

FRIDAY, FEBRUARY 10TH 2023

TCA Newsletter



Upcoming Events

February 20 - No School
(Presidents Day)

February 22 & 23 -
Conferences from 4 to
8PM

February 24 - No School

**February 27 to March
3rd** - School Spirit Week

Parents/Guardians:

You can email absences
and attendance updates
to [attendance@
twincitiesacademy.org](mailto:attendance@twincitiesacademy.org)

How are you feeling, TCA?

TCA has seen a slight increase in our COVID cases, and we wanted to remind all our families of the importance of staying healthy!

Make sure you and your student are wearing masks, testing as you need to, and isolating accordingly if you do test positive for COVID. If you have any questions regarding receiving testing for your student, or isolating, be sure to ask Ms. Seashore (aseashore@twincitiesacademy.org) in the Health Office, and check out our info page later on in the Newsletter.

Let's all work on being mindful, and being COVID-free!

PARENTS AND FAMILIES OF SENIORS

The Yearbook Committee is collecting the following:

- Senior pictures
- Senior quotes
- Senior future plans
- Baby photos with or without message(optional).

The deadline is **Friday, March 3, 2023**. Please let me know if you have any questions and email me with the above at: naomiryan@twincitiesacademy.org.

Thank you!

Naomi Ryan, Seniors Editor

ROAR CORNER

A Message from Executive Leadership



Respect. Optimism. Achievement. Responsibility.

Here at Twin Cities Academy we are the Tigers, hear and see us ROAR! When teachers and students practice our ROAR-ing values throughout the school day, school becomes a better place to be together. People feel safe to open up to each other, and relationships develop. The world of ROAR is the one we want to live in here at TCA.

Let's talk about behaviors that go against our value of RESPECT. Bully-type behavior can cause a ripple in our ROAR values. Bully-type behavior is any that threatens, damages, harms, instills fear, falsely accuses, defames, violates, intimidates, or ridicules any person, group of people, their property, or creates a hostile environment or social isolation. These are from the TCA Bully Prohibition Policy, which you can access [here](#).

When we see behaviors that have this effect, whether the behavior is in person or electronic, we investigate, re-teach, and assign consequences as needed. Bully-type behaviors are often hidden actions. Students and families can help by reporting what you know, experience or observe. You can fill out a bullying report or tell a staff member face-to-face what you know about bullying behavior. Report forms are in the vestibule between the glass doors by the office. You can also report anonymously or with your name. We encourage either kind of report. We want to work in a community where ROAR values are upheld.

Thank you for your partnership in our ROAR-ing community

Your Executive Leadership Team



18 or More Days: Excused & Unexcused absences represent lost time in the classroom and lost opportunities to learn.

**Missing just 1 day every two weeks can add up to 18 days in a year* Absences add up!*

10 to 17 Days: Students who are absent an average of 15 days a year miss a year's worth of school by the end of their senior year.

When students miss a day of school, it actually puts them in days behind their classmates

9 or Fewer Absences: Students with good attendance generally achieve higher grades and enjoy school more.

Students benefit and make the most of their educational opportunities if they attend school regularly and on time



LibraryGo is a virtual library card to the Saint Paul Public Library. Each student has a free virtual library card. With Library Go, students can check out up to ten physical items.

Online, they can get homework help from a tutor, find primary resources using databases, find a book to read, and download an audiobook.

If you have any questions, you can email library@twincitiesacademy.org



Hello TCA Families!

Conferences will be held on **Wednesday, February 22nd**, and **Thursday, February 23** from 4:15 to 8:15pm. Conferences will be in person at TCA; however, if Zoom conference works best for you that will be accommodated. You will be asked to give your student's name, and whether you want an in-person or Zoom conference. We will serve dinner for families between 5:30 to 7:30pm

If you would like to speak to a specific teacher, other than your student's advisory teacher, please use the drop in times (5:00 pm and 7:15 pm both evenings) to meet with them. No appointment is needed for any meeting during the drop in times.

Please let us know if you will need an interpreter for your conference.

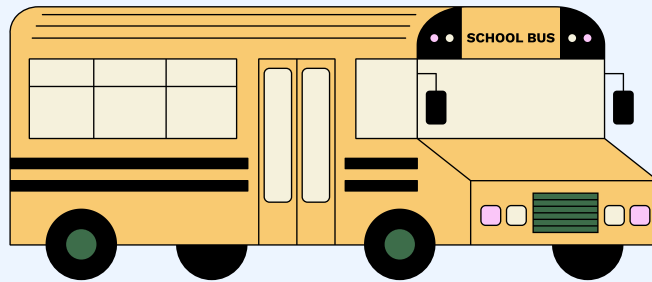
If you are unable to attend conferences on either evening, you will need to message your student's advisory teacher separately to set up a make-up conference.



Below is a document with the links for each advisor. Click on the link for your student's advisor and it will bring you to their Sign-Up Genius page:

https://docs.google.com/document/d/1TG_hdqmbdizrBGWw35UX6cMf5ZaMheh8GzV7Y2886rwk/edit

Intent to Return



Hello TCA Families,

At the beginning of the Spring term of each school year, we begin to make enrollment projections for the coming year. It's critically important for us to determine how many open slots are available in each grade, so that we can begin to fill any vacancies during the Spring Lottery.

We ask every current TCA family to complete **Intent to Return forms**, declaring your children's intentions for the coming year. If you have multiple students attending TCA, please complete a separate form for each student.

[Intent to Return for 2023-24](#)

[Intención de regresar para 2023-24](#)

[Ujeedka Soo Noqoshada 2023-24](#)

[Lub hom phiaj rov qab rau 2023-24](#)

Sibling New Enrollments

If your TCA student has a sibling who is not currently enrolled at TCA and you'd like to enroll him/her for the upcoming school year, you'll need to complete an online **Application for 2023-2024 School Year** for the sibling. Sibling enrollment forms must be submitted no later than **February 24, 2023** for your child to be eligible in the February 28th lottery drawing for any open spots in the grade in which you are looking to have them enrolled.

Coffee with Admin



TCA is excited to announce a new way to keep communications open between our families and the TCA Administration. Our Principal, Erin Amundson, and Executive Director, Betsy Lueth, will be available for coffee with parents on a monthly basis, beginning on **February 15th**, from 8:30 to 9:30 in the front office Conference Room.

This will be an opportunity to share upcoming news about TCA, and for parents to discuss thoughts and ideas they may have.

2022-2023 Food Prices

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: foodservices@twincitiesacademy.org for any question or concerns.

In February many clinics across MN will offer free dental care for children typically ages 3 - 18 years.

HOW ARE APPOINTMENTS MADE? Families can locate a participating clinic by visiting www.mndental.org/gkas or contacting the United Way by dialing 2-1-1 or texting your zip code to 898-211. Families can then contact the clinic directly to schedule an appointment. This program is focused on providing dental care to children who face barriers to accessing dental care.

Cold, Flu, and COVID are Here

(Guidelines for Keeping your Student Home and Reporting Illnesses)

COVID Tests are available to students in the Health Office. Test your student if they are exhibiting **2 or more** of these symptoms...



Congestion
Coughing
Sneezing
Headache
Fever

Sore Throat
Nausea
Difficulty Breathing
Muscle/Body Aches
New Loss of Smell or Taste

Test before sending your student to school. Check your student's temperature in the morning prior to any cold medication you may give them, to ensure they are not feverish before sending them to school.

*Students should **not** be in school if they are running a temperature, have vomited more than 1 time, have diarrhea, or have an unidentified rash. If your student is experiencing these symptoms they must be home for 24 hours symptom free without the use of any medications before they can return to school. If your student has an unidentified rash they must have a physician's note before returning to school.*

When you call your student in sick, please indicate if the student has tested positive for COVID, or has symptoms similar to that of the flu.

Fever, or feeling feverish/chills
Cough
Sore Throat
Runny or Stuffy Nose

Muscle or Body Aches
Headaches
Fatigue (Tiredness)
Some people may have vomiting and diarrhea, though this is more common in children than adults.



COVID-19 ISOLATION GUIDE

For schools, child care, and youth programming

What to do if you are experiencing symptoms of COVID-19* or have tested positive for COVID-19 (*regardless of vaccination status or symptoms*)

If you have COVID-19 symptoms:



Stay home.



COVID-19 testing is strongly encouraged, especially if you are at high risk for severe disease, if symptoms continue or worsen, if you develop additional symptoms, if you have been exposed to someone with COVID-19, or if COVID-19 transmission is elevated in your area.



If you do not get tested, follow instructions below as if you had tested positive for COVID-19.

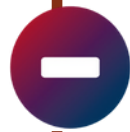


If COVID-19 testing is done and the result is

POSITIVE:

Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms.

Stay away from others, including household members, as much as possible. Wear a well-fitting mask.



If COVID-19 testing is done and the result is

NEGATIVE:

Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.

After five days of isolation at home:

Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

NO:

YES:



Continue to stay home and away from others until **symptoms improve and you are fever-free for 24 hours** (without using fever-reducing medication). Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.



Return to school or program. Continue to wear a mask when around others, including those in your household, for another five days.

“Improved symptoms” means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.



People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.



For additional information:

[If You Are Sick or Test Positive: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html)





Middle school volleyball will be starting in early February, and will run into May. All middle schoolers who did not play high school volleyball are eligible to play. This is open to students of all gender identities. We will only have 16 spots available, and registration will be done on a first come first serve basis.

Contact Mr. Ford (bford@twincitiesacademy.org) to sign up/reserve your spot.

Registration for HS baseball has Closed

There are four Saturday winter training sessions left:

Feb 11 and 18

March 4 and 11 (Takes place at Nova Classical Academy, will go from 2:30 to 4p.m.).

All of the training sessions are FREE and will start at noon and end at 1:30. They will be led by current varsity players. We are also in search of two student-managers for baseball.

Please reach out to Coach Lindholm (slindholm@twincitiesacademy.org) with questions. Bring your baseball glove and some good athletic shoes and clothes. Feel free to bring a bat if you have one.



Coach Lindholm and Anthony Lopez rock their matching palm tree camisetas!

Track practices will begin **March 13** and will be every day of the week.

[Check out Mr. Bew's video to see what awaits you if you join the team!](#)



[To Register for 23-24 Sports please fill out this Form](#)

Registrations are Due **February 17th**



Yearbooks are now on sale!

The TCA yearbook class has been working hard to create an awesome book to celebrate the 2022-2023 school year, and we look forward to sharing it with you.

Additionally, the yearbook this year will include a competition to identify 8th graders by their baby photos. Please upload a baby picture of your student so that it may be included in the yearbook!

[Upload 8th Grade Baby Photos Here](#)

Yearbooks will be \$25 for Middle School, and \$44 for High School.

Please order using this QR code, or by going to Balfour.com.



Is it time for you to start thinking about Financial Aid?

You're in luck!



To support local high schools with their financial aid efforts, the Ready, Set, FAFSA! series will again be offered to students and families. Between **Feb. 7–28**, five virtual sessions will cover the financial aid process, details on the Free Application for Federal Student Aid (FAFSA), the Minnesota Dream Act for undocumented students, understanding offer letters and how to search for scholarships. ***All sessions will have simultaneous interpretation in Spanish, Somali and Hmong.***

Financial aid experts from local colleges will be available during the events to answer questions in the chat. Students who attend or watch a session recording will be eligible to win a \$500 scholarship. **Registration is open now for families on the [Ready, Set, FAFSA! website.](#)**

Schools can access [Promotional Materials](#) with ready-made graphics and content to promote the series to students and families. Please contact Beth Barsness at beth.barsness@state.mn.us for further information.

The Ready, Set, FAFSA! series is a collaboration between MDE, Minnesota Office of Higher Education, ECMC The College Place and Minnesota Goes to College

Does Your Child Have an IEP?

The parents of students who have an IEP are invited to participate in the 2022-23 gathering of the Special Education Advisory Committee at TCA on **February 22 and 23** at TCA.

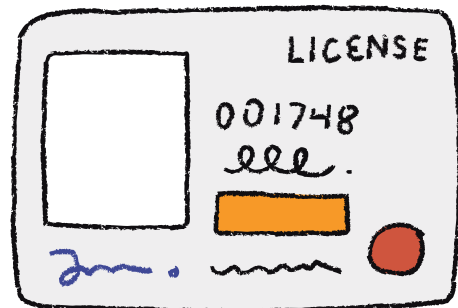
The gathering, which is more of a consultation than a business meeting, will be held in two parts on the two evenings of Spring conferences. Each evening from 6 to 6:30 p.m., we will discuss the central question of "***Transitions: What can TCA do to help my child get ready for life after High School?***"

Feel free to get supper and bring it with you, or stop by on your way to supper in the cafeteria. A specific location within the building will be announced closer to the date.

Watch your email for a chance to sign up!



DRIVER'S EDUCATION (Students who are 14 years of age and older)



This 30-hour program will be conducted by a certified instructor from the A+ Driving School and will fulfill the state driver's education requirement. The course will address the "how to" and "whys" of safe driving. The format of the class will be lecture and active discussion.

After completion of the program, students will be able to set up and participate in behind the wheel sessions to meet the six-hour state requirement. Classes will meet VIRTUALLY through ZOOM Teleconferencing! All registration can be done through: www.APlusDrivingSchool.net

Need to miss a few classes--NO PROBLEM.
We offer classes all year long with multiple time offerings each day. Take class from ANYWHERE through teleconferencing!



Twin Cities
Academy's
**CAREER
FAIR**

March 17, 2023

9 a.m. - 12 p.m.

Sponsored by Twin Cities Academy's AVID
students and program.



If you would like to volunteer to have
an informational booth, please click
here and fill out the form

WE'RE HIRING YOU



LONG TERM MATH SUB SEARCH GRADES 6-7

PAY IS \$275-\$300 PER DAY

STARTING MARCH 2ND- JUNE 12TH

IF YOU OR SOMEONE YOU KNOW WITH
A BACHELOR'S DEGREE IS
INTERESTED, PLEASE SUBMIT YOUR
RESUME TO

HR@TWINCITIESACADEMY.ORG

The TCA School Board is looking for Board Members



TCA will be having **Board Elections** towards the end of April, and we are looking for both **parent** and **community** board members.

Board members serve for three year terms and can serve for up to a total of three terms (9 years), if they would like. The school board meets monthly on the fourth Tuesday of the month in the evening from 5 p.m., and all board members are expected to serve on at least one board committee that generally meets monthly for an hour as well.

Parents are defined as any person who is the legal guardian of a student at TCA. TCA has two open parent board seats. Rich Holst, current board chair, will be re-running for one of the seats. The other is uncontested. TCA also has two open **Community Member** positions, who can be any adult who is not directly connected either by teaching or being a parent of a student at TCA.

TCA is looking for board members with for-profit or non-profit financial experience, legal experience or general non-profit experience.

If you are interested or know someone who would be willing to serve please fill out the **Board Member Application** or share the link with a friend.

We look forward to building a strong school board to lead us into the future.

Thank you!

Registration for Yep! is now Open for grades 6-9!

As stated in previous announcements, programs are filled on a first come first serve basis and spots are limited. For families registering more than one student, please fill out the form again for each additional student. Registration has been extended to the end of the day Wednesday, Feb 15th! Your student will receive their schedule no later than Monday the 20th. Students are asked to choose one program for each day (Tues/Thurs). Transportation and snacks are provided at no cost! Programming will start on Tuesday, Feb 21st and Thursday, Feb 23rd.

[Register here!](#)

Programs we are offering this year:

- **Board Games** is back for its second season with Mr. Ng
- **eSports** is revamped with new computers and software ready to compete against the best w/ Mr. Ng
- **Storytelling** with Ms. Enquist. If you like suspense, twists, and creepy stuff this book and writing club is for you! Come to Ms. Enquist's room to listen, read, and write in this genre.
- **Debate Team** is back again with Coach Osterhus, like to argue? Like to always be right? Learn how to argue correctly and never be wrong!
- **Homework Help Club** led by Mr. Bob. In this club, students will have the opportunity to ask questions and catch up on any work they are missing or looking to fine tune their skills!
- **Art** led by Ms. Harvey. Students will explore and use their imagination to create unique pieces of art!
- **Intro to Music Production** led by TCA Junior professional DJ, Marquan Harper. This class will teach the fundamentals of music production using FL Studio including how to create, arrange, mix and master tracks. Emphasis is placed on understanding the software's interface and utilizing its various tools to develop a polished, professional-sounding product.
- **Head Space** with Ms. Dennis. What's that feeling you're having? Come learn about mental health with her!

ATTENTION

The high school play is looking for donations of...

White fabric
(to make togas)

and

Paint
(white/black/etc.)

Please contact Ms. Howes (ahowes@twincitiesacademy.org)

or

Ms. Erickson-Chycota (bericksonchycota@twincitiesacademy.org)

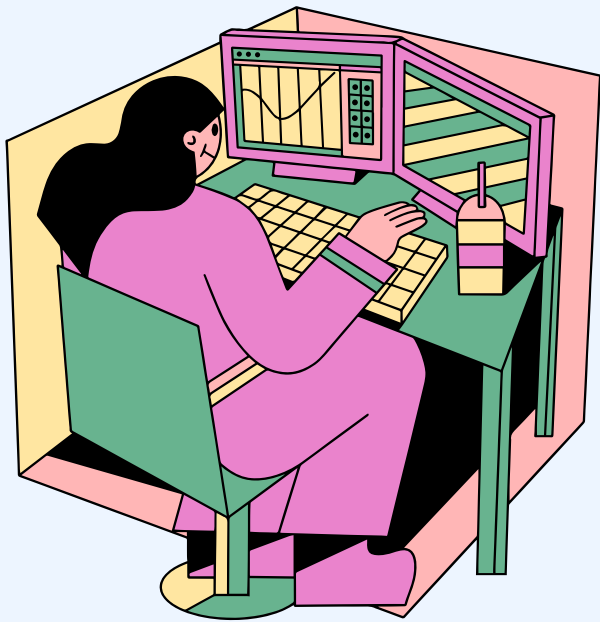
Thank you!

THE GREEK MYTHOLOGY OLYMPIAGANZA



Is your student looking for a summer job?

Right Track, the St Paul summer youth job program is now accepting applications. Their jobs are considered internships, and the benefits include learning about financial management in addition to earning a paycheck.



The deadline to apply is February 28th.

Here is their link:

<https://www.stpaul.gov/departments/parks-and-recreation/right-track/youth/right-track-youth-application>

Ms. McCall and Ms. Dennis are also available to help and answer your questions.





Football Camp Opportunity!

Our friends at the Sanneh Foundation are hosting a free football camp on **February 20** from 9a.m. to 12p.m. at the Conway Dome.

Join former NFL quarterbacks Steve Walsh and Adam Webber for a one day football clinic focused on QB and WR skills. The camp is free and limited to 50 participants. [Sign up on their website](#) while spots are still available!

You must [create a free account](#) first to sign up.