From the Principal

Dear Families,

The school year has settled into a productive and positive routine for our Como Park Senior High family. I’ve thoroughly enjoyed reconnecting with or getting to know your children since the beginning of the school year. Soon, your family will be receiving the second quarter grade reports. It’s important that students see your support and communication regarding their academic progress. It shows them that you understand how important their education is, and helps students view it as a priority as they become increasingly more responsible for their education as they grow older. Please contact your child’s teachers with any questions or any ideas in ways to support your child.

This upcoming third quarter is full of opportunities and important dates for our students. The winter sports are in full swing. Please stay up to date on important schedule information through www.stpaulcity.org. Our clubs, activities, classrooms, and arts’ program have many upcoming events to support learning outside the classroom. Please stay up to date on field trips, performances and other opportunities through the calendar on our website spps.org/Page/34.

We look forward to continuing to work together to provide your child with the best educational experience here at Como Park Senior High School. As we continue through our year, I am very thankful for the opportunity to lead a student-centered staff, work with supportive parents, and of course, with your incredibly talented children within a great school district. Thanks for your continued support!

Praise using a Growth Mind Set

One of the most interesting things that’s happened in psychology in recent years has been the realization that the way we typically praise children in this country is not only ineffective, but in many cases it’s actually counterproductive. The basic idea is that there are two mindsets. You can think of your characteristics as fixed or you can think of them as capable of growth. When you tell a child "You’re so smart," what you’re unwittingly doing there is encouraging a fixed mindset. This is a characteristic of the child, the smartness.

On the other hand, if you say "Wow, you really worked hard, you kept at that math homework until you got it right," you’re encouraging a growth mindset. You’re teaching the child that being able to stick to something and work through a difficult task will lead to growth and improvement.

Now the problem with the fixed mindset is that when things get difficult, children who have been performing in order to get praise for being smart suddenly get very insecure. "Oh, I don’t know the answer. I’m not smart." It causes them to back away from difficult tasks and fail to apply themselves.

Reprinted from Sandra Aamodt on bigthink.com

In partnership,

Stacy Thelen-Collins
**Youth In Government (YIG)**

Students attended a four day conference that promotes civic engagement and participation after we returned from break. **Thank you to the Booster Club for the grant.**

Our two supreme court lawyers, Tusun L. and Rosemary M-O successfully argued their case in front of a panel of student judges. In the trial courts Fiona H. and Ava V. won two of their three arguments.

Our legislative delegation had a mixture of successes. Thay S., Marrea T-K, Fowzia A., Fardus A., Idil H. all had their bills passed and signed by the student governor. Samira A. and Shariifo A. bills made it out of committee but did not make it past the House of Representatives.

Kalid A. is seen in the first 20 seconds of this news [clip]. Was part of the National Issues Forum where he ran a group. He was elected as the Presiding Officer. This means he will be able to select those that will work with him next year, train student leaders, review and assign proposals that are submitted.
Keep our students safe! No cars allowed on Rose Ave during bus loading/unloading times (8:00-8:30 and 2:45-3:15).

Please enter on Grotto if you are driving to Como during bus loading or unloading times.
Como Park Announcements

Booster Club -- Save the Dates!

- **Meetings:** Feb. 10, 2020; Apr. 6, 2020; May 4, 2020 (6:30-8:00 pm at CPHS)
- **Como Fundraiser:** Sun. Mar, 22, 2020 (3:00-7:00 pm at the Urban Growler)
- **Senior All Night Party:** Planning is under way for this party celebrating our Seniors following graduation in June 2020.

Saturday School here at Como HS

Attention Parents & Students

We have started Saturday school for students that arrive tardy to school consistently or continue to skip classes during the school day. We are notifying parents by a blackboard connect call and we will remind your child that Friday. Saturday school will be from 8:30-11am. There is no outside food! If students do not attend Saturday school they will be dismissed or will have to make up Saturday school the following week. If you have any questions please feel free to contact Sarita, Gail, or Ms. Pierce.

Thank you for your continued support!
Supporting Learning Through Vision Care: We are welcoming ChildSight-US, a service of Helen Keller International to Como Park High School on January 28, 29, 30 and February 4, 5, 6 in 2020.

This agency and staff will be here to conduct vision screening for Como Park students, grades 9 and 11.

There will be an Optometrist on site and those students who do not pass the initial screening will be seen by the optometrist. Students who need corrective lenses have the opportunity to select their frames for glasses which will be dispensed 2-3 weeks later -- at no cost.

Passive consent forms were sent out with 1st Quarter report cards and vision screening/care will be done for all 9th and 11th grade students who did not decline this service.

Last year, about 190 learners received new prescription glasses to help them be successful in the classroom.

Any questions/concerns – please contact school nurse Lori Nakamura at 651-888-7614.
SHERIDAN AT COMO

We are now offering the Sheridan weekend food program here at Como Park. If you would like to sign up to become apart of this program, you can get an application in the main office and return to main office.

Como Park Booster Club News

BOOSTER CLUB GRANT AWARDS

The Como Park High School Booster Club congratulates the Fall 2019 Grant Awardees from Como Park High School's extracurricular clubs, teams, and programs! Black Student Union, Link Crew, English Language Arts, Table Tennis Club, Technovation Apps, Close Up Washington, Como Global Showcase, Youth in Government, Counseling Department, Cougar Journal, Como Park FFA

Booster Club grants are made with funding from Give to the Max donations and the Como Fundraiser -- thank you for supporting Como Park High School!

BOOSTER CLUB - SAVE the DATES:

- **Meetings**: Feb. 10, 2020; Apr. 6, 2020; May 4, 2020 (6:30-8:00 pm at CPHS)
- **Como Fundraiser**: Sun. Mar, 22, 2020, 3:00-7:00 pm at the Urban Growler. Join CPHS families, students, staff, alumni and friends and celebrate our Como community!
- **Senior All Night Party**: Planning is under way for this party for our Seniors following graduation in June 2020.

*Watch future newsletters for more information and how you can help!*

**Questions**: comoparkboosterclub@gmail.com

Stay up to date on good news and upcoming events - Follow Como Park High School on Twitter [ComoPark_HS](https://twitter.com/ComoPark_HS)

Follow Como Park High School on Facebook [www.facebook.com/Como-Park-Senior-High-100564780025476/](https://www.facebook.com/Como-Park-Senior-High-100564780025476/)
Como Park High School Booster Club Fundraiser at Urban Growler

Join friends, family and community for an evening of food & fun to raise money for all of the extra-curricular programs (Arts, Athletics, School Clubs, etc.) the Booster Club supports.

SUNDAY, MARCH 22, 2020
3:00 - 7:00 PM
URBAN GROWLER
2325 ENDICOTT ST.
ST. PAUL, MN 55114

For questions or more information, contact the Como Park High School Booster Club at comoparkboosterclub@gmail.com
Weekend Food Program Overview

The Sheridan Story is a 501(c)(3) nonprofit organization with a mission to fight child hunger through community and school partnerships. We strive to make a difference in children's lives by specifically focusing on food gaps — the times when children aren't at school to access meal programs. The Sheridan Story supports families with programming over the weekends, summers, and extended school breaks.

- Free for all families
- No qualifications required for enrollment
- The Sheridan Story does not collect information from families; privacy is protected
- Families may enroll in the program at any time throughout the school year
- Volunteers or school staff discreetly place food bags in students' backpacks each week, typically on Fridays

**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/entrees. 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 beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chilies.

- **Purple Bag**
  Tailored for Southeast Asian dietary preferences. This bag may contain items such as rice, rice noodles, coconut milk, 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 Counselor's Corner**

**Accuplacer Test-Tuesday, Feb. 11th**
Accuplacer is a placement test for students attending 2-year colleges or planning to take PSEO. Some 4-year colleges do require the Accuplacer so students should double check if their colleges require it. The test is meant to gauge where students are at in Reading and Math so they can be placed in the correct classes once they get to college. If you took the ACT, some of your scores might exempt you from parts of the test. To sign up for the test, see Ms. Leedra Yang in the CCC.

**FAFSA Night-Thursday, Feb. 13th, 5:30pm-7pm, Library**
Staff will be available to assist students and families complete the FAFSA (Free Application for Federal Student Aid). The evening will begin with a brief presentation on the FAFSA before moving to the Computer Lab to complete the FAFSA. For more information, see Ms. Leedra Yang in the CCC.
Please bring: Student's and parent's Social Security #s, 2018 federal income taxes, any 2018 W2s and records of unearned income if they have any.

**Registration for 2020-2021 school year will begin in February! Start thinking about the classes you would like to take next year. More information will be sent out soon.**

**The ACT is coming in February!!**
Attention Juniors and eligible seniors! The ACT will be given on Tuesday February 25th. There will be a mandatory registration session on Friday February 7th in the library. Registration must be completed before taking the ACT so please plan to attend. Any questions??? Please see Ms. Hoffman in room 1512 in the Counseling Department or email Jamie.hoffman@spps.org.

Seniors, please continue to request your transcript to colleges through Naviance. If you have questions about your transcript, colleges, recommendation letters, or Naviance, please see Ms. Leedra in the CCC (Room 1403) or Ms. Thao (Room 1513).

ACCESS for ELLs 2.0 is an English language proficiency assessment for grades 1-12. This required test is administered every year to students identified as an English Language Learner until their scores meet the criteria to exit the language support program. THE TESTING WINDOW IS JANUARY 27TH-MARCH 20TH.
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 Federal education program 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 CPSHS'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 CPSHS'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)