

LYNX NEWS

East Campus Edition

April 6, 2022



Spring Into Testing!

CMAS – Grades 6 & 7

MA will be administering CMAS state assessments beginning April 11. Your student will take the Math and English assessments. Here is the testing schedule; we will have normal school hours on both days:

Date and Assessment	What to bring	What NOT to bring
Monday, April 11 - Math	<p>A five-function calculator ONLY (includes square root and percentage functions). <u>Scientific and graphing calculators are prohibited.</u></p> <p>Water and/or snack. Your student will be allowed to have water and a snack during break time.</p> <p>A book. Your student will be allowed to read if there is time remaining in the session.</p>	Cell phones and any other electronic devices, including smart watches.

Monday, April 18 - English	<p>Water and/or snack. Your student will be allowed to have water and a snack during break time.</p> <p>A book. Your student will be allowed to read if there is time remaining in the session.</p>	Cell phones and any other electronic devices, including smart watches.
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If you would like your student to opt out of these assessments, please go to this link: <https://www.familyid.com/programs/monument-academy-state-standardized-assessment-refusal-2021-2022>

Opt. Outs:

If you have opted your student out of CMAS testing, they will follow the plan below:

Date of Assessments	What to bring	Schedule
Monday, April 11 Monday, April 18	Your iPad w/ear buds Book	<p>Your student will be assigned to classrooms to work on posted assignments/activities from their teachers.</p> <p>Also, your student will be scheduled for PE time.</p>

CMAS – Grade 8

MA will be administering CMAS state assessments beginning April 11. Your student will be testing on three days. Here is the schedule; we will have normal school hours on these days:

Date and Assessment	What to bring	What NOT to bring
Monday, April 11 – Math	A scientific calculator. <u>Graphing calculators are prohibited.</u> Water and/or snack. Your student will be allowed to have water and a snack during break time. A book. Your student will be allowed to read if there is time remaining in the session.	Cell phones and any other electronic devices, including smart watches.
Thursday, April 14 - Science	A scientific calculator. <u>Graphing calculators are prohibited.</u> Water and/or snack. Your student will be allowed to have water and a snack during break time. A book. Your student will be allowed to read if there is time remaining in the session.	Cell phones and any other electronic devices, including smart watches.
Monday, April 18 - English	Water and/or snack. Your student will be allowed to have water and a snack during break time. A book. Your student will be allowed to read if there is time remaining in the session.	Cell phones and any other electronic devices, including smart watches.

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Date of Assessments	What to bring	Schedule
Monday, April 11 Thursday, April 14 Monday, April 18	Your iPad w/ear buds. A Book	Your student will be assigned to classrooms to work on posted assignments/activities from their teachers. Also, your student will be scheduled for PE time.

Upcoming Events

Thursday, April 7 – **MS** Free Dress Within your Peak Color (more Below)

Thursday, April 7 – Lights, Camera, Auction! (See Below)

Friday, April 8 – MS Movie Night at 6:30pm

April 8-18 – Scholastic Book Fair

Friday, April 15 – NO SCHOOL – Staff Appreciation

Friday/Saturday, April 22/23 – Drama Performance at 7pm

Friday, April 29 – MS Field Day

Saturday, April 30 – Color Bash MS Dance at 5pm

Student Council – Color Out!

Middle School Student! On **Thursday, April 7th**, there will be a competition at the assembly. Free Dress Within your Peak Color. Wear the very most of your peak color to Win. Example: Lincoln Peak - wear red socks, red pants, red shirt and red hat!

Lights, Camera, Auction!

Annual Fundraiser!

The Monument Academy *Invest in Tomorrow* team is hosting its 2nd annual fundraising event at the Boot Barn themed "**Lights, Camera, Auction!**". Join us for a parents-night-out featuring food, drinks, silent auction, and a live auction led by a Colorado Champion Auctioneer! All proceeds benefit our MA school resource officer and teacher bonuses. Block your calendars for some fun - **April 7, 2022!**

Do you have a live or silent Auction item to donate? Would you like to promote your business with a Corporate Sponsorship? Please contact Wendy Brethauer at wjbrethauer@gmail.com.

Get your tickets now! <https://qrco.de/MAInvest>

Flyer on last page of this edition



Please Join Our Team ~ We Are Hiring!!!

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

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

Carline Reminders

- Please pull all the way up the side of the sidewalk to the top light pole for drop off in the morning and afternoon, doing this helps to avoid a large back-up along Jane Lundeen.
- Students are Only to be picked up in carline in the parking lot. Not behind the school and not along Jane Lundeen Drive.
- Safety First - Please NO children +/- or pets playing in the parking lot during carline.

Delay Start Schedule

Just a reminder that when we have a delayed start there are no Routine Early Releases due to Academic time until 3:30.

Challenger was a Successful Mission!

Sixth grade went to Challenger Learning Center Wed. and Thurs., March 30 & 31. We had an incredible time running our missions, working our escape rooms, and viewing Galaxies in the Planetarium. Our student astronauts discovered a new comet, problem solved **several** emergencies, and collected data while on their comet missions. Each student rose to the challenging role assigned to them and they all worked together as a great team. I was very proud of each of them.

I am very grateful! We had more than enough parents step up and say they would help out! This field trip would have never happened without the willingness and support of our amazing families. Thank you to all who helped and/ or were willing to help!

Cathy Edwards



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)

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.

From Athletics Department:

Week of April 4

Get out and support your Lynx student-athletes!

Spring Track & Field

Monument Academy HS & MS Track & Field season has started! The first meet of the season was this past Saturday at Manitou Springs and both Boys and Girls took 1st overall! What a great start to the season! Their next meet will be this Saturday April 9th at Atlas Prep with a start time to events scheduled for 9:00AM.

Matchwits

Matchwits will compete again in the final meet here at Monument Academy April 8 to finish out a spectacular year and with hopes to win the first place trophy! If you have interest in helping with the April 8th event, please contact Matchwits Coach Allison Wise at awise@monumentacademy.net.

Girls Soccer

Girls soccer had their first game Monday, an 6-1 win over Vanguard! Next up is a clash against RMCA this Wednesday April 6th. The game will be held at El Pomar sports complex with a start time of 4:00PM.

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 6, 2022



UNILATERAL vs BILATERAL MOVEMENT

Students are putting a greater focus on unilateral vs. bilateral movements this week, and will continue to do so for the remainder of the year. Why, you ask? Unilateral (above on left, below on right) movements are equally important as bilateral (above on right, below on left) to balance out muscular strength, power and endurance as well as helping to prevent injury. Movements like Drop/Reverse and Forward lunges, split jump squats (think taking off for a layup in basketball), and handstands (yes, we're working on developing strength to do unilateral - one-arm/hand handstands!) provides greater, balanced strength and power to our students.



In addition to balancing out muscular strength and decreasing the likelihood of injury, performing unilateral movements gives our students a greater sense of their work capacity when given a physical challenge as well as it develops confidence in their movement patterns. For example, dribbling a basketball, developing the strength and coordination will provide the player with an expanded skill set and confidence in becoming a well rounded player.

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 4 SNAPSHOT

Middle School

Windy, windy and more windy has been the theme this week. We did get outside a little this week for short stints of Parkour and freeplay, however, spent most of our time indoors starting our basketball unit, and performing those aforementioned unilateral movements.

High School

HS PE Students will be performing all of the above, as well as continuing to foam roll, and for our Yoga class, additional strengthening, lengthening, and restorative movements.

WEEKLY PE ARTICLE



This week in PE students are reading an article on the best carbohydrates for building muscle. We hear in PE a lot about kids taking lots of protein to get stronger, build muscle, etc... Most students don't understand the importance of carbohydrates not only in refueling but in developing muscle. Eating good carbohydrates can help refuel and prepare the body for the next lift, practice or competition. Carbs like whole grains, fruits and vegetables, beans and legumes, quinoa (super carb & protein!), and dairy.

Students are also learning that certain foods, like quinoa and dairy mentioned above, provide both protein and carbohydrates, so they can get more bang for their buck when eating/drinking.

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

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

MIDDLE SCHOOL FIELD DAY

Friday, April 29*



Register today, scan the QR code below.



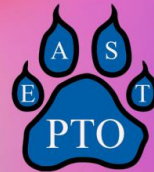
***Weather makeup date is Friday, May 6**

From East Campus PTO:

**We need volunteers for
next school year!**

Join the MA East PTO at our next meeting

MA East Campus Building
Friday, April 8 @ 8:30am



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!

