

FRIDAY, FEBRUARY 17TH 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)

Ready for a New Book?

There will be books available at conferences on **Wednesday**
and **Thursday** next week. All books are current literature, and
new. All books will be free!



Attention travelers!

There will be a New York City Spring Break Trip Meeting on
March 7, 2023 at **6pm** in the Band Room. This is for travelers
and parents currently enrolled on the trip!

Contact Ms. Choquette or Ms. Erickson-Chycota with
questions.



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



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 (5:00pm and 7:15pm 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.

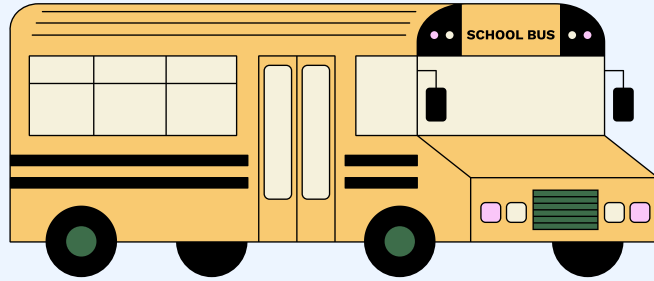
If you are unable to attend conferences on either evening, you will need to message your student's advisory teacher separately to set up a make-up conference.



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_hdqmbdzrBGWw35UX6cMf5ZaMheh8GzV7Y2886rwk/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.



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

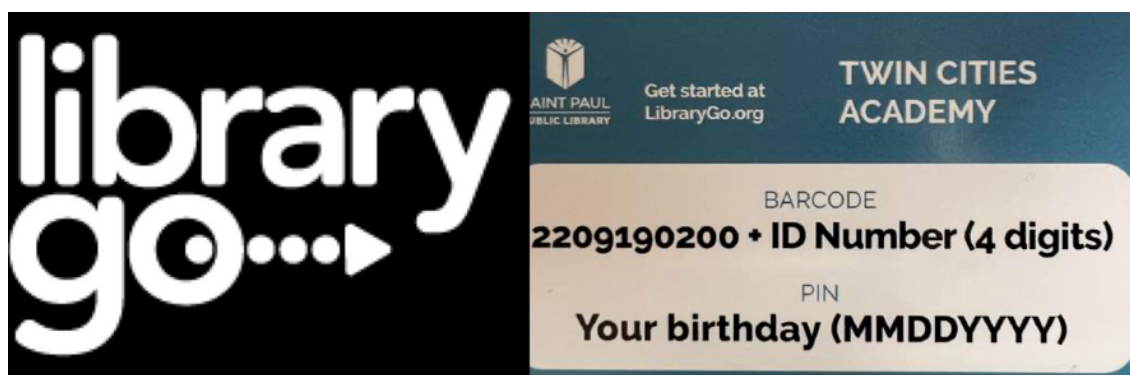
**Missing just 1 day every two weeks can add up to 18 days in a year* Absences add up!*

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

Caregiver Education Night

Provided by Mental Health Systems

Mental Health Systems offers monthly caregiver education nights for families parenting teens with mental illness. We will cover topics such as: encouraging effective behaviors, validation, boundaries, and encouraging healthy technology use.



When: **Wednesday, February 22nd 2023 4:45pm-6:00pm**

Cost: \$20

Topic: *Validation and Effective Communication*

Learn about validation to help improve communication and express an understanding and acceptance of your teen's experience. We cover topics such as encouraging effective behaviors, validation, boundaries, and encouraging healthy technology use.

Be sure to register and you will receive a Zoom link to your email address on the day of the event. To sign up go to mhs-dbt.com and follow the link to DBT for Adolescents under Programs.

If you are in need of financial assistance, please contact Dena at dalbochidi@mhs-dbt.com

Call admin with any questions at 952-835-2002.

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.

Online Registration for Athletics is Now Closed

Registrations for all Tiger Spring Athletics were due by **today, February 17th**. Registrations submitted after February 17th are *not* guaranteed an opportunity to tryout/join the team.

For our registered baseball players, we have two more Saturday pre-season training sessions. They will be **March 4** and **11** from **2:30 - 4pm** at Nova. Our family meeting will be on **Monday, March 6** at **6pm** at Nova. Be sure to order your uniform items online by the end of Feb. 23, and look for updates from Coach Lindholm (slindholm@twincitiesacademy.org).

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.



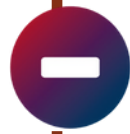
If you do not get tested, follow instructions below as if you had tested positive for COVID-19.



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.

*CDC COVID-19 Symptoms (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

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)

mn MINNESOTA


STAY SAFE MN

Minnesota Department of Health | health.mn.gov | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 | 651-201-5000
Contact health.communications@state.mn.us to request an alternate format.

3/15/2022

A Note from the Health Office

If you were planning to get your Covid vaccines, but hadn't done it yet, you might want to get your rear in gear! The opportunity for free vaccines, test kits and treatments is coming to an end as the end of the Public Health Emergency that was called to stem the Covid tide is eliminated. You might also want to stock up on free Covid kits that are available from the government here: **Free Covid Tests**. It is good to have test kits on hand to utilize after Spring Break before returning to school and prior to visiting those people you love who may be in more fragile health.



COVID test kits, treatments and vaccines won't be free to many consumers much longer

Article by Julie Appleby 2/8/23

"Time is running out for free-to-consumer COVID-19 vaccines, at-home test kits and even some treatments."

"From a consumer perspective, vaccines will still be free, but for treatments and test kits, a lot of people will face cost-sharing."

To read the full article from MPR follow this link.

MPR Covid Resource Article



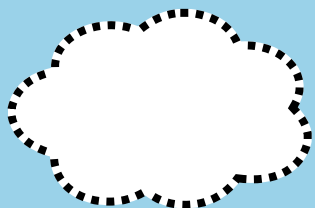
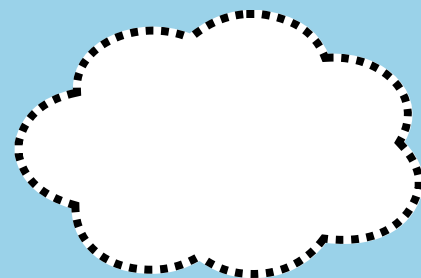
Twin Cities Academy Theatre presents...

THE GREEK MYTHOLOGY OLYMPIAGANZA

by Don Zolidis

Friday, March 17th at 7pm
Saturday, March 18th at 2pm

TCA Gym
\$5,
or pay-what-you-can



Enroll online,
by phone, or by mail



Visit explorica.com/Amundson-5889



Use Amundson-5889 to register



1.888.310.7121



Download and complete
a paper application on
explorica.com/resources

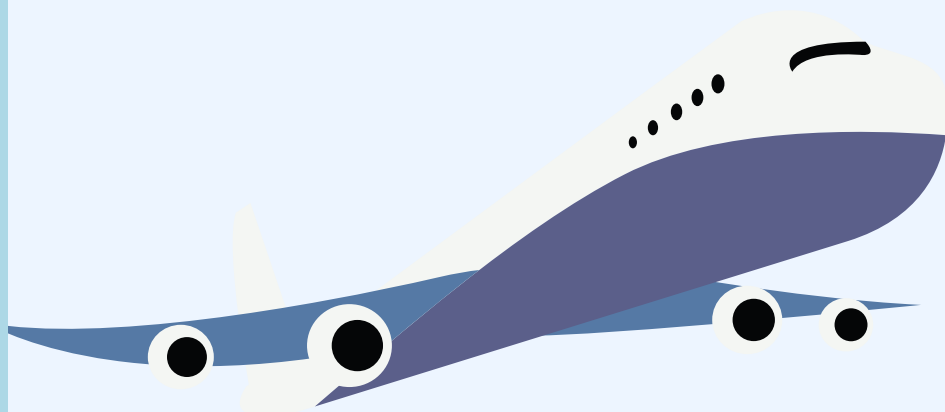
Mail to:
PO Box 9033
Charlottesville, VA 22906-9033

Great News!

We are restarting our 7th and 8th grade **Washington DC** trip next year!

Grades: **7th** and **8th** graders
Dates: **April 1-4, 2024** (spring break)

We will be holding family
interest meetings in **April**
2023 and **September**
2023.



YEARBOOK

yearbook

#yearbook

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

The Senior 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

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

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



Upcoming Statewide Assessments, Spring 2023

MCA

MCA Math

March 7th & 8th in advisory (whole 5th hour block - no clubs)

6-8, 11th grades

MCA Reading

March 14th & 15th in advisory (whole 5th hour block - no clubs)

6-8, 10th grades

MCA Science

April 24th & 25th
Taken in science classes

8th & 10th grades

[Slideshow](#)

ACT

ACT - College Entrance Exam

April 18

All juniors will test at the church

[ACT Timeline](#)

AP

Advanced Placement

May 1 - AP Chemistry
12pm

May 3 - AP English Lit & Composition **8am**

May 5 - AP US History
8am

May 8 - AP Calculus **8am**

May 10 - AP Spanish
8am

May 10 - AP Biology
12pm

May 11 - AP Physics
12pm

[AP Testing Schedule](#)

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

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!

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.

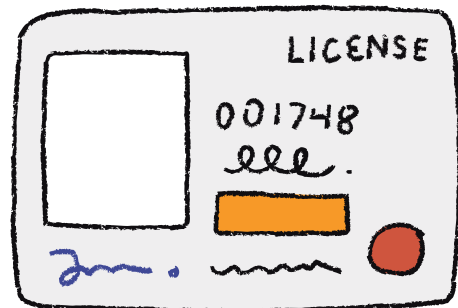
The gathering, which is more of a consultation than a business meeting, will be held in two parts on the two evenings of Spring conferences. Each evening from 6 to 6:30 p.m., we will discuss the central question of "***Transitions: What can TCA do to help my child get ready for life after High School?***"

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)



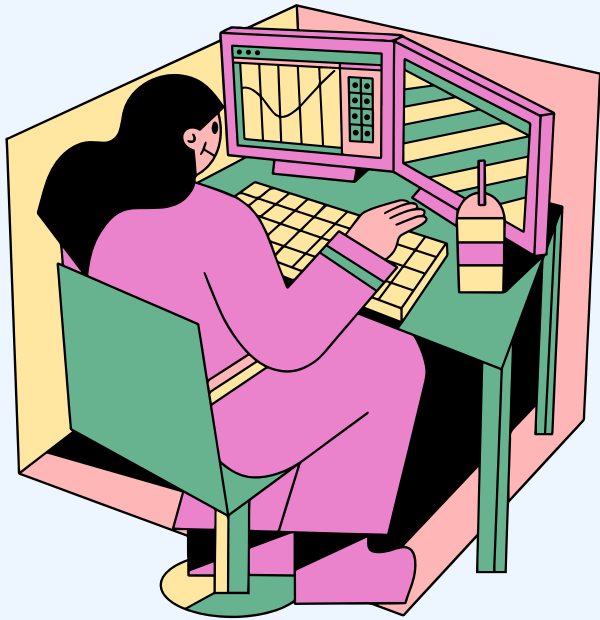
This 30-hour program will be conducted by a certified instructor from the A+ Driving School and will fulfill the state driver's education requirement. The course will address the "how to" and "whys" of safe driving. The format of the class will be lecture and active discussion.

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!

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.



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



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