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MEIGS MEMOS

Meigs Academic Magnet Middle School

April 4, 2023



ADMINISTRATORS:

Dr. Scott Underwood, Executive Principal

samuel.underwood@mnps.org

Dr. Sonja Wilson-Rosse, 6th & 8th grades, Assistant Principal

sonja.wilson-rosse@mnps.org

Dr. Carmen Mullins, 5th & 7th grades, Assistant Principal

carmen.mullins@mnps.org

MEIGS CALENDAR

04.04.23: Meigs Track Meet (Sub-sectionals)

04.04.23: Oklahoma Perf

04.05.23: Meigs Track M



04.05.23: Oklahoma Performance (4:30pm)

04.06.23: Meigs Track Meet (Sub-sectionals)

04.06.23: Oklahoma Performance (4:30pm)

04.06.23: NO SCHOOL [Spring Holiday]

04.07.23: NO SCHOOL [Spring Holiday]

04.11.23: Meigs Track Meet (MNPS Tournament)

04.12.23: Meigs Track Meet (MNPS Tournament)

04.12.23: Enrichment Day

04.17.23: TNReady testing window begins

04.18.23: Progress Reports Issued

Cavaliers on Stage Drama Club Presents Rodgers and Hammerstein's Oklahoma!

Monday April 3-Thursday April 6 at 4:30pm.

Set during the era of our country's westward expansion, join cowboys Curly and Will as they compete for the hearts of two farm girls, Laurey and Ado Annie.

This hilarious musical comedy is something you will not want to miss!

Tickets are \$10 and can be

purchased online at our school's GoFan page or by clicking this link:

[Buy Tickets to Oklahoma!](#)

Students: to stay after school for the performances please sign up using the link following link.

You must have a ticket to the show to sign up to stay after.

[Sign Up to Stay After School for Oklahoma!](#)

Concessions:

There will be a cash only concession stand at the show open before the begins and at intermission.

Run Time: 2hrs. and 40 minutes with 1 ten-minute intermission.

NATIONAL AWARD

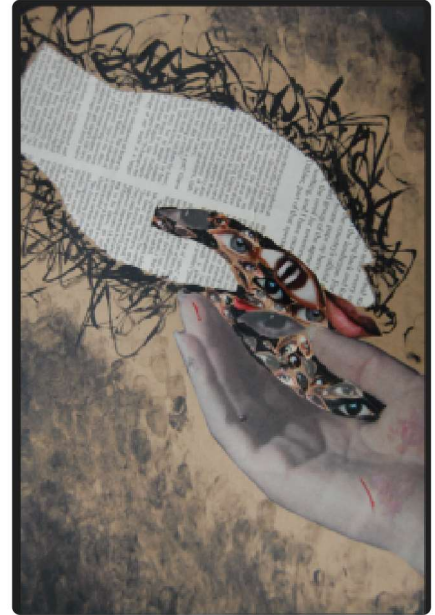
Congratulations to Zach Allison!



<https://www.artandwriting.org/>



Zach Allison



There Are Eyes On My Ceiling

Congratulations to Zach Allison! Zach is one of eight regional Scholastic winners who went on to receive a National Scholastic Award (silver). In the regional Scholastic competition, there were 62 area schools (both public and private) with 1531 entries. Zach was the only regional middle school visual art student that is to receive a National Award.

This is a tremendous honor!

2022-2023 YEARBOOK PRE-ORDERS WILL END APRIL 9!

April 9 will be the last day to pre-order to your student's yearbook.

There will be a limited number of yearbooks for sale after April 9 and those will be sold on a first-come, first-serve basis. If you want to guarantee your student receives a 2022-2023 yearbook, be



The current price of the yearbook is **\$45**, but that price will increase to \$50 after April 9!

Academic life, enrichment, spirit week, athletics and more! Memories are made every day and we want to preserve them forever! The yearbook captures all of those once-in-a-lifetime memories in a single place! Be sure that your student will never forget them by purchasing a copy!

We are excited to announce that you can order your 2022 - 2023 yearbook online! Just go to <https://yearbookordercenter.com>; the order number for Meigs is **1259**.

If you would rather send in cash or a money order, please see Miss Holloway in room 114.
NO CHECKS WILL BE ACCEPTED.

TMSAA TRACK INFORMATION

Thank you for all your support of the track team. We have 11 individuals competing in field events April 3rd that will determine if they compete in the Metro City next week and the State sectionals after TNReady testing is over.

We have 35 students competing on Wednesday in running events. If there is a rainout, it will be made up on Thursday.

We have just been informed that MNPS IDs will NOT get you into the sub sectionals for track on Monday and Wednesday of this week.

Attached is the GoFan in order to purchase tickets. Tickets are \$5 for everyone school-age and up.



IMPORTANT BAND AND STRINGS DATES

•Sat 4/29 - 5th Grade Beginning Band Assessment Festival Performance, TBA
•Fri 5/5 - 5th Grade Band and Strings Spring Concert, 6pm
•5/30-6/2 - MNPS Summer Music Camp

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•Thu 5/4 - Band & Strings New Student Orientation Night Performance, 5:30pm
•Fri 5/12 - 7th and 8th Grade Strings Spring Concert, 6:30pm
•5/30-6/2 - MNPS Summer Music Camp



ADDED DATE: Saturday, 4/29

*Solo and Small Ensembles
Assessment Festival*

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PTO NEWS

Hume- Fogg Transition & Principal Selection Process information

At the March 30 PTO meeting, members of Hume-Fogg Academic High School came to talk about the high school transition and Dr. Schunn Turner (the Executive Director of Middle School) talked about the principal selection process. If a parent or community member would like to volunteer for the principal selection process, they should reach out to Dr. Mullins (carmen.mullins@mnps.org).

Dr. Turner can also be contacted with questions at schunn.turner@mnps.org

The presentation that Dr. Turner gave as well as information about the HFA transition process can be found at -

<https://www.meigspto.com/march-30-2023.html>

Sounds Baseball Game

Please join the Meigs PTO for a fun night out at the Sounds baseball game on Wednesday, June 14th, at 6:35 p.m. This will be a great way to kick off the summer with friends AND raise money for the school! The Sounds will be donating \$7 per ticket sold using our special link (<https://fevo.me/meigsmiddleschool061423>) to the PTO to benefit our amazing staff and students!

Shopping & Rewards

Earning extra money for the Meigs PTO is really easy! All you have to do is link your shopping rewards accounts at Publix and Kroger. You can also digitally collect your Box Tops for Education.

In years past, the monies raised from these efforts have helped grow our technology, music, and athletic programs. For info on how to easily link your accounts go to -

<https://www.meigspto.com/shopping-and-rewards.html>

Need more information about Meigs and its PTO?

Here are some sites to visit:

Website: <https://www.meigspto.com/>

Facebook "Meigs PTO" Page: <https://www.facebook.com/MeigsPto>

MEIGS MART

Have you checked out Meigs Mart lately? We have new shirts in stock including new tie dye colors as well as buttery soft long sleeve tees.

Visit <https://meigsmart.square.site> to check out all the new merchandise. Please make sure you include your child's contact information during check-out. Happy Shopping!



SOCIAL EMOTIONAL LEARNING

Susan K. Purcell-Orleck,

SEL Facilitator

SEL for parents:

"When you are a middle school teacher, people view you as either a saint or a masochist. When you are the parent of a tween, strangers offer sympathy. Middle schoolers are the most maligned and misunderstood age group ... So why do these years feel so hard for both adults and kids? 'Contrary to the negative cultural narrative, the hits your kid takes in middle school aren't inherently worse than the setbacks they experience at other points in their life. They just happen at a time when kids have little life experience or perspective, their hormones are fluctuating wildly, and they're still figuring out who they are and who they want to be.'"

For more information, please visit our SEL at Meigs website:
(<https://selatmeigs.weebly.com/sel-for-parents-2022-2023.html>)

COUNSELING CORNER

Melody Osborne, 5th & 7th grade School Counselor

melody.osborne@mnps.org

Belinda Hotchkiss, 6th & 8th grade School Counselor

belinda.hotchkiss@mnps.org

Here are some coping skills you can do with your child or prompt them to do on their own when they are experiencing anxiety:

1. Belly breathing: Often, we take breaths that only fill up the top portion of our lungs. When we breathe into our belly, we fill up your entire lungs, which can help us calm down.

Process: Place one hand at your heart and one hand on your belly. Breathe in slowly and feel your belly fill up with air. Breathe out slowly through your mouth. Repeat this cycle at least 5 times.

2. Safe space: Ask your child to imagine a place where they feel completely comfortable. This could be their room, the beach, a scene from a favorite movie, etc. Encourage them to picture themselves in this place, using their senses to focus on the details. This can help to ground them and help them feel relaxed.

3. Problem-solving: Sometimes your child may want help rather than just a listening ear. Ask them if they would like for you to work with them on a solution to the problem that is causing them anxiety. If they say yes, help them identify steps they can take to solve the problem.

Have a great week! For more information on our school counseling program please visit our web page at:

<http://www.meigsacademicmagnet.org/school-counseling.html>

MNPS COVID PROTOCOLS (Click here to be directed to the MNPS website)

If a student or staff member tests positive, please email school administrators and/or the school nurse. Please include the date that symptoms began.

If you have additional questions, please contact the school nurse or go to: [COVID-19 - Metro Nashville Public Schools \(mnps.org\)](#)



CONTACT INFORMATION

MNPS WEBSITE

www.mnps.org

TECHNOLOGY SUPPORT

<https://technology.mnps.org/support>

Meigs Website: www.meigsacademicmagnet.org

Location: [713 Ramsey Street, Nashville, TN 37206, USA](#)

Phone: [615.271.3222](tel:615.271.3222)

Twitter: [@Meigs_Magnet](https://twitter.com/Meigs_Magnet)



Samuel Underwood

Dr. Underwood is using Smore to create beautiful newsletters.

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