October 2020 Newsletter Article

Principal Morris

Dear Como Park Senior High Community,

We continue to adapt and adjust the way we do and experience school because of the Covid-19 pandemic. Because we remain in distance learning at this time, parent-teacher conferences will have a different format this quarter. During the week of October 26th - October 30th, teachers will be reaching out through phone and email to individual families of students whose teachers can see a need for support with classroom progress. Conferences will be held virtually through video conferencing or by phone. Progress grades are available in the parent portal for Campus and Schoology. If you would like to speak with one or more of your student's teachers and you aren’t contacted during this dedicated week, you are always welcome to reach out to our teachers by email or phone.

Also, I want to make sure you are aware that due to the National Voting Day, Tuesday, November 3rd is designated as a Digital Learning Day. All classes will be asynchronous on this very important day.

On a different note, it is very important to remind you that although we remain in distance learning at this time, the connections between school, family and community remain a top priority. When we work together, our students and school benefit tremendously. As the principal of Como Park Senior High, it is my goal to constantly improve the opportunities and outcomes for our students. Your ideas and voices are needed at the table as we plan for academic excellence for our students. The research is clear that school improvement requires us to continue strong parent, community and school ties.

One way of providing input is to join our Parent Advisory Council. This council brings the school, family and community together monthly. We meet the first Monday of each month at 6:00 p.m. Our first meeting for this school year is on Monday, November 2nd. Another way to get involved is to join our Como Park Booster Club. The Booster Club is the heart of creating support for our athletic and extracurricular activities.

There are many ways for each of you to partner with us. If you'd like to support our work on Parent Advisory or Como Park Booster Club, please contact Jamie Hoffman, Parent Liaison, at jamie.hoffman@spps.org.

In partnership,

Kirk Morris

FUN FACT: Of all the words in the English language, the word "set" has the most definitions.

INSPIRATIONAL QUOTE: "No matter how educated, talented, rich, or cool you believe you are, how you treat people ultimately tells all. Integrity is everything." ~ Unknown
Need to Know How to Access Schoology?

How to Access Schoology

- Go to sps.org/onestop and click on Schoology.
- Use your One Stop username (g####) and password that you received in the mail to log in.
- If you don’t have your One Stop username, contact your school’s front office for assistance.

Using Your Parent/Guardian Schoology Account

- Viewing your child’s activity
  Click on the dropdown menu arrow in the upper-right corner of your account next to your name. Select your child’s name to view account activity.

- Home
  Both parents and students have separate Home Pages. Similar to Facebook, the Home Page is the first place a user lands after logging in to Schoology. Here, you’ll see all events, activities or updates that have taken place.

- Courses
  Here you will find all your child’s academic courses listed in a pull down menu.
  Click on a course to see more information, details or assignments.

- Groups
  Groups are most often used for information, activities, or special interests. For example, your child might belong to an athletic team that maintains a Schoology Group. Groups do not issue grades.
Navigating Student Schoology Accounts:

1. Use the left menu to quickly view specific information about your student’s Schoology Activity:
   - **Summary**: Click to see an overview of your student’s courses and grades (Enrollments in the center column), or notifications about grades on individual assignments (Student Activity in the middle column).
   - **Grades**: Review your student’s grades for all courses.
   - **Mastery**: If your student’s school aligns materials to standards and learning objectives, you can check progress here.
   - **Calendar**: Click to view a calendar of past and upcoming events and assignments. Events and assignments in the near future are also listed in the Upcoming column on the right.
   - **Messages**: Parents do not have access to Messages.

2. Select **Enrollments** in the center column to see a list of your student’s current courses, along with their grade. The grade may not be displayed while the course is in progress, as in the grade column for U.S. History in the sample above. Click on an individual course to see grades for assignments, tests, and discussions.

3. Here under **Groups**, you can see a list of your student’s Schoology Groups. Groups can be used for a variety of activities, from school projects to extracurricular teams and clubs.

4. The **Recent Grades/Attendance** section displays your student’s recent grade. **Attendance is not tracked in Schoology. Please refer to the One Stop Campus Portal link to check on attendance.**

5. The **Overdue** section displays a list of course materials your student did not turn in by the due date.

6. The **Upcoming** section displays a list of your student’s upcoming assignments and events.
Updates from the Counseling Department and the Como Career & College Center (CCC)

**IMPORTANT UPDATES**

**JUNIORS** - The PSAT, also known as the National Merit Scholarship Qualifying Test, will be administered on January 26th. Further details will come as we get closer to the test date. In the meantime, students can go to the following link for practice: [https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice/full-length-practice-tests](https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice/full-length-practice-tests).

**SENIORS** - **Test Optional Transcript Requests** - Due to COVID-19, many colleges are not requiring students to report their ACT/SAT scores. If your senior is planning to not report their test scores to colleges, they must email the following counselor after making the transcript request in Xello:

- Non/Common App Transcript Requests: Ms. Bridgette - bkelley.cap@spps.org
- Common App Schools (for non-AOF students): Ms. Rignell - ashley.rignell@spps.org
- Common App Schools (for AOF students): Ms. Thao - kia.thao@spps.org

***Check out this video on requesting your transcript in Xello.***

**OCTOBER CCC EVENTS**

**College Application Night for Seniors** - Monday, October 26, 5 PM - Register [HERE](https://meet.google.com/rum-qoqr-xnc) and join the Google Meet: [https://meet.google.com/rum-qoqr-xnc](https://meet.google.com/rum-qoqr-xnc)

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](https://sites.google.com/stpaul.k12.mn.us/comoccc).

**Click HERE** for more information on the following topics:

- College Resources + Events
- Student Career Resources
- Family Resources
- Paying for College

**CONTACT US**

- Counseling Department Website
- Career & College Center Website
Are you a freshman who wants to go to college but has no idea where to start? Are you a freshmen who wants to make new friends and gain new experiences? Are you a freshman who wants to join an awesome college readiness program at Como that helps you from 9th grade to 12th grade? If this sounds like you, Como Upward Bound is seeking applications for their program! Upward Bound (UB) is a college readiness program that helps students from 9th grade to 12th grade develop themselves through college and career exploration, after school tutoring, educational events and trips. The best thing is everything is free! Contact Como Upward Bound advisor at mainong.yang@century.edu to learn more today!”
St. Cloud State University Visit!

What are you doing after high school? Are you thinking about college? Are you interested in learning about scholarships that will help you pay for your tuition? Do you ever wonder what's it like to be a first-year student in college?

Join the CCC on Monday, **October 26th. from 8:00 to 8:30 AM** to welcome Mr. Jarreth Martina from St. Cloud State University and get all of your questions answered! Check out the flyer!

Join at: Google Meet Nickname: CPHSComoCCC or g.co/meet/CPHSComoCCC

**$10 AMAZON GIFT CARD:** Every time you attend a CCC Event (virtual college visit, career talk, workshop, etc.), you will be entered into a drawing for an Amazon Gift card. Winners will be announced at the end of November! Click below to learn more.

JARRETH JJ MARTINA _ ADMISSIONS COUNSELOR _ HOMETOWN_ WILLEMSTAD, CURACAO_ NSU ALUMNI!_ B.A. INTERNATIONAL BUSINESS _ M.S. EDUCATIONAL STUDIES _ FUN FACT_ FLUENT IN 5 LANGUAGES _.
EDL distance learning course for Como Sr. gr. 9-12 ELL

- Develop and maintain supportive relationships with SPPS students and teachers across the District.
- Improve English Language skills in reading, writing, listening, and speaking.
- Strengthen study skills for success in daytime regular school year courses.

October 5 - May 12
Mondays and Wednesdays from 3:00-5:00 p.m.

Students are enrolled using Campus iEnroll for the EDL program at the school ALC ExtDay LEAP.
The district-wide, distance learning, EDL elective credit course is offered for grades 9-12 EL levels 1, 2, or 3 students at these schools:
AGAPE, Central Sr., Como Sr.,
Harding Sr., Highland Park Sr.,
Humboldt Sr., LEAP High School

Distance learning will occur using Google Meets and Schoology.
Synchronous instruction with teachers and students will occur for at least 25 minutes each day, with teacher office hours during the rest of the time. Class sizes will be between 17-20 students.
EDL participation is voluntary and free of charge. The course is “E401817 Reading for Academic Success.”
For more information email: christopher.ederer@spps.org
STUDENT SPOTLIGHT

Over the summer, while most of us navigated the Minnesota pandemic, Como Park Senior High School MCJROTC Cadet Staff Sergeant Aung Tway (Cadet Physical Fitness Captain) chose to pave his path by joining the Minnesota National Guard. For 14 grueling weeks at Fort Benning, Georgia he completed his basic National Guardsmen training and was meritoriously promoted to (E2) for time served in our CPSHS - MCJROTC. He will go onto more National Guardsmen training in the coming year to obtain (MOS) Military Occupational Specialty (11 Bravo), Infantry. "The toughest times in basic training for me was adjusting to getting up very early and straight to physical fitness and the rucksack marches," said Aung Tway. With all his undergraduate college expenses paid for (100%) by the National Guard and a solid academic record and determination to never quit or give up, he plans to attend Hamline University in Minneapolis and study in the field of sport science or kinesiology. Semper fi - Aung Tway!!!

GREAT THINGS HAPPENING AT COMO

MCJROTC continues to serve the community. On Wednesday 10-14-2020 from 1pm-4pm at the "Kids in Need Foundation" Warehouse in Roseville, the motivated cadets of CPSHS MCJROTC schucked (unboxed/unwrapped) close to 1,000 backpacks and packed close to 300 backpacks with supplies. "Absolutely, the cadets were unbelievably productive today," said Maia Johnson (Kids in Need Foundation Operations Lead). Semper fi - Staying alive 🇺🇸.
MCJROTC Cadets were able to complete a drive by CPSHS to retrieve their new Cadet Handbook and new SY20-21 MCIROTC T-Shirt safely by socially distancing the event in person. The MCIROTC Community Service T-Shirt (Free of charge to all JROTC Cadets) is designed by the current senior cadet cadre and has been a proud tradition in changing colors for over 25 years now. Pictured is Senior-Zaire Moffit, Senior-Cheyenne Becker and Sophomore - Pah Meh. Thanks to the cadet seniors again for stepping up their leadership this school year. Semper fi - Staying Alive.

The Como Park Booster Club Sponsors:

The Booster Club is accepting donations Nov 1-30

Please Give Generously

www.givemn.org/organization/Comoparkhighschoolboosterclub

Fall 2019 Grant Awardees from Como Park High School's extracurricular clubs, teams, and programs:
Black Student Union, Link Crew, English Language Arts, Table Tennis Club, Technovation Apps, Close Up Washington, Como Global Showcase, Youth in Government, Counseling Department, Cougar Journal, and Como Park FFA.

**Thank you for your support!**

[Comoparkboosterclub@gmail.com](mailto:Comoparkboosterclub@gmail.com)

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**STAFF SPOTLIGHT**

**Please Welcome our new Choir teacher, Ms. Siri Keller**

Ms. Siri Keller is our new choir and theater director! She is in her fifth year as a teacher in SPPS and looking forward to expanding the choral and musical theater programs! She graduated from St. Olaf College in 2016 with a Bachelor's of Music degree in Music Education and spent her first four years teaching 6-12th grade at Creative Arts Secondary. Ms. Keller is still an active artist and sings with Vocal Point, a choir focused in social justice. She also works at Plymouth Congregational Church in Minneapolis and is the director of their Youth Choir. Outside of music and singing, Ms. Keller enjoys biking, cooking, sports, traveling, and trying new things! If you're curious to know more, please reach out to her at [siri.keller@spps.org](mailto:siri.keller@spps.org)

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**DEBATE NEWS!!!**

The Debate Team participated in the University of MN High School Debate Tournament on Friday Oct 9 and Saturday Oct 10. We had 2 speaker Awards, Colleen Reynosa-Shaw, was 5th place in the Novice division, and Samuel Skinner earned the 10th place speaker award for JV.

The team of Samuel Skinner and Chikamso Chijioke took first place on Friday night and 4th place overall. Great job debaters!

Anyone can still join Debate. A world of opportunities awaits!!

Please contact Ms. Hansmeier at [deborah.hansmeier@spps.org](mailto:deborah.hansmeier@spps.org)
Health Start for Students

Appointments / Questions
Call M - F, 9 - 4
651-412-8445

We provide telehealth and in-person care for all youth ages 11+

We bill insurance if you have it. We will not bill you.

Parent consent is needed for some but not all care.

Care is available M-F, 8 - 4
Call to find out which clinics are open on the day you’d like to be seen.

**Medical care** sports physicals, testing, treatment, vaccines

**Mental health support** therapy, group care

**Nutrition counseling** disease prevention, education, fitness instruction

**Health education** stress management, sex ed

**Clinics are open at:**
- Gordon Parks
- Harding
- Como
- Central
- Highland
- Johnson
- Washington Tech
- (Humboldt opens in October)

You are also welcome for care at:
- La Clinica
  153 Cesar Chavez St, St Paul
- East Side
  895 E 7th St, St Paul
The Como Park Health Start Clinic is now open and will continue providing care and support to students throughout the school year. The care we offer includes medical care (vaccines, check-ups, etc.), mental health therapy, nutrition counseling, and health education. We do not charge families for visits and will only bill insurance if able. All Como students and nearby community youth ages 11+ are eligible for care!

Now is a great time for students to get a flu shot and physical—we can help with both!

Clinic staff will be on site on Tuesdays and Thursdays from 8a-4p. On Mondays, Wednesdays, and Fridays, we are offering virtual visits for students through Telehealth.

We will not be providing COVID testing. However, we will be screening for COVID exposure and symptoms with every patient and staff who come through our doors. If patients or families need assistance in accessing COVID testing, we can direct them to local testing sites.
We look forward to another year of supporting your families. Stay safe!

Health Start Clinic Staff
Clinic: 651-487-8539
Scheduling line: 651-412-8445

Como Park Senior High is a Title I school and is dedicated to working with families in our community to support our students and help them succeed. Our staff take pride in collaborating with parents/guardians, students, and community members to help improve student growth and achievement. Two important requirements of a Title I school is to have a Family Engagement Plan (FEP) and a School Continuous Improvement Plan (SCIP). The FEP is a written plan stating how parents can stay connected and be involved in their student’s education. The SCIP is a document that district schools use to identify annual improvement priorities at each school.

Please view our Como Park Senior High School Family Engagement Plan 2020-2021
https://drive.google.com/file/d/1idamVx0HoU2T3gmTL61nxFgMmMjNgLjZ/view?usp=sharing

Please view our School Continuous Improvement Plan (SCIP) Summary 2020-2021:https://drive.google.com/file/d/1a6JiC1lyOLIk_2d4iQtbZoe1XzmEN0J/view?usp=sharing
JA Career Roadmap: Drive Your Financial Future

Are you a student who is experiencing the economic impacts of COVID-19? (Job loss, reduced hours, change/loss in household income, future uncertainty in industry, other barrier due to COVID-19)

Breaking into the world of work comes with challenges and these unprecedented times make being prepared for the future more important than ever. Set yourself up for success by participating in JA’s workforce preparedness crash course - and get paid!

JA Career Roadmap: Drive your Financial Future provides the opportunity to build money management skills, acquire personal finance knowledge, develop a career game plan, and prepare for important decisions in your adult life.

What to Expect

- Receive $350 for full participation
- 3-week virtual fall program
- 2 hour live sessions, 2 days a week (T, Th) plus self-guided content and time
- Connect with subject-matter and career experts
- Must be a Ramsey County youth (age 16-19)
- Must be financially impacted by Covid-19

Pick a session and cohort time that works best for your schedule

**Session 1**
3-5 PM (T, Th)
Week of September 28, October 5, and 12

**Session 2**
3-5 PM (T, Th)
Week of November 2, 9, and 13

Register online to participate:
[jaum.wufoo.com/forms/p110c8agoyv00q/](jaum.wufoo.com/forms/p110c8agoyv00q/)