From the Principal

Dear Parent/Caregiver,

Our school believes that to do well in school, students need to feel physically and emotionally safe. In our ongoing effort to create a safe and caring culture, we are having a Youth Frontiers Respect Retreat® for the entire 9th grade class.

Youth Frontiers (YF) is a nonprofit organization that has been delivering retreats to schools since 1987. They provide schools with experiences that inspire character, civility and community so that our next generation of leaders is grounded in character. Last year, YF worked with more than 127,000 students and educators throughout the country. On the Respect Retreat, the YF Retreat Staff will focus on creating a more positive school community by engaging students in a variety of activities that enhance self-confidence, empathy and connectedness.

This high-energy, interactive retreat is scheduled on Wednesday, November 13 for the 9th grade class and will be held at North Dale and Phalen Rec Centers.

To reinforce the positive effects of the retreat, we believe it’s important for the entire community to be involved in supporting and communicating the messages delivered on the retreat. Because of this, we encourage parents and caregivers to inquire about their retreat experience once the student returns home by asking the following questions:
1. What activities did you find fun?
2. Did you see any of your classmates in a new way?
3. What kind of respect do you think most people in your school need to work on?
4. What is one thing you can do tomorrow at school to show more respect?

Visit youthfrontiers.org/respect-retreat for more information on Youth Frontiers and to watch a video about the Respect Retreat.

Sincerely,

Stacy Theien-Collins
Hello, my name is Peter Kvamme and I am Como's Technology Integration Specialist. I work with both staff and students to help them use iPads and other technology more effectively in the classroom. Prior to working at Como, I was at Murray for several years. It is nice to recognize many faces coming from the Murray community, and nice to see new faces as well!

I have lived in Saint Paul and worked in Saint Paul Public Schools for the past 10 years. I love our community, and am proud to be a part of it. When not at work, I enjoy outdoor activities including cycling.

Hi, my name is Gail Grogan and I am one of the school social workers here at Como. I help students and families access resources, I help problem solve school attendance issues, and I am here for students when they experience a crisis. I have been a school social worker in Saint Paul Schools for 21 years, and this is my third year here at Como. I ABSOLUTELY love working at Como, and firmly believe that we have the best students in the city of St. Paul here. A fun fact about me is that I am a Liverpool Football Club fan; stop by and see my poster of my favorite player, Mohamed Salah.
Great Things Happening at COMO

First Fun Run set for Oct. 5

The Como Park High School Booster Club is hosting the first annual Homecoming 5K and Fun Run on Saturday, Oct. 5, beginning at 9:30 a.m. Neighborhood residents are invited to participate and celebrate the Como school community with healthy activity for multiple abilities, followed by festivities that will include food trucks, socializing, and the homecoming football game on the Como turf at 1 p.m. versus Minneapolis Southwest.

“Shifting from the parade that Como has had for many years, we wanted to get something healthy and fun for the community that would bring more people in,” said Como Athletic Director Koua Yang.

Como Lake is just a couple hundred yards from the school track and football field. With such a popular, beautiful resource in the neighborhood, connecting Como Park High School events to it and the larger community is a goal. For those willing and able, the 5K will be two laps around the lake. The Fun Run will be one lap around the lake, totaling 1.6 miles, which can be walked or run. And for young children, there will be a Kids Fun Run around the track at school. Sponsors who are pledging to support the homecoming events already include Hiway Federal Credit Union, TRIA, the Army National Guard, GEAR UP and the St. Paul Police Department. Registration details will be available on the school website, social media sites, and paper flyers. All 5K and Fun Run participants will receive a free ticket to the football game. Additionally, there will be opportunities to volunteer at the event and / or donate to the cause. All proceeds will go to Como Athletics and help support programs and resources to help the more than 600 hundred student athletes of Como Park High School.
2019 PSAT Registration Information

The PSAT/NMSQT is offered each Fall to all students in their junior year of high school. Junior students planning to attend a four-year college are encouraged to register for the test. Sophomore students may also want to take the PSAT to become familiar with the test format before taking it as juniors.

The PSAT will be given to interested 11th and 10th graders on Wednesday, October 16th at 8:30am. The cost is free to Juniors, however sophomores taking the test will need to pay $17 (checks made out to CPSHS and given to Ms. Hoffman in the Counseling office). The sign-up sheet is located in the Career College Center in room 1304. Student guides are available upon registering which also includes an official practice test. Space is limited and registration will be on a first-come, first-served basis. Any questions?? See Ms. Hoffman in room 1512 in the Counseling office or email Jamie.hoffman@spps.org
Como Park Senior High Booster Club Presents

Homecoming 5K and Fun Run

SATURDAY, OCTOBER 5, 2019

9:30 AM—11:30 AM
Como Park Senior High School & Como Lake

- Register to run, donate, sponsor a student, or volunteer online at https://signup.com/go/wkBbOoS
- Registration deadline is September 26, 2019
- Cost is $30 per runner (each runner who registers by the deadline will receive a t-shirt)
- Stay after the run for some fun activities (climbing wall, football toss, face painting) and food trucks! All runners will be eligible for admission to the Homecoming Football Game that begins at 1 PM

Help us BOOST Como! All proceeds will benefit Como Park Senior High School Athletics
Questions? Contact the Como Park Senior High Booster Club at comoparkboosterclub@gmail.com
COMO PARK SENIOR HIGH SCHOOL

C.P. HOMECOMING DANCE

DATE: OCTOBER 5
TIME: 7-10PM
WHERE: COMMONS
PRICE: PRESALE $6
$10 AT THE DOOR
TICKETS SOLD DURING LUNCH IN COMMONS
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:
sheriferreese.johnson@sppe.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](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.
- **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 oronestop@spps.org
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.
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.

**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, chipotle in adobo, and diced chiles.

- **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.

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

© The Sheridan Story | 612-568-4003 | 2723 Patton Rd, Roseville, MN, 55113 | thesheridanstory.org
Hello Como Park Senior Class families. On Tuesday, October 15th, we will be hosting Senior Parent Night and FAFSA Night. We will be going over important senior year information like graduation requirements, credit recovery, resources for students and families, Naviance, Schoology, and providing support for beginning the FAFSA (Free Application for Federal Student Aid). We look forward to working together with you to help your senior have a successful year. Location to be determined. Questions or concerns, please contact Mrs. Choua Vang at choua2.vang@spps.org or 651-744-6300.

There will be district ACT preparation courses available for students for the February ACT test. More information to come.

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

3M Step is now accepting applications until October 31st. The 3M STEP program places students in the lab alongside 3M scientists. Students participate in training during the school year (January-April) and then complete a 12-week summer experience (June-August). 3M STEP is open to high school juniors and seniors within the St. Paul Public School (SPPS) District. Students apply for the program in the fall and are notified of acceptance in December. For more information, go to: https://www.3m.com/3M/en_US/gives-us/education/3m-step/

The Counseling Dept. will be giving a social/emotional lesson to all students in late October. Topics will include suicide ideation, social/emotional support within the building, and resources to support students' mental health. For questions or concerns, please contact your student's counselor.