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MEIGS MEMOS

Meigs Academic Magnet Middle School ~ May 2, 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

05.02.23: The Princess and the Goblin

05.04.23: New Student O 
05.05.23: 6th Grade Rock 
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

Belinda Hotchkiss, 6th & 8th grade School Counselor

belinda.hotchkiss@mnps.org

More responsibilities at home and at school can cause your child to feel stressed sometimes. Try these suggestions for supporting your student.

Stick to routines. Knowing what to expect can make your youngster's life more predictable and less stressful. Help her/him set up routines that work for both of you, such as having her/him do homework right after school or packing her/his lunch at night.

Pay attention to sources of anxiety. Does your tween have a tendency to put off big projects and then stress about them at the last minute? Remind her/him of this, and brainstorm ways to prevent it from happening again.

Watch for bigger issues. Some stress is normal for middle graders. But symptoms that last more than two weeks may indicate a problem. If your child isolates her/himself from friends and activities, complains of headaches or stomachaches, or is often tired or sad, have her/him see her doctor. A professional can rule out physical causes and suggest ways to help if she/he has anxiety or depression.

Have a great week! For more information on our school counseling

<http://v>[g.html](http://v)

SOCIAL EMOTIONAL LEARNING

Susan K. Purcell-Orleck, SEL Facilitator

"Goal setting is committing to achieve a target result in an activity. According to the goal-setting theory, a goal is the aim of an action. Conscious goals can affect one's action, motivation and ultimately their performance. Goal setting is touted as one of the best ways to increase motivation and performance in children. But there are pitfalls and myths parents must recognize when helping their kids set one."

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

TCAP SUCCESS

Thank you to all of the students and families for a smooth and successful TCAP season! We did it, all testing is complete, and I am happy to report that we had nearly perfect attendance for all of our tests. We completed all of the make-up testing today! SO, that's it. It's a wrap for this year! Thank you for your incredible support. You are wonderful and the students are champs.

Respectfully,
Ms. Clemson and Ms. Petty
Testing Coordinators

BAND AND STRINGS

5TH GRADE:

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

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

6TH GRADE:

5/30-6/2 - MNPS Summer



7TH and 8TH Grade:

THU 5/4 - Band and Strings New Student Orientation Night Performance at 5:30pm

FRI 5/12 - 7TH and 8TH Grade Strings Spring Concert at 6:30pm

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

CONGRATULATIONS!

Solo and Ensembles Festival

On Saturday 4/29/2023, 189 Meigs Band students performed for individual and small group assessment at the state Solo and Ensembles Festival held at Freedom Middle School in Franklin, TN.

Of those students, 93% were assessed as an Advanced rating, including the Meigs Beginning Band, who was the first performing group of the day!

A number of students received a rating of *Advanced with Distinction*, indicating mastery of their performance beyond the highest expectations for their grade and experience level. Those students include 8th Grade students Cate Assink, Ginny McIntyre, Thomas Gourley, Ella Quintel, and Peyton Goetzinger, plus 7th Grade students Lucas Gonzalez, Wilder Grace, Andrew Wyckoff, Aitan Martinez, and Ethan Ortegon.

These results mean that for the 10th consecutive year, the Meigs Band program has become eligible to receive the Tennessee Bandmaster Association Sweepstakes Award. Only nine middle school programs throughout Tennessee qualified for this prestigious honor in 2021-2022. Congratulations to all of our Meigs Band students.

TONIGHT! THE FINAL MEIGS PERFORMING ARTS CORPS SHOW OF THE DRAMA SEASON

The final show of the Drama season is

MPAC presents


The Princess and the Goblin!

May 1-2, @ 5p.m.

ABOUT THE SHOW:

A naive princess, her beloved cat and a poor mining boy team up to save their kingdom from a nasty underground realm of bad-mannered goblins. Based on the book by George MacDonald.

TICKETS:

Tickets for MPAC present  sale! All tickets are \$10 general admission and can be purchased at the following link. Please spread the word to friends and family!

[Buy Tickets to The Princess and the Goblin Here](#)

STAY-AFTER SCHOOL FOR THE SHOW:

You can sign up to stay after school until the doors to the theater open at 4:30. You must already have a ticket to the show to sign up to stay after school.

[Sign Up to Stay After School](#)



BATTLE OF THE BOOKS

Best of luck to our 21 Battle of the Books teams, who will compete on Wednesday, May 3. The top four teams will advance to the semi-finals on Thursday morning, and the top two will compete in the final battle on Thursday afternoon. Our winning team will advance to the district battle on May 11.



PTO NEWS

Teacher Appreciation Week - May 1st – 5th

Help us to honor the amazing teachers and staff at Meigs this week. The PTO has some treats and surprises planned. We also encourage you and your Meigs' student to write a note or provide a treat to the teachers and staff to thank them for all they do! You can find some of their favorite things at -

<https://www.meigspto.com/teacher-favorites.htm>

Carnival Day 2023

Carnival Day is coming! This fun-filled day, which will be taking place on Friday, May 19th, is for all students to celebrate the end of the school year.

Students will be able to purchase food and beverages from the concessionstand and a Kona Ice Truck.

We  ent.
Sign-u here -

<https://www.signupgenius.com/go/10c0545afae2ca2f85-meigs19#/>

Further information about the event can be found at - <https://www.meigspto.com/carnival-day-2023.html>

PTO Open Position for 2023 – 2024 School Year

Want to get involved in the Meigs' PTO? There are open positions on the PTO for the 2023 – 2024 school year. These positions include Vice President, Treasurer, Teacher Appreciation Chair, and Meigs Mart Assistant. More information about the positions can be found at - <https://www.meigspto.com/open-pt0-positions-2023--2024.html>

PTO Meeting

Interested in what is going on with the PTO? You can listen to the April meeting and read the minutes at -

<https://www.meigspto.com/april-27-2023.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>

Facebook "Meigs PTO Carpool Connection" Page:

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

Instagram "MeigsPTO" Page: <https://www.instagram.com/meigspto/>

MEIGS MART UPDATE

The Meigs Mart online store is closed for the school year on Tuesday, May 9th. Please be sure to get your order in by that day.

The Meigs Mart store can be found at <https://meigsmart.square.site>. When placing your order make sure to add your child's name and homeroom information. Thank you for supporting Meigs this school year!



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.

ATHLETIC AWARDS

2022 -2023

It has been a wonderful year for Meigs athletics! We are looking forward to celebrating the achievements of our teams and our student-athletes on May 16th from 6:00 - 7:00 in the gym. Meigs will recognize each team and award up to seven individual trophies per team. Please join us to honor the coaches and players and their hard work and dedication.

Teams that will be recognized are football, cross country, volleyball, soccer, cheer, basketball, wrestling, and track.



TRACK NEWS

This Saturday, May 6th, we will have 20 track athletes competing at the Sectionals at Riverdale High School in Murfreesboro. The meet will begin at 10:00 am. The top 4 athletes in each event will go on to the state tournament in a few weeks. We are competing with middle schools from all across Middle Tennessee.

We want to send Congratulations and Best Wishes to the students that will be representing Meigs this weekend!

High Jump: John and Anna

Long Jump: Cedric, Anna, Ellen

Shot Put and Discus: Lauren B.

Hurdles: Mariana

100 meter and 200 meter dash: Richard

4 x 200 meter relay: Gabe, Carl, John, Cedric, Henry, Lawson

1600 meter run: Edward, Colin, Mabel, Polly

400 meter run: John

800 meter run: Mabel, Iris, Edward, Colin

4 x400 meter relay: Ellen, Claire, Anna, Emma C., Emeline, Amiah

2023-24

Tryouts

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://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). 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.



If you have questions, you can open the FAQs document below or you can reach me at Belinda.hotchkiss@mnps.org

Cheer FAQs & More

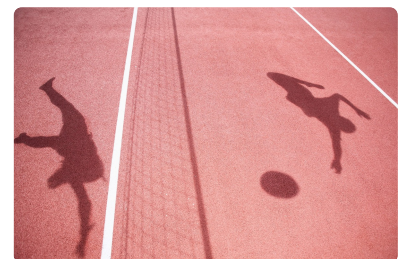
Download

70.4 KB

2023-24 MEIGS VOLLEYBALL TRYOUTS (NOTE THE DATE CHANGE)

All rising 6th, 7th, and 8th grade girls interested in trying out for volleyball need to complete this form by Friday, May 19th.

[Volleyball Interest Form](#)



All forms including a current physical MUST be turned in DIGITALLY and emailed to Coach Shaffer by 3:00 P.M. Monday, May 22nd. Physicals must be dated after April

15, 2023. Forms c
<http://www.meigsacademy.org>



under Sports/Clubs:

Tryouts will be held on May 23rd and 24th from 3:00 - 5:00. (This is a date change.)

F.Y.I. girls will be asked to run the first day of tryouts to demonstrate their level of conditioning. Each girl must wear P.E. attire, tennis shoes, and knee pads. If your daughter has their own volleyball, please have them bring it.

Contact Coach Shaffer by email if you have any questions at lisa.shaffer@mnps.org or visit: <http://mslisashaffer.weebly.com/volleyball.html>

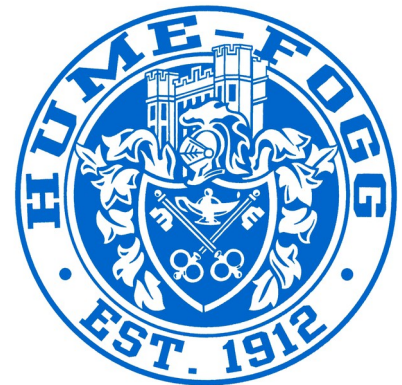
MEIGS BASEBALL INTEREST FORM

Some of our Meigs parents are interested in starting a baseball club at Meigs to provide continued knowledge, skills, and experience with the intention of preparing Meigs athletes for high school baseball. If you are interested, please let them know by filling out this survey: [Meigs Baseball interest, 23-24 school year \(google.com\)](#).

HUME-FOGG

ATHLETICS INFORMATION

The following athletic information is regarding Hume-Fogg High School's next steps for rising freshmen athletes.



HUME-FOGG VOLLEYBALL TRYOUT INFORMATION



HUME FOGG GIRLS' BASKETBALL INFORMATION

Any rising freshman girl interested in basketball will need a physical form, parent consent form, proof of insurance and emergency card. All forms must be completed and returned prior to players' first day of summer practice. These forms can be found on the Hume-Fogg website under the athletics tab or at https://humefogg.mnps.org/athletics_activities/athletics and should be scanned and emailed to athletics director Jesse Blair at Jesse.Blair@mnps.org and to Tracey.McClain@mnps.org. If you did not play for Hume-Fogg last year, you will need to submit all these forms prior to your first day of practice. All athletes will need to bring or email Tracey McClain a copy of their Emergency card to their first day of practice.

Summer practices are an important part of any athletics program to prepare for the upcoming season. Please reach out to inform of which dates you cannot attend. Email Tracey.McClain@mnps.org or call 615-202-7019 for more information or with any questions.

Practices:

May 30th-June 1st-4:00-6:00pm

June 5th-7th-4:00-6:00pm

June-13th, 15th, 20th 22nd 4:30-6:00

HUME-FOGG CROSS-COUNTRY

Any girls or boys that will
contact coach Ky Sy



in Cross-Country should
workouts, and tryout


schedule.

Ky Sychareune

Hume-Fogg Girls/Boys XC and Boys Track coach

Email: ksychareune@yahoo.com

Cell: 615-429-5509



May is Bike Month!
WALK BIKE  NASHVILLE

BIKE TO SCHOOL DAY

Wednesday May 3rd

Join the national movement and bike to school on this special day!
Remember to wear your helmet, use your hand signals, and bike safely.

Tag @walkbikenash so we can share your photos on our pages!


SPONSORED BY: WALK BIKE NASHVILLE  PRESENTED BY: 

Nashville's Largest Urban Bike!
Saturday May 20th
at Watkin's Park

1-MILE KID'S TOUR
Perfect for brand new riders! This route is only 1 mile with the option to ride the route up to 3 times in a row.
\$15 ticket includes T-shirt and snacks.

2-MILE CITY TOUR
This is a great option for families that are comfortable on their bikes and ready to venture further from the park via protected bike lanes.
\$40 ticket includes rider packet with T-shirt, ride number, and sponsor swag, plus route support and a rest stop (with snacks and water) along the way.

Also available:
25 mi Local Tour and 45 mi Grand Tour

Scan to Learn More 

FOR MORE INFORMATION VISIT
WWW.WALKBIKENASHVILLE.ORG/TOURDENASH

CLICK HERE TO BE DIRECTED TO THE MNPS COVID PROTOCOLS

If a student or staff member  rators and/or the school nurse. Please include the

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

TECHNOLOGY SUPPORT

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

Meigs Website: www.meigsacademicmagnet.org

Location: [713 Ramsey Street, Nashville, TN 37206, USA](https://www.google.com/maps/place/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

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