewing your student’s schedule, looking at progress reports and report cards, and transcripts.
**Schoology** is for courses and assignments for your student. Here is the Parent Guide to Schoology.

Students can download the SchoolCafe App on their mobile device and use their lunch barcode right from their phone! Click this [link](#) to learn how.
Calling all Artists!

The Como Art Department would like to introduce ComoCreates.

We have missed your exceptional art in our hallways and we want to create an opportunity for ALL students to create.

Each month a new art challenge will be posted and we want YOU to accept the challenge. You can participate every month or whenever you feel inspired.

Look below for the lastest art challenge.

October Challenge “School Spirit”

Draw ANYTHING you want. Color your drawings using only Black & Gold/Yellow.

Drop off your drawing with any art teacher. All drawings will be displayed unless you prefer not to have it displayed. Drawings due: November 15th
SCHOOL PICTURE DAY UPDATE

Picture Day has been rescheduled for 11/29/2021

Retakes will be 12/16/2021

Staff Spotlight

Please welcome our new Physical Education Teacher, Mr. Dana Nelson

Positions: I teach two periods of Developmental Adapted Physical Education (DAPE) at Como daily during periods 4 and 5 in the main gymnasium. I also teach one period per day of DAPE at Humboldt prior to arriving at Como, and then I teach .5 daily with Online Schools grades k-12 in the afternoon.

I have been with SPPS for 25 years teaching DAPE and PE at over 60 schools in the district, and my goal is to work in all of them. I have also coached several sports, both in regular and adapted athletics at Humboldt and Farnsworth Middle School. And I have taught summer school, both regular education and ESY.

My interests and hobbies are recreational sports and activities such as walking/hiking, golf and tennis, cooking, and traveling. I enjoy spending time with my family and my dog.

This is my first year at Como and I am enjoying the students, staff, and campus.
Money Management

Shop and Save for Every Season

by Carrie Anton / September 28th, 2021

If you think Black Friday, Cyber Monday, or the day after Christmas are the only times to score great deals, think again. Inventory changes and product upgrades can make each month a sale season. If you want to save, you just need to know when to buy.

Change of Season

Shopping late in the season is the best way to score great deals, especially on apparel. For instance, the fall is a great time for stocking up on spring and summer items, like shorts, sandals, and swimsuits, since they are on clearance.

End-of-season shopping may mean big deals, but don't let deep discounts lead to poor purchase decisions. After all, if you don't use what you buy, you end up wasting money instead of saving it.

- **Stick to the basics:** Avoid anything trendy. By next summer, that trendy item may have lost its appeal. Go for basics like underwear, jeans, athletic shoes, socks, and solid tees.
- **Consider size:** If you’re buying for a child, beware of growth spurts. The same goes for dieters. Avoid buying clothes in a specific size if you're planning to pitch some extra pounds.
- **Know before you go:** It's easy to be seduced by sales, so review what you already have before heading for the clearance rack.

Discount dates

“Doorbuster” days exist to help kick holiday shopping into high gear, but there are other special days where you can find discounts.

- **Super Bowl:** After Christmas, shopping tends to hit a lull, so retailers lure winter buyers with TV sales just in time for the big game.
- **Valentine’s Day:** In the spirit of celebrating couples, look for BOGO, or buy-one-get-one, sales on smartphones, shoes, and tablets. If you don't have a sweetheart, find a friend to share the savings.
- **Mother's Day:** Mother's Day and early spring, especially when the air is still chilly, is a great time to find deals at greenhouses. As the temperatures rise, plant prices follow. September is a good time to buy low-maintenance perennials, such as hostas.
● **Graduation:** In addition to gadget, grads love gift cards. Check out CardCash.com and GiftCardGranny.com for gift card offers at cheaper prices than the amount on the card. January is another peak time at these sites.

● **Father's Day:** Shop after Father's Day for sales on tools, grills, polo shirts, and ties.

● **Fourth of July:** Many people start buying outdoor items in late spring. However, if you wait until after the 4th, you'll find better bargains on outdoor furniture and play structures.

● **Back to School:** College students setting up dorms and campus apartments mean stores stock up on living essentials, like cookware and bedding. Once students are all moved in, you can make the most of store leftovers.

In addition to holidays, each month can offer the best time to buy certain items. For example, October is the best time to buy toys before prices go up for the upcoming holiday season. March and April are the best months to purchase anything wedding or travel-related, and the summer months are great for buying patio sets and tools.

Regardless of the calendar day, you'll save more when you shop smart. The year is packed with discount days, and the cycles are pretty reliable.

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**Kids Deserve a Shot!**

Claim a $200 Visa gift card.

**Enter to win a $100,000 scholarship.**

Minnesota has launched ‘Kids Deserve a Shot,’ a vaccine incentives program rewarding Minnesotans 12-17 years old for completing their COVID-19 vaccine series. **In order to be eligible, Minnesotans 12-17 must receive their first dose between October 18 and November 9 and receive their second dose by November 30.**

Parents/guardians can read more about eligibility rules and register their fully vaccinated kid for the rewards at [Kids Deserve a Shot! / COVID-19 Updates and Information - State of Minnesota (mn.gov)](https://www.mn.gov/health/covid-19/vaccine/eligibility-kidsSHOT/).
DO YOU HAVE OLD CLOTHES THAT YOU HAVEN’T FIGURED OUT HOW TO GET RID OF YET? BRING THEM TO COMO AND HELP THE GIRLS’ SOCCER TEAM RAISE SOME MONEY!

The Como Girls Soccer Team has partnered with the Epilepsy Foundation for a Clothing Drive. The team will receive money for each pound of clothing they are able to collect.

Bring your donations to the weight room or to room 2713 from now to Nov. 18th, 2021. Contact Ms. Mohamed for more information.
Students, do you want a flexible job that gives you experience working with diverse families and children all while earning $10 an hour?

We’re HIRING!!
Open Positions

Keystone
COMMUNITY SERVICES
CONNECTING OUR COMMUNITY

YOUTH JOB OPPORTUNITIES

We are seeking youth individuals who are eager to learn! Develop strong work ethics, take on new responsibilities, and give back to your community!

Receive ongoing coaching in time management, teamwork, creative problem solving. Build a resume, work on interviewing skills and have opportunities to learn financial literacy.

if this is you, we’d love to hear from you:

⇒ 14-18 yrs old.
⇒ Dependable, Determined, Ambitious.
⇒ Friendly, Adaptable, Trainable.

START YOUR PATHWAYS to SUCCESS!!

Food Shelf Assistant — 1459 Rice Street
10 – 15 hrs. per week; afternoon shifts, 1 — 4:30pm.
Best for youth/student with early-release or work-based learning requirements

As a Food Shelf Assistant you will work as part of a team. Welcome diverse families and individual clients during their visit. Learn and apply customer service skills. Receive donations by helping unload, sort, and stock groceries.

Keystone Teen Tutor — 1544 Timberlake Road
10:15 hr. per week
Work shifts are Monday – Thursday, 5 – 7:45pm

Teen Tutors work with the program coordinator and other teens to provide academic tutoring, leadership, and mentoring relationships to their younger peers. Tutor youth ages 5-12 using provided curriculum and materials focusing on math and reading.

Community Kids Assistant — 265 Oneida Street
10-15 hr. per week
2-3 work shifts per week from 2:15 – 6:00pm

Hallie Q. Brown Community Center, After-School Assistant
270 N. Kent Street
10-15 hr. per week
2-3 work shifts per week from 3:00 – 6:00pm

Be a positive role model for children while assisting teachers to provide academic tutoring, enrichment activities, leadership, and mentoring relationships. As an Assistant you will gain valuable work skills while you help students to learn and grow.

Vanmeng Lee
Youth Employment Manager
1150 Selby Ave
St. Paul, MN 55104
Vlee@keystoneservices.org
Office: (651) 504-4467
Homework help & Tutoring in the LIBRARY!

Struggling to understand an assignment? Feel like the directions don’t make sense? Just overwhelmed and falling behind?
The library has peer tutors ready to help!

<table>
<thead>
<tr>
<th>Per.</th>
<th>No. of Tutors</th>
<th>Language Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per. 1</td>
<td>1 Tutor</td>
<td>Language available: Karen</td>
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<tr>
<td>Per. 2</td>
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<tr>
<td>Per. 3</td>
<td>1 Tutor</td>
<td>Languages available: Oromo &amp; Somali</td>
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<tr>
<td>Per. 4</td>
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<td>Per. 5</td>
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<tr>
<td>Per. 6</td>
<td>4 Tutors</td>
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<tr>
<td>Per. 7</td>
<td>2 Tutors</td>
<td>Language available: Spanish</td>
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<tr>
<td>Per. 8</td>
<td>1 Tutor</td>
<td></td>
</tr>
</tbody>
</table>

Need help after school? St. Paul Public Libraries are here to help too!

https://sppl.org/homework/

Locations and Hours

Arlington Hills Library
- Monday – Wednesday, 4:00 - 7:00 p.m.

Highland Park Library
- Tuesday – Wednesday, 4:00 - 7:00 p.m.

Rice Street Library
- Monday – Wednesday, 4:00 - 7:00 p.m.

Rondo Community Library
- Monday – Thursday, 4:00 - 7:00 p.m.

Sun Ray Library
- Monday – Wednesday, 4:00 - 7:00 p.m.

Online homework help is available from HelpNow.

Use your library card number (22091600+(6 digit student number) and PIN (Your birthday (MMDDYYYY)) to log in.

Live Tutoring is available every day, 1:00 - 11:00 p.m.

Available in English and Spanish.
MCJROTC Cadets. The strength of a wolf is only as strong as the pack. After a grueling physical fitness competition Friday Night and the battle for top Devil Dog Drill Classic winner on Saturday at close order drill and knowledge bowl, our JROTC cadets ended with a respectful **second place overall** win against six visiting JROTC Schools. Every Como Park team placed in the top three places in all categories. Cadet Corporal Ve Shar was selected as the Devil Dog 2021 Ironman, Knowledge Bowl Team led by Cadet Corporal Alex Le cinched a first-place win, Cadet First Lieutenant Nayblut Kasuh was the Knockout Drill Champion against 200 other cadets, and the Commanding Officer - Cadet Major Aliser Paw cinched a first-place win for the Uniform Inspection Team. The teamwork and morale of all the cadets was critical in our success and their example of good sportsmanship to more than 300 visitors to Como Park High School was the high point of the events closure on Saturday evening. **A shout out to all the school staff that supported the event behind the scenes.** Congratulations JROTC!
Boo-tacular job MCJROTC cadets led by Sophomore Cadet Private First Class Daychia Her at the Northwest Como Recreation Center's Halloween extravaganza. Cadets dressed for success in their favorite costume of choice to pass out candy, run carnival games, and hand out prizes to the local community. Volunteering and coming together on their Friday Night improved the lives of the many and bolstered our schools relationship amongst the local community. Semper fi JROTC cadets.

COMO PARK HIGH SCHOOL YEARBOOKS ARE ON SALE!!!!

High School Memories are forever! Capture those memories by pre-ordering a 2021-22 yearbook! Go to yearbookforever.com. Prices will increase in December, so order now! Use the coupon code "cougar" for $10.00 off. Yearbookforever.com
COMO FALL FINANCIAL AID NIGHT

NOVEMBER 9, 2021 | 4:00-7:00 PM | COMO CAFETERIA

4:00-4:30  WELCOME AND PIZZA
Pizza and water provided by Career Pathway Center

4:30-5:15  FINANCIAL AID 101 PRESENTATION
Basic information about paying for college

5:15-7:00  FAFSA + MN DREAM ACT COMPLETION
To complete your financial aid form with a financial aid expert, please bring the following items:

Student information needed (if applicable):
- Social security number
- I-94 number (for US permanent residents)
- 2020 federal income tax return
- 2020 W2 form

Parent/guardian information needed (if applicable):
- Social security number
- Birth date
- Marriage or divorce date
- 2020 Federal Income Tax Return
- 2020 W2 form

6:00-7:00  SCHOLARSHIP INFO SESSION
Provided by Get Ready in the Cougar Forum

CONTACT MS. BRIDGETTE KELLY AT BKELLY.CAP@SPPS.ORG OR VISIT THE COMO CPC FOR MORE INFORMATION
Attention Como families!! We Need Your Help…

Como Staff wants to make sure we are addressing the concerns and issues that are important to students and families. Please click on the link and fill out this short form and let us know what you would like to see communicated at Staff Professional Development Trainings.

https://forms.gle/jx35Kt5cfrs6sWs87
Get Ready, a federally funded program through the Minnesota Office of Higher Education, will be presenting an online workshop on **Tuesday, November 30th** from **6:30-8:00 PM** providing families an insight on the different options for earning college credits for free while in high school. This workshop will focus on middle school and high school students from Get Ready’s partnered schools.

**FAMILY ENGAGEMENT EVENT**

**WORKSHOP:**
**DUAL ENROLLMENT? WHAT IS IT?**

**TUESDAY, NOV 30TH**
**6:30 pm - 8:00 pm**
**Register Today!**

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Do you know it is possible to earn college credits for free while in high school?

Please join us for a night of learning about Advanced Placement, International Baccalaureate, Concurrent Enrollment (college in the high school), and Postsecondary Enrollment Options (college courses on college campuses):

- What are the differences?
- What are the advantages / disadvantages of each?
- What are ways students can get involved in each?
- What should families know?

**ONLINE REGISTRATION** | https://tinyurl.com/GetReadyMN5
Questions? Get in touch | Felipe Cespedes | Felipe.Cespedes@state.mn.us | 651-357-5642

**OFFICE OF HIGHER EDUCATION**
Dear Como and Murray Parents,

We would like to welcome you to the Winter 2021-2022 season which will be starting in the middle of November. Please view the chart below for more information on start dates for all Winter sports. Due to the nationwide shortages of bus drivers, middle school sports will remain intramural. However, SPPS Athletics is exploring the possibility that middle school athletes can try out for high school teams. Transportation will NOT be available so student-athletes must find their own rides to tryouts and practices, but transportation will be provided for competitions from the high school to away events. The middle school AD and parent(s)/guardian(s) should help assess whether the 7th or 8th grader has the skill set and maturity to try out for a high school team.

**Athletic Registration and Payment Procedure**
You can visit Como high school and register in person. Our room number is 1109 and is located towards the east side of the building near the main gymnasium. In order for your child to be eligible for participation, you will need a [Minnesota state high school league eligibility form](https://www.mhsaa.com), updated sports physical, and the sport fee of $45 or $20 for free and reduced lunch. Our office hours are 8:30am-4:00pm Monday-Friday. Enter through the main entrance and security will escort you to the athletic office. Please wear a mask whenever you are inside the building as required by the district.

For more information, you can visit our [school home page](https://www.como.k12.mn.us). If you have any questions, please feel free to call or email. Here is a list of the Winter coaches and their emails if you want to contact them directly for practice logistics or game schedules:

<table>
<thead>
<tr>
<th>Sponsored Activity</th>
<th>Start Date</th>
<th>Coach Contact</th>
<th>Email</th>
<th>Sponsored Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nordic Ski Racing</td>
<td>Nov 15</td>
<td>Sasha Van Voorhis</td>
<td><a href="mailto:sasha.vanv@gmail.com">sasha.vanv@gmail.com</a></td>
<td>Nordic Ski Racing</td>
</tr>
<tr>
<td>Dance Team</td>
<td>Oct 25</td>
<td>Sydney Franklin</td>
<td><a href="mailto:highlandersdanceteam@gmail.com">highlandersdanceteam@gmail.com</a></td>
<td>Dance Team</td>
</tr>
<tr>
<td>Hockey, Girls</td>
<td>Nov 1</td>
<td>Tim Blase / Allie Duellman</td>
<td><a href="mailto:tim.blase@gmail.com">tim.blase@gmail.com</a>/</td>
<td>Hockey, Girls</td>
</tr>
<tr>
<td>Gymnastics, Girls</td>
<td>Nov 8</td>
<td>Tammy Little</td>
<td><a href="mailto:tammylittle@comcast.net">tammylittle@comcast.net</a></td>
<td>Gymnastics, Girls</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Nov 22</td>
<td>Tijl Van der Wege / David Elson</td>
<td><a href="mailto:tijlovdw@gmail.com">tijlovdw@gmail.com</a>/davidelson22@gmail.com</td>
<td>Wrestling</td>
</tr>
<tr>
<td>Swimming &amp; Diving, Boys</td>
<td>Nov 29</td>
<td>Steve Conery</td>
<td><a href="mailto:sjconery1@gmail.com">sjconery1@gmail.com</a></td>
<td>Swimming &amp; Diving, Boys</td>
</tr>
</tbody>
</table>
Go Cougars,
Koua Yang Athletic Director
koua.yang@spps.org
651-744-3104

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.
KEYSTONE TEEN TECH CENTER
1150 SELBY AVE.
ST. PAUL, MN 55104

BASICS OF BUSINESS TRAINING

EVERY TUESDAY AT 3:15PM
6 SESSIONS
NOV. 9 - DEC. 14, 2021

GRADES 9-12

- Interactive and hands-on
- Learn key business concepts
- Meet new people
- STIPEND OF $100 FOR COMPLETION

The 6 sessions break down as 4 sessions (including the first one) will be onsite for 1 hour and 2 sessions will be off-site trips for up to two hours.

Contact Chris at 651-659-0613 or cohland@keystoneservices.org for more info.
Como students and families are welcome to learn more about our Accelerated Programs! And if Como families have 8th grade students, or have friends and neighbors with 8th grade students, please invite them and attend! We want to share the strength of our college-prep courses with prospective Como students and families who are looking at choosing a high school. Thank you!

COMO PARK
SENIOR HIGH SCHOOL

ACCELERATED PROGRAMS NIGHT
NOV. 16, 6:30-7:30 P.M.

What: Como Park High School is hosting Accelerated Programs Night. This is an opportunity for students and families to learn more about Como's college-level Advanced Placement classes, Post-Secondary Enrollment Option (PSEO) and Concurrent College Enrollment courses from Como staff and a student panel. Learn about our successful programs and have all your questions answered! Light refreshments will be provided.

When: Tuesday, Nov. 16, 2021 from 6:30-7:30 p.m.

Where: Como Park Senior High School Library, 740 Rose Avenue West, Saint Paul, MN 55117