Upcoming Events

November 8
End of the 1st Quarter

November 13
NHS Induction ceremony 6PM

November 13 & 14
Fall Musical 7PM

Sports

Girls Basketball begins
November 11

Swim/Dive Begins
November 25

Boys Basketball begins
November 18

Gymnastics
November 11th

Nordic Ski
November 11th

Hockey
Girls-October 28th
Boys-November 11th

Adapted Soccer
October 30 St. Hawks v Rochester Raiders @ Humboldt 4:30pm

From the Principal

"Teamwork is the ability to work together toward a common vision. It is the fuel that allows common people to attain uncommon results." - Andrew Carnegie

Many of you know that the above quote is on all of my meeting agendas. This quote embodies the power of collaboration and provides a context of its importance in our school community. As the principal of Como Park Senior High, I have had the distinct pleasure of leading in a community where all members are willing to step up and support the efforts to make Como an even better place. Research shows that school improvement, or in our case going from good to great—requires us to continue strong parent, community, and school ties. At Como Park there are countless examples where this cadre of stakeholders are investing in sharing the overall responsibility for the school’s success. Here are a few examples of ways in which stakeholders have stepped up to put students first.

Student and Parent Voice is vital in our work as a school community. We value input from our most important stakeholders—students and families. There are many formal and informal opportunities for our students and families to provide input: student leadership development programs, upcoming round table events, and Marnita’a Table. Please reach out anytime to share your story, celebrations and provide input.

Committee Membership and Advisory provides input to advice practices and programming. Parent Advisory Council is a monthly group that meets the first Monday at 6:00 PM. Como Park Booster Club is the heart of creating support for our athletics, extra-curricular and activities. More information can be found here: https://www.spps.org/domain/1107

St. Anthony Park Community Foundation goes above and beyond to provide grants for student programming, provide a high school liaison to understand more clearly student needs and school focus. Volunteers are part of the fabric of Como Park Senior High. Some weeks over 75 people come in to support our students through mentoring, supportive partnerships, tutoring. Field trips, conference dinners, classroom support, and many other day-to-day supports are made possible with community members that step up in the capacity of volunteerism.

Local Businesses provide support through donations, employee volunteerism and direct support to teachers. These businesses support our mission and vision as a school.

And of course our… Educators. The members of the Como staff are beyond compare. Our school is a place for inspired teaching, with dedicated staff who exceed all expectations to inspire every student to strive for success and high achievement.

There are many ways for each of you to partner with us. We always invite you to volunteer as a part of our community and are still looking for members to support our work on Parent Advisory. Please contact Alexis Gray-Lawson, Parent Liaison at 651-293-8800 with questions or your interest.

Respectfully,

Stacy Theien-Collins
I’m grateful to say I’m in my 22nd year with St. Paul Public Schools. Twenty-one of those years were spent as an English teacher and this year I’ve transitioned to being the school librarian. I’m so excited for this new position and the inclusion and resources I plan to bring to our students. My wife and I are both educators and our daughter just graduated boot camp and is enlisted with the U.S. Army. Currently, I’m in 1st place in Fantasy Football and my team is 8 - 0! Wish me luck!

I have worked at Como Park Senior High for eight years teaching English. I actually graduated from Como Park in 1999. My husband, daughter and myself live in the Como neighborhood. We love being apart of the Como community. Besides teaching English, I also help out after school with the Theater program at Como. I direct the spring play, coach the drama club, and assist with the fall musical. I got into teaching because I like working with people, and I love reading. I wanted to share my passion for books and literature with others and teaching seemed to be the right place to do it.
What’s Happening in the Community

By MARGIE O’LOUGHLIN

Anyone who has walked or biked around Como Lake this summer has got to wonder, “What is that smell?”
The short answer is decomposing curly-leaf pondweed.
The long answer is more complicated.

At Capitol Region Watershed District (CRWD), Water Resource Project Manager Britta Belden described the life cycle of this invasive aquatic species, and why it causes such a problem in Como Lake.

She said, “Curly-leaf pondweed was first observed here in the early 1990s, and it now dominates the aquatic plant eco-system – with nearly 100% coverage by early June. It has done so well because Como Lake is a shallow lake with a maximum depth of 15’. Curly-leaf pondweed starts growing in late fall, from seedlings dropped in June. It continues growing through the winter beneath the ice, which gives it a competitive advantage.”

“When the ice goes out and sunlight hits the water in April, these plants really take off and grow rapidly.”

– Britta Belden

She continued, “Curly-leaf pondweed forms thick mats of vegetation on the lake surface in the spring, and then quickly dies off in late June. This coincides with peak sunlight and high summer temperatures, providing perfect conditions for rapid decomposition – and that’s what people are smelling.”

Despite continued attempts to improve the water quality of Como Lake, its phosphorous levels are about three times higher than the state standards for shallow lakes. Once the curly-leaf pondweed starts to die, it releases a burst of phosphorous back into the water and, in a predictable cycle, is followed by a major algae bloom.

Phosphorous is not only present in Como Lake because of decomposition, it’s also being transported in runoff to the lake.

To address this problem, CRWD invests in projects and partnerships that reduce nutrients and other pollutants in watershed runoff. In one such partnership, CRWD supports a neighborhood group called the Como Active Citizen Network; their Como Curb Clean-Up is a coordinated effort to remove leaves and other organic material from neighborhood streets for six weeks in the fall.

This program has about 100 participants – all of them committed to improving the water quality of Como Lake through this practice.

Janna Caywood is a founding member of the Como Active Citizen Network, and a Como resident for more than 20 years. She said, “We’re a group of neighbors who care about our nearby lake.

“We’re not the leaf police but we believe that, as property owners, we have the ability to impact our neighborhood positively. By keeping the curbs and gutters clean in front of our houses, we can prevent additional phosphorous from getting into Como Lake through run-off.
COME ONE COME ALL!
LET'S CELEBRATE FALL
AT THE INAUGURAL
CHELSEA HEIGHTS ELEMENTARY

FALL ARTS AND CRAFTS FESTIVAL

Get ready for the holidays, and shop for products made by our talented Chelsea Heights staff members (spice rubs, water painting, jewelry, and more). Local vendors and artisans will be on display as well. The kids will love the cotton candy, sand art, and snowman game.

SUNDAY, NOVEMBER 24
1-4 PM
NORTHWEST COMO REC CENTER
(CHELSEA HEIGHTS GYM)
ST. PAUL

PROCEEDS SUPPORT CHELSEA HEIGHTS. THANK YOU!

Vendors! Tables are available for $25. Email the Chelsea Heights PTO for more information: chelseaheightspto@gmail.com
TEENAGE MONEY MULES ON THE RISE

The rise in teenage money mules has spiked concern for both parents and bank officials. Money mules are people who allow their bank accounts to be used to divert funds for criminal activity, and the number of young people involved is staggering. In just two years, the number of reported cases of 14 to 18-year-olds serving as a money mule has grown by 73%.

How Money Mules Work

Criminals approach people, like young teens, who wouldn’t look as suspicious with a large amount of money in their bank accounts. And the reason why they do it is simple: The money mule is promised a small cut of the money they are asked to hold.

How are they contacted?

It’s no secret that a majority of teenagers flock to social media — and criminals are taking advantage of that. Many teenagers report that they are recruited through various platforms. Recruiting also takes place through sports clubs and schools.

“The increasing use of social media means that young people have never been more vulnerable to becoming victims of fraud,” stated Mike Haley, chief executive of Cifas.

Criminals use hashtags like #RealMoneyTransfers and #Legitmoneyflips to track recruiting.

And when money mules do try to quit, criminals threaten them with violence.

Teens are particularly at risk because they are often unaware of the true nature of the activity they are doing. The money may look attractive, but they could be facing a 14-year prison sentence if caught. Their future financial opportunities become limited — their bank accounts will be shut down and future accounts will be hard to get.

How Can You Identify a Teenage Money Mule?

Becoming a money mule and partaking in criminal activity could cause a drastic change in your teen. If your teen has become more secretive, withdrawn, or noticeably stressed, you should definitely consider it a red flag. Other signs to look for include the sudden appearance of extra cash, an updated wardrobe, or brand new tech. (If you didn’t give them the money, and their part-time job doesn’t leave them rolling in cash, there has to be another logical explanation.)

Educate your children about the dangers of money laundering. It’s not just a way to make fast cash — it’s becoming involved in a criminal network that could directly impact their future. Also remind teens not to give out their bank account information and to take caution when faced with offers of easy money.

Questions?

For additional financial information, please contact Tina Jones at tina@hiway.org, Community Outreach Administrator at Hiway Federal Credit Union®.

Source: Parentology.com
LIBRARY TUTOR SERVICE
EVERY SUBJECT
EVERY PERIOD

MATH  SCIENCE  ENGLISH  SOCIAL STUDIES

Struggling to keep up in class? Need help with homework? In need of motivation and encouragement? The library peer tutors are here to help! Come on in to get one on one support.

More information can be found on the QR code above.

SEARCH QR CODE  OR EMAIL MS CJ:
sheri.chaffee-johnson@spps.org
Login to Campus Parent and iUpdate

**Instructions for Completing the 2019-20 Back-to-School iUpdate**

Parents and guardians will:

- Complete all, annually-required school and district forms including the Technology Use Agreement (for student iPad use), field trip and media permission forms.
- Add or change primary and/or alternative addresses to ensure accurate school-bus transportation to and from home and/or childcare addresses. Please complete iUpdate by the deadline of August 16, 2019 to ensure accurate first day of school transportation.
- Indicate interest in Extended Day for Learning (EDL) or Flipside programming (grades KG-8).
- Indicate interest in fall sports (grades 9-12).

To begin, go to spps.org/onestop.

- Click the Campus Parent button under Quick Links.
- Click Login.
- Enter your One Stop username and password.
- Click the link “CLICK HERE TO BEGIN.”

If you DO NOT remember your One Stop Username and/or Password

- Online: Go to spps.org/onestop and click the Reset/Recover Password button. Please note: You must have your email address or phone number listed in your child’s school records.
- If you DO NOT remember your One Stop Username and/or password.
  - By Phone:
    - Between July 16 and August 12 call the One Stop Support Line at 651-744-5145.
    - After August 1 contact your child’s school.

Assistance: Enrollment 651-632-3700 • Transportation: 651-696-9600 • EDL/Flipside 651-487-7386 • One Stop Technical Support 651-744-5145 or onestop@spps.org
give
to the
MAX
NOV. 14, 2019
We are now offering the Sheridan weekend food program here at Como Park. If you would like to sign up to become a part of this program, you can get an application in the main office and return to main office.

Como Park Booster Club

The Como Park Booster Club would like to invite any staff and parents to our meeting, Tuesday Nov 12th at 6:30-8:00 in the Counseling Conference room. Come learn about the amazing opportunities for supporting the students and staff at Como Park Senior High. If you have any questions please feel free to contact us at comoparkboosterclub@gmail.com

Please consider supporting our Give to the Max day efforts. Use the link below to learn more.

https://www.givemn.org/organization/Comoparkhighschoolboosterclub

Stay up to date on good news and upcoming events - Follow Como Park High School on Twitter ComoPark_HS

www.facebook.com/Como-Park-Senior-High-100564780025476/
Weekend Food Program Overview

**Weekend Food Bag Options:** Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, non-perishable food, including a variety of fruits, vegetables, proteins, grains, and soups/entrées. Bag types are identified by different colors of The Sheridan Story logo.

- **Blue Bag:** Tailored for East African dietary preferences. This bag is pork free and may contain items such as tuna, spaghetti, black-eyed peas, corn flour, fava beans, and tomato products.

- **Green Bag:** This bag offers the widest variety of food items, such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits.

- **Orange Bag:** Tailored for Latino dietary preferences. This bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chips/peppers in adobo, and diced chiles.

- **Purple Bag:** Tailored for Southeast Asian dietary preferences. This bag may contain items such as rice, bamboo shoots, curry paste, green beans, and mandarin oranges.

- **Yellow Bag:** Contains all ready-to-eat items which require little or no preparation, such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and soups.

*The Sheridan Story | 612-568-4003 | 2723 Patton Rd, Roseville, MN, 55113 | thesheridanstory.org*
The Counselor's Corner

A full-ride scholarship is available for any senior interested in the University of Virginia. You must be nominated by your school counselors. For more information, please visit: www.jeffersonscholars.org/scholarship

Como will be offering online credit recovery after school starting Qtr 2. More details to come!

Students looking to participate in Post-secondary Enrollment Options (PSEO) at St. Paul College, Como will be offering the Accuplacer on-site on Nov. 19th and Nov. 20th. Please see Ms. Leedra Yang in the CCC.

The district will continue with ACT test preparation for juniors. Registration will be available Nov. 1st. See link for session dates: https://www.spps.org/occrtestprep

Seniors will have their first Senior Meeting on Monday, November 11th during period 2 in the auditorium.

Students interested in the St. Paul College's Career Pathways Program: Business, Management and Administration or Medical Careers/Nursing Assistant should see their school counselor for an application. Deadline is Dec. 1st.

In November, counselors and Get Ready staff will be administering a survey through advisory.

Reminder that parent(s)/guardian(s) can make appointment with their child's school counselor online. Find the link on the Counseling Department website: https://www.spps.org/domain/243

In November, counselors and Get Ready staff will be administering a survey through advisory for 9th and 12th graders. Please contact the school to opt your child out of the survey.
Como Park is currently accepting students for Shadow/Tours

IF YOU ARE INTERESTED IN SIGNING UP FOR OUR SHADOW/TOUR DAYS, PLEASE REGISTER AT SPPS.ORG/VISITCOMO

We are excited to welcome you!
Title 1 information

The Title I program provides supplemental educational services to ensure that all children have a fair, equal, and significant opportunity to obtain a high quality education. Title I helps schools provide world-class educational opportunities to all students.

Our Mission:
Recognizing the ability of all students to master challenging academic standards and the necessity of strong family involvement, Saint Paul Public Schools Office of Title I Federal Programs ensures increased and improved educational opportunities for all students. The Office Title I Federal Programs serves Public and Non Public schools with a high incidence of poverty, Homeless students, and those residing in Neglected and Delinquent Institutions by reducing barriers to learning, effectively communicating with parents, community and staff and by implementing Federal and State statute to achieve strategic goals.

PARENT’S RIGHT TO KNOW TEACHER AND PARAPROFESSIONAL QUALIFICATIONS
Under the Every Student Succeeds Act, parents have the right to request information regarding the professional qualifications of their student’s classroom teachers and paraprofessionals. Parents who would like to receive this information should write to the Human Resource Department, Attn: ESSA Teacher Qualifications, Saint Paul Public Schools, 360 Colborne Street, Saint Paul, MN 55102-3299. You have the right to ask for the following information about each of your child’s classroom teacher(s).

Information about whether the teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction;
Information about whether the teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived;
Information about whether the teacher is teaching (subjects or content) in which proper certification is held by the teacher.
Information about whether the child is provided services by paraprofessionals and, if so, their qualifications.

More information and other languages available on the Como website spps.org/Domain/2335
Learn more about your Como’s academic performance:
rc.education.state.mn.us/#/mySchool/orgId--10625212000__p--3
School Continuous Improvement Plan (SCIP)

- **Title I** is a the largest Federal education designed to ensure that all children meet challenging state academic standards.

The school reviews academic data to make a plan for the extra help needed each year. In Saint Paul Public Schools, this plan is called the School Continuous Improvement Plan, or SCIP.

- **Summary Plan of Comprehensive Improvement of Como Park Senior High**

  The Continuous Improvement Plan (SCIP for its acronym in English) of CPHS's for the 2019-20 school year was developed thanks to the views of the leadership team of the school, staff, parents and community members. The SCIP is our school improvement process focused and specific that sets the course to follow during the year and guide our actions related to our academic school and equity goals. The SCIP also identifies strategies related to Title I and Family Involvement. You can find our full SCIP in [https://www.spps.org/scip](https://www.spps.org/scip).

**Mission:** To provide a rich learning environment that challenges and supports all students to find and develop their own talents and continue on track to reach their full potential.

**SCIP goals for 2019-2020:**

- **Reading:** The percentage of students scoring proficient or higher in Reading will increase by 5%, as measured by the MCA administered Spring 2020.

- **Math:** The percentage of all students scoring proficient or higher in Math will increase by 5%, as measured by the MCA administered Spring 2020

**Title I funds**

Title I funds of CPHS's are being used for academic support and Parent Engagement, including:

- Reading, Math and AVID support teachers
- Academic intervention and Cultural specialists
- Parent Outreach Coordinator

**Family Involvement**

- The Parent & Community Council and Cultural Affinity will meet once a month.
- Parent/Teacher conferences will be held quarterly.
- Parents participating in the Parent/Community Council (PCC) and the Cultural parent groups provide input for the Family Engagement and the Family-School Compact.
- The Family Engagement Plan can be found on the [como.spps.org](http://como.spps.org) website.

For More information on the The Family Engagement Plan and School Family Compact
[https://www.spps.org/domain/2335](https://www.spps.org/domain/2335)