

LYNX NEWS

Secondary Campus Edition

May 18, 2022



Upcoming Events

Wednesday, May 18 – Orchestra Concert at PRHS, 6pm

Thursday, May 19 – Half Day, Last day of school, Free Dress & Check Out



Health Office Medications

If your child has medications in the health room, please plan on picking them up on the last day of school, May 19th. We will have a sign out at the West and East campus. If the 19th does not work for you, there will be someone available on Friday, May 20th in the morning to sign them out as well. If you do not pick them up on the days listed, you will need to make arrangements to come and get them at a different time. All medications not picked up, will be properly disposed of before August 2022. Please email ajanzen@monumentacademy.net if you need to make other arrangements.



Please Join Our Team ~ We Are Hiring!!!

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

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

Yearbooks

High School yearbooks on sale for \$25 until they sell out.

Send check payable to Monument Academy to the front office.

Middle School yearbooks are also available, until they sell out, for \$40.

From the Registrar's Office:

Time to register for next year's middle school courses. Please get these submitted by Thursday!

Current 5th graders - [6th Grade Course Selections](#)

Current 6th graders - [7th Grade Course Selections](#)

Current 7th graders - [8th Grade Course Selections](#)

PSAT 9 and PSAT 10 score reports:

High School Students' Colorado PSAT/SAT scores from the week of April 11 are appearing in [student College Board accounts](#). Students who took makeup Colorado PSAT/SAT tests will see their scores beginning May 18.

From Sources of Strength:



Grateful Board



Ukrainian Drive

Sources of Strength students have been busy this quarter! The group decided to do a grateful board and provided Thank You notes for students to write to their peers or teachers, in which they received an overwhelming response from both Middle and High School students! As you can see, the boards filled up with shout outs of gratefulness and there was approximately 200 Thank You notes delivered to peers and teachers 😊

The Support Ukrainian Students (SUS) drive was a success! As you can see in the picture there was a need to get a trailer to haul the donations to Project C.U.R.E. in Denver. Along with the supplies we also collected teddy bears, some clothing, Amazon Gift Cards and \$400. THANK YOU to all that donated/participated; the first global drive was a success 😊

I want to give a BIG shout out to the students for making the first year of SoS successful! Mrs. Edwards and Mrs. Mateos are also a huge part of the team!

Sincerely,
Carrie Howarth

From Athletics Department:

Week of May 16

Get out and support your Lynx student-athletes!

Spring Track & Field

Monument Academy MS Track & Field competed this past Saturday in the final event of the year at the CCAL league championships, in which several new school records were set! Anna Bossinger set a school record in the 4x400m Relay with a split time of 66.34, Jake Bossinger set schools records in the 800m (2:17.79), 1600m (5:01.80), and the 4x400m with a split time of 56.68. Sam Inama set new school records in the 110m Hurdles (10.17) and the Long jump (18-10.0). Abigail Kuo set a new school record in the Discus Throw (63-09.0). The boys 4x800 also set a new school record with a time of 10:19.20.

Girls Soccer

Girls Soccer played in the CCAL Championship at Manitou Springs last Wednesday. The Lynx came up short in their bid for the championship, losing to Manitou Springs 2-0 in what was a valiant effort. Congrats to our girls in what was a fantastic season!

Cheerleading

Cheer Practice will begin on Wednesday June 1, with the first practice scheduled at 9:00am. Also, Cheer will be hosting their fundraiser June 20-21, followed by their Youth Cheer Camp June 22-23. Registration for the Youth Cheer Camp remains open, so make sure you get your kids signed up before then!

Football

Registration for the 2022-2023 Monument Academy Football season is now open Season will begin August 1st!

Volleyball

Registration for the 2022-2023 Girls Volleyball season will begin July 15 and run through August 15! Please make sure to get signed up and have registration fees paid before August 15, as Open Gym will begin August 1 and will be every Monday, Wednesday, and Thursday for two weeks. Tryouts will be held August 16.

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!

From the Library:

2022 MONUMENT ACADEMY MIDDLE/HIGH SCHOOL SUMMER READING BINGO

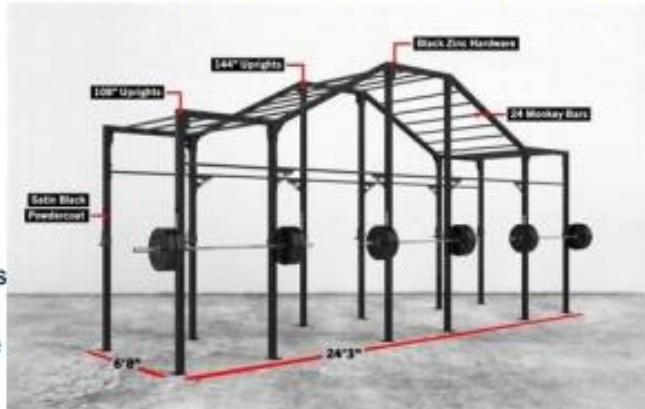


Mrs. Collier would like you to join the fun!
Scan the QR code to print the bingo sheet
for our library summer reading. Win prizes
for each line filled or be adventurous and
play "Blackout Bingo!"

Physical Education Newsletter:

MONUMENT ACADEMY AWARDED COLORADO DEPARTMENT OF EDUCATION GRANT

Monument Academy High School was recently approved to spend nearly \$75,000 of Colorado Charter School Program (CCSP) grant funds, to support the Physical Education Program! This grant will go directly to physical education, specifically strength & conditioning. The grant will support all high school students in their varied Physical Education classes as well as athletic teams. Equipment will include squat racks, barbells, kettlebells, maces, medicine balls, TRX suspension trainers, plyometric boxes, timers, and so much more! **Pictured**



to the right, is one of the pieces that will be installed in our future human performance center, the Rogue Monster Rig. This piece will give our students a nearly endless list of uses, from obstacle course challenges to squat racks and pull-up bars.

PARENTS/STUDENTS: REMEMBER OUR 7 FOUNDATIONAL MOVEMENT PATTERNS!

Parents and students, remember the seven (7) foundational movement patterns we worked on throughout the school year. Many of you showed incredible progress in your movement capacities, strength, and power!

- 1.) Triple Extension
- 2.) Push
- 3.) Pull
- 4.) Brace
- 5.) Rotation
- 6.) Hinge
- 7.) Single Stance

Over the summer, continue to work on the fundamentals we focused on throughout the year, including front (medicine ball) squats, drop/forward/lateral lunges, pushups, pullups (climb anything you can!), single foot/leg balance, and many more!



For Any 1st – 5th Graders:

MA CHEER SUMMER CAMP



June 20th – June 23rd
9:00-12:00 each day at MA East
Hosted by the MA Cheerleaders!



Kids of all cheer & tumbling abilities will enjoy their week at the MA Summer Cheer Camp. This camp will be held at MA and will offer instruction in tumbling, jumps, dance, stunting, flexibility, and strength & conditioning. Of course, no cheer camp would be complete without our wild, fun cheer games! This week you will get the opportunity to work with nationally certified coaches, the 2022 Monument Academy Cheerleaders! Registration fee includes a t-shirt! Register before June 1st to be guaranteed a t-shirt. Registration is open until June 17th.

SAMPLE SCHEDULE

9:00-9:15 Warm Up
9:15-9:30 Stretch
9:30-10:00 Tumbling
10:00-10:15 Snack/Craft
10:15-10:30 Dance
10:30-11:00 Stunting
11:00-11:15 Water/Snack
11:15-11:45 Jumps/Cheer
11:45-12:00 Games
11:30-12:00 Thursday -
Showcase Performance!

WHAT TO WEAR?

An athletic outfit with athletic shoes and hair pulled back. No jeans

WHAT TO BRING?

A water bottle with your name on it and healthy snacks without nuts

WHO CAN SIGN UP?

Cheer camp is for students who are entering 1st-5th grades

HOW TO SIGN UP?

Register & pay on the FamilyID website:
<https://www.familyid.com/monument-academy-athletics/ma-cheer-summer-camp-2022>



THEME DAY SCHEDULE

JUNE 20 – MA SPIRIT DAY
Come in your MA gear! Go Lynx!
JUNE 21 – WACKY TACKY DAY
Get wild & crazy with your outfit
JUNE 22 – GROUP COLOR DAY
Your group will decide what color
JUNE 23 – CAMP T-SHIRT
Showcase performance at 11:30
for all friends and family!



COSMO LACROSSE presents SUMMER LIGHTNING LAX

@ Monument Academy East

Wednesday's June 1, 8, 15, & 22

NEW in '22! Beginner & Experienced Play
Play Fast, Have Fun!

Summer Lightning Lax (SLL) will serve as a fundraiser for Lynx Lacrosse (MA club team) and other local PTO's. All profits from SLL will be donated to support the growth of lacrosse and support local school PTO's.

NEW in 2022!!!

Lightning Lax is for the beginner AND EXPERIENCED player to lacrosse and is open to boys and girls 2nd - 8th grade (grade based on Fall 2022, all schools welcome!).

COSMO will provide sticks to borrow, if you need one, or if you have one, bring it. No protective equipment is needed. Soft balls are used for safe play. At the conclusion of SLL all beginner participants will be instructed on next steps, including joining local programs that offer spring teams for both boys and girls.



Beginners: Players will learn the basic fundamentals of lacrosse, including stick handling, picking up ground balls, dodging, offensive & defensive skills, and team play.

Experienced: Players will hone their skills to help them to compete at a higher, faster level while learning skills that will help their overall game.

To learn more and to register, visit: www.COSMOLAX.com

COSMO Lacrosse provides Lightning Lax, summer & fall club teams, camps, clinics and is focused on helping new, start-up programs to "grow the game"!

Follow COSMO on social media!



/cosmolacrosse

From East Campus PTO:



Become a MA East PTO member!


WE STILL NEED A FEW VOLUNTEERS!

Contact Tanja at maeastptopresident@gmail.com



Monument Academy
EAST PTO

The poster features a light beige background with decorative elements including red apples and red pencils. The text is centered and uses a mix of bold, black, sans-serif fonts and a smaller, regular font for the contact information. A logo for Monument Academy East PTO is centered at the bottom, featuring a blue paw print icon.



THE MA EAST PTO DID A FINAL TEACHER ICE CREAM PARTY FOR THE END OF THE YEAR

- THANK YOU -
TEACHERS!

The photo shows a table covered with a black and white checkered tablecloth, set with various food items including trays of ice cream, bowls of fruit, and drinks. The table is decorated with colorful paper fans and a banner that reads 'THANK YOU TEACHERS'. The background is a plain wall. The entire photo is framed by a green border with yellow stars.



- To Parents, Students, Teachers & Staff -

Thank you for all of your support during the
2021-2022 School Year. We look forward to
working with you next school year!

Have a great summer!

xo, MA East PTO