FROM THE PRINCIPAL

Dear Como Park Senior High School Families,

Thank you for your support and dedication as we continue the school year in distance learning. I am writing to you today about a new program for secondary students to receive in-person support at CPSHS starting next semester.

Program details:

- On-site support will be offered by licensed teachers and school staff at all schools that have 6-12 grade students.

- The level of COVID-19 spread in the community will be a factor in the timing of this transition.

- We are planning as if students will start on February 16. If this changes, you will be informed at least two weeks in advance.

- This is not a hybrid learning model. Rather, it is a way to provide support to our students who are missing that in-person connection with their teachers and school community.

- Specific schedules will vary based on the school and grade level.

- In-person time will be used to support distance learning, not to teach new material.

- Students will receive bagged lunches, meals to go, and bus transportation will be provided. When staff and students are on-site, the SPPS COVID-19 guidelines will be strictly enforced to ensure a safe learning environment for all.

- Students enrolled in the Virtual Learning School are not expected to attend.

At our school, this means:

- Students who are identified as needing additional support will come to school for 2.5-hour blocks of time for individual or small group support.

- To start, students who need support to graduate or pass their classes, multilingual learners, special education students, and those who need additional social-emotional support will be prioritized.

- We are working on ways to provide additional support for as many students as possible as the school year progresses.

More information about this program will be coming over the next several weeks. In the meantime, we will continue to support you and your students in distance learning.

Kirk Morris, Principal
Invest in Girls

FREE WORKSHOPS FOR TEEN GIRLS

Nominate a rock-star girl in your school or community for IIG After-School: Personal Finance!

Invest in Girls, a program of the Council for Economic Education, is offering a series of after-school virtual workshops for high school girls to learn all about personal finance and get smart(er!) about money.

With IIG After School, students can learn how to be the CFOs of their own lives.

Topics to be covered include:

- Creating a budget
- Using credit cards
- Understanding interest rates
- Paying income tax
- Careers in finance

IIG's after-school workshops begin the week of January 25 and will run through the week of March 15. Each will include successful women who work in the finance industry today.

We believe every girl should feel confident about money matters. At IIG After School, students will meet like-minded girls and get to hear from inspiring women working in finance so they can start building their own networks and invest in themselves.
Know a teen girl or two who you think would want to know about IIG After School?

Please share the link to our online interest form (below) and tell them it's because you believe in them—and want them to be confident and feel financially empowered.

**IIG AFTER SCHOOL**

**GET INVOLVED**

Have questions about Invest in Girls programs? Interested in becoming an Invest in Girls volunteer? Send a message to Abby Cox, our Senior Programs Associate at acox@investgirls.com.

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**Cougars!**

Our wonderful librarian is ordering new books for the library and your voice matters!

Please tell her what you'd love to see available on our shelves or in eBook version.

*She’ll be grateful if you checked to see if we already have the book available before you add your recommendation to the form. Do so here: Como Senior library books.*

**When you're ready to share your requests, do so here: Book requests**

**This form will close on February 5th.**
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.

**GREAT THINGS HAPPENING AT COMO**

Culinary Arts students practiced knife skills and made rice pilaf... yummy!

*Eating is a necessity, but cooking is an Art...*
This Monday on 1-17-2021 several MJROTC cadets gathered for several hours on the west end of the Como Park Golf Course and were introduced to several winter activities (cross country skiing, sledding, snow shoeing, and snowboarding). The Como Park Golf Course Ski Hill was the perfect venue for our activity. The event was planned and orchestrated by the leadership of Sophomore Cadet Lance Corporal Sophia Moore. Staying motivated and Semper fi-our Cougars.
Congratulations to Ms. Hansmeier and The Como Park Debate Team for taking 2nd Place at Sections!!!!
THIS MONTH SAVING WINNER IS .... GUADALUPE DELGADO

WANNA BE THE NEXT WINNER? EASY AND SIMPLE!!!
• BECOME A MEMBER
• SAVE AS MUCH MONEY AS YOU CAN FOR THE NEXT MONTH
• MANAGE YOUR SAVINGS!!!
• TO RECEIVE YOUR GIVE CARD
CONTACT TJONES@HIWAY.ORG

Hiway CREDIT UNION
Please welcome the newest member of Como Park's Marine Corps' JROTC program. A Marine Corps Veteran, (Ret) Major, Scott Kiger, joined us in November of 2020 after a short career as a Financial Services Training Manager, Financial Counselor, and Teacher. He is teaching for the first time at the High School level and is greatly excited to contribute to the Community of St. Paul through community outreach of the MCJROTC students. He has always sought out teaching positions while serving in the Marine Corps, and it has always been a desire of his to do it more formally. Originally from the small fishing community of Grand Isle, Louisiana, he is from a large southern family of seven children and has six of his own.

After living, working, and traveling throughout a dozen or so different foreign countries during his Marine Corps career, military retirement was a chance to put down some permanent roots here in Minnesota. His wife Kimberly, an Architect and Minnesota native of West Bloomington coerced him back to her home in the Deep North, in order to raise the newest members of the Kiger family, 3 years old twin girls in the correct art of Snowboarding.

A strong desire to mentor and lead the youth-of-the-country led him here to Como Park, High School. His formal education is in the Aeronautical Science field; he holds a Bachelor's degree from Southern Illinois University and a dual Masters from Embry Riddle Aeronautical University. He also has four older children living, working, and pursuing further education of their own at different colleges throughout the country.
A Word From Our Athletic Department

Hello Como and Murray communities,

Winter sports have finally started, and there is still time to join. We need more athletes in all the sports. Hope to see you out there practicing and competing soon. Currently, our district has a no fans policy, but we are installing cameras in the main gym so we can livestream games for our communities and fans. We will send out the logistics of how to subscribe to the livestream by next week. Here is the link to our winter sports home schedule: Como Winter Athletic Schedule. Co-op sports schedules will be available at the host school.

More information is available in the athletics tab of our school home page. If you have any questions, please feel free to call or email. Here is a list of coaches and their emails if you want to contact them directly for practice/tryout logistics:

Alpine Skiing: Tim Shasky / tim.shasky@spps.org
Boys Basketball: Donnell Gibson / mrdonnellg@gmail.com
Girls Basketball: Olonda England / olonda.england@spps.org
Gymnastics: Co-op with Central: Tammy Little / tammylittle@comcast.net
Adaptive Hockey: Malachi Long / malachi.long@spps.org
Girls Hockey: Co-op with SPPS & Henry Sibley:
  Tim Blase / tim.blase@gmail.com ; Allie Duellman / allie.duellman@isd197.org
Boys Hockey: Co-op with Johnson: Steve “Moose” Younghans / moose@shopstrauass.com
Nordic Skiing: Alexander “Sasha” Van Voorhis / sasha.vanv@gmail.com
Boys Swimming: Steve Conery / sjconery1@gmail.com
Wrestling: Tijl Vanderwege / tijlovdw@gmail.com ; David Elson / davidelson22@gmail.com

Best regards,

Koua Yang / Athletic Director koua.yang@spps.org
651-744-3104

Ricky Moua / Assistant Athletic Director ricky.moua@spps.org 651-744-1975
IMPORTANT UPDATES

Go4Brains Neuroscience Summer Program Opportunity (PAID) Go4Brains is a week-long program offered by the Department of Neuroscience at the University of Minnesota geared for 9th, 10th, and 11th grade high school students from underrepresented minorities. The program provides increased awareness of careers in neuroscience, provides students with engaging neuroscience learning activities, basic career and experimental skills, and establishes mentoring connections with faculty and students for long-term support. Participants will receive a $400 stipend. Find more information and the application link here. Applications are due Monday March 15th.

Juniors! Apply to Genesys Works Paid Internship Program Earn college credit for participating in a free 8-week summer institute focused on developing skills like confidence, communication, and self-advocacy. Complete a paid internship earning $15,000 during your senior year with major companies like Medtronic, Ecolab, and Land O’ Lakes. CLICK HERE to review eligibility requirements and to apply. Students can contact Erin at erin.colestock@spps.org for support with their Genesys Works applications.

Seniors! Complete Cap & Gown Measurements and Graduation Survey Seniors still have time to submit their cap and gown measurements to Mrs. Vang. Please complete the following form: https://www.gradsmn.org/como-park-cg, We also want your feedback about what is the most important part of your ceremony, so CLICK HERE to complete the graduation survey. Your graduation date is Tuesday, June 8th. The place and time is to be determined.

Seniors! Wallin Scholarship Due Feb 1 The Wallin Scholarship program offers $4,000/year ($16,000 over four years!), targeted advising, and paid internship opportunities. CLICK HERE to check out a 1-min video, review eligibility requirements, and to APPLY TODAY! No test scores required! Contact Ms. Bridgette at bkelly.cap@spps.org for questions.

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 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
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