

Longfellow Kangaroo



“kango” Wrong with the News!



Welcome Back, Longfellow Community! A New Year Begins

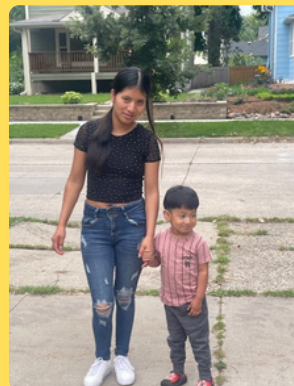
We are absolutely thrilled to welcome all our students and families back for the start of the new school year! The halls of Longfellow High School are once again filled with energy, and we can't wait to embark on another year of learning, growth, and achievement.



New Student Cell Phone Policy: Enhancing Learning and Focus

In compliance with new Minnesota state legislation, Minneapolis Public Schools has adopted a updated policy regarding student use of cell phones and personal electronic devices during the school day. This new policy is designed to minimize distractions, improve student mental health, and maximize instructional time in the classroom.

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Longfellow Cell Phone Policy

The research is clear on cell phone use and its negative impact on our mental health. We have become reliant on smart devices to keep us in touch with the world 24/7/365. This constant connection has its upsides, but the downsides have had a clear negative impact on our daily interactions with one another and with setting boundaries for ourselves and others. Staff must act as role models for students regarding proper cell phone use. Please place your phone on vibrate or silent mode during class/student contact time. Do not take calls during critical instruction time, PLC time, or special meetings unless it is an emergency. Please be sure to secure your phone during the school day.

Student Cell Phone District Policy 5210

Possession and use of personally owned devices at school is a privilege, not a right. All MPS high schools follow the MPS District Policy 5210.

High school students may have personal electronic devices (cell phone) at school, or at school events off campus.

Students shall secure their cell phone either out of sight and turned off. Students may not take phone calls/facetime/text during class time, including taking a phone call out in the hallway during class time.

High School student use of cell phones is limited to:

1. Before and after the regularly scheduled school day.
2. During the student's scheduled lunch period.
3. During passing time between classes.
4. During the school day by permission from the school principal or principal's designee for pressing personal reasons.

Once again, your use of a personal cell phone at school is a privilege. Use of cell phones in a school setting can present problems in our learning environment. We wish to help you maintain the proper use of your cell phone at school.

Student use of electronic social media and/or filming of classroom activities is strictly prohibited. This includes filming of fights/conflicts, posting to any Social Media or online pages, use of instant messaging, video chats, and other similar types of online presence. Posting of such activities will result in disciplinary action that may include suspension or removal from school.

Students will put their cell phones away during class time and may not use it during class or when/if they leave to use the restroom. Per MPS District Policy 5210, cell phone use is not permitted in restrooms at any time.

The following steps will be taken to support students in having healthy boundaries and valuing their education through proper cell phone usage:

First: Teacher redirects/reminds student to put phone away

Second: Teacher calls main office to ask for a cell phone pick up and phone will be picked up at the end of the school day

Third/Student refusal: Student referred to Dean and phone will either be held for remainder of day or picked up by caregiver.

Fourth: Meeting with caregiver, dean, principal, social worker to discuss support plan for healthy boundaries with cell phone usage.

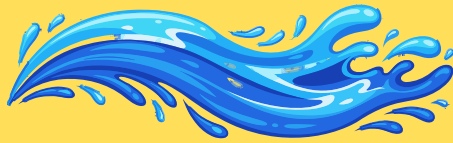
Staff should not have to get into a power struggle with any student. If you are having difficulty with responsible use of your cell phone, we will move to step four (above) to support your health and well-being.

Longfellow Students Enjoy Scenic Cruise Down the Mississippi River



Longfellow's annual river cruise offers students a scenic escape on the Mississippi. Enjoy the sights, relax with friends, and strengthen community bonds.





Hispanic Heritage Day

By Sandra Huachichullca Lara

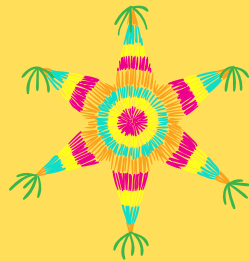


Hispanic Heritage Day is celebrated on September 30th. On Tuesday, September 30th, at Longfellow School at 12 noon, we met for lunch and shared various foods brought by the students and teachers. Jazmin also brought a typical Mexican dish, some delicious tamales, which were very tasty. Then we returned to classes, and at 2 pm we met in the gym. There were some people there who gave us information about where we could find work and also help with studies in the afternoon or morning. They were telling us about many other things. After that, Vanessa arrived with her friend, and they started talking. She said that her parents were also immigrants.

Vanessa told us a little about her life and said that she was studying and graduated from high school, but suddenly she didn't want to study anymore and went to Spain for two years. When she arrived there, she started teaching English, and she liked it so much that she returned to the United States and resumed her studies and pursued a career she had always wanted: teaching. She felt proud and admired herself for now being a teacher and working with students from different public schools, and she especially loves working with Latino students.



she also told us that she has visited Ecuador since her parents are from Ecuador, and she started talking about the typical food as the main thing: Potatoes with guinea pig, Encebollado (fish stew), Ceviche, Chaguar Loco (a type of stew), Potatoes with pork rinds, seafood, and there are many more delicious dishes. Since I am also Ecuadorian, I also know about folk dances and a beautiful cuisine. Vanessa's friend, who was also born here in the United States, spoke about her parents, who are also immigrants. Her mother is from Puerto Rico and her father is from Mexico, but she said she identifies more with being from Inca because she has traveled far and wide and knows the customs and traditions there. There, too, the gastronomy, folklore, and typical dishes are very important. She also named many typical and delicious dishes from her country. She said she was happy to be a teacher and work for public schools, and she said it's never too late to resume studies and that we should fight for what we want to be and take advantage of the opportunities that come our way, since this country offers many opportunities.



Escarleth also spoke, saying that she too is from Ecuador. She said that there are many typical foods and folklore there, and if anyone wants to visit Ecuador, they should because the people there are very kind and understanding. They will welcome you with open arms and show you the beautiful and magical places that exist in Ecuador. She also said that we should fight for our dreams and goals because God will always be with us, and with His help, everything we set out to do can be achieved. Finally, Ashley spoke. She is from Nicaragua, and she said that they also have many typical dishes and are dedicated to folklore. When she was in her country, she liked to dance and participate in dances, and one day, unexpectedly, she decided to emigrate to the United States. She said that the journey went well because her smuggler treated her well, and she almost traveled alone by plane. She had dual nationality, one from Mexico and one from Nicaragua, and, thanks to God, she arrived safely with her daughter because she was pregnant. She thanked God for putting good people in her life and also thanked the school for supporting her. Here at school, she feels safe, that we are her second family, and that she is very grateful to all the teachers and classmates. She also thanked other people who were there, and finally, Ms. Christine spoke and thanked them for sharing some of their lives and traditions, typical foods from different countries, since everyone is very interested in knowing where we come from and what we like to do. And finally, she said, "My daughters!"

School Spirit





D2BR Student Group



We were so fortunate to host Sam Knight, author of the life-changing book ***You Are Powerful***. Her personal story struck a chord with the D2BR student group, particularly her honest discussion about feeling defeated and powerless while navigating everything from childhood trauma to complicated adulthood.

This isn't just theory; it's a collection of real-life stories detailing her journey to the rewarding stage of acceptance. It's designed to help you dig deep, cope with life's toughest battles, and ultimately, break through the things holding you back from becoming your most powerful version.

You are powerful, and the only person who can take that power is you. Let's make sure we not only dive into this incredible book to take our power back, but that we never give it away again.



Every student received a complimentary copy of *You Are Powerful* to keep!

MY IMMIGRATION STORY

Hello, my name is A.E.L.P. and I will tell you about my arrival in the United States.

It all started when I was 17 years old and living alone in Nicaragua. My mother was already in the United States and suggested that I come with her, but I would have to emigrate alone and that scared me so I was very undecided. A month after her proposal I realized that I was 5 months pregnant and that helped me accept coming alone.

I began my journey on March 11, 2024. That day I said goodbye to my entire family and my sister, who is my life, was the one I felt the most sorry for leaving. I remember that I didn't want to let go of her, but I knew it was the best thing for me and my baby. The taxi that was going to pick me up arrived to take me to the border of Honduras and Nicaragua, and so this journey began.

That taxi picked up a Cuban woman named Claudia. We talked and became friends. We arrived at the border but we couldn't cross so the coyote took us to his house and there we spent the night. A coyote is a person who helps you cross in the USA. The next day at 5:00 am we were crossing the border from Nicaragua to Honduras and they took us on a motorcycle to a bus station that would take us to another bus.

After taking the second bus, a taxi picked us both up and it took us to the border of Guatemala and Mexico. We crossed at 4:40 am and crossed a river in a boat with 30 other people. Then a group grabbed us and put us on a bus where we had to stand and since I was pregnant it was difficult for me. They got us off and took us to an isolated house and we gave them our money. After that they put us in taxis and that taxi left us in a park in Chiapas Mexico there I was left alone and my coyote sent someone to pick me up.

That person took me to his house and there was his whole family, his wife and his son. They moved me to a room and gave me food. That same night an Ecuadorian family arrived and took me in. We spent 7 days there. Afterwards, they moved us to Tapachula, Mexico. We went to another house where they gave us food. And there we spent two weeks and they moved us to another place and in this third house they did give us food.

Then we went to Mexico City and we were there for 4 days. Then we took a flight to the border. We arrived and some people were waiting for us and took us to be two hours from the border. There we only had to wait for our departure to cross. That same night I left at 10:00 pm, I crossed the border at 1:00 am, I had to walk back and forth until 7:48 am. I must confess that being pregnant and walking so much was very difficult and painful to the point of not being able to walk, but there were always good people on my way and they helped me. An American family arrived and gave us cookies and water and blankets. With that we got through until immigration arrived and took us to an area where they took our belongings and made us take off our sweaters. They put us on a bus and took us where there were many more immigrants.

They took me to a hospital and a very good officer accompanied me all day and night in the hospital. Then we returned to the place where there were many more immigrants. They gave me medication and took me to an area where there were many children. They gave me 5 minutes to shower and change clothes, then they gave me food and let me sleep for about two hours. Then at 5 am they called me and put me on a minibus with other young people. They took me to a very nice shelter. There were only girls and I didn't know about the rest, because they only took me to the shelter. I was there for 6 weeks and then they put me on a plane and I arrived in Minneapolis, Minnesota, with my mother.

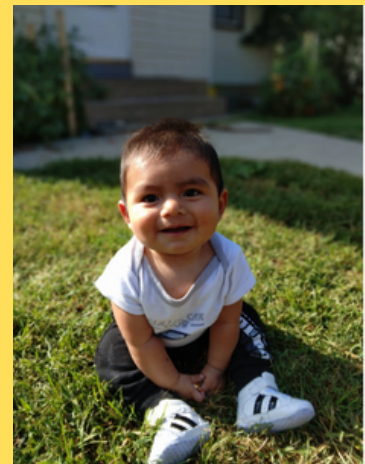
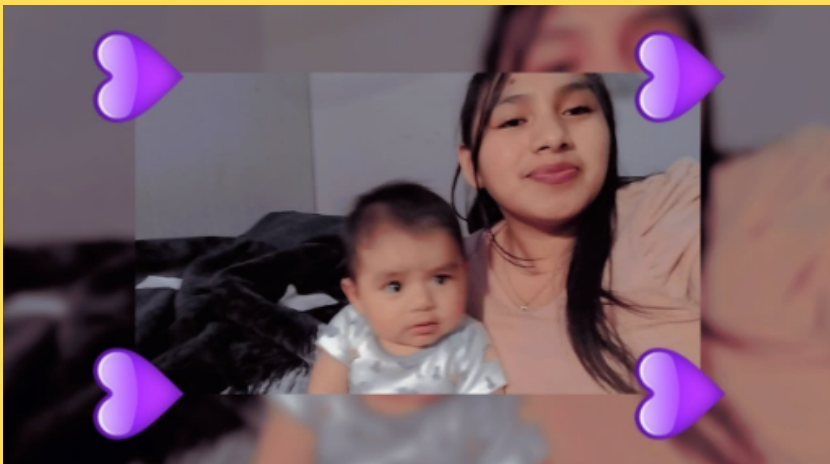
A.E.L.P.'s journey from Nicaragua to Minneapolis is a testament to the unyielding hope of a mother determined to create a better life. We are honored to welcome her and her baby into our community.

A MOTHER'S LOVE

BY KENDY LOARCA GARCIA

Motherhood: How am I doing in motherhood? It is a special role for which I have given thanks, a stage that many describe as transformative, intense and full of meaning. Happiness in motherhood IS an unconditional love that is created between me and my son. It is unique and deep, a form of pure and sincere love and it is unlimited. For me, motherhood gives purpose to my life, a reason to wake up every morning and a greater objective to dedicate myself to. It helps me move forward, an aspect that before I did not believe I was capable of experiencing, and achieving well. In each birth a mother is born. It is there, at that moment, at that same instant where I had a great change that only the love for my son can achieve: The love I feel for my son is incomparable; motherhood makes me strong and proud in many ways. My baby is my greatest happiness. Although there are difficult days, there are ups and downs, but my little baby is my reason to continue forward. Each achievement of my son, each smile, new perspectives, seeing the world through the eyes of a child allows you to see the beautiful little things at birth.

When my baby was born I saw he was such a fragile and defenseless baby; motherhood can give a sense of purpose and meaning to life that goes beyond the personal. Becoming a mother can give a sense of purpose and happiness. I can say that I feel happy that I enjoy every time I am with him. When I hold him I enjoy the time I spend with my baby, but there are also days when I feel tired and depressed, but for my son I get up because when I am by his side I feel so happy that I can't explain the happiness. All tiredness and stress goes away. Being a mother is very beautiful, the most beautiful stage of my life, but nobody said it would be easy taking care of a baby. But everything is possible because of the great love we have for our children. At first when I found out my baby was on the way it was a great happiness and it will be forever, but I also said that I couldn't take care of such a small baby so fragile. I said that I wouldn't be able to, but yes, it was possible. Everything is possible. It's not easy, but it's not difficult either. Because of the love I have for him, it was possible and I continue learning.



Most Impactful Day: Becoming a New Mom

By Ta'shayla Howell

I never thought that I'd be here wondering about having a baby. But I sit here today thinking how am I gonna do this? What am I getting myself into? Am I ready? Can I do this? Do I actually want this? Is my family gonna be happy for me for real? I just don't know. Tell me how new mothers do it when they go to the store, get a test and take it. Wait, it's been five minutes looking at the test that says you're pregnant. When I found out I was pregnant I was just stuck, like is this real? Am I really gonna have a baby? What should I tell my mom? My dad? My family? How do I tell them I'm having a little me? I'm just thinking, just asking God what should I do? Talking to him, he says my child I'm giving you a chance to change and do what you have to.

Let's talk about before I found out I was pregnant. Before I was ready to just lose it, I was ready to just give up on myself. When I was in school they said I wasn't gonna graduate on time because I was missing some credits and I would have to go to summer school and another year at school. I said ok until summer came, and I can tell you I wasn't going to summer school. I tried to make it but in reality I did not wanna spend my summer at school. So I didn't go. I gave that up. I was saying I'm not going back to school. I was saying I'm just gonna get a job and just move on from there. But nope God had a different plan for me I guess. So a couple weeks later I was throwing up. I thought I was sick until I kept throwing up. I was like no what's going on? I called my mom, "Mom. I'm throwing up like crazy. What is happening?" My mom was like, "Do you have a bug? Are you pregnant?" "Pregnant yeah ok." Then she was like, "You need to go see." I was like, "I can't."

Every time I took a test I wasn't pregnant, so I went to the store to get a test and the same day I took it. I'm on the phone with my mom waiting for the test results.....I saw it. I got silent, "Mom mom it says positive. Mom, what do I do?" She was like, "I knew it because you don't just throw up for no week straight." I didn't know what to say so I told the father of my baby, asking what are we gonna do? He was put away for a little while asking him if he wanted to keep it? He said yes. I said I kinda want to keep it too. So I told my family, seeing what they were gonna say about us keeping the baby. Everyone was actually happy for me and was happy I was having a baby. My auntie was like, "Yep I'm the God mom." And everyone else was like, "My first niece is having a baby omg." So then I started to work on what I needed to do after that, like finishing school, getting my diploma, working and learning what I need to do about being a mom. The end.



Moms & Munchkins Pumpkin Costume Party!



Moms and students truly embraced the spirit of the season, showing off their creativity in a fantastic display of costumes!



COSTUME PARTY



Pumpkin Party



Pumpkin Party Extravaganza! fun-filled afternoon of pumpkin decorating, seasonal treats, and book give away.



Career & College Center

Hello Longfellow!

My name is Kim Young! I am your new Career and College Readiness Coordinator here at Longfellow!

I come from many years working as a licensed social worker in a variety of settings, helping youth and families reach their full potential! I am so excited to be here!

Upcoming Events

- ★ **November 13th**- Pillsbury United Presentation on their Career & College Pathways Program [Career Pathways Program](#) | [Pillsbury United Communities](#)
- ★ **December 1st**- Blanca Chavez, Phlebotomist, presentation
- ★ **December 3rd**- Construct Tomorrow Field Trip. More details to follow!



Ms. Kim
Career & College Coordinator

 **Office Hours**
Monday - Thursday

Services:

- ✓ Exploring career options
- ✓ College Applications
- ✓ FAFSA/Financial Aid info
- ✓ Figure out plan after high school

Connect with me!

 Kim.Young@mpls.k12.mn.us



**Need a plan after high school?
Stop by RM 102 (CCC)!**

Students, you can reach me at kim.young@mpls.k12.mn.us or call/text 612-361-7626!



Thank you to our Newsletter Contributors

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