

ATWIN CITIES ACADEMY

MIDDLE SCHOOL HIGH SCHOOL

A Message From Director Lueth

We are so excited to have all our students back in the building. So far so good - students are practicing all the safety measures we have in place and are even reporting enjoying being back in school. We are doing everything possible to keep them in school as well.

As a reminder, if your student is vaccinated, they will not need to quarantine if there is a close contact situation but are still advised to test as a precautionary measure. Please make sure we have your student's updated vaccine status on file by contacting Arlene Seashore at aseashore@twincitiesacademy.org or calling 651-205-4797.

Beginning this week TCA will also have rapid COVID tests to use if students come to the office feeling ill, or for asymptomatic testing as well. The best defense for all of us, is if you or your student is eligible to be vaccinated, please talk to your healthcare provider to get this done, if you haven't already. The only way to keep our school open long-term is through masking and vaccinating. We are also looking forward to hosting another vaccine clinic in the next few weeks, sponsored by Black Nurses Rock. Please watch the newsletter in the coming weeks for more information.

As we tackle the physical health and safety of our students, we are also keenly aware of the academic and mental health needs of our students. As we begin to restore what we have lost during these past 15 months, and build on what we have gained, TCA is hosting several ways to make your voice heard as we plan for the future. Included in this newsletter is a link to a short survey to help us understand what your student needs most as we get back to a more "normal" school year. I will also be hosting a Zoom call on Thursday September 16th at 6 p.m. for all families to attend and discuss with me their hopes and dreams for this upcoming year. A link to sign up for that session is also in the newsletter below.

Please also join us for our Curriculum Night on Thursday September 23rd from 6 p.m. - 8 p.m. We will begin the evening with a brief presentation about our priorities for the school year, and how we hope to accomplish them. Following this presentation, family members will have a chance to briefly attend each class their student attends, and meet the teacher. Masking is required for all people in our school, and social distancing will be strictly adhered to, at all times.

We look forward to reconnecting with all of you! Have a great week and please reach out if we can help in any way.

Betsy Lueth

UPCOMING IMPORTANT DATES

September 23 - Parent Curriculum Night

September 23 - SEAC Committee

September 23 - Senior Parent Night

September 24 - Early Release 1:20PM

BASEBALL

Any middle schoolers interested in playing baseball, please attend our first ever fall clinic.

Here is the link to our 3-Saturday MS Baseball clinic to be held at Nova:

<https://novaclassical.revtrak.net/Athletics/CampsClinics/>

6-8th Grade TCA, Nova + GRS Students interested in Baseball

\$50 Registration deadline: noon of Monday, 9/13

Three Saturdays: September 18 and 25; and October 2

Noon-2:00pm @ Nova Turf/Cage

Current HS Players help instruct

Money goes toward equipment and student-athletes who can't afford items.



For additional Questions contact Scott Lindholm at slindholm@twincitiesacademy.org

WEIGHTLIFTING CLUB



Ready to bring it to the next level in your next sport? Want to begin a lifelong habit of staying in shape?

Join the after school weight lifting club. There are three different programs offered:

- Big Cat Tiger Weight Lifting- for varsity athletes and those with prior weightlifting training- Monday and Thursdays
- Tiger Lifting Club- for athletes with limited or no experience in a weight room who want to grow! Tuesdays and Fridays
- Tiger Boot Camp- for those who are not ready for larger commitments but know they want to get in shape and want quick twenty minute workouts- Wednesdays

Any questions please contact Mr. E.W at belyeawheeler@twincitiesacademy.org

All programs start this Monday 9/13 from 4:15-5:30PM and will run until the beginning of Winter Sports- November 19th.

Sign Up using this [link](#).

TCA BOYS BASKETBALL OPEN GYM

Boys Basketball will have open gyms starting next Wednesday from 7-8:30p.

Open to grades 8-12 that are interested in playing Varsity, JV, or C-Squad basketball this season.

Contact Coach Moffitt at dmoffitt@twincitiesacademy.org for any other information needed.



FREE FLAG FOOTBALL



Who: Anyone in grades 5th-8th

Where: St. Croix Prep

When: 4:20pm-5:00pm on Mondays and Wednesdays (Monday September 13th- Wednesday October 6th)

What: Wear athletic clothing and bring a water bottle, cleats are not required but recommended

Why: Why Not!!!! Come out and have some fun, and bring your friends!!

How: How much? FREE!!!!

Contact: noahdombrovski@stcroixprep.org / St Croix Prep Academy

From TCA's Health Office

It has been a dizzying week. The number of students in school all at the same time is such a change from the last two years! You may find that some of your students are coming home a little stressed because they are not used to rubbing elbows with so much humanity anymore! Please give them non judgmental space to discuss how they feel about this. Covid continues to rage around us. Ramsey County is doing better than some, but please remember to keep students home if they are showing ANY signs of illness.



If your student is prone to allergies, try some allergy meds and if they work, follow that trial up with a conversation with your child's pediatrician to get a medical opinion. If there is any question, get tested. Have your student stay home until symptoms have cleared and test results are negative. Educate your student on correct mask wearing to ensure the safety of our entire TCA community, other students, coaches, educators, custodial staff, everyone. Mask wearing isn't just for the safety of the wearer, but also for the people your student comes in contact with.

Just a few reminders ... Please

- Send your student to school with an extra set of uniforms to keep in their lockers in case of spills, accidents, mud, you know....kid stuff!
- Remember to send a water bottle to school with your student!! Drinking fountains are turned off to prevent spread of illness, but we have water bottle fillers accessible to students.

And requests ...

The Health Office could use donations of self adhesive sports wrap to help provide extra support for turned ankles, hurt wrists, and to increase the longevity of Band-Aids.

Tissues, sneezing happens!

Keep Washing Those Hands,

Arlene Seashore

TCA Hoodies



New this year! This hoodie is an approved uniform piece for both middle and high school. They will be delivered by the end of September, just in time for the cool weather! \$30 each.

Payment due when delivered.

TCA HOODIE - [ORDER HERE](#)



TCA'S CURRICULUM NIGHT

Join us for TCA's Curriculum Night on:

Thursday September 23rd 6-8pm

You will have the opportunity to meet teachers, learn more about your student's classes and run through their schedule, and see the building (check out our mural in the dining hall!) and familiarize yourself with TCA's community. There will not be a time for specific questions about your individual student during the rotations, so please email the teacher to ask those questions or to schedule a time to meet with them.

For contact tracing purposes, we need you to please RSVP via this Google Form:

<https://forms.gle/KnVgNqLmj3gybV6L7>

We look forward to seeing you there!



SEAC MEETING

Waving the Magic Wand: COVID Recovery and Your Child

An Event for Twin Cities Academy Parents and Guardians of Students with IEP's

Thursday, September 23, 2021
5 to 6 p.m.

In the TCA school cafeteria
(followed by TCA's all-school Curriculum Night)

Pizza and Pop at 5 p.m.

[RSVP here](#) so we can have enough food!



PBIS COMMUNITY CORNER

This is our first year introducing the Positive Behavior Intervention & Supports (PBIS) framework to TCA. You may have heard your student talk about learning how best to travel in the hallways or even to and from the bathrooms. This is a part of the PBIS framework to ensure that there are minimum assumptions. Teaching and reteaching will become the norm. We value our ROAR (Respect, Optimism, Achievement, Responsibility) as a community.

Our hope is to keep you in the know, to make this a full circle opportunity for us all to grow. In the next few weeks we will be going over these expectations. Feel free to role play and/or ask your students what they learned.



LIBRARY

The Librarian is in!

Learn more about the library, check out and return policies, how to check out books etc. [here](#).

Browse TCA Library's catalog of books [here](#).

Students may email library@twincitiesacademy.org to request a book.

Students can use their Library Go virtual library card to access the [St. Paul Public Library](#).

Questions or concerns? Please contact the librarian, Ms. Delesha, at library@twincitiesacademy.org

Parent Survey

Family Survey - We want to hear from you!

Please complete the Family Survey to let us know how this school year went. We want your feedback so we know what we can do better in the future.

[English Survey](#)

[Spanish Survey](#)

[Hmong Survey](#)

[Somali Survey](#)

Parent Feedback Session (Zoom)

If you would like to join the TCA Parent Feedback Zoom session with Director Lueth

sign up [HERE](#).



Attendance Reminder

If your student needs to be absent from a class, for an appointment, vacation, ANYTHING, please call (651-205-4797) or email (attendance@twincitiesacademy.org) so it can be excused.

Portal

Parents, please check the parent portal. There is a wealth of information for you; which includes - Homework assignments and due dates, graded homework, missing assignments, student class schedules, bus information, and attendance information.

If you do not have a portal account you should have received an email today, 9/14, on how to setup portal. The email is titled " TCA Portal Account Instructions". Please check your spam folder. You have to have a portal account to open a schoology account.

Energy Assistance Program



GOT BILLS HANGING OVER YOUR HEAD?

Minnesota's Energy Assistance Program helps pay energy bills

More Minnesota households than ever before are eligible. You may also qualify for the Weatherization Assistance Program for free home improvements to permanently reduce your energy bills.

HELP FOR RENTERS AND HOMEOWNERS:

- Up to \$1,600 to pay your energy bills
- Free repair or replacement of homeowner's broken furnace
- Free energy efficiency home upgrades to lower your bills

ARE YOU ELIGIBLE?

Household size	Annual income
1	\$33,918
2	\$44,355
3	\$54,791
4	\$65,228

LEARN MORE

1-800-657-3710
mn.gov/commerce/eap.jsp

or search "Minnesota Energy Assistance"
in your internet browser



Links to: [Spanish flyer](#) - [Hmong flyer](#) - [Somali flyer](#)

Are you stressed about paying utility bills?

Apply for Minnesota's energy assistance program today. Get up to \$1,600 to help pay your energy bills. You could get \$1,200 more to cover past-due bills.

Apply now mn.gov/commerce/eap.jsp