



OWL Weekly Email
March 3, 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 6: Monday, March 3 is an **A day**.

Monday is survey day in Crew: All students, please complete this survey to help OWL student organizers prepare for Youth in Activism Day.

Important Grading Dates for Quarter 3:
Mid-quarter grades NOW available on Campus
Progress 2 grades available on Campus 3/14
Last day of Quarter 3: 3/28

EL Site Seminar at OWL on March 5-6: We will be hosting a group of educators from across the country to learn more about our school program and the Expeditionary Learning model.

NO SCHOOL on Friday, March 7: District teacher Professional Development day.

Vision Screening at OWL on Wednesday, March 12: All 7th grade (and possibly some 6th and 8th) students

Regional History Day Competition: Saturday, March 15 at Johnson High School

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, 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!

Red Cross Blood Drive at OWL: Wednesday, March 19

STEM Day at OWL: Friday, March 21

OWL Abroad Trip to Spain, France and Italy leaves on Tuesday, March 25

Last Day of Quarter 3 is Friday, March 28.

Spring Break Dates: March 29- April 6: School resumes Monday, April 7.

Upcoming Fieldwork Dates:
Mar 5 Grade 11/12 English to Guthrie Theater—9AM
Mar 11 AVID 9 to Hamline – 9:30 AM
Mar 18 Brian's Classes to Belwin Nature Center
Mar 19 Hahn Leadership Trip

NEW! Ramadan has started! Students who would like to fast during the school day, may fast in Bridget's classroom, room 2608, during their lunch period. Students are welcome to pray in the map room, in between Bryan's and Bridget's classrooms.

Significance of Ramadan:

- Muslims abstain from food and drink from dawn to sunset as one of the five pillars of their faith.
- The common greeting Muslims use to welcome the month is to say Ramadan Mubarak, or Blessed Ramadan.
- Ramadan is the ninth month of the Islamic lunar calendar. The beginning of fasting shifts every year by about 10 days and rotates around the seasons.
- Muslims fast 29 or 30 days during the Month of Ramadan each year.

People Exempt from Fasting:

- Children below the age of puberty are not required to fast. However, many children start fasting at a young age to be part of the festive family spirit.
- The sick until they recover
- Pregnant women
- Breastfeeding women
- Travelers
- Elderly seniors who are unable to withstand the demands of the month.
- Women and girls during their menstrual period

What Happens during Ramadan:

- Families/community break the fast together at sunset.
- The meal for breaking the fast at sunset is called Iftar (fast breaking).
- Breaking the fasting usually begins with dates, water, juice, sambusa, and other light food.
- Muslims also pray together an extra night prayer called Taraweeh. This prayer lasts for over an hour each night of Ramadan. This affects sleeping hours.
- Muslims eat a pre-dawn meal called Suhur about an hour before sunrise

Ramadan Fasting and Schools:

- Students may need a place to stay at lunch time during the month.
- Students may need a space to pray.
- Students can participate in regular school activities that are not physically too demanding.
- Students may need testing accommodations.

More info at: https://en.wikipedia.org/wiki/Ramadan

NEW! The spring Fraquetball season is starting next week on February 28th! You can sign up using the link below or by scanning one of the QR codes posted around the school. Registration

ends on March 3rd so be sure to sign up quickly. Games will be held during B-day lunches so find someone in your lunch to be partners with! Please consider signing up if haven't before, it is a very beginner friendly game that you can pick up quickly and have lots of fun! Fraquetball is a 2v2 sport played with ping pong paddles down in the gym hallway during your lunch period, you will be matched up against another team around your skill level. At the end of the year you can play in a school-wide tournament for a chance at getting your name up on the wall in the fraquetball hallway!
If you have any questions or would just like to learn more about fraquetball feel free to contact the head commissioner at njohnson044@stpaul.k12.mn.us
Sign up link: https://forms.gle/EgNRk7bf4x91zd3D7

NEW! Registration for the OWL Manatee Ultimate Frisbee teams is active! Once again, we'll have three **middle school** teams. New this spring: we will be having games on Friday evenings instead of Sunday afternoons. Also, the fee is greatly reduced as we will not be playing in the MNU league but scheduling our own games at home (Humboldt fields).
There are two steps to compete for registration:
1. **Complete the Manatee Intent To Participate form** here
OWL Middle School Spring 2025 Ultimate Frisbee Registration Form
Please complete this form to register for the Spring 2025 Season of OWL Middle School Ultimate Frisbee

2. **Pay the Manatee team fee of $100**:
Pay via Venmo: @OWLBoosterClub (preferred).
You can also pay with cash or a check made out to OWL Athletic Boosters (turn in to Tim)
*Reduced or waived fees are available. Please let Tim (timothy.leone-getten@spps.org) know and we will gladly provide a partial or full scholarship.
All OWL Middle School students are welcome and encouraged to play on this team. No experience necessary. This is a great chance to learn the game.
Below is a brief overview of the Spring 2025 season. More detailed practice and game schedules and locations will be communicated by coaches in the weeks ahead.
Season Structure and Outline
March10 - Manatee player registration deadline
March 25 - Practices Begin (2 practices per week - Tuesdays and Thursdays 5-7)
Games - Fridays at 6:00 (April 14 - May 10)
May 17-18 - State Tournament, National Sports Center, Blaine
Let us know if you have any questions!
Thanks!
The Registration Team,
Doug & Sara Cowles dougcowles@gmail.com

NEW! Registration for the OWL Manatee HIGH SCHOOL Ultimate Frisbee teams is active! Once again, we'll have three high school teams: FMP Varsity, Open Varsity, and Open JV. Deadline to register is **MARCH 10**.

*Registration is a three-part process:
1. **Complete the Manatee Intent To Participate** form HERE
2. **Pay the Manatee team fee of $150**:
Pay via Venmo: @OWLBoosterClub (preferred).
You can also pay with cash or a check made out to OWL Athletic Boosters.
*SCHOLARSHIPS: Reduced or waived fees are available. Please contact Tim timothy.leone-getten@spps.org and we will gladly provide a partial or full scholarship.
3. **NOTE:** A Minnesota Ultimate membership is required to participate. However, if you played in the fall, then you are all set! We will simply add you to the MN Ultimate roster once we hear from you. If you did not play in the fall, fill out the intent to participate form and we will give you more information. A complete Player Registration tutorial can be found here. *Financial aid available by completing THIS FORM.

Our Middle School boys' basketball team
Here is the updated Middle School Boys Basketball schedule:

- **Monday, March 3, 2025**: vs Murray at Murray, 3:30 PM
- **Thursday, March 6, 2025**: vs Washington Tech at Washington Tech, 3:30 PM

For the most up-to-date schedule, please visit StPaulCity.org. We hope you can join us—admission is free for all games.
Thank you for your continued support!

High School Spring sports registration now open:
For registration process and more information, please visit Humboldt Spring Sports Registration.
Sports offered for HS students at Humboldt/OWL in the Spring:

- Softball
- Baseball
- Girls Badminton
- Golf
- Track and Field
- Boys Tennis
- Boys Volleyball
- Lacrosse (District-wide team)

Forms can be dropped off in the front office.
Contact Mr. Williams, OWL Athletic Director, andre.williams@spps.org
with questions

NEW! Golf Team Information: OWL has a strong history of student participation in athletics in partnership with Humboldt High School. OWL student athletes have made significant contributions to numerous athletic teams at Humboldt in the past.
My name is Ray Gonsalez, I am the Boys Golf Coach at Humboldt. I am inviting OWL students and parents to consider increasing the number of OWL students that participate on our Boys and Girls Golf Team. We have had a few OWL students participate in golf in the past but not close to the number that have participated in other Fall, Winter, or Spring sports.

I am asking all students interested in joining the Boys and Girls Golf teams at Humboldt High School to contact me for further information regarding the upcoming 2025 Spring Golf Season.
Ray Gonsalez
Physical Education Teacher, Health Teacher
Boys Golf Coach
Humboldt High School
ray.gonsalez@spps.org
651-744-5581

11th Grade Testing Dates - On **March 3rd,** 11th graders will be taking the MCA Math test during 1st and 2nd hour. Students will need to have a charged, updated iPad (in at least version 17).
On **March 11th**, 11th graders will be taking the ACT. This will be online this year, and students will not be allowed any access to any personal technology during this time. Lunch will be provided for students upon completion of the ACT.
Click here for test day information .
Information about the schedule and a survey was posted on schoology for students to complete.

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

NEW! Post-Secondary Enrollment Option Virtual Meeting Link: Click HERE to see a recording of the PSEO meeting in case you missed it. Contact Jolene with questions regarding PSEO: Jolene.yang@spps.org

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

DONATIONS NEEDED: The OWL Theater department is looking for donations for the spring play UPSTREAM!
If you have any of THESE MATERIALS LINKED HERE, please drop them off in the front office soon!

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:

Looking for a summer adventure?: Sea Change Expeditions leads **10-day sailing trips on Lake Superior** for teens this June. They have a steeply sliding scale for fees. Here is the link with more information: www.seachangeexpeditions.org/teen-trips

Family Coaching for Native American Families: Ramsey County is offering this program. For more information, go to this link: Family Coaching for American Indian Families

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

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.*



Timothy Leone-Getten
Timothy is using Smore to create beautiful newsletters