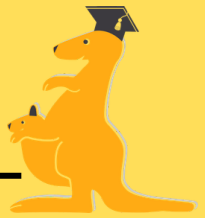


Longfellow Kangaroo



Kango Wrong with the News!

Our Journey Together

As we reach the final weeks of this school year, I have found myself reflecting on what makes our Longfellow High community so uniquely powerful. We have experienced a year of intense challenge together—from the recent anxieties regarding community unrest to the daily, courageous work of balancing parenthood with your own educational journeys. Longfellow students are the heartbeat of this building. Whether you are returning to us now after a period of absence or have been here every single day, please know that you belong here. This building is, and will remain, a safe harbor for you and your children. I want to speak directly to the questions many of you have regarding our school's future. As you may know, Minneapolis Public Schools is facing a difficult budgetary environment for the 2027 school year, and Longfellow will need to adjust how we operate to meet these new constraints. Change is never easy, but I want to be clear about what will not change: our commitment to you.

While our internal structure will look different next year, we will work hard to design our model to ensure that you continue to receive a robust, high-quality education and the social support you deserve. We are thinking creatively and strategically to maintain the essence of Longfellow—a space where you can pursue your academic goals while caring for your children.

We are not closing our doors; we are evolving them. Our primary focus throughout this transition is to ensure that you have the resources you need to succeed. As we finalize our new model in the coming weeks, I promise to maintain open lines of communication. You will be the first to know the details of our schedule and support structures as they are solidified.

For now, I ask that we hold space for one another. Continue to lean on this community. Celebrate the progress you have made this year, no matter how big or small it may feel. Thank you for your trust, your patience, and your incredible strength. You are building a future not just for yourselves, but for your children, and we are honored to walk that path with you.

With gratitude and hope,
Ms. Christine

Principal, Longfellow High School

Navigating Motherhood

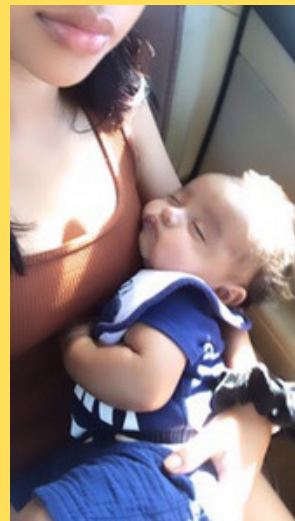
My Pregnancy Experience

By Jani Lima Lopez

I found out I was pregnant after noticing changes in my body. I felt very tired, had nausea, and was sleeping more than usual. At first, I thought it was just fatigue because I still had my period and my first pregnancy test was negative.

However, in September I took another test, and it came back positive. I felt surprised, scared, and happy at the same time. I was especially nervous about telling my mom because I thought I had disappointed her, but she supported me and was excited to become a grandmother. During my pregnancy, I experienced nausea, dizziness, and a lot of tiredness. These symptoms are common in pregnancy because of hormonal changes. I tried to rest more and follow my doctor's advice to feel better. I was also nervous about giving birth because I did not feel prepared, but hearing my baby's heartbeat and seeing him in the ultrasound made me feel stronger.

Becoming a mother changed my life, and now I feel proud of the person I have become.



My Pregnancy Experience

By Rosa De Jesus Vazquez

For most girls, finding out they're pregnant at 16 is scary. For me, the day I found out I was so happy. Don't get me wrong, I was also a bit scared of what my family would say. But overall I was thrilled to become a mom, me being able to carry a little person in my body, me being the only thing she needs to be healthy and to grow.

The day that I found out was December 24, 2024. I was at my aunt's house. I was checking my flo app and it said I was supposed to get my period 12 days ago, and I always got my period on time. I told my boyfriend about it and he asked me if I wanted him to get me a test. At first I said no because I didn't think I could be pregnant. But I was thinking about it throughout the day and ended up asking him to bring one. Later on that day he came and dropped it off. I decided to take it that night and it came out positive. I was happy. I told my boyfriend, cousin and sister. My boyfriend was happy. We were also a bit scared but happy overall. We started coming up with names. My cousin was scared of me more than I was. But she told me that she would help me with whatever I needed before she left for the military.

My boyfriend and I tried making an appointment but every time they asked me for my insurance number, and I didn't know it. I didn't want to ask my mom because I wasn't ready to tell them. I wanted to tell them when I was ready. I waited one month, then it turned into seven months. Throughout those seven months I only went to the hospital one time. I went to the hospital because I was having a strong pain in my lower left side of my stomach and my boyfriend took me to the emergency room. They made me check in, while waiting for them to call me in. I called my sister to come and meet me at the hospital. They called me in and gave me a warm blanket, then my sister arrived with her best friend since they were together while I called her.

My Pregnancy Experience

They did an ultrasound and they told me that something in my lower stomach had ruptured but it wasn't anything serious. They did another thing. I don't remember what it was, they just made sure the baby was okay and growing well and she was. They also said that I had a UTI and they gave me some antibiotics. We spent hours in the hospital. Then we went home. My parents didn't ask me anything because they thought I was hanging out with my sister.

The day before I told my parents, we had gone to the park and it was a long day. When we got home I went to my room and fell asleep. My mom came up to my room to say goodnight. I was laying on my side and forgot to put a blanket over me, so she saw my little bump. The next day I had skipped school because I wasn't feeling good. I ended up going to Starbucks. While I was at Starbucks I got a call from my mom asking me where I was because the school had called her saying that I would get dropped from the district if I didn't go to school. After that call, a teacher from the school called me and asked me to go back to the school so we could have a talk. When I got to the school the teacher was waiting for me. She took me to her office and she asked me why I didn't want to go to school. We had a long conversation and I started to get emotional and ended up telling her about my pregnancy. She gave me a hug that I really needed. She told me that she would help me tell my parents and she also asked me if I wanted her to make an appointment at firstcare, I said yes. I appreciate everything that she did for me.

Later that day I got home and my parents were already waiting for me. We started off the conversation with where I've been skipping, and why I didn't go to school. Then my mom asked me about the prenatal vitamins that she had found a few months ago that I had lied about. I came clean and told them I was pregnant. They were disappointed but overall they just wanted to make sure that the baby was okay.

My Pregnancy Experience

They called my boyfriend's parents to tell them. And they made a plan to meet up and discuss what was going to happen. My boyfriend and I wanted to be together, but my parents didn't want me to move out yet. My mom wanted to make sure the baby and I got everything we needed to be healthy. She also wanted to take care of me after birth. My boyfriend decided that he would be living with me. He moved in the day we came back from the hospital.

On Monday, August 12, at night I started with contractions without even knowing I was having them. They felt like cramps. At first they were like normal cramps. But they kept getting stronger and I didn't sleep the whole night. On Tuesday morning I told my mom about the cramps and how I didn't sleep all night. She told me that I should go to the hospital. I said no that I could wait it out but then they started getting stronger. My dad ended up taking me to the hospital. I called my boyfriend to meet me at the hospital. When we got there they took me to a room to check how dilated I was, they told me that it wasn't much and they asked me if I wanted to go home or if I wanted to stay in the hospital. I told them I would like to go home. I got home and tried to take a nap, but couldn't.

At 9pm the contractions started getting more painful so I went to the hospital. They had checked again and they said that it was enough for me to go to the birth room. When I got to the birth room I lay on the bed, and I was in labor for the whole night. At 5:22 my baby was born. The nurses weren't ready. They were going to check how dilated I was but I pushed and she came out. They put her on my chest and I cried. I got to hold her for the first time. She was beautiful. My boyfriend cut the umbilical cord and they let me breastfeed her. After that they took her so that they could swaddle her, and gave her back to me. They took me to the postpartum room and I got to take a nap while my parents and my boyfriend were watching over the baby. My boyfriend got me Starbucks and chipotle.

My Pregnancy Experience

My birth experience was long and painful but it was also the best day of my life, finally being able to see the little person that has been growing in my belly. She was born on her exact due date. The day that we went home from the hospital was on August 14. I got her a cute outfit and we went home.

And now I have a beautiful baby girl that I get to spend time with, and I love her so much. She has become my best friend and my whole world. I am happy that I have a little family, and a boyfriend that has always been by my side. I am so grateful to see her grow up. She's now going to be 7 months old. I love my baby and boyfriend.



My experience with my first pregnancy

By Ashley Lopez Puerto

Everything happened so fast, it was a complete surprise. I was in my room on my phone, and I'm very thin, so suddenly my stomach shifted to the right. It was a small, slightly large lump, and I was scared because it had never happened to me before. I called Rosa, who was my dad's ex-partner, but I lived with her. She didn't know what to tell me; she hadn't expected it either. She said she would take me to the doctor the next day...

I spoke with my sister and she asked me, "Aren't you pregnant?" to which I replied that I would take one of those tests they sell in stores. So I went to the store and bought one, took it, and it came back positive. I didn't want to accept it, so the next day I went to the doctor for a checkup, and the doctor ordered an ultrasound. That's when I realized that I was indeed 5 months pregnant; my baby was already fully formed. I was scared because it was a surprise I wasn't expecting.

So I got home, told my dad, and confirmed it. Then I texted my mom the news, since I was going to immigrate to the US in two days. My mom was in the United States. She decided not to take away my opportunity to come, and I accepted. So I spent most of my pregnancy immigrating. A month after leaving my country, the nausea, sleepiness, constant hunger, etc., started. I had a few bumps along the way until we arrived. I went to a hospital, and there they told me the sex of my baby. Then I continued my journey and arrived in Minneapolis, Minnesota. Here I received better medical care and was able to get better care for my pregnancy.

My experience with my first pregnancy

I was 9 months pregnant and they gave me a due date. The day arrived and I was very nervous. They examined me, but I was still only 2 centimeters dilated and wasn't dilating much. So they focused on dilating me faster, and that's how I started to dilate and my labor began. It was complicated because my baby had the umbilical cord wrapped around her neck and had also defecated inside my belly, which they didn't know until they delivered her after almost 3 hours of labor. In the end, everything turned out well.

Then they moved us to another room, and that's where things got complicated. I had an infection, and it spread to my uterus, causing my body to tremble uncontrollably, giving me high fevers and high blood pressure. Then I started to get delirious, and the doctors began to examine me. After a while, everything subsided except the fever. I managed to stand up and go to the bathroom, and when I took off my underwear, a 9-pound blood clot immediately fell out. After that, everything was normal, and my recovery was very good.



My pregnancy experience

By Lesly Loja Guasco

How did you find out you were pregnant?

I was with some friends and my cousin and I took the pregnancy test, and my friends waited to see first if it came out positive or negative, and then they screamed excitedly and told me that it came out positive.

How did it make you feel to be pregnant?

I was afraid and very nervous because I didn't know how to tell my parents and my brothers.

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

Yes, to my parents and my brothers, because they told me to take care of myself, so that I could continue studying because taking care of a baby is not easy.

What health problems did you have during your pregnancy? Explain them and provide facts (might need to use outside sources)

I didn't have problems during my pregnancy, but once I jumped from something moderately high and it caused me a very very bad pain, so I went to the hospital and they gave me medication. I would say that during pregnancy we should be careful about lifting and doing risky things.

How did you cope with the health problems in order to feel better?

During the time I was pregnant I didn't have many problems with my pregnancy, so I didn't need much care.

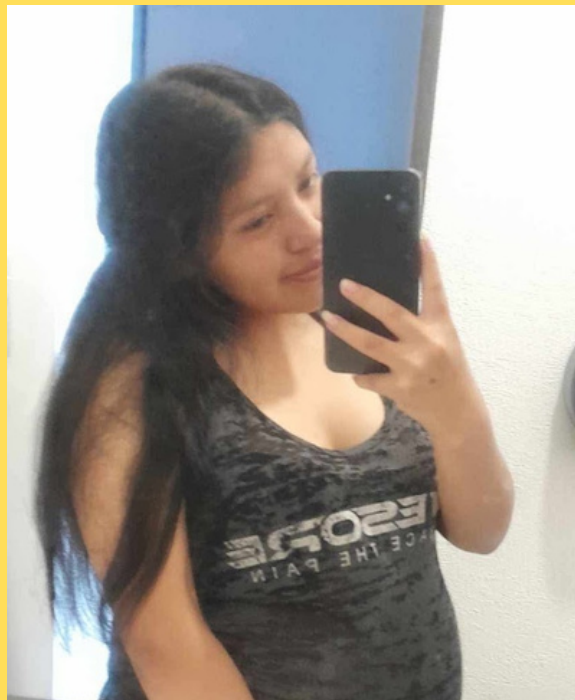
Is there anything that made you nervous about being pregnant? Explain.

Having problems during childbirth or the baby having a health problem are among the many things one thinks about when giving birth or being pregnant.

My pregnancy experience

Do you want to share anything about your birth plan?

I started feeling contractions around 3am, but they were mild and not painful at all. I had an appointment at the clinic that day to check on my baby and make sure everything was okay. I went to the appointment, and they told me I had to go straight to the hospital because I was already dilating. I arrived at the hospital around 4pm. I started feeling pain. By 6pm, the contractions were more frequent and more painful, and my baby was born at 8:10 pm.



A Visit to the Career and College Center

By Nyankuer Marial

I interviewed the Career and College Coordinator Ms. Kim Young. She works at the Career and College Center. It's in room 102.

Q What do you do in the career center?

A I help students decide what they want to do after high school, whether it's college or starting a job somewhere.

Q How do you help them do that?

A I help students apply for colleges or financial aid or help them get ready for a job by creating resumes.

Q How many students come here?

A Any student in the whole school can come here but often it is students who are nearing graduation.

Q Do you help students follow their dreams?

A Yes I do and that is one of my first questions for students: What is your dream job?



Q How about you, what is your dream job?

A I would like to work with dolphins to be a marine biologist if I didn't have to go to a lot a lot of school.

Q How can I decide what I want to do in the future?

A You need to think about what you can see yourself doing, what makes you happy, and what are you good at. At the College and Career Center we ask you some questions to help you figure it out. And we can get information about many colleges to help you choose. Do you want to go to college or get a job?

A I want to go to college. But I'm not sure what I want to do yet.



From the Student Kitchen

Rosa De Jesus Vazquez

Chocoflan



This is the chocoflan I made.

Chocoflan also known as “impossible cake” originated in Mexico in the mid 20th century. Lots of Hispanics all over the world make this cake for parties and holidays. The reason why it’s called impossible cake is because the batter and custard are poured into the same pan but they reverse position while baking.

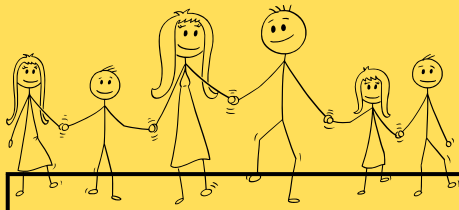
INGREDIENTS

- Flan ingredients
- Half a stick of cream cheese
- One can of evaporated milk
- One can of sweetened condensed milk
- 4 eggs
- 1 ½ tbs of vanilla
- Chocolate cake
- ¾ cup of cocoa powder
- 1 ½ cup of granulated sugar
- 1 ¾ cup of All purpose flour
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp of salt
- 2 eggs
- 1 cup of milk
- ½ cup of vegetable oil
- 2 tsp vanilla extract
- 1 cup of brewed coffee or boiling water
- Caramel
- ½ cup of granulated sugar
- 2 to 3 tbsp of water



Preheat oven to 350*

In a pot add ½ cup of sugar and 2 to 3 tablespoons of water, on minimum heat. Stir until you see it forming into caramel. In the fluted cake pan spray PAM easy cleanup and spread it with a paper towel. Then add the caramel on the mold. In a blender add half a stick of cream cheese, evaporated milk, vanilla, and 4 eggs. Blend for about 2 to 3 minutes. Then strain it into the mold. Put it in the oven with a tray with water. Leave it for 55 minutes. 5 minutes before the timer goes off, start making the chocolate cake. You can either make your own chocolate cake or use a store bought chocolate cake. I like making my own and this is how I make it. In a bowl add all the dry ingredients and mix them together. In a separate bowl mix the wet ingredients. Once you have them ready add the wet ingredients into the dry ingredients and mix. Add the chocolate cake batter into the mold. Put it back in the oven for 1 hour and 10 minutes. Take it out of the oven and let it rest for at least an hour.



Children are ...

A marzing, cherish them	N oble, esteem them
B elievable, trust them	O pen- minded, hear them
C hildlike, let them	P recious, treasure them
D ivine, respect them	Q uestioners, encourage them
E nergetic, nourish them	R esourceful, support them
F allible, embrace them	S pontaneous, enjoy them
G ifts, unwrap them	T alented, believe in them
H ere now, be with them	U nique, affirm them
I nnocent, delight in them	V ulnerable protect them
J oyful, appreciate them	W hole, recognize them
K ind Hearted, join them	X tra Special, celebrate them
L ovable, love them	Y earning, notice them
M agical, fly with them	Z any, laugh with them



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