

OWL WEEKLY EMAIL
SEPTEMBER 30, 2024

In an effort to increase communication with our students and families, we send a weekly email on Sunday evenings or Monday mornings highlighting upcoming school events. This information will also be shared with students in Schoology and in Crew on Mondays. Events are listed in chronological order.

Welcome to Week 5: Monday, September 30 is a B day. **There is no school on Thursday, October 3.**

Monday is survey day!

- Share your experiences from Fall Retreats on [this fun survey](#).
- Did you miss clubs registration last week? **All students must** complete [this registration form](#) for Friday clubs, which will begin in November.

NEW! Fall Retreat Medication Return: We will be sending home medication bottles from OWL Fall Retreats with your child/student beginning on Monday, 09/30/2024.

If you would prefer to pick it up from the health office this week, please email the Colleen at colleen.richardson@spps.org

NEW! From our school nurse: We have seen an increase in respiratory illnesses in our SPPS and broader MN community, including flu, COVID-19, and other respiratory illnesses. Here are steps you can take to stay healthy:

- Take time to get your flu and COVID-19 shots. It is fine to get both your flu shot and your COVID-19 shot at the same time.
- Stay home if you have a fever, vomiting, or diarrhea, or if you simply do not feel well enough to go to work or school
- Wash your hands frequently
- Get plenty of sleep and manage your stress levels

Stay hydrated

Family Reminders: If you have not completed the [Back to school forms \(formerly the iUpdate—linked here\)](#) please do this ASAP. Also, do not forget to complete the form at [SchoolCafe \(linked here\)](#)—we need each family to do this. Finally, please pay the fee for [FALL RETREATS \(linked here\)](#) (scholarships available upon request). Please call 651-293-8670 or email tammy.plaman@spps.org if you need any help with the above.

Flipside Registration is Open! It is time for the **after school program** at OWL (Flipside). Program starts on **October 7th**, and registration is now open! Flipside runs Monday-Thursday every week (no programming on conferences or days without school) from 3-5pm. Classes are offered Monday/Wednesday or Tuesday/Thursday. Students are welcome to come two days a week or all four days. Note that this year Flipside is available **only for 6th-8th grade students**. This is a change from past years.

Busing will be provided to students who live more than a mile from school, but takes up to two weeks to set up. The earlier a registration form is completed, the quicker a bus route will be set up for them. Note that the school district may remove busing from schools with low program attendance, but advanced warning will be given if this happens at OWL and Humboldt.

[CLICK HERE](#) for information on course offerings

[CLICK HERE](#) for the registration form. Parents and Students should fill this out together to discuss course options that work best for their child.

With any questions, please reach out to preston.west@spps.org (OWL Site Leader) or sharon.idowu@spps.org (Program Manager). We hope to see you at Flipside!

NEW! Middle School Sports Update: Middle School sports are off to a great start. This past Monday, we competed against Washington Tech. We won all our games!

Flag Football - Humboldt 19; Washington 7
Boys Soccer - Humboldt 4; Washington 3
Volleyball - Humboldt 2; Washington 1

Here is our schedule for next week's games:

Monday, Sept 30th

Boys Soccer: 3:30 vs Highland Park Middle at El Rio Vista

Volleyball: 4:30 vs Global Arts at Humboldt

Flag Football: 4:30 vs Global Arts at Baker Playground

Wednesday, Oct 2nd

Girls Soccer: 3:30 vs ESTEM at El Rio Vista

Middle School games are free! We hope to see you there.

Interested in trying out archery? You can come to an Open Shoot and try it out without committing to the team on the following days: October 8th, 22nd, and 29th, and November 12th and the 19st. No sign-ups needed and Open Shoots are 100% free. See our [website here](#) or email openworldarchery@gmail.com for more information. No rides home provided, but if the student is signed up for Flipside they can take that bus home.

Robotics Starts Soon! Are you a 9-12 student interested in building, programming, driving, or teaching other about robots? Are you a budding entrepreneur interested in designing a business plan to raise money for a STEM initiative? Maybe you just want to design and 3D print things? Then robotics may be for you! Preseason starts soon and you can see more information at our [website](#). Ready to sign up? Do so at [this link](#). Maybe you just want to support the team and keep it free to join by funding our [Donor's Choose](#) or buying something off our [Amazon Wish List](#). Contact owlopencircuits@gmail.com for more information of if your workplace in interested in sponsoring the team.

PSAT Testing is Monday, October 14 for all OWL 11th grade students, plus 10th grade students who wish to take the test. The test is free for 11th graders. 10th graders wishing to take the test can reserve a spot for \$18 (Scholarships are available). 10th graders, please fill out [this form](#) to register. Checks should be made out to “Office of College and Career Readiness.” For more information, contact testing coordinator Rebecca Palmer rebecca2.palmer@spps.org This test offers great practice taking a timed test in advance of the ACT to be given to juniors in the spring. The PSAT test is also the basis for National Merit Scholarships.

SAVE THE DATE! The OWL Fall Family Gathering will be Tuesday, October 15, 5:30-8 pm, at the Dakota Lodge in West St. Paul. Come together with the OWL community for food, fun and friendship in a beautiful location. Look for more information in future weekly emails.

NO SCHOOL—Thursday, October 17 and Friday, October 18: State Teacher Convention (MEA weekend)

Dia de los Muertos Celebration at OWL is Wednesday, October 30 at 6 PM: Come celebrate Latinx culture at OWL with this family friendly event with lots of fun and great food. Contact: Tim timothy.leone-getten@spps.org

One proven way to live a happy life is to express gratitude. Is there a staff member at OWL that has done something you are grateful for? Shoot them an email! An alternative and way has been made available by filling out [this link](#). (This form requires an email but is sent anonymously.)

OWL believes that access to menstrual/period products is a right. If you are able to donate to help us provide free menstrual/period products so that they are always available, please consider donating some by dropping them off with Tammy in the front office. From there we will make sure they get to where they are needed.

Interested in downhill ski racing? Join the St. Paul Alpine Ski

Team (SPAST)! The team is open to SPPS students in grades 7-12. Spots are limited so priority will be given to high school students. While some alpine skiing experience is necessary, racing experience is **not** required. It should be noted this is a race team and **not** a ski club. The team practices on Tuesdays and Thursdays at Afton Alps. The activity fee is \$250/\$40 for free and reduced lunch. In addition, skiers will need their own equipment, and a season pass to Afton is required (currently \$501, price does increase as season gets closer). Bussing is provided and departs from Central and Highland High School. Please fill out [this form](#) to sign up to be invited to our informational meeting or email annekettler@yahoo.com for more information.

Donors Choose Projects for OWL: Donations to support the work of OWL students are gratefully accepted!

Robotics Supplies for Open Circuits

Provides radio, metal, and motor parts for OWL's FIRST Robotics Competition team, the Open Circuits.

Friday Fun Time: De-Stress and Celebrate

Provides enrichment supplies to ALL of OWL's 23 Crews.

Community Announcements:

NEW! Glow & Grow after school program for Black Girls: creates intentional space for Black girls to embrace and be affirmed in their unapologetic Black brilliance, joy and resiliency. Go [HERE](#) for more information.

NEW! Saturday Math Program: for students in grades 6-7 at the University of Minnesota. Go [HERE](#) for more information.

Youth (ages 15-18) Job opportunity with Conservation Corps—go [HERE](#) for more information.

Important Reminder about Attendance:

If your child is going to miss school, please call, email owlattendance@spps.org or write a note to explain the reason for the absence. If we do not hear from you, the absence is documented as unexcused. After 3 days of unexcused absences, you will receive a letter from the school reminding you to please communicate with us so the absence(s) may be documented accurately. If your child continues to miss school, unexcused, he/she will be referred to the SAM (School Attendance Matters) Program for intervention.

The following reasons for absence qualify as an excused absence; illness, doctor, dental or therapy appointment (please be sure to obtain a note to give to the school), extreme family emergency or religious holiday not already recognized by our school district. When a student misses 3 or more class periods in one day, this is considered to be a full day of absence. Please call us if you have any questions/concerns.

OWL Schoolwide Norms

- Respect people, their boundaries and identities, materials, and spaces
- Be kind, caring and friendly, especially when it's difficult
- Keep an open mind: engage in opportunities and courageous conversation

- Help create safe and brave spaces so that everyone can be their authentic selves and speak their truths
- Actively listen and participate (one mic, one voice), staying engaged and following through on commitments and expectations. *We are Crew, not passengers.*