

Meigs Memos

Tuesday, September 17, 2019

A Weekly Publication of Meigs Academic Magnet School www.meigsacademicmagnet.org

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NEW this year! >> Use the new [My School Bucks app](#) to pay for school lunch

SEL for Parents

"For many adults, the words "middle school," evoke a negative, gut-level response. These reactions are grounded in our own potent memories from that time . . . "Middle schoolers experience every feeling as a polarity, and we are wired to remember the negative." So our own memories of being rejected by a friend or embarrassed by a teacher have an outsized place in our long-term memory. "And you are bringing all of that to the table as your child approaches middle school."

When it comes to how we talk about and interact with middle schoolers, we need a new mindset. Rather than looking at this phase with dread, see it as an opportunity to share your values and solidify your relationship with your children."

Go to our SEL at Meigs website (<https://selatmeigs.weebly.com/sel-for-parents-2019-20.html>) for additional information.

Link to stay after school for home Volleyball games

It's Volleyball season and time to show your school spirit. If your child would like to stay after school to attend Meigs home Volleyball games, please click the link below. The form must be submitted no later than 8AM on the day of the game for your student to be allowed to stay after school.

https://docs.google.com/forms/d/18WoQ3k1VTp49wLeawmeKbaO2hsN_9csLGoJZwn2g3VY/edit

MEIGSACADEMICMAGNET.ORG

We have a school calendar where everything that is going on at Meigs is listed! Please use the link below to access the Meigs Calendar to see all the wonderful and exciting things we have coming up. You can also access this page through the Meigs home page under the calendar and news link.

<http://www.meigsacademicmagnet.org/calendar.html>