



# TCA TIGER TRACKS

Parent & Guardian Weekly Newsletter

Thursday, April 28, 2022



## Free Food Pantry

Our outdoor free food pantry is once again filled and ready for business! During the cold weather, we didn't keep it regularly stocked as items might freeze, but now food and personal items are available. It is located right next to the TCA garden, and we are hoping we will have produce this summer too! Please help yourself or share with someone in need.

## UPCOMING EVENTS

April 29 - Early Release at 1:20 pm  
April 30 - New Student Registration  
May 6 - Arts Showcase  
May 12 - NHS  
May 14 - Junior/Senior Prom  
May 19 - Band Concert  
May 27 - 8th Grade Celebration  
May 27 - Early Release at 1:20 pm  
May 30 - Memorial Day - No School  
June 3 - Field Day  
June 3 - Senior Celebration & Last Day  
June 3 - Early Release at 1:20 pm  
June 9 - HS Graduation  
June 10 - Last Day of School



### Calling All Families of 8th Graders!!

Please email a few photos of your 8th grade student when they were infants, on their 1st day of school, on their first day of TCA or any event that you feel they would enjoy broadcasting to their classmates during the 8th Grade Celebration. Email to [aseashore@twincitiesacademy.org](mailto:aseashore@twincitiesacademy.org). Thank you for making their day a little brighter, and maybe a little sillier too.

Keep Washing Those Hands,  
Arlene Seashore

## Junior Senior Prom

***Starry  
Night  
Prom***

Saturday,  
**\$45.00 MAY 14TH**  
7:00 p.m. - 11:00 p.m.

LOCATED AT  
*Inwood Oaks Event Venue*  
484 Inwood Avenue North  
Oakdale, Minnesota

Dear Juniors and Seniors,

Prom committee has a special! Tickets will now be sold for \$40 until April 29th, so come buy your tickets. The tickets will also be sold online and if you can't find them online ask the prom committee for help. After April 29th, the tickets will go back to \$45, so don't miss this perfect opportunity!

Prom committee is also providing free dresses to those in need. If you do need a dress, ask prom committee by the snack area or where we are selling tickets.

Email Ms. Yolanda at [yvalle@twincitiesacademy.org](mailto:yvalle@twincitiesacademy.org) if you have any questions.

TCA student, Marquan Harper, is the Media, Connections, and Live Stream Manager for Speak Out And Lead (SOAL). SOAL is a youth lead, music and arts festival taking place on April 30th 2022, 12pm-4pm. The event will take place at Springboard For The Arts (262 University Ave W, St Paul, MN 55103) located in the Frogtown neighborhood.

Featuring the art and creativity of Twin Cities youth ages 13-21, the event will feature a live performance stage, workshops, and an "arts market" where the public can purchase original artwork from young artists! The TCA Jazz Band will also be there performing!

We hope to see you there!

<https://www.victoriatheater.org/soal.html>

**SATURDAY, APRIL 30TH**  
**12PM-4PM**

SLIDING SCALE: \$2-\$5 FOR YOUTH  
\$5-20 FOR 21 UP  
FREE FOR UNDER 13

**SPEAK OUT AND LEAD**

**FREE**  
SINGLE SCOOP OF  
ICE CREAM  
FROM  
SWEET FRUCI'S

**VICTORIA THEATER ARTS CENTER'S FIRST  
YOUTH ARTS FESTIVAL**

HELD AT AND IN COLLABORATION WITH  
**SPRINGBOARD FOR THE ARTS**  
**262 UNIVERSITY AVE W**  
**ST PAUL, MN**

SCAN --->  
TO VISIT THE WEBSITE  
AND PURCHASE ENTRY IN ADVANCE



## PE/Gym Game Donations

Ms. Hall-Dayle is requesting donations of the following games for next year.



- Cornhole/Bags Set-The boards and the bean bags
- Volleyball/Badminton sets
- Frisbee
- Yoga ball
- Foam rollers
- Yoga Blocks
- jump ropes
- mini trampolines
- sport rebounder
- spikeball/roundnet
- crossnet
- wiffle ball supplies
- Giant game set of Jenga or connect four or Yahtzee
- Bocce sets
- Croquet Set
- Ladder games
- Kan Jam
- Kubb
- Yard Pong
- Bowling Pins
- pickleball- racket/ball/net
- Target games / Lawn darts/ ring toss
- ALL Juggling supplies/ Yoyo
- Rubber chicken/ stress ball/ weird fidgets
- Carnival Games - think field day
- Equipment storage /racks/ bins/ wide wire shelves/xl buckets
- Family Fun Games!!

## She Kills Monsters



TCA's Winter Play, *She Kills Monsters* by Qui Nguyen, has been filmed and is released on YouTube in lieu of an in-person performance!

You may watch the play [HERE](#)

Congratulations to the cast & crew for a successful performance! Thank you to our actors' families for all their support!

## Yearbooks

### Middle School Yearbooks are available!

The Yearbook Club is working hard to create your 2021-2022 Yearbook filled with memories, friends, and events. We are only printing 80 copies this year so make sure to place your order now!

Reserve your copy now by going to [www.balfour.com](http://www.balfour.com) and searching Twin Cities Academy Middle School.

For questions please reach out to Liz Vandergon at [evandergon@twincitiesacademy.org](mailto:evandergon@twincitiesacademy.org)

**NOMINATE YOUR STUDENTS  
TO ENTER A CHANCE TO WIN  
A SCHOLARSHIP FROM THE  
Y!**



**We need your help to nominate students who are interested in pursuing a career in Early Childhood Education. Just click on the link below to enter them for a chance to win a FREE SCHOLARSHIP to earn their CDA - Child Development Associate.**

**Nominate as many students as you like today through 04/30/2022.**

**We will announce winners by  
05/06/2022**

**The YMCA also has opportunities for (paid) interns interested in or exploring early childhood education, elementary education, sports & recreation careers!**

**Contact Lisa Yahn /  
lisa.yahn@ymcamn.org**

**[NOMINATE HERE](#)**

## **Debate Summer Camp**

THE MINNESOTA DEBATE AND ADVOCACY WORKSHOP (MDAW) FOR MIDDLE AND HIGH SCHOOL STUDENTS IS OPEN FOR REGISTRATION! Click [HERE](#) to register.

Summer debate camp is a great way to keep debaters engaged, reduce summer learning loss, help students get ahead of the curve for next year, and of course it's a lot of fun!

For debaters currently in 6th or 7th grade, I highly recommend the June 27-July 3 'Middle School Policy Debate' session. It will be focused on skills building as well as learning about next year's topic. For debaters currently in 8th grade, I recommend the June 27-July 3 and/or July 4-9 'High School Policy Debate - All Levels' session. It's a great way to make the step up from middle school to high school debate.

Thank you,

Jake Swede  
Minnesota Urban Debate League  
swedej@augsborg.edu





## Job Opportunities with The Sanneh Foundation

The Sanneh Foundation is beginning a new meal box program this summer in partnership with M Health Fairview, Appetite for Change, Second Harvest Heartland and the East Side Table. Each box will contain a recipe card, as well as all the ingredients required to make it. The majority of the produce and protein are sourced from local vendors, helping to support small-scale Minnesotan farmers while providing Twin Cities residents with high-quality, healthy food.

However, this program nourishes the community in more ways than one. In addition to the actual food provided, it will also offer employment and workforce development opportunities for youth ages 16-24. As a dual-track organization, the Sanneh Foundation recognizes the value of simultaneously serving individuals—particularly young leaders—with food, mentorship, and a fulfilling job. Through this program, youth will receive:

A competitive wage of \$14-16/hour

Skills training including ServSafe certification, CPR/First Aid, and pallet jack certification

Networking opportunities with businesses including 3M, CostCo, Vomela, and the Carpenter's Union

Professional and soft skills development including resume workshops and information about continuing education

Teambuilding with a cohort of youth from across the Twin Cities

An opportunity to get their boots on the ground and give back to their communities

**[SEE JOB DESCRIPTION HERE](#)**

**[CLICK HERE TO APPLY!](#)**

# Health Office News

Hello TCA Families,

Just a little bit of information on treatment options for Covid. You would need to get in to see your physician within 3-5 days of becoming symptomatic for treatments to work.

PATIENT DISPOSITION	PANEL'S RECOMMENDATIONS
Does Not Require Hospitalization or Supplemental Oxygen	<p>All patients should be offered symptomatic management (AIII).</p> <p>For patients who are at high risk of progressing to severe COVID-19,<sup>a</sup> use 1 of the following treatment options:</p> <p><b>Preferred Therapies</b> <i>Listed in order of preference:</i></p> <ul style="list-style-type: none"><li>• Ritonavir-boosted nirmatrelvir (Paxlovid)<sup>b,c</sup> (AIIa)</li><li>• Remdesivir<sup>d,e</sup> (BIIa)</li></ul> <p><b>Alternative Therapies</b> <i>For use ONLY when neither of the preferred therapies are available, feasible to use, or clinically appropriate. Listed in alphabetical order:</i></p> <ul style="list-style-type: none"><li>• Bebtelovimab<sup>f</sup> (CIII)</li><li>• Molnupiravir<sup>g,h</sup> (CIIa)</li></ul> <p>The Panel <b>recommends against</b> the use of dexamethasone<sup>i</sup> or other systemic corticosteroids in the absence of another indication (AIII).</p>
<p><b>Rating of Recommendations:</b> A = Strong; B = Moderate; C = Weak <b>Rating of Evidence:</b> I = One or more randomized trials without major limitations; IIa = Other randomized trials or subgroup analyses of randomized trials; IIb = Nonrandomized trials or observational cohort studies; III = Expert opinion</p>	

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If you are hoping to find a way to support our students, here are a few items that the Health Office could use:

- Ice packs - blue gel, round or rectangle, various sizes
  - Bandages - multiple skin tones, no patterns please
  - Paper drinking cups - 3 to 5 oz
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To our mystery donor who left us some masks, art supplies, and menstrual products,

THANK YOU VERY MUCH!!

## Health Office News

Hello Families, If you have questions regarding your eligibility for a 2nd Covid booster. If you are over 50 you are eligible for a 2nd booster. If you have a variety of underlying medical conditions, kidney or liver disease, cancer, have been a recipient of an organ donation, lung disease, mental health issues to name a few, are strongly recommended to receive a 2nd dose of the Covid vaccine. As always, if you are unsure, contact your doctor. Current data shows that Covid vaccines are strongest for the first 6-8 weeks.

### CDC List of Underlying Medical Conditions

With the current variants of Covid that we are facing, vaccines are still preventing hospitalizations and severe illness for most people, as well as providing protection against long-Covid. Children 5 years or older are now able to be vaccinated against Covid.

“And at the federal level there's a lot of research ramping up to understand the characteristics of long-COVID And what might predict it and what might help it. So far, it does look like vaccination also helps against long-COVID in terms of the severity of that impact — so another reason to encourage folks to get vaccinated and boosted when they're eligible.” Health Commissioner Jan Malcolm, MPR 4/18/2022

If you are looking for a booster, or are initiating your first vaccines for Covid, here is the website to look for information on various vaccines, information on boosters, and how to make an appointment to receive first and second doses as well as boosters.

### Covid Vaccine Information

If you would like to see how pervasive the virus is in any national destination, or here at home, the CDC has a map posted which indicates the viral level of each state and county, and whether it is safe (green), you should be cautious as numbers are rising (yellow), or red for just don't go there.

### CDC Covid Rates by State and County

Keep Washing Those Hands,  
Arlene Seashore





**3M** Science.  
Applied to Life.™

# UNCF 3M

## SCIENCE. APPLIED TO LIFE. SCHOLARSHIP 2022

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In partnering with UNCF, the UNCF 3M. Applied to Life. Scholarship Program was established to provide need-based scholarship support to underrepresented high school seniors who are interested in pursuing a STEM degree, or college freshman already enrolled in a STEM degree program.

Over the four years of the program, each individual is eligible to receive up to

**\$25,000**

### Program Eligibility:

- Minimum GPA of 2.5
- High School Senior, College Freshman
- African-American/Black, American Indian-Alaska Native, Asian Pacific Islander American, Hispanic American
- U.S. Citizen, U.S. National or Permanent Resident
- 4-Year Colleges, HBCUs
- Minnesota
  - **Students must be attending or have attended high school in one of the following school districts:**  
St. Paul Public Schools, local Charter Schools serving St. Paul students, or the North St. Paul-Maplewood-Oakdale School District

**Deadline: May 12, 2022**

at 11:59 pm EST

**Start your application today!**

**[Click Here](#)**

**Questions? Join our office  
hours on April 13, 2022**

**[Sign-Up Here](#)**