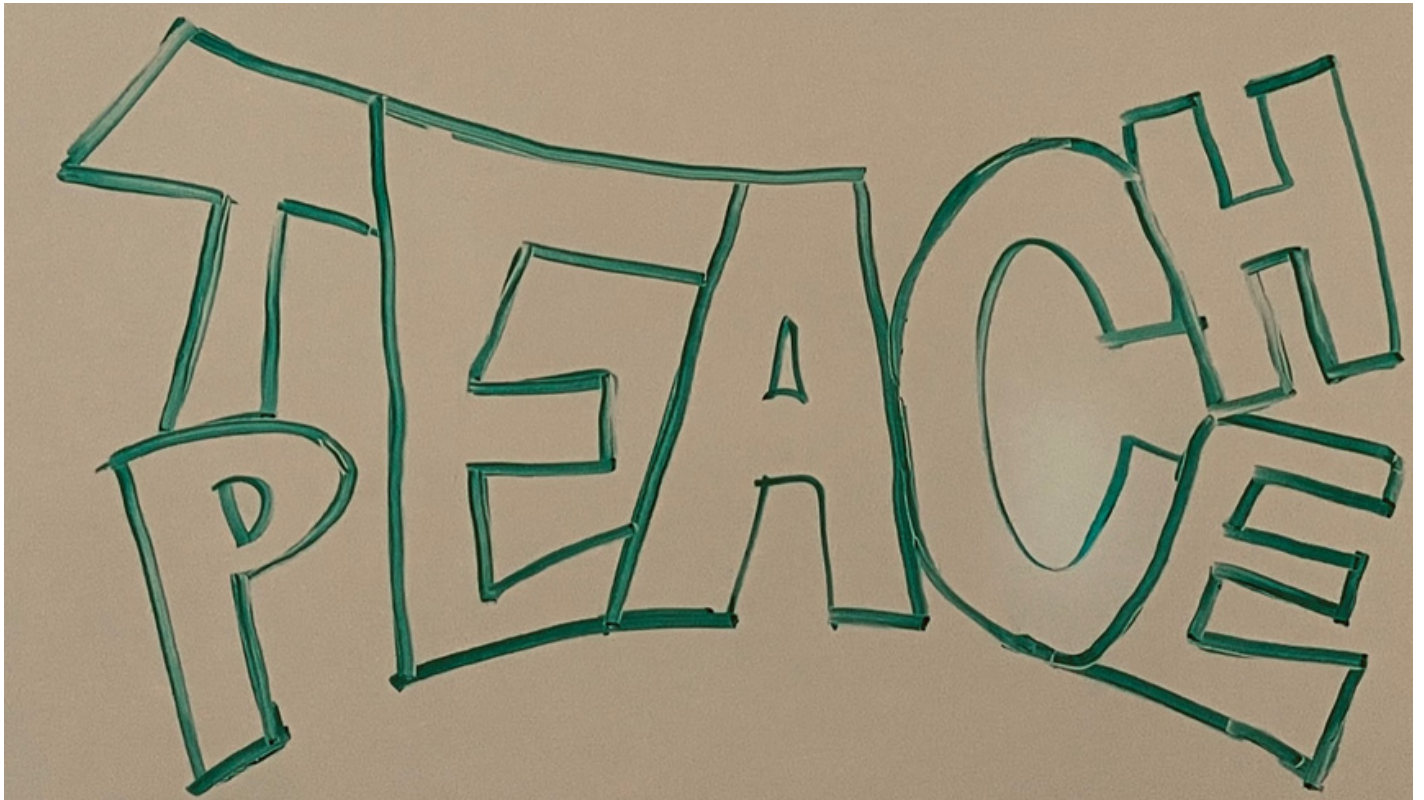




# TCA Newsletter

Friday, September 16, 2022



## Upcoming Events

September 16 - Early Release 1:20 pm

September 26-30 - Homecoming Week

September 29 - Senior Parent Night

September 30 - Field Day

September 30 - Early Release - **2:20 pm**

September 30 - Homecoming Dance 8-10pm (TCA students only)

October 13 - Picture Day

# 2022-2023 School Year

Breakfast \$2.00

Lunch \$3.50

If you have not yet filled out the Free and Reduced application please do so as soon as possible. Applications are available on the portal in Infinite Campus, in paper form at school, or we can also mail an application home with a self addressed stamped envelope.

You can email at [foodservices@twincitiesacademy.org](mailto:foodservices@twincitiesacademy.org) for any question or concerns.

## Middle School Soccer After School

**An after school program to exercise, meet new friends, have fun, and play soccer!**

**For: Boys and Girls Grades 3-8 interested in playing soccer**

**When: Fall 2022 (September 6-October 19)**

**Time: 3:00-5:30 pm every school day (yes, you can show up after school)**

**Where: Conway Center Turf, Dome**

**What: Free Play Games - 2v2, 5v5, 7v7 and other small-sided games.**

**International Small-Sided Games Curriculum**

**Cost: FREE**

**Reach out to our new middle school athletic director, Brian Ford, with questions and to help us know who to expect.**

**[bford@twincitiesacademy.org](mailto:bford@twincitiesacademy.org)**

## TCA Cell Phone Practice

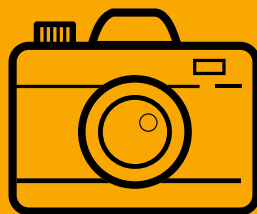
After the past couple years, we have found the students are struggling with making appropriate decisions around phone use in classes.

Because we want to help our students focus on their learning, TCA instituted a new practice around phones in the classroom. Students are not to use them during class for any reason. Students have individual chrome books assigned to use throughout their school day. The only time during the day that cell phone use is allowed is during lunch.

We ask families not to call your students during the school day on their phones. If you need to reach your student, please call the front office at 651-205-4797. We will locate your student for you and connect you.

## TCA Uniform Policy

All students are required to be in uniform. We have uniform shirts for sale in our front office. Continual issues in regards to phones and/or uniforms will result in consequences for students.



Picture Day is just around the corner on October 13! TCA has a new photography company this year, Kemmetmueller Photography. No pre-ordering needed. The photographer will take several images in different poses, so hopefully you will have many good pictures to choose from. The week of October 24th, you will receive a link to your student's personal gallery where you can view the photos taken, choose a yearbook photo, and purchase any photos or packages you like. Photos are delivered directly to you within 5 - 7 days. We will have a make up day on November 3 for students absent on October 13.



# All 7th-12th grade students enrolled in band, orchestra, and theater are eligible for this trip!

## Invitation to New York City and Broadway



Dear Parents and Guardians,

I am 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
- **ADDITIONAL \$100 OFF THE TRIP IF YOU RSVP TO THE MEETING!!!**

We look forward to seeing you there!

Bre Elle Erickson and Melissa Choquette

**YOU MUST RSVP TO THE MEETING IN ORDER TO COME ON OUR TRIP**  
**RSVP HERE [rsvp.efexploreamerica.com/j6zuctf](https://rsvp.efexploreamerica.com/j6zuctf)**

### Join us for more details!

Meeting time & date:

**September 27<sup>th</sup> 2022 at 6:30pm**

Meeting location:

**Please RSVP to get our meeting location!**

Contact Information:

[berickson@twincitiesacademy.org](mailto:berickson@twincitiesacademy.org)

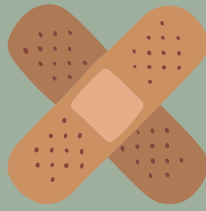
[mchoquette@twincitiesacademy.org](mailto:mchoquette@twincitiesacademy.org)

### RSVP Online

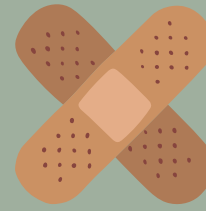
Let me know you're interested  
by visiting:



**E-mail [berickson@twincitiesacademy.org](mailto:berickson@twincitiesacademy.org) or [mchoquette@twincitiesacademy.org](mailto:mchoquette@twincitiesacademy.org) with any questions.**



# Health Corner



## Health Forms

About 1/5th of the Health Forms for our student body have been returned to the Health Office.

It is important that we receive updated Health Forms annually in case there have been any changes to your students' health that occurred over the summer. It is especially important for us to have basic knowledge of your student's health if they are new to TCA. I will be sending an email through Messenger specifically to families who have not yet completed a TCA Health Form. You can look for it over the weekend. Please do not send in health records from your physician, utilize the Health Form attached to the email. If you are unable to print the Health Form, please contact my office at this number 651-313-6571, or send an email to [aseashore@twincitiesacademy.org](mailto:aseashore@twincitiesacademy.org) and I will send one home with your student, or put one in the mail, whichever you deem most reliable. If you indicate on the Health Form that your student will be taking medication at school, even over the counter medications, TCA policy states that ALL medications need to be documented. I will also attach a Medication Administration Form to the email.

## Immunizations

Many of you may have been reading the news and are aware that even diseases that in the past we believe to have been eradicated, such as Polio, can return to our communities if we allow our vaccine regimens to slip. If you are not sure your student is up to date on their immunizations, check in with your pediatrician. Legally, your student needs to be up to date on their vaccination schedule to be at school.

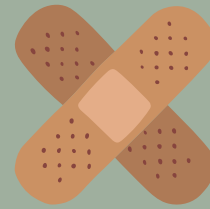
The vaccines required by the state of Minnesota are:

- Dtap 4-5 vaccines before 6th grade
- Tdap 1 at age 12 or prior to 7th grade
- MMR 2 before school age
- Hep B 3 before school age
- Meningococcal 2, 1 at age 12, one at age 16/required for high school seniors
- Polio 4 before school age
- Varicella (Chicken Pox) 2 before school age or doctor's note stating student has had chicken pox

You will receive an email from Messenger if your student is missing vaccines. If you receive an email regarding Vaccines/Immunizations, please contact your doctor right away to make an appointment to get caught up.



# Health Corner



## WHEN YOUR STUDENT IS ILL ...

When a student is sick, parents often wonder whether or not to keep a child at home from school.

If a child stays home and has the care they need when first sick, they will often get better faster. Staying home and resting will help the body fight the sickness. Staying at home is also one of the best ways to keep others from becoming ill.

### Reasons why children should stay at home

1. Severe colds, coughs, or sore throats
2. Eye infections, especially if discharge is present
3. New skin rashes, especially if draining – unless medical opinion states rash is not contagious
4. Temperature of 100 or more with or without symptoms of an illness
5. Nausea, vomiting, diarrhea, or abdominal pain
6. Any other sign of acute illness
7. Until results of laboratory tests (i.e., throat culture, nasal swab, saliva test) are known.

### Children may return to school when

1. Well enough to participate in normal school activities
  2. Free of all symptoms for 24 hours (especially vomiting, diarrhea and fever)
  3. Temperature remains normal for a 24-hour period without the use of fever reducing medications.
  4. On an antibiotic for at least 24 hours
- OR
5. Your healthcare provider states your child can return to school.

It is often difficult to decide whether it is really necessary to keep your child home. There are very few rules to follow when dealing with these variables. Hopefully these guidelines will be helpful to you in making this decision. The Health Aide can be reached at (651) 313-6571 or email to [aseashore@twincitiesacademy.org](mailto:aseashore@twincitiesacademy.org). Feel free to connect with her to help you with this decision making process.

**Earn & Learn coding  
certificates**

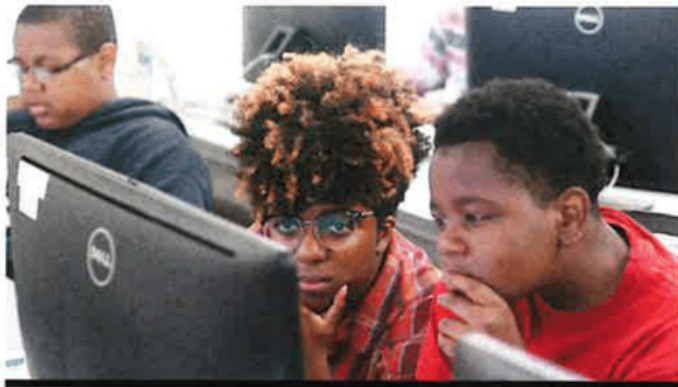
# Teen Tech Job

Mon & Wed

3 hrs a day

\$15/hr

1351 Arcade St.  
St. Paul, MN 55106



**Apply Here**

**Apply at**

**[bit.ly/Applytg](http://bit.ly/Applytg)**

Questions Contact us at

651-210-3454

[info@3okft.art](mailto:info@3okft.art)





# SAINT PAUL POLICE EXPLORERS

## OPEN HOUSE

### WHEN

October 4, 2022

6:30 p.m.

### WHERE

Richard H. Rowan Training Center  
600 Lafayette Road, Saint Paul

[StPaul.gov/PoliceExplorers](http://StPaul.gov/PoliceExplorers)

Register Here:



## POST #454

### REQUIREMENTS

Youth ages 14-20

\$35 Registration Fee  
(Assistance available)

### FREE

Uniforms

Equipment

Travel!

### WEEKLY MEETINGS

Learn police procedure

Practice scenarios

Physical training

Team building activities

### LEARN ABOUT

Police

Leadership

Team building

Community engagement

### TRAVEL

Explorers participate in competitions throughout Minnesota and the United States!



**SAINT PAUL  
POLICE**

*Trusted service with respect*



**Frogtown Neighborhood Association (FNA)**

# **Feeding Frogtown**



*Shopping Set-up at  
Food Distributions*

**Hours: 3pm-6pm**





**W. Minnehaha  
recreational center**

**685 W Minnehaha Ave,  
St Paul, MN 55104**

**FRIDAY!!!!  
2nd & 4th of  
every month**



**Upcoming  
2022  
Dates**

 SEPTEMBER 2	3-6PM
 September 16	3-6pm
 SEPTEMBER 30	3-6PM
 October 14	3-6pm

<http://www.frogtownmn.org/feedingfrogtown>



**TALK TO US/ INTERESTED IN VOLUNTEERING**

***ctdFNA@gmail.com***

***651.236.8699 FNA voicemail***