The Longfellow Kangaroo

“Kango” wrong with the news!

Longfellow Remains as a Stand-Alone School!
By Jennifer Atterberry

Decision Made for Longfellow in Comprehensive District Design

At the November 12 School Board meeting, it was announced that Longfellow High School would remain in its current building. There have been discussions about changing the structure of schools and buildings in the district as part of the Comprehensive District Design initiative. Studies were recently conducted to see if four small high schools should remain in their current locations. The Longfellow High School community is celebrating that the district has determined the needs of students and their children are best met with the school remaining in its current location as a stand-alone school.

Comprehensive District Design is an ongoing project to carefully plan how best to serve all students in the district. Minneapolis Public Schools wants to make some changes to school locations and enrollment boundaries in order to make more equitable access to programs and coursework. The School Board will vote on major parts of the design in April 2020 and the changes will occur in the 2021 and 2022 school years.

To learn more about the Comprehensive District Design (CDD) visit our website mpls.k12.mn.us/cdd

Upcoming Events

2/4– Town Hall Meeting 2-3pm Guest Speaker: Dr. William Green, Augsburg University | Quarter 2 Award Ceremony 3-4pm
2/10 –National African American Parent Involvement Day (NAAPID) and Family Outreach (Parent Teacher Conference) 10am-4pm
2/14– Valentine’s Day
2/17– No School: Presidents Day
2/18– No School: Parent Teacher Conference 9am-2pm
2/27– Project Success Field Trip, Dance Performance A.I.M by Kyle Abraham | Northrop
3/4-Project Success Twelfth Night | Guthrie Theater
Body Changes
By Aelyn Hernandez Hurtado

During my pregnancy I was not worried about gaining weight. I thought I would lose weight. In the end it was not what I expected. During my pregnancy I would watch labor and delivery videos to prepare myself for delivery. When the day came, I saw things were really different. The mothers in the videos were doing their makeup and their hair. On my delivery day I didn't have the energy or the time to get ready.

I thought the worst was done, but little did I know it was just the beginning. When I got home I was ready to rest, but a nightmare happened. When I looked down I saw my shirt full of breast milk. Suddenly I got a really high fever with a bad headache. I got frustrated because I just wanted everything to be done already. During my 40 day rest I didn’t take care of myself. I ignored advice from my mom and grandma and now I regret it. My mom would wrap the “postpartum belt” around me to get my body back in shape. I am the girl that loves to have loose clothes, so I wasn't used to the belt and I would take it off. Now my stomach has this ugly pooch.

The pooch is not the only problem mothers go through. The stretch marks are also a problem, but you can’t do anything about them. As you guys know, not everyone is the same. Some of us have a lot of stretch marks and others don’t. As teens we love to dress fashionably, but as moms stretch marks bother us. There’s going to be people that judge your stretch marks but just think about the reason that you have them. You grew a human inside of you and that’s all that matters.

Weight is something that also concerns us as mothers. We worry about what is the healthiest food to eat to not gain weight. In our minds we want to lose weight to look good for others but not for ourselves, which causes low self-esteem. We should love our bodies and accept how they are and not force them to be what we want. Don’t think your body represents who you are just because others think that. In the end your baby is going to love you for how you treat them, not for how you look. Love yourself, love your body, and love your baby. That’s all that matters.

May you be brave and may you fly free certain of your worth and of your wings.

J.E. Cano
D3 Program Update
By Lisa Chang

D3 classes started in January. Six students are currently participating in D3. This is the largest group in over a year! The Destination: Diploma to Degree (D3) program is a dual credit program that allows students to define a career pathway and work towards earning an Associate’s Degree while progressing toward earning a High School Diploma. Longfellow students participating in D3 receive on-site childcare and free transportation.

The requirements to participate in D3 are 2 credits or less to finish high school, good attendance, commitment, and dedication. D3 students take classes such as English, math, and FYST (first year student strategies) to start and then they take courses in numerous fields. If you would like more information, talk to Brooke or a D3 student.

The students participating in D3 this spring are Miranda, Re’re, Jackie, Lexi D., Lisseth, and Angel.


Rachel Marie Martín
What’s New in Child Care?
By Bryana Mora-Perez

Naps: In the childcare area children nap from 12:30-2:00 p.m. After they are done napping they either have a small group time or go play in the gym.

Crying: Most toddlers don't cry a lot. Usually babies from 12-18 months cry a lot because of separation anxiety.

Activities: The children have just finished doing a handprint canvas project for a teacher that is retiring. They are also planning on doing a project for Black History Month.

Advice for Moms: Something you can do to make your child smarter is to bring them to school every day and start talking to them and asking them about their day. Routines are really important and so is putting your child to bed early.

From out the front of being, undefiled,
A life hath been upheaved with struggle and pain;
Safe in her arms a mother holds again
That dearest miracle—a new-born child.
To means of anguish terrible and wild—
As shrieks the night-wind through an ill-shut pane—
Pure heaven succeeds; and after fiery strain
Victorious woman smiles serenely mild.
Mathilde Blind
Vaping is not just e-cigarettes, it also can be a vape pen just like a personal vaporizer. Vaping usually contains propylene glycol or vegetable glycerin-based liquids with nicotine, flavoring, and other chemicals and metals, but not tobacco. It causes you to crave smoke and suffer the withdrawal symptoms of an addiction. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack. It also causes lung disease. Vaping is dangerous.

Over one in four 11th graders vape.

The Minnesota Department of Health issued a health advisory, echoed by the U.S. Surgeon General, regarding an epidemic vaping trend among teens. For the first time in 17 years, youth tobacco use rates increased. It is critical that schools understand the common language, warning signs, health impacts and resources available to address it. Check out the 2019 Minnesota Student Survey Results to learn more.

CONTACT INFORMATION
Minneapolis Health Department
Moriah Maternoski, Healthy Living Liaison
Moriah.maternoski@minneapolismn.gov
612-673-3579

OTHER HELPFUL CONTACTS
Leslie Stunkard, MPS Licensed Alcohol & Drug Counselor:
leslie.stunkard@mpls.k12.mn.us
612-668-0868

School-based clinic staff in your high school for class presentations.
Ms. Nicole is the new College and Career teacher here at Longfellow. Ms. Nicole was a first generation college student. She started college as a non-traditional student at 28 years of age. Ms. Nicole picked this role because she has a passion for education and she wants to help students get to and through college. She also wants us as students to be determined because there are going to be days you will NOT be motivated and determination will help you reach your end goals. Ms. Nicole loves working with teen moms and being a role model; she hopes to be another adult students here can

Brain Teaser

What travels around the world staying in the same corner?

© BRIGHTSIDE.ME

Answer on page 13
Health Careers
Field Trip to MCTC and Abbott Hospital
By Sarah Sehnert

Project Success organized an amazing field trip for Longfellow students on Thursday, January 30th, 20 students participated. The morning was spent at MCTC (Minneapolis College) learning about health career training programs that are offered, such as Nursing, Nursing Assistant/Home Health Aide, Dental Assistant, Pharmacy Technician, Medical Office Administration, Sleep Studies, etc. We went on a tour to see the campus and health career training facilities. The afternoon was spent at Abbott Hospital. We got to see an Emergency Room (ER), the Radiology Department, and the Surgery Center. The students enjoyed putting on scrubs and learning how to suit up for surgery!

Project Success organizó una increíble excursión para estudiantes de Longfellow el jueves 30 de enero, participaron 20 estudiantes. La mañana la pasamos en el MCTC (Minneapolis College) aprendiendo sobre los programas de capacitación en carreras de salud que se ofrecen, como Enfermería, Asistente de Enfermería / Ayudante de Salud en el Hogar, Asistente Dental, Técnico de Farmacia, Administración de Consultorios Médicos, Estudios del Sueño, etc. Continuamos recorrido para ver el campus y las instalaciones de formación profesional de salud. La tarde la pasamos en el Hospital Abbott. Llegamos a ver una sala de emergencias (ER), el departamento de radiología y el centro de cirugía. ¡Los estudiantes disfrutaron de aprender a vestirse para la cirugía!
Knitting
By Bryana Mora Perez

The knitting group has been working on many things like hats, scarves, mittens, and blankets. In 1589, William Lee invented a knitting machine. The first person to start knitting was Richard Rutt. People think knitting could be the solution for relaxation. Knitting originally began in the Middle East, then it started in Europe after, and European people started to trade with Americans. There are many types of knitting like weft and filling that include plain, rib, purl, pattern, and double knitting. There are also different types of fabrics like the tricot, raschel, and milanese. In my opinion I think knitting can help you relieve stress. I think it’s good that we have a knitting class because I see how some people feel relaxed and enjoy learning something new. I am a new student and in one day I saw how relaxed people were just by knitting.

Mothers hold their children’s hands for a short while but their hearts forever.
Interview of Cremella Chatham
By Anabely Zacarias Carrillo

Who had the idea of thinking to knit and why?
I was the one who had the idea of knitting.

Did you take knitting classes or did learn it from your relatives as a tradition?
I took knitting classes.

What are people making?
They are knitting hats for babies.

How long have you been doing this for the groups?
I have been doing this 6 to 7 years.

How many groups do you teach?
One group and only once a week.

Brain Teaser

What can be seen once in a minute, twice in a moment, and never in a thousand years?

Answer on page 13
Winter Celebration
Winter Celebration
Dear Longfellow family,

The flu is very contagious and can spread from person to person by breathing in the droplets in a cough, sneeze or runny nose that contain the flu virus. People with the flu may be able to infect others by shedding virus from one day before getting sick to five to seven days after symptoms begin.

Signs and Symptoms of the flu may include: The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea. If you suspect you or a family member is sick, contact your doctor for further evaluation as soon as possible.

Prevention

· Centers for Disease Control and Prevention recommends vaccination for everyone 6 months and older;

· Hand washing with soap and water, especially before meals; alcohol based hand sanitizers will work;

· Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in trash and wash hands;

· Avoid touching your eyes, nose and mouth. Germs spread this way;

· Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Use household disinfectants according to directions.

When can my child return to school after having the flu?

Keep your child home for at least 24 hours after the fever is gone, and 24 hours after vomiting and/or diarrhea subsides.

Treatment: The flu can be treated with antiviral drugs. Acetaminophen (Tylenol) or ibuprofen may be taken to reduce fever and increase comfort. Avoid products containing Aspirin. People with the flu need plenty of rest and fluids. Your child’s medical information is kept confidential, so please call the Health Office if your child has been diagnosed with the flu/influenza. Contact the health office with any questions.
Thank You to Our Newsletter Contributors

A special thank you to the talented group of students who wrote, researched, interviewed, and collaborated to contribute to Longfellow’s student-driven newsletter:

Lisa Chang
Aelyn Hernandez Hurtado
Bryana Mora Perez
Tynisha Nolen
Anabely Zacarias Carrillo

Brain Teaser Answers
Page 6. A Stamp
Page 9. The Letter M
Nelson Inz  
Board of Education, Director  
Nelson.Inz@mpls.k12.mn.us | 612.206.5284  
Term: 2019-2023 | District 5

Jenny Arneson  
Board of Education, Vice-Chair  
Jenny.Arenson@mpls.k12.mn.us | 612.382.0734  
Term: 2019-2023 | District 1

Kimberly Caprini  
Board of Education, Treasurer  
Kimberly.Caprini@mpls.k12.mn.us | 612.876.1838  
Term: 2019-2023 | At-Large

Kim Ellison  
Board of Education, Chair  
Kim.Ellison@mpls.k12.mn.us | 612.418.3657  
Term: 2017-2021 | At-Large

KerryJo Felder  
Board of Education, Director  
KerryJo.Felder@mpls.k12.mn.us | 612.757.6470

Siad Ali  
Board of Education, Director  
Siad.Ali@mpls.k12.mn.us | 612.206.5204

Janaan Ahmed  
Board of Education, Student Representative  
StudentRepresentative@mpls.k12.mn.us

Bo Walser  
Board of Education, Director  
Bob.Walser@mpls.k12.mn.us | 612.757.6427  
Term: 2017-2021 | District 4