

LYNX NEWS

East Campus Edition

April 13, 2022



Ukrainian Easter Eggs

Finish Strong – Just 5 weeks left!

Hello MA, East Families,

With only 5 weeks left in the school year, we are focusing on Finishing Strong. Finishing Strong is connected to our 8 Keys of Excellence character theme of “Ownership” – When we take ownership of something it means we are taking responsibility for our actions. Make the choice to finish the school year strong.

When we take ownership of everything we do and say and stop blaming things outside ourselves for situations that occur in our lives, we have greater control. We may not be able to control everything that happens in our lives, but we can control how we respond to what happens. By taking ownership of our actions, we create a huge shift in our life.

Ownership is a whole-life concept. We can take ownership of our education, our relationships, our fitness, our fun—all areas of our life. And when we take ownership, we take pride and feel confident and fulfilled.

MA Administration

Upcoming Events

April 8-18 – Scholastic Book Fair – West Campus
Friday, April 15 – NO SCHOOL – Staff Appreciation
Friday, April 22 – High School Registration Due
Friday/Saturday, April 22/23 – Drama Performance at 7pm
Tuesday, April 26 – Blue/Yellow Free Dress Day (earned from S.O.S.)
Friday, April 29 – MS Field Day
Saturday, April 30 – Color Bash, MS Event at 5pm
Tuesday, May 3 – Choir Concert at PRHS
Friday, May 6 – First Friday, Free Dress Day
Friday, May 6 – 6th grade movie night at 6pm
Wednesday, May 11 – Band Concert at 5pm & 7pm
Friday, May 13 – HS Summer Blow Out at 1pm
Monday, May 16 – 8th graders' last day & check out
Tuesday, May 17 – 8th grade continuation
Wednesday, May 18 – Orchestra Concert at PRHS
Thursday, May 19 – Half Day, Last day of school & check out



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 **Carline** Help!

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

(Warning, this page takes a moment to load)

AAFCU Art Show

Miss Sebastian took art to display at Big Red earlier this week. Please take a moment to check out the show. The show will be on display until May 6th. Here is a list of students with work at the show: Eden McCuen, Reese Gaw, Briget Bogenrief, Kinley Hasselbring, McKenna Baker, Evelyn Scaling, Anna Sletten, Drew Japp, Natalie Ma, Elliot McLellan, Raelyn Ritchie, Naomi Sletten, Aiden Williams, Jane White, Juliette Betz, Victoria Sullivan, Sebastian Sass, Emma Barrera, Carlin Hatley, Charlotte Weitzel, Keira Armenta, Danielle Ostroski, Colton McWilliams, Kailey Pierce, and Jack Dunston.

High School Registration

Registration for the 22-23 School Year is now available. Use the link below to access the Course Catalog and Registration Forms specific to your student's high school grade-level for the upcoming school year. All current 8th, 9th, and 10th grade students will be given a paper copy of their grade-level specific Registration Form. Please return complete and signed Registration Forms to the MA – East Campus Main Office by Friday, April 22nd, 2022. Questions regarding registration can be directed to the MA High School Counselor, Mrs. Emily Davis, edavis@monumentacademy.net

<https://www.monumentacademy.net/high-school/hs-course-information-selection/>

Support Ukrainian Students Drive



SOURCES
OF STRENGTH



Sources of Strength (SoS) at Monument Academy is a student led program that focuses on improving mental health through Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, & Mental Health. A small group of SoS High School students felt the need to spear head a drive with support from SoS middle school students to help Ukrainian students. SoS is partnering with Project C.U.R.E. to gather donations to create Kits for Kids to send aid to Ukrainian kids! Thus, **SUS** (Supporting Ukrainian Students) was formed! Here is how you can be a part:

Students of SoS are asking the community from Monument Academy for donations to fill Kits for Kids. Items needed include:

- Acetaminophen (325 mg) OR Ibuprofen (Jr. or 200 mg.) **tablets** – no liquid
- Box of Adhesive Bandages
- Triple Antibiotic Ointment
- 1% Hydrocortisone Cream
- Toothbrushes (min. 4)
- Hand sanitizer (travel size)
- Elastic Bandage
- Comb (6” or larger) (“rat tail” style not preferred)
- Facial Tissues (travel size)
- Blunt Scissors
- Tweezers
- Bar of Soap
- Nail Clippers (no manicure sets)

** Money is also accepted – checks can be payable to **Project CURE**.

Items will be collected at both campuses! Students can drop their donations into **Support Ukrainian Students Boxes** that are set up in the entrances of each building. Please give checks to either your students teacher or the front office. Donations will be collected through Friday, April 15th. SoS want to thank you for supporting their first Mental Health Drive! If you have any questions, please contact Mrs. Howarth at chowarth@monumentacademy or (719) 431-8001 ext. 2030.

MONUMENT ACADEMY PRESENTS

XANADU



"YOU HAVE TO BELIEVE WE ARE MAGIC!"

PERFORMANCES

APRIL 22-23, 2022

SHOWTIME

7:00-9:00 P.M.

\$7 PER TICKET

From Athletics Department:

Week of April 11

Get out and support your Lynx student-athletes!

Spring Track & Field

Monument Academy HS & MS Track & Field had their second meet of the year this past weekend at Atlas Prep. Girls took 3rd in the overall standings while Boys took 2nd in the overall standings. Jake Bossinger set new school records for the 800m (2:18:81) and 1600m (5:12:00)! Their next meet will be this Thursday, April 21st at Peyton with a start time to events scheduled for 1:00PM.

Matchwits

Matchwits competed in the final meet of the year this past Friday here at Monument Academy, finishing the meet in a 4-way tie for second, with an overall score that landed us a top-5 finish for the year! Monument Academy was also awarded a plaque for our second-place overall finish last year. We would like to acknowledge that runner-up finish team from last year, which consisted of Michael Britton, Rhett Jones, and Caleb Stoltenberg! Also, thanks to all the volunteers who helped with the meet last Friday!

Girls Soccer

Girls Soccer started off their week with a match against James Irwin, in which they fell by a score of 3-1. The Lynx's overall record now sits at 2-1, with a pivotal match against reigning league champions Manitou Springs next up this Wednesday, April 13th. The game will be held at Manitou Springs with a start time of 4:00PM.

Cheerleading

Cheer held their informational meeting this past Monday. Parents who were not able to attend should contact Coach Thompson by email. Cheer will have a mandatory clinic April 27-28 at the East Campus Gym from 4:00PM-6:00PM. All girls wishing to tryout must attend the clinic unless notification has been made to Coach Thompson. Tryouts will begin Friday, April 29th beginning at 1:30PM also held at the East Campus Gym.

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!



MA EAST Physical Education Newsletter

April 13, 2022



ISOMETRIC MOVEMENTS THIS WEEK!

We've all done them before, however, you ask what is an ISOMETRIC movement? Isometric "movements" are not movements at all, rather they are a static contraction of muscles that involve no movement or change in angle of a joint. They're as simple as standing up straight and still and as difficult as a one hand high plank (see picture above) or performing the "Human Flag" (below).



Isometric exercises are not only a challenge to perform but also mix up the bodies movements to present new challenges and provide the following benefits:

- Reduce stress on joints
- Activate lots and lots of muscle fibers at once
- Add strength with stability (brace)
- Suitable for injuries that restrict movement
- Improve muscle stability about a joint
- Can help decrease resting blood pressure

PE WEEK OF APRIL 11 SNAPSHOT

Middle School

It's still windy... so we've had to make some adjustments to this week's plans. Oh, and there's been some testing going on too!

With the stresses of test week (CMAS, PSAT) our main focus is to get the students some free time to do what they love while still challenging them with a variety of physical activities.

Isometric Unilateral High Planks, Squats (feel the burn!), Hangs/Pullup Hangs, and the good old foam roller plus calf board (stretch).



High School

HSPE will do all of the above plus

Unilateral Handstands (see pic above) and try again to break a medicine ball with rotational wall slams!

WEEKLY PE ARTICLE



This week in PE students are reviewing what makes a well balanced, powerful food plate. In an additional infographic (not shown) students are learning that timing of nutrients is as important as what you eat/drink. Learning what works and gives our students steady energy is super important!

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 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

MIDDLE SCHOOL FIELD DAY

Friday, April 29*



Register today, scan the QR code below.



***Weather makeup date is Friday, May 6**

From East Campus PTO:

HEY High School FAMILIES!



We are into the last quarter of the school year and the MA East PTO is asking for help to re-stock the Teachers Lounge with goodies and things needed for teacher luncheons.

Please donate if you can.
Thank you in advance for your help!

