
TIGER PRIDE

South High School | Vol. 1 Issue 5 | Sept. 21, 2015

Week 5

Our days are finally taking on the feel of routine and we're on to the business that makes South High tick. Thank you all, for your participation in PUSH, open house and homecoming events. On tap this week, we have senior planning events, field trips and Super Soccer Saturday to look forward to. Also, let me plug Site Council—the first meeting of the year is just a week away.

Mark calendars. Come, if you can!

Principal Aponté

Fall Open House review

I had many interactions with parents at open house last week. The overwhelming feedback was that students are reporting they like "the feel" of South and its welcoming atmosphere. Parents also expressed appreciation for challenging class offerings. There were concerns that 4 minutes of passing time between classes is pretty tight. Another concern/suggestion was that we find a better place for bikes. Both issues are under review. Thanks very much for the engagement!

September Events

CTE Field Trip

Monday, Sept. 21

AVID Retreat

Tuesday, Sept. 22

Newcomer Field Trip

Tuesday, Sept. 22

CPEO

Tuesday, Sept. 22

Senior Planning Night

Tuesday Sept. 22

Super Soccer Saturday

Saturday, Sept. 26

Site Council Meeting

Monday, Sept. 28

Homecoming

I am so pleased with our Friday homecoming events. Our students were appropriately and contagiously spirited at our pep rally. We had freshmen and seniors on one side of the gym and the sophomores and juniors on the other side cheering up a storm. It was an uplifting experience, you know, the stuff of memories. Our dance, themed: A Starry Night, drew an excellent turn out. It was simply a joyous occasion. School spirit was clearly on display. And, kudos to our student council and its leadership for pulling everything together!

Congratulations Homecoming Royalty!

2015 South High Court:

King and Queen: **Eric Garcia Gonzaga and Kendra Roedl**

Prince and Princess: **Jose Gonzalez and Kasey Herrera-Lima**

Duke and Dutchess: **Maxwell Folina and Morgan Hill**

Lord and Lady: **Zeid Abdullahi and Malina Longcrow**

PUSH Parents United for South High

Our meeting, a week ago, was well attended, about 30 parents showed and well-represented our Somali-speaking, Spanish-Speaking and English-speaking families, almost equally so. Our goal is to try to get more students presenting at meetings, giving parents firsthand accounts about their educational experiences here at South.

Senior Planning Night Tuesday evening!

Parents of the class of 2016, and their senior students, are invited to a presentation by South High counselors to help students map out their final year of high school. Topics to be covered include: Graduation requirements, College Boards (ACT/SAT testing), and the college application/admission process. It's an exciting year, with much to do, and we're here to help make it go as smoothly as possible.

Tuesday, Sept. 22
6-7:30 pm
South High Auditorium

PSAT seats still open

Juniors and Sophomores may still reserve a testing seat for the October 28 Preliminary Scholastic Aptitude Test. This is a great opportunity to prepare for the SAT and qualify for Merit Scholarship Award Money. See Elizabeth McMillen in the media center to register. Bring \$17 cash as the testing fee, or request a voucher to cover the cost. (Ms. McMillen's office is near the Writing Center.)

SUPER soccer Saturday

Seven matches all-day long, between South High and Southwest High! What more do you need to know to come and lend your support?! Well, maybe [the schedule](#). The first match is at 8 a.m., the final match is at 4:30 p.m. At 1:45 p.m. , our South Varsity Singers perform the national anthem. Most matches take place at South's Barnard field; two are at Roosevelt's field. Be sure to see the schedule at the link above, or on our website.

BLACK (Building Lives Acquiring Culture and Knowledge)

If you missed it, WCCO tv covered a class here at South that is gaining prominent attention. It's a class that focuses on the cultural experience of black males. For many of the students, it's the first class in which the teacher not only looks like them, but incisively understands their perspective. [Try this link](#) or refer to our website for the story.

South students sing

Peace Day 2015 is an international event connecting singers from all over the world. [Read more](#) about it here, but first know some of our South students will be participating by singing at the Midtown Global Market, today, Monday, Sept. 21 at 4:15 p.m. Their 4:30 p.m. performance will be streamed online.

Indian Education College Planning

Serving all American Indian students at South

Wednesday: 9th-12th grade Groups

- Five college planning sessions will rotate each week between periods 2,3,5,6 and 7.
- Groups will meet 7 times between now and the end of November,
- Focus is on high school, college, and career training planning through a **Native lens**, zeroing in on success in education.
- Special Education case managers can talk with their students to see if this is appropriate for your child's goals, but all students are welcome to attend.

Thursday: Senior bi-weekly meetings (New!)

- There are two of these groups because we have so many seniors this year- 28!
- Will meet 2X month through May
- Focus is on the steps for college admissions, financial aid and everything seniors will need to keep on top of this year

- Seniors can choose to attend either group (9th-12th or senior) and if they are passing their classes, they can attend both.
- If they can only attend one and are planning on college in the fall, they should come to senior meetings as they will usually not take the entire class period

International/Cultural exchange students

Families of cultural exchange students are asked to make visiting students aware of the International Student Advisory Group. We are delighted host families and students have taken on this adventure of cultural exchange and hope to connect and enhance the experience for all. Teacher contacts are: Dingman Yu and Arthur French.

South email address: South.High@mpls.k12.mn.us

Families and students, when you visit our [website](#), you'll notice a few changes intended to make life easier. Under "Contact Us," in the right navigation bar, you'll find email links in addition to phone numbers for the attendance clerk, the south high office, and the parent liaison:

Email Attendance Clerk

or call: 612.668.4314

Email South High Office

or call: 612.668.4300

Email Parent Liaison

or call: 612.668.4303

Note: Smart phone users: phone numbers on the web should be clickable, as well.

“The Health Office” and “The School Based Clinic”

Two departments, what’s the difference?

At South High School, students have access to **“The Health Office”** and to **“The School Based Clinic.”** Here’s a quick primer on knowing the difference between the two, and which will better serve a student’s immediate, or not-so immediate needs:

The Health Office is commonly known as the “Nurse’s office.”

It is staffed by an RN (Registered Nurse) and an LPN (Licensed Practical Nurse), who address immediate issues such as:

- Breathing issues
- Issues related to diabetes
- Bee stings
- Food allergies
- Head injuries
- Physical injuries and vomiting
- Administering prescribed medications

See this [**instructive visual, outlining the protocol**](#) that teachers use for sending students to The Health Office.

The School Based Clinic functions, as its name suggests, more like a clinic. It is staffed by a **nurse practitioner, health educator, registered dietician, mental health therapist** and a **medical assistant**.

Here are a few things to know about The Health Clinic:

- Students **must first register** to become a patient of the clinic.
- Healthcare is available on an appointment basis.
- The Health Clinic addresses:
 - **Adolescent** healthcare
 - **Primary** healthcare
 - **Mental** healthcare
 - **Sexual** healthcare.
- Examples of patient care services include:
 - **Sports physicals**
 - **Check-up exams**
 - **Strep-throat tests**
 - **Vaccines,**
 - **STI (Sexually Transmitting Infection) tests**
 - **Prescribing medication.**

Fragrance free policy

At South, please be reminded of the Fragrance Free Policy. In the abstract, you may not realize what a serious health risk perfumes, deodorants, dryer sheets, fabric

softeners, colognes and other everyday items are to students, teachers and staff. To better illustrate, envision a teacher trying her best to get some fresh air. She lamented that her "brief encounter with a fragrance means I'll be experiencing a 5-day migraine."

Going to the effort to dispense with fragrance or to search for items that are fragrance-free will be very much appreciated by people, who will likely never know of your efforts. However, they will be grateful for the consideration in keeping them healthy and in school. Thanks to all for understanding and putting the policy in practice.

Alpine Skiing

The Minneapolis Alpine Ski Team (MAST) is inviting students to join its varsity and junior varsity ranks. No experience necessary, but you must have a desire to race in downhill slalom skiing. **Informational meetings** are scheduled for Monday, Oct. 19 at Washburn High.

Swim record broken

In a dual meet against Southwest-Edison, the South-Roosevelt-Washburn women's swim team officially broke the 200 Free Relay, pool record in 1:41:78. The team is comprised of South's Ella Cook, Washburn's Maddie Diffenbach, Rachel Anderson, Anika Johnson (Ramsey.)

Facilities open for gymnastic athletes

Now through Nov. 4, the gym at **North Star** is open 5-7:30 p.m. for practice.

To reserve gym time:

- Bring to Corcoran Park: \$10, cash or check, made out to: Mpls Finance Dept.
- Come to **North Star facilities - 2410 Girard Ave. N.** - Door 10.

- Arrive between 4:45 - 5:15p.m. (Doors are unlocked during this :30 min window).
- Gym time is 5-7:30 p.m.
- If doors are locked during these hours, call 612.668.2118 and someone will open the doors for you.

Driver's Ed

Students who are at least 15 years old may take Driver's Ed and register online at mplscommunityed.com, or stop by the South High Community Ed office and register with the help of Heather.Borgman@mpls.k12.mn.us **Classes are scheduled Oct. 5 - 26, 2015** (No class, 10/13, 14, 15) Cost is \$125. See flier.

State of the School Title I Meeting - NEW TIME

Learn about the state of South High School and the plan to engage with families and the community at the upcoming **Title I meeting, 5 p.m., Tuesday, Oct. 13, 2015, in conference room 149.** This is an opportunity to know more about your school, and your right to be involved in your child's education.

Tiger Pride archive is available under "Quick Links" on the South High School [homepage](#). Submissions may be emailed to: [Lisa Ramirez](#)

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