

MEIGS MEMOS

MEIGS ACADEMIC MAGNET MIDDLE SCHOOL



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Counseling Corner

Did you know? Working in front of a computer screen can cause eye strain. To avoid headaches, blurred vision, and watery eyes, your child should use the 20-20-20 rule. For every 20 minutes of screen time, look up at something 20 feet away for 20 seconds.

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

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

SEL for Parents:

"A bad grade. A forgotten assignment. A missed bus. An extracurricular screw up. Whatever it is, failure isn't easy for the struggling middle school student. It's pretty tough for the parents too. Still, learning to deal with life's ups and downs is important. In fact, our adolescents must experience these challenges. Dr. Catherine Steiner-Adair, clinical psychologist and author, has advice. She knows how to guide parents to raise strong, savvy, and resilient children. Steiner-Adair offers three effective parenting tips for you to consider when it comes to middle school help."

Susan K. Purcell-Orleck
Meigs Academic Magnet Middle School



2022-2023 MEIGS CHESS PROGRAM

Check out the Meigs Magnet School [Chess Program](#)!

SIXTH GRADE SCIENCE CAMP - NOVEMBER 15 - 17TH



Science camp for sixth grade is November 15-17th.

Parent meeting- Thursday, September 8th at 5:30pm in the Meigs cafeteria.

Sixth grade parents are invited to attend a meeting in the Meigs cafeteria on Thursday, September 8th at 5:30pm. Lisa Vassar from Ridley 4-H Center will be at Meigs that evening to discuss the upcoming sixth grade science camp trip and meet with parents.

2022 NORTHEASTERN VOLLEYBALL SCHEDULE

Wednesday, September 7

5:00 Donelson v East - AT DONELSON

5:00 Meigs v Isaac Litton - AT MEIGS

5:00 Stratford v Two Rivers - AT STRATFORD

6:00 East v Dupont Hadley - AT DONELSON

6:00 Isaac Litton v Dupont Tyler - AT MEIGS

7:00 Donelson v Dupont Hadley -AT DONELSON

7:00 Meigs v Dupont Tyler - AT MEIGS

Monday, September 12

5:00 East v Dupont Tyler - AT EAST NASHVILLE

5:00 Dupont Hadley v Isaac Litton - AT DUPONT HADLEY

5:00 Meigs v Donelson - AT MEIGS

6:00 Dupont Tyler v Stratford - AT EAST NASHVILLE

6:00 Isaac Litton v Two Rivers - AT DUPONT HADLEY

7:00 East v Stratford - AT EAST NASHVILLE

7:00 Dupont Hadley v Two Rivers - AT DUPONT HADLEY

Wednesday, September 14

5:00 Two Rivers v East - AT TWO RIVERS

5:00 Isaac Litton v Stratford -AT ISAAC LITTON

5:00 Dupont Tyler v Dupont Hadley - AT DUPONT TYLER

6:00 East v Meigs - AT TWO RIVERS

6:00 Stratford v Donelson - AT ISAAC LITTON

7:00 Two Rivers v Meigs - AT TWO RIVERS

7:00 Isaac Litton v Donelson - AT ISAAC LITTON

Friday, September 16

5:00 Two Rivers v Donelson - AT TWO RIVERS

5:00 Dupont Hadley v Meigs - AT DUPONT HADLEY

5:00 Isaac Litton v East - AT ISAAC LITTON

6:00 Donelson v Dupont Tyler - AT TWO RIVERS

6:00 Meigs v Stratford - AT DUPONT HADLEY

7:00 Two Rivers v Dupont Tyler - AT TWO RIVERS

7:00 Dupont Hadley v Stratford - AT DUPONT HADLEY

Monday, September 19

5:00 East v Dupont Hadley - AT EAST NASHVILLE

5:00 Dupont Tyler v Meigs - AT DUPONT TYLER

5:00 Two Rivers v Stratford - AT TWO RIVERS

6:00 Dupont Hadley v Donelson - AT EAST NASHVILLE

6:00 Meigs v Isaac Litton - AT DUPONT TYLER

7:00 East v Donelson - AT EAST NASHVILLE

7:00 Dupont Tyler v Isaac Litton - AT DUPONT TYLER

Wednesday, September 21

5:00 Stratford v Dupont Tyler - AT STRATFORD

5:00 Isaac Litton v Two Rivers - AT ISAAC LITTON

5:00 Donelson v Meigs - AT DONELSON

6:00 Dupont Tyler v East - AT STRATFORD

6:00 Two Rivers v Dupont Hadley - AT ISAAC LITTON

7:00 Stratford v East - AT STRATFORD

7:00 Isaac Litton v D. Hadley - AT ISAAC LITTON

Monday, September 26

5:00 Meigs v East - AT MEIGS

5:00 Donelson v Stratford - AT DONELSON

5:00 Dupont Hadley v Dupont Tyler - AT DUPONT HADLEY

6:00 East v Two Rivers - AT MEIGS

6:00 Stratford v Isaac Litton - AT DONELSON

7:00 Meigs v Two Rivers - AT MEIGS

7:00 Donelson v Isaac Litton - AT DONELSON

Wednesday, September 28

5:00 Dupont Tyler v Donelson - AT DUPONT TYLER

5:00 Stratford v Meigs - AT STRATFORD

5:00 East v Isaac Litton - AT EAST NASHVILLE

6:00 Donelson v Two Rivers - AT DUPONT TYLER

6:00 Meigs v Dupont Hadley - AT STRATFORD

7:00 Dupont Tyler v Two Rivers - AT DUPONT TYLER

7:00 Stratford v Dupont Hadley - AT STRATFORD

Monday, October 3

5:00 Donelson v Dupont Hadley - AT DONELSON

5:00 Isaac Litton v Dupont Tyler - AT ISAAC LITTON

5:00 Stratford v Two Rivers - AT STRATFORD

6:00 Dupont Hadley v East - AT DONELSON

6:00 Dupont Tyler v Meigs - AT ISAAC LITTON

7:00 Donelson v East - AT DONELSON

7:00 Isaac Litton v Meigs - AT ISAAC LITTON

Wednesday, October 5

5:00 Dupont Tyler v East - AT DUPONT TYLER

5:00 Two Rivers v Isaac Litton - AT TWO RIVERS

5:00 Meigs v Donelson - AT MEIGS

6:00 East v Stratford - AT DUPONT TYLER

6:00 Isaac Litton v Dupont Hadley - AT TWO RIVERS

7:00 Dupont Tyler v Stratford - AT DUPONT TYLER

7:00 Two Rivers v Dupont Hadley - AT TWO RIVERS

INVEST SUCCESS!

INVEST Update - Our First Week is a Success

Good afternoon Meigs families!

We kicked off the Meigs INVEST campaign on Sunday and already we are **16% of the way to our \$45,000 INVEST goal!** We will talk briefly about it at the PTO meeting tonight so we hope to see you there as well.

As a reminder, your donations to INVEST fund some of the resources that make our students' Meigs experience so exceptional: classroom instructional materials, arts & technology, physical education, athletics, clubs, and much more! Many of these investments are "must haves" for our teachers to provide the excellence in education we have come to expect as Meigs families. We want to continue providing our amazing faculty what they need to give our children a top-notch education.

There are **697 Meigs students** this year who benefit from the investments that you make in our school, and so far **27 families have donated \$7,091** – thank you so much to those who have already donated!

For perspective, **that is only 4% of families so far** – imagine what our INVEST dollars will look like when we have 25% and then 50% of families participating.

As always, we understand that each of us have varying circumstances and, **if the remaining 96% of families donate what you are able, even small amounts, we can meet this goal together.**

Here is the overall breakdown by grade:

- **5th Grade: \$2,550** – 12 of 174 student's families
- **6th Grade: \$500** – 3 of 176 student's families
- **7th Grade: \$2,580** – 8 of 175 student's families
- **8th Grade: \$1,461** – 4 of 172 student's families
- **Every donation matters, whether it is \$20 or \$200!**

Also if you have other family members who might want to invest in your child at Meigs, ask them to donate too using the links below – we accept donations from anyone who cares about Meigs!

Making a donation is easy, just select the [DONATE TO INVEST](#) button on the [PTO INVEST website](#)(<https://www.meigspto.com/invest-campaign.html>). You may also mail your gift as a check to: MEIGS PTO INVEST, 713 Ramsey St, Nashville, TN 37206. Please make checks payable to Meigs PTO and write "INVEST" in the Memo line.

On behalf of our students and teachers, thank you for your continued support. We are truly grateful.

Rob Jack

7th Grade Parent and INVEST Chair

PTO NEWS

PTO Meeting: Did you miss the PTO meeting last week? You can listen to the August meeting at: <https://www.meigspto.com/august-25-2022.html>

PTO Needs Help For The 2022 – 2023 School Year: The PTO is looking for an Invest Level Liaison (6th or 8th Grade) for the 2022 – 2023 school year. More information about this position can be found at: <https://www.meigspto.com/open-pt0-positions-2022--23.html>

Meigs Mart: Does your child need a Meigs shirt or sweatshirt? Or, do you need some Meigs spirit ware? The Meigs Mart store/closet (located inside the school) will be open the following days this week :

- *Tuesday, August 30th (7:00 – 7:30 am)*
- *Wednesday, August 31st (3:30 – 4:00 pm)*
- *Thursday, September 1st (7:00 – 7:30 am)*
-

If you need merchandise, you or your child are welcome to stop by and purchase during this timeframe. **Credit card or check payments ONLY.**

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!

This week we will be starting our Titans swag raffles and the sooner you purchase your tickets the more chances you have to win. Plus, if we purchase 91 more tickets for the 11/27 game against the Bengals, Meigs will be invited onto the field for a special post-game photo op! This is an amazing opportunity for Titans fans of all ages!

To get a sneak peak of the swag that will be raffled as well as find out more information, visit - <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!

Shopping & Rewards

Want a simple way to help Meigs? Link your shopping rewards accounts at Amazon, 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>

More Information

Need more information about Meigs and its PTO?? Here are some sites to visit –

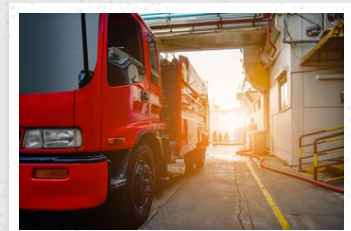
Website: <https://www.meigspto.com/>

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/>

FIRE SAFETY EDUCATIONAL ANNOUNCEMENT



A fire can break out with little or no warning. The more prepared you are, the safer you will be. Smoke detectors should be located on every floor of your home and near all places that you and your family sleep. Smoke detector batteries should be changed on a regular basis.

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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