

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 8: Monday, March 17 is a **B day**.

Monday is survey day in Crew: This week, students, families, and staff are invited to nominate OWL staff members for recognition for outstanding accomplishments in the 2024-2025 school year. Do you know an OWL staff member who has gone above and beyond this year, perhaps by leading a club, coaching a team, or designing a great learning experience? Nominate them here.

Important Grading Dates for Quarter 3:
Progress 2 grades available NOW on Campus
Last day of Quarter 3: March 28

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

THIS WEEK! 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!

DONORS NEEDED! Red Cross Blood Drive at OWL: We are having a BLOOD DRIVE facilitated through the Red Cross this **Wednesday, March 19 in the OWL Gym**. We have some students signed up to donate, but we wanted to extend the opportunity to give back to the community to you, the families of OWL.
Please this link to sign up for a time to donate. The actual donation will take around 15 minutes, and snacks will be available. Thanks!

STEM Day at OWL: Friday, March 21

NEW! Join OWL Choir! 🎶 Love to sing? Choir is a fun, welcoming community where you can express yourself and grow as a musician. If you are interested in joining OWL's **Intermediate, Advanced, or Honors-level** high school choirs next year, **sign up here for an audition with Greta! Auditions (held the week after Spring Break) include:**
🎤 Singing a song of your choice with a karaoke track
🎶 A simple exercise from written notation (*reading music is not required but considered for upper-level placement*).
Questions? Email greta.cina@spps.org

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 18 Brian's Classes to Belwin Nature Center
Mar 19 Hahn Leadership Trip

NEW! Seeking meal donations for the teacher potluck buffet during Student-Led Conferences: OWL families will be providing a potluck buffet for the teachers in the afternoon and evening of Thursday, April 17th, 2025 during Student-Led Conferences. Please show your support by signing up to bring a food item or two to donate to the meal. Food can be dropped off during the day before 3PM. Here is the Sign Up Genius link- https://www.signupgenius.com/go/20F0444A4AC29A2F49-55642323-studentled

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 Brian's and Bridget's classrooms.

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
docs.google.com

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
March 17 - 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

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 17**.
*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.

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.
BADMINTON started the season off with a 5-2 win over Washington! The Hawks will have a busy road week, with 4 games on the road this week. Monday at Como Park, Wednesday at Johnson, Thursday at Edina and Friday at Highland Park. All matches start at 4:00pm.
BASEBALL starts today! All students grades 7-12 interested in playing baseball should report to the Humboldt cafeteria after school.

BOYS BASKETBALL saw their season come to an end in the section semifinals last week. **This was the first time the team won 2 playoff games since 1964!** The Hawks ended the season with 14 wins, **tying the most wins in a single season since 1978 and tying the most wins in a two season span since 1949!** Senior Pharroh Holliman was named All-Conference, while Junior Jakar Rice and Sophomore Fadil Alabi were named All-Conference Honorable Mention.
BOYS VOLLEYBALL starts today! Any boys grades 7-12 interested in playing volleyball should report to the Humboldt cafeteria after school.
GOLF starts today for boys and girls! Any students grades 7-12 interested in playing golf should report to the Humboldt cafeteria after school.
SOFTBALL just finished week one. Still not too late to join the team.
TRACK & FIELD started week one with strong numbers. They will kick off their competition season at the indoor meet at the University of Minnesota this Saturday (3/22).
GO HAWKS!

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

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

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

PSEO Application Due Dates: For current students in grades 9-11 interested in applying for Post Secondary Enrollment Option classes in the fall—here are the due dates for applications. To see the video of the PSEO information night go HERE. Students who are interested in PSEO should email Jolene for an appointment at 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

This month in Crew we are focused on women's history and gender issues. Students are exploring a few moments in U.S. women's history, perspectives on gender identity, gender equity at work and gender equity in the home.

NEW! Seed donations needed for crop art: Do you have any of the following seeds in your cupboard? Tom and Megan are seeking donations for crop art activities during Interim. Please bring donations directly to Tom or Megan.
· Canola
· Mung bean
· Amaranth
· Quinoa, red and white
· Yellow split pea
· Millet
· Flax, brown
· Wild rice
· Red lentil
· Lima beans
· Black beans

· Corn, various varieties

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

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! Children's Trauma Recovery Group: Go HERE for more information about a therapy group for kids ages 5-12 who have experienced or witnessed domestic abuse or sexual violence.

NEW! Interested in a full scholarship for an Outward Bound course in the Boundry Waters this summer? Go HERE for more information about how to apply.

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 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.*



Friday was the first OWL Olympics: students vs. teachers in a variety of fun events!



The teachers won big at Floor Hockey



The students were victorious at the "obstacle course"



The students won the Song Trivia contest on a high note!



The teacher team faced the music in defeat



The costume relay race was fun--who are these people anyway?



Timothy Leone-Getten

Timothy is using Smore to create beautiful newsletters