



PL Zaj's Weekly News

Week of September 26th-30th

Phalen Lake Hmong Studies Magnet
1089 Cypress Street
St. Paul, MN 55016
651-293-8935 (Front Office)
www.spps.org/phalen

<https://www.spps.org/phalen>

[Click here to follow us on Facebook!](#)

Hi Parents and Families,

This year, we have Nurse Michelle Mauder and a part-time Health Assistant, Lisa Vang, to support your children. If your child has health or medication needs, please contact Nurse Michelle and let her know. Below are some important information regarding SPPS' Covid-19 updated protocols this year. Please review it carefully and call us with any questions.

- Currently masks in school are optional. Masks are no longer required during times of low to medium community levels in Ramsey County. If levels increase, masks may be required and will notify you.
- Please keep your student home with any symptoms of Covid 19 including new onset cough or shortness of breath, fever (100.4 or higher), chills, muscle pain, sore throat, headache, loss of sense of smell or taste, diarrhea, vomiting, or nausea. If your child tests positive for Covid please call the school nurse and make a covid report on the [district reporting system](#).
- If your student is home sick, please call the school to let us know. If you have any questions about whether or not your child is well enough to attend school or about when they are able to return to school, please call the school nurse.
- If someone in your home is exposed to covid, they are not required to stay home. However, you should monitor closely for symptoms.
- We strongly encourage everyone to get vaccinated and boosted. Free covid vaccines are available at the District Building 360 Colborne Street every Thursday from 3-6pm.

Announcements for the week:

- **LABEL CLOTHING:** Please label all of your children's outdoor clothing with student's first & last names - Jackets, coats, snowpants, boots, hats, etc. These often get taken off at recess when students get hot and then they forget about it. Each year, we have a lot of unclaimed sweatshirts, jackets that have been unclaimed.
- **NO VALUABLES AT SCHOOL:** Please remind students to NOT bring any valuables to school. We do not have secured lockers/cubbies.
- **Phalen Lake PTO's first meeting** will be Thursday, Oct. 6th from 5:30-7:30 - please come learn more about our Parent/Teacher Organization group. If you are unable to make it but would like to be part of the Phalen PTO, please contact Thao Lor Lee.
- **Phalen will be hosting 2 Basketball Camps** at Phalen Lake School (taught by Parks & Rec staff):
 - Sept 26th-30th - Girls' Basketball Camp in our school gym, from 4:00pm-5:30pm, Gr 3-5
 - Oct. 3rd-6th - Boys' Basketball Camp in our school gym, from 4:00pm-5:30pm, Gr 3-5
 - Parents must register and also be able to pick up their children from school at 5:30pm (students will bring home paper registration forms), call the school for more information

May Lee (*Maivlig*) Xiong, Principal
Michelle (Shelly) BrownTon, Asst. Principal

Lisa Lor & Aneedda Xiong, Clerks
Michelle Mauder, Nurse



PL Zaj's Weekly News

Week of September 26th-30th

<https://www.spps.org/phalen>

[Click here to follow us on Facebook!](#)

Phalen Lake Hmong Studies Magnet
1089 Cypress Street
St. Paul, MN 55016
651-293-8935 (Front Office)
www.spps.org/phalen

Nyob Zoo txog cov niam cov txiv,

Xyoo no, peb muaj peb tus kws ntsuas mob, los sis tus *Nurse*, Michelle Mauder thiab ib tug los pab nws, los sis tus *Health Assistant*, Lisa Vang. Yog tias koj tus me nyuam muaj kev mob kev nkees dab tsi los sis tau noj tshuaj, thov hu tuaj nrog tus Nurse tham. Hauv qab no yog peb txoj cai rau xyoo no hais ntawm kev mob Covid-19. Yog muaj lus nug, thov hu tuaj rau peb.

- Tam sim no, vim cov neeg muaj tus kab mob Covid-19 qis qis nyob rau hauv Ramsey County, peb yuav tsis yuam neeg npog ntsej muag. Tiam sis yog leej twg xav npog los lawv npog tau, tsis hais cov laus cov hluas. Yog tias peb txoj cai hloov, peb mam li qhia nej paub.
- Thov cia koj tus me nyuam nyob tom tsev yog tias nws muaj mob raws li cov *symptom Covid-19* no, xws li hnoos los ua pa nyuaj, kub taub hau (kub siab tshaj 100.4 mus saud), ua npaws, txhaws qa, mob taub hau, zawv plab, ntuav, los sis xeev siab. Yog nws tau ntsuas es paub tias mob tseeb tiag (positive test), thov hu tuaj rau Nurse Michelle thiab qhia rau peb lub district paub ntawm qhov [district reporting system](#).
- Yog tias koj tus me nyuam mob lwm yam es tau nyob tsev, los thov hu tuaj qhia peb paub thiab. Yog koj tsis paub xyov yuav xa nws tuaj los cia nws nyob tsev, los sis seb nws yuav nyob tsev ntev npaum li cas, ces thov hu tuaj.
- Yog tias muaj ib tug mob Covid hauv tsev lawm, cov me nyuam tsis muaj mob tsis tas nyob tsev. Cia cov tsis mob ntawv tuaj kawm ntawv tau. Tiam sis ua zoo soj ntsuam sawv daws.
- Peb xav txhawb thiab thov kom yog tsis tau txhab tshuaj tiv thaiv kab mob Covid-19, thov mus txhab. Nyob rau tom peb lub District Building, 360 Colborne St., muaj txhab tshuaj pub dawv tau txhua tus neeg txhua hnuv Thursday thaum 3pm txog 6pm.

Lus Tshaj Tawm rau Lim Tiam no (Announcements):

- **Sau Npe rau Lawv Cov Tsho Tiv No:** Thov pab sau npe rau nej tus me nyuam cov ris tsho, sau npe & xeem rau lawv cov tsho tiv no, ris tiv daus, khau npuj, kaus mom, thiab tej yam zoo li ntawd. Thaum mus ua sis nraum zoov, tej thaum lawv muab hle cia ces lawv tsis nco qab mus khaws lawm. Txhua xyoo, peb muaj coob tug ua tau tseg lawv cov tsho sov thiab ris sov nyob rau nraum zoov.
- **Tsis pub nqa khoom tseem ceeb tuaj:** Thov pab qhia cov me nyuam kom txhob nqa tej yam kim kim los sis tej yam tseem ceeb tuaj rau tom tsev kawm ntawv. Peb tsis muaj chaw uas yuav muab xauv tau. Yog nqa tuaj, ib tsam ploj lawm.
- **Phalen Lake pab Niam Txiv (PTO) yuav muaj thawj rooj sib tham** nyob rau tom Phalen Lake rau hnuv Thursday, tim 6 lub 10 Hlis Ntuj thaum 5:30pm-7:30pm. Thov tuaj koom es thiaj li paub lub hom phiaj ntawm pab niam txiv no. Yog tias koj tuaj tsis tau tiam sis koj xav koom tes nrog, ces hu tuaj rau Thoj Lauj Lis.

May Lee (*Maivlig*) Xiong, Principal
Michelle (Shelly) BrownTon, Asst. Principal

Lisa Lor & Aneedda Xiong, Clerks
Michelle Mauder, Nurse



PL Zaj's Weekly News

Week of September 26th-30th

<https://www.spps.org/phalen>

[Click here to follow us on Facebook!](#)

Phalen Lake Hmong Studies Magnet
1089 Cypress Street
St. Paul, MN 55016
651-293-8935 (Front Office)
www.spps.org/phalen

- **Peb lub tsev kawm ntawv Phalen yuav npaj ua 2 qhov Basketball Camp**, los qhia cov me ntxhais me tub uas xav kawm pov basketball. Yuav muaj xov xib fwb qhia tuaj tom St. Paul Parks & Rec.
 - Sept 26th-30th - Girls' Basketball Camp - muaj rau cov ntxhais nyob Qib 3-5, ua rau hauv lub gym thaum 4:00-5:30pm.
 - Oct. 3rd-6th - Boys' Basketball Camp i- muaj rau cov tub nyob Qib 3-5, ua rau hauv lub gym thaum 4:00-5:30pm.
 - Niam txiv yuav tsum tau sau npe (register) thiab yuav tsum tuaj tos thaum 5:30pm. Cov tub ntxhais mam li nqa daim sau npe ntawv los tsev. Hu tuaj yog muaj lus nug.