



TCA TIGER TRACKS

Parent & Guardian Weekly Newsletter

Saturday, May 14, 2022



Metro Transit Student Pass

Get a summer's worth of rides on buses and light rail with a Summer Student Pass!

Any current 9-12th grade student at participating schools can get unlimited rides on buses and trains up to a \$3.25* fare. Passes are valid from June 1 through Sept. 6, 2022.

How do I get one? Go to metrotransit.org/summer-pass to get more details about the pass and order one using a credit card. All you need is your school student ID number.

UPCOMING EVENTS

May 14 - Junior/Senior Prom

May 18 - Band Concert - 6:00 Como Lake

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 - 7:00 @ TCA

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. Thank you for making their day a little brighter, and maybe a little sillier too.

**Keep Washing Those Hands,
Arlene Seashore**

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!

Orders can be placed with cash or check to Ms. Vandergon. For questions please reach out to Liz Vandergon at evandergon@twincitiesacademy.org

TCA Bands and Orchestra Present...

2022 Spring Jam!

Wednesday, May 18th at 6:00 pm
Como Park Pavilion (aka Como Lakeside Pavilion)



The TCA Bands and Orchestra are very excited to perform for you this year and would love to see you there!

Come enjoy a diverse program with music from Jack Wilds, Bela Bartok, Purojekuto Musashi, Stephen Chin, Curtis Mayfield, Earth Wind and Fire, Soon Hee Newbold, Julie Giroux, Christopher Tin, Johan Strauss, Miles Davis, and more!

We will also livestream the event. Click [HERE](#) for the link! This event is free and open to the public!

The order for the night will be:

6:00 Beginning Band
6:15 Rock Band
6:30: Symphonic Band
7:00: Intermission
7:10: Jazz Band
7:25: Orchestra
7:50: Concert Band

Email Ms. Choquette (mchoquette@twincitiesacademy.org) if you'd like to volunteer to help set up or take down.

The students will be taking a bus there after school. We can always use more chaperones if you want to tag along. There will be a return bus for after the show.

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,^a use 1 of the following treatment options:</p> <p>Preferred Therapies <i>Listed in order of preference:</i></p> <ul style="list-style-type: none">• Ritonavir-boosted nirmatrelvir (Paxlovid)^{b,c} (AIIa)• Remdesivir^{d,e} (BIIa) <p>Alternative Therapies <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">• Bebtelovimab^f (CIII)• Molnupiravir^{g,h} (CIIa) <p>The Panel recommends against the use of dexamethasoneⁱ or other systemic corticosteroids in the absence of another indication (AIII).</p>
<p>Rating of Recommendations: A = Strong; B = Moderate; C = Weak Rating of Evidence: 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>	

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
-

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



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!](#)

NOW HIRING

Full- and part-time positions at Minneapolis-St. Paul International Airport starting at \$21.91 per hour*



Learn more at jobs.tsa.gov/events



U.S. citizenship required. Equal opportunity employer. *Pay rate varies by location. **Conditions apply.

Transportation
Security Administration

RECRUITING EVENT

Wednesday, May 18

9 a.m. to 3 p.m.

Wednesday, June 8

9 a.m. to 3 p.m.

TSA Offices Lobby

2001 Killebrew Dr.

Bloomington, MN 55425

Join TSA to begin the hiring process for the Transportation Security Officer (TSO) position.

Text "MSP" to 95495



**Earn a \$2,000
sign-on bonus****

Free parking available

You will have the opportunity to attend an information session and receive guidance on completing the application process.

Social distancing and COVID-19 health and safety protocols will be observed.

This event will provide an opportunity to accelerate the TSO hiring process.

Minimum Qualifications

- 18 years or older.
- U.S. citizen or national.
- High school diploma, GED or security experience equivalent.
- No previous security experience is required.

What Should I Expect?

This event may feature multiple hiring components, and hiring components may vary by event. Provided you pass each component, your day may consist of:

- Attending an information session to learn more about the TSO position and employment with TSA;
- Applying for the TSO position, if you did not apply online prior to the event;
- Taking a computer-based test (CBT) to evaluate English language proficiency and object recognition aptitude;
- Participating in a structured interview to assess qualifications for the position;
- Completing a medical evaluation, federal drug screening (see below) and pre-hire background investigation soon after the event.

Tips for the Event

- Apply online in advance for quicker processing. Please note that a resume and previous work experience are not required for your USAJOBS profile or the TSA application.
- Please bring your smartphone and/or passwords to access your email and USAJOBS account.
- Bring two forms of valid federal or state government-issued identification.*
- Consider arriving early to allow more time to complete all components.
- If you don't feel well, please do not attend.
- Hand sanitizer and disinfectant wipes will be available.
- Social distancing protocols will be required with six-foot space areas marked.

Competitive pay. Growth potential. Federal benefits. Paid on-the-job training.

TSA is a great place to start a rewarding career.

Join our team and be part of a mission that matters.

[Learn more and watch a TSO Realistic Job Preview at jobs.tsa.gov/TSO.](https://jobs.tsa.gov/TSO)

**Forms of Identification: Upon arrival to the facility, you will be required to present two forms of identification. At least one form of identification must bear both a photograph and a signature. You will not be admitted to the computer-based test without these two pieces of identification. Both forms of identification must be legible, unexpired and issued with your full legal name, which must match the name on your TSA job application.*

Please do not bring the following items to the event: firearms, knives or weapons of any kind. Possession of such items will result in dismissal from the facility.

Attention Performance Artists!

Students enrolled in band, theater, or orchestra for the 2022-2023 school year are eligible for a trip to NEW YORK CITY! Please attend our information meeting on 5/24 at 6:30 to hear more about it. Use this link to RSVP: <https://rsvp.efexploreamerica.com/9w5g9dh>. See the flyer for more information!

Invitation to New York City and Broadway!



Dear Parents and Guardians,

We are thrilled to share this 2023 Spring travel opportunity for Twin Cities Academy. Learn more about this exciting trip at an informational meeting where we'll discuss:

- What we'll see and do
- Travel logistics
- Safety and flexibility
- Affordable payment options and more
- **YOU CAN EARN \$250 OFF THE TRIP IF YOU RSVP TO THE MEETING!!!**

We look forward to seeing you there!

Mrs. Erickson and Mrs. Choquette

YOU MUST RSVP TO THE MEETING IN ORDER TO COME ON OUR TRIP
RSVP HERE rsvp.efexploreamerica.com/9w5g9dh

Join us for more details!

Meeting time & date:

May 24th 2022 at 6:30pm

Meeting location:

Please RSVP to get our meeting location!

Contact Information:

berickson@twincitiesacademy.org

mchoquette@twincitiesacademy.org

RSVP Online

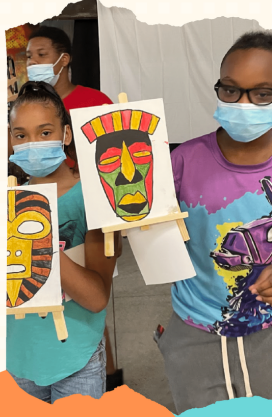
Let me know you're interested
by visiting:



Summer Opportunities

K-5 SUMMER CAMP

Enroll your child in a summer program that's about them! Children will use art and literacy to learn about African culture, explore their community, and collaborate with local artists.



Dates: June 13 - August 12

Time: M-F from 8:30am - 3pm

Location: 30,000 Feet

1351 Arcade St

Saint Paul, MN 55106

*Meals and transportation provided

ACTIVITIES

- African Art & Culture Enrichment
- Volunteering
- Reading & Writing instruction

SIGN UP!



Enroll today at

www.30kft.art/enroll



1351 ARCADE ST., SAINT PAUL, MN 55106



For young artists who love

- Drawing & Painting
- Singing & Dancing
- Photography & Videography



Sign up with
Miss Vanessa at
651-210-3454



1351 Arcade St
Saint Paul, MN
55106

Art Residence

Grades 6th to 8th
June 13-August 12
11:30am - 3:30pm