

THE GUIDE TO HELP YOUR CHILD

GRADUATE to Something GREAT

website: graduate.spps.org



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A World of



Opportunities

Saint Paul
PUBLIC SCHOOLS

THIS GUIDE ALSO AVAILABLE IN
ENGLISH, HMONG,
SOMALI, SPANISH



Support at Home + Stay in Sc

We believe that every family can help at home and it will make a difference for our children. success in school and life.

Where do I start?

Below are some ways that parents and other caring adults can help children learn at home and school so that your child will get the best education possible.

Are you already doing these? Great—tell others and ask your child’s teacher for more ideas. **If not, do you need more help?** Check the *Program Directory* on page 13 and *Where can I turn?* on the back page to find out who you can call.

At Home

- ✓ **Do you have a place for your child to read and do homework every day?** When children have a place and time to do their work, they are more likely to do it and do well in school. If you don’t have a place at home, look for a local library or community center with homework help.
- ✓ **Does your child go to bed and get up, eat meals, read and do homework at regular times?** Try talking to your child about when these will happen and how long until the next activity starts to build his understanding of time and schedules, which are critical to success in school and life.
- ✓ **How often do you tell your child that school and homework is important?** When you do, she will feel and act positively toward homework and school.

At School

- ✓ **Do you go to back-to-school events, parent-teacher conferences, math and literacy nights, student shows and other school activities?** These are chances to get to know teachers and other school staff who work with your child every day. The better you know them, the better they can help your child.
- ✓ **When you go to your child’s school:**
 - Listen to the teachers’ goals and why they chose them.
 - Tell them about your hopes and dreams for your child.
 - If your child’s needs aren’t being met, tell the school staff what else you need—if you can, get involved in parent organizations to help plan future family activities.
 - If you are bilingual, volunteer to help non-English-speaking families.



Featured Resource!

If Saint Paul Public Schools staff don’t respond to your questions or concerns, talk to the school principal or the program or department director. If you still don’t get the help you need, call the District’s Ombudsperson (representative) at 651-767-8394.

chool = Success in Life

We know that your involvement every day will help your child succeed. **Here's how** we can work together to ensure your child's

How do I know...?

- ✓ **If my child was in school today?** If your child is marked absent, you will receive an automated call from school to let you know. (Please make sure your contact information is up-to-date in the school office.)
- ✓ **If my child has missing assignments?** Check the Parent Portal (featured below), which shows your child's attendance, grades, class assignments and more. Talk with your child and the school about what you learn from Parent Portal. <http://ereport.spps.org>
- ✓ **How my child is doing in school?** Attend parent-teacher conferences, usually held in the fall and spring. Let the teacher know that you want to be kept informed of your child's progress. You can always contact teachers by phone, notes or e-mail. Let the school know if you need an interpreter.

When you go to parent-teacher conferences...

- ✓ **Before a conference, talk with your child and think about questions you want to ask the teacher.** Here are some questions you might want to ask:
 - In what areas is my child doing well?
 - In what areas does my child need to do more?
 - How much time should my child spend on homework each night?
 - How are grades given? Tests? Attendance? Homework?
 - Do you have any suggestions on what I can do to help?
 - Do you have any concerns about how my child is doing either academically or socially in school?
- ✓ **Tell the teacher if you think your child needs special help** and about any special family situation or event that might affect his ability to learn—like a new baby, a sickness or a move.



Parent Portal

Get information on your child's educational records such as attendance, grades, class assignments and more. Take the opportunity to review and talk about the information with your child. Sign up today: <http://ereport.spps.org>

What can I do as my child grows and chan

TRANSITIONS are times when daily routine changes in a big way, whether it's the first day of school, a move to middle school or high school, or a move to college. These are some of the biggest changes.

The First Big Step: Starting School

What's different: Children need to sit still, take turns, listen, work and play well with others.

What's the same: Your attention and support are just as important and you should continue to make the most of all the time you have with your child.

What You Can Do About ...	Why it's Important ...	The Steps You Can Take ...
Checking your child's growth and development	<ul style="list-style-type: none">• It lets you know if your child can get extra help, if needed, before school starts• It's required by law	<ul style="list-style-type: none">• When your child turns 3 years old, schedule an appointment for Early Childhood Screening: 651-632-3746• For a month-to-month guide to school readiness, check out Blast Off to Kindergarten: http://www.blastofftok.org
Making your child comfortable at school	<ul style="list-style-type: none">• Makes learning easier• Makes the first few days in a new place less stressful• Makes this big step easier for your child and you	<ul style="list-style-type: none">• Visit school with your child before the first day at an open house or by setting up a meeting with the teacher• Talk positively with your child about school and what to expect; ask her what she is looking forward to doing at school

Moving from Elementary School to Middle Grades

What's different: Multiple teachers and classes; more responsibility on the student; classes count to be on track for high school and college.

What's the same: Families, students and teachers need to keep talking about how we can support each other.

What You Can Do About ...	Why it's Important ...	The Steps You Can Take ...
Improving study habits and being more organized	<ul style="list-style-type: none">• Class assignments become harder and longer• Students take more classes with different teachers• Students are expected to be more responsible for themselves	<ul style="list-style-type: none">• Make sure your child has a planner to keep track of schedules and assignments; check it regularly• Make sure your child starts, updates and follows a Six Year Plan• Make sure your child has the supplies needed for each class
Making school familiar	<ul style="list-style-type: none">• Students do better when they are ready on the first day• Students rely on other students and staff; we need to know and be connected to each other	<ul style="list-style-type: none">• Attend the Open House or Orientation• Make sure that your child is involved in extracurriculars and community service
Keeping your child on track	<ul style="list-style-type: none">• Students who stay on track now will be able to do better in high school• Your support and encouragement can help your child get on track and stay on track through this critical time	<ul style="list-style-type: none">• Respond to communication from school as soon as you can• Let teachers know where your child is struggling and doing well• Ask questions if you don't understand• Attend parent-teacher conferences or set up a phone conference

ges?

school, or whenever a child changes schools. Here are some things to keep in mind during



Entering High School

What's different: Students take very different paths as they decide what they will do after high school; credits, grades and tests will determine what options students have.

What's the same: Teachers and staff are here to help you and your student.

What You Can Do About ...	Why it's Important ...	The Steps You Can Take ...
Attendance	<ul style="list-style-type: none">• Every time a student misses school, it is harder to keep up and catch up• Too many absences will cause your child to fail a class	<ul style="list-style-type: none">• Pay attention to attendance; make sure your child is in school• If your child misses school, you will receive a call from the school to verify the absence and the absence will be posted on the Parent Portal (http://ereport.spps.org)• If you need help getting your child to go to school, ask the school for assistance
Keeping your child on track for graduation	<ul style="list-style-type: none">• Certain classes and tests are critical to keep your child on track• Missing credits and tests will limit the options your child has for the future he wants• You may see things that others miss when your child needs more help or support	<ul style="list-style-type: none">• Attend parent-teacher conferences or set up a phone conference• Check the Parent Portal (http://ereport.spps.org) for missing assignments• If you have any questions or concerns about your child's education, contact the school counselor, teacher or administrator• We can help your child catch up through summer school, evening school, and alternative programs; check the <i>Program Directory</i> on page 13, or call your child's school for more information
Helping your child prepare for college	<ul style="list-style-type: none">• Thinking about college now gives your student a better chance at being ready	<ul style="list-style-type: none">• Start visiting college campuses so your family becomes familiar with the college experience• Look at the programs and resources in this guide for more information

Moving on to College – Read on ...



Help is Only a Phone Call Away

If you think your child may need help in the areas of alcohol and drug use, missing school, or may need counseling through a difficult time, please call SPPS's Guidance, Counseling and Related Services at: 651-603-4946 or visit <http://guidance.spps.org>

If you need help selecting a school, go to <http://enroll.spps.org> or call the Student Placement Center at: 651-632-3701.



What will my child learn in school?

Learning standards set the goals for what students learn in each grade for a particular subject. Learning standards are set by the Minnesota Department of Education and Saint Paul Public Schools. Below is a sample of what your child will learn.

Language Arts

(Reading & Writing)



Your 1st grader will:

- Learn new words, read stories aloud, and read independently.
- Learn to write by planning, practicing writing, editing, reviewing, and completing pieces of writing.

Your 6th grader will:

- Read, understand and respond to a variety of publications through summarizing, identifying important information and themes, evaluating and interpreting what was read.
- Follow a writing process that includes planning, writing, revising, editing and publishing pieces of writing.

Your 9th grader will:

- Read, analyze, and evaluate traditional, classical, and contemporary works of American literature.
- Plan, organize, and write narrative, explanatory, and descriptive writing for a specific audience and purpose.

Math



Your 2nd grader will:

- Count, read and write numbers; identify place value and fractions.
- Know addition and subtraction facts up to the number 12; add and subtract with tens and hundreds ($234 + 138$); understand estimation.

Your 7th grader will:

- Understand that a relationship between two variables such as X and Y , is proportional if it can be expressed in the form $Y/X = K$ or $Y = KX$. (Algebra)
- Use proportions and ratios to solve problems involving scale drawings, map scales, and conversions of measurement units. (Geometry)

Your 11th grader will:

- Determine the surface area and volume of pyramids, cones and spheres. Use measuring devices or formulas as appropriate. (Algebra 1)
- Represent relationships in various contexts using equations involving exponential functions; solve these equations graphically or numerically. (Algebra 2)

Science



Your 5th grader will:

- Describe how wind, water and ice reshape the earth's surface.
- Recognize that plants make their own energy to stay alive and grow and animals get their energy from plants and/or other animals.

Your 8th grader will:

- Use scientific inquiry to design and conduct controlled experiments to explore the natural world around them.
- Understand the processes that shape and create the earth including volcanoes, earthquakes, weathering, and erosion.
- Investigate the factors that affect weather.

Your 10th grader will:

- Design and conduct a variety of scientific investigations to understand the nature of scientific thinking and how scientific knowledge changes and accumulates over time.
- Look at and study cells to understand how their molecular interactions control life.

How can I help my child with schoolwork?

From reading with your child to quizzing them on their homework, there are many things that you can do to help your child be better prepared for school. Below are some ideas for how you can make a big difference in your child's school experience and ability to get into college.

Preparing Your Child for Test-taking



- ✓ **Encourage your child to read.** It's the most important thing that you can do to help your child succeed in school. Read with or to your child every day.
- ✓ **Don't get upset because of a single test score.** Too much pressure can affect his test performance in the future.
- ✓ **Encourage your child** and provide praise for the things that he does well.
- ✓ Make sure that your child **attends school regularly.**
- ✓ Getting a **good night's sleep** before the day of the test is important.
- ✓ **Plan ahead.** Have your child start studying for the test well in advance to avoid "cramming" the night before.
- ✓ On the day of the test, instruct your child to **read all directions carefully** before beginning work.

Activities to Do With Your Child



PREKINDERGARTEN-GRADE 3

- Ask your child to tell you about the pictures they draw; recognize attempts at writing letters, words and sentences.
- Cut food (such as pizza, celery, carrots, sandwiches) into halves, thirds, fourth, fifths, etc.
- Questions to ask your child: "What do you notice?" "What would happen if...?"

GRADES 4-8

- Talk about words and their meanings; play word games; help your child use a dictionary and a thesaurus to look up word meanings and choices.
- Look for fractions and percents in games, cookbooks and newspapers; find them in the grocery store or when using measuring cups.
- Questions to ask your child: "What is your evidence for...?" "What else do you wonder about?"

GRADES 9-12 AND BEYOND

- Ask questions each day about homework and school. Instead of asking "What happened at school today?" try asking: "What was the funniest thing that happened today at school?" "Which subject or class do you like best? Why?"
- Talk about going to college and career interests; discuss the courses and tests your child needs to complete to go to college.



Featured Resource!

SPPS Learning Standards booklets (PreK-6 grade) provide fun tips for parents on how to build their child's literacy, math and science skills.

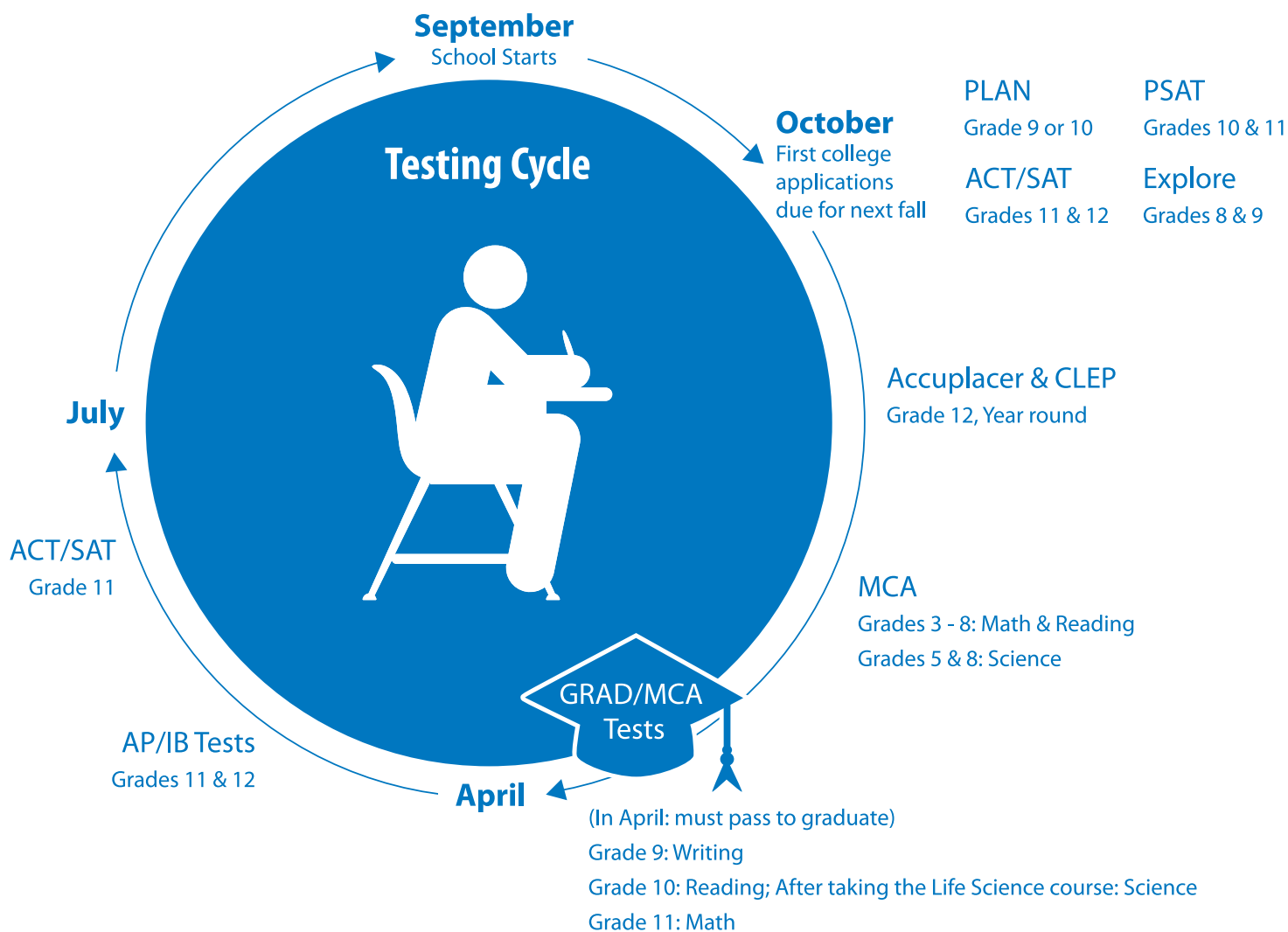
http://title1.spps.org/Learning_Standards.html



TESTS + Credits = Graduation

Will my child graduate? To walk in a high school graduation ceremony a student must pass the GRAD tests and have enough high school course credits. To get there, every student follows a different path. Talk to your school counselor about any additional requirements they may have. If your child is on an IEP (Individualized Education Program), contact your student's case manager.

The testing cycle is covered below. The facing page reviews high school credit requirements.



KEY of Testing Titles

Required State Tests:

MCA = Minnesota Comprehensive Assessments

Required Tests for Graduation:

GRAD = Graduation-Required Assessments for Diploma (taken as part of MCA in grades 9-11)

District-provided Tests:

PLAN = Pre-ACT

Prepare = Pre-PLAN

PSAT = Preliminary SAT

Required Tests for College

Admission (check with the college to know which to take):

ACT = American College Test

SAT = Scholastic Aptitude Test

College Placement Tests:

AP = Advanced Placement

IB = International Baccalaureate

CLEP = College Level Examination Program

Accuplacer

Tests + CREDITS = Graduation

To get a diploma, a student must pass GRAD tests (see previous page) and earn enough credits in high school courses. To earn a credit a student MUST PASS the course (a 'D' grade or better). See below for the required number of credits in each subject. For students with an IEP, courses of study are important when addressing transition goals and objectives.



Six- or Seven-period Day

Total quarter credits required for graduation in all six- or seven-period, regularly-scheduled SPPS high schools: **86 credits (64 required; 22 elective)**.

Students earn quarter credits as follows:

- One quarter-long course = 1 credit
- One semester-long, two-quarter course = 2 credits
- One year-long, four-quarter course = 4 credits

Four-period Blocked Schedule

Total quarter credits required for graduation in all four-period, block-scheduled high schools: **112 credits (64 required; 48 elective)**.

Students earn quarter credits as follows:

- One semester-long course = 4 credits
- One quarter-long course = 2 credits

This chart lists the graduation requirements required by the State of Minnesota and Saint Paul Public Schools

COURSE REQUIREMENTS	CREDITS NEEDED	SAMPLE COURSES (not all of these classes are available at every high school or may have a different title)
Language Arts	16	English (electives might include: Modern Fiction, Creative Writing, Poetry, etc.)
Math	12	Intermediate Algebra, Algebra, Geometry, Trigonometry, Pre-Calculus, Calculus, Math Studies
Science	12	Biology, Chemistry, Physics, Physical Science, Physiology
Social Studies	14	U.S. History, Government, Economics, Geography, World History, Psychology, Sociology
Arts	4	Performance Art: Acting, Dance, Theatre Arts Visual Arts: Dance, Painting, Ceramics, Sculpture, Photography, Media Arts, Film Music: Band, Concert Choir, Chorus, Orchestra, Percussions, Strings, Music Theory
Health & Wellness	2	Health Community Service, Individual & Community Health, Medical Careers
Fitness & Physical Education	2	Physical Education, Physical Education Lifestyles, Gymnastics, Tennis, Volleyball
Family & Consumer Science, Industrial Tech, or Business	2	Family & Consumer Science: Infant Child Development, Fashion Design, Culinary Arts Industrial Tech: Architecture, Automotives, Construction, Engineering Business: Accounting, Computer Keyboarding, Personal Finance, Microsoft Office
World Language	SPPS recommends Level 3 completion at minimum	American Sign, Chinese, French, German, Hmong, Japanese, Dakota/Lakota, Ojibwe, Russian, Spanish
Electives	22 (48 credits at 4-period schools)	African Empires, Astronomy, Documentary Film Making, Environmental Systems, Law & Justice, Multicultural Literature, Public Speaking, World Cultures, etc.
Six Year Plan (develops a student's education plan for high school and beyond)	—	Students participate in yearly academic and post high school planning by completing the grade level milestones of the Six Year Plan; this begins in the ninth grade with the goal of having a college or career plan for at least two years beyond high school graduation.



What does it take to get into college?

Each college has different entrance requirements – and we’re here to help you make sense of them. The chart below shows the courses that most colleges expect high school students to have passed. Remember, college-level courses in high school are great preparation.

College Entrance Exams

Students applying to a four-year college should consider taking these college entrance tests:

- **9th or 10th Grade:** PLAN, a pre-ACT test, also assesses career skills and interest areas; test taken at school in October.
- **11th Grade:** PSAT (Preliminary Scholastic Aptitude Test); test taken at school in October.
- **11th/12th Grade:** ACT (American College Test) & SAT (Scholastic Aptitude Test); check with counselors for test dates and locations. Plan to take one or both in spring of 11th grade; they can be taken again in fall of 12th grade.

WHAT IS YOUR GOAL?	Selective (4 year) College/University: <i>Bachelor's Degree</i>	Traditional (4 year) College/University: <i>Bachelor's Degree</i>	Community College; Career and Technical College: <i>Certificate, Diploma, Associate's Degree</i>
Example of College Goal:	Macalester, Carleton, College of St. Catherine	University of MN, Saint Cloud State, University of WI-River Falls	Century, Saint Paul College, Dunwoody, Inver Hills
ACADEMIC SUBJECTS - ENTRANCE REQUIREMENTS			
English	4 years (advanced courses)	4 years	4 years
Social Studies	4 years (advanced courses)	3 or more years	3 years
Mathematics	4 or more years	3 years	3 years
Science	4 or more years (advanced levels)	3 or more years	2 or more years
Physical Education	2 semesters	2 semesters	2 semesters
Health	1 semester	1 semester	1 semester
Fine Arts	1 year	1 year	1 year
World Languages	3-4 years of a single language	2 or more years of a single language	No specified recommendation
Electives	Choose as many AP classes as possible	Choose electives that will prepare you for a career or broaden your interest	Choose electives that will prepare you for a career or broaden your interest

College-level Coursework for 11th and 12th Graders (not all of these classes are available at every high school):

Advanced Placement (AP) classes provide students with college-level coursework. Students can receive college credit when they attain a certain score on AP exams.

College in the Schools (CIS) provides university-level courses to advanced juniors and seniors. Students successfully completing a CIS course receive University of Minnesota academic credit.

International Baccalaureate (IB) is a rigorous academic program for juniors and seniors. The IB Diploma Program is a two-year, full-time commitment available at specific high school sites.

Post Secondary Enrollment Options (PSEO) allows juniors and seniors to take courses (full- or part-time) at a liberal arts, community or technical college or a university for high school credit.

Where can I find out more about careers and college?

There are many ways to think about careers and plan for college. High School College & Career Centers are a great place to start. Below we have listed that and more ideas for you.

High School College & Career Centers

These centers are located in your child's high school to provide help and resources for students and parents such as:

- Career and college planning resources
- College admissions and testing information
- Financial aid; Scholarship information
- On-line college test preparation
- College applications and tour information
- Local job postings; Employment tips

For questions, call your child's high school counselor.

Get a degree for FREE!

The **Power of YOU** program covers the cost of tuition and fees for two years or up to 72 credits at Metropolitan State University, Saint Paul College or Minneapolis Community and Technical College (MCTC). That's just one of the scholarship and financial aid programs for SPPS students. To find out more, talk to the school counselor.

College & Career Planning

There are many other resources and tools that your student will use in high school to plan for transition to college and a career. Here are a few examples:

- **"Six Year Plan"** develops a student's education plan for high school and beyond
- **Academic planning and advising beyond high school** (four-year college; two-year college; business, trade, vocational, or technical school)
- **Training** while working (apprenticeship, industry training and education, military service)
- **Employment** surveys and assessments
- To find more **information and resources** on college and career planning:
 - **The Doorway: College and Career Resource Centers**
Ph: 651-266-8581
 - **Minnesota Career Information System**
Ph: 651-582-8321; <http://mncis.intocareers.com>
 - **iSeek** provides Minnesota education, employment and career resources
Ph: (800) 657-8372; <http://www.iseek.org>
 - **Youth Job Corps** connects youth ages 14-21 from low-income families to summer job opportunities in the City of Saint Paul
Ph: 651-266-6430
 - **Armed Services Vocational Aptitude Battery**
<http://www.military.com/ASVAB>

Saint Paul Career Pathways Academy

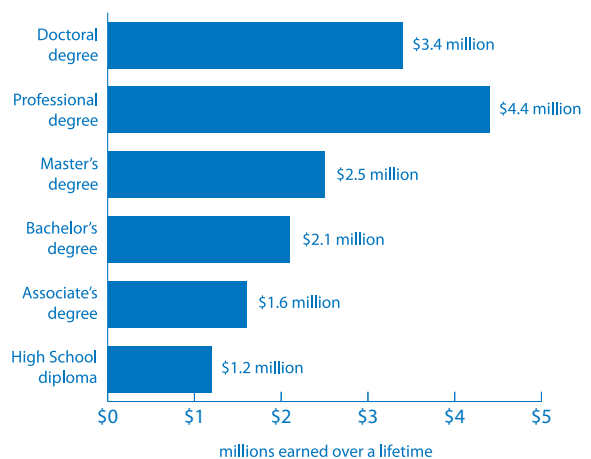
The Academy is a high school program located at Saint Paul College where students explore careers, take Career and Technical Education courses and have the opportunity to earn high school and college credit. Saint Paul Career Pathways Academy is an option for:

- Students in grades 11 or 12 who are on track for graduation.
- Students who learn best in "hands-on" activities.
- Students who want to explore advanced career and technical education and certification possibilities.
- Students who are ready to prepare for highly skilled technical workplaces.

Ph: 651-793-5528; http://schooltofuture.spps.org/Career_Pathways.html

Learn More, Earn More

The more education a person has, the more she is likely to make according to the U.S. Census Bureau. Over a lifetime, they estimate that a **college graduate makes \$1 million more** than a high school graduate.



Help for Getting into College

PROGRAM CRITERIA

The chart below provides an overview of the programs that help students get into college by helping them become academically prepared, providing financial resources, and other important information. Many of these programs have specific acceptance criteria. If you have additional questions, please contact your child's counseling office for more information. See the next page for program descriptions.

PROGRAM NAME	SERVICES					STUDENT CRITERIA						
	FINANCIAL AID PROCESS	TUTORING/ ENRICHMENT	ADVISING/ COUNSELING	FAMILY/HOME CONNECTION	LOW INCOME	ACADEMIC POTENTIAL/ PERFORMANCE	ENGLISH AS A SECOND LANGUAGE	FIRST GENERATION	STUDENTS OF COLOR	GRADES		
SAINT PAUL PUBLIC SCHOOLS PROGRAMS												
Advancement Via Individual Determination (AVID)	✓	✓	✓			"Academic Middle" (B and C students)				4-12		
Chosen to Achieve		✓		✓					✓	7-8		
Multicultural Excellence Program (MEP)	✓		✓	✓		2.5 minimum GPA			✓	9-12		
Saint Paul Connections		✓			✓		✓	✓	✓	9-12		
TRIO PROGRAMS												
Educational Talent Search	✓		✓	✓	✓	2.5 minimum GPA		✓		6-12 *College		
Upward Bound	✓	✓	✓		✓	2.0 minimum GPA	✓	✓	✓	9-12 *College		
MINNESOTA OFFICE OF HIGHER EDUCATION												
Get Ready!	✓		✓	✓	✓			✓	✓	4-12		
GEAR UP	✓		✓	✓	✓				✓	6-12		
OTHER COLLEGE ACCESS PROGRAMS												
Admission Possible	✓	✓	✓		✓	2.5 minimum GPA				11, 12		
Breakthrough Saint Paul		✓	✓		✓			✓		6-10 (must apply in 6 th grade)		

*Potential for supportive and/or financial services in higher education.

The information below provides program descriptions for the programs listed on the chart on the previous page. You can get more information about these programs by calling or visiting their websites, or talk to your child's school counselor for more information.



Admission Possible

Dedicated to helping low-income high school students prepare for and earn admission to college. Admission Possible identifies students with the motivation and potential for college, then provides them with ACT/SAT test preparation; intensive guidance in preparing college applications; help in obtaining financial aid; and guidance in transition to college.

Ph: 651-917-3525; <http://www.admissionpossible.org>

Advancement Via Individual Determination (AVID)

A college-preparatory program for students in the academic middle (B and C grades) that provides the tools and support they need through challenging coursework that develops the skills necessary to be prepared for college.

Contact student's school counselor; <https://www.avidonline.org>

Breakthrough Saint Paul

Provides rigorous academic experiences to motivated students from traditionally underserved populations. Students must apply in 6th grade and must commit to two summers of intensive academic and enrichment classes, plus an academic year program during 7th and 8th grades. Students must maintain a 'B' average and include at least one challenge-level class each semester in their regular school setting. The program guides students through scholarship opportunities and other activities that enhance their chances of getting into and succeeding in college.

Ph: 651-748-5504; <http://www.breakthroughsaintpaul.org>

Chosen to Achieve

SPPS mentoring program that matches 6th through 9th grade students from diverse cultures with caring adults who offer support and guidance to help them succeed in school. Includes African American and Hmong mentorships. Staff also work with Somali, Karen, American Indian and Latino communities.

Ph: 651-293-5952; <http://chosentoachieve.spps.org>

Educational Talent Search / TRiO

Identifies qualified students with potential for higher education and encourages them to complete secondary school and undertake a program of post-secondary education. The program publicizes the availability of student financial assistance and provides support in the areas of personal/social development, educational achievement, and career exploration.

Contact student's school counselor; <http://www.ets.unh.edu>

Get Ready (MN Office of Higher Education)

An early intervention and college awareness program preparing students from low-income families and from those groups traditionally underrepresented in college with college planning information, academic tutoring and career higher education options. The program prepares high school students for post-secondary education by providing them with the tools and experiences that will help motivate them to complete high school and pursue a post-secondary education.

Contact the school counselor; <http://getreadyforcollege.org>

GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs)

Raises the educational expectations of students through personal development, career planning, financial aid, and study skills.

<http://www.ed.gov/programs/gearup>

Multicultural Excellence Program (MEP)

SPPS program that provides the guidance and support to promote academic success for students of color, culminating in the completion of a college degree. Staff work collaboratively with secondary and post-secondary staff, parents and the community to provide strategies and resources to enhance students' academic performance and create positive self-esteem.

Ph: 651-603-4948; <http://mep.spps.org>

Saint Paul Connections

SPPS program offering a wide variety of accredited courses and internships related to college majors, careers, and part time student employment. Any high school student in grades 9 through 12 living in Saint Paul can register for Connections classes that help students earn both college and high school credit. Cost is only \$1 per course.

Ph: 651-221-1446; <http://connections.spps.org>

Upward Bound/TRiO

A year-round program providing enrichment to prepare students for college through academic tutoring, social and cultural activities, personal and academic advising. Students accepted into this program must be from limited income families or whose parents have not completed four-year college degrees.

Ph: 612-250-4660; <http://www.mntrio.org>



Featured Resource!

SPPS Graduate provides all the information you need to help your child graduate, go to college and succeed in the world.

<http://graduate.spps.org>

Prekindergarten - Elementary Grades (PreK-6 grades)

From the first day your child is born to the day he or she graduates, you are your child's most important teacher. As much as you can, be involved in education at every stage of his or her development. Think of yourself and the school teacher as partners in your child's education. The tips below are important to practice throughout the elementary school years and beyond; they can make a big difference in how well your child does in school.



Getting Ready For Kindergarten



Getting Ready For Middle School



PRE-KINDERGARTEN

Before he can start kindergarten, he needs a **PRE-SCHOOL SCREENING** to identify possible health or developmental needs. To schedule an appointment call: 651-632-3746; screenings are free.

Consider **VISITING THE SCHOOL** before the first day of class so he can meet teachers and students.

It's important to **ATTEND PARENT-TEACHER CONFERENCES** every year to keep on top of your student's progress. If you can't attend a conference, make sure to call the teacher to discuss his progress.

Call the **STUDENT PLACEMENT CENTER** for help picking a school. Go to <http://enroll.spps.org> or call 651-632-3701.

GRADE 1

It's never too early to start **SAVING MONEY FOR COLLEGE** or to start talking to your student about going to college so she knows it's possible.

GOOD STUDY HABITS can help your student do better in school in the long run. Make sure your student does her homework every night and that she has a place to study.

The school principal and teachers often send important information home with your student so **CHECK YOUR STUDENT'S BACKPACK EVERY DAY**.

GRADE 2

GRADE 3

Make sure your student has a **REGULAR ROUTINE**. Children do better in school when they are well rested and eat breakfast every day.

ENCOURAGE YOUR STUDENT TO READ BOOKS. Reading is a basic lifelong skill.

Ask your **STUDENT TO READ ALOUD** to you whenever possible. For example, have him read every day words, like signs and food labels.

EXPLORE YOUR STUDENT'S INTERESTS TOGETHER and encourage his curiosity. Visit a nature center, science museum or zoo. Free "Museum Adventure Passes" are available through the public library.

GRADE 4

GRADE 5

Help and **ENCOURAGE YOUR STUDENT TO FIND OUT ANSWERS** to her own questions by doing research together in a book, at the library, or on the Internet.

Enroll your student in an **ENRICHMENT PROGRAM** to explore her interests and expand her experiences; available before and after school, weekends and the summer; see page 13.

If your student will be transitioning to a **NEW MIDDLE SCHOOL** after 6th grade consider **VISITING THE SCHOOL** with her before the first day of school to ease any anxieties she might have.

GRADE 6



Featured Resource!

Blast Off to Kindergarten provides parents with resources and activities to help children get ready for kindergarten.

<http://www.blastofftok.org>



Saint Paul
BLAST OFF
TO KINDERGARTEN

→ Middle School Grades (7-8 grades)

The stakes get higher for middle grades students as they approach high school where their academic performance will affect their choices for attending a two- or four-year college. This is also the time when you can help them learn more about their interests.



Getting Ready For High School



GRADE 7

Students will have many teachers and classes so it is important that they **WORK ON ORGANIZATIONAL SKILLS**. Make sure your student has a planner and knows how to use it to set priorities.

Keep an eye on your student to make sure he is **DEVELOPING GOOD STUDY HABITS** and is doing his homework.

MONITOR YOUR STUDENT'S HOMEWORK.

Read the material he brings home from school to make sure he completes homework. If you do not see any homework ask him why and contact the school.

If you haven't already, start **SAVING MONEY FOR COLLEGE**. Every little bit helps.

ASK ABOUT YOUR STUDENT'S FAVORITE CLASSES and what she learned and did in school that day. Ask the teacher how you can help her succeed.

Attend **PARENT-TEACHER CONFERENCES** to check on your student's academic progress. If you are not able to attend the conference, call her teacher to find out how she's doing.

As a parent, **ASK YOUR STUDENT REGULARLY** about what jobs interest him. Even if he doesn't act like it, children appreciate their parents' interest in their thoughts and interests.

Students should consider doing **VOLUNTEER WORK** in their community. It provides real-world experience and makes a positive difference.

If your student is an **ENGLISH LANGUAGE LEARNER**, continue practicing your home language with her. Practicing your home language will help her develop the ability to speak more than one language, which is an important skill to have in life.

GRADE 8

TALK WITH YOUR STUDENT ABOUT THE FUTURE. Discuss future career opportunities and how school will help meet those goals. Having goals will make his hard work at school feel worthwhile.

Look at the **HIGH SCHOOL CLASSES** that will prepare him for college; he should take the most difficult classes he can handle.

INTEREST AND SKILLS ASSESSMENTS will help him think about possible career options.

Enroll him in a **SUMMER ENRICHMENT** program. Many are free and focus on areas that interest students.



Featured Resource!

Minnesota Office of Higher Education provides financial aid information and more to help students gain access to post-secondary education.

Ph: 651-642-0567; <http://www.ohe.state.mn.us>

High School Grades (9-12 grades)



Because starting high school is such a big step, ninth grade is a critical time for students. Getting good grades and being involved in extracurricular activities is critical to getting into a college and getting a good job.



Getting Ready For COLLEGE



GRADE 9

GRADE 10

GRADE 11

GRADE 12

INTEREST AND SKILLS ASSESSMENTS help with exploring career options.

Review her High School Class Plan; she should be **TAKING THE MOST DIFFICULT CLASSES** she can handle.

A **SCHOOL COUNSELOR** can talk through career options and the education required for those careers.

Encourage her to participate in **EXTRACURRICULAR ACTIVITIES**.

Talk seriously about **SAVING AND PAYING FOR COLLEGE**.

Explore **INTERNSHIP AND APPRENTICESHIP** opportunities to gain on-the-job experience.

Encourage your student to **TALK ABOUT COLLEGE** with his friends, teachers, counselors and you because he can learn from others' experiences.

The **PLAN TEST** helps prepare for the **ACT TEST**, and to help students think more about college.

Make sure she makes the most of the summer, through a **SUMMER ENRICHMENT** program, or a **SUMMER JOB** to earn money for college.

Attend **COLLEGE AND FINANCIAL AID** events.

The **PSAT TEST** in the fall will help prepare for the **SAT TEST** and identify areas where your student needs improvement.

Consider possible **CAREER OPTIONS** and investigate the type of education that is needed.

Request **MATERIALS FROM COLLEGES** that interest your student and visit their web sites.

Arrange **CAMPUS VISITS** to those schools that interest your student.

Students can **EARN COLLEGE CREDIT** while in high school through college-level coursework (see information at bottom of page 9).

Register for the **ACT** and/or **SAT TESTS** in the spring.

Review the **HIGH SCHOOL CLASS PLAN** to make sure your student takes the most difficult classes she can handle, help her stay focused on schoolwork, and make sure she is meeting the high school graduation requirements.

Help your student get a job to earn and save money for college, or explore her skills through an **INTERNSHIP** or **APPRENTICESHIP**.

Research and apply for **PRIVATE SCHOLARSHIPS**. Complete the **FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)** as soon as possible after January 1.

MEET with his **SCHOOL COUNSELOR** to review his high school class plan, take the most difficult classes he can handle, stay focused on his schoolwork.

Your student should **TAKE/RETAKE** the **ACT** and/or **SAT TESTS** in the fall.

Help **SELECT COLLEGES** to which he will apply. Make a list of important admissions and financial aid deadlines for each school.

Help **CREATE A RESUME** of his academic, athletic and work activities, as well as other achievements.

CHOOSE A COLLEGE with your student and send in any required forms or deposits (housing, meal plan, etc.). Notify in writing those schools he doesn't plan to attend.



Featured Resource!

Practice tests are provided for the state's **GRAD** tests (which students need to pass in order to graduate; see page 7), allowing students to practice test questions and be better prepared for the real tests.

For links to these resources, visit:
<http://graduate.spps.org>

GRADUATE TO SOMETHING GREAT!





Program Directory

The programs listed below offer students and their families many resources for helping their child succeed in school.

Student Support Programs

ACADEMIC

American Indian Education Program provides a number of support services to American Indian students and their families.

Ph: 651-293-5191; <http://indianeducation.spps.org>

Community Education provides a wide variety of classes and programs for adult educational, recreational, cultural and leisure needs. Also provides adult basic education, English as a Second Language classes, and GED diplomas.

Ph: 651-767-8179; <http://commedprograms.spps.org>

Early Childhood Family Education (ECFE) offers parent education and early childhood education (birth to kindergarten age children).

Ph: 651-793-5410; <http://ecfe.spps.org>

English Language Learner Services provides a range of programs to help students who are English language learners achieve English proficiency.

Ph: 651-767-8230; <http://ell.spps.org>

Gifted Services offers services for high ability/gifted students at most school sites, grades K-12.

Ph: 651-744-1300; <http://gifted.spps.org>

Special Education provides support services to students with special education, health-related or accessibility needs.

Ph: 651-293-8923; <http://specialled.spps.org>

SOCIAL-EMOTIONAL

Alcohol and Drug Prevention Services are provided through the Resource Lab, a one-stop response center serving students, schools and families on student alcohol and drug abuse.

Ph: 651-207-1256; <http://resourcelab.spps.org>

Districtwide Mentoring matches students with caring adults to help them succeed in school.

Ph: 651-293-5952; <http://cta.spps.org>

Mental Health Services can be provided confidentially through a number of community and government services. Call SPPS's Office of Guidance, Counseling and Related Services.

Ph: 651-603-4946; <http://guidance.spps.org>

Out for Equity provides support services for lesbian, gay, bisexual, and transgender students, staff and their families.

Ph: 651-523-6322; <http://outforequity.spps.org>

School Dropout Prevention Services can be provided through SPPS's Office of Guidance, Counseling and Related Services.

Ph: 651-603-4946; <http://guidance.spps.org>

Enrichment Programs

EXTENDED TIME (AFTER SCHOOL & SUMMER)

21st Century Learning Centers (elementary & middle grades) provide students and their families with access to enrichment activities such as family reading, math and science programs, vocal and instrumental music, visual arts, sports and recreation, field trips and special event nights.

Ph: 651-325-2672; <http://21stcccl.spps.org>

After School Enrichment Programs are available to students before and/or after school.

Ph: 651-293-5191; http://www.spps.org/After_School.html

Breakthrough Saint Paul provides rigorous academic experiences to motivated students from underserved populations. Students must apply in 6th grade.

Ph: 651-748-5504; <http://www.breakthroughsaintpaul.org>

Discovery Club (child care) is a before- and after-school child care program where children participate in a wide variety of academic and enrichment activities.

Ph: 651-632-3793; <http://discoveryclub.spps.org>

DURING SCHOOL

AVID (Advancement Via Individual Determination) helps high school students who have 'B' and 'C' grades graduate and attend college.

Ph: 651-744-1308; <http://www.avidcenter.org>

Multicultural Excellence Program (grades 9-12) provides guidance and support to promote the academic success of students so they can earn a college degree.

Ph: 651-603-4948; <http://mep.spps.org>

Saint Paul Connections (grades 9-12) provides high school students with the opportunity to earn both college and high school credit. Cost: \$1 per course.

Ph: 651-221-1446; <http://connections.spps.org>

The Lab is a program of the District's Special Education Department that empowers youth to share the stories of their lives, opinions and emotions through creative outlets.

Ph: 651-744-1005; <http://thelabspps.com>

Service-learning Program (grades 9-12) is a teaching and learning approach that integrates community service with academic study to teach civic responsibility and strengthen communities.

Ph: 651-325-2675; <http://servicelearning.spps.org>



Where can I turn?

Saint Paul Public Schools sees families and schools as partners in education. As we work together, we know there are big challenges that can get in the way of your child's path to graduate to something great. Please know that we're here to help you.

What if my child is...?

Missing school or classes?

The District has programs that can help your child get to school on time every day. Our staff can help to address these issues. Call 651-603-4946.

Struggling with homework or a particular subject area?

The best person to talk to is your child's teacher. The teacher will know what resources are available such as tutoring programs. Sometimes, a child may simply need to get their eyesight checked to see if they need eyeglasses.

Being bullied?

The District takes bullying of any kind very seriously. If your child does not feel safe at school for any reason, you should talk to the school principal immediately so that your child can receive help.

Using alcohol or drugs?

Alcohol and drug use should be taken very seriously. The District has services available to help children who are using alcohol and drugs. For help, call 651-207-1256.

Getting involved with a gang or other unsafe behavior?

Speak with a school counselor or your child's principal.

What if I...

Can't go to parent-teacher conferences?

Set up a time to talk by phone. Teachers need to hear from you to give your child the best education possible. You don't have to wait for a conference to talk to your child's teacher. If you have any concerns about your child's school progress, call the teacher right away.

Find it difficult to get information from staff?

If Saint Paul Public Schools staff don't respond to your questions or concerns, talk to the school principal or the program or department director. If you still don't get the help you need, call the District's Ombudsperson (representative) at 651-767-8394.

Want to further my own education?

The District offers free programs at flexible times for job skills and certification, General Educational Development (GED), English Language Learning and post-secondary preparation. Call 651-290-4822 or visit <http://hubbs.spps.org>.

Looking for more?

Unfold the back page for more information on
STUDENT SUPPORT PROGRAMS and
ENRICHMENT OPPORTUNITIES!

See the special foldout tip sheet!

SAINT PAUL PUBLIC SCHOOLS

360 Colborne Street
Saint Paul, MN 55102

Ph: 651-767-8100
<http://graduate.spps.org>

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June 2009 - 40,000
This booklet was paid for with Title I funding. For a free copy in English, Hmong, Somali or Spanish, call 651-632-3790.