

# LYNX NEWS

## East Campus Edition

### April 27, 2022



## Upcoming Events

Friday, April 29 – MS Field Day

Saturday, April 30 – Color Bash, MS Event at 5pm (More Info Below)

Tuesday, May 3 – Choir Concert at PRHS

Wednesday/Thursday, May 4/5 – NWEA Testing, all grades

Friday, May 6 – First Friday, Free Dress Day

Friday, May 6 – 6<sup>th</sup> grade movie night at 6pm

Wednesday, May 11 – Band Concert at 5pm & 7pm

Thursday, May 12 – 6<sup>th</sup>/7<sup>th</sup> grade Awards, 12-1:30 (by invitation)

Friday, May 13 – HS Summer Blow Out at 1pm

Monday, May 16 – 8<sup>th</sup> graders' last day & check out

Monday, May 16 – HS Awards, 6pm (by invitation)

Tuesday, May 17 – 8<sup>th</sup> grade Summit Party & Continuation/Awards Ceremony

Wednesday, May 18 – Orchestra Concert at PRHS

Thursday, May 19 – Half Day, Last day of school & check out

# **MIDDLE SCHOOL FIELD DAY**

**Friday, April 29\***



**MA Field Day 2022**

**Drop-off 8:00am**

**Registration 8:30 am**

**Events Start 9:00 am**

**Pick up 12:15 Normal Carline**

Register today

<https://www.familyid.com/monument-academy-2/field-day-friday-april-29-2022>

Or report your MS student as absent by emailing [attendance-east@monumentacademy.net](mailto:attendance-east@monumentacademy.net)

# Stucco – Color Bash

**This Saturday from 5-7PM**, your Middle School Student Council is hosting our final event of the year here at the Monument Academy East Campus, the **COLOR BASH!!** Come dressed in your brightest & craziest combinations of neon or bright colors and enjoy some music, games on the Turf Field, and Kona Ice!

Bring \$5 to pay at the door and then bring extra change for purchasing sodas & snacks while you hang out with your friends to celebrate the end of the school year and the start of summer that is almost heeeeerrrrreeeee!!

See you on Saturday!!!



## Please Join Our Team ~ We Are Hiring!!!

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

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

## Parent Volunteer Opportunities!

East Campus needs volunteers for **Lunch Duties** as well as **Car Line** Help!

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

(Warning, this page takes a moment to load)

## SAAC EOY Survey

The End of Year Survey is open now through Sunday, May 1. It should take less than 5 minutes to complete. Your feedback is very important in seeing if the concerns from Mid-Year Survey have been addressed.

\* If 50% of our families complete the survey, students will be rewarded with a "hat day!" \*

Please access the middle school survey [here](#) and the high school survey [here](#).

# AAFCU Art Show

Earlier this month several art students from MA entered artwork into the AAFCU juried art contest where they competed against all other D-38 schools. Monument Academy is proud to announce that we have several winners who not only will be taking home ribbons, but also cash prizes.

For middle school, MA took home the most ribbon out of the district totaling 5 and sweeping the 8th grade category.

In 7th grade, winning \$50 and taking third in the district for his piece called "Red Walls", Drew Japp.

In 7th grade, winning \$75 and taking first in the district for her piece called "Waves in the Air", Natalie Ma.

In 8th grade, winning \$50 and taking third in the district for her piece called "Fancy", Juliette Betz.

In 8th grade, winning \$60 and taking second in the district for her piece called "Sun on the Ocean", Jane White.

And - In 8th grade, winning \$75 and taking first in the district for her piece called "Serene Elegance", Victoria Sullivan.

In the district for high school, MA placed at the top of the 2D competition.

In 9th grade, winning \$100 and taking first in the district for her piece called "Loki", Charlotte Weitzel.

And - In 10th grade, winning \$100 and taking first in the district for her piece called "Celestial Ballet", Kailey Pierce.

Artwork will be displayed at the District Building "Big Red" through May 6th. These students worked incredibly hard for these accomplishments so please congratulate them when you see them.

# Congressional Art Competition

Awards Ceremony!  
Friday May 6, 2022  
Doors open 4pm  
Ceremony begins 5pm  
COS Airport ETU  
Details to follow



The Art Competition for Colorado's 5<sup>th</sup> Congressional District, is only for high school students and can be viewed in person at the Colorado Springs Airport until May 18<sup>th</sup>, or online. MA students who made it to the competition are Keira Armenta, Katrin Harres and Charlotte Weitzel!!!

To view artwork from over 130 students, and to vote for the winner of this year's "People's Choice" award, please visit: <https://lamborn.house.gov/peoples-choice-gallery>

At the airport display you will find this QR code for easy access to the People's Choice Gallery. All travelers through our airport and your distant family members are welcome to vote!

# Update ~ Lights, Camera, Auction!

Dear Friends and Family of Monument Academy:

Lights, Camera Auction! was a huge success! Over 300 people attended our exciting event on April 7th at the Boot Barn, enjoying drinks, food, friends, photos and a silent and live auction. It was a fabulous night to reconnect with our school community while raising funds for our beloved Monument Academy.

To those unable to attend our event, we were graced by the company of John and Maria Castillo, who tragically lost their son Kendrick in the Highlands Ranch STEM school shooting in 2019. Mr. Castillo shared their story of triumph over tragedy as the legacy of their son Kendrick now helps raise awareness of the importance of supporting school safety. I don't think there was a dry eye in the audience.

Amazingly, we raised over \$136,000 in this single evening, due to the incredible generosity of you and many others. \$90,000 of the money will be paid to our 72 teachers as a bonus of \$1,250. The remaining \$46,000 will go directly to school safety. What an incredible accomplishment.

From the bottom of our hearts, thank you very much for your generous contributions to our beloved Monument Academy.

Sincerely yours,

The Invest in Tomorrow Committee:

Wendy Brethauer

Fausta Zimmerman

Julie Warren

Mary McKenzie

Victoria LaPorte

Amy Saber

Stacie Baroni

Dawn Ryan

Janae Winkelman

Bridget Lee

Elissa Brooks

Maura Nordberg

Karen Shannahan

Maui Foster

Jessica Mayfield

Sara Molsen

Lindsey Ray

Kristen McWilliams

Monica Cunningham

Kimberlee Bush

Veni Nirmalakhandan

# From Athletics Department:

**Week of April 25**

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

## **Spring Track & Field**

Monument Academy MS Track & Field competed last Thursday April 21st at Peyton and had a few school records set! Addison Kenley set a new record for discus (27-0.0), Sam Inama with Long Jump (17-07.0), and Jake Bossinger in the 400m (56.17), which also was a new league record! Monument Academy HS Track & Field also be competed this week at the Ponderosa Invite and Mekhi Mayes set a new school record in the 400m (60.51) and Jack Dunston set a new school record in the Triple Jump (29-01.75)!

## **Girls Soccer**

Girls Soccer Played Atlas Prep this past Monday and won with a score of 9-1. Their next game will be next Monday at Thomas MacLaren with a start time of 4:00 PM.

## **Cheerleading**

Registration is OPEN! Cheer will have a mandatory clinic April 27-28 at the East Gym from 4:00PM-6:00PM. All girls wishing to tryout must attend the clinic unless notification has been made to Coach Thompson. Tryout will begin Friday April 29th beginning at 1:30PM also held at the East campus gym.

## **Football**

Registration for the 2022-2023 Monument Academy Football season is now open! Coach Scott Karstens will have informational meetings for parents April 26, May 3, and May 4, all at 4:00PM at the East Campus in the Commons area.

## **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 8<sup>th</sup> 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 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders. Be on the lookout for more news about coaches, registration, and uniforms as the 2022-2023 school year inches closer!



# MA EAST Physical Education Newsletter

## April 27, 2022



### MOBILITY: THE MANY BENEFITS!

Why a pigeon? Well, for those in the know, you'll get it when it comes to stretching and "Pigeon".

Asking a kid to stretch is sometimes a tough sell. It's uncomfortable or it's simply of no interest. But over time most students begin to realize the benefits, which are many.

First, we stress that stretching should never hurt. Rather, pushing a stretch to a point of minor discomfort should be the focus and that after a short period of time it should begin to feel good.

Next, we also realize everyone is built differently and grows at a different rate. This is critically important when it comes to challenging the body and stressing range of motion about a joint. We encourage everyone to "listen to their body" and to pull back on a stretch and/or not stress a range of motion if something doesn't feel right.

Young people, who don't regularly work on their flexibility many times find themselves lacking mobility in areas around the hips/pelvis/lumbar spine and shoulder girdle areas. These areas provide all foundational movement patterns for the body. We will continue to encourage our students to work on their mobility for lifelong benefits!

Below, picture of Pigeon pose, which feels great on the hips/pelvis



### PE WEEK OF APRIL 25 SNAPSHOT

#### Middle School

A cool start to "FIELD DAY" week but the weather is feeling more like Spring/Summer and we're heading outside. From class competitions in kickball/wiffle ball and Capture the Cheese to more physical challenges like remeasuring our vertical jump capacity. Students will perform medicine ball bear crawl relays, as well as continue to work on their RDL's (stiff legged deadlift), handstands and pullups.

#### High School

HSPE will do all of the above plus our Yoga class will spend time working on their strength and mobility with a variety of movements in class on Monday.

### WEEKLY PE ARTICLE

#### Benefits of Exercise Flexibility!



This week in PE all students are reviewing "Benefits of Flexibility" that gives them a brief overview of how quality movement patterns can contribute to a greater quality of life. Below are just a few of the many benefits of flexibility training:

- Minimize/eliminate inefficient movement patterns
- May increase resistance to muscle injury, this is still being studied but there is lots of evidence supporting this
- Better mobility reduces chance of injury
- Reduces common problems like low back pain

**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.



# 2022 MA Cheerleading Tryouts



## MANDATORY INFORMATIONAL MEETING

Tryouts are open to incoming 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders.  
**April 11<sup>th</sup> 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 27<sup>th</sup> and 28<sup>th</sup> from 4:00-6:00 in the MA East Gym

## TRYOUT DATE

April 29<sup>th</sup> at 1:30 in the MA East Gym



No Previous Cheer  
Experience or Tumbling  
Skills Required

A yellow starburst graphic with a black outline, containing the text 'No Previous Cheer Experience or Tumbling Skills Required' in black, slanted font.

For question or additional information, you may contact Coach Sarah Thompson at [sthompson@monumentacademy.net](mailto:sthompson@monumentacademy.net)

From East Campus PTO:



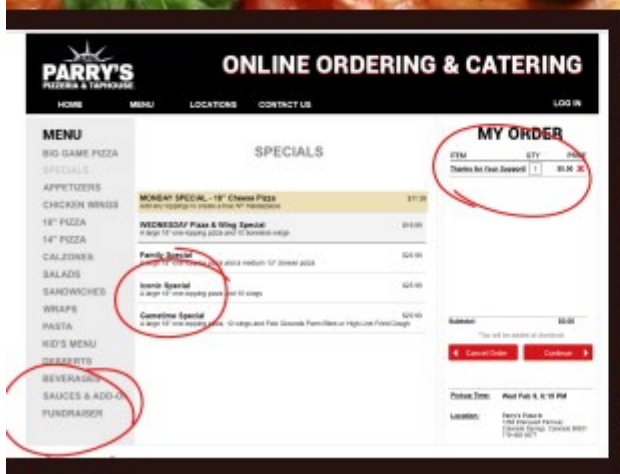
**PARRY'S**  
PIZZERIA & TAPHOUSE™

THURS.  
MAY 12

MA EAST PTO RESTAURANT NIGHT

**Mention MA East PTO & Parry's will donate 20% of sales all day to the PTO**

**Dine-in, Carryout, or Online Orders**



**PARRY'S PIZZERIA & TAPHOUSE**  
ONLINE ORDERING & CATERING

HOME MENU LOCATIONS CONTACT US LOG IN

**MENU**

- BIG GAME PIZZA
- SPECIALS
- APPETIZERS
- CHICKEN WINGS
- 16" PIZZA
- 14" PIZZA
- CALZONES
- SALADS
- SANDWICHES
- WRAPS
- PASTA
- KID'S MENU
- DESSERTS
- BEVERAGES
- SAUCES & ADD-ONS
- FUNDRAISER

**SPECIALS**

- MONDAY SPECIAL - 16" Cheese Pizza** \$11.99
- WEDNESDAY Pizza & Wing Special** \$16.99
- Family Special** \$24.99
- Island Special** \$24.99
- Comet Special** \$24.99

**MY ORDER**

| ITEM                     | QTY | PRICE   |
|--------------------------|-----|---------|
| Chick'n Mt. Peak Special | 1   | \$16.99 |

Subtotal: \$24.99

Delivery Time: Wed Feb 9, 6:18 PM

Location: Parry's Pizzeria & Tap House, 1268 Interquest Parkway, Colorado Springs, Colorado 80901

*Hours: 11am-10pm*  
**719-465-0577**

**1268 INTERQUEST PKWY - COLORADO SPRINGS**



## **PUBLIC NOTICE**

The Monument Academy Building Corporation (Owner or MABC) is seeking proposals from Construction Management Service Providers for an Owner's Representative to manage the Monument Academy Recirculation Plan construction project.

The Request for Proposal, project summary and attachments will be available on the Monument Academy Website (<https://www.monumentacademy.net/contact-us/requests-for-proposal/>). The RFP will be available no later than April 20, 2022, but it may be posted when completed at an earlier date. Copies of the RFP may also be obtained in person by visiting the Monument Academy office at 1150 Village Ridge Pt., Monument CO. Proposals will be due May 16, 2022, by 3:00 PM.

Interested parties should direct questions to the Chief Financial Officer at [mbrocklehurst@monumentacademy.net](mailto:mbrocklehurst@monumentacademy.net) or by calling the Monument Academy office at 719-481-1950.

Marc Brocklehurst – Monument Academy CFO

Published in the Fountain Valley News

Publication Dates:

April 20, 2022

April 27, 2022

## **PUBLIC NOTICE**

The Monument Academy Building Corporation (Owner or MABC) is seeking sealed best value bids for construction of the Monument Academy Recirculation Plan Project (Project).

A full Invitation for Bids, project summary and attachments will be available on the Monument Academy Website (<https://www.monumentacademy.net/contact-us/invitation-for-bids/>).

The IFB will be available no later than April 20, 2022, but it may be posted when completed at an earlier date. Copies of the IFB may also be obtained in person by visiting the Monument Academy office at 1150 Village Ridge Pt., Monument CO. Bids will be due May 16, 2022, by 3:00 PM.

Interested parties should direct questions to the Chief Financial Officer at [mbrocklehurst@monumentacademy.net](mailto:mbrocklehurst@monumentacademy.net) or by calling the Monument Academy office at 719-481-1950.

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