

# LYNX NEWS



**West Campus**

**January 20, 2021**

**~Inauguration Day~**



*(no Elementary newsletter next Wednesday, Jan. 27<sup>th</sup>)*

## Welcome to the Kids Heart Challenge

The Kids Heart Challenge is a fun and exciting event where your student learns about their heart while helping others by raising money for the American Heart Association. It prepares your child for success through physical and emotional well-being.

We will be kicking this event off on Monday, February 1<sup>st</sup>. The event will run from Monday, Feb. 1<sup>st</sup> through Friday, Feb. 26<sup>th</sup>. Please look for more information coming your way over the next four weeks.

[HOW TO REGISTER ONLINE](#)

 JOIN THE TEAM  
**WE'RE  
HIRING!**

Monument Academy Charter School is seeking a Part-Time PARA (approximately 28 Hours, Monday-Thursday, 7:45 a.m.-3:45 p.m.) for the remainder of the 2020-21 school year.

[Apply here!](#)

# YEARBOOK

## 2020-2021 Monument Academy Preschool and Elementary Yearbook

Yearbooks will be \$20 until March 1<sup>st</sup>, at which point they will become \$25.

It is preferred and recommended that you order by February 28<sup>th</sup>, 2021.

To purchase a yearbook, click the link:

[Order a Yearbook](#)

Do you have pictures of your student in their classroom or at another school-related event? Your pictures can be in the yearbook!

Please upload photos to the yearbook database by clicking this link and use the code 415634045 for the "User ID" when prompted:

[UPLOAD PHOTOS](#)



The Counseling Team is available by phone, 719-481-1950, ext. 1721; or email, [pmccomb@monumentacademy.net](mailto:pmccomb@monumentacademy.net)  
[jcunningham@monumentacademy.net](mailto:jcunningham@monumentacademy.net)

### *From the Librarian:*

Time to refresh and check out new books to enjoy! Please return any library materials from the winter break and fall semester. Browse our library database 24/7 and reserve copies for delivery to classrooms.

Students at home can pick up their library materials in the front entrance area. There is also a book return in the front entrance for convenience.

5<sup>th</sup> grade *Battle* team will begin meeting twice per week with Mrs. Collier on Mondays and Wednesdays to prepare for the competitions. Read the books or listen on audio, but do not watch the movies...the competition questions are based on the books.

4/5 Grade book club *Google* sign-up sheet is here:

<https://docs.google.com/forms/d/e/1FAIpQLSc5XRa6rVbmkDQVJmahWEIXI-e8I9izYpWSV3V0J8kDmXddpQ/viewform>

...and it meets on Wed at 4:00 p.m. via *Zoom*. We're reading an exciting and adventurous book, *Masterminds* by Gordon Korman.

A 3rd Grade book club will start next Monday, Jan. 25<sup>th</sup>, at 4:00 p.m. and a book will be voted on. We can use the same *Google* sign-up link posted above. Please join us!

Happy reading!

*Mrs. Collier*

<https://sites.google.com/monumentacademy.net/library/home>

<https://monumentacademy.instructure.com/courses/2146>

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



Please check for emails from our Preschool Director regarding choice enrollment if your child will be entering kindergarten in the fall of 2021.

Also, you can find the lunch menu on the *E-backpack Express* tab. Preschool only offers 'option 1' for hot lunches. The free hot lunch program will continue until the end of the semester.



Dear 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 is 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 occasionally, 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 one 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 schoolwork
- 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

# MA PTO WEST NEWS



## PTO GENERAL MEETING:

Thursday, January 21, at 8:30 a.m.

Join Zoom Meeting: <https://us02web.zoom.us/j/84557996331?pwd=K2dteUs3d2tGbVJPTkRqZ01FTXJHdz09>

Meeting ID: 845 5799 6331

Passcode: 606481

## FREE SHIPPING ON SPIRITWEAR!!!

Good through January 31<sup>st</sup> on all orders \$45 or more

Lynxlifematmawest.threadless.com and code: FREESHIP121f3a175

\*See flyer below

## WAG N' WASH - MONUMENT & FOX RUN VET HOSPITAL VACCINE CLINIC

January 23 from 8:00 a.m. to 2:00 p.m.

5% of proceeds go to MA PTO

\*Click on the following link:

[Fox Run Veterinary Hospital Vaccine Clinic](#)

## PAPA JOHN'S FUNDRAISER FOR MA

January 28<sup>th</sup>

20% goes to MA PTO and pizza party for the teacher with the most orders!

\*Please use the following link for flyer to turn into Papa John's

[Papa John's Pizza Day](#)

## WOULD YOU LIKE TO HELP MA EARN CASH EACH TIME YOU SHOP?

**King Soopers Community Rewards** program is active for MA. It is easy and does not cost anything.

It is super easy to set-up and then automatic every time you shop.

It does not take away from your personal fuel points or coupons.

Our PTO will simply get a percentage back of all purchases.



### Sign Up today to Help MA:

1. Log on to your personal account on [kingsoopers.com](http://kingsoopers.com) (you cannot do this from the app)
2. Click "My Account" under the *Valued Customer* tab at the top of the page
3. Community Rewards (menu on the left side)
4. Add Organization: type in "Monument Academy," then click Monument Academy "BF553"
5. Enroll



## YOU CAN FIND US ON FACEBOOK

(West Campus) <https://www.facebook.com/MonumentAcademyPTO/>

## THE BUSINESS DIRECTORY HAS LAUNCHED-CHECK IT OUT HERE!

<http://monumentacademypto.com/business-directory>

## NEED SPIRITWEAR? COME CHECK OUT OUR NEW LOOKS!!

<https://lynxlifeatmawest.threadless.com>

\*The PTO no longer sells the jacket, but you can still get one at the below site:\*

[https://www.myschoolstoreco.com/store/c61/Monument\\_Academy\\_-\\_Orders\\_Take\\_2-3\\_Weeks.html](https://www.myschoolstoreco.com/store/c61/Monument_Academy_-_Orders_Take_2-3_Weeks.html).

### CONTACT US:

President - [maptopresident@gmail.com](mailto:maptopresident@gmail.com)  
President-Elect - [maptopresidentelect@gmail.com](mailto:maptopresidentelect@gmail.com)  
Vice President - [maptovicepresident@gmail.com](mailto:maptovicepresident@gmail.com)  
Treasurer - [maptotreasurer@gmail.com](mailto:maptotreasurer@gmail.com)  
Secretary - [maptosecreatry@gmail.com](mailto:maptosecreatry@gmail.com)

### Business Directory:

<http://monumentacademypto.com/business-directory>

Have you ever wanted to connect with other Monument Academy Family Businesses? This year we are launching a new business directory! If you would like to have your business listed on our new directory please email the following to [maptovicepresident@gmail.com](mailto:maptovicepresident@gmail.com):

1. Business Name
2. Business Logo (.png or .jpeg)
3. Website address
4. Brief description of business type



# SPIRITWEAR FREE SHIPPING

THROUGH JANUARY 31ST THERE IS FREE  
SHIPPING FOR SPIRITWEAR ON ORDERS  
\$45 & OVER AT:

[lynxlifeatmawest.threadless.com](https://lynxlifeatmawest.threadless.com)  
Use Code: FREESHIP121f3a175

