

MEIGS MEMOS

Meigs Academic Magnet Middle School

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It doesn't matter how old your child is, back-to-school time is a mixture of excitement and nerves, often for everyone involved. This time of year presents the perfect opportunity to implement some tweaks in habits, procedures and routines at home. Here are three easy ways that parents can help their child be successful this year in school.

1. **Set limits.** Creating consistent healthy routines for your child will help them be a better and happier student. Limiting screen time on school nights, taking away technology at a specific time, setting bedtimes and setting alarms are things that parents can do that will help their child be more successful each day.
2. **Set time for studying.** Setting aside time for homework, parents are helping their children keep up with their peers and improve their grades. Make sure your child has a designated place to do homework or to study without distractions.
3. **Set bedtimes.** Making sure your child gets to bed at a decent hour can help them be healthy and alert. The Centers for Disease Control and Prevention notes that children between the ages of 6 and 12 need nine to 12 hours of sleep each night, while kids ages 13 to 18 need eight to 10 hours per night.

SOCIAL EMOTIONAL LEARNING

Check out our [SEL website](#) & look for SEL information here each week in Meigs Memos!

SEL for Parents:

"When our kids or teens mess up – which they will, because they're humans, not robots – the way we respond can open them up to our influence or shut them down to it. It can expand the fight and the disconnection, or it can shrink it. In time they will learn to be more in control of their urge for fight or flight, but for now, we will need to lead the way. Of course, we are also human, and sometimes despite our biggest efforts to stay calm, we will step into the ring rather than wait for them to step out. We're human. It's going to happen. And that's okay." For additional information, go to our SEL at Meigs website (<https://selatmeigs.weebly.com/sel-for-parents-2022-2023.html>).

Susan K. Purcell-Orleck

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MEIGS OPEN HOUSE

Meigs Open House will be this Thursday, August 18, from 5:30 to 7:30

- Parents will report to their student's homeroom. (5th, 6th, & 7th graders)
- 8th grade parents will report to their student's related studies class: Band classroom OR Strings classroom OR to the GYM if your student is in the drama, art, physical education, & computer rotation.

CROSS COUNTRY TRYOUT INFORMATION

All 6th, 7th, and 8th grade girls or boys interested in trying out for Cross country need to stop by and sign up on the interest form outside room 205 by , August 17th.

- **All forms including a current physical MUST be turned in DIGITALLY to Ms. Shaffer (AD) by Wednesday , August 17th.** Physicals must be dated after April 15, 2022. You may find the forms on Meigs web page under the sports tab.
- Tryouts will be held outside on Friday, August 19th from 3:00-5:00.F.Y.I. girls and boys will be asked to run the first day of tryouts. Each girl and boy must wear P.E. attire, tennis shoes, and have a water bottle. Please contact Coach McMurray by email if you have any questions at justine.mcmurray@mnps.org

MATHEMATICS

Dr. Po-Shen Loh is the coach of the winning US Math Olympiad team. His Youtube videos have over 15 million views. He visited Nashville on a 40-city tour last summer for a talk to students about math and COVID. This summer he is returning on a similar tour for a different talk about mathematical creativity. Join him at Nashville's Edwin Warner Park Shelter #5 on Tuesday, **August 23 (5:45-7:15pm)** for an interactive event aimed at rising 5th-11th graders.

Registration and info:

<https://www.eventbrite.com/e/math-invention-life-nashville-tn-aug-23-2022-tickets-388744373887>.

PTO NEEDS HELP FOR THE 2022 - 2023 SCHOOL YEAR

The first PTO meeting of the year is August 25th at 5:30 p.m. in the Library at Meigs (please enter through the cafeteria).

Want to get involved in the Meigs' PTO? There is an open position on the PTO for the 2022 – 2023 school year. The position is the Invest Level Liaison (6th or 8th Grade) and more information can be found at - <https://www.meigspto.com/open-pto-positions-2022---23.html>

CONTINUED PTO:

Jeni's Ice Cream Fundraiser

Join us Wednesday, August 24th from 3:30 - 6:30 pm at the East Nashville location of Jeni's Ice Cream for a back-to-school ice cream social fundraiser! Jeni's will be donating 25% of sales back to our PTO! Make sure to mention "Meigs Ice Cream Social" at the register or present the flyer that can be found at - <https://www.meigspto.com/jenis-ice-cream.html>

Titans Fundraiser

Enjoy a Titans game and raise money for our school. Discounted tickets for those who use our code, MEIGS, are available for the following games:

November 13th v. the Denver Broncos

November 27th v. the Cincinnati Bengals

December 11th v. the Jacksonville Jaguars

and December 24th v. the Houston Texans.

And best of all, \$10 from each ticket is donated to our PTO!

Plus, if we sell 150 tickets using our special code for the Bengals game, those in attendance will be brought out onto the field after the game for a special photo-op! We will also have special raffles of Titan swag for all of those that purchase tickets. To get a sneak peak of the swag that will be raffled as well as find out more information, visit - [://www.meigspto.com/titans-fundraiser.html](https://www.meigspto.com/titans-fundraiser.html)

To purchase tickets, visit - <https://offer.fevo.com/school-ticket-program-b1d6719> Remember to use the code MEIGS and enjoy the game!

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/>

COVID GUIDELINES 2022-2023 - FAQ

The purpose of this FAQ is to clarify new COVID information and guidance as it pertains to MNPS. If you have additional questions, please contact your school nurse.

Included in the FAQ is a link at the bottom on mask recommendations including how to ensure a proper fit. Physical distancing, mask wearing, and handwashing are essential migration strategies that should be practiced daily to keep the school community safe. Please remember to stay home if you do not feel well.

What is the difference between isolation and quarantine?

When someone has tested positive for COVID, they are in isolation. When someone is identified as a close contact of someone with COVID, they are not required to isolate.

What is the isolation timeline?

- The first day of symptoms OR the date of a positive test (whichever is earlier) is Day 0. A person who has COVID is required to isolate for 5 days following the onset of symptoms or positive test result. They are allowed to return to school on Day 6 ONLY if all symptoms have subsided and they have not had a fever in at least 24 hours without the use of fever-reducing medications (Motrin, Tylenol, etc.) The CDC recommends the individual should wear a mask in public and at school/work through day 10. Returning to work/school and activities is dependent on symptoms resolving and being fever-free for 24 hours without the use of medication.
- If symptoms have not resolved and a fever persists after day 5, contact your school nurse or a support hub nurse (support hub employees) for additional guidance. You will be required to stay home for an additional 5 days. Remember, if you are not feeling well, do not come to school or work.
- There is no need to test prior to returning to work/school. However, if you choose to test before you return and it is still positive, isolation will continue through day 10 and return to school/activities after day 10.

What is the quarantine timeline?

Close contacts, whether vaccinated or not, are no longer excluded from work/school in MNPS.

What kind of COVID test is acceptable?

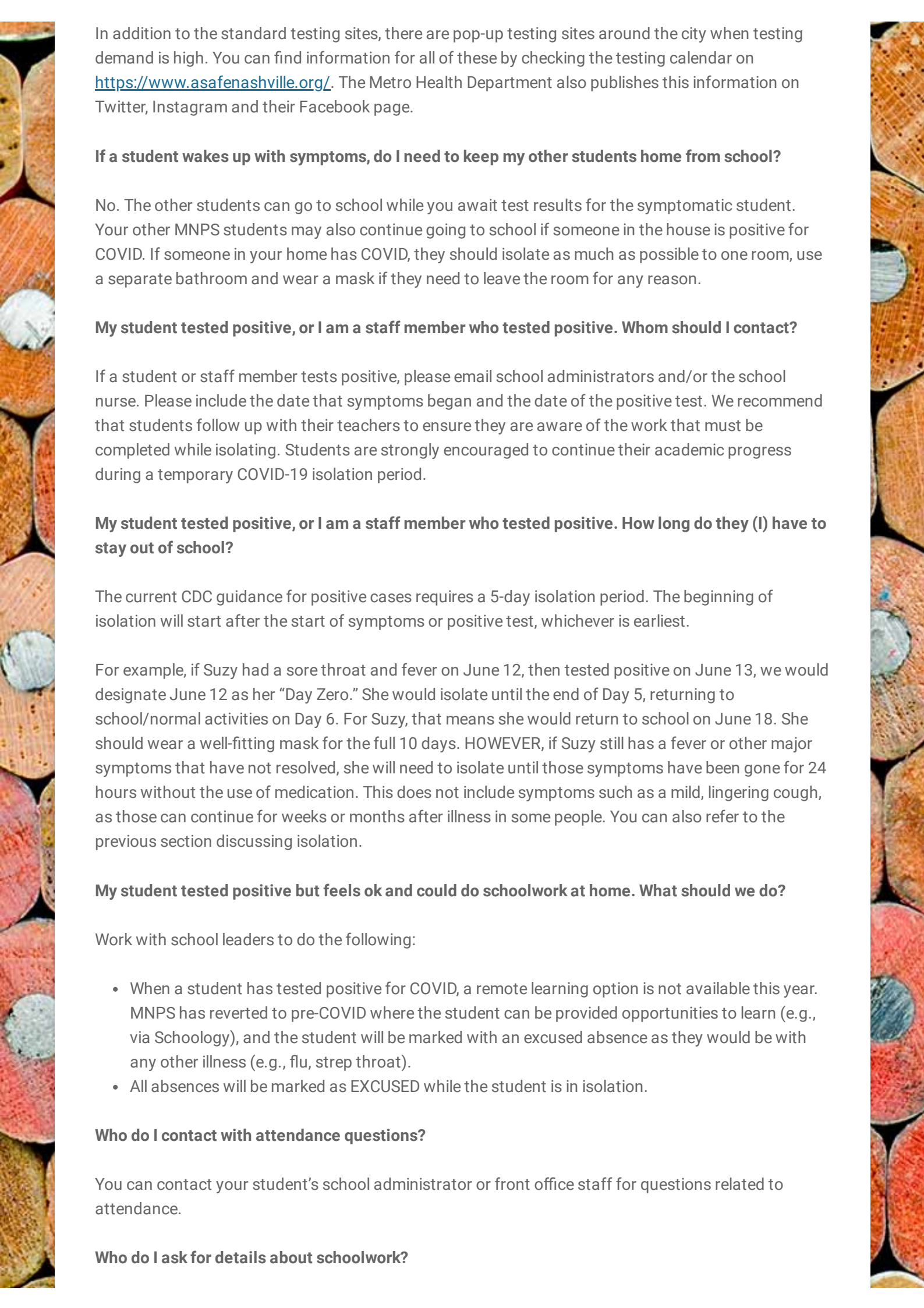
A PCR or a rapid antigen test are both acceptable tests, including home Rapid tests.

Are results from an over-the-counter antigen COVID test acceptable?

Yes. If you have an at-home test that reads positive, it is not necessary for you to test again- PCR or rapid. We DO NOT need to see a negative test to return to work/school. A positive case only needs to complete their isolation and be fever-free and recovered before returning to work/school.

Where can I go to get a COVID test?

MNPS offers testing for students and staff through the school nurse. Individuals must be symptomatic or exposed, along with a written consent on file.



In addition to the standard testing sites, there are pop-up testing sites around the city when testing demand is high. You can find information for all of these by checking the testing calendar on <https://www.asafenashville.org/>. The Metro Health Department also publishes this information on Twitter, Instagram and their Facebook page.

If a student wakes up with symptoms, do I need to keep my other students home from school?

No. The other students can go to school while you await test results for the symptomatic student. Your other MNPS students may also continue going to school if someone in the house is positive for COVID. If someone in your home has COVID, they should isolate as much as possible to one room, use a separate bathroom and wear a mask if they need to leave the room for any reason.

My student tested positive, or I am a staff member who tested positive. Whom should I contact?

If a student or staff member tests positive, please email school administrators and/or the school nurse. Please include the date that symptoms began and the date of the positive test. We recommend that students follow up with their teachers to ensure they are aware of the work that must be completed while isolating. Students are strongly encouraged to continue their academic progress during a temporary COVID-19 isolation period.

My student tested positive, or I am a staff member who tested positive. How long do they (I) have to stay out of school?

The current CDC guidance for positive cases requires a 5-day isolation period. The beginning of isolation will start after the start of symptoms or positive test, whichever is earliest.

For example, if Suzy had a sore throat and fever on June 12, then tested positive on June 13, we would designate June 12 as her "Day Zero." She would isolate until the end of Day 5, returning to school/normal activities on Day 6. For Suzy, that means she would return to school on June 18. She should wear a well-fitting mask for the full 10 days. HOWEVER, if Suzy still has a fever or other major symptoms that have not resolved, she will need to isolate until those symptoms have been gone for 24 hours without the use of medication. This does not include symptoms such as a mild, lingering cough, as those can continue for weeks or months after illness in some people. You can also refer to the previous section discussing isolation.

My student tested positive but feels ok and could do schoolwork at home. What should we do?

Work with school leaders to do the following:

- When a student has tested positive for COVID, a remote learning option is not available this year. MNPS has reverted to pre-COVID where the student can be provided opportunities to learn (e.g., via Schoology), and the student will be marked with an excused absence as they would be with any other illness (e.g., flu, strep throat).
- All absences will be marked as EXCUSED while the student is in isolation.

Who do I contact with attendance questions?

You can contact your student's school administrator or front office staff for questions related to attendance.

Who do I ask for details about schoolwork?

Please contact your student's teacher(s) if you have questions about schoolwork.

My student is vaccinated and was a close contact to someone and they were unmasked (for example, eating lunch together). Do they need to be quarantined considering their exposure was unmasked?

No. Students will ONLY be required to isolate if they are a confirmed positive case.

Will I be notified if my student was a close contact to a positive case?

Notification of exposure and guidance will be provided for students in a class with a confirmed case. If you are not sure you have the correct email or phone numbers on file, please check with the front office staff. If notified and you have questions about the exposure, contact your school nurse.

Does a student or staff member need a negative test to return to school?

No, MNPS does not require negative tests to return to school after isolation.

Does a student or staff member need a note from a medical provider to return to school?

No, they can simply come back with a parent note (for students) stating that they are not symptomatic, and it has been at least five days since start of symptoms/positive test. Remember, the day they started having symptoms (or tested positive if asymptomatic – whichever is first) is Day Zero. They may return to school/work on Day 6. HOWEVER, if the student still has a fever or other major symptoms that haven't resolved, the student will need to isolate until those symptoms have been gone for 24 hours without the use of medication and then return to school.

Face coverings refresher: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>




CONTACT INFORMATION

MNPS WEBSITE


www.mnps.org

TECHNOLOGY SUPPORT

technology.mnps.org/support

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