

**OWL WEEKLY EMAIL**  
**NOVEMBER 4, 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 10:** Monday, November 4 is a B day. THURSDAY is the last day of Quarter 1. There is no school on Friday, November 8. It is a teacher professional development day.

**Monday is survey day!** 8<sup>th</sup> through 11<sup>th</sup> graders, please take [this survey](#) to guide the development of the OWL music program.

**No Flipside on Election Day:** At all St. Paul schools, Flipside and EDL activities do not happen on election day. This means that all students should go home on their 3pm bus on Tuesday, November 5<sup>th</sup>

**NEW! OWL Family Directory 2023-2024:** To better connect our community, this directory will provide contact information for OWL families. You have the choice to opt into this directory. Your information will not be included if you do not want it to be. By completing this form, you are agreeing to have your information shared with and only with other families at OWL. You can fill out as much or as little of the form as you wish. Your information will not be posted online, it will only be accessed by receiving the pdf from OWL.

If you signed up previously, you do NOT need to complete this form again. If your information in the directory has changed, please check the box below and complete the fields that have changed within the form.

Your information will remain in the directory each year until your student graduates unless you request to be removed by contacting Tammy in the OWL office at [tammy.plaman@spps.org](mailto:tammy.plaman@spps.org).

### FAMILY DIRECTORY FORM

\*Please fill out the form for EACH CHILD you have at OWL.  
The directory will be available electronically once it is compiled.

If you have questions about the form, please contact parent volunteer Anna Gorton at [awgorton@gmail.com](mailto:awgorton@gmail.com)

**The Better Crew Bureau!** Are you interested in lifting your voice to make Crew an engine for equity at OWL? Do you want to help make Crew more fun for everyone? Come to the Better Crew Bureau (BCB) in Megan & Akira's room (3215) during Friday Clubs.

**OWL Community Meeting:** Students and Families are warmly invited to join the OWL Community Group—the organization that combines our PTO and Site Council functions. This is a great way to have your voice heard in the vision of our school community and to find out what is happening at OWL. Here are the dates of the meetings for this school year:

- Tuesday, November 19 - 6:30 - 8:00
- Tuesday, January 21 - 6:30 - 8:00
- Tuesday, February 18 - 6:30 - 8:00
- Tuesday, March 18 - 6:30 - 8:00
- Tuesday, April 15 - 6:30 - 8:00
- Tuesday, May 20 - 6:30 - 8:00

All are welcome and encouraged to attend—hope to see you!

**A Message from the Tutoring Coordinators:** The OWL tutoring program will begin toward the end of October. The tutoring program is an opportunity for our middle school students to get a little additional help from our upper level students (10th -12th grade). Every Thursday during crew time, we do academic support and provide a 40 minute block of time for our tutors to meet and support students requesting a tutor. These relationships are very positive as our younger students really look up to our upper class students. Additionally, our upper class students have navigated the classes in middle school and can provide sage advice on how to turn things in on time and prepare for assessments. There are occasions when our upper class students can even provide some tutoring after school. Please use the link below to indicate your interest in the tutoring program for your child.

•Are you interested in **being tutored** this year? [Sign up here to be tutored.](#)

•If you have any questions please contact Kathryn Totushek and Aanen Kulseth at [ktotushek001@stpaul.k12.mn.us](mailto:ktotushek001@stpaul.k12.mn.us) and [akulseth001@stpaul.k12.mn.us](mailto:akulseth001@stpaul.k12.mn.us)

**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](mailto:tammy.plaman@spps.org) if you need any help with the above.

**High School Winter Sports Sign Up:** Here are the sports offered and start dates:

**Girls Basketball** - November 11

**POM Squad** - November 14

**Boys Basketball** - November 18

**Wrestling** - November 18

**Boys Swimming** - November 25

**Adapted Floor Hockey** - TBD

## **Sports we Co-op for:**

**Girls Hockey** - October 31 - Hosted at Highland Park

**Alpine Ski** - November 14 - Hosted at Central

**Boys Hockey** - November 14 - Hosted at Highland Park

**Girls Gymnastics** - November 14 - Hosted at Johnson

**Nordic Ski** - November 14 - Hosted at Central

## **SIGN UP NOW!!**

**Athletic fees are \$90, or \$40 if you qualify for academic assistance.**

This is the final year of a 2 year district planned fee increase. There are no planned fee increases in the foreseeable future.

There are 2 ways to sign up for winter sports

### **Pay online option**

- Visit <https://spps-ar.schooltoday.com>
- Follow the directions to create an account or login if you are a returning user
- It is not required to upload any physical information - Insurance information is not required

### **Pay with Cash/Check Option**

- Pay with cash or check in the athletic office

**Middle School Winter Sports Sign Up:** For registration information, contact OWL Athletic Director Athena [athena.bolton-steiner@spps.org](mailto:athena.bolton-steiner@spps.org)

**Winter I Sports begin on November 11<sup>th</sup>**

Girls Basketball and Wrestling (co-ed)

**Winter II season begins on January 22<sup>nd</sup>**

Boys Basketball

**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 29<sup>th</sup>**, and November 12<sup>th</sup> and the 19<sup>st</sup>. No sign-ups needed and Open Shoots are 100% free. See our [website here](#) or email [openworldarchery@gmail.com](mailto: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](mailto:owlopencircuits@gmail.com) for more information of if your workplace is interested in sponsoring the team.

**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](mailto:annekettler@yahoo.com) for more information.

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

**Stress Less, Get it off your Chest!**

Help Ms. Ma'lene give her students some tools for self-regulation which will reduce stress and anxiety and increase focus in the classroom.

## Friday Fun Time: De-Stress and Celebrate

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

## Community Announcements:

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

## **Important Reminder about Attendance:**

If your child is going to miss school, please call, email [owlattendance@spps.org](mailto: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.*