Updates from the Counseling Department and the Como Career & College Center (CCC)

**IMPORTANT UPDATES FOR ALL STUDENTS**

**IMPORTANT MESSAGE ABOUT FINAL GRADES THIS QUARTER** - Your student will not automatically receive a “P” in their classes. If your student doesn’t receive a passing grade in a class, they will receive an “NP”. NP will not hurt their GPA but it means they **DO NOT EARN THE CREDIT**. If your student receives NPs in classes needed for graduation, they will need to **MAKE-UP** that credit in credit recovery where they will have to take the class over and pass.

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

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

**NOVEMBER CCC EVENTS FOR STUDENTS**

**Wednesdays with the CCC** - Wednesdays, 2-3 PM - Google Meet: g.co/meet/CPHSComoCCC
- Applying to College (Nov 11), Writing Your College Essay (Nov 18), Recommendation Letters (Nov 25).

**Financial Aid Fridays** - Fridays, 2-3 PM - Google Meet: g.co/meet/CPHSComoCCC
- Drop-in for support completing the FAFSA or MN Dream Act, applying for scholarships, and regarding questions you have on paying for post-secondary education

**Visit the CCC Event Calendar** on the homepage of the CCC website for more information on upcoming CCC Events: sites.google.com/stpaul.k12.mn.us/comoccc.

**Schedule a 1:1 meeting** with Ms. Bridgette from the CCC at calendly.com/comoccc/oneonone
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

Freshmen and Sophomores, it is not too late to apply to Upward Bound. Upward Bound is a college readiness and academic program that supports your goal of going to college. Applications are available by visiting the link: https://bit.ly/ccub20
Please talk to your counselor or contact the Como Upward Bound advisor, Mainong at mainong.yang@century.edu for more information.
Want to earn a college degree?

This is your second chance to get FREE support and mentorship for the College Process!

We’ve extended our deadline. Only five spots remain at your school!

College Possible helps students prepare for the ACT, maintain a strong academic record, create a college list, apply for financial aid, and much more!

Application requirements:

· Academics: At least a 2.0 GPA (unweighted)
· Income: Free and Reduced Lunch (FRL) or Pell Eligible
· Aspiration: Desire to attend a 4-year school
· Commitment: Willing to attend virtual sessions and consistently communicate
· There is NO citizenship requirement

Click here to apply now or go to CollegePossible.org/join

Applications due December 1st, 2020. Take advantage of this opportunity today!
A Cadet Sergeant Major appointment exists in each military unit from company to division/formation. She is a senior enlisted advisor! Just as it does amongst our 107 cadets within CPSHS MCJROTC, her main job is to assist the commander in the discipline and welfare of the enlisted men/women. Her authority and responsibility at parades and ceremonies extends over even commissioned officers while on the parade square. She is often recognized as the Commanding Officers "right hand woman". She is the duty expert in all the teachings of our Close Order Drill within MCJROTC. She also holds the billet as our Drill Master and Battalion Color Sergeant. **Cadet Sergeant Major Eh Say Htoo** is seen here teaching a small cadre of cadets some basic drill movements. She is the most experienced cadet in all facets of close order drill. Semper fi - she is alive.

The Como Park High School Booster Club is Participating in 'Give to the MAX' from November 1-19

[https://www.givemn.org/organization/Comoparkhighschoolboosterclub](https://www.givemn.org/organization/Comoparkhighschoolboosterclub)

Your ONLINE donation helps "Boost" the great extracurricular activities, athletics and clubs that expand student opportunities and experience at Como High! Please Give Generously!

In Fall 2019 the Booster Club sponsored the 1st Annual Como Park High School Homecoming 5K and Fun Run to benefit Como Athletics. In 2018/19, the Como Park High School Booster Club raised funds to help support the following school programs and clubs with over $6,000 in grants: Como Park Senior DCD /ASD Program, Instrumental Music, Girls Basketball, Health Dept and Real Talk sub group of Big Brothers-Big Sisters, Choir, Como Girls Ultimate Frisbee, ELL - Urban Roots Field Trip, Boys Tennis, and Youth in Government, MCJROTC, ELL, Spanish classroom, Cougar Journal - Como's literary magazine, Technovation Apps Club, Close Up Washington, ELL - Easy English News, Big Brothers and the Como Culture Show and Community Potluck.

**THANK YOU FOR YOUR SUPPORT!**
**Questions – contact us at: comoparkboosterclub@gmail.com**
STAFF SPOTLIGHT

Please welcome our new Agriculture teacher, Mr. Joshua Munoz

Position at Como: Agriculture Teacher & FFA Advisor (1st year-Teacher)

Previous Schools Graduated From: Highland Park Senior High (Class of 2010) University of Minnesota (Class of 2019)


Feelings About Como: Thrilled, Motivated, and Grateful to be working in Saint Paul and in my community.


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 1</th>
<th>Address 2</th>
<th>Phone 1</th>
<th>Phone 2</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eastside Family Clinic</strong></td>
<td>895 Easi 7th St</td>
<td>St. Paul, MN 55106</td>
<td>651-602-7500</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><strong>Minnesota Community Health Clinics</strong></td>
<td>153 Cesar Chavez St</td>
<td>St. Paul, MN 55107</td>
<td>651-602-7500</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><strong>Saint Paul Public Schools: Placement Center</strong></td>
<td>2102 University Ave W</td>
<td>St Paul, MN 55114</td>
<td>651-632-3763</td>
<td>651-632-3763</td>
<td>Times Vary, Call for appointment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address 1</th>
<th>Phone 1</th>
<th>Phone 2</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Face to Face Health Center</strong></td>
<td>1185 Arcade St</td>
<td>651-772-5555</td>
<td></td>
<td>Mon-Th: 10:00am-6:00pm, Fri: 10:00am-4:00pm</td>
</tr>
<tr>
<td><strong>Open Cities Health Center</strong></td>
<td>409 Dunlap St</td>
<td>651-200-9200</td>
<td></td>
<td>Mon-Fri: 8:00am-5:00pm</td>
</tr>
<tr>
<td><strong>United Family Health Center</strong></td>
<td>1026 W. 7th</td>
<td>651-241-1000</td>
<td></td>
<td>Mon-Fri: 8:00am-5:00pm</td>
</tr>
</tbody>
</table>

**Health Start Clinics**

- 651-412-6445
- Call to schedule an appt at any of the clinic locations
- **Hours:** 8:00am-4:00pm
- 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)

**Open Cities Health Center North End Clinic**

- 915 Rice St
- St Paul, MN 55117
- 651-290-9200
- Mon-Wed: 8:00am-5:00pm

**Ramsey County Public Health**

- 555 Cedar Street
- St Paul, MN 55101
- 651-266-1234
- Tues and Thurs 8:30am - 10:30am, 1:00pm-3:30pm

**Children’s Mobile Unit**

- Every Thursday in Nov from 3:30-5:30
- Washington Technology Magnet School
- 1495 Rice Street
- St Paul, MN 55117
- Register online: https://www.childrensmn.org/forms/mobileclinicregistration/
- or call 651-726-9500 to register

**Notary Public at UPS Store**

- Locations available throughout the city.
- By Appointment call or schedule online.
- $5 charge for conscientious objector forms notarized.

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**Immunizations**
The BrandLab’s Spark Workshops are a great way to get an inside look at the creative world of marketing and advertising! You’ll explore new career paths, expand your problem solving skills, and learn how to take your creativity to the next level with paid internship opportunities. Plus, we’ll give away up to $500 in prizes at each workshop! We hope you join us!

SIGN UP + ATTEND A WORKSHOP
LEARN ABOUT MARKETING + ADVERTISING
GET CREATIVE + WIN PRIZES
APPLY FOR AN INTERNSHIP!

All workshops are currently virtual. Students can only attend one workshop per school year.

The BrandLab is out to change the face and voice of the marketing industry. Our vision is of a future industry that thrives with the insights and creativity of people from all backgrounds.

Follow us!
www.thebrandlab.org
Interested in Careers such as Architecture, Construction, and Engineering?? Check this out:
https://drive.google.com/file/d/19trUvlfWHwqF_eSANo5G2BHwSXXQo65Y/view?usp=sharing

GREAT THINGS HAPPENING AT COMO

For Halloween, on Saturday 31 October four MCJROTC cadet sophomores volunteered over seven hours road guarding to the Twin Cities in Motion MN 250 Halloween 10K Race in Minneapolis at Lake Bde Maka Ska/Lake of the Isles. Pictured here is: Htoo N. De, Nayblut Kasuh, Bilal Ahmed and Kimberly Sanchez-Mendez. Semper fi - Como Park.

On Hallows Eve, Friday evening a patch of Como Park MCJROTC cadets gathered safely for the "The Great Pumpkin Ride". After honoring the Color Guard march-on and the National Anthem and a motivational speech from Saint Paul Police Departments Officer Bain, the bike ride circled Como Lake through the woods of ghosts and goblins in search of the Great Pumpkin. Many of the bikes used for the event were purchased for the program after theft took place over the summer and a very generous GoFundMe drive purchased several replacement bicycles. Thank you, donors! Even Alumni JROTC cadet, math Teacher Kia Yang joined us by sharing his electric bicycles and adding to the festivities of the event. Semper fi - Como Park.