

LYNX NEWS

East Campus Edition

March 16, 2022



Mrs. Edwards took her students to the moon this week. We hope wherever you go off to, or if you have a staycation, that your spring break is out of this world and off the charts relaxing. Enjoy the break!

We will see you Monday, March 28th.

Happy Spring Break

Thank You,
Tamiko Thomas & Angela Duca
Interim Assistant Principals



Upcoming Events

Friday, March 18 – Spirit Wear Day
Monday/Friday, March 21-25 – NO SCHOOL, Spring Break
Tuesday, March 29 – Band Concert
Wednesday/Thursday, March 30/31 – 6th grade fieldtrip
Friday, April 1 – Free Dress Day
Thursday, April 7 – Lights, Camera, Auction! (See Below)
Friday, April 8 – MS Movie Night at 6:30pm
April 8-18 – Scholastic Book Fair
Friday, April 15 – NO SCHOOL – Staff Appreciation
Friday/Saturday, April 22/23 – Drama Performance at 7pm
Friday, April 29 – MS Field Day
Saturday, April 30 – Color Bash MS Dance

CMAS Information for Grades 6~8

If your child is in 6th - 8th grade, we are approaching that time of year when we administer the CMAS test (CO State Standardized Assessment). The CMAS testing window is from April 11, 2022, to April 29, 2022.

- 6th Grade testing (ELA and Math)
- 7th Grade testing (ELA and Math)
- 8th Grade testing (ELA, Math, and Science)

The specific schedule for CMAS testing will be published after spring break.

Throughout the school year, Monument Academy administers a variety of content related tests per state and federal requirements. This [assessment calendar](#) on the Monument Academy website provides details on each of the assessments (i.e., grades tested, purpose of test, dates of tests, format of tests).

Per Colorado law (HB 15-1323), parents have the right to refuse to have their child(ren) take the state standardized tests listed above. [Information regarding the process](#) for parent refusal is located on the MA website. The [refusal form](#) is located in FamilyID. **All students, whether completing the assessments or not, will attend school at MA East on these days.**

We appreciate positive encouragement of your student's participation in these assessments. If you have any questions, please email Angela Duca [HERE](#) for any questions regarding CMAS testing for grades 6-8.

You may also find helpful information on our [Monument Academy website](#) or the state website <http://www.cde.state.co.us/assessment>.

PSAT Information For Grades 9-10

If your child is in 9th or 10th grade, we are approaching that time of year when we administer the PSAT (Preliminary Scholastic Aptitude Test) test. The PSAT will be administered on the following dates:

- Test date: April 13, 2022
- Make-up date: April 27, 2022

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Annual 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



Please Join Our Team ~ We Are Hiring!!!

Please check out our current needed positions [HERE](#)

As always, we need Substitutes also. [HERE](#)

Yearbooks

Middle School and High School Yearbooks are getting ready for the printing presses! Our yearbook teams have been working so hard to make this year's yearbooks a memento to cherish for years to come. The deadline for purchasing a Yearbook is March 21st. Please click on the links below to order a book for your student!!

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

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

Carline Reminders

- Please pull all the way up the side of the sidewalk to the top light pole for drop off in the morning and afternoon, doing this helps to avoid a large back-up along Jane Lundeen.
- Students are Only to be picked up in carline in the parking lot. Not behind the school and not along Jane Lundeen Drive.
- Safety First - Please NO children +/- or pets playing in the parking lot during carline.

Delay Start Schedule

Just a reminder that when we have a delayed start there are no Routine Early Releases due to Academic time until 3:30.

Nurses Office Flyer is Attached

Latest guidelines for when your student is too sick for school.

Parent Volunteer Opportunities!

East Campus needs volunteers for Lunch Duties as well as Carline Help!

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

(warning, this page takes a moment to load)





Kits for Kids



From Sources of Strength:

Teaming with Project C.U.R.E to send aid to Ukraine, project is called Supporting Ukrainian Students. For donations, please make check



**SOURCES
OF STRENGTH**

payable to Monument Academy, with SOS-HS in the Memo. Now through April 15th, collecting these items (box located by front door):

- Acetaminophen OR Ibuprofen (Jr. or 200 mg. tablets)
- Box of Adhesive Bandages
- Triple Antibiotic Ointment
- 1% Hydrocortisone Cream
- Toothbrushes (min. 4)
- Hand sanitizer (travel-sized)
- Elastic Bandage
- Comb
- Facial Tissues (travel-sized)
- Blunt Scissors
- Tweezers
- Bar Soap
- Nail Clippers (no manicure sets please)

From Athletics Department:

Week of March 14

Get out and support your Lynx student-athletes!

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.

Matchwits

Our Matchwits team had their third meet this year last Friday with a cumulative score of 88 points, good enough to keep them in the top 3 teams! Matchwits will compete in the final meet here at Monument Academy on April 8 to finish out a spectacular year and with hopes to win the first-place trophy! If you have interest in helping with the April 8th event, please contact Matchwits Coach Allison Wise at

awise@monumentacademy.net.

Girls Soccer

Girls soccer had their first practice this past Monday, and from the sounds of it they are geared to have another outstanding season! Practice this week will be Wednesday and Friday from 4:00-5:30PM at Dirty Woman Park to avoid the snow that's coming our way.

New Athletics Programs

Here at Monument Academy, developing our athletic program beyond middle school has been a top priority this year. We want to be able to give our 8th graders a reason to continue to call MA home. Which is why we are pleased to announce that starting 2022-2023, Monument Academy High School Athletics will be offering Girls Volleyball, Girls Basketball, and Boys Basketball! These programs will be opened to all incoming 9th, 10th, and 11th graders. Be on the lookout for more news about coaches, registration, and uniforms as the 2022-2023 school year inches closer!



MIDDLE SCHOOL FIELD DAY

Friday, April 29 (weather make up, Friday, May 6)

Drop Off: 8:45am / Pick Up: 12:15pm

Lunch will be served



Congratulations to ELI HOBSON

for a new pool Record in the 100 Breaststroke with a time of 58.99 seconds and qualifying for State as well as qualifying for state in the 50 Freestyle. Good Luck!



MA EAST Physical Education Newsletter

March 16, 2022



RESTING & ACTIVE HEART RATE!

March Medicine Ball Mania continues this week with an emphasis on Heart Rate training and monitoring. Before we begin our medicine ball activities we take our resting heart rate and compare it to our active heart rate after slamming, throwing, launching, or otherwise attempting to destroy the balls (with no luck to date). Students get a good idea of where their resting heart rates are (some students are



learning for the first time how to measure their heart rate) and then how much their heart rate increases after using the ball and moving (using power) them through a variety of planes of motion.

To the left is a student working on their medicine ball slams with great

form: strong/braced torso, extended arms, feet set/balanced, and pulling down to slam the ball so it rebounds to repeat the movement.

PE WEEK OF MARCH 14 SNAPSHOT

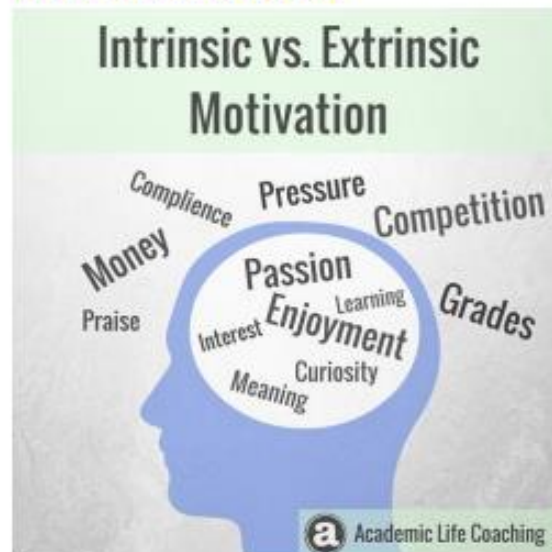
Middle School

We have had a couple of good weather days to head outside this week. Students have started their Floorball/Floor Hockey/Field Hockey unit. Stick handling, 2 vs. 1s and games. As mentioned, Medicine Ball Mania is ongoing and includes Sagittal Plane Slams, Transverse Plane/Rotational Slams, Partner Passing/Catching, Catapults, and Push Sprints. Free Play Wednesday, MoveStrong Obstacle Course and Dodgeball round out the week.

High School

HS PE Students will be performing all of the above, as well as Foam Rolling those tight/sore/imbalanced muscles!

WEEKLY PE ARTICLE



Last week we covered the difference between discipline and motivation. This week we'll dig a little deeper into understanding motivation and its two forms, Extrinsic and Intrinsic Motivation. Students are learning we all have external (Extrinsic) and internal (Intrinsic) motivators, and understanding what drives us, or doesn't in some cases, helps our children develop a growth mindset.

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.

Landsharks Running Club— grades K~8th

Learn the essentials of running and field events at our Summer Camps!

Emphasis will be placed on form, function, stamina, and pace. Athletes, from grades Kindergarten - 8th grade (in Fall 2022), will enjoy learning these skills through games and workouts!

During Track Camp, athletes will become familiar with the javelin, relays, shot put, short distance running, as well as long distance running and everyone's favorite, the hurdles!

SUMMER CAMP SESSION/PRICING INFORMATION

Regular Registration

\$95 begins March 16th

SESSION 1

June 6th - 10th, 9:00-10:30 am
Monument/Bear Creek Elementary
1330 Creekside Drive
Monument, CO 80132

SESSION 2

June 13th - 17th, 9:00-10:30 am
Mountain Ridge Middle School
9150 Lexington Drive
Colorado Springs, CO 80920

SESSION 3

July 11th - 15th, 9:00-10:30 am
The Vanguard School
1605 S Corona Avenue
Colorado Springs, CO 80905

[REGISTER HERE](#)

2022 MA Cheerleading Tryouts



MANDATORY INFORMATIONAL MEETING

Tryouts are open to incoming 6th, 7th, and 8th graders.
April 11th from 5:00-6:00 at Monument Academy East in
room 2023 Prospective cheerleader and a parent/guardian
must attend this meeting in order to try out.
Grades must be a C or above in order to tryout.

MANDATORY TRYOUT CLINIC

April 27th and 28th from 4:00-6:00 in the MA East Gym

TRYOUT DATE

April 29th at 1:30 in the MA East Gym



No Previous Cheer
Experience or Tumbling
Skills Required



For question or additional information, you may contact Coach
Sarah Thompson at sthompson@monumentacademy.net



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](#)

From East Campus PTO:

MA EAST PTO!

We are looking for volunteers for next School Year 2022-2023.
We are in need of both Board Members and those who would
be willing to assist with specific projects.

Join us at our next meeting!

Friday, April 8 @ 8:30am

MA East Campus Building



Monument
Academy
EAST PTO

Contact Tanja: maeastptopresident@gmail.com

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