



September 25, 2020



Good Afternoon RMCA Families,

Another good week under our belts. We have had some inevitable exclusions this week but as a whole have been strong and healthy. Students love being back in the building and are moving forward everyday to make sure we are making the most of this year. Thank you so much for the kind words and the support we get from our parents everyday during this tough time.

October count has started this week. This will be one of the most important student count windows we have ever had. Please make sure that your students are present and accounted for everyday for the next several weeks. Students on remote learning need to log in and complete their work every day in order to be counted as present.

Our mantra for this year is: we will do great things for ALL students. I started to get back into classrooms and am very pleased at the great work our teachers have been doing so far this year. We have already seen a great growth in many students. We have students moving their reading and math scores very quickly. Please continue to use Lexia and ST Math at home. These great resources are showing a definite impact in student learning. I want to personally thank you all for the support you have given your teachers this year. It is truly paying off. Please send them a quick message of thanks and support so we can post them in the lounge at [shoutout@rmcacs.org](mailto:shoutout@rmcacs.org).

As another week comes to a close I want to share my deepest gratitude to you the parents that have supported us throughout the many years here at RMCA. This is such an amazing school filled with the best students, parents, and staff members a principal could want. As the weather gets colder and the leaves start to change keep us in your thoughts and remember to slow down, read a book, spend some time with each other outside, and enjoy this time we have together.

Principal Mac

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Front Office Hours  
7:30— 4:00

Attendance email

Nancetta Westcott  
[nwescott@rmcacs.org](mailto:nwescott@rmcacs.org)

Front Office: 719-622-8000

Fax 719-622-8004

RMCA PTO Presents

# DRIVE-THRU TRUNK OR TREAT!

**SATURDAY  
OCT, 31ST**

Trunks Needed. Sign up here:  
<http://bit.ly/2043743>

**4:00PM - 6:00PM**

**RMCA Parking Lot**

**Candy Competition  
Starts Oct 26th!  
Prizes per Grade**





## Stop the Spread of COVID-19



**WASH YOUR HANDS**  
often with soap and  
water for 20 seconds.



**USE HAND SANITIZER**  
with at least 60% ethyl  
alcohol or 70% isopropyl  
alcohol when handwashing  
is not available.



**WEAR A MASK**  
or fabric face covering.



**STAY AT LEAST  
6 FEET APART.**



**STAY HOME IF  
YOU'RE SICK.**



Asthma and Allergy  
Foundation of America

[aafa.org/covid19](https://aafa.org/covid19)

## IS IT COVID-19, THE FLU, A COLD OR ALLERGIES?

Symptoms	Coronavirus* (COVID-19) <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>	Seasonal Allergies <small>Abrupt onset of symptoms</small>
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
Shortness of breath	Sometimes	No**	No**	No**
Sneezing	No	Common	No	Common
Runny or stuffy nose	Rare	Common	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
Fever	Common	Short fever period	Common	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
Body aches and pains	Sometimes	Common	Common	No
Diarrhea	Sometimes	No	Sometimes for children	No
Chills/repeated shaking	Sometimes	No	Sometimes	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare

Your symptoms may vary. \*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention, edited 4/29/20 • [aafa.org/covid19](https://aafa.org/covid19)

**Submit an  
Anonymous  
Report**

**safe<sup>2</sup> tell Colorado**

Make a Report. Make a Difference.



**1-877-542-7233**



Anonymously report anything that concerns or threatens you, your friends, your family or your community.  
We are open 24/7, 365 to take reports.

Parents are key players in creating safer schools and communities. Safe2Tell Colorado provides the only anonymous way for students, parents and community members to report unsafe and risky behaviors before they grow out of control. Each year, Safe2Tell Colorado receives thousands of reports on bullying, cyber-bullying, suicide threats, mental health concerns, child abuse, substance abuse, violence, planned school attacks, and other concerning behaviors. Each concern reported to Safe2Tell Colorado allows for caring, concerned adults to effectively intervene in the life of a child or youth who is struggling. Safe2Tell Colorado wants everyone to know - telling isn't "snitching." Telling is when you need to keep yourself or someone you know safe from threats, harmful behaviors or dangerous situations.

Not sure if you should use Safe2Tell? If you don't, who will? We need your help to improve your school and community. By calling, you can help stop a friend from committing suicide, get another student off drugs, or stop a bully from making other people miserable. If you have information about the following topics, please call.

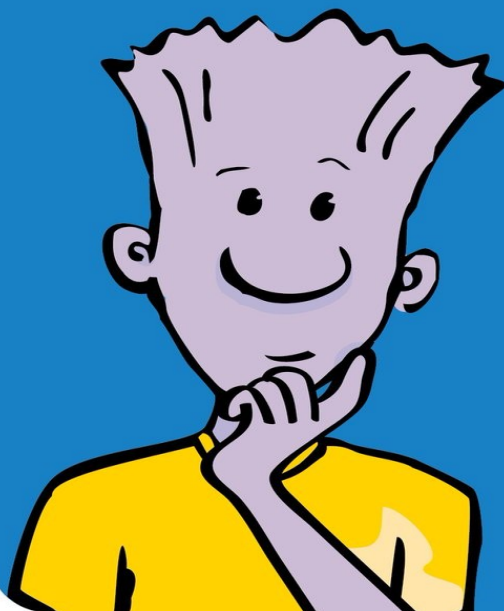
To make a report, call 1-877-542-7233 from anywhere, 24 hours a day, seven days a week. The call is free. You may also make a report by clicking on the yellow conversation box adjacent to this paragraph that reads Submit a Tip or download the Safe2Tell mobile app on the [Apple App Store](#) or [Google Play](#). Remember, your identity is safe. No one will ask for your name or number. There is no caller id., no call tracing, no call recording and no call forwarding. We only want to hear your concern and try to help.

The anonymity of all Safe2Tell Colorado reports is protected by C.R.S. 07-197. This means the reporting party remains UNKNOWN by Colorado State Law.



NED Mindset Mission Virtual Show October 12, 2020

“If you think you know all there is to know and you won't let go of the words “I know”, then you'll never know what you don't know. Cuz, there's always more to know, yunno?”



*-from NED's Mindset Mission*



Click here: <http://www.mindsetmission.com>



# Rocky Mountain Classical Academy

Encore Updates  
September 2020

Mark your  
Calendar



Date	Event
10/15 & 10/16	Parent/Teacher Conferences



## PE

In Physical Education students are running for the mileage club. Please be sure to send students to school with non-marking running shoes on their PE day. (You are welcome to send an extra pair of shoes for students to keep in their classroom.) Please also bring a water bottle; the drinking fountains are closed.

I do encourage students to wear a mask as much as possible. During strenuous exercise the state has lifted the mask rule for PE and I do strongly encourage students to keep social distance. As is possible, I take students outside for exercise. After the strenuous activity, students drink from their own water bottle and are socially distanced. We then get hand sanitizer and continue with our PE activity.

I am looking for a Parent Coordinator for American Heart Association week in February. I did just receive the prizes from AHA from last year and I plan to pass those out soon.

I look forward to passing along a love of exercise to your students.

Coach Wil Winter  
Elementary Physical Education Teacher  
[wwinter@rmcacs.org](mailto:wwinter@rmcacs.org)



## ART

Greetings from Ms. Parrish in the Art Studio!

It is quite exciting to see the joy and eagerness of learning and of creating art in the eyes of my students! You will see that over the next month, your children will be bringing home works of art that did not get to make it home last school year - due to the pandemic. I am very happy to be getting these creations passed back to my artists.

This year, due to scheduling and other conflicts, the RMCA Art Department will not participate in the Original Works fundraising program. We do hope to pick this up again in the future as circumstances allow - thank you for understanding.

I am looking forward to many great artistic adventures filled with curiosity, discovery and the creative expression.

Warmly,  
Ms. Parrish  
RMCA Art Director / K - 5 Art Teacher.  
[cparrish@rmcacs.org](mailto:cparrish@rmcacs.org)



## LATIN

Salvete, omnes! It is so good to see everyone and have everyone back for another school year. We have been reviewing our materials from last year for the first couple of weeks to get ourselves back to thinking about Latin, and each grade has big things planned for September.

Kindergarten is starting off by learning the Latin ABC's and pronunciation and then will start to learn "People and Family Words."

First and second graders are going to review those "People and Family Words" with classic children's stories: "The *Fabula* of Peter Rabbit" for 1st Grade and "Goldilocks *et Tres Ursi*" for the second graders (retelling the stories with Latin vocabulary put into the stories for comprehension.)

3rd Graders will get right into Roman culture with a unit all about chariot-racing, one of the favorite pastimes of the Romans.

And after getting up to speed, the 4th and 5th Graders will jump into Chapter 6 in "Latin for Children" to continue from where we left off. It has been great seeing all of the students already, and it is going to be a great year!

James Booth  
[jbooth@rmcacs.org](mailto:jbooth@rmcacs.org)



Hello RMCA Families!

We are slowly getting back into the groove here in the library.

Extra precautions have been put in place to ensure center areas are thoroughly cleaned and students are keeping proper distance while in the library.

#### New Library Policies:

- Students will check in and out their own book.
- Returned books will be placed in a bin and quarantined for at least 72 hours before returned to the shelf.
- Students are required to bring their own supplies, including: 2 sharpened pencils, crayons or colored pencils, scissors, and a glue stick along with their yellow Library folder and Library book.

Students will begin taking books home this month! Please make sure their book is kept in a safe place, away from younger siblings and pets. Also, please be mindful of leaky water bottles in backpacks. They can ruin books and other belongings rather quickly! Ziploc bags work great!

Also, if you have any interest in hanging out in the beautiful Library, I could really use your help! Books are returned daily and need to be placed back on the shelves. No experience necessary; Training is available!

**\*\*Help is needed daily from 3pm–Carpool\*\***

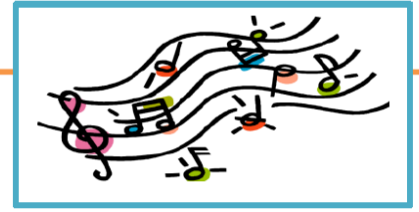
Skip waiting in the carpool line and get some volunteer hours in! Please email me if you are interested and let me know which days you are available.

I look forward to seeing you in the Library!

Kamrine Finney  
[kfinney@rmcacs.org](mailto:kfinney@rmcacs.org)  
(719)550-5326  
Library/Media Specialist

Daily Volunteers  
Needed!

Contact Mrs. Finney  
if you are interested.



## Music

Welcome back to all of our RMCA young musicians!

It is wonderful making music again with students in the music room!

Here is what each grade will be working on in the coming weeks:

**Kindergarten** is learning about musical opposites. We will be listening and moving to music that helps us identify high/low sounds, fast/slow tempo and loud and soft dynamics.

**1st Grade** will begin to work on coordination between their left and right hands using different instruments to show new melodies using 1-3 new solfege notes.

**3rd grade** will practice composing and reading new rhythmic patterns. These patterns will help us practice independence as we layer rhythms together.

**4th grade** is starting to review what they know about reading music on the staff. We will continue to practice recognizing notes and reading patterns from the staff using both notenames and solfege.

**5th grade** is laying the groundwork for our ukulele practice. This means reviewing rhythm notation, note names and coordination so that we are ready to pick up this fun string instrument in the coming months!

As always if you have any questions or concerns feel free to reach out to Miss Rafoth at [drafoth@rmcacs.org](mailto:drafoth@rmcacs.org)!

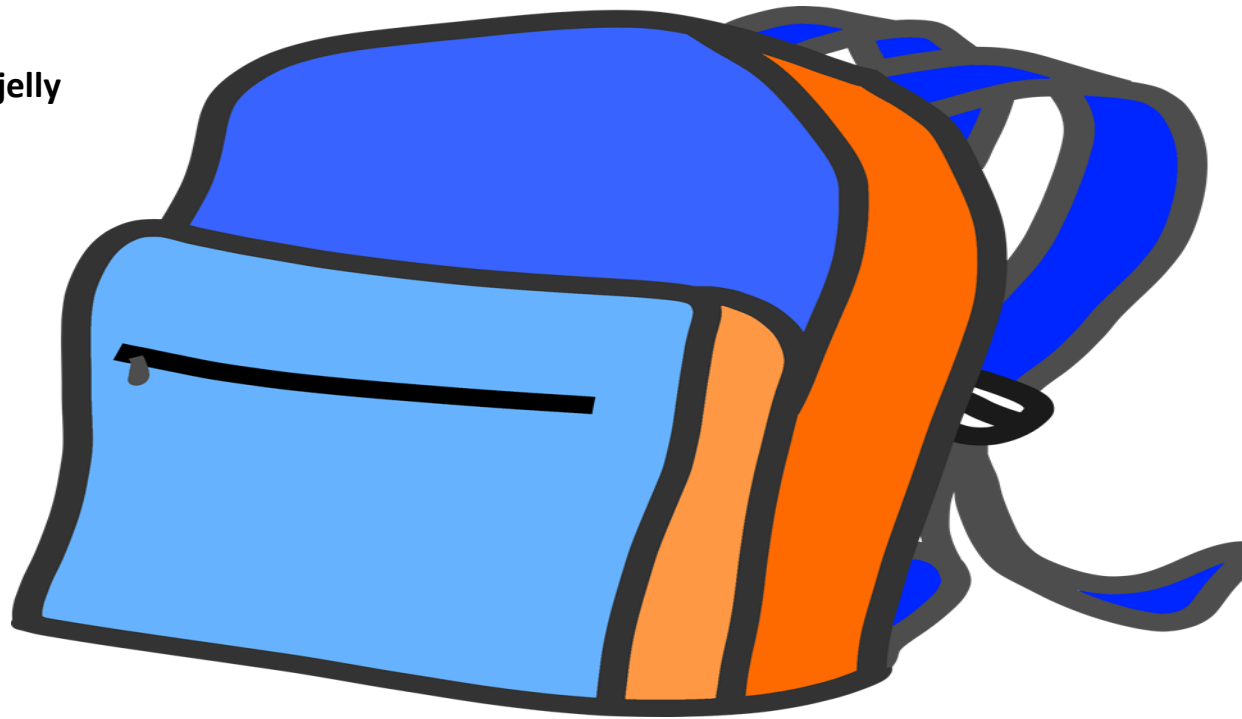
Dana Rafoth - RMCA Elementary Music Teacher -  
[drafoth@rmcacs.org](mailto:drafoth@rmcacs.org)

# Backpack Program

**The Backpack program needs your help!**

**The RMCA Backpack Program exists to help students with nutritional and hygiene needs over the weekend when there is no access to food services at school. With Covid-19 impacting so many families your help is needed more than ever! This program relies on donations of food and money. Right now we are in need of the following non-perishable food and personal items:**

fruit cups  
cup-o-soups  
ready meals  
fruit bars  
pudding  
cereal  
peanut butter and jelly  
bread  
crackers  
trail mix  
mac n cheese  
rice/pasta packs  
ramen  
toothpaste  
floss





Lunch



# My Kid's Lunch

All meals are free to students until further notice.

## All Meals: Fresh Fruit, Milk and Entrée

At RMCA we are invested in our students' health and are committed to offer healthy food to our students.

Monday 9/28/20	Tuesday 9/29/20	Wednesday 9/30/20	Thursday 10/1/20	Friday 10/2/20
Cereal Dried Pineapple Rings Whole Apple  Chicken Soft Tacos Cheddar Cheese Tortillas Sliced Peaches Pinto Beans	Chicken Sausage Biscuit 100% Juice Spiced Peaches  WW Penne Beef Meat Sauce Seasonal Fruit Steamed Broccoli	Blueberry Scone 100% Juice Whole Orange  Chicken Tenders & Waffles, Syrup Pineapple Home Fries	Waffles, Syrup 100% Juice Craisins  Beef Sloppy Joe Wheat Bun Seasonal Fruit Steamed Corn	Pumpkin Bread Applesauce Dried Papaya  Grilled Cheese Sliced Pears Diced Carrots

Extra Milk \$.60

Lunch \$2.95



# Important Information

## Uniforms

Uniforms make it easier for students to focus in class and promote a safe student culture not focused on style, brands, and fashion trends. Please make sure your student's shorts and skirts are long enough to meet the uniform policy guidelines. Shorts and skirts should be no shorter than 2" above the knee when sitting. You may use this link for further information on the [RMCA Uniform Policy](#). Picture Day is September 24 and 28. Students may "dress up" on occasions when special events are scheduled, ie: music programs, game days for athletes, picture days, etc. Rules for modesty and dress code still apply on these days. Skirts must be of school appropriate length, no strapless or spaghetti strapped tops, no tight or low-cut clothing, no heels greater than 1", etc. Thank you for helping us by having your child follow this policy!

## Masks

We will continue to follow the state recommendations for students and staff members on wearing masks and facial coverings. Students ten and younger may wear masks and facial coverings. Students eleven years and older and staff members must wear masks or a facial covering. We ask that students wear masks and facial coverings without words or images that could be scary for our younger students.

## Cell Phones and Smart Watches

Students need to have their cell phones turned off and put in their backpacks before they enter the building in the morning. If students have their cell phones out of their backpacks the phone will be sent to the office. Smart watches may be worn if used as watches. If smart watches are used to take pictures, record, text, or place a phone call they will be taken to the office. Parents will be called and will need to pick the phone or smart watch up from the front office.

## Water Bottles

Please send your child with a water bottle each day. The drinking fountains have been turned off and covered for student safety. We have a touchless water bottle filling station available near the gym if students need to refill their water bottle through the day. Parents have donated some water bottles for students who have forgotten to bring one.

## Cold Weather

Colorado is known for its crazy weather! Be sure to watch the weather forecast and send warm coats for students on colder days. If it is too cold we will keep students in for inside recess, but want to give kids the opportunity to be outside and get their wiggles out as much as possible. The weather forecasters are predicting snow on Tuesday!

### **Volunteers**

**If you have not done so, please make sure you have completed the volunteer application.**

**You must complete an application to volunteer.**

**Click on the following link**

**<https://apps.raptortech.com/Apply/MzEzMTplbi1VUw==>**

Due to COVID-19, please contact your teacher for work-at home projects.

### **Volunteer Hours**

Donations are accepted for volunteer hours. Please bring item (s) to the front office with a receipt. Hours will log accordingly.