

MEIGS MEMOS

Meigs Academic Magnet Middle School - November 8, 2022

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



NO SCHOOL TUESDAY, NOVEMBER 8TH

AND FRIDAY, NOVEMBER 11TH!

CLOSED - BOYS AND GIRLS CLUB OF MIDDLE TENNESSEE

Please note that our Cleveland Park clubhouse is a polling site for the Tuesday, November 8, 2022 election day. Our clubhouse will not be in operation for childcare. Please make sure to make plans accordingly.

Normal afterschool childcare hours and transportation will resume Wednesday, November 9, 2022

Details regarding Friday, November 11, 2022, will be forthcoming.



SOCIAL EMOTIONAL LEARNING

Susan K. Purcell-Orleck

SEL Facilitator

SEL for Parents: "Anxiety in children and teens can make everyone feel helpless. It can come from anywhere and nowhere, and often it makes no sense at all. This is because anxiety is a primitive, instinctive response, not a rational one. Anxiety is driven by a strong, beautiful, healthy brain that is doing exactly what brains are meant to do – protect us from threat. Sometimes though, they can work a little too hard and have us avoiding the things that we'd be better moving towards. The part of the brain that keeps us safe from threat is the amygdala. Since the beginning of humans, the amygdala's job has been to scan the environment for threat and make lightning-quick decisions about whether to avoid or approach. It does this brilliantly. In less than one tenth of a second, the amygdala will decide whether something is a threat, and whether we should approach it or avoid it. This is much faster than the time it takes our brains to create a conscious thought or feeling and is why anxiety can feel as though it has come from nowhere."

Please visit our **SEL at Meigs** website (<https://selatmeigs.weebly.com/sel-for-parents-2022-2023.html>) for additional information.

COUNSELING CORNER

Melody Osborne, 5th & 7th grade School Counselor

melody.osborne@mnps.org

Belinda Hotchkiss, 6th & 8th grade School Counselor

belinda.hotchkiss@mnps.org

Watching your child grow into an adolescent can be fun. You get a peek at their future adult self as their interests, opinions, and sense of humor develop. It may also be confusing, though, as they become more independent. Here's a couple of strategies for maintaining a strong relationship:

Find the positives: When your middle grader is moody, think about what you enjoy about them, such as their sense of humor or their compassion for animals. Try framing their negative behaviors as positives. For instance, their ability to argue could be seen as a knack for debate.

Avoid comparisons: Focus on who your child is instead of comparing your child to yourself at this age or to other tweens. Perhaps you played sports in middle school, but they want to build robots and join the environment club. Show interest in their activities and ask questions to learn more about them.

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>

MEIGS TALENT SHOWCASE

Dear Parents, Students, Faculty, and Staff,

Join us Thursday, November 10th, for Rise Up! The Meigs Talent Showcase. Don't throw away your shot to be entertained by our talented singers, comedians, dancers, and more. The show begins at 7p.m. sharp. You can purchase your tickets, sign your student up to stay after school, volunteer to help, and plan for dinner on our event page at: <https://www.meigspto.com/talent-show-2022.html>.

Tickets are \$5 each. You may purchase them online through Wednesday, November 9th. Tickets will also be available at the door on the night of the event.

After school supervision will be available for students who wish to stay after school. Students will be assigned a room to report to at dismissal and will stay there until the food trucks/dinner service opens. Permission forms to stay must be turned in by Tuesday, November 8th.

We invite families to join us for dinner or dessert before the show! We are excited to offer a variety of options. You may pre-order boxes from Vui's Kitchen through Meigs Mart with all proceeds benefitting Meigs. This is a great way to enjoy delicious food and support Meigs at the same time! Pre-orders must be placed by Friday, November 4th. You can access the pre-order form on our event page, and your meal will be ready to pick up in the cafeteria on the afternoon of the show. Further, the That's My Dawg and Black Box Ice Cream food trucks will be on campus from 4:15p.m.-6:15p.m. for students and families to enjoy. Whether you want a full meal or a tasty dessert, these options are sure to please. Visit our event page to check out the menus! If you plan to join us for dinner, kindly RSVP by Tuesday, November 8th, so that we can help our food truck vendors prepare.

Finally, we need parent volunteers to help make the night a smashing success. If you are willing and able to share your time and talents, please sign-up to join us at: <https://www.signupgenius.com/go/9040F4CAFAE28A1FC1-meigs>.

We look forward to seeing you at the show!

INTRODUCING THE LADY CAVALIERS BASKETBALL TEAM

2022-2023

Lady Cavaliers Basketball Team

8th grade: Ellen Parks, Jayla Liddell

7th grade: Eryn Bell, Dyara Chambers, Zya Jones, Lilly Rogers, Eden Walker, Aaliyah Wood

6th grade: Elle Goldman, Sylvia Riegal

Managers: Clare Nwoye, Adelyn Smith

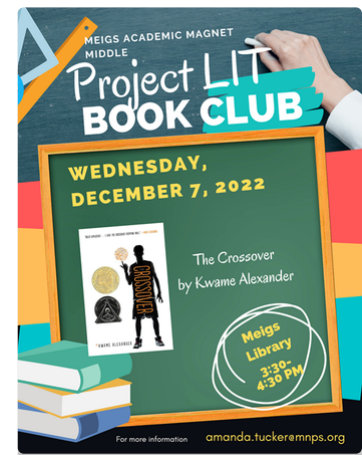
2022-2023
MEIGS MAGNET MIDDLE SCHOOL
Girls' games at 5PM | Boys' Games at 6PM



Date	Against	Home/Away
November 22	Dupont Tyler	HOME
November 29	East	away
December 1	Dupont Hadley	away
December 5	Stratford	HOME
December 6	Litton	away
December 8	Donelson	away
December 13	Two Rivers	HOME
January 10	Dupont Tyler	away
January 12	East	HOME
January 17	Dupont Hadley	HOME
January 19	Stratford	away
January 24	Litton	HOME
January 31	Donelson	HOME
February 2	Two Rivers	away

PROJECT LIT BOOK CLUB

Students, faculty, and staff, please join us for our next Project LIT Book Club on Wednesday, December 7 from 3:30-4:30 in the Meigs library! We will be discussing *The Crossover* by Kwame Alexander! All 5th and 6th grade students are invited to attend, along with any Meigs staff or faculty.



PTO NEWS

THIS WEEK - Rise Up! Meigs Talent Showcase

Have you bought your tickets for the Meigs Talent Showcase, yet??? The event, taking place on Thursday, November 10th, will feature singers, comedians, dancers, and much more! Performers have been rehearsing their acts, and the show will be one you won't want to miss! For information on how to buy tickets, the schedule of events, the tasty food and desserts that will be offered for sale that night, how to sign-up to volunteer, and how to fill-out permission forms for students to stay after school for the event, visit <https://www.meigspto.com/talent-show-2022.html>

City Saver

Our City Saver Fundraiser has ended. Thank you to all who participated this year in selling over 645 books to raise money for our school! It is not too late to purchase the book that was sent home with your student, purchases can be made at - <https://meigsmart.square.site>

*****IF YOUR CHILD STILL HAS A CITY SAVER BOOK THAT WAS SENT HOME AT THE BEGINNING OF THE CAMPAIGN YOU ARE NOT PLANNING ON PURCHASING IT, PLEASE RETURN IT TO THE SCHOOL ASAP.*****

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 - 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!

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

*Unfortunately, the November 13th game v. the Broncos and the November 27th game v. the Bengals are sold out. This does not impact anyone who has already purchased tickets for this game.

Meigs Mart

The online Meigs Mart store is open! Visit <https://meigsmart.square.site> to purchase any Meigs ware. Please make sure you include your child's contact information during check-out. Happy Shopping!

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/>

FISK JUBILEE SINGERS FIELD TRIP

Meigs is planning a school-wide field trip to TPAC to see the Fisk Jubilee Singers LIVE in concert on **February 8, 2023!** If you have not filled out the permission slip for your student(s) to attend, please click here to do so at your earliest convenience: <https://forms.office.com/r/d4HdbSscU7>. At the link, there is more information and an email from Dr. Underwood.



Please fill out once per student who attends Meigs. **Filling out this form is required once per student.**

If you need this information in Spanish, click here: <https://forms.office.com/r/gm1cewucmh>

Important Information:

1. In order to attend the field trip, this form needs to be completed **once per student** by December 1st, 2022.
2. **The cost of the field trip is FREE. But you must complete this form to attend!**
3. We will leave school at 9:30 am and return no later than 12:30pm. Students should dress for the weather because we will be walking from the bus into TPAC and back to the bus.
4. **Lunch -- We will be eating lunch at school, but we need to know if each student will be packing and bringing a lunch from home or ordering a sack lunch from the cafeteria. Please understand that once we submit the number of lunches to our cafeteria staff, we will not be able to add to it.**

If you have any questions, please contact your child's Social Studies teacher or our GATE teacher, Ms. Clemson. stephanie.Clemson@mnps.org

Click [here](#) to learn more about the amazing Fisk Jubilee Singers.

MEIGS MAGNET MIDDLE SCHOOL 2023 YEARBOOK

RESERVE A YEARBOOK BY
PRE-ORDERING TODAY

HOW TO ORDER:

1. ONLINE AT
YEARBOOKORDERCENTER.COM
WITH SCHOOL CODE 1259.
2. CASH PAYMENT TO MISS
HOLLOWAY. MONEY ORDERS
MADE OUT TO MEIGS.



DEADLINES:

- \$35 UNTIL NOVEMBER 24.
- \$40 UNTIL JANUARY 31.
- \$45 UNTIL APRIL 9.
- \$50 UNTIL MAY 26.
- PERSONALIZATION SALES END APRIL 4.
- PRE-ORDERS END APRIL 9.

QUANTITIES ARE LIMITED. DON'T MISS OUT.

ORDER YOUR 2022-23 YEARBOOK

The earlier you purchase your yearbook, the better the price! Check out the cost deadlines now!

COVID GUIDELINES 2022-2023

My student 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.

If you have additional questions, please contact the school nurse.



CONTACT INFORMATION



 @Meigs_Magnet


MNPS WEBSITE

www.mnps.org

TECHNOLOGY SUPPORT

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

 713 Ramsey Street, Nashville, ...  615.271.3222

 meigsacademicmagnet.org