Safe Haven Project

MAKE YOUR HOME A SAFE HAVEN

Let’s create a safer home and community! Come and pick up free fire alarms and carbon monoxide alarms at Como Park Sr. High School for your family!

Included in free kit:

- Smoke alarm
- Carbon monoxide alarm
- Screwdriver
- Hammer

Did you know?

- An average of 400 accidental deaths in the U.S are caused by carbon monoxide
- There should be a fire alarm in every room of a house and on every level
- Check and replace batteries on fire alarms and carbon monoxide alarms
Don’t forget that the ‘Roll Up Your Sleeves, Teens’ vaccine outreach campaign is focusing on Minnesotans aged 16 and 17 - that means YOU! - and your parents, to be prioritized for vaccines at Minnesota’s Mall of America Community Vaccination site. Click on the following link to register for your appointment at Mall of America: Mall of America Community Vaccination Registration. You can also sign up on Minnesota’s COVID Vaccine Connector to receive more information about vaccine opportunities.

Very important:

- The Pfizer vaccine has ONLY been authorized to vaccinate youth ages 16 and up and will only be administered to those ages 16 and up.
- If you’re under 18, you must have consent signed on your behalf by a parent/guardian when scheduling an online appointment.
- If someone is fully vaccinated and is exposed, they do not need to quarantine if, 1) the COVID-19 exposure was at least 14 days after their vaccination series was fully completed, AND 2) they do not currently have any symptoms of COVID-19.
Friendly reminders

Please thoroughly review the SPPS COVID-19 [Student and Family Guidelines (Updated 2-17-21)] Please keep your child home if they are sick and experiencing any of the symptoms outlined in the screening guidelines. For more information, please contact nurse Lori Nakamura at 651-888-7614.

Parents/guardians should not be dropping off their student before 10:15am. We want to limit the number of students waiting in the lobby area before school starts at 10:30am.

In line with the Minnesota [Safe Learning Plan], students must maintain 6 feet of physical distance whenever possible; when 6 feet is not possible, a minimum of 3 feet between students must be maintained.

Students, please remember to wear your mask so it completely covers your mouth and nose.

Meal service is provided at Como. Students have the opportunity to pick up a bagged breakfast when they arrive and a lunch-to-go when they leave for the day. Breakfast and lunch are free for all students.

Students must take attendance in Campus on Fridays.

Dates to remember:
- May 13th- Mid-term
- June 3rd- Last day for seniors
- June 11th- Last day for students grades 9-11

[TutorMe: Resource for Students in Grades 6-12]

[TutorMe allows students to connect with an expert tutor at any time to get support in current classes. Student iPad wallpaper has been updated to help inform of this opportunity. TutorMe is an external company and an additional resource alongside school supports, the SPPS Academic Support Center and other student support structures.]

See [here](#) for additional information.
GROW YOUR GREEN CAREER

APPLY NOW to start training in this in-demand, growing field!

Tree Trust Branches offers a 12-week program where young people, ages 18-25, gain hands-on paid skilled trades training in tree care and property maintenance. Earn industry credentials and get connected with future employers. Program begins June 7th.

Requirements: High school diploma or GED, and driver's license before June 7, 2021.

Application closes May 7th.

Apply Online: treetrust.org/branches

Questions? Contact us at careerpathways@treetrust.org or 612-718-5053
Como Park was selected to be a part of the Change to Chill School Partnership in 2021-2022 school year

Increased students’ needs amid pandemic expands Change to Chill™ School Partnership to 23 new schools

*Summer teen interns lead work, co-create new offerings and customize strategies to address stress and anxiety*

MINNEAPOLIS (April 30, 2021) — Due to the ongoing pandemic, unrest and the increasing need for mental health resources for youth, Allina Health's teen mental well-being program, Change to Chill™ (CTC) has selected a record number 23 schools throughout Minnesota and Western Wisconsin to implement the Change to Chill School Partnership during the 2021-2022 school year. For the first time, the partnership was extended beyond high schools and middle schools to include virtual schools and alternative learning centers.

The Partnership includes Change to Chill trainings for school staff, tailored communications for parent engagement, funding for a “Chill Zone”, and a summer internship opportunity for two students at each school.

First launched during the 2018-2019 school year, the CTC School Partnership provides selected schools with yearlong support from Allina Health, centered around student leadership, stress management and mental health training sessions for school staff, outreach and engagement with guardians and a $1000 grant to put toward creating a “Chill Zone” – a space created by student interns to de-stress and relax before returning to class.

This year, the focus of school partnership will be to continue meeting the unique needs of schools in their responses to the pandemic. Change to Chill staff are working with students to create new, tailored content, and utilizing its online platform to support distance learning through videos, worksheets, audio meditations and more. Students and teachers also receive support to incorporate different stress management elements into classroom and virtual learning.

“We know when teens have the resources and support to stress less, they are more resilient and able to live fuller and happier lives,” said Susan Nygaard, manager of Allina Health's Community Health Improvement. "Change to Chill works as a preventive measure to equip teens with tools and resources to better manage stress and anxiety."
A huge Cougar thank you to Arby’s, a BestPrep supporter for donating 275 gift cards (for a free small sandwich, fries, and a drink). The gift cards will be used as prizes to support community building with our 9th grade class. BestPrep has collaborated with Como Park High School the last several years through their Cloud Coach program, an online mentoring program for 9th graders.

YEARBOOKS FOR SALE!!!

The 2020-2021 Como Park Senior High Yearbooks are on sale NOW. The yearbooks are $50.00. You can buy one online at https://yearbookforever.com/. This year's book will feature pictures and projects from our year of distance learning. We will have a special focus on seniors. If you have any questions, email Suzie Myhre, the yearbook advisor at suzie.myhre@stpaul.k12.mn.us

Hey Como Students!!

We are getting a mural in the Library! We need your ideas.

1. Watch this video from our professional artist, Shane Anderson
2. Think about who we are as a Como community.
   ● Consider our diversity, culture, and values.
   ● Think about what makes us strong and beautiful.
   ● What are our challenges and struggles?
   ● Who are we?
3. What words and images communicate our truth?
4. Please fill out this Google form: Student Input with your ideas for our mural.
SAVE THE DATE!!! SENIOR BBQ IS JUNE 4TH 1-4PM

Dear Como Park Senior High School Parents,

A Como Park Senior High School tradition since 1983 is the senior party, which is typically a lock-in overnight celebration. Because everything about this year is different, so too is the party. This year’s senior celebration will be on Friday, June 4th from 1-4 p.m. at the school rain or shine. The staff host BBQ lunch at 12 noon followed by the party. This year the celebration is free and open to all seniors. We are providing a DJ, snacks, painting, mini golf, and much more.

We will be following practices to mitigate the spread of COVID. Because of that:

· Only staff will be able to be on-site during the party.

· Parents can help with setup and take down.

· Food will be served following COVID restrictions so we would appreciate monetary donations from parents so we can purchase prepackaged items.

We are looking to parents to support this party with monetary donations and by volunteering. Here is a link to Sign Up https://signup.com/go/QpCXaVW. Please go to the site and indicate your donation. If you do not have computer access, please drop off your check at the Como Park High School main office.

Thank you in advance for your support. Let us send our seniors off with a great celebration.

Sincerely,

The Volunteer Senior Grad Party Committee

Important Senior Graduation Information

Important dates for Seniors:

May 20th Teacher notice of POTENTIAL failure to counselors
June 1-4 NO new work for Seniors
June 1-2 Seniors in classes completing work
June 3 Seniors last day. Seniors turn-in I pads, Get Cap and Gown, Complete Senior Survey.
June 4 Senior BBQ
June 7 Commencement at Aldrich Arena at 5:30pm. Students arrive by 4:30pm.
Parent(s)/guardian(s) attending the event are mandated to wear face masks. We ask that if you or your graduate have any COVID symptoms to remain at home. The ceremony will be broadcasted live. I will share that information as we get closer to the date. Questions or concerns, please call Mrs. Vang at 6517446300.
In an act of unselfishness, several MCJROTC cadets from the Junior Class came to the aid of fellow male cadet Chor Vang (12) to replace his hand-me-down / broken-down pink girls Schwinn Bicycle with a new bicycle. Pulling their resources together, they located an anonymous (DNR AGENT) donor and took the bike to the next level by tuning-up, polishing up, new lock, lights, and new seat to make for one sweet ride. Please enjoy your new bike cadet Chor Vang. OOH RAH!
Como Park JROTC Cadets Thay Say (10), Sophia Moore (10), Kimberly Sanchez Mendez (10) and Anthony Landaverde (9) were led by Cadet Senior 2nd Lieutenant Pa K. Thao (12) at the Murray Middle School on Wednesday 5 May 2021 to advertise and recruit for next year’s MCJROTC inbound freshman. Afterwards they enjoyed each other's comradery over breakfast at a local Panera Cafe'. Semper fi!

Congrats to Boys Golf 8th grader Sonom V for being the solo Medalist in the Boys JV Golf meet yesterday at Highland 9 after shooting a 46! The Boys Golf team shot their lowest round this year as well with a 242!

Group Photo from JV meet a week ago: L to R Henry S, Lewie L, Adam P, and Sonom V

Two-Day Event - Aug 12 (8:45am-3pm) Aug. 13 (9-noon) Bright Ideas Hack-A-Thon is an online event for women in Minnesota's high schools and 2021 graduates. At the event, students will work in groups of 3 students and 2 industry mentors to identify a product or service that solves a social or business problem. You will take on a designated role to pitch the idea. Anyone can have the best idea and product in the world but if it can't be successfully pitched; the idea will not take off! Join this exciting event, make new friends, and learn from others!

Click HERE to Register!

Please note the following:
* This is a two-day event taking place Thursday, August 12 & Friday, August 13, 2021
* You will receive a Zoom link one week prior to the event.
NCAA Eligibility Center Spring Webinar for College-Bound Student-Athletes

Share this Copy in Your School's Newsletter

Do you want to compete in college sports? Join the NCAA Eligibility Center for their spring webinar for college-bound student-athletes and your families on Thursday, May 13, 2021 at 6:30 p.m. Eastern. This webinar will teach you about the initial-eligibility requirements you must meet in order to study and play sports at an NCAA Division I or II school. Click here to register.

SCHOOL SPIRIT WEEK MAY 24-28

Student council is pleased to announce: YOUR LAST SPIRIT WEEK OF THIS SCHOOL YEAR! Prizes will be given to the most spirited student for each day! If you want to participate in the prizes, send a picture of yourself to Ms. Somerville (kristine.somerville@spps.org). This is for virtual and in person students!

Monday: Class Color Day (12: yellow, 11: red, 10: blue, 9: green)
Tuesday: Pajama Day
Wednesday: Unique Mask Day
Thursday: Tropical Day
Friday: Como Cougar Day
Get pumped!!
Attn: Trades Ambassador Students & Educators

Please tell all your friends/students who are graduating this year about this amazing opportunity for FREE tuition + a job opportunity leading to a power generation technician with Ziegler CAT!

Exciting news! Ziegler CAT is sponsoring a Trades Hub Wallin Scholars opportunity for low-income graduating seniors to earn a tuition-free Electrical Construction and Maintenance degree at Dunwoody College of Technology or an Electrical Technology degree at St. Paul College and become a power generation technician working alongside some of the best senior technicians in the industry.

Please join us on Wednesday, May 12th from 3:15 to 3:45pm to learn more about this great opportunity.

Use this link to REGISTER.

This event is open to any student or educator, but especially students who are interested in an automotive/large industrial equipment technician career!

Scholarships for Graduating Seniors
Here is a list of some great scholarships for seniors who plan to attend a 2-year or 4-year college next year:

Scholarship List
LAST CHANCE TO REGISTER FOR NEXT YEAR’S CLASSES AT COMO  Friday, May 14 is the last day for your student to register classes for the 2021-2020 school year. Please visit https://sites.google.com/stpaul.k12.mn.us/comoregister for more information on completing your student’s class registration. Please contact your student’s school counselor with any questions.

Ashley Rignell - Class of 2025 Counselor - ashley.rignell@spps.org
Choua Vang - Class of 2024 Counselor - choua.vang@spps.org
Farah Abuqalbeen - Class of 2023 Counselor farah.abuqalbeen@spps.org
Rebecca Mendoza- Class of 2022 Counselor - rebecca.mendoza@spps.org
Kia Thao - Academy of Finance Counselor - kia.thao@spps.org

Senior Graduation Information  The Class of 2021 Graduation ceremony will be held on Monday, June 7th at 5:30pm at the Aldrich Arena in Maplewood. Seniors should plan to arrive at 4:30pm. Due to COVID restrictions, each student will be given 2 tickets for two guests to attend the ceremony. For more information, check out the Senior Graduation Information website, https://sites.google.com/stpaul.k12.mn.us/comoregister/senior-graduation-information.

The Como CCC is Open!  The Como Career and College Center (CCC) is open Monday-Thursday from 10:30am-3:00pm in room 1304 (across from the Counselor’s Office). If you would like to meet with Ms. Bridgette, CCC Coordinator, email bkelly.cap@spps.org.

Local Career Training Programs  Not interested in going to college after high school? You have options! Check out this awesome presentation on Career Training Programs right here in the Twin Cities. Most programs are free or have fee waivers: Career Training Programs

Featured Scholarship: SpamFC Scholarship - $1,000-$2,500 - Deadline: June 30  Scholarships to help students who have been impacted by soccer in a positive way pay for post-secondary education. You do not have to play soccer to apply. Apply today!

Connect with us for more information on College Resources + Events, Student Career Resources, Family Resources, and Paying for College

CONNECT WITH US
Counseling Department Website
Career & College Center Website