



# LYNX NEWS

May 6, 2020



Due to Governor Polis' Executive Order, the MA campus is closed through the end of the academic year.  
Please stay safe and healthy!

## From the Leadership Team:

We continue to encourage the community to seek out credible, reliable sources of information on COVID-19 by utilizing the following websites and phone numbers:

- El Paso County Public Health website: <https://www.elpasocountyhealth.org/>
- CDPHE website: [www.colorado.gov/cdphe](http://www.colorado.gov/cdphe)
- CDC website: <https://www.cdc.gov/>
- State COVID-19 Information Line 1-877-462-2911 or email [COHELP@RMPDC.org](mailto:COHELP@RMPDC.org)
- El Paso County COVID-19 Information Line: 719-575-8888

**Safe2Tell:** 1-877-542-7233 <https://safe2tell.org/>

### **Behavioral Health:**

Crisis Stabilization Unit at AspenPointe: 572-6100

Peak View Behavioral Health: 444-8484

Cedar Springs Hospital: 633-4114

Highlands Behavioral Health: 720-348-2805

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Text Line: Text "Talk" to 38255

**Local Emergency Room** <https://www.uhealth.org/locations/emergency-room-colorado-springs-north/>

**Tri-Lakes Cares Food Pantry**

235 Jefferson St # B, Monument, CO 80132

Phone: (719) 481-4864

<https://tri-lakescares.org/client-services/food-assistance/>

**Care and Share Food Bank**

2605 Preamble Point, Colorado Springs, CO 80915

<https://careandshare.org/>

Friday 8AM–5PM

Saturday Closed

Sunday Closed

Monday 8AM–5PM

Tuesday 8AM–5PM

Wednesday 8AM–5PM

Thursday 8AM–5PM

**United Way Information line 2-1-1**

referrals for: food, housing, utilities, home repair, emergency shelter, clothing, transportation, military assistance, taxes, mental health, senior issues, substance abuse, medical care and more!

**Meal Distribution:** Meals are available to any student under 18 (student does not have to be a Free and Reduced meal recipient) Monday through Friday, 11-noon, at Palmer Lake Elementary School and Lewis-Palmer High School. The locations and times for meals at schools across the community are available at <https://tinyurl.com/School-Meals>.

**From the Tech Department:** Parent resources and e-learning info [here](#)

**From the Marketing Director:** The *Monument Academy Facebook* page is also a resource for you to use: [MA Facebook link](#)

*From Principal Richardson:*

### Elementary School Check-Out Procedures

In light of current health restrictions, we have determined a way to close out the school year while staying compliant with protective guidelines. Next week, a drive-thru, drop-off check out will be conducted in front of the school. This will give our elementary families and students the opportunity to say goodbye to their teachers and turn in end-of-year MA items such as textbooks, etc.

We ask that you strictly adhere to the following protocols to ensure the health & safety of everyone involved:

- Please follow the assigned schedule listed below based on your child's teacher (if you have children in more than one grade/class, please use the scheduled day/time that's most convenient for you):

DAY	DATE	TIME	TEACHERS
Monday	May 11	9-12	Hall, Cooke, Knepper, Thomas, Baranski
Tuesday	May 12	12-3	Leach, Lokowich, Blair, Maddox, Hutto
Wednesday	May 13	9-12	Barrette, LoBosco, DeAngelo, Throgmorton, Caplinger
Thursday	May 14	12-3	Pendleton, Sigfrids, DiFabio, Dickey, Heinz

- Enter the MA parking area using the Church (East) Entrance...VERY IMPORTANT as teachers will only be allowed on the sidewalk directly adjacent to the school.
- Please stay in your vehicle at all times.
- Put items to be returned in bags or boxes and place them in the trunk or back of your vehicle.
- Allow the MA staff time to unload those items while you stay inside your vehicle.

It is unfortunate that we cannot celebrate the end of the year as we normally would and we will sincerely miss the opportunity to honor all students' achievements in person. Please know that everyone involved will ensure this check-out procedure is as celebratory as possible. 😊

Additionally, we wanted to let you know that this week is **Teacher Appreciation** week, and Administration believes we have the best teachers around! Please join us in recognizing the dedication of our beloved professionals: <https://forms.gle/eqaiwYeHs23B1bJ76>

Thank you!  
Mr. R

### Just Throwing it Out There!



[Video Link Starring Monument Academy!](#)

*From Principal Seymour:*

**Middle School Check-Out Procedures**

Because we have fewer students than elementary, and middle school check-out requires a multi-step process with the return of the iPad, we are scheduling our check-out procedures indoors! This also gives us cover if the weather decides to turn nasty the week of May 18th. I seem to remember snow days for the last days of school in previous years!

Monday, May 18<sup>th</sup>, 8:00 a.m.- 12:00 p.m.- Eighth grade students  
Tuesday, May 19<sup>th</sup>, 8:00 a.m.- 12:00 p.m. - Seventh grade students  
Wednesday, May 20<sup>th</sup>, 8:00 a.m.- 12:00 p.m. - Sixth grade students

Please use this form to schedule your preferred time on the date designated above:

<https://forms.gle/xahYkPTq2JMF29JA6>

Your health and safety are of utmost importance to us, and the procedures described below fall within the safety protocols outlined by CDE for necessary tasks regarding educational supplies:

- Staff and students will wear masks at all times. We cannot provide masks. Students should arrive with a mask from home.
- Only one person per family will be allowed in the building for drop off/pick up.
- We will observe 6 ft and greater social distancing at all times.
- There will be hand sanitizer provided at the entrance and exit of the building.
- Once inside, students or family members will be guided through the process of material return and pick up by staff members directing for safe-distancing zones.
- No room, area, or station inside the building will exceed three people. We will observe social distancing at all times.
- If anyone is feeling ill, please postpone the return of materials to a mutually agreeable time. Contact Julie Seymour at [jseymour@monumentacademy.net](mailto:jseymour@monumentacademy.net).
- If you have concerns due to an immunocompromised or at-risk family member, please contact Julie Seymour at [jseymour@monumentacademy.net](mailto:jseymour@monumentacademy.net) to arrange a private drop off/pick up time.

The process will begin at the office entrance and end at the library/gym entrance. Students or family members will:

- Place library books in book bin at the office entrance
- Place art supplies in the first classroom on the main level
- Place textbooks/English novels in the second classroom on the main level
- Stop at one of three 6 ft tables to turn in iPad, cord, brick, and cover. There will be instructions through *Canvas* that each student will need to follow before the iPad return.
- Stop by the table to pick up a bag with materials packaged for each student (pre-ordered yearbook, award certificates, diploma, and/or gift.)
- Ms. Floyd will take a photo of each 8th grader with his/her diploma. 8<sup>th</sup> grade students may consider arriving in graduation attire.
- The student will exit the building at the library entrance
- Several Middle School teachers will be present outside to celebrate our students at the end of their academic year! We are sad that we cannot celebrate the end of the year as we usually would, but we will cherish the brief face-to-face (albeit masked!) encounters we experience this day!

With love and respect from your middle school faculty,

*Julie Seymour* - Principal, and Middle School Staff, Teachers, and Administrators



Dear Middle School Parents,

Available starting May 15<sup>th</sup>, your student can access Jostens digital yearbook signing event. Your student needs to sign up for an account. We highly recommend that you use your email and not your student's email address as they cannot receive messages.

## DIGITAL YEARBOOK SIGNING

Despite the challenging circumstances of COVID-19, the yearbook signing tradition continues! This May, Jostens is introducing a digital yearbook signing platform that provides students with a fun and interactive experience which results in a printable permanent keepsake.



### PROMOTE THE SIGNING EXPERIENCE

Jostens will provide email templates, web banners, social media images to help you advertise this new signing platform. Jostens will also be promoting the digital signing experience on social media and email.



### STUDENTS CREATE THEIR SIGNING PAGES

Students register on the website and customize the look and time line for their virtual yearbook signing pages. Each student receives a unique URL for their pages.



### SIGNATURE TIME

Students can share their unique URL with their classmates, friends and teachers, inviting them to sign. Messages will feature fun fonts and digital stickers.



### THAT'S A WRAP

Students will receive a notification on their end date that they can go in and make any final edits to their signed pages. The final step is to download the PDF of signed pages and print out as a permanent keepsake to put in their yearbook.

# FREQUENTLY ASKED QUESTIONS:

## WHO IS THIS AVAILABLE FOR?

All students can participate! It doesn't matter who the yearbook publisher is or if they have purchased a book or not.

## IS THERE A COST?

No. There is no fee. Jostens is investing in a tradition we believe in!

## WHO IS ALLOWED TO SIGN THE PAGES?

Each student receives a unique URL that they can share with the people they want to sign their yearbook. Signing is not possible without the unique URL.

## IS CONTENT MODERATED?

Just like with actual yearbook signing, the content is not moderated; however, students will have the ability to delete any comment from their pages prior to printing.

## WHEN WILL THE SITE BE LIVE?

The site is planned to be live by May 15.



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**Employment Opportunities:** Monument Academy is now hiring for the 2020-21 school year. Please take a look at our [job listings](#).



"It's cabin fever, but I've never seen it this acute."

Cabin fever? Check out some helpful resources [here!](#)



## Student check out procedures from the Business Office:

Please check your student's account in Infinite Campus to make sure that all fees for the 2019-20 school year have been paid. You can view statements at <https://campus.lewispalmer.org/campus/portal/lewispalmer.jsp>.

If you need to make a payment for fees, technology equipment, library books or any other materials, please visit: <https://www.monumentacademy.net/quick-links/online-payments/>

You may also pay by check and mail to Monument Academy, 1150 Village Ridge Pt., Monument, CO 80132 or place in the lockbox located near the front desk during student check out.

The fees for missing iPad equipment are as follows:

Brick: \$15

Cord: \$10

Sticker removal: \$5

Case: \$20

Screen cover: \$15

Subsequent repairs (after beginning of the school year): varies from \$54-\$94, depending on type of repair.

Parents of students with damaged or lost iPads will receive an invoice from the business office. Prices vary.

Refunds for any cancelled field trips will be posted as a credit to Infinite Campus. We will mail checks to families who will not be attending Monument Academy in the fall.

Please contact [businessoffice@monumentacademy.net](mailto:businessoffice@monumentacademy.net) if you have any questions or concerns.

**Lunch Balance:** If your student still has an outstanding lunch account balance, you can pay online at <http://www.myschoolbucks.com> (There is a fee automatically added to every payment processed).

You may also send payment directly to the Lewis-Palmer D38, Attn: Marcy, PO BOX 40, Monument, CO 80132. Checks should be made payable to "LPHLP" (Lewis-Palmer Hot Lunch Program). **Please write your Child's Name/Lunch in the memo line.** If you are paying for more than one child you must be specific about how much money is intended for each child.





## From the Athletic Director:

Dear families of Monument Academy student-athletes!

Due to executive orders, we cannot evaluate the interest in our early fall athletic programs by personal interactions with the kids at school! We are hopeful that we will be able to participate in organized athletics this fall and are trying to plan accordingly.

At this time, we are only able to collect counts of student-athletes for each program and contact information to pass along to coaches to keep everyone updated on their program of interest. We have created an online "Intent to Participate" registration for you to indicate to us your child's interest in any of the following programs for the early part of the fall 2020-2021 season:

- CCAL Football – (rising 7th & 8th Graders)
- CCAL Cheer – (rising 6th, 7th, & 8th Graders)
- CCAL Girls Volleyball – (rising 6th, 7th, & 8th Graders)
- CCAL Cross Country – (rising 6th, 7th, & 8th Graders)

Submitting an online "Intent to Participate" form does not obligate anyone to officially register for any program. Official registration for these programs will open in July, and if it appears that we will be able to participate in organized athletics this fall, we will ask everyone to officially register their children for their programs of interest at that time. We ask that everyone WITHHOLD submitting any payment until at least 8/1/2020 to avoid burdening anyone with refunds should further executive orders interfere with early fall athletic programs.

Please visit the following link to indicate your child's interest in one of the above programs:

<https://www.familyid.com/monument-academy-athletics/monument-academy-intent-to-participate-ccal-fall-athletic-programs>

Thank you!  
*Coach V.*





### Counseling Tips:

*Jim Cunningham, MA*

Licensed Professional Counselor

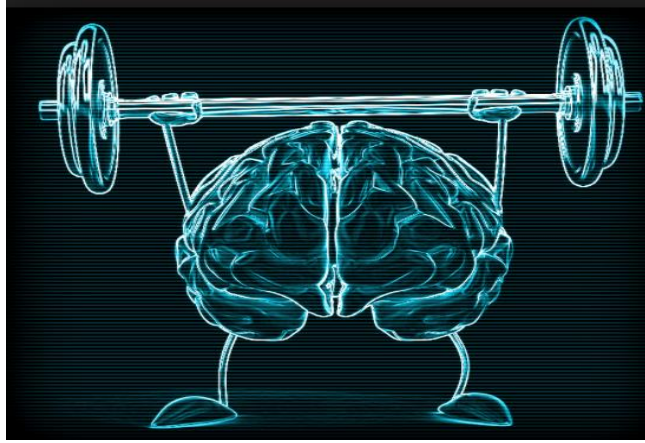
#### Quotes

**"In times of profound change, the learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists" — Al Rogers**

As we wrap up the school year, below are a few miscellaneous brief thoughts to take into the summer:

#### **Tips: Self-reminders to start the day**

1. "Today is doing to be a great day."
2. "I am not going to worry about tomorrow. I am keeping my focus on today."
3. "I am good enough."
4. "Yesterday does not define me."
5. "I don't know everything, but that's OK."
6. "I will appreciate all that I have and not lament what I don't"
7. "It's okay to be okay."
8. "Smile"



## Helping kids be mentally strong

Though there are many strategies, discipline techniques, and teaching tools that help children to build their mental muscle, here are a few strategies to help students develop the strength they need to become a mentally strong adult:

### 1. Let Your Child Make Mistakes

Mistakes are an inevitable part of life and learning. Teach your child or student that this is so and that they shouldn't be embarrassed or ashamed about getting something wrong.

### 2. Encourage Your Child to Face Fears Head-On

Enabling a child to face their fears head-on will help them gain invaluable confidence. One way to do this is to teach your child to step outside of their comfort zone and face their fears one small step at a time while praising and rewarding their efforts.

### 3. Allow Your Child to Feel Uncomfortable

It can be tempting to soothe or rescue your child or student whenever they are struggling, but it's important to allow them to sometimes lose or struggle, and insist that they are responsible even when they don't want to be. Dealing with small struggles on their own can help children to build their mental strength.

### 4. Affirm Personal Responsibility

Accepting responsibility for your actions or mistakes is also part of building mental strength involves. If your child or student is trying to blame others for the way he/she thinks, feels or behaves, simply steer them away from excuses and allow for explanations.

### 5. Teach Emotion Regulation

Instead of soothing or calming down your child every time they are upset, teach them how to deal with uncomfortable emotions on their own so that they don't grow up depending on you to regulate their mood. Children who understand their range of feelings and have experience dealing with them are better prepared to deal with the ups and downs of life.

### 6. Be A Role Model

To encourage mental strength in your students or children, you must demonstrate mental strength. Show them that you make self-improvement a priority in your life, and talk about your goals and steps you take to grow stronger.

### Final Thought

What if everything you are going through is preparing you for what you asked for?



## **MIDDLE SCHOOL FIELD DAY – YES! WE’RE A GO!!!**

We are excited to announce that our Middle School students (families welcome, too!) will be participating in the OPEN National Field Day event on **Friday, May 8th!**

Field Day is an important tradition at Monument Academy...May 8<sup>th</sup> will highlight a unique opportunity where we can stay connected as a community and support one another in a fun and meaningful way.

We will be teaming up with OPEN (Online Physical Education Network) and will be using their resources to help us organize our students’ participation in #NationalFieldDay.

All Field Day events are designed to be done indoors or outdoors using common household items; you won’t be asked to purchase any specialized equipment or supplies.

On **May 8<sup>th</sup>**, our Middle School students (families are welcome/encouraged to participate as well!) will participate in events, complete a score card, and, if family's want to, share photos and videos on the MA Facebook page. At the end of the day’s events, students will submit their scorecard to MS PE Teacher, Coach Stevenson, via Google Drive (details to follow). Every student who completes at least four events will receive an OPEN National Field Day certificate.



Join us for the **LAST General PTO Meeting Via ZOOM**  
on Wednesday, **MAY 6<sup>th</sup>**, 2020, at 6:30 p.m.

We will be voting for our new Board.

Email: [MaptoTreasurer@gmail.com](mailto:MaptoTreasurer@gmail.com) to be invited to the  
Zoom meeting.



**MA Elementary PTO** Is looking for volunteers for next school year.  
If you are interested in any below, please email Kim Stoltenberg at  
[maptopresidentelect@gmail.com](mailto:maptopresidentelect@gmail.com)  
**President Elect and Fun Run Chair**

**MA Secondary School** is building a strong PTO for our New Campus!!

We need Officer and Chair volunteers for next year. For more information or to put your name  
into the running for the PTO please contact us at :  
Melody Pautzke@ [melpautzke@gmail.com](mailto:melpautzke@gmail.com)  
Tanja Curtis @ [tanja.curtis@icloud.com](mailto:tanja.curtis@icloud.com)



**We raised \$8,000 from the PTO Parking Spot Auction!**  
**Thank you to all our wonderful families who participated and donated**  
**to help teachers next year.**

# USED UNIFORM



Due to the current health situation, used uniform donations are not able to be accepted at this time. We will let you know when/if we are able to start accepting items. The next upcoming sale is TBD. Please contact Desi Coppock, [dcoppock@monumentacademy.net](mailto:dcoppock@monumentacademy.net), for more information.

# Spirit Day

Monday May 18, 2020 • 8:00am – 8:00pm



**Support Monument Academy with Curb Side Mobile Orders and Drive Thru for a 20% return back to PTO. Want to see the COW? He will be in Drive at 12-1!**



Northgate  
391 Spectrum Loop  
[www.chick-fil-a.com/cfanorthgate.com](http://www.chick-fil-a.com/cfanorthgate.com)  
[www.facebook.com/cfanorthgate](https://www.facebook.com/cfanorthgate)

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