

LYNX NEWS

East Campus Edition

February 16, 2022



Reminder: East Campus Vision Night

Please join us for the East Campus Vision Night Thursday, February 17th at 6:30 pm. There will be something sweet to eat, and some great information about the future of MA East. Topics will include:

- Core Knowledge at the Middle School Level
- Classical Trivium of Grammar, Logic, Rhetoric
- MA High School – building on our 25-year foundation of excellence
- Athletic program additions
- What MA is not!!
- Phase II expansion update

If school is cancelled Thursday (because of a snow day) this meeting will be rescheduled for Tuesday, February 22nd. Same time, 6:30, and same place, East campus commons area.

We Are Hiring!!!

Please check out our current needed positions [HERE](#)
As always, we need Substitutes also. [HERE](#)

Upcoming Events

Thursday, February 17 – Vision Casting @6:30pm (see Below)
Friday, February 18 – Spirit Wear Day
Monday, February 21 – NO SCHOOL, Presidents Day
Tuesday/Friday, February 22-25 – Teacher Appreciation Week (see Below)
Friday, February 25 - Spirit Wear Day
Saturday, February 26 – 7th & 8th Grade Winter Formal (see Below)
Friday, March 4 – Free Dress Day
Saturday, March 12 – High School Formal (see Below)
Monday/Friday, March 21-25 – NO SCHOOL, Spring Break
Thursday, April 7 – Lights, Camera, Auction! (see Below)

Parent Volunteer Opportunities!

<https://www.monumentacademy.net/volunteering/volunteer-events/>

(warning, this page takes a moment to load)

East Campus Carline Help!

<https://www.signupgenius.com/go/409094daaa829a3fb6-carline>

Volunteer Opportunity at West Campus

Mrs. Benz's 5th grade Choir Program

Signup: <https://m.signupgenius.com/#!/showSignUp/4090949aba822aa8-5thgrade>

NEW VOLUNTEER TRACKING PROGRAM

Follow the code to register!

WHY VOLUNTEER?

Volunteer Hours help our school, staff, bonds for school buildings, and grants!

We have a new volunteer portal with all events in one place and an easy way to log/track your hours.

Whether you can help in person or from home, we have a wide range of ways to get involved.

LEARN!

QR code for registration

4 Steps to Get Started as a Volunteer

1 GET REGISTERED Option A: Self Register <ul style="list-style-type: none">1 Visit the direct link for your organization on Track It Forward!2 Fill out the necessary fields and click Sign Up (direct link is usually shared via email or posted online) Option B: Added by Organizer <ul style="list-style-type: none">1 When you receive your invitation email, click on the link provided.2 Click on "Login" and set your password! <p>If the email hasn't arrived, check your spam folder.</p>	2 DOWNLOAD THE APP <ul style="list-style-type: none">1 Open the app store on your mobile device2 Search for "Track It Forward" or "Volunteer Time Tracking"3 Download the app with the green logo4 Clear your username and password to login <p>*You must register as a new user on the website before accessing the mobile app.</p>
3 SIGN UP FOR EVENTS <ul style="list-style-type: none">1 Login on the website or mobile app2 Click on "Events"3 Select an opportunity and click Sign Up <p>PLEASE NOTE: Some sites may not use the calendar.</p>	4 LOG YOUR HOURS! <ul style="list-style-type: none">1 Login on the website or mobile app2 Click on "Log Hours"3 Fill out all the necessary fields4 Click "Submit" <p>PLEASE NOTE: Contact your organization with questions about logging hours.</p>

From Student Council:

7th & 8th Grade Formal

Winter \$20

Wonderland

Monument Academy East



Saturday, February 26, 2022

Dinner 6:00pm - 6:30pm
Dance 6:30pm - 9:00pm

Events Contract

Dinner included in ticket price.

MONUMENT ACADEMY HIGH SCHOOL

Black & White

MA EAST WINTER FORMAL
MARCH 12, 2022
7:00PM - 10:00PM



Guest Contract

\$15



Events Contract

Upcoming Fundraiser!

The Monument Academy *Invest in Tomorrow* team is hosting its 2nd annual fundraising event at the Boot Barn themed "**Lights, Camera, Auction!**". Join us for a parents-night-out featuring food, drinks, silent auction, and a live auction led by a Colorado Champion Auctioneer! All proceeds benefit our MA school resource officer and teacher bonuses. Block your calendars for some fun - April 7, 2022!

Do you have a live or silent Auction item to donate? Would you like to promote your business with a Corporate Sponsorship? Please contact Wendy Brethauer at wjbrethauer@gmail.com.

Get your tickets now! <https://qrco.de/MAInvest>

Flyer on last page of this edition.

Yearbooks!

The High School and Middle School Yearbooks are taking shape! It's going to be an EPIC book you will want to keep for decades! The deadline for purchasing a yearbook will be in mid-March. Order Today

Order your Middle School yearbook here: [MS Here](#)

HS Yearbook has just two advertising spaces left! For \$75, you can promote your business to hundreds of potential clients and customers for years to come! Email Professor Wooten at dwooten@monumentacademy.net for more information. Deadline for ads is February 28, 2022.

Order your High School yearbook here: [HS Here](#)

ATHLETICS WEEKLY UPDATE

Week of February 14

Get out and support your Lynx student-athletes!

Girls Basketball

Girls Basketball A-team finished their season with a hard-fought loss to RMCA 36-38 in the semifinals of the CCAL playoffs. The Lynx finish the season with a record of 9-1. Please join me in congratulating our players for an outstanding season!

Spring Track & Field

Monument Academy HS & MS Track & Field season is just around the corner! Registration on FamilyID is now open! The first practice will be on the 28th of February. Just a reminder, registration fees must be paid, and a copy of a current physical must be uploaded in order to be eligible to practice!

Matchwits

Our Matchwits team currently stands in second place in overall scoring. They look to gain ground on the leaders at their next competition on February 25 at Atlas Prep.

Girls Soccer

Girls Soccer will have open registration on FamilyID beginning on February 28. Practice is tentatively scheduled to start March 14. More details on practice times and locations to come soon!

Carline Issues At West Campus

Attention all Parents/Staff: As many of you know, the carline at West has been a headache for all of us. Facilities staff have worked hard to implement changes to the flow of traffic to help with the situation. Entering in the church parking lot via 105 **IS NO LONGER ALLOWED!** That has become the exit for the carline and you will be heading into oncoming traffic! Parents are advised that they must go down to Knollwood to enter the school property for all games and practices, no matter what day/time. There are signs posted to direct you to the proper entrance. We as staff appreciate your cooperation in the matter to keep our kids and other drivers safe!

MA EAST Physical Education Newsletter Feb 16, 2022



SPORTS NUTRITION PRESENTATION

On Wednesday, February 23rd, MA's Assistant Cross Country and Track & Field Coach, Luke Rodriguez (BSc in Healthcare Science & Nutrition; MSc in Sports Nutrition '23) will be providing all interested students (MA Athletes or not) an after school seminar on sport nutrition for performance and better health.



Scan the QR Code to the left to register for the Nutrition Seminar with Coach Luke. Parents and students welcome!

PE WEEK OF FEB 14 SNAPSHOT...

Middle School

Middle School PE students are getting outdoors this week (Mon/Tue) to begin their soccer unit. In addition to launching soccer, students will continue to work on foundational strength movements (Triple Extension, Push, Pull, Hinge, Brace, Rotation, and Single Stance) that include Max Push (Up) Monday, Drop Squats (intro to plyometrics), Medicine Ball Catapults, Lateral Squats, Hand Plank Rotation, and Pullups. Wednesday & Friday = Free Play Days and they'll also be introduced to Soccer Tennis.

Coach Colter has more than 20 years in Physical Education at the primary, intermediate, and secondary school levels and has coached multiple sports.

Coach Stevenson has been a strength coach (CSCS), certified by the National Strength & Conditioning Association for nearly 20 years and is also USA Weightlifting Level I certified.

High School Team Sports & Conditioning

HS PE students, like MS, will be outdoors for team soccer and experience the same foundational strength movements as the MS students.



Additionally, HS Team Sports students will be introduced to Foam Rolling 101. Foam Rolling 101 is self-massage for tight muscles and ligaments and general well feeling. It's a bit of a love-hate relationship at first, but for those in the know, it's all love in the end!

HS Yoga / Strength & Conditioning

First, we have to give a **BIG** Thank You to Mrs. Rankin (MA East Drama Teacher) for guest teaching a Yoga session last Wednesday during Block! Below, a photo of Mrs. Rankin and the students in action!



This week, HS students will continue sampling a variety of movement patterns and stress relief through instruction on good breathing, neck/shoulder relief, a day of soccer and Free Play Days on Wednesday and Friday. Let's move!



MONUMENT ACADEMY BOARD OF DIRECTORS

Election Information

What does it mean to serve on the MA Board of Directors?

As a charter, school policy is set by a volunteer parent Board. Members of the Board work diligently to ensure the school is staying true to the mission and vision of Monument Academy. The Board has two employees, the COO and CFO, and together this team makes decisions for the current and future success of the school.

Who Can Apply?

- Parents or Guardians of a current Monument Academy student are eligible
- Applicants must be at least 25 years of age
- Applicants should have an enthusiasm for MA and conviction in its purpose

Election Timeline

January - March:

- Complete the application and submit it to the Board
- Meet with 1-2 Board members to ask questions about the position
- Confirm desire to be an official candidate
- Attend as many Board meetings as possible

April:

- Give a 5-minute statement of interest at Board Meeting
- Community Q&A session with candidates
- Formal 5-day election held last week of April

May:

- Election results announced to the community at Board Meeting

June:

- Newly elected Directors sworn in at Board meeting, effective July 1st
- Complete Board training & background check

July:

- July 1 begin a 3-year term as a voting member of the MA Board of Directors

Submit an application using the following link:

<https://forms.gle/PTe8BxQmXXjn9SAR6>

Still have questions?

E-mail: Board@MonumentAcademy.net

Link [HERE](#)

MA EAST SPORTS NUTRITION PRESENTATION



On **Wednesday, February 23rd (3:45pm - 4:30pm)**, Monument Academy's Assistant Cross Country and Track & Field Coach, Luke Rodriguez (BSc in Healthcare Science & Nutrition; MSc in Sports Nutrition '23), will be providing all interested students (MA Athletes or not) an after school seminar on sport nutrition for better performance and health.

Goal of Presentation: To give evidenced-based sports nutrition education to the track and field athlete and provide the opportunity for them to bolster performance by optimizing sports nutrition practices.

To Register:



Objectives

1. To provide learning opportunities for athletes to create sustainable, healthy, nutritional habits.
2. To provide evidence-based nutrition education to combat common nutrition misinformation found via social media or online.
3. Understand the importance of proper fueling and dangers associated with suboptimal fueling.

How does this benefit the athletes?





This solves the problem of misinformation. In today's world everyone is a supposed expert on nutrition, and this has allowed for a vast amount of misinformation to circulate. By educating high school athletes on the general nutrition basics along with proper evidence-based practices of sport nutrition, this misinformation is avoided. The athletes are then able to hopefully use this learning opportunity to continue practicing a healthy lifestyle long after high school.


Monument Academy Cross Country / Track & Field Assistant Coach, Luke Rodriguez



From East Campus PTO:


**FEB 22-25
TEACHER APPRECIATION WEEK!**

TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
PTO PROVIDING A HOT COCOA BAR FOR TEACHERS	FULFILL A TEACHER AMAZON WISH LIST ITEM	PURCHASE A GIFT CARD FOR TEACHERS	PTO PROVIDING TEACHER BREAKFAST
	 Students can send in a "Thank You" note to the teacher(s) of their choice!	 Students can send in a treat for the teacher(s) of their choice!	



**Teacher Appreciation
Week is coming up in
February...**

Help support by giving
gift cards for our raffle!



MONUMENT ACADEMY'S
INVEST IN TOMORROW

Lights Camera Auction!

*Event benefits our
School Safety Officer and Teacher Bonuses*

Mix and mingle, pose for a photo op, and get your
Silent Auction bids in early!

Enjoy heavy hors d'oeuvres and drinks
while reconnecting with friends.

Champion Auctioneer, Dean Gunter, will keep the energy going
and your paddles flowing during the Live Auction!

Outbid your friends, have some laughs, and raise money for a
great cause!

*Live
Auction*

\$55 PER PERSON

*Cash
Bar*

APR 7 2022, 6:00-8:30 PM
BOOT BARN HALL
COCKTAIL ATTIRE...GLITZ AND GLAM!



Get your tickets while they last! Scan here:



SCAN ME