

# LYNX NEWS

## East Campus Edition

### March 2, 2022



## Upcoming Events

Wednesday, March 2 – Nutrition Presentation, rm 2023, 3:45-4:30  
Wednesday, March 2 – Restaurant Night (See Below)  
Thursday, March 3 – Safety Information Night (See Below)  
Friday, March 4 – Free Dress Day  
Tuesday, March 8 – Orchestra Concert  
Wednesday, March 9 – Band Concert  
Friday, March 11 – Spirit Wear Day  
Saturday, March 12 – High School Formal (See Below)  
Tuesday, March 15, Choir Concert at PRHS  
Friday, March 18 – Spirit Wear Day  
Monday/Friday, March 21-25 – NO SCHOOL, Spring Break  
Wednesday/Thursday, March 30/31 – 6<sup>th</sup> grade fieldtrip  
Thursday, April 7 – Lights, Camera, Auction! (See Below)

## Safety Information Night

The Monument Academy Board of Directors invites the community to attend a Safety Information Night with guests Laura Carno from FASTER Colorado (**F**aculty/**A**ddministrator **S**afety **T**raining and **E**mergency **R**esponse) ([FASTER Colorado](#)) and Mr. and Mrs. John Castillo (parents of Kendrick Castillo).

This will be a public board work session with a segment for Q&A.

**The event will be held in the East Campus Gym at 6:30pm on Thursday, March 3rd.**

# Annual Fundraiser!

The Monument Academy *Invest in Tomorrow* team is hosting its 2<sup>nd</sup> 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](mailto:wjbrethauer@gmail.com).

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

Flyer on last page of this edition

# We Are Hiring!!!

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

# Parent Volunteer Opportunities!

<https://www.monumentacademy.net/volunteering/volunteer-events/>  
(warning, this page takes a moment to load)



From Student Council:



## Yearbooks

Parents, Please order your yearbooks now! We will not have many extras at the end of the year and your student doesn't want to miss out.

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!

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

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

# Athletics

**Week of February 28**

**Get out and support your Lynx student athletes!**

## **Girls/Boys Basketball**

Girls and Boys basketball will be uniting to put on their Basketball Showcase and Banquet this Saturday, March 5<sup>th</sup>, starting at 9:30am over at the West Campus Gymnasium. This event will feature games played between players and their parents and is open for parents, relatives, and basketball fans of our Lynx Basketball teams and will conclude with a banquet and team awards.

## **Spring Track & Field**

Monument Academy HS & MS Track & Field season has started! There was such a large turnout this year for the first practice! The kids are excited, the coaches are excited, and we're excited to get Spring sports here at Monument Academy started with a bang! Practice times are Monday through Thursday 3:45-5:00pm and Fridays 1:15-2:30pm at the East Campus.

## **Girls Soccer**

Girls Soccer registration on FamilyID is now open! Practice is tentatively scheduled to start March 14 on the turf at the East Campus. More details on practice times and locations to come soon! Please remember that a current physical must be uploaded to FamilyID and that the registration fee must be paid in full to be approved for participation in practices/games.

## **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!



## Matchwits

The Monument Academy Matchwits team competed in the second match of the season on Friday afternoon at Atlas Prep High School. The MA team answered question after question in their quest to overtake powerhouse James Irwin. The team maintained its position and is currently in 2nd place out of the 10 teams competing from six schools in the CCAL league.

With two more competitions to go, Our Lynx Matchwits team is looking to make a move to the top spot! Next meet is scheduled for Friday March 11 at Manitou Springs Middle School with a start time at 4:00pm.

Left to right: Rinzen Paljor, Adam Kohlhasse, Jolene Gheen, Cora Maddox & Lorelai Adair





## MA EAST Physical Education Newsletter

March 1, 2022



### ABILITY: FROM THE GROUND UP

We all know Rome was not built in a day. Like Rome, youth athletes are in the same timeframe: years to grow and build. Increasingly though, young athletes are labeled "advanced" or try out for "elite" athletic programs. MA PE will continually challenge all our students to master the fundamentals first, and as they grow, can climb up the following ladder:

#### Phase I:

**Work Capacity:** Your ability to keep moving, lifting, carrying, pushing, etc... objects at a steady pace for a period of time. It is also your ability to recover quickly and use multiple muscle groups requiring your cardiovascular, musculoskeletal and central nervous system to work together.

#### Phase II:

**Body weight first:** Build foundational strength before lifting/moving bars, bells, balls, sleds, etc...

#### Phase III

Foundational Strength must be improved (increase strength) to increase POWER

#### Phase IV

Foundational Strength must be increased to develop greater POWER that improves SPEED

#### Phase V

Years of Foundational Work before Sport Specific Training

### PE WEEK OF FEB 28 SNAPSHOT...

#### Middle School

Middle School PE students are outdoors this week beginning their TEAM HANDBALL unit. In addition to launching TH, students will continue to work on foundational strength movements (Triple Extension, Push, Brace, and Single Stance) that include Max Push (Up) Monday, Jump Squats (intro to plyometrics - stick the landing!!!), MoveStrong Obstacle Course, and more. Wednesday will be our 1-mile trail walk/run. Friday = Free Play Day.

#### All High School PE Students

HS PE students, like MS, will be outdoors for Team Handball and experience the same foundational strength movements as mentioned above.



### WEEKLY PE ARTICLE/VIDEOS

Each week in PE one topic is covered that directly impacts our students, usually a 1-2 page article or short video providing insight to topics that directly affect (pre)teenagers. Topics have included:

- Recommended sleep patterns
- Staying Hydrated
- Fueling (eating/drinking)
- Why start strength training
- Benefits of flexibility training
- Power of Self-Talk (positive & negative)
- Tips to boost self-confidence
- Motivation vs. Discipline
- Tips to improve leadership

**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.





## 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](mailto:Board@MonumentAcademy.net)

Link [HERE](https://forms.gle/PTe8BxQmXXjn9SAR6)

From East Campus PTO:

**MA East PTO**  
**#AJ386**



**Login to have  
us be your  
community  
rewards  
organization.**

## We Donated \$1404.04 to Monument Academy East PTO in 2021

In all, The Kroger Family of Companies donated over \$45 million to local organizations through Community Rewards, and it's all because of you and other King Soopers shoppers. Thanks again for being a Community Rewards member.



### 2021 Donation Summary

## \$1404.04

Total Donation to Monument Academy East PTO

[Shop & Support](#)





**SLIM CHICKENS®**

# FUNDRAISER

**15% OF SALES BENEFIT  
MONUMENT ACADEMY EAST PTO**

**Slim Chickens Colorado Springs  
1864 Democracy Point**

**March 2, 2022  
3:00 pm to 7:00 pm MST**



**MENTION THE FUNDRAISER AT THE REGISTER AND  
SLIM CHICKENS WILL DONATE 15% OF YOUR TOTAL  
NOT APPLICABLE ON ONLINE ORDERS, ORDERS THROUGH OUR APP,  
OR THROUGH THIRD PARTY DELIVERY ORDERS**

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