

The Longfellow Kangaroo



“kango” Wrong with the News!

A Year of Growth and Accomplishment

Spring 2025 Newsletter

Each season in a school year brings with it a new task to take on. In the summer months, we plan for the coming year. In the fall, we implement those plans as we start a new school year. During the fall we ask for feedback from our students, families and communities so that in the winter, we can modify and adjust those plans. I love each one of those times of year, but do believe my favorite time is the spring as we reflect on the brilliant learning from our students and the unflappable work from our staff.

Spring is where we have the chance to celebrate the culmination of all your hard work and dedication to yourself and your children. This year we witnessed better attendance, students earning higher grades toward graduation and students interacting more with our school and finding a sense of belonging as a Longfellow Kangaroo! I'm so incredibly proud of all each of you has accomplished this year. I continue to be honored to serve as your principal and wouldn't want to be anywhere else!

Congratulations to our graduates and while I'll miss you, I'm wishing you all a wonderful summer!

Ms. Christine

El canguro de Longfellow



"kango" ¡Qué hay de malo en las noticias!

Un año de crecimiento y logros

Boletín informativo de primavera de 2025

Cada temporada del año escolar trae consigo una nueva tarea. En los meses de verano, planificamos el año siguiente. En otoño, implementamos esos planes al comenzar el nuevo año escolar. Durante el otoño, solicitamos la opinión de nuestros estudiantes, familias y comunidades para que, en invierno, podamos modificar y ajustar esos planes. Me encantan esas épocas del año, pero creo que mi momento favorito es la primavera, cuando reflexionamos sobre el excelente aprendizaje de nuestros estudiantes y el trabajo incansable de nuestro personal.

La primavera es la oportunidad de celebrar la culminación de todo su arduo trabajo y dedicación a ustedes mismos y a sus hijos. Este año, presenciamos una mejor asistencia, estudiantes con mejores calificaciones para graduarse, una mayor interacción con nuestra escuela y un sentido de pertenencia como Longfellow Kangaroo. Estoy sumamente orgulloso de todo lo que cada uno de ustedes ha logrado este año. Sigo sintiéndome honrado de ser su director y no quisiera estar en ningún otro lugar.

¡Felicitaciones a nuestros graduados y, aunque los extrañaré, les deseo a todos un verano maravilloso!

Sra. Christine

Holiday Party

Thank you Holy Trinity for hosting our
Holiday Party



HO
HO
HO
!

"Tis the season to be jolly"



Galentine's



HAPPY
GALentine's
Day



Celebrating African American History



Celebrating African American History



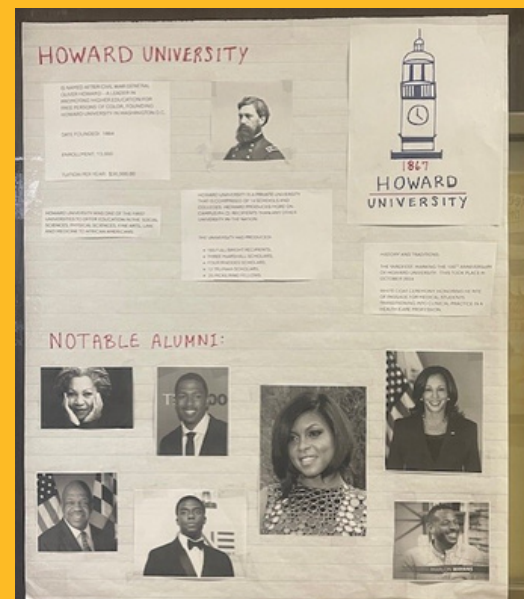
Celebrating African American History

HBCUs

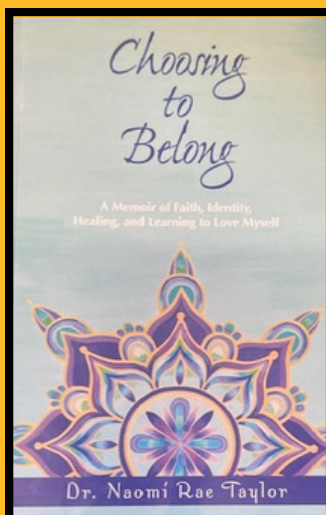
Door Decorating



• YESTERDAY.
NOW
• TOMORROW.



Dr. Naomi Rae Taylor,
author of *Choosing To Belong*, visited our school.



Q2 Awards



**WELL
DONE!**



Q2 Awards

WELL
DONE



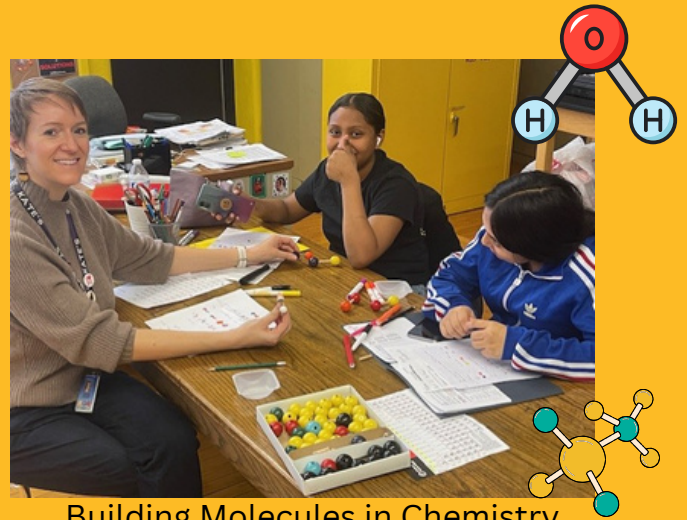
AWESOME!



The Latest Discoveries in Science



Studying Disease Data from the CDC



Building Molecules in Chemistry

Learning Together about Ourselves and the World



Dissecting a shark stomach - to discover what it eats!



Studying the digestive system of a shark



Dissecting the circulatory system - heart and blood vessels



Dissecting the respiratory system - gills

GABRIELLE BROWN

BRAIDING SWEETGRASS

LAMB EYE BALLS



The book *Braiding Sweetgrass* is about the indigenous culture's morals and beliefs. A pregnant woman fell out of the sky and landed on a turtle. She is sky woman. For the Anishinaabe tribe this is how Earth was made. My class and I learned that plants have stomata (mouths). My class compared store-bought nutrients to foraged nutrients. Plants and trees communicate through their roots.

Things I learned



PLANTS AND TREES CAN COMMUNICATE



THE IRIS CONTROLS THE PUPIL AND CONTROLS HOW MUCH LIGHT YOU SEE



D2BR Student Group

Pampering Retreat for Students
Learning the Art of Self-Care at Pamper Me Nail Salon



Pamper me Nails



Spa day



Relaxing



Soothing



Calm and tranquility.



Happy feet



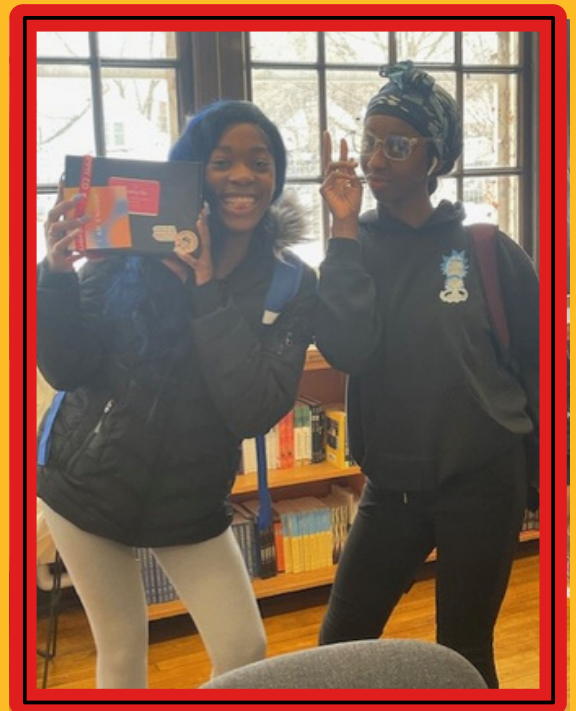
Pretty toes

D2BR Student Group

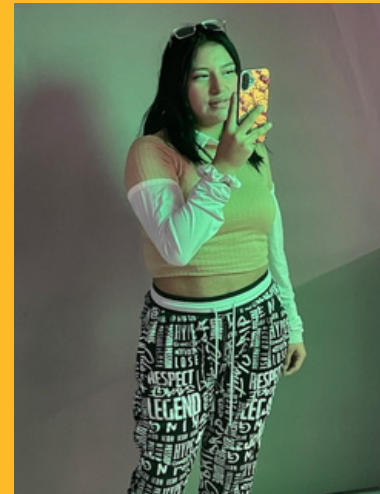
MOMMY CO 
NURTURING THE NURTURER



ALYSHIA JACKSON
MOTHERHOOD COACH



North Career & Technical Education (CTE) Center.



My pregnancy experience

By Sarah Mccaster

It was the end of spring, May of 2023. I was with my older cousin at her house with a few friends, and we all were waking up from a long and fun night. Then I suddenly realized I missed my period. So I asked my friend can she drive to the Walgreens to get me a pregnancy test. I was nervous, while thinking about what I am going to do if the pregnancy test turns out positive. Shortly before my friend came back from Walgreens, I started to feel a heavy pressure in my lower stomach. After noticing the uncomfortable pain, my heart gets to pounding out of fear. When my friend gets back from the store, I instantly feel the urge to relieve myself. After doing so, I waited the 2 minutes and boom, 2 red lines. I knew that it wasn't a false positive because the 4 test that I took all had 2 bold lines.



The first people I told were the people in the room, which were my friends and my older cousin. I felt too scared to tell my parents the moment I found out. But when I did my mom didn't believe the test, and told me to go get it finalized at the clinic. After I did that my mom and dad were in denial until I got my first ultrasound at 12 weeks .

From there me and my parents' relationship went downhill and so did my mental health and physical pregnancy symptoms. The deeper I got into my pregnancy so did my depression and anxiety. After about 2 months into my pregnancy I noticed that I had started to feel a pain that I never felt before in my pregnancy, which was gallbladder stones, but I couldn't find out what it exactly was while I was pregnant.

August of 2023 is when I found out that I was having a baby boy. I was so excited to find out I was having a boy instead of a girl. In a way I kind of knew that I was going to have a boy. My grandma, sister, and my mom were hoping for a girl, but they were still happy regardless of the gender. October 14th of 2023 is when I had my baby shower, and I was nervous before walking into the room. I had my baby shower at home because my son's father wasn't there with me. And I felt like my family was going to judge me. But when I got there everyone was showing me nothing but love and complimenting me on how pretty I looked.



After October, my blood pressure was starting to become more of an issue. And it got worse the farther along I went with my pregnancy.

In November of 2023 I caught Covid 19, and had it for about 2 weeks. Then right after I caught the flu, and that lasted for another week and a half. After me getting over my sickness my blood pressure just kept rising just 2 weeks before my due date. All I could really think about was what will I name my son, when will I have him, and will I have to get medically induced because of my blood pressure.

While being a little stressed out I finally figured out what I will name my baby boy during my appointment.

After waiting just about 3 days and 30 mins of pushing, me and my family welcomed my healthy baby boy.



Ja hkai Amir McCaster
7:55 PM 9 pounds
11oz 21 inches long



VOLLEYBALL

GABRIELLE N BROWN

LONGFELLOW HIGH



LET'S TALK VOLLEY

LONGFELLOW VOLLEYBALL

Longfellow volleyball is very different from traditional volleyball. At Longfellow we use a soft bouncy ball not a traditional volleyball. At Longfellow we play with more or less than 6 players. We just have fun.

TRADITIONAL VOLLYEBALL

In traditional volleyball you need 6 players, 3 in the front row 3 in the back row. When the ball hits the boundary line it is in and that's a point. Traditional volleyball is very different from Longfellow volleyball.

SPORTSMANSHIP

Something you should do in volleyball is have good sportsmanship; even if you lose. Lose gracefully, be a team player, and most importantly be respectful.

Pregnancy Experience

By Genesis Taipe-Jami

1. How did you find out you were pregnant?

I remember it was late October when I started feeling sick. The pain in my stomach was intense, and I had been missing school for several days.

One day, I decided to attend classes despite the discomfort, but the pain in my stomach worsened. It was then that I decided to visit a clinic to find out what was happening. After running some tests, I received an unexpected diagnosis: I was pregnant.

2. How did it make you feel to be pregnant?

When I received the news, I felt overwhelmed and confused. A mixture of emotions washed over me, including fear and anxiety. The prospect of becoming a mother at that moment seemed overwhelming, and I couldn't help but shed tears thinking it wasn't the right time to get pregnant, and that reality filled me with unease.

3. Was there anyone you were nervous about telling about your pregnancy? Why?

At the time, I was terrified to share the news with my mother, as she had never approved of my relationship with my child's father. In fact, she had always forbidden me from being with him, and despite her opposition, I had maintained a secret relationship with him from the beginning. The fear of her reaction filled me with anxiety and made me unsure how to approach the situation.

4. What health problems have you had during your pregnancy? Explain them and provide facts. During the first trimester of my pregnancy, I faced a series of health complications due to an infection. The experience was extremely uncomfortable, as I suffered from severe abdominal pain and, at times, even bleeding. This required frequent visits to the hospital, as I was unable to gain weight due to the infection. Furthermore, the infection aggravated my morning sickness, making that period even more challenging.

5. How have you coped with the health problems in order to feel better?

Dealing with health issues during my pregnancy was a constant challenge. There were days when I was simply trying to survive due to my lack of appetite and inability to gain weight. I was also undergoing treatment to eliminate the infection that had affected me. However, I found the motivation to keep going thanks to my baby. The thought of giving life and caring for my child gave me the strength to overcome the obstacles and focus on my recovery. With determination and support, I managed to overcome the challenges and continue with my pregnancy.

PREGNANCY EXPERIENCE BY GENESIS TAUPE-JAMU

5. . Is there anything that makes you nervous about being pregnant? Explain.

Now that I'm nearing the end of my pregnancy, a new concern has arisen: childbirth. I feel nervous and anxious when thinking about the birthing process, as I'm afraid something will go wrong, either for me or for my baby. I've heard stories about the pain and complexity of childbirth, which has increased my anxiety. The uncertainty about what might happen during labor is what worries me most, and I'm trying to prepare myself as best I can to face this challenge.

6. Do you want to share anything about your birth plan?

Although my baby hasn't been born yet, I already have a plan for the birth and the future. My intention is to give birth in a hospital to ensure that both my baby and I receive the necessary medical care. Once my baby is born, my goal is to find a balance between work and school so I can provide the future he deserves. I am committed to giving my child the best possible opportunities to grow and thrive.





D3- Destination to Diploma

Minneapolis College's Destination: Diploma to Degree (D3) program expands college access, improves student performance, and closes opportunity gaps. D3 allows students to work towards an associate degree for free while completing their high school diploma.

Congratulations on your achievement!



Ismaela Delgado Velazquez

Congratulations,

Ismaela Delgado Velazquez

Your positive approach and leadership have been invaluable to our school, and we will sincerely miss them. Wishing you the very best!

wishing our wonderful students all the happiness and success in the world. congratulations!

Congratulations

Bryana Mora Perez

on this significant achievement!

We are excited to see what you accomplish next.



Bryana Mora Perez

D3 Student Honorable Mention:

- Dulce Figueroa Sardinetas - will be continuing her education at Minneapolis College in Early Childhood Education
- Emily Vasquez - will be continuing her education at Minneapolis College
- Ciera Hill - completed D3
- Jeraldin - completed D3

Career & College Center

CONGRATULATIONS

You
Did It!

class of
2025

Scholarship recipients:

- Dulce Figueroa-Sardinetas
- Emily Vasquez-Guzman

Both D3 students will be continuing their education at Minneapolis College.

Graduates, please reach out to Ms. Lucia with any career & college support you may need after graduation.

The Power of a Diploma: Why Graduating High School Matters

Marquie Bowie

My sister graduated from high school and now attends Alabama State University💖



Why is graduating from high school important?

By Marquia Bowie



Graduating high school is important because you can't do much without a diploma, even worse you could make less money working low wage jobs. A high school diploma is a standard requirement for most jobs, and for higher education opportunities. Earning your diploma can unlock college and great career opportunities. This will show employers or colleges that you are able to manage your time wisely, participate in different activities and still succeed. Graduating is important to me because I want to do big girl things with my life and make a lot of money. I want to become a nurse practitioner and that requires a lot of education. I want to beat the statistics.

The Power of a Diploma: Why Graduating High School Matters

According to some people, black girls aren't smart and all teen parents are failures. Research shows that only about 50% of teen mothers earn a high school diploma by age 22, and only 30% earn a GED certificate. The combined diploma and GED rate of teen mothers is 70%.

I want to prove to myself and anyone who is doubting me that I am capable. I want to show my daughter that just because life gets tough don't give up.

Let's be realistic here, if you don't graduate high school you will probably experience a negative outcome like having to work low wage jobs, not knowing basic things, etc. To any teen mom that's in school or any student at all, if you need help ASK, don't be afraid to ask for help from teachers or peers, ask questions, find a mentor if needed. School is very challenging and hard but it is also very important, and can help you in so many ways.

With all that being said I want everyone to know that you can do it! Do it mad, do it sad, just make sure you do it. Stay focused on your goals, stay positive and motivated and keep doing your best. I love all you kangaroo queens, stay blessed with your crown held high. <3 xoxo

From the Entire Team thank you for a Remarkable Year

Dear Longfellow Students,

As we reach the end of another school year, we want to take a moment to reflect on the journey we've shared. This year has been filled with learning, growth, challenges, and triumphs. We've seen you tackle new concepts, develop your skills, and support one another. We are incredibly proud of your hard work, your resilience, and your dedication. Thank you for your energy, your curiosity, and for making this school community a vibrant place.

We hope you take time this summer to rest, recharge, and reflect on your own accomplishments. Cherish the memories made and the lessons learned.

Wishing you a wonderful and well-deserved summer break!

Estimados Longfellow estudiantes:

Al finalizar otro año escolar, queremos reflexionar sobre el camino que hemos compartido. Este año ha estado lleno de aprendizaje, crecimiento, desafíos y triunfos. Los hemos visto abordar nuevos conceptos, desarrollar sus habilidades y apoyarse mutuamente. Estamos increíblemente orgullosos de su arduo trabajo, resiliencia y dedicación. Gracias por su energía, su curiosidad y por hacer de esta comunidad escolar un lugar vibrante.

Esperamos que este verano te tomes un tiempo para descansar, recargar energías y reflexionar sobre tus logros. Atesora los recuerdos y las lecciones aprendidas.

¡Te deseo unas maravillosas y merecidas vacaciones de verano!

THANK YOU FOR CONTRIBUTING TO THE NEWSLETTER

Students

Marquia Bowie
Gabrielle Brown
Sarah Mccaster
Genesis Taipe-Jami

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Jennifer Atterberry
Lucia Mendez
Christine Saguinet
Lauren Tolbert
Sharon White

Meet the School Board



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Term: 2025-2029

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Term: 2023-2027

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At-Large



Board of Education, Student Representatives



Lyn Ampey

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Term: Feb. 2025–Dec. 2025

Citywide



Isiah Martin

Student Representative

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Term: Feb. 2025–Dec. 2025

Citywide

Every brushstroke, every sketch, every mistake
is just part of the journey to finding your unique
voice.

Don't stop creating!"