



TCA Newsletter


Friday, January 28, 2022

Upcoming Events

January 31 - No School - Conference Prep Day
February 1 - RETURN to In-Person Learning
February 5 - 2nd Quarter Conferences - Online
February 10 - Info Session
February 21 - No School - Presidents' Day
February 25 - Early Release Day
February 26 - Info Session
February 28 - Enrollment Lottery
Feb 28-Mar 4 - All school spirit week
March 3 - Band Concert
March 10 - Shadow Day

TCA's Commitment to Systemic Equity

Twin Cities Academy is committed to addressing educational inequities and ensuring a respectful learning environment in which diversity is valued and integral to successful outcomes for all students.

A large, stylized illustration of a baseball with red stitching on a light grey background, positioned behind the text.

High School Baseball registration is now open and closes quickly on Weds, February 9.

Please grab a packet from Coach Lindholm and have it completed by the 9th.

Dear TCA families,

We are happy to announce that In Person Learning for ALL students begins again on Tuesday February 1st. It appears that the most recent surge of COVID-19 is going down in St. Paul, and we are happy that most of our staff and students have now recovered and are able to return to school.

To prevent another shutdown you can help! Please consider the following ways to prevent the spread of COVID-19 moving forward:

1. If you are not vaccinated or boosted, please consider this. Talk to your doctor or another health professional you trust. There is a lot of misinformation and we know that there is fear, however even if you are not at high risk, others in the school community are, and by being vaccinated you are protecting other staff and friends in the school. We also understand that the more people vaccinates will reduce the chance of new variants.
2. Wear a KN95 or N95 mask. TCA is in the process of getting enough KN95 masks for all students and staff. Until we have those, please consider wearing two masks if you do not have one of these high quality masks.
3. Stay home, even if you seem to have a mild cold. For many of us, thankfully, COVID will be mild and feel like a bad cold. If you have any symptoms at all, please get tested and stay home. TCA is working on getting more at home tests for families, until then please order your four at home tests here from the US government: www.covidtests.gov

We can do this together, and have a fun and healthy spring, if we do it together!

Be well, and we are excited to see you all again on Tuesday February 1st!

Warmly,
Betsy

Greetings 6th-8th Grade Families!

Welcome to, YEP! Our Youth Enrichment Program for grades 6-8. The time has come to pick which programs you would like your student to join in, all for free! This is a great opportunity to try something new, or to fine tune your skills and become part of a group/team!

YEP! will be starting Tuesday, Feb 15th running every Tuesday and Thursday going through Thursday, April 28th. All dates will be outlined upon registration for your convenience. Registration will open via a Google Form coming to an inbox near you this Tuesday, Feb 2nd. We are capping all programs on a FCFS (first come first serve) basis, so register quickly as registration will close on Friday, Feb 4th.

Each student will be able to sign up for two different programs for each day (i.e. 2 programs on Tuesday, and 2 on Thursday). We will be giving you the opportunity to change or try something new halfway through the season.

Here are the programs we will be offering:

Chess Masters

In this program, students will be introduced to and learn how to play the classic board game, Chess. No previous experience or knowledge of Chess is necessary! Whether you are brand new to the game or have been studying Chess for years, all are welcome. Students will learn how each piece moves on the board as well as basic and intermediate openings and strategies.

Math (Breaking board games)

In this program, students will explore various tabletop games, including games with dice, cards, or board games. Within their exploration, they will learn a little bit about the mathematics behind why each game works and is enjoyable to play, as well as how to be successful the next time they sit down at the table.

Fitness Bootcamp

Fitness boot camp is a fun, engaging program designed to get students active and comfortable with moving their bodies. We will be focusing on conditioning through games and activities, light resistance training with bodyweight and free weights, and leaving the barbells alone! Get ready to sweat!

Art Club

A collaborative class where the students are in control! We will touch base at the beginning of each day and discuss what/how we'd like to draw as a team. Mr. Arch will provide constructive feedback and a supportive environment for students to engage with their work and each other.

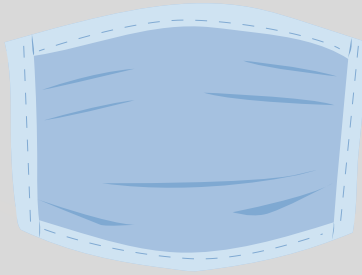
Debate Team

Learn to make strong arguments using evidence and reasoning while having a fun time disagreeing with your classmates. The debate team will also provide the opportunity to compete in debate tournaments against other first-year schools and debaters. If your parents or teachers tell you that you argue too much, then this is the place for you!

E-Sports

E-sports takes video gaming to another level with organized competitive gameplay between two teams, governed by its own strict set of rules and guidelines. E-sports requires teamwork, communication, critical and strategic thinking, creativity, sportsmanship, and leadership — much like traditional sports. Here we will learn more about what the world of eSports has to offer.

Look for your opportunity to register on Tuesday, February 1st with an email in your inbox! Spots will go fast!



Hello parents,

Although Omicron is receding, we are still going to be feeling the repercussions for a few weeks. As there is simply not enough time in the day to contact all parents, please pay close attention to your school emails and look for emails with TCA HEALTH OFFICE - HEALTH NOTICE in the subject line so that you can be made aware that your student has been identified as a close contact of a Covid carrier at school. Unvaccinated close contacts will receive emails and a follow up phone call. Please feel free to contact me with any questions, if you have not heard from me.

I am so appreciative of all of you as we continue to move through this epidemic. You have been so great about contacting us to let us know when your student, or a family member has Covid so we can work together to keep our students safe and learning. Remember that we will expect your student to be online, unless you have contacted the Health Office or Attendance Line to let us know that your student is too ill to attend.

Covid Vaccines may be the big story right now, but it is very important to keep your students' state mandated immunizations up to date. Please review your students' vaccination records and make sure to take them into your clinic to keep them up to date. You will be receiving emails and letters from me letting you know what vaccines your student needs to receive to make sure they can continue to attend school.

Thank you to all our wonderful families for helping to keep our Health Office stocked. If you are thinking of us when you are out shopping, things that we can use this month are:

- Menstrual supplies (both pads and tampons) for light flow
- Self Adhesive Athletic Wrap
- Reusable Ice Packs

Wishing you all good health and warm wishes that will last until the weather warms up and the sunshine lasts longer!

Ms. Seashore
Health Aide

Each residential household in the U.S. can order one set of 4 free at-home tests from USPS.com. Please take advantage of this offer to help keep your family safe. If you don't have use for your allotted 4 tests, please consider donating them to TCA. We would appreciate any extra tests!

Thank you!

[Order Test Kits Here](#)

BIPOC STUDENTS BEHIND IN CREDITS OR FALLEN BEHIND WHO WISH TO IMPROVE THEIR GRADES SIGN UP FOR HOMEWORK HELP.



30,000 Feet — St. Paul After-School Support & Arts Program

30,000 Feet is a nonprofit organization in Saint Paul offering youth educational programs centered on arts.

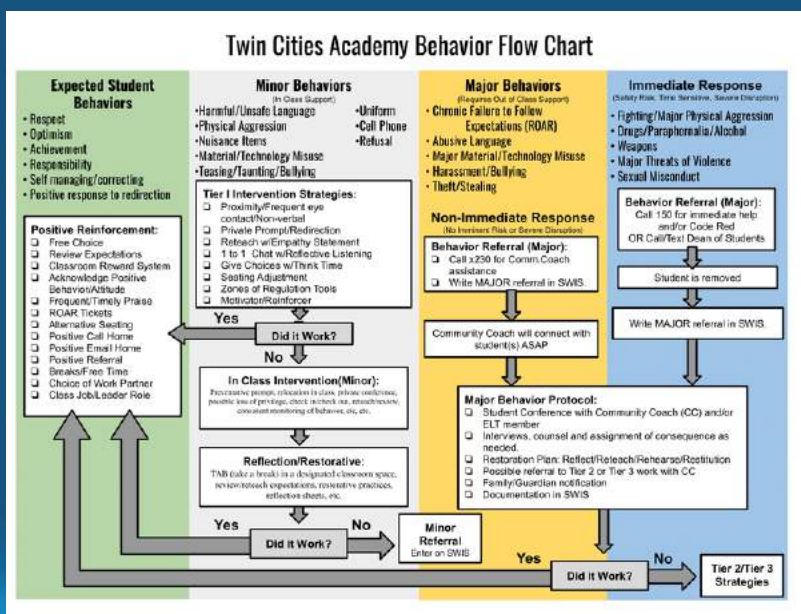
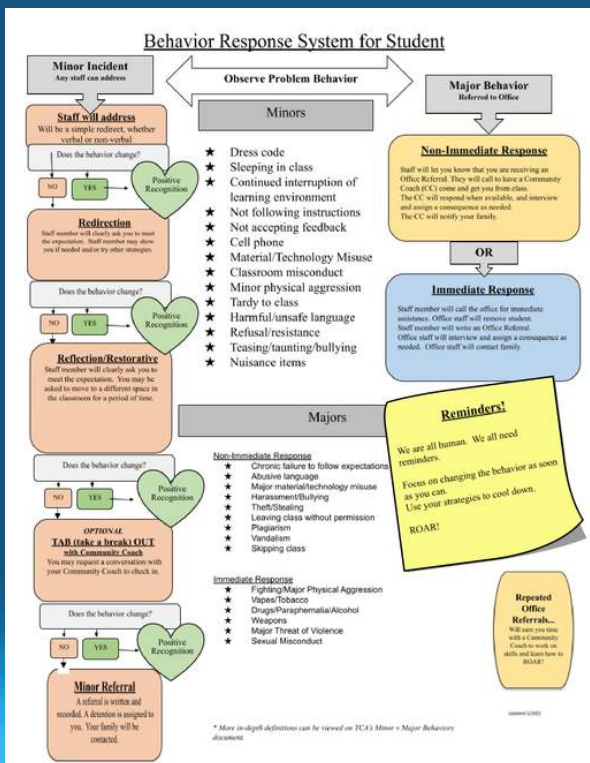
[HOMework HELP LINK HERE](#)

PBIS Corner

We are scheduled to return back in the building Feb 1st and this is a great time to do a check on your student's uniform options. Please make sure that your student has uniform tops and the correct colored bottoms. Here are some reminders.



We are rolling out some tools to make sure that we are all being on the same page of expectations here at TCA. Speak with your student and see all the areas that they ROAR here at TCA.



Middle School Yearbook

MS Yearbooks are now on sale for \$35!

The Yearbook Club is working hard to create your 2021-2022 Yearbook filled with memories, friends, and events. Make sure you place your order early as we are only ordering 80 yearbooks this year!

Reserve your copy now at <https://www.balfour.com/student-info?smi=115616>. For questions please reach out to Liz Vandergon at evandergon@twincitiesacademy.org

High School Yearbook

01.21.22 | Seniors: submit your senior photo & quote! All senior photos and quotes MUST be submitted by this date. You can e-mail these to eneilson@twincitiesacademy.org. Watch for a Google Form in Schoology later this month for a place to submit senior quotes.

03.01.22 | Want your book personalized? Order it by this date! No books can be personalized after this date.

May, TBD | Distribution. Yearbooks usually arrive in the last few weeks of May.

We are only printing 100 books this year, so make sure to order yours right away to ensure you get one! If you have questions about the high school yearbook, please direct them to high school yearbook advisor Ms. Neilson at eneilson@twincitiesacademy.org. (If you need information on the middle school yearbook for a younger sibling please contact Ms. Vandergon at evandergon@twincitiesacademy.org)



Minnesota Magic 2022 Middle School Spring/Summer Tryouts

\$25/Athlete

Dates:

(5-8th Grade) Friday, February 18th 2022, 7-8:30pm

Location: Bloomington Kennedy Activity Center
(150 E 98th St. Bloomington MN) - Back Entrance

Please bring * Reversible jersey, Basketball, Water *

Mask must be worn into building

NO SPECTATORS ALLOWED

REGISTRATION ONLINE!

Registration @ minnesotamagic.net

Questions: minnesotamagicbasketball@gmail.com



Basketball Youth Organization

Minnesota Magic, Youth Basketball
Organization Founded in 1988.
minnesotamagic.net

MinnesotaMagic

FEEDING FROGTOWN

FREE MEALS
PREPARED BY:



2021 WINTER FOOD
PROGRAM

Restaurant Contacts: Afro Deli 612.239.5790, ChengHeng 651.222.5577,
Fhima's 612.353.4792

Family Serving
(4 person)



Every Tuesday
DRIVE OR WALK UP
LOCATIONS & TIMES

Single Serving
(1 person)



Liberty Plaza: 290 Arundel St. (Distribution between 2-3PM)
Community Room, Enter at office for Meal pickup

Fuller Apartments: 240 Fuller Ave. (Drive through between 4-5 PM).
In front of Apartment Building. Find Sign, pull into Parking lot

Wilder: 911 Minnehaha Ave. (pick up between 4:30pm-5:30PM)
Find Sign, pull in parking lot.

Mt. Airy: 91 E Arch St. (Meal pick up between 5:30-6:30PM)
Community Center. Pull-up to Sign and Honk

**JOINT DROP SITE. Drive through or Walk up, Enter at Alley between
Rivertown and Como Place Apartments:**

175 Charles Ave. and 195 Edmund Ave. (pick up between 5:30-6:30PM).
Find Sign & Honk or Walk up to Picnic Table

Free Single & Family Size Meals:

Consist of prepared meals from local
restaurants, ready to be heated in
the oven or placed in the refrigerator
for another day soon.



FROGTOWN
NEIGHBORHOOD
ASSOCIATION



Each location is first come, first serve

Questions? Contact sarafeedingfrogstown@gmail.com or (651) 236-8699