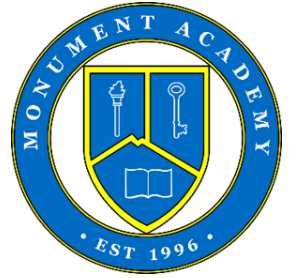


# LYNX NEWS



## East Campus Edition January 20, 2021

Happy Beginning of Second Semester!

I am thankful that even in the midst of COVID and protocols we have been able to continue in-person education through the first semester. It was not without its bumps and bruises along the way as we navigated all of the new and extra responsibilities and duties, but we have learned and are learning through the continued uncertainties. Thank you for your partnership. We hold that value very closely!

Final grades for first Semester will be viewable in **Infinite Campus** as of February 2<sup>nd</sup>. As a reminder, your student's **in-progress work**, grades, and comments are recorded in **Canvas**. As a parent, you have the option to create a parent account through Canvas as a course observer, or you can utilize your student's account to view student progress.

If you have not yet created a parent account and would like to, please visit

<https://monumentacademy.instructure.com/login/canvas> to sign-up.

Instructions can be found [here](#). Alternately, you can set a time and frequency with which you plan to check in with your student and ask them to show you their grade page for each course. Teachers also wish to be proactive in communication, especially when a student is struggling. It is our desire to improve in this communication where needed.

Thank you for choosing Monument Academy! We exist to educate all students in the journey of becoming well-rounded, flourishing individuals. This is a tall order, and one that we embrace fully. Thank you for your ongoing partnership!

Warmest Regard,  
Julie Seymour

# Masks Are Required

Students are Required to wear a mask to attend in-person school. **Please remind your students to bring their masks daily.** The school has limited disposable masks available that are to be used as back-up only.

All Student Health information can be found at <https://www.monumentacademy.net/student-support/student-health/> . Thank you for continuing to follow the guidelines so we have the best chance of remaining open.

## Upcoming Events

Pajama Day #2, tomorrow Thursday – January 21

*Non-uniform days - please follow guidelines, page 6, <https://www.monumentacademy.net/wp-content/uploads/2020/08/1501MS-Uniform-Policy-08-24-2020.pdf>*

Spring Pictures, Tuesday – February 2

## Lunch Menu

Our school lunch menu is always posted on our E-Backpack Express,

<https://www.monumentacademy.net/quick-links/e-backpack-express/>

Corrections: The 26th will be Cheese pizza and chicken strip salad meal and the 28th will be cheese Bosco sticks with the Chef salad.

## Nurse's Office

Parents,

During the last few months many of us have spent so much time reacting to sickness/illness all around us. BUT being proactive with our health is just as important to staying healthy and fighting off illness.

So, what can you do to help your family stay healthy? Here are some tips to keep everyone active and eating well.

Is Snacking OK?

Healthy snacks can help manage hunger and boost nutrition. An occasional treat is fine, but serve good-for-you snacks most of the time.

Set regular meal and snack times to avoid all-day grazing. Serve 3 meals and 1 to 2 scheduled snacks each day. When it's time to eat, have kids sit at the table and not in front of a screen. This way, kids are focused on the food in front of them and less likely to overeat.

What Should I Serve?

Make your home a healthy food zone. Put the focus on:

- fruits and vegetables. Fresh is great, but frozen or canned fruit and veggies are good options, especially when you want to limit trips to the grocery store. Just choose ones with no added salt, sugar, syrups, or sauces.
- whole grains, such as whole-grain bread, brown rice, quinoa, and whole-wheat pasta
- foods high in protein, such as lean meats, dried or canned beans, eggs, and peanut butter

What Kinds of Food Should We Avoid?

Chips, cookies, and ice cream are OK once in a while, but not every day. Keep junk food and treats out of the house so your kids are not tempted.

Save sugary drinks, like soda, juice, sports drinks, and sweet teas for special times. Offer water and milk instead.

Packaged foods and prepared meals are convenient, but can be high in fat, sugar, and calories. Check food labels and choose the healthier options.

#### How Active Should Kids Be?

Encourage your child to be active for least 30 minutes each day. Whenever possible, let them go outside and play. Go for a walk, run, bike ride, or play sports like soccer, basketball, or whiffle ball together as a family.

On cold or rainy days, look for ways for kids to be active inside. Try dancing, yoga, exercise videos, apps, or online classes.

#### How Much Sleep Do Kids Need?

Getting enough sleep has many health benefits, and helps kids keep a healthy weight. Help your kids get to bed on time and wake up at the same time every day. Skip daytime naps for older kids, and turn off all screens at least 1 hour before bed.

Sleep: needs vary from child to child. But try for:

- Toddlers: 11–14 hours, including daytime naps
- preschoolers: 10–13 hours, including naps
- school-age kids and preteens: 9–12 hours a night
- Teens: 8–10 hours a night
- 

#### Why Is a Schedule Important?

Daily schedules can help everyone stick to routines. Besides setting consistent times for sleeping and eating, schedule time for:

- school work, online classes, and reading
- daily "gym class," recess, and other times to be active
- screen time outside of school work
- chores or other household tasks
- family time to play games, watch a movie, or do other things together, like baking

#### What Else Should I Know?

The coronavirus pandemic has changed the world in many ways. A focus on healthy habits, like eating well and staying active, can help kids and parents keep a sense of control during an uncertain time.

Be a good role model for your kids by:

- enjoying healthy foods and not overeating
- being active every day
- limiting your own screen time
- finding ways to manage stress
- getting plenty of sleep

Chelsea Pierce, BSN, RN  
Monument Academy

# 2021 CMAS Colorado State Standardized Assessments

The Colorado Department of Education (CDE) is currently planning to have schools administer CMAS assessments this spring in the subject areas of math and reading. CMAS social studies will not be administered this year, and it is not yet known if science will be administered. It is possible that no CMAS assessments will be administered this spring, but if they are, there will not be an option for remote assessments. This means that any students completing the CMAS assessments will need to do so in-person and at school.

We expect that some families may choose to refuse allowing their students to complete CMAS assessments this year due to concerns about COVID-19. CDE has asked us to include an option for specifying COVID-19 as a reason for refusal to our normal refusal process.

Monument Academy accepts online refusals only, per board policy 1525, found at the link below:  
<https://www.monumentacademy.net/wp-content/uploads/2020/01/1525-State-Assessments-Refusal-Policy-2-8-18.pdf>

If you plan to refuse allowing your students to participate in CMAS assessments this spring, regardless of the reason, please complete the online refusal found at the link below so that Monument Academy may comply with CDE protocols. Thank you.

<https://www.familyid.com/monument-academy-2/monument-academy-state-standardized-assessment-refusal-2020-2021>

## Athletics

Monument Academy and other schools associated with the Central Colorado Athletic League (CCAL) continue to work with county officials regarding our ability to restart formal athletic programs. Some of you are likely aware that the governor's office has reached an agreement with CHSAA regarding high school programs, but this agreement does not include middle school programs, so we are currently bound by more restrictive county regulations. It is our hope that we will be able to restart our programs on the schedule found on the website listed below:

<https://www.monumentacademy.net/athletics/>

For information on specific programs, please visit the individual team pages found on the Athletics landing page. Thank you.

Marty Venticinque

MVenticinque@monumentacademy.net

# YEARBOOK

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See important information attached.

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# Understanding Traffic Rules for Roundabouts Provided by our SRO



## **Single Lane Roundabouts**

You'll know a single lane roundabout is coming up when you see a yellow sign with circular arrows and a speed limit. Most roundabouts have a speed limit of 15 to 20 mph.

## **Slow Down and Look**

Reduce your speed and look to your left before entering the roundabout. Remember that traffic already traveling in the roundabout has the right of way. Although you should slow down, **you shouldn't come to a complete stop**. If there isn't any traffic in the roundabout, you can even enter without fully yielding. But be on the lookout for pedestrians who may be in or approaching the crosswalk, because pedestrian always have the right of way.

## **Maintain a Low, Steady Speed**

Keep a low, steady speed as you continue to drive through the roundabout. As you approach your desired exit, flip on your turn signal to let other drivers know your intention. You don't need to slow down further or come to a stop to exit the roundabout. The only exceptions are when pedestrians are in the crosswalk or if an emergency vehicle is approaching. If an emergency vehicle is getting ready to enter the roundabout, exit at your destination and pull over immediately. But never stop or pull over in the roundabout!

## **Final Roundabout Tips to Remember**

Take it slow

Don't stop

Choose the correct lane

Yield to the left