From the Principal

Greetings,

I have had the great fortune of being able to observe several of our math teachers the last couple of weeks. Watching the instruction, the learning, the celebrations and some of the frustrations made me think of a blog written by Nicole Rivera. I have shared this previously but thought it appropriate as we continue to support our learners as they advance through mathematics.

A generation of mathematicians
What if saying, “I’m not good at math” held the same stigma as saying, “I can’t read”? I want to be able to see how, as a community we can work together to raise a generation of strong mathematicians. In a blog post on mathematics, Nicole Riviera suggests that, “Math should feel as natural as reading does when you pick up that menu in a restaurant, just find the math in your day, and recognize that you are doing it and that you are probably good at it.”

Millions of people leave their formal education believing they can’t do math. So why does it matter if we as parents and teachers claim we were never good at math? The words of Henry Ford provide food for thought, “Whether you think you can, or you think you can’t, you’re right.” If we want to raise a generation of strong mathematicians, we have to show children that math is fundamental – and fun!

Math is like exercise – if we don’t use it, we lose it. Ms. Riviera offers adults some practical suggestions for stretching our math skills.

· If you typically use a calculator or a smartphone app to figure out some mathematical calculation, then try to see if you can start to predict an estimate of what the answer will be before you use it.

· Ask your children to teach you something from math class that they feel comfortable and can do with confidence.

· If you are a seamstress, a quilter, a carpenter, contractor, electrician (oh boy! this list goes on…), recognize that you are DOING Math all of the time!

· The next time you get a phone bill, or a cable bill, or something else with a ton of number-y stuff on it – double-check their sums, just for kicks.

· If you’re bored, do a Sudoku puzzle, a logic puzzle, or play cool math games.

As parents and educators, our words and actions influence children every day. Let’s raise a generation that says, “I’m good at math” or “I can do math” because they use math every day.

With respect,

Stacy Theien-Collins
Hi! My name is Farah AbuQalbeen and I am a Licensed School Counselor working with the class of 2023 at Como Park Senior High School. This is my first year in the district. I became a school counselor because I had an amazing counselor in high school who had a huge positive impact on my life, and I wanted to be that person for students. I grew up in Florida, where I attended and graduated from the University of South Florida with a Bachelor's degree in Psychology, followed by a Master's degree in Education (School Counseling track). I enjoy reading, spending time with my family, and watching TV. I am always looking for book recommendations, and I usually ask my students for some. If you're reading a great book I want to know about it! I am excited about joining the Como Park Senior High team, and look forward to working with and getting to know my students!

Hi soy Profesora (Profe.) Butler. I started taking Spanish in 10th grade because the other electives I wanted to take were already full. I continued to study Spanish because I thought it would be useful to know. The more I studied the more interested I became in the language, culture, dance, and music.

I have a Bachelor of Arts degree & a Certificate of Equity and Diversity from the University of Minnesota, Twin Cities, and a Master of Arts in Teaching from the University of St. Thomas. I am working on another master’s degree in Spanish through MN State University, Mankato. I have worked and volunteered in the Minneapolis public schools (mostly at the high school level) as well as developed and implemented the K-4 Spanish curriculum with two colleagues in district #197. After that, I spent a decade teaching Spanish 1-5 at Forest Lake High School. This is my 4th year at Como Park Senior and I have taught all levels 1-6 here at Como, but this year I teach Spanish 1, 3, 4, 5AP & 6. I am so fortunate to be able to work with so many amazing students and colleagues who are invested in learning. The photo is from my trip to Washington D.C. with a Como student in the MCJROTC program here at Como.

After school and during the summers I teach group fitness at the Y. I teach a variety of formats but my favorites are HIIT (High Intensity Interval Training), Pilates & Yoga
What’s Happening in the Community

‘Green’ cemetery opens in Twin Cities

In the Catholic tradition, the body upon death is re-committed to the earth, “for we are dust, and to dust we shall return.”

Some people are taking this belief to heart again, with a desire to have a more organic, less industrial approach to death and burial.

The Catholic Cemeteries consists of five locations that have served the Twin Cities Catholic community since 1856. Their Resurrection Cemetery in Mendota Heights has recently become what is known as a hybrid cemetery. It contains a traditional cemetery, and a newly created natural burial allotment on a nearly three-acre restored prairie.

As gravesites in the allotment become occupied, native perennial flowers and grasses will cover them. Eventually, the natural burial area will become a peaceful, uninterrupted prairie maintained in perpetuity along with rest of the grounds.

What is a natural burial?

Catholic Cemeteries Executive Director Joan Gezik said, “We’ve been studying the natural burial concept for the last eight years. Our allotment was just blessed and dedicated by St. Paul Arch Bishop Hebda on Memorial Day 2019. Our mission is to bury the dead – not just Catholics. The first of several sections that we’ve opened can hold 40 graves, and we have sold over half of them.”

A natural burial cemetery can use machinery to dig graves, but no chemicals are used to prepare the bodies of the deceased or to maintain the cemetery grounds. In the natural burial process, the bodies of the deceased, and the earth to which they return, are treated with reverence.

In a natural burial, the deceased is placed directly into the ground where it decomposes naturally — without embalming fluid, and without a burial vault. The remains of the deceased are placed directly in the earth, allowing the body to decompose naturally.

If the body is clothed, the clothing must be made of natural fibers such as cotton, linen, wool, or silk that will decompose over time. The garments must be free of all plastic and metal such as buttons, zippers, and hooks. Jewelry, belt buckles, and other materials that are not biodegradable cannot be buried along with the deceased.

The body of the deceased may be washed, wrapped in a cloth shroud made of natural fiber, and placed in a grave – which at Resurrection Cemetery is dug to four feet deep. The wrapped body can also be placed in an open or closed container made of biodegradable material like pine, wicker, or bamboo.

Rather than placing individual headstones or markers on grave sites, the names of the deceased, along with their birth and death years, are listed on a permanent community monument in the natural burial area. The cemetery office will also maintain burial records, and a grid map with the approximate location of each burial site.

Costs associated with a natural burial are less than those of a conventional burial. The purchase of a gravesite includes a contribution to the permanent burial site care fund, and the cost of memorializing a name on the common memorial. The interment (grave opening and closing) fee is paid at the time of burial; with natural burial, no outer burial container is required by law.

The natural burial area at Resurrection Cemetery is located at the southwest corner of the Chapel Mausoleum. Access it from the front of the mausoleum by following the sidewalk along the west side of the building. Resurrection Cemetery is located at 2105 Lexington Ave. S. in Mendota Heights.
Como Park Announcements

BOOSTER CLUB FALL 2019 GRANT APPLICATIONS

Como Clubs, Teams and Departments - submit your applications for grants to support extracurricular activities between Mon. November 18th and Wed. December 4, 2019. ***NEW THIS YEAR -- Applications will be by Google Form: https://forms.gle/57DnzTh5zKaUbK52A ***

*See the Booster Club’s Grants page https://www.spps.org/Page/29473 for details about the application process.

Questions: comoparkboosterclub@gmail.com

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!

Senior All-Night Party Planning Meeting

Tuesday, Nov 19, 6:30pm
Please meet in the high school Commons area.

Half of our planners left with their graduates last year so we could use some fresh faces to make those hard-hitting decisions like: When to serve the pizza? Crepe-paper or tinsel? How to organize the bag check? We have a solid template from years past but are always looking to improve. Also, we will need a new chair next year, so it is important for SOPHOMORE parents to get involved so there is SOMEONE to hand the reins to.

Here is an ideal schedule of involvement:
Sophomore parents - in training, help plan, and cover a shift at the party to get a feel for the action.
Junior parents - chair and organize party - primary volunteers at party.
Senior parents - phew! Hard part is over: assist new organizers and maybe cover a shift at the party if not enough junior parents sign up.

Questions? stepholson2@yahoo.com
Como Park High School Booster Club Sponsors

*The Booster Club is accepting donations November 1-30

Please Give Generously!

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

*Or you can drop-off your donation in the school office. (Make checks out to Como Park HS Booster Club)

What Does the Booster Club do with Give to the Max funds?
In 2018/19, the Como Park High School Booster club grants helped support the following school programs and clubs: Como Park Senior DCD /ASD Program, Instrumental Music, Girls Basketball, Health Dept and Real Talk sub group of Big Brothers-Big Sisters, Choir, Como Girls Ultimate Frisbee, ELL - Urban Roots Field Trip, Boys Tennis, and Youth in Government, MCJROTC, ELL, Spanish classroom, Cougar Journal - Como's literary magazine, Technovation Apps Club, Close Up Washington, ELL - Easy English News, Big Brothers Big Sisters, and the Como Culture Show and Community Potluck.
The Booster Club also supports Homecoming, the Senior Graduation Party and more!

mailto:comoparkboosterclub@gmail.com  THANK YOU!  http://comosr.spps.org/domain/1107
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
(Chelse Height 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 7.5%.

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 Holey, chief executive of Cfas.

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 tjones@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:
sherri.chaffee-johnson@spws.org
**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](http://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](http://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](mailto:onestop@spps.org)
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

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 consist of 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 rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chile/seafood, 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 to 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 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 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 [comoor.spps.org](http://comoor.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)