FROM THE PRINCIPAL

As we navigate, learn, and adjust during Distance Learning 2.0, it is very important that we continue to focus on ways to help our students deal with failures and provide opportunities for success. As a sports coach, fan, teacher, and principal, the following quote has always resonated with me. We can all use this perspective when teaching our children both at school and home. “I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. Twenty-six times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over again in my life. And that is why I succeed.” – Michael Jordan

We are all human beings and we all make mistakes. Mistakes are a part of life. Let’s teach our children how to learn from their mistakes. Progress and growth are the goals.

Quarter 1 ended Friday, November 13th. We have made a few adjustments for Quarter 2. We have asked staff to use one name for class meetings to reduce student confusion and be more user friendly. Como teachers have simplified their Google Meet codes. Como teachers' courses codes will be in the following format for all Google Meet meetings.

1. Teacher: CPHSTeacherLastName Example: CPHSThao
2. Co-Taught Classes: CPHSContentTeacherLastNameCoTeacherLastName. Example: CPHSThaoCaulum
3. Advisory (every day at 10:30-10:50 AM) CPHSTeacherLastName Example: CPHSThaoAdvisory
4. Office Hours (2-3 PM Monday, Tuesday and Wednesday) CPHSTeacherLastNameOfficeHours Example: CPHSThaoOfficeHours

Students are expected to attend ALL synchronous Google Meet classes (online with their teacher and class). Please support your student in ensuring they are attending their Google Meet classes according to their individual schedule, which again will be emailed to your student.

FUN FACT: Apple has more operating cash than the U.S. Treasury.

INSPIRATIONAL QUOTE: “The more you are thankful, the more you attract things to be thankful for.” –Unknown

Principal, Kirk Morris
ATTENTION SENIORS!!!

We know this school year is hard. Can we help support you in graduating on time?

If so, there is in-person support available to you at the Saint Paul Public Schools Academic Support Center, located at Washington Technology Magnet School (1495 Rice Street).

The Academic Support Center is hosting Senior Blitz Workshops "catch up" days on Saturdays in November, December and January, from 9:30 a.m.-12:30 p.m.

To reserve a spot, please call 651-632-3760 or fill out this form. Metro Transit passes are available for students who need transportation assistance.

Please call 651-325-2494 or email asc@spps.org with any questions or visit Academic Support Center online.

This message may be viewed in the following languages:

Hmong: https://drive.google.com/file/d/1s-tVqtkWe9FzpT4zQiULwm1u--Fc9lDC/view?usp=sharing

Karen: https://drive.google.com/file/d/1ETaMM1_W6Qd1fZLjRA53l7mtlAIX0yv/view?usp=sharing

Somali: https://drive.google.com/file/d/1OwUXh1ogslVYQHtYGnllZlm79LyWstk/view?usp=sharing

Spanish: https://docs.google.com/document/d/1tosgiC610jLGuxsBj_NEWqAqNF7o3M3Ce1mIlViNZkc/edit?usp=sharing
Attention Juniors! Interested in ACT Test Prep?

Virtual Testing Prep Program Available This Winter

The Office of College and Career Readiness Virtual Testing 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.

All test prep will be done online according to the schedules listed below. 11th grade students from ALL SPPS High Schools are eligible for this program. Students have the option of an 8-week Tuesday evening schedule, or an 8-week Saturday morning schedule. We are unable to offer a combination.

Option A: Tuesday Schedule
Tuesday, December 15: 5:00 - 9:00pm - Practice Test
Tuesday, January 12: 5:00 - 7:30pm - Class
Tuesday, January 19: 5:00 - 7:30pm - Class
Tuesday, January 26: 5:00 - 7:30pm - Class
Tuesday, February 2: 5:00 - 7:30pm - Class
Tuesday, February 9: 5:00 - 7:30pm - Class
Tuesday, February 16: 5:00 - 9:00pm - Practice Test
Tuesday, February 23: 5:00 - 7:30pm - Class

Option B: Saturday Schedule
Saturday, December 12 or 19 (choose one only): 9:00am - 1:00pm - Practice Test
Saturday, January 9: 9:00am - 11:30am - Class
Saturday, January 23: 9:00am - 11:30am - Class
Saturday, January 30: 9:00am - 11:30am - Class
Saturday, February 6: 9:00am - 11:30am - Class
Saturday, February 13: 9:00am - 11:30am - Class
Saturday, February 20: 9:00am - 1:00pm - Practice Test
Saturday, February 27: 9:00am - 11:30am - Class

To register, students must complete the Testing Prep Program Registration Form with a parent or guardian. The registration deadline is November 24, 2020 by 2:00 pm.
Please welcome our new Health teacher, Ms. LynnMarie Peterson

Position at Como: Health teacher

Previous schools taught at: Stillwater HS, Anoka High School, Harding Senior High, ALC, Washington Technology Magnet

Interests and hobbies: Biking (all kinds), teaching mountain biking, volunteering for Little Bella’s, rock climbing, backpacking, kayaking, rafting, hiking, camping, dirt biking (moto), four wheeling, XC skiing, snowboarding, gymnastics, dancing, and street motorcycling.

Feelings about Como: I feel that the staff has been very welcoming, and the staff and students have been very nice and helpful. Even though it is hard to feel like you are a part of something with Distance Learning, Como has done a great job of trying to make connections with students and staff.

Please welcome our new Physical Education teacher, Mr. Kou Vang

My name is Kou Vang, and I am one of the Physical Education teachers’ here at Como. I previously taught middle school physical education at Parkway Montessori. My hobbies and interests are sports, fishing, and anything outdoors. I enjoy watching, playing, and teaching sports. One of my favorite outdoor activities is fishing. Whether I am fishing on a boat or on the shore, I find fishing as a great way to spend time with family and friends.

I also like to spend my time outdoors; I find it to be really relaxing. Summers in Minnesota are short and sweet, so if I’m not fishing, you can find me hiking trails, walking around lakes, biking, hammocking, and camping with my lovely wife and curious dog, Lexi.

I am very excited and happy to be a part of the Como staff and the Como community.
Congratulations to Como Park’s Nutrition Services staff, Paula Caballero, for completing the Vietnam Veterans 58 mile challenge on Veterans Day. Why 58 miles?? In 1982, the Vietnam Veterans Memorial was dedicated in Washington D.C., inscribed with the names of 57,939 members of the U.S. Armed Forces who had died or were missing as a result of war. Over the following years, additions to the list have brought the total past 58,200.

Paula ran in daylight and late evenings. She ran in sunshine, rain, sleet, and snow. She even ran almost 16 miles of it in a 20 lb. vest!! Her family either ran with her or cheered her on.

Paula is proud of her accomplishment and so are we. Way to go, Paula!! You are an inspiration to us all!!
Hello, parents I would like to start with saying thank you for being patient with the district as we have had challenges with our attendance system. As we enter into the second quarter, I just wanted to take a moment to remind you that Parents or Students are responsible for taking the daily attendance. Teachers are not responsible for taking attendance so please make sure to sign into your account on Campus and click the Yes, I'm here button so your child will not be marked absent.

We will begin sending out attendance alert letters starting this week. If you receive one and need to make any corrections, please email sarita.arias-avina@spps.org.

If you need to report your child's absence for any reason, please email sarita or call Como HS attendance line at 651-744-5343. If you are having other issues that you would like to discuss, please reach out to our social worker by email gail.grogan@spps.org.

Thank you for your help during these challenging times.

Distance Learning / Distance Learning Homepage

iPad Help:

- Email: familysupport@spps.org
- Call: 651-603-4348 from 7:00am-4:00pm
- Parent Help Line: If families need assistance with Distance Learning, they can also contact the Office of Family Engagement at 651-767-8347 or email family.engagement@spps.org. If phones are busy and families have to leave a message, staff will do their best to respond within one business day.

A FRIENDLY REMINDER FROM THE SCHOOL NURSE

During this time of COVID-19, it is especially important to make sure that all your child’s immunizations are up-to-date and in compliance with Minnesota immunization laws.

You may be receiving communication if your child is in need of immunizations. If your child needs immunization(s), please contact your health care provider. Here are the resources if you do not have a primary clinic:

- Health Start school-based clinics, located in high schools with no-cost immunizations for adolescents:
  - Como Health Start 651-412-8445
  - St. Paul- Ramsey County Public Health, 651-266-1234
  - Student Placement Center (SPC) Health Office, 651-632-3763

* Please see Immunizations Resources for Families 2020-2021*

Children’s Mobile Unit will be at Washington Technology (listed on resource sheet) every Thursday afternoon in November for immunizations/flu shots- call for appointment

For any questions, please contact me:
Lori Nakamura LSN, School Nurse
612-548-4097 (Temporary Google Voice Number)
### Immunization Resources for Families 2020-2021
Free and Low Cost Immunizations for Children

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastside Family Clinic</td>
<td>895 East 7th St</td>
<td>651-602-7500</td>
<td>Mon-Tues Fri 8:00am-5:00pm Wed Thu 8:00am-8:00pm Sat 8:00am-12:00pm</td>
</tr>
<tr>
<td>Minnesota Community Health Clinics</td>
<td>153 Cesar Chavez St</td>
<td>651-602-7500</td>
<td>Mon, Fri, Sat 8:00am-5:00pm Tues, Wed, Thu 8:00am-8:00pm</td>
</tr>
<tr>
<td>Saint Paul Public Schools: Placement Center</td>
<td>2102 University Ave W</td>
<td>651-632-3763</td>
<td>Times Vary Call for appointment</td>
</tr>
<tr>
<td>Face to Face Health Center</td>
<td>1165 Arcade St</td>
<td>651-772-5555</td>
<td>Mon-Th 10:00am-6:00pm Fri 10:00am-4:00pm</td>
</tr>
<tr>
<td>Open Cities Health Center</td>
<td>409 Dunlap St</td>
<td>651-290-9200</td>
<td>Mon-Fri 8:00am-5:00pm</td>
</tr>
<tr>
<td>United Family Health Center</td>
<td>1026 W. 7th</td>
<td>651-241-1000</td>
<td>Mon-Fri 8:00am-5:00pm</td>
</tr>
<tr>
<td>Health Start Clinics</td>
<td>651-412-8445</td>
<td>Call to schedule an appt at any of the clinic locations</td>
<td></td>
</tr>
<tr>
<td>Hours:</td>
<td>8:00am-4:00pm</td>
<td>Central HS (Tues, Thurs) Como HS (Tues, Thurs) Gordon Parks (Tues-Thurs) Harding HS (Tues, Fri) Highland Park (Tues, Wed) Johnson (Mondays) Washington HS (Mon, Wed)</td>
<td></td>
</tr>
<tr>
<td>Open Cities Health Center North End Clinic</td>
<td>916 Rice St</td>
<td>651-290-9200</td>
<td>Mon-Wed 8:00am-5:00pm</td>
</tr>
<tr>
<td>Children's Mobile Unit</td>
<td>Every Thursday in Nov from 3:30-5:30</td>
<td>Washington Technology Magnet School 1495 Rice Street St. Paul, MN 55117</td>
<td></td>
</tr>
<tr>
<td>Register online:</td>
<td><a href="https://www.childrensmn.org/forms/mobileclinicregistration/">https://www.childrensmn.org/forms/mobileclinicregistration/</a> or call 651-728-9500 to register</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ramsey County Public Health</td>
<td>555 Cedar Street</td>
<td>651-266-1234</td>
<td>Tues and Thurs 8:30am-10:30am 1:00pm-3:30pm</td>
</tr>
<tr>
<td>Notary Public at UPS Store</td>
<td>Locations available throughout the city. Hours:</td>
<td>By Appointment call or schedule online. $5 charge for conscientious objector forms notarized.</td>
<td></td>
</tr>
</tbody>
</table>
Several great Como Park MCJROTC cadets managed to take a break from their laptop fatigue and or google meet overload Wednesday to enjoy the sunny weather with Staff Sergeant Hong and Corporal Vang from the Minnesota National Guard. For three hours they were all put through the rigorous new Army’s Physical Fitness Test. Whew - it was tough and exhausting, but the completion of it gave those that participated bragging rights that most in times like this are so missing. Semper fi - Staying alive.

This was a pre-recorded picture/video color guard to honor veterans on Veterans Day at the Roseville Lutheran Church. Cadet Sergeant Major Eh Say Htoo (12) and Cadet Corporal Aliser Paw (11) conducting the MCJROTC Color Guard to honor those veteran’s past, present and future on November 11, 2020.
Distance learning has entered the third month of the 2020-2021 school year. St. Paul Public Schools announced that high schools will continue with the format until at least January. One of the many challenges for students during distance learning is finding safe and healthy outlets for their energy. The high school experience with daily face-to-face interaction and traditional routines and rituals is impossible to replicate at home.

Homecoming season has come and gone. The void was felt within the student body and the school community. Despite the pandemic’s cancellation of long-anticipated events, many Como students are taking advantage of the altered opportunities that are still available.

Como’s student council created “Virtual Spirit Week” for the last week of October. Thematic dress-up days, photo contests and activities such as the selection of a homecoming court were all components to help create the connection.

Royal court representatives included seniors Nabby Bilti, Lilly Kleti and Claire Olson, juniors Saylor Landrum and Revers Flores-Reese, sophomores Selena Paul and Thay Lee See, freshmen Kyle Nosaka and Kishna Rana.

Como’s debate team has been active with participation in several meets via a virtual format. All of the team’s practice sessions are also virtual. The Como debaters include students ranging from the novice division to junior varsity and varsity levels.

Notable finishes and awards have been earned by Sam Skinner, Chikahoro Gipipole, Cadlyn Coyle and Allie Rognerud.

**Sports during COVID-19**

With precautions, protocol and monitoring, fall sports that started in August successfully completed their seasons. Football and volleyball started later but are in the middle of their abbreviated seasons.

While student athletes and coaches know things can change in an instant, they are embracing every day they get to be practicing and playing with their teams.

The physical activity and release from screen time is a rejuvenating element after each school day.

Both the girls’ and boys’ cross-country running teams had solid seasons with third place finishes in the St. Paul City Conference. Senior Justice Walff was the top runner for the Como girls and earned all-conference.

Sophomore Charlie Power-Theisen was not only the Cougars’ fastest runner but also the individual champion for the conference. He also finished in the top ten at the Section 4A Meet and qualified for a state invitational. Senior Shakur Bati was also all conference and qualified for the state event.

The Cougars football team began the season with a significant win over a traditional tough Highland Park squad. They followed that up with an overtime upset of Johnson, and a convincing shutout over Humboldt. The 3-0 start has been a joyful surprise after a challenging 1-8 season in 2019.

Several returning starters on both sides of the ball who committed to off-season improvement have made the turnaround possible. Senior Sully Loco, Keely Sears, Ibhene Adeagbo start on both offense and defense as does junior Asomb Adeyekwe.
2020 PCIARC
Virtual Youth Townhall

Thursday December 10, 2020
4:30 P.M. - 6:00 P.M.
Microsoft Teams

The event aims to connect with youth and highlights the work
of the Police Civilian Internal Affairs Review Commission
(PCIARC):

- PCIARC Process
- Saint Paul Community Ambassadors Program
- Youth Feedback and Breakout Discussions

The PCIARC reviews and makes disciplinary and policy
recommendations to the Saint Paul Chief of Police on civilian
initiated police conduct complaints.

Please Use the QR Code Below to Register
Language and Communication Accommodations Available Upon request
Contact: tjay.middlebrook@ci.stpaul.mn.us
For More Information Contact PCIARC Coordinator:
• 651-266-8970
• civilianreview@ci.stpaul.mn.us
• www.stpaul.gov/pciarc

The Most Livable
City in America
Spread the word!

Ramsey County will qualify individuals who are living in Ramsey County impacted economically by COVID-19 ages 18-24.

TechPak Giveaway

TechPak contains:
- Refurbished laptop
- Hotspot for internet access
- Quickstart guides
- Pre-loaded bookmarks to assist in job searches and trainings.

Email sign up to be considered eligible:
thejkmovement@gmail.com | Phone: 651-558-7815
Pick ups at JK Movement Center 1063 Iglehart Ave St. Paul, MN 55104

Pick up dates:
December 4th
December 11th
December 18th
Updates from the Counseling Department and the Como Career & College Center (CCC)

**IMPORTANT UPDATES FOR ALL STUDENTS**

**Class Google Meets are REQUIRED!** Students are required to take their own attendance on Campus Student Portal. If there is a reason why your student is unable to attend, they MUST contact their teacher or counselor as soon as possible.

Class Google Meet Code: **CPHSTeacherLastName**

**Need Help? Attend Teacher Office Hours** - This should be your student’s first step when they need help in a class. Available every Monday, Tuesday and Wednesday from 2pm-3pm.

Office Hours Google Meet Code: **CPHSTeacherLastNameOfficeHours**

**NOTE**: Students must be logged into their “stpaul.k12.mn.us” Google account or use the Google Meet app on their ipads to access Class Google Meets and Teacher Office Hours.

If you have any questions or need support, please contact your student’s counselor:

- AOF (all grades) - Ms. Thao ([kia.thao@spps.org](mailto:kia.thao@spps.org) or 651-419-6939)
- 9th Grade - Mrs. Vang ([choua2.vang@spps.org](mailto:choua2.vang@spps.org) or 651-401-6660)
- 10th Grade - Mrs. Farah ([farah.abuqalbeen@spps.org](mailto:farah.abuqalbeen@spps.org) or 612-888-1135)
- 11th Grade - Mrs. Mendoza ([rebecca.mendoza@spps.org](mailto:rebecca.mendoza@spps.org) or 651-419-1645)
- 12th Grade - Ms. Rignell ([ashley.rignell@spps.org](mailto:ashley.rignell@spps.org) or 651-401-5656)

**CCC STUDENT EVENTS + RESOURCES**

**Financial Fridays** - Fridays, 2-3 PM - Google Meet: [g.co/meet/CPHSComoCCC](g.co/meet/CPHSComoCCC)

Drop-in for support budgeting, completing the FAFSA or MN Dream Act, applying for scholarships, and answering questions you have on paying for post-secondary education

**CCC Website** - Check out the CCC website to explore careers, schedule a 1:1 meeting, or see the list of upcoming CCC events: [sites.google.com/stpaul.k12.mn.us/comoccc](sites.google.com/stpaul.k12.mn.us/comoccc)

**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