

# The Longfellow Kangaroo

*"Kango" Wrong with the News!*

Welcome Superintendent Dr. Sayles-Adams



*Dr. Lisa Sayles-Adams has a distinguished career in educational leadership spanning more than two decades. Beginning in Minneapolis Public Schools (MPS) from 1996 to 2004, she held various roles including teacher and coordinator, ultimately becoming the principal at the City Alternative High School. After leaving MPS, Sayles-Adams served as a principal in elementary and secondary schools from 2003 to 2014 in both Clayton County Schools in Georgia and St. Paul Public Schools (SPPS) before being appointed as an assistant superintendent in SPPS, a role she also later held in ISD 622 (North St. Paul-Maplewood-Oakdale). From 2020 to 2024, Dr. Sayles-Adams served as Superintendent of Eastern Carver County Schools, leading a district of 9,600 students. She was selected in December 2023 to serve as MPS Superintendent, beginning in February 2024.*

*Dr. Sayles-Adams' academic background further solidifies her commitment to excellence. In 2022, she earned her doctorate in Educational Leadership from Minnesota State University, Mankato. She also holds Pre-school through 12th-grade Administrative Licensure from St. Mary's University (2003), a Master's degree in Curriculum and Instruction from the University of Minnesota, Minneapolis (2002), and a Bachelor of Arts degree in Political Science from the University of Minnesota (1992).*

*The superintendent of schools is the primary leader responsible for managing the school district. The superintendent works with all staff, families and the larger community to ensure that students receive the anti-racist, holistic education outlined in the [MPS Strategic Plan](#). The superintendent sets academic priorities and serves as the leading decision-maker for Minneapolis Public Schools.*

<https://www.mpschools.org/about-mps/administration>

# PARENTING FOR NEW MOMS

## BY ALESHA JAMES

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Motherhood is full of surprises, especially if you've never done it before your idea of parenthood and the reality of being a parent will likely be two different things. You can have an easy or rough pregnancy, but everyone experiences it differently. Many women are shocked to learn they'll still look pregnant after delivering because usually it takes six weeks to go back to pre-pregnancy weight. Everyone wants you to get as much sleep as you can because the first few months' baby will sleep and eat every two hours or less. Understand that sleep deprivation is going to be there. You're still very hormonal, you'll have meltdowns here and there about anything. You might feel alone so get as much help as you need from family, friends or professional help.

### EDUCATIONAL NEEDS

For any parent with a child, you are your child's first and most important teacher. When parents or families get involved more, most children seem to feel and do better in school. You can support your child at home or in school. Many parents spend time meeting teachers, administrators and other district staff so they know who's dealing with their child. What we do or say in our daily lives can develop positive attitudes in our child's life. Talking and listening to your child play major roles in their education. You should also "Encourage your child to be responsible and work independently". Nowadays children are into internet use so parents should monitor daily and encourage them to do educational games or listen to educational videos.

### PHYSICAL NEEDS

Your children need physical touch and affection to grow. Nutrition is the vital factor in a child's development. Children need an environment that is physically safe and needs space to explore that's safe. Parents and children both need access to basic medical care and regular checkups with a doctor or dentist. As well as a home for shelter and warmth. Every child need rest. It's a healthy development and helps children participate during play or at school. They need to play for large periods of time every day to develop and grow. Your child needs time for independence to explore independently.



## PARENTING FOR NEW MOMS (CONTINUED)

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### EMOTIONAL NEEDS

Your child needs safety and security to feel secure to develop emotionally. Newborn babies depend on their parents completely. Once they start growing, they need to be able to explore their surroundings. Children need to learn how to live respectfully with others. They need to learn about being accountable for actions and how their actions can result in consequence.

Some parents have a fair and calm way of disciplining their child at home that works for their child's needs. Moms or Dads should show their children so much unconditional love. Love is the most important need and foundation that you could give them.

### SOCIAL NEEDS

Help your child follow their interest as best as you can. Whether it's sports, instruments or maybe a club at school. Know your child's limits because some children are more social than others. You can show your child the importance of body language like making eye contact and facial expressions. Parents should encourage their child to communicate with family or friends. Everyone should teach their child to learn how to share to develop empathy. Also teaching them how to resolve conflicts will help them understand themselves more. Parents have to show being a good role model to teach their children to be one.



### SOURCES

- <https://www.actionforchildren.org/>
- <https://www.brainbalancecenters.com/>
- <https://kidshealth.org/>
- <https://empoweredparents.co/>
- <https://www.whattoexpect.com/>
- <https://www.colorincolorado.org/>

## My pregnancy experience

Angelina Ruiz Sanchez

It was summer 2022, my boyfriend at that time and I went on a family road trip to North Carolina. We went to visit some of his family members. The day we came back to Minneapolis I felt normal but once it was going towards the end of the month I started to notice changes in my body that I knew were not normal. Couple weeks later I went to Target to get a pregnancy test. The first test came out positive and the second one negative but I was so in denial I stuck with the negative one.



My pregnancy was really hard on me especially because I had all the symptoms of it and I was afraid of telling my family so it made it hard to hide it. I was scared of my family noticing I was always throwing up and when I was around 3 months pregnant I started getting really sick. I looked really pale because I wouldn't eat anything since I was afraid of throwing it up and I didn't want my family questioning it. I eventually went to the doctors because I got really sick and at the doctors they confirmed my pregnancy.

When I got it confirmed I told my baby dad but I noticed he started to become distant from me. He would tell me to get rid of it and not to keep it. Eventually his family found out and then my sister. My sister told me the same thing as my baby dad, but she didn't say it in a disappointing way. Instead it was more what she thinks is best. She told me "I feel like you're too young right now, but what do you want to do?" Since my baby dad would tell me to not keep it I was starting to agree with him because I didn't want to lose him if I went against him (spoiler: our relationship got ruined because I decided to keep it).

## My pregnancy experience

(continued)

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When I was 4 months pregnant my baby dad mom came to my house and told my mom I was pregnant. Obviously my mom did not take it well, she was very disappointed in me, she was embarrassed, ashamed so it made me feel some type of way. After that day I had fallen into a depressing hole. It was really hard. I would cry myself to sleep sometimes in the shower and I would just hold my belly and tell my baby that everything was going to be okay and that I would always be here for her. It got better. I started accepting that those who did not want to stay in our lives, we did not need them. Around 7 months pregnant I began to have my spark back. I was enjoying my pregnant life and every second I was looking forward to meeting my baby. I would set up all her things so she would come home with everything ready. I remember one time no one was home and I really wanted to rearrange my room for us so I moved all the heavy furniture around while being almost 8 months pregnant. It was really dangerous but thankfully nothing bad happened, but I was just so excited I could not wait.

Finally, I was 41 weeks pregnant, and on April 28, 2023 at 8:07 AM, a beautiful baby girl named Nayeli Ayalen Sanchez was born.



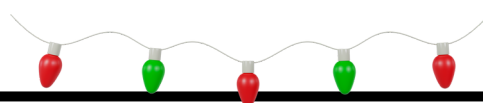


# WINTER FESTIVITIES



## Vocal Essence/Staff

Perform the 12 Days Christmas







## D3: An Opportunity For You

### What is D3?

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D3(Diploma to Degree) allows students to work towards an associate degree (An associate degree is a two-year college degree) for free while completing their high school diploma.

#### How it works:

Students will need to have great attendance and will need to hold back one or less credits (0.75 - 1.0). We encourage our Longfellow student candidates to be nearly done with their high school credits because it can be a lot to balance—on top of parenting!

#### Support:

Childcare: students are allowed to use Longfellow childcare while they're over at MCTC taking their college classes. We normally will find classes that fit with the Longfellow school hours.

#### Transportation:

Many students use city buses to get there. We will provide you with bus cards, so it's all free. Those students who would rather get there with their own vehicle will get 50% off for the parking at MCTC.

#### Classes:

The first semester you will be taking your general classes like math or English. Typically in the first semester at MCTC you would take no more than two general classes. After the first semester you then start choosing your career path/major.

Spring semester started in January, and we have 11 Longfellow students enrolled and taking classes at Minneapolis College through D3. Two of those students will complete their eligibility this Spring and take their diplomas and continue with their college careers. Please see Ms. Brooke, Ms. Lucia, or Ms. Lindsay with any questions you have. The Fall application deadline was April 30th, 2024.



## D3: An Opportunity for You

### Interview with a D3 Student Dulce Figueroa-Sardinetas

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#### What was your experience like starting D3?

**Dulce:** My experience when I started D3 was scary and a little stressful. Scary in a way that I was taking college classes! I have really low confidence and I never thought that I could do college or was capable until teachers kept telling me to do it/think about it. And how it is a great fit for me, that I am very smart and they told me how it was free. So yes, I did it and one thing for sure I don't regret it at all. What was stressful, was having to still do the little bit of high school credit I needed and being able to manage my college classes as well as parenting. It's all hard but nothing in life is easy but it sure is worth it!

#### What classes are you taking?

**Dulce:** I am currently about to start my third semester next month. I will be taking one full course class worth 3-5 credits I believe. And like I said above, in your first semester you have to take a general class as well as a second choice so I took college composition. My second semester I took 6 classes, 3 in person & 3 online.



#### Do you like D3? If so why?

**Dulce:** Yes I love it! It's a very helpful program and it's free so why not take advantage of it. Also, our college staff/advisor Nicole is very helpful and always willing to help if you are ever stuck.

#### Would you recommend it to the other students?

**Dulce:** I definitely would recommend it because it's free, you can still use LF childcare and it's a great opportunity to start college while finishing high school credits.

How has D3 helped you out as a student-parent?

**Dulce:** It has helped me get stronger, gain confidence and become independent in a way. Being a teen parent is not easy.



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# MEDIA CENTER

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## Author visits



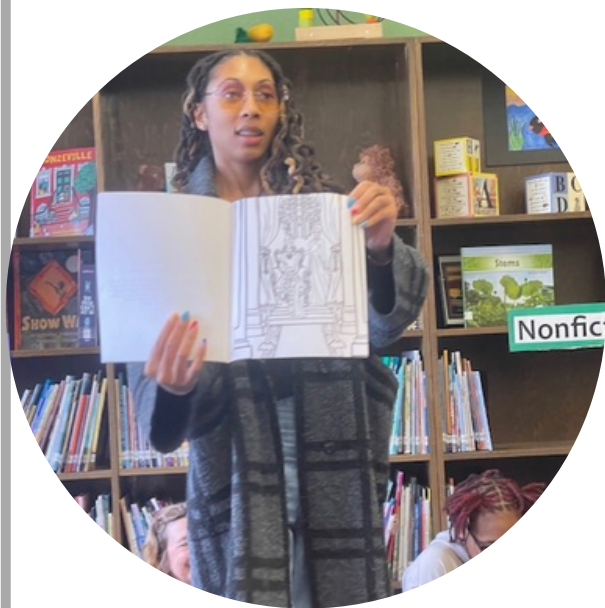
Fun Black History Month schoolwide event!

In February, local author Maya Marchelle visited the new Longfellow library to read from her children's book, *Hey, Pretty!*

Maya is a graduate of North High School. She is a social worker, aspiring musician and songwriter as well as a children's book author. The story, a children's coloring book, is aimed to make black and brown children feel good about their skin color.

Students sat with their babies and toddlers on their lap and listened to Maya's story. Afterwards, everyone left with a free book. It was great to make use of the new and improved library space at Longfellow!

Ms. Marchelle left us inspired- and students are enjoying coloring beautiful shades of brown in her coloring book.





# MEDIA CENTER

(Continued)

## Author visits





# MY LIFE SINCE MY PREGNANCY

BY JESSICA LOJA GRANDA

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## My pregnancy

I found out that I was pregnant in the month of May 2019. I went to a health center because I felt very bad. They took a pregnancy test and it came out positive. I felt confused since that was not in my plans. I wanted to continue studying now. Since I was already with my husband and a baby, it was very difficult in my country since there are no schools where a mother can attend with her daughter, but I found solutions to continue studying during my pregnancy. I did not have a good time since I had many complications with my baby and it was also very tiring since I was studying and had obligations at home, but everything was fine. I had the support of my husband and my family.



## The birth of my daughter

On January 24, 2020, I started with my contractions. I went to the hospital. I had my contractions at 3 in the morning. They took me to the delivery room. I went through the entire process and finally I gave birth but I couldn't carry my daughter since she was born a little sick and they took her to another room. I went through the entire process after giving birth, then they moved me to my room. I felt very worried since they didn't tell me anything about my baby. After several hours, they told me that my baby is out of danger but that she had to stay in the hospital since they detected that she had abnormal heartbeats. My baby also had seizures but everything went well. She came out in 10 days. She came out with medication, but in the later tests it came out that everything was fine.



## My Life Since My Pregnancy (Continued)

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### My trip to the USA

I decided to come to these United States in the month of March 2021. I decided this because I wanted my daughter to grow up without her dad like I grew up. In April of the same year I left Ecuador in one day and arrived in Mexico. I stayed in a hotel the next day. We went to Monterrey and then we traveled to Piedras Negras by bus and when we arrived at the terminal a man picked us up and he took us to the border (the Rio Bravo). We crossed the river walking. When we arrived a border patrol was already waiting for us and they took us to some shelters. In this place they processed us and I was in that place for 3 days. Then they took me to a detention center in Uvalde, Texas, and I stayed a week in this place. We slept on the floor and they fed us only bread, juice, and apples. We went out only for minutes to play in a yard. Later they took me to a home there in Texas. I stayed in this place for 15 days. They treated us well. We had classes. We went out to play every day. We watched movies. They treated me well in this place. I left this place on May 15, 2021. I arrived here in Minneapolis the same day. They welcomed me here. My family was happy that day because I met my mother again after years.



### My life since I arrived in the United States

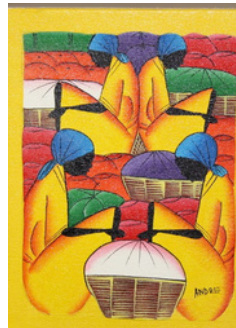
When I arrived I decided to continue my studies by going to Roosevelt High School in the tenth grade. I liked it but it was difficult for me to attend since I had nowhere to leave my daughter, so I learned about this school from the counselor at my other school. I enrolled in this school and it is now easier for me since my daughter comes with me. This year I will finish high school. I like this school. I am happy because this year I am graduating.







# BLACK HISTORY



## Groups For Girls By Macarley Willis

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### Longfellow Groups for Girls



This article is mainly about girls groups in Longfellow for anything girls need or want to talk about or be a part of. There should be a class or classes for students to feel comfortable enough to talk about personal things that they may go through during the day. This could be letting things go and showing each other how to do things. They could make their ideas into projects such as through drawing and art. And their mental health would be noticed as they're not alone.

These are school girl group classes that we already have:

- > 1. Dare 2 Be Real
- > 2. Games
- > 3. Knitting





## Groups For Girls

(Continued)

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### Longfellow Groups for Girls

We should have more groups because we only have three. We should have girl groups like:

- 1. Me and My Life Values As A Woman (with drawing or art about it)
- 2. Listening and Expressing Feelings
- 3. Encouragement All Girls Group (with writing or creating projects about it)
- 4. Lets Be Real Girls Group (talk about anything that happened that day)
- 5. Activity Girl Groups Outside (all the girls do activities outside and write about it after)
- 6. Activity Girls Group Day (for girls to do activities or missing work)

There are a lot of group activities girls can do in the school as a whole so we should at least try them to see if it makes our school better or makes it feel more welcoming. All the girls could get closer and be more open about anything, to the other girls or to teachers.

# Early Graduate

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**Alesha James**

*Alesha finished her credits earlier this school year and will be walking in Graduation with her peers this June.*



# Pregnancy and Motherhood Experience

By Giana Johnson

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How did you find out you were pregnant?

My boyfriend told me to take a test on the way to work. Um I was really sad cause that's not what I had planned for my life so soon. I had a lot of mixed emotions. I was nervous about telling my mom because I knew she had the assumption that I would be a young mom and I didn't wanna prove her right. I had no health problems. I was extremely healthy. Honestly I still drink a lot of water and exercise and eat well to maintain my health. At first I was nervous about my child and what kind of mother I would be. I don't wanna be the person to ask for help, and I like to have everything in my control. I did a vaginal birth with the epidural. I recommend it, but it is very hard to push with the epidural cause you can't feel anything.

What I like most about being a mom is watching my own creation meet her milestones. It can get sad sometimes cause you don't want them to grow up fast, but watching her learn new things and her expressing her character is just like mines. Lol. I love it.

What is challenging most about being a young mom is really all mentally. I was never worried about providing for my child because I always provide for myself. It's really just making sure that I have time for myself to be the mom I need to be, still continuing to do the things I like. Making sure I'm well rested and still working on my self growth with a child is extremely important but hard.

My hope and dream for me and my child is to be successful. I also wanna go to college and set a good example, and for us to have a better future and relationship with each other than me and my mom had.



## Interview of Rose Thomas

By Angel Holman

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On January 16th 2024, I interviewed Rose Thomas about Longfellow High School. Longfellow is an alternative school for teen moms in 7th-12th grade. Rose is a teen mom of a baby boy. He's 2 months old. Rose is in 12th grade so this would be her last year at Longfellow. She found out about this school from her sister who used to go here a while back.

Rose has been going to Longfellow for about 2-3 weeks now & so far what she likes about the school is that you can bring your baby to school with you, you can go out for lunch & all the staff are very nice. Now what she dislikes is that Longfellow gets out of school later than others (9:40-4:05) & that there's not enough staff here to help the students that speak Spanish. Rose feels like if one thing can change about the school it should be the time we get out.

Something she likes about the teachers is that they are all nice & they engage with all their students. Rose feels like this is a good school for teen moms because some teenagers are insecure so it would feel good to be around people more like them so they don't feel left out.





# My Pregnancy Experience

By Myshalaya Allen

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How did you find out you were pregnant?

I wasn't having my period for a while. I took a pregnancy test in the month, and I was already 6 months pregnant.

How did it make you feel to be pregnant?

I felt like I had to more own up to things, basically be more mature now that I'm having and going to raise a human being.

Was there anyone you were nervous about telling about your pregnancy? Why?

At first my mother-in-law. I didn't know how she would have felt about her son having a kid at a young age.

What health problems have you had during your pregnancy? Explain them and provide facts.

My baby was having low blood pressure including having to give her shots repeatedly after birthing her and having to have her early within 5 days.

How have you coped with the health problems in order to feel better?

I had her early and that made me feel like my daughter was going to be safe always.

Was there anything that made you nervous about being pregnant? Explain.

There was nothing that made me too nervous. Maybe it was the resources and things that come with pregnancy like child support, etc. had me nervous. I was emancipated and didn't not know how things will be with that or what will happen to my child.

Do you want to share anything about your birth plan?

It's a good option to get on it. My symptoms depended on my health and my appetite and if I will bleed or not but otherwise it was fine for me.

What do you like most about having a child?

The most important thing about having my child was me knowing she was going to be the best thing always, me having someone to talk to and listen to me sometimes, having my daughter, taking her out, feeling so proud how far I've come within 1 year.

Is there any advice you would give to new moms?

Choose your right surroundings. You become who you are around.

## INTERVIEWING BRIGITH AGUILAR FLORES (How do I get to the United States)

By Angela Gutierrez Cerero

Brigith Aguilar Flores is 18 years old. She was born in Quito Ecuador, but grew up in Otavalo Imbabura. She arrived in the United States on August 16, 2023, at 10:00pm. She left Ecuador with her daughter, her daughter's father and her sister-in-law and they traveled by bus until they reached Necola. There they would take a boat by the sea, but the waves were very high, and it would be difficult for them. Then they had to wait a week, and in that week, they were sleeping in bus terminals or gas stations. After one week passed, they could skip the sea and they reached the Darien Jungle in Colombia.



They stayed to sleep there and the next day they started walking from 5:00 am. They walked for 3 days and it was very hard for them since they took their daughter and had to climb mountains and the walks were very long. After the three days to the Panama border, they had to go through a descent but very carefully because it was on a river and if you fall you could drown. They were walking for another three days, and in the course of those days they watched dead people, people who committed suicide, thefts, rapes, assaults, people who ended up dying or were about to die because they couldn't stand so much anymore.

Then they arrived at a town in Panama called "Chiquito Bajo." Their daughter was sick on the way due to the dirty waters. There they rented a hotel and internet to be able to communicate with their relatives since they could not do it on the way. They stayed a day and a half in the village and the next day they had to go through another Panama River in boats where they went on a 2-hour trip. They arrived at a police department where they were allowed to bathe and change their clothes to continue their trajectory. They took a bus and arrived at the border of Costa Rica and stayed there one more day. The next day they traveled to the border of Guatemala-Mexico by bus. While there, Brigith was assaulted and they took away all her belongings and money. Being in Sinaloa, Mexico, for her was bad luck because the same thing happened.

## INTERVIEWING BRIGITH AGUILAR FLORES (How do I get to the United States) (Continued)

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They traveled in buses, taxis and even on foot to get to Sonora where they hired a "Coyote" (a person who illegally crosses immigrants through Rio or helps them cross the border wall). The person helped her and her relatives to cross the border wall of Mexico-United States.

They jumped and had to run until they were caught by immigration and they surrendered. They stopped them there for 3 days until they finally let them stay in the United States. One of their sisters who lives here in Minnesota paid for the flight for Brigith and her relatives to be able to get to Minneapolis.

Brigith is currently studying and working at Taco Bell. She wants to be able to finish school and find a better job to give her daughter a better life.



PIENSA EN  
TODAS LAS  
COSAS BELLAS  
QUE HAY A TU  
ALREDEDOR Y  
SÉ FELIZ





# Pregnancy and Motherhood Experience

By Alexandra Pilamunga Lita

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How did you find out you were pregnant?

I found out when I was pregnant one night when my baby kicked me in my stomach and I went to get checked out by the doctor and I was 4 months pregnant.

How did it make you feel to be pregnant ?

Being pregnant made me feel good. I feel like I already had someone in my life, a life partner and a true love (my son).

Was there anyone you were nervous about telling about your pregnancy? Why?

Yes, I was afraid of the criticism that people generated about being a single mother and teenager. In the eyes of society it is something bad and also there was criticism from my family. There were many rumors which made me feel bad.

What health problems did you have during your pregnancy?

I didn't have many problems with my health. Everything was fine with my pregnancy.

Is there anything that made you nervous about being pregnant? Explain.

When I was pregnant in Ecuador I was afraid because the life of mine and my baby was in danger from a man who wanted to hurt us. Here in the United States, Minneapolis, I didn't feel afraid. I feel confident about myself and my baby.

How old is your baby now? What is he like?

My baby is 1 year and 1 month old, he is very curious, very funny, a very smiling, loving child.

What do you like about being a mom?

One of the things about being a mom that I like is that you are no longer alone, that I already have company in my life and that there is a little person who accompanies me. Even though he is so small, he makes me feel very happy with just a look or a kiss.

## Pregnancy and Motherhood Experience

(Continued)

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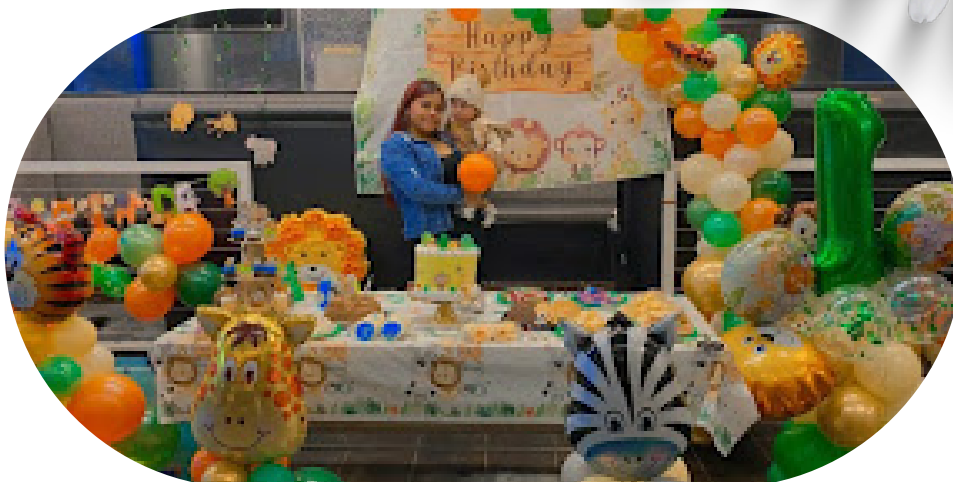
What is challenging about being a mom?

The most challenging thing for me about being a mom is when my son gets sick. One of the most challenging things is you don't know what to do. What happens? What hurts him? And how can you help him? Also, being a single mother is a very big challenge. You feel a very big void of not being able to have someone by your side to help you with your son. These are some of the biggest challenges that I have had to face, but we are managing to face them.



What are your hopes and dreams for the future?

My dreams for my life are to continue working hard, graduate, have a stable job and give my son a good quality of life. I would also like to know how to speak English better and have a house of my own.



## Interview with Evelyn Vasquez Condo

By Emily Gutierrez Cerero

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Evelyn Vasquez Condo is 19 years old. She was born in Cuenca Ecuador. She arrived in the United States in 2021. When she decided to undertake her trip she surrendered to immigration, and they gave her only one day of asylum. They accepted her and one of her cousins paid for her flight and that's how she arrived in Minneapolis, Minnesota a day later. It was an easy process. It wasn't that complicated to adapt since most of her family was here except her dad.

When she arrived here she started working in a laundry where she earned \$16 dollars an hour and thanks to that she was able to pay debts. Shortly after being here she discovered that she was pregnant. She was 7 months pregnant and she didn't know it. It was difficult because the baby's father was in Ecuador and would not be with her in the process. 2 months later her baby, Mayte, was born. She is currently 2 years old. It has been a little complicated now that she has her daughter because she is raising her alone and because she doesn't have anyone who can take care of her.

Evelyn is currently studying to obtain her high school diploma. She is about to graduate and plans to get a good job to give her daughter a better life and to bring her daughter's father to Minnesota.





# Since I Came to Longfellow

By Brenda Delgado

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Hello, my name is Brenda Delgado. I'm 18 years old and I have a son named Jared Delgado. He is two years old, and he has been my pride and joy since he was born. Since I've been at Longfellow, I worked very hard to be in the position I am today, because when I signed myself up to Longfellow, I knew I wanted to get my diploma. I decided to dedicate myself to doing better for me and my son, so we can have a better future and my baby boy, Jared, doesn't have to worry about any struggles that life brings our way.

When I was at Longfellow the first time, I wasn't consistent in coming to school daily. I would come a couple hours and leave the school early. Even though I had an interest in getting my diploma, I had a lot of personal problems. I mostly stayed home or did something else that wasn't good for me.

There was a staff member at Longfellow named Ms. Malone. She doesn't work at Longfellow anymore but was a great part of the community. I do think she was the main reason why I am better as a person till this day. She helped me by texting or calling me to come to school, as well as making sure I stayed in school the whole day. It would make me more motivated to change my ways of living. When I wouldn't come to school in the best conditions, Ms. Malone would take me to the nurse from the school named Anne and nurse Anne recommended to take me to the hospital. Nurse Anne stayed with me the whole time I was in the hospital and took recommendations from the hospital. When I would show up in school, Ms. Malone and Ms. Anne worked on helping me to call places and did what was necessary to help me achieve my goal with my mental health.

I left Longfellow for about four months to get better. Eventually I came back and made a 504 plan, in case anything bad happened or if I needed a break. I got help on my paperwork to get my son into daycare and started to come to school every day and dedicated myself to finishing school in 2024. In the meantime, I had a ton of support from the teachers helping me find ways I can get more credits. The teachers at Longfellow will always try to talk to you not only to help you with your work but will ask you about your day. There is a therapist at Longfellow named Ms. Sofia. She's been a great help with motivating me to keep moving forward and not look back. She has done more than that, I'm very grateful.

There are people coming to Longfellow to tell their experiences being a single mother and having their kid be the motivation on moving forward. Other people come to Longfellow to show and tell us information that can help us with grants to go to college. Also, there are people who show us how to go to college debt free. At Longfellow they teach us how to be better mothers for our kids, help us with how to educate them, or even how to handle our kids the right way. At Longfellow we have a great principal that encourages us every day we see her. Longfellow has been very helpful in keeping my education at a level where I can graduate, and it has increased my motivation to go to college. There are so many more things they do. It's a great school. I would recommend it to young mothers that haven't finished high school.

## Knitting group

### What to expect when you sign up for the Longfellow knitting group

Angelina Ruiz Sanchez

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Every Wednesday students at Longfellow are given the choice to choose what group they are willing to sign up for. The choices include: Dare 2 be real, Games, and of course Knitting.

#### My experience

I first signed up to knitting class in the winter of 2023. It was my first time at Longfellow High School. I believe for those just starting out at Longfellow you start with that group. I've never knitted before so I was really looking forward to it. When it was time for groups, I saw a lot of girls who are now graduates knitting so fast. It was amazing. I think one was making a pretty blue scarf and it looked like she knew what she was doing because it was a whole different pattern. When I was given my items they taught me the basic knitting steps. It was a bit frustrating at first because I wanted to make something for my baby but I still didn't know much about knitting so I never actually started on a project. Fast forwarding to 2024 which is now. I have a project. I am working on making a hat for my baby but it's really time consuming. I've gotten way better at knitting, therefore I rarely ask the volunteers for help.

#### All about knitting group

On Wednesdays for the knitting group we have a group of volunteers from the Holy Trinity Church which is just two blocks down from us come in to teach students at Longfellow how to knit. Everyone is super welcoming and patient with you. After a while you create bonds with both students and volunteers. When you arrive at the group you grab your piece you are working on and if you still haven't started on one, one of the ladies will help you pick out your yarn and help you knit your first practice sample. (Everyone is required to start with a practice sample before starting on a project.) Once everyone is seated and ready to knit we each get a turn to say your name and answer the question of the day. Once everyone gets the chance to respond, we start knitting! For those who have mastered the basics of knitting, they can start a project. Cheryl will then give you the binder with multiple projects. Those include: hats, mittens, scarfs, etc. It's a wonderful experience joining this group. Especially since you'll now know how to knit things for you and your baby.

# CAREER & COLLEGE CENTER

## ROOM 102

Lucia Mendez

# Congratulations



# Class of 2024




# You Did It!



*Please reach out to Ms. Lucia with any career & college support you may need after graduation.*



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# Thank You to Our Newsletter Contributors

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A special thank you to the talented group of students who wrote, researched, interviewed, and collaborated on Longfellow's student-driven newsletter:

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# Meet The Board

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At-Large



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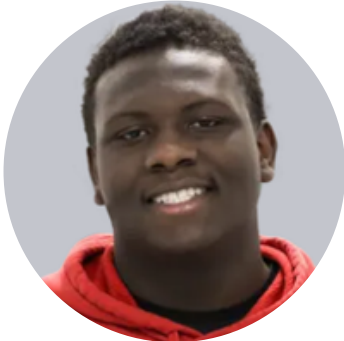


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Term: 2023-2027  
At-Large

# Meet The Board



**Elliston Rounds**  
Student Representative  
Term: Feb. 2024-Dec. 2024

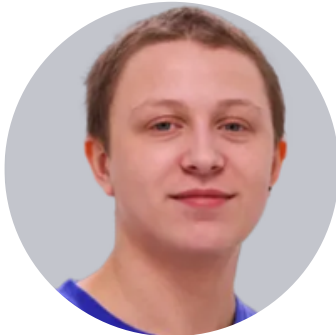
**Elliston Rounds**

Rounds is a highly involved student at North High. A heavyweight wrestler and Northside community youth advocate, Rounds understands the importance of youth-adult partnership and collaboration to ensure student voices are heard. Because he believes the Northside has historically been underrepresented, Rounds says, he looks forward to bringing that representation to the school board.

“Elliston’s peers describe him as an active listener who’s dedicated to helping others,” said North Principal Mauri Friestleben. “Adults describe Elliston as a young leader who’s eager to develop his skills to best represent himself and his community. These qualities will serve him well as a representative on the school board.”

The Student Representatives provide an important perspective and give voice to those at the heart of the district’s work: MPS students. The Board of Education has appointed a student representative since 2015, and beginning in 2022, the addition of a second student representative was made with the goal of expanding student view and opinion.

Rounds, along with the other 2024 student representative, Leo Peralta, will take turns being the primary speaker at Board meetings but will still be responsible for keeping up on what’s happening by reviewing materials and watching meeting videos when not in attendance. Additionally, the two will meet regularly together with board staff to prepare for meetings and coordinate other duties.



**Leo Peralta**  
Student Representative  
Term: Feb. 2024-Dec. 2024

**Leo Peralta**

At Roosevelt, Peralta is part of the Roosevelt Student Council and the Citywide Student Leadership Board. He uses those platforms to advocate for his peers, especially those in the native Spanish-speaking and queer communities. Peralta has worked extensively promoting mental health resources in schools; last year, he partnered with MPS to promote open spaces in all high schools.

Roosevelt Principal Christian Ledesma said, “Through his words and actions, Leo has shown that he embodies the Roosevelt motto of ‘Enter to Learn, Leave to Serve.’ I’m excited to see what he brings to the table as a student board representative.”

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***“The strength you display as a teenage mother is a testament to your character. You are capable of greatness.”***