Click here for the full document and information on CPHShelp and Teacher Office Hours.

-Schedule start date: February 4th, 2021

-On-Site Support start date based on 14-day Covid-19 case rate by county. More information to come.

-Grade specific Fun Fridays during Advisory to build community and connect with students

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:00</td>
<td>Asynchronous</td>
<td>Asynchronous</td>
<td>Asynchronous</td>
<td>Asynchronous</td>
<td>Asynchronous</td>
</tr>
<tr>
<td>9:00 - 9:50</td>
<td>Period 1</td>
<td>Period 2</td>
<td>Period 5</td>
<td>Period 6</td>
<td></td>
</tr>
<tr>
<td>9:55 - 10:15</td>
<td>Advisory</td>
<td>Advisory</td>
<td>Advisory</td>
<td>Advisory</td>
<td></td>
</tr>
<tr>
<td>10:20 - 11:10</td>
<td>Period 3</td>
<td>Period 4</td>
<td>Period 7</td>
<td>Period 8</td>
<td></td>
</tr>
<tr>
<td>11:10 - 12:30</td>
<td>Asynchronous</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>Help for any of your schoolwork! CPHShelp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 - 2:00</td>
<td>Asynchronous</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 - 3:00</td>
<td>Teacher office hours: Check your Schoology course to see what days your teacher offers office hours.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
New Updates from The Health Start Clinic:

Hello Como Community! The Como Health Start Clinic continues to be open 2 days/week, offering in-person and Telehealth services for students who need sports physicals, sexual health care, medical appointments, therapy, nutrition care, vaccinations, and health education. Health Start Clinics provide health care for ALL students with or without insurance. Students can call or text this number to schedule an appointment/register as a new patient: 651-233-8951.

*Please click here to view the Covid-19 Student and Family Guidelines*

A Message from Our Attendance Clerk, Sarita Arias-Avina

A reminder that a student or a student's parent or guardian should complete daily attendance once each school day. When completed, the once-daily attendance process will confirm attendance for all of a student's classes for that day. To take attendance, students should log into their "Campus Student" iPad app, located on their iPad home screen.

Please remember to login and complete the attendance procedure each school day to avoid unexcused absences. Note that attendance can be completed up to 11:59 p.m. each day but completing attendance by 6:30 p.m. will avoid a robocall about an unexcused absence. By completing attendance, students are agreeing to participate fully in distance learning for that day.

Also, If you have moved or changed your phone number, please call the main office to update your information.

Thank you.
Hello my name is Geancarlos Pujols. I am a Teacher assistant here at Como. This is my 2nd school year with SPPS. I previously worked at Hamline Elementary School with 3rd graders. Some things I would like you to know about me is that I am a very social and outgoing person. I love smiles and making my peers and others around me happy. My passion in life is support. I feel as if no matter what situation you are in, good or bad, you can always use SUPPORT. I have a 10 month old son who was born in March of last year. This summer I became a 19 year old home owner which was a big accomplishment of mine before turning 20 last November! Some of my favorite hobbies consist of playing basketball, hanging out with friends, eating and spending time with my little one as he grows. I am very happy to join the very kind and loving staff at Como Park. I am excited to connect with students and be a great support to those who may need it at hard times!
Students! Join us to learn about careers in…

Culinary Arts and Hospitality
A Virtual Career Panel

Tuesday, February 9th
12-1pm

Google Meet Code: FCScareers

Culinary Director, Chef Mike White, Regions Hospital
Restaurateur Chef Yia Vang, Union Hmong Kitchen,
Vinai Influencer, Golanz Yamoutpour
@eatdrinkdishmpls
Marketing Director, Rachael Crew, Vestailia Hospitality

Any questions? Please contact courtney.gbolo@spps.org
Como alumni Marie Wulff (class of 2017), now a senior studying Electrical Engineering at University of Minnesota Twin Cities, was selected as a recipient of the Brooke Owens Fellowship. Marie will begin her work in Aerospace at Planet in San Francisco, California this summer. Of 800 applicants from across the nation, Marie was one of 44 winners.

44 Exceptional Students Selected for the Award-Winning Brooke Owens Fellowship Class of 2021

44 undergraduate students earn their place at leading aerospace organizations, as the fellowship turns five years old

January 26, 2021 | New York, NY

The Brooke Owens Fellowship—a nationally-acclaimed nonprofit organization recognizing exceptional undergraduate women and other gender minorities with space and aviation internships, senior mentorship, and a lifelong professional network—announced its newest class of Brooke Owens Fellows today.

The Class of 2021 marks the fifth class of “Brookie” Fellows and were selected from the Fellowship’s most competitive application year. More than 800 promising and talented students applied from Ivy League universities, major research universities, historically black colleges and universities, liberal arts colleges, community colleges, and major international universities. Forty-four Fellows were selected through a competitive application process involving written and creative submissions, interviews with the Fellowship’s volunteer-based leadership team and its close network, and interviews with the Host Companies. The selected Fellows have demonstrated their desire to pursue a career in aerospace, a record of leadership, a commitment to their communities, and their inexhaustible creativity.
Congratulations!

Chineze Okolo!

She was featured in an article for collaborating on this poster now exhibited at the XIAART Gallery on University Avenue

[Click here](#) for the full article
SCHOLARSHIP OPPORTUNITIES FOR SENIORS

Scholarships just for Saint Paul Public School Students
(great odds of winning if you apply!)
If you qualify for any of these scholarships I HIGHLY recommend you apply. They often have very few applications which means you have an excellent chance of winning!

- **Firmin "ACE" Alexander Scholarship** - The family of Firmin "ACE" Alexander is pleased to offer a $1,000 scholarship to a Saint Paul Public Schools student in the Class of 2021. Applicants must be a student of color and plan to pursue a major in education. This scholarship is a one-time award. **Due Friday, March 19, 2021** [APPLY HERE](#)

- **Olga B. Hart Education Foundation Scholarship** - The Olga B. Hart Education Foundation is pleased to offer 4 - $1,500 scholarships to students from Saint Paul Public Schools who plan to major in human service fields, including but not limited to: teachers, social workers, youth workers, probation officers, police officers, counselors, clergies, and child care workers. This scholarship is a one-time award. **Due Friday, March 19, 2021** [APPLY HERE](#)

**Denny Sanford Scholarship (awards and amount vary by university)**

The Denny Sanford Scholarship Program was established in 2018 and is funded by Association Member Denny Sanford, owner and founder of First Premier Bank. This “targeted scholarship” has a **January 15 - March 15, 2021** application [https://scholars.horatioalger.org/about-our-scholarship-programs/targeted-scholarships/](https://scholars.horatioalger.org/about-our-scholarship-programs/targeted-scholarships/)

High school senior planning to attend:
- Arizona State University (25 awards at $10,000 each)
- Augustana University (Sioux Falls, SD) (6 awards at $25,000 each)
- Black Hills State University (15 awards at $10,000 each)
- Dakota State University (15 awards at $10,000 each)
- Long Island University (10 awards at $25,000 each)
- National University (San Diego, CA) (10 awards at $25,000 each)
- Nova Southeastern University (Fort Lauderdale, FL) (10 awards at $10,000 each)
- South Dakota School of Mines (15 awards at $10,000 each)
- South Dakota State University (25 awards at $10,000 each)
- University of California at San Diego (10 awards at $25,000 each)
- University of Minnesota (25 awards at $10,000 each)
- University of Sioux Falls (6 awards at $25,000 each)
- University of South Dakota (25 awards at $10,000 each)

**Eligibility Criteria:**

- Critical financial need ($55,000 or less adjusted gross income per family)
- Integrity and perseverance in overcoming adversity
- Minimum grade point average (GPA) of 2.50
- United States citizenship
Catch A Break Scholar

*A former Como student won this scholarship a previous year*

- $11,000 Renewable each year!
- Have faced challenges in life and learned from them
- Will attend a Minnesota 4 year public college
- Composite ACT of 24 or higher
- Financial Need
- [Website](#)
- [FLYER](#)

Optimist Scholarship

- Optimist Club of St Paul 1st place award of $250.00.
- Optimist International District College Scholarship of $2,500.
- [FLYER](#)

2021 Asian American Scholarship

The Foundation 649 Scholarship is a one-time grant of $2,000 that can be applied to college tuition. The aim of our scholarship is to promote and share Asian American culture and stories from students across the country. Details for how to apply on our website [https://foundation649.com/](https://foundation649.com/). **Application deadline is April 1, 2021**

Requirements

- Be a degree-seeking, full-time student enrolling in a U.S. accredited university in Fall 2021 as a Freshman
- One or both parents immigrated to the US from East or South-East Asia
- Have demonstrated financial need for the scholarship
- Have a track record of involvement and interest in Asian American communities, issues, or causes
- Be a US citizen, resident or foreign national
- The application consists of a questionnaire and a short essay (1000 word maximum). Alternate media will also be accepted in place of the essay if the applicant chooses (e.g. film, photography, etc.). If you are selected, with your permission, we plan to share your submission with our audiences.

Students interested in the Hospitality Industry

HMEF: [http://HMEF Scholarship Applications](http://HMEF Scholarship Applications)
HMEF Scholarships Application deadline March 12, 2021.
The HMEF, through the generosity of its donors, provides merit-based scholarships for undergraduate students pursuing degrees related to the hospitality industry. Scholarships awards range from $1,000 to $3,000. For 2021, the application period will open on January 18 and close on March 12, 2021. Click [here](#) to learn more. Questions? Contact Cyndi Keesee at cyndi@hospitalitymn.com.

Students interested in the Restaurant Industry
NRAEF: [https://chooserestaurants.org/scholarships](https://chooserestaurants.org/scholarships)
Nationals Scholarships Application deadline March 15, 2021.
The NRAEF, through the generosity of its donors, provides merit-based scholarships for undergraduate students pursuing degrees related to the restaurant industry. Scholarships awards range from $2,500 to $10,000. The NRAEF will award nearly $1 million in scholarships and grants to individuals across the country. [Learn more](#) and help us spread the word! Applications will be accepted through March 15, 2021.

Check out Xello for more scholarships!

---

A word from Social Worker, Gail Grogan

Hi, my name is Gail Grogan and I am the general education social worker at Como Senior. I wanted to let you know of the services we continue to offer students through distance learning and as we look toward providing in person support.

My role here at Como is to support both students and families. I am able to provide assistance with attendance concerns, housing, and food support. I am also here to support students' mental and emotional health. I am available to work with students both individually and in small groups through googlemeets. I also hold a young women's empowerment group that is open to all students on Mondays and Wednesdays from 12-12:45, and on Fridays from 10:30-11:15. The googlemeet code for this group is gailgrogansw.

Another part of my role at Como is assisting students and families in accessing services at our HealthStart Clinic. We continue to have mental health therapy as well as physical health services available through our clinic, and I'm happy to assist in scheduling an intake with our providers.

The best way to reach me is through my email at gail.grogan@spps.org. I'd love to hear from you and support you in any way possible.
Attention 9th and 10th graders!

Although February has been designated as the official month to celebrate Black history, every day is an occasion to highlight the monumental significance of African-American contributions and the vital role they have played in shaping America's history. In celebration of Black History Month 2021, Get Ready will be inviting 9th and 10th-grade students from Como Park to participate in honoring this celebration by submitting a small 400-word essay. The contest will help students reflect on African Americans’ contributions to America’s prosperity despite their experiences of inequity, poverty, and injustice.

There will be 6 winners who will receive a $10 gift card of their choice. Judging will be based on interpretation of the theme, technical skill, and originality. Students can find more information with details about the essay on the link below.

The topic for the essay is the following: “Write about someone who was and/or still is a leader in the Black community and how their work addressed inequality. Can we see the effects of their work today? This could be politicians, activists, musicians, artists, etc. Many people had a role in advocating for and celebrating the Black community.”

“If I cannot do great things, I can do small things in a great way.”
~Martin Luther King Jr.

Entry Deadline: February 25th at 11:59 PM

Submit to:
https://urldefense.com/v3/__https://forms.gle/xD1rYhKAYWskV5QMA__;!!LSatmg!plHl7ZZqNYjcdZcTiMEB0-w9V1Fp2SGyLY69fMTn7b_Fc5oPQfA3ZaTFzGikkQTL$Or
Email: fzumba.gr@spps.org or franklin.zumba@state.mn.us

Grading Policy for High School Students

Grading Update for SPPS High School Students

In light of the continuing challenges in distance learning, Saint Paul Public Schools (SPPS) will implement the following updates to practices for high school grading:

Grading Practice Update

- SPPS will be adjusting all high school students who received grades of C and D to passing (P), so distance learning does not negatively impact students’ Grade Point Averages (GPAs).
- This adjustment will be made for as long as students are in Distance Learning and will also include the first and second quarters of 2020-2021 school year.
- This includes any grades students earned through the earn-back process.

If students and families wish to opt out of this new grading update and earn a letter grade or wish to earn a P in place of a B, students may contact their school counselor.

Thank you for supporting your student and Saint Paul Public Schools.

This document is available in Spanish, Hmong, Somali, and Karen. Click here.
How to Gratitude Journal

I am certain that at least once in your life so far you have been told to write down three things that you are grateful for, but I'm sure we've all also written something like 'I'm grateful for my Cheetos'. While this isn't really the most effective way to reflect, practicing gratitude, real gratitude, can be very beneficial for our lives and the attitudes we have towards their rollercoaster-esque ways. When we express gratitude, we are forced to bring our subconscious emotions to the forefront, and analyze how we feel in the moment. I know that some people are incredibly good at this, but as someone who comes from the families of notorious unemotionals, I found it challenging when I started my own 'gratitude journal'. Here is my journey, and some tips I've gathered along the way to help you escape the monotony of it all and make journaling serve you.

A little while ago I got a book, called Creativity Takes Courage, and inside was a mini 30 day journal to write down 3 things I was grateful for each day. At the start of the month, I was genuine. I looked upon this challenge with clear eyes, ready to dedicate my thoughts to the best parts of my life. But as the month went on, I could feel my initial expectations slipping out of reach as my elaborate thoughts became one word answers, and my pencil dredged across the 3 inch page. Many times my brain’s search and rescue team could find nothing but weariness and boredom in the blank vast of my mind. I was losing stamina for something that had seemed so simple. And worse, it was ingrained in me that gratitude was a chore. But guess what? I’m still writing in it! So how did I make it worth my while, and not get caught up in monotony?

Well, here are the top 3 tips that are detrimental to doing just that.

1. Accept that not everything has to be perfect. This is a really important thing to keep in mind so that you don't get overwhelmed and give up within the first few days. As a person who felt somewhat attacked when the school counselor mentioned that I was a perfectionist, but then quickly realized she was absolutely right, I totally understand that it can be hard to let go of the expectation that everything you write has to make sense. However, keep in mind that you’re not writing an essay for school—holà Ms Boyer ;) — or a book that will be distributed to the masses. No one else, and maybe not even you, will read this after you close the page, so who cares!

2. Make it your own. Your journal doesn't have to look like anyone else’s, if you spend too much time trying to make it a perfect bullet journal that's too high maintenance for you, you’ll never use it even if it looks pretty. It’s like those fancy sweets you buy because 'they’re just so darn cute!', but never end up eating them or they taste like plastic after you’ve been staring at them for so long, unable to bring yourself to mess them up. Your journal will not do you any good if it’s just lying discarded on your bedside table making you feel guilty about not writing in it. “You’re not even motivated enough to write about how unmotivated you are! What are you even doing with your life?”, says the mean little journal you bought for probably too much money because the helper at the store said it was “totes the best thing ever!”, and that you now want to throw in the recycling. But it doesn't have to be like this! By making the gratitude journal your own and getting rid of these expectations, you can make it work for you. One way to do this is by putting in little papers or pictures in your journal. Pictures are also an amusing addition if you want to look back on this in the future and remember about the time you had that really *interesting* haircut. Another way to add some pizazz to your journal could be by jotting down your favorite song at the moment, or a drawing if you don’t feel like writing that day. Keep in mind that you don’t always have to write a full page. If you’re just starting out, try writing just one sentence everyday.

3. Focus on gratitude, not self-pity. One thing I’ve learned to do with my journal is whenever I’m feeling like crap on a stick, to say it plainly, I'll write about a friend for a page. Looking at a blank polar-bear-in-a-snowstorm type page is intimidating, but when you are writing about a good friend I find you have much more kind words to say about your life. Who knows? You may even find that you can fill an entire page!
In conclusion, the most important key to journaling is to focus on true gratitude, rather than surface level topics. This can help you understand your emotions on any given day, but it can also help remind you that life is not always going to be like this. Life will continue to challenge you and it will continue to change, but so will you. There is an unlimited amount of things to feel grateful for in this world, and it’s important to remember that you are one of them. Have fun journaling!

**GENESYS WORKS.**
WHERE TOMORROW'S WORKFORCE BEGINS

Como Park partners with Genesys Works, a paid internship program, to provide students with the opportunity to develop professional skills and business technology skills during high school. You will earn college credit for participating in a free 8-week summer institute focused on developing skills like confidence, presentations and email communication, and self-advocacy. Then, you’ll be placed in a paid internship earning $15,000 during your senior year with major companies like Medtronic, Ecolab, and Land O’ Lakes. You will also receive coaching and mentorship on your post-high school plans focusing on career and educational paths to accomplish your future goals!

How can you learn more? Sign up here for more information: [Interest Link](#)

**Skills Training**
Develop professional and technical skills including public speaking and business technology!

**Paid Internship**
Earn $15k a year at a top company such as 3M, Medtronic, or Target!

**Post-High School Support**
Receive help planning and implementing your post-high school pathway including college, military, and the workforce!

Application Deadline: March 7, 2020
Juniors, sign up for more information at [rebrand.ly/GWTC2022](rebrand.ly/GWTC2022) or apply online at genesysworks.org/toapply. For more information, email gvtorecruitment@genesysworks.org.
Updates from the Counseling Department and the Como Career & College Center (CCC)

IMPORTANT UPDATES

ACT Update The ACT is scheduled to take place on March 2. Juniors do not need to register for the ACT. If you are a senior interested in taking the ACT, please contact Ms. Bridgette at bkelly.cap@spps.org. All students interested in taking the ACT should attend the ACT Info Session on Wednesday, February 24 at 2pm. Log in using Google Meet Code: CPHSACT

Apply to Right Track Summer Internship Program Right Track Applications are open -- apply for a summer job today! Right Track offers summer employment opportunities for Saint Paul youth ages 14 to 24 who are from a low-income family or have a barrier to employment. In the summer of 2020, Right Track provided over 750 young people from Saint Paul with a summer internship or online professional development opportunity.

Juniors! Apply to Genesys Works Paid Internship Program Interested in a PAID internship? Apply for Genesys Works. You can get real-world job experience and EARN UP TO $15,000!

Seniors! Schedule a 1:1 meeting with the Como Career & College Center Today It’s Quarter of your senior year. If you haven’t made a plan for next year, now is the time to start. Ms. Bridgette from the Como CCC can support you in creating a plan that works best for you. Whether you want to apply for jobs and work programs, go to college, or explore other options, Ms. Bridgette has resources to support your plan. Schedule a 1:1 appointment with Ms. Bridgette today! CLICK HERE to make an appointment with Ms. Bridgette.

Construction Careers Are you thinking about careers in the construction industry? Check out this 12 minute video -- it details different trades and professions and explains the apprenticeship process, required training, and benefits of construction!

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

CONTACT US
Counseling Department Website
Career & College Center Website
Como Park Senior High School

ACT

MARCH 2 @ 8AM

ACT INFO SESSION

FEB 24, 2-3PM

GOOGLE MEET CODE: CPHSACT

NO REGISTRATION REQUIRED!!

FIND OUT MORE ON THE COMO CCC WEBSITE
SUMMER PLANS?

DISCOVER YOUR CAREER PATH WITH

RIGHT TRACK

SAINT PAUL YOUTH EMPLOYMENT

Saint Paul youth ages 14-21 can apply online February 1st - February 28th at:

RIGHTTRACK.STPAUL.GOV

Join us to develop your employment skills, build your network, and earn money. For more information, visit the online FAQ or call (651) 266-6363.

RightTrackSP

RightTrackSP