

# LYNX NEWS

## East Campus Edition

### April 20, 2022



## Upcoming Events

- 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
- 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
- Friday, May 13 – HS Summer Blow Out at 1pm
- Monday, May 16 – 8<sup>th</sup> graders' last day & check out
- Tuesday, May 17 – 8<sup>th</sup> 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 **Car Line** Help!

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

(Warning, this page takes a moment to load)

## SAAC Survey

The School Advisory Accountability Committee (SAAC) uses information gathered during the mid and end of the year surveys to make recommendations to the MA Board of Directors and Administrators. The Board's response to the mid-year recommendations is available in the Monthly Board Report, sent this week via email. SAAC would like to thank all parents for taking the time to complete our brief survey, as this is one way you can make your voice heard and helps to identify our struggles and successes. The end of the year survey is open **now through Sunday, May 1**. It should take less than 5 minutes to complete. 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 the other schools in the district. 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, Monument Academy took home the most ribbons 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, Monument Academy 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!

## 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 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> 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 22<sup>nd</sup>, 2022. Questions regarding registration can be directed to the MA High School Counselor, Mrs. Emily Davis, [edavis@monumentacademy.net](mailto: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 Monday, April 25<sup>th</sup>. SoS want to thank you for supporting their first Mental Health Drive! If you have any questions, please contact Mrs. Howarth at [chowarth@monumentacademy](mailto:chowarth@monumentacademy) or (719) 431-8001 ext. 2030.

**Collecting Donations/Money at the Xanadu Jr. this weekend!**

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 18**

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

## **Spring Track & Field**

Monument Academy MS Track & Field will have their next meet this Thursday, April 21<sup>st</sup> at Peyton with a start time to events scheduled for 1:00PM. Monument Academy HS Track & Field will also be competing this week on Wednesday, April 20 in Parker with a start time for events at 2:00PM.

## **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 13<sup>th</sup>. 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 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 29<sup>th</sup> 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!

## **Boys Lacrosse**

Boys lacrosse lost to Cheyenne Mountain last Thursday by a score of 7-3, however, they return to action this Thursday again against Cheyenne Mountain in a rematch. Game time is 5:15pm at El Pomar, Olin Turf.



# MA EAST Physical Education Newsletter

April 20, 2022



## HINGE! "RDL's" & MOVING WEIGHT!

Students have been challenged time and again this semester with bodyweight and medicine ball (7lbs up to 40lbs) movements. Now, it's time for some real weight to challenge our students. The fundamental (one of the seven -7- mentioned in an earlier newsletter this year) movement known as the Hip Hinge (Hinge) is a critical movement that relies more on the posterior (backside) muscles of the body than a typical squat. In fact, muscle imbalances like "Quadricep (Thigh) Dominance" is a big factor in knee and other lower body injuries. In the picture above, you'll see our students learning to stiff leg "Deadlift" (known as the Romanian Deadlift, or RDL) and use the hip hinge, and in great form from left to right you'll see the progression of the hinge/deadlift.

The main reason we work on the "RDL" is to activate the posterior chain (mainly the glute and hamstring muscles) which are more times than not less developed than the anterior, or front, quadricep (thigh) muscles. Having "balanced" muscles is not only critical in moving well but also to minimize the chances of serious injuries to joints, such as the knee.

Putting it in student terms that they'll understand, this movement will help you run faster, jump higher, and help produce greater power in a variety of daily and athletic activities.

**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.

## PE WEEK OF APRIL 18 SNAPSHOT

### Middle School

We got our last day of CMAS testing out of the way on Monday and thankfully, for at least a day or two, it feels fantastic outside. So, off to flag football, a trail walk/run, Parkour, and Free Play.

Besides our focus on the "RDL" we'll also be continuing to work on our "Max" pushups, Foam Rolling, Kneeling Medicine Ball Rotational Slams, and Bilateral/Unilateral jumps. Vertical Jump Test #2 coming soon!

### High School

HSPE will do all of the above plus Side Planks with Rotation and Sit-Ups to Scissor kicks. Note: Our yoga class has been displaced this week due to the play taking place in the gym, normal yoga will return next week!

## WEEKLY PE ARTICLE



FUELING TO WIN - SMART SHOPPING STRATEGIES AND TIPS TO MAXIMIZE PERFORMANCE

This week in PE all students are reviewing "Fueling to Win - Smart Shopping Strategies and Tips to Maximize Performance". This article as well as another nutritional infographic discusses how to shop smart and the importance of fuel consumption timing. For a young person, it's true a good breakfast/snack in the morning is critically important to get young people on the right track for the day and helps lessen the effects of blood sugar (energy) spikes (highs and lows). We're aiming for steady energy all day!



# 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



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







# PARRY'S

## PIZZERIA & TAPHOUSE™

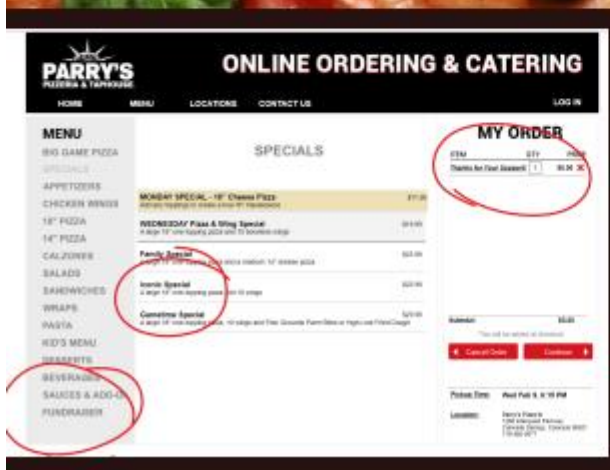
THURS.  
MAY 12

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**

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



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

HOME MENU LOCATIONS CONTACT US LOG IN

**MENU**

- BIG GAME PIZZA
- SPECIALS
- APPETIZERS
- CHECKIN BIRNIS
- 12" PIZZA
- 14" PIZZA
- CALZONES
- SALADS
- BARNACHES
- WRAPS
- PASTA
- KID'S MENU
- DESSERTS
- BEVERAGES
- SALADS & ADD-ONS
- FUNDRAISER

**SPECIALS**

**MONDAY SPECIAL - 12" Cheese Pizza** \$11.99  
Includes 12" Cheese Pizza, 1/2 lb. sausage, 1/2 lb. pepperoni

**WEDNESDAY Pizza & Wing Special** \$14.99  
A large 12" pizza, 20 wings, 1/2 lb. sausage, 1/2 lb. pepperoni

**Family Special** \$24.99  
A large 12" pizza, 20 wings, 1/2 lb. sausage, 1/2 lb. pepperoni

**Wine Special** \$12.99  
A large 12" pizza, 20 wings, 1/2 lb. sausage, 1/2 lb. pepperoni

**Quarter Special** \$12.99  
A large 12" pizza, 20 wings, 1/2 lb. sausage, 1/2 lb. pepperoni

**MY ORDER**

ITEM QTY PRICE  
Totals for Your Order(s) 1 1 \$14.99

Subtotal: \$14.99  
Tax: \$0.00  
Total: \$14.99

Cancel Order Continue

Parry's Pizzeria & Tap House  
1268 Interquest Pkwy  
Colorado Springs, CO 80907

**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.

Marc Brocklehurst – Monument Academy CFO

Published in the Fountain Valley News

Publication Dates:

April 20, 2022

April 27, 2022