Welcome to the 2021-22 school year! All of us at Como Park Senior High School were thrilled to see students participating, building relationships, and learning. We hope that every student will feel welcomed and connected to our school community.

We are looking forward to productive partnerships with parents/guardians to ensure student safety and academic growth. We encourage family involvement and believe it is key to student success.

Although we are adhering to Covid protocols, we are working towards as much normalcy as possible for our students. Our goal is to have a safe and positive environment at school so your student can thrive.

We are excited to get to know you and your students this year. Thank you for your patience, support, and understanding as we tackle this year with enthusiasm, compassion, and collaboration.

Go Cougars!!

Education Benefits/Free or Reduced Price Meals

Although all students receive a free breakfast and lunch, it is extremely important that families complete an application for Education Benefits/Free or Reduced Price Meals. These applications also determine educational funding for a variety of programs including math and reading. You can find this application online at https://mealapp.spps.org or for a paper copy, call Nutrition Services (651) 603-4954 or ns@spps.org.

COMO PARK SENIOR HIGH OPEN HOUSE
Thursday, September 16th, 5:00 PM-7:00 PM

Parents, guardians, family members are invited to attend our annual open house event. This event provides you an opportunity to follow your student’s schedule, meet the staff, explore the extra and co-curricular activities as well as athletics that are available to our CPSHS students.
Ms. Myhre (Room 2624) has 2020-21 yearbooks for sale! Please bring cash or check (Made out to Como Park High School) for $30.00 to purchase last year's yearbook. Stay tuned for information on the 2021-22 yearbook! We are excited about creating an amazing yearbook this year!

Please familiarize yourself with our SPPS Covid-19 Student and Family Guidelines.

Health Start Clinic

Services are provided during the school day and after school by teams that include a health care provider, licensed independent clinical social workers, registered dietitians, health educators, and in four sites, a certified fitness trainer. Services include:

- Medical Care: Physical/sports exams, immunizations, lab services, and asthma care. Reproductive care includes testing and treatment for STDs, birth control, and pregnancy testing.
- Nutrition Counseling and Medical Nutrition Therapy includes services for weight loss, reduction of cardiovascular and diabetes risk, anemia, eating disorders, and food scarcity.
- Social Work Counseling & Therapy includes assessment, diagnosis and treatment of mental health disorders and mental health issues such as bereavement, homelessness, violence, substance abuse, relationship problems, pregnancy, sexual abuse, and anxiety.
- Health Education: Includes individual, small group, classroom and peer education on topics such as smoking cessation, sexual health, stress management, and insurance resources.

IMMUNIZATION REQUIREMENTS AND INFORMATION

State Law (MS 121A.15) requires all students in public schools be fully immunized or have a notarized statement exempting them from immunizations while enrolled in school.
- All students new to Saint Paul Public Schools (SPPS) must bring their immunization record or exemption record to school upon enrollment.
- Make sure your child has all of the recommended vaccinations for the school year 2021-22.

*For more information contact our school nurse, Lori Nakamura at 651-888-7614
The cadets volunteered at the 2021 Minnesota State Fair for seven days helping the State Fair Sanitation Department keep the entire grounds clean and orderly. Roughly 35 cadets per day pushed and pulled trash carts, emptied 55 gallon trash cans, and picked trash and garbage from the grounds. The Como Park MCJROTC cadets have a twenty year proud relationship with the Minnesota State Fair keeping it spotless for the many patrons who pass through its gates. They will never quit or give up their loyalty to themselves or the State Fair mission. Semper fi.
Como Park High School's Marine Corps JROTC (Junior Reserve Officer Training Corps) program has been recognized as a Naval Honor School Program for a fourth time in a row for School Year 2020 - 2021. The award is reserved for only 20 percent of all MJCRJOTC's across the nation and overseas posts.

"We didn't understand how well we were doing because for us it was just as important to keep our program alive through the pandemic and school closures," said Cadet First Lieutenant Anaf Deressa, a Como senior. "It was not a normal school year, but we pushed one another to participate amongst the community and in several off-campus events to still try and achieve success, so to get this recognition again for a fourth year in a row was shocking to all of us."

The ranking is based on several factors, including scholarships, volunteer hours, club participation, grades, academics, school attendance, competitions, cadet events, and so much more. The cadet's commitment outside of the standard academic day is significant.

Marine Instructors, Major Kiger and Sergeant Major Kirkland could see the drive and determination the cadets had this school year despite the pandemic stipulations placed on them. The program continues to maintain its strong foundation of future leaders. The can-do-spirit of all 111 cadets have been impressive and things look only greater for the upcoming school year. Semper Fidelis - Always Faithful.

Congratulations Cloey Dmytruk!!

This summer, senior Cloey Dmytruk signed her letter of intent to attend Waldorf University next year. This is a great choice for her as she will be receiving a full athletic scholarship.
CONGRATULATIONS PHOEBE FINLAY!

PHOEBE FINLAY (9th grade) was awarded the Sweepstakes prize, which is given to the overall winner in her grade level across all 27 categories in the individual K-12 Technology Education competition (those categories include computer illustration, technical drawing, a number of categories of photography, screenprinting, woodworking, electronics,

19 Como students walked the stage for summer graduation on August 25th!!!

COMO PRIDE :)

![Image of graduates]
Welcome Back to the Library!

I’m excited to see you all in the library this year! There’s much to see and read in the library. There are over a thousand new books for you!

The Scoop on Books!

- The new fiction selection has doubled!
- Comics, Manga, and graphic novel sections have grown by 400%, and now occupies the rotunda!
- Nonfiction has some updated titles in subjects such as:
  - Teen Mental Health
  - Financial Literacy
  - Information Literacy
  - Transgender Identity & Health
  - Adulting 101
  - Women (specifically underrepresented women)
  - Immigrants
  - Racism
  - Sports
  - Indigenous historical perspectives, etc.

I’m looking for TA’s and Peer Tutors! If you are a junior or senior and have openings in your schedule, come see me and let’s chat about what might be a good fit for you.

If you need something to read, need to do some research for class, or need help finding information, come down with your class or ask for a **PINK** pass from your teacher to come to the library, I look forward to seeing you!
Calling all Artists!

The Como Art Department would like to introduce ComoCreates.

We have missed your exceptional art in our hallways and we want to create an opportunity for ALL students to create.

Each month a new art challenge will be posted and we want YOU to accept the challenge. You can participate every month or whenever you feel inspired.

Look below for the lastest art challenge.

September Challenge  
“Empty a Pen”

Grab a pen and paper and let your imagination run wild. The challenge is to draw on a single piece of paper until the pen completely runs out of ink.

Drop off your drawing with any art teacher. All drawings will be displayed unless you prefer not to have it displayed. Drawings due: October 15th
STAFF SPOTLIGHT
Please welcome our new Clerk Supervisor, Sia Lor

I've been with SPPS for 12 years and prior to this position, I was the Lead Clerk at Benjamin E Mays IB World School for 7 years. My passion is working with people, accounting, budgeting, and payroll. Being the Lead Clerk of the school has taught me patience, grace, knowledge, support and teamwork. I believe that teamwork is the foundation within a workplace.

My husband and I are blessed with 6 beautiful children ages 16, 14, 9, 8, 6, and 3. During my free time, I enjoy cooking and trying new recipes. I love to read, watch movies, and spend time with family, especially with my kids.

I look forward to the great work that we will do this year.

Sincerely,

Sia Lor

Parents Right To Know

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.

Parent Right to Know: Hmong

Parent Right To Know: Karen

Parent Right To Know: Somali

Parent Right to Know: Spanish
IT'S FINALLY HERE!

Cheerleading season 2021-2022

Join us for two days of practice and tryouts!

TUESDAY, SEPTEMBER 14
3-6PM
WEDNESDAY, SEPTEMBER 15
3-5PM

LOCATION: COMO PARK H.S. FIELDHOUSE
Rock the Street, Wall Street is looking for a max of 20 girls (girls only) to participate in a short program of 5 in-school sessions and one field trip to a financial firm. The topics covered are related to women in careers in finance, think money!!!

here are the 5 sessions:

Wednesday Oct 13 period 4 1056 - 1143
Wednesday Oct 20 period 4 1056 - 1143
Wednesday Oct 27 period 5 1147 - 1234
Wednesday Nov 3 period 5 1147 - 1234
Wednesday Nov 10 period 6 1238 - 124
Wednesday Nov 17 field trip

here is the link to sign up: https://forms.gle/meCwYgbWRaMjsB1s6