OWL Weekly Email
Februay 4, 2025

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 2: Monday, February 3 is a **B day**.

Monday is survey day in Crew, but Crews have this week off from surveys. Eighth, 11th, and 12th graders will take the Minnesota State Survey in Katie's class.

Read the Latest Edition of the Purple Press: OWL's student newspaper HERE!

OWL Feminism Club will be hosting a women's shelter drive for a local women's shelter, Women's Advocates: Donations will be taken from

January 27th to February 14th. There will be boxes in Katie's room and the office to deposit any donations. Visit https://www.wadvocates.org/support-us/donate-items/ to find a full list of suggested donations. Please make sure all items donated are new and unused!

Dining Out With OWL Robotics at Chipotle on Monday, February 3rd, from 4-8pm: The address is 867 Grand Ave, Saint Paul, MN 55105. If ordering online for pickup, use **code 77XM38F**, or if purchasing in-store, show the flyer **or** tell the cashier that you are there for the fundraiser. HERE is the link to the flyer.

Spring Play: UPSTEAM, a collaboration with Mixed Blood Theater: Auditions on Monday, February 3 and Tuesday, February 4. Call backs will be on Thursday, February 6 and rehearsals start on Monday, February 10. Design applications due Wed Feb 5.

OWL History Day Wednesday, February 5 from 5:30-8 PM: Come celebrate all the great projects as students vie for the chance to represent OWL at Regional History Day.

NAAPID during the school day is Monday, February 10: Families are invited to come spend some time at school with their student in celebration of National African-American Parent Involvement Day.

NAAPID Evening Celebration is Thursday, February 13 from 6-8 pm: Families are warmly invited to spend the evening in celebration of National African-American Parent Involvement Day with cultural presentations, activities and great food.

Application Deadline to OWL for Fall 2025 is Friday, February 14: If you have another student applying to OWL for next year, be sure to submit your application by 2/14.

Presidents' Day is Monday, February 17: No School

PSEO Info Night (Virtual) is Wednesday, February 19 at 6pm: Families of students iin grades 9-11 who are interested in the Post-Secondary Enrollment Option for next school year can join us **virtually** to find out more about the program and application process.

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, 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!

NEW! Here is your weekly athletic update. As always, please refer to the Weekly Athletic Calendar for the weekly schedule, as well as the Humboldt Athletic One-Stop Document if you have any questions.

ADAPTED FLOOR HOCKEY took a tough 3-2 overtime loss to Anoka-Hennepin last week. The Hawks have a big week with 2 games. The Hawks host Brainerd today at 4:30pm in the auz gym. They will then travel to take on Dakota United at the Hope Fieldhouse at 4:30pm on Wednesday.

BOYS BASKETBALL has a light week with just one game this week. They will be home vs Como Park on Friday for 3 games. B-squad at 4:00pm, JV at 5:30pm and varsity at 7:00pm.

BOYS SWIMMING finished their regular season last week. They will now look forward to the conference swim and dive meets taking place next week.

GIRLS BASKETBALL The Hawks will travel to Math & Science Academy today for games at 5:30pm (B) and 7:00pm (V). The team then has 2

home games. They will host Nova Classical on Wednesday at 4:30pm (B) and 6:00pm (V). Then just varsity will play at home against Liberty Classical at 12:00pm on Saturday.

WRESTLING picked up a conference win over Como Park last week. The Hawks will participate in the Twin Cities Invitational this Saturday at Washington.

GO HAWKS!

From our school nurse: As you are already aware, we have seen an increase in illnesses in our SPPS and broader MN community, including Influenza A/B, COVID-19, Pertussis, RSV, Norovirus, and other gastrointestinal illnesses.

Here are some steps you can take to stay healthy:

- Take time to get your FLU and COVID-19 shots. It is still appropriate to get both your FLU and your COVID-19 vaccinations if you haven't done that yet this 2024/2025 school year.
- School staff and students~Please stay home if you have a fever, respiratory symptoms like a cough, runny nose and/or sore throat, vomiting, or diarrhea, OR if you simply do not feel well enough to go to work or school.
- Consider wearing a face mask which are also available at school in the front office and the health office.
- Wash your hands frequently.
- Get plenty of sleep and manage your stress levels.
- Stay hydrated and eat a balanced diet.
- Get enough sleep.
- Include physical activity in your daily lifestyle.

- Students-Please report any concerning symptoms promptly to your parents and/or guardians or if they occur while at school, please visit the health office

NEW! DONATIONS NEEDED: The student leaders of OWL's environmental club are looking for 5 trash bin donations for their newest service project. These bins need to be at least 36in tall, and preferably 30in wide. Please drop off these donations at the front office with Tammy, or contact mmoe003@stpaul.k12.mn.us with any questions. In Crew, OWL Environmental Club

This month in Crew we are learning about neurodiversity. After exploring what neurodiversity is, what it feels like to be neurodivergent, and some of the good things about neurodiversity, OWL Crews will come up with ideas for how to make our school an even better place for neurodivergent students. The Better Crew Bureau will synthesize a proposal for the OWL Leadership Team based on these ideas.

Scholarship Opportunity: Are you a male high school senior planning to attend the University of Minnesota - Twin Cites? Apply for the Farmhouse Scholarship, available to students of all majors: https://docs.google.com/document/d/1K7Ck3ippfbD-CCcDL_Tjug-W9K7FJmktfLFVQnN9LrE/edit?usp=sharing

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.

Community Announcements:

NEW! Summer Employment with Right Track is the City of Saint Paul and Mayor Carter's initiative to diversify the workforce and provide high quality internships to youth ages 14 to 21. We partner with employers across industries to provide internships in healthcare, education, youth development, STEM, finance, trades and more. More information and application link HERE

Summer Youth Employment Opportunity with Tree Trust: Click HERE for more information about a great job in the great outdoors.

Community Resources for Eye Care and Glasses HERE

Family Grief Support Group: Get more information HERE

Teen Grief Support Group: Get more information HERE

APPOINTMENTS ARE OPEN!

FREE DENTAL CARE FOR UNDERSERVED CHILDREN

Friday, Feb. 7 & Saturday, Feb. 8, 2025

Give Kids a Smile is a charitable outreach program that provides free dental care to underserved children (typically ages 3-18). Dental clinics throughout the state volunteer to provide these services during Children's Dental Health Month.

FIND A CLINIC

WHEN IS IT?

February 7 and 8, 2025

(Some clinics hold events on alternative dates.)

LOCATION?

Volunteer dental clinics across the state.

HOW ARE APPOINTMENTS MADE?

Families can locate a participating clinic by visiting www.mndental.org/gkas or contacting the United

Way by dialing 2-1-1 or texting the zip code to 898-211.They can then contact the clinic directly to schedule an appointment.

Please, help us get the word out!

Many children have never been to the dentist and are suffering from untreated dental care – possibly many that you work with. We ask you to please inform families about this event so their children can get the needed care they desperately need.

Flyers and other materials are easily accessible by visiting the MDA website. Please print and post fliers, distribute information sheets, and forward this email to your network of professionals who work with families (schools, agencies, clients, and other organizations).

Remember, because this program is focused on providing dental care to children who face barriers to accessing dental care, families will NOT be asked any eligibility questions.

Thank you for helping us inform families about this important opportunity to improve their children's dental health…and smiles!

If you have any questions, please email sleclair@mndental.org

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.*