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# MEIGS MEMOS

Meigs Academic Magnet Middle School ~ April 11, 2023



## ADMINISTRATORS:

**Dr. Scott Underwood, Executive Principal**

[samuel.underwood@mnps.org](mailto:samuel.underwood@mnps.org)

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

[sonja.wilson-rosse@mnps.org](mailto:sonja.wilson-rosse@mnps.org)

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

[carmen.mullins@mnps.org](mailto:carmen.mullins@mnps.org)

## MEIGS CALENDAR

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 testin   
04.18.23: Progress Reports Issued  
05.02.23: The Princess and the Goblin  
05.03.23: The Princess and the Goblin  
05.04.23: New Student Orientation (5:30pm)  
05.05.23: 6th Grade Rocket Day  
05.05.23: 5th Grade Band & Strings Concert (5pm)  
05.06.23: Meigs Track Meet (State Sectionals)  
05.12.23: 7th/8th Strings Concert (6:30pm)  
05.16.23: 5th/6th Field Day  
05.16.23: Athletic Awards (6pm)  
05.19.23: Meigs Carnival  
05.20.23: Meigs Track Meet (State Tournament)  
05.22.23: 8th Grade Graduation (9am)  
05.22.23: 5th Grade Awards Ceremony (1pm)  
05.23.23: 7th Grade Awards Ceremony (9am)  
05.23.23: 6th Grade Awards Ceremony (11:15am)  
05.24.23: Yearbook Signing  
05.25.23: Last Day of School Year (Half-Day)

## COUNSELING CORNER

**Melody Osborne, 5th & 7th grade School Counselor**

[melody.osborne@mnps.org](mailto:melody.osborne@mnps.org)


**Belinda Hotchkiss, 6th & 8th grade School Counselor**

[belinda.hotchkiss@mnps.org](mailto:belinda.hotchkiss@mnps.org)

Most people feel some stress when it comes to taking a test. Moderate levels of stress can actually improve motivation, memory, and attention, and enhance test performance. Test anxiety, however, involves stress and worry that interferes with test performance, well-being, and attitudes toward school. Treating test anxiety begins with teaching study tips and test-taking skills. Research shows that using these skills can help students stay relaxed, focused, and motivated to do well on a test.

Here are some Test Anxiety Tips:

- **Establish a study routine.** Creating a routine—such as studying for an hour after dinner, or for a half hour each morning—will encourage consistency. When getting started, create a study schedule and set reminders on your phone to help build the habit.
- **Create a dedicated study area.** Choose an area that is free of distractions where you can set up your study materials, and leave them between sessions. When it's time to study, you won't spend time searching for something you need. Just sit down, and you're ready to go.

- **Focus on the quality**  to space out many short study sessions, rather than cramming in half-hour to hour-long blocks, with breaks in between. This way, you can stay alert and focused the whole time.
- **Make studying a priority.** When it's time to study, take it as seriously; Don't skip study sessions, start on time, and give the task 100% of your attention.
- **Set specific study goals.** Goals give direction to a study session and provide a sense of accomplishment when completed. Create goals that can realistically be completed in a single study session, such as: Learn the terms in chapter 1, pass the chapter 2 practice quiz, take notes on chapter 4, or review class notes for 30 minutes.
- **Don't stop at reading—write down what you learn.** By typing or hand-writing information, you will engage in active learning, which can improve retention and understanding. Try making flashcards, writing chapter summaries, or creating an outline of the material. As a bonus, you can refer back to what you've written to quickly review the material.
- **Quiz yourself to make information "stick".** Look for practice tests or discussion questions after each chapter you read. Another way to "quiz" yourself is to teach something you've studied to a friend, a pet, or even an inanimate object, without looking at the material.

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>

# SOCIAL EMOTIONAL LEARNING

Susan K. Purcell-Orleck,

SEL Facilitator

## SEL for parents:

Amusement and pleasant surprises – and the laughter they can trigger – add texture to the fabric of daily life. Those giggles and guffaws can seem like just silly throwaways. But laughter, in response to funny events, actually takes a lot of work, because it activates many areas of the brain: ones that control motor, emotional, cognitive and social processing ... Researchers now appreciate laughter's power to enhance physical and mental well-being.

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



# STILL NEED A YEARBOOK?

Online ordering and pre-order sales have closed.

There are limited number of yearbooks left to buy!

These will be sold on a first-come, first-serve basis.

(We cannot order more yearbooks after we sell out.)

If you would like to purchase a yearbook, send in \$50 to Miss Holloway in room 114. All payments must be cash or money orders made out to Meigs. No checks will be accepted.

## BAND AND STRINGS DATES TO REMEMBER

### 5TH GRADE:

**SAT 4/29** - Beginning Band Assessment Festival Performance, TBA

**FRI 5/5** - Band and Strings Spring Concert, 5pm

**5/30-6/2** - MNPS Summer Music Camp

### 6TH GRADE:

**SAT 4/29** - Band Solo and Small Ensembles Assessment Festival

**5/30-6/2** - MNPS Summer Music Camp

### 7TH and 8TH Grade:

**SAT 4/29** - Band Solo and Small Ensembles Assessment Festival

**THU 5/4** - Band and 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

# TRACK UPDATE

Tuesday, April 11th, we v



- This is the city field e
- Admission is \$3 and the QR will be posted at the gate. (No cash will be accepted)
- Concessions will be sold

***CONGRATULATIONS! Lauren B., Anna, Ellen, and John will be representing Meigs at the city for Field Events***

Wednesday, April 12th, we will be at Pearl Cohn:

- This is the city running events. (Note: we will not know until after we have run Monday, who is running here)
- Admission is \$5 and the QR will be posted at the gate. (No cash will be accepted)
- Concessions will be sold

***CONGRATULATIONS! 6th grade (JV) relay and 4 x 800 relay teams have already qualified for this meet. We will let you know about all other running events after Monday.***

# 2023-2024 Meigs Cheerleader Tryouts

From Cheer Coach, Mrs. Hotchkiss

Attention current 5th, 6th and 7th graders! Are you interested in trying out for the Meigs Cheer Team? Cheer tryout practices/clinics will be held May 8th, May 9th, and May 10th. Cheer tryouts will take place on May 11th. If interested in trying out, please do the following:

1. Please fill out the Meigs Cheerleader Interest Survey linked here: <https://forms.gle/eJnuYUZNMeLmrBAr8>. The last day to sign up (complete this interest survey) will be **Wednesday, May 3rd**.
2. Begin filling out paperwork and scheduling a Sports Physical (forms can be found here: [Sports/Athletics \(meigsacademictmagnet.org\)](https://www.meigsacademictmagnet.org/Sports/Athletics)). Once all of your forms are filled out, please **email an electronic copy** to me, and our athletic director Ms. Poe ([lauren.poe@mnps.org](mailto:lauren.poe@mnps.org)). Please send all forms together and double check that all forms are complete. **Sports physicals must be dated after April 15, 2023**. All prospective cheerleaders **must** have paperwork completed and submitted electronically before they will be allowed to try out.

Please let me know if you have any questions. You can reach me at [Belinda.hotchkiss@mnps.org](mailto:Belinda.hotchkiss@mnps.org)



### **Thank You Ofc. Okert & Sgt. Bo!**

Fred Rogers is known for telling children to look for the helpers in times of need. Two of Meigs' very own helpers, Ofc. Okert and Sgt. Bo, represented our community and our school proudly after the horrific events at the Covenant School.



Officer Okert and Sgt. Bo played a critical role in supporting the survivors of the shooting. They met students and teachers at the nearby church where they were reunified with loved ones. Walking up and down the school bus aisles, they provided support, and a calm and comforting distraction as students waited for 30 minutes before they were brought inside the church.

Once inside the church, the process of reuniting children and families took nearly 5 hours, and they walked around the room and offered scratches, cuddles and Sgt. Bo's business cards to sad, worried and scared kids. Sgt. Bo gave love and reassurance that only a good boy like him could provide. In terms of how therapy dogs can help children and school staff, this tragedy was a pinnacle moment and their efforts provided much needed support to so many.

On behalf of the students, families, faculty and staff of Meigs Middle School, the PTO would like to thank Officer Okert and Sgt. Bo for going above and beyond, and representing the best this community has to offer...whether you have 2 legs or 4!


We would also like to thank a local East Nashville pet store Baxter Bailey & Company for their generous donation for Sgt. Bo's gift. <https://www.baxterbaileycompany.com>

### **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](mailto:carmen.mullins@mnps.org)). Dr. Turner can also be contacted with questions at [schunn.turner@mnps.org](mailto: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!

Earning extra money for  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>

Facebook "Meigs PTO Carpool Connection" Page:

<https://www.facebook.com/groups/238990073536430>

Instagram "MeigsPTO" Page: <https://www.instagram.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!







[CLICK HERE TO BE DIRECTED TO THE MNPS COVID PROTOCOLS](#)

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 \(mnps.org\)](https://www.mnps.org)

### CONTACT INFORMATION

MNPS WEBSITE

[www.mnps.org](http://www.mnps.org)

TECHNOLOGY SUPPORT

<https://technology.mnps.>

**Meigs Website:** [www.me](http://www.me)



**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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