



6th-8th Grade
Wrestling Season
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Middle School
Order Class Pictures
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■ WINTER

■ MARCH 5, 2021

www.rmccacs.org

ROCKY MOUNTAIN CLASSICAL ACADEMY Newsletter

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Front Office Hours:

7:30am— 4:00pm

Attendance E-mail:

Nancetta Westcott
nwestcott@rmccacs.org

Front Office: 719-622-8000

Fax: 719-622-8004

Good Afternoon Amazing Parents,

What a great week of reading we had! As we celebrated Read Across America, it was fabulous seeing all our students sharing stories every-day. As I popped into classrooms, it filled my heart with joy to see so many kids with books in their hands.

Whether it was Dr. Seuss, Artemis Fowl, or Beowulf, watching our students engage in that lifelong passion was wonderful to see.

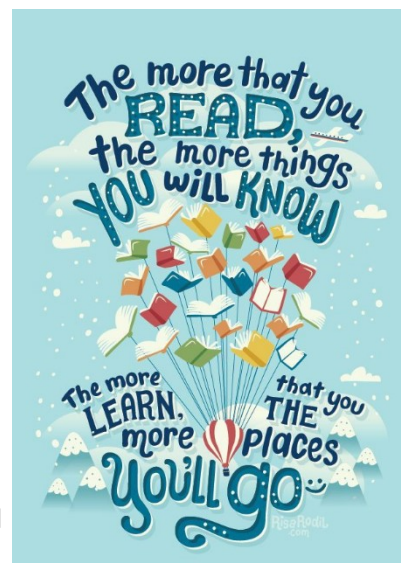
We also had the highest week of Lexia usage in the last 2 months. Thanks for working so hard at home to improve our literacy skills. It is definitely paying off. Keep it up! Please take some time to read with your kids this weekend to wrap up on a great week of reading.

In the next two weeks we will be continuing our book fair, Middle School will have their spirit week, and I will be getting slimed for all the money raised during the Hearts Challenge. I am "really" looking forward to it.. Stay tuned to Facebook for the upcoming video.

Please share any praise that you have for our teachers at the shoutout@rmccacs.org email.

Thank you for all you do and have a great weekend. See you all on Monday.

Principal Mac



DONATIONS NEEDED!

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ABOUT RMCA

OUR VISION

Creating culturally literate citizens who will impact their world for life, liberty, and justice.

OUR MISSION

Rocky Mountain Classical Academy exists to support parents in developing citizens and characters who are equipped with a strong knowledge base and academic skills. The basis of this development is rooted in an academically rigorous, content-rich, classical educational program with Core Knowledge emphasis.



Process Champions



RMCA Captures Kids Hearts

Genuinely engaging our students is a pillar within the CKH program. There are several things we accomplish by implementing this step: we start the day with a positive greeting , affirm each students, welcome students into our class, and give them our full attention, first thing.

Important Reminders

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](#). 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

Students need to have their cell phones and 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

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.

Important Reminders

FAMILY NIGHT

We will have our Prospective Student/Family Night on Thursday, March 18th from 5:30-7:00pm. You will be able to meet some of our teachers and administrators, tour the school, and learn more about RMCA at this event.

EMAIL US

If you have any questions or concerns, please email info@rmcacs.org.



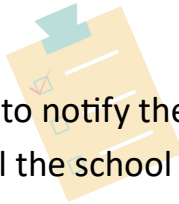
DROP OFFS

Due to extreme cold weather conditions, please do not drop your student(s) at school before **7:30am!**

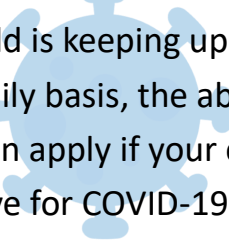


ATTENDANCE

If your child will be absent, the best way to notify the school is to e-mail Nancetta at nwestcott@rmcacs.org. You may also call the school and press #1 to reach the attendance line.

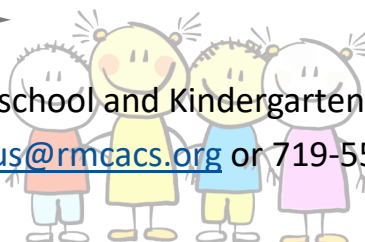


If your child has to be out of school for a COVID-19 related absence, you can contact your child's teacher for daily work. If your child is keeping up with their daily work and you are communicating with the teacher on a daily basis, the absences will not count against your child's total number of absences. This can apply if your child has to be out of school for a COVID-19 exposure or if they test positive for COVID-19 and are able to do school work.



PRESCHOOL

RMCA is currently enrolling Fall Preschool and Kindergarten Summer Camp from ages 3 to 7. Please contact Melissa at mcornelius@rmcacs.org or 719-550-5440 for registration information.





MIDDLE SCHOOL WRESTLING SEASON INFO



Start Date: Mon, March 15th

Time: 3:45-5:30pm

Location: RMCA Gym

What You Need: Fill out Athletics
Registration form [here](#), current
physical submitted, wrestling
shoes, water bottle, mask

This year, we require a copy of a
current physical before your child is
able to participate in practice. The
easiest way to submit this is to take a
photo with your phone and email Mr.
Humphrey at thumphrey@rmcacs.org.
You may also email Mr. Humphrey
with any questions.



****Throughout the practice when the kids are not on the mat wrestling, they will need to wear their masks. If they are on the mat wrestling, they will be able to remove the mask. We will have processes in place to limit the exposure during practice as best as we can****



Girl's

BASKETBALL GAMES

Streaming on RMCA's Facebook LIVE!

March 10th

James Irwin

C-Team 4:00pm

B-Team 5:30pm

A-Team 7:00pm

March 11th

Manitou

C-Team 4:00pm

B-Team 5:30pm

A-Team 7:00pm



IT'S PICTURE TIME!

Middle School Order Class Portraits



Students must be in uniform



There will be no picture retakes



**Order forms were sent home-
Pay on Picture Day**



DONATIONS

NEEDED

IN THE FRONT OFFICE

Copy paper cases and masks will be counted towards volunteer hours!

Every \$10 donated
=
1 volunteer hour

You must complete an application to volunteer or receive volunteer hours. **APPLY HERE!**

Please bring item(s) along **WITH A RECIEPT** to the front office. Hours will be logged accordingly.

**Due to COVID-19, please contact your child's teacher for work-at-home projects*



BOOKFAIR UPDATE

The Book Fair has been postponed to March 10th & 11th. Online shopping will also resume.

**March
10 & 11**

The money parents put in eWallet will still be available for both in-person and online.

**Dates are subject to change due to any future snow days*



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER SUMMER

YMCA SUMMER DAY CAMP

Ages 5 - 12

Camp starts on May 24, 2021.

We will have weekly sessions running through August 13, 2021.

TIME

6:30 a.m. – 6:00 p.m.

COST

Registration Fee (one-time) \$50 per child

Weekly Day Camp Fee

Full Week - Members	\$220
Full Week - Nonmembers	\$250

3 Day Option - Choose your 3 days!

Available at Tri-Lakes only	
Members	\$155/week
Nonmembers	\$185/week

LOCATIONS

- Briargate YMCA
- Tri-Lakes YMCA / Lewis Palmer Elementary School
- Southeast YMCA
- Downtown / central locations will be announced soon!

**Join us for one week
or all summer long!**

Learn more at ppymca.org/daycamp

YMCA OF THE PIKES PEAK REGION

Financial Assistance Available • CCCAP Accepted

My Kid's Lunch

FREE CHILD MEALS!

All meals are FREE to students until the end of the school year. At RMCA, we are invested in our students' health and are committed to offer healthy food to our students.

Extra Milk \$.60

Lunch \$2.95

Breakfast \$3.00

Adults \$3.70

Monday 3/8/21	Tuesday 3/9/21	Wednesday 3/10/21	Thursday 3/11/21	Friday 3/12/21
<i>Cereal</i> <i>Whole Apple</i>	<i>French Toast,</i> <i>Syrup, 100% Juice</i>	<i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Sliced Peaches</i>	<i>Cereal</i> <i>100% Juice</i>	<i>Banana Bread</i> <i>String Cheese</i> <i>Applesauce</i>
Red Chicken Tamales Salsa Black Beans Peach Crisp	Chicken Patty Sandwich, Wheat Bun, BBQ Sauce Steamed Corn Whole Fruit	Creamy Swedish Meatballs Buttered Noodles Steamed Peas Blueberry Crisp	Turkey Hot Dog, Wheat Bun, Ketchup, Baked Beans, Cinnamon Apples	Chicken Fried Rice, Steamed Edamame Fruit Cup



COVID-19: Information for Families

Stay Safe, Stay Well, With These Helpful Reminders

- ▶ Wash your hands often or use hand sanitizer if soap and water are not available. Yes, even when you are at home!
- ▶ Avoid being around people that don't live in your house. Many people get sick being around people that they know. Limit contact to 15 minutes or less.
- ▶ Continue with social distancing (6 feet), just like at school.
- ▶ Wear a mask when you leave home, and when you are around people that don't live in your house.
- ▶ Help out with cleaning at home – disinfect items that others might touch, such as counter tops, tables, door knobs, light switches, handles and drawer pulls, toys, personal items, and surfaces in the car too.
- ▶ Don't share eating utensils, cups or glasses, or drink containers such as water bottles or juice boxes.
- ▶ Open windows at home when the weather is good. Fresh air is important.
- ▶ Consider getting a flu shot soon – contact your medical provider for information.

Monitor Your Whole Family for Symptoms Daily:

- Monitor all family members for fever or other symptoms of illness, while at home or before leaving home. Take everyone's temperature with a reliable thermometer.
- If your student has any symptoms (even one symptom), they should not be going to the school, to small group instruction, or to special services for any reason. Notify the school immediately and keep your child at home.
- Any of the symptoms listed are possibly COVID-19. It is not possible to tell the difference between COVID and any other illness such as a cold, the flu, seasonal allergies or other illness, without a COVID PCR test. Some people have COVID and have only Minor Symptoms. Some people don't have any symptoms and still test positive for COVID. You might not know if someone has COVID or does not have COVID.
- Symptoms of COVID can appear 2 to 14 days after exposure to the virus. A COVID positive person can share the virus 2 days (48 hours) before they have any symptoms.

COVID-19 Symptoms

CRITICAL SYMPTOM	MAJOR SYMPTOMS	MINOR SYMPTOMS
Loss of taste or smell	<ul style="list-style-type: none">• Feeling feverish, having chills, temp of 100.4F or more• New or unexplained persistent cough• New or unexplained shortness of breath or difficulty breathing	<ul style="list-style-type: none">• Sore throat• Runny nose or congestion• Muscle or body aches• Headache• Fatigue• Nausea, vomiting• Diarrhea

EMERGENCY COVID-19 WARNING SIGNS include: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. Seek medical attention immediately by calling 911.

This list is not all-inclusive for Major, Minor, or Emergency Symptoms. Please consult your medical provider for any other symptoms that are severe or concerning. Your medical provider may want to discuss evaluation, testing or have other directions for you.

If Anyone in the Home has any Symptoms or is Sick:

Stay home! Avoid being around others. If symptoms last longer than 24-48 hours, contact your medical provider.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

Where to get tested for COVID-19:

- ▶ www.ElPasoCountyHealth.org/covid-19-testing-information
- ▶ A PCR test is best. A rapid test for COVID-19 is only treated as accurate if it is a positive result. A rapid test might be negative because it's done too soon or too late to detect COVID. A PCR sample is sent to a lab for results.
- ▶ If there are no symptoms, it may be too soon to tell if COVID is present or not.
- ▶ It may take several days to get results back. While you wait, stay home and monitor symptoms. Avoid others.
- ▶ If anyone in the home has been tested for COVID, or has symptoms, it is best that everyone in the home stays home and waits for the test results. Or, separate the sick person from others as much as possible while waiting.

If Anyone in the Home Tests Positive for COVID-19:

- ▶ Please notify the school, or school nurse. Even if we are E-learning, it is very important that we accurately keep track of the number of cases in our community and those cases associated with our district buildings.
- ▶ If someone in the home is positive for COVID, everyone in the home must stay home and isolate or quarantine also. The decision for the exposed household members to isolate for 10 days, or quarantine for 14 days, is dependent on several factors.
- ▶ Please contact the school nurse for more guidance. The school nurse can provide you with information that you need to care for your family and protect the community.

For further guidance, contact your medical provider, El Paso County Public Health, or your school nurse.

This information provided by District 49 Nursing Services
www.d49.org/nursingservices

If you were advised to go into Isolation or Quarantine, would you know what to do?

www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf

- **Isolation** keeps someone who is infected with the virus away from others, even in their own home.
- **How long is Isolation?** 10 days to monitor for other symptoms and recover. Isolation is only 10 days, because you may have already had the virus 2-4 days before symptoms appear. Stay home and only go out if medically necessary.
- **Quarantine** keeps someone who might have been exposed to the virus away from others. It helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Stay home and only go out if medically necessary.

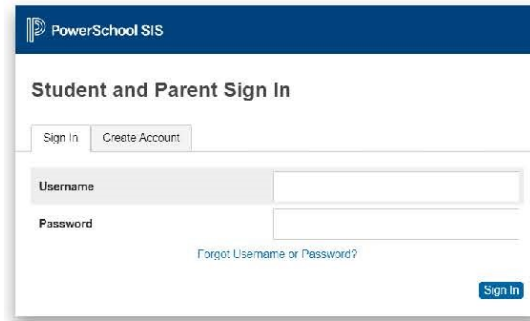
- **How long is Quarantine?** 14 days to monitor for any symptoms. It takes 2-4 days after being around someone sick with COVID for symptoms to appear if you are infected.
- If you have been around someone who has COVID, you will be advised to Quarantine. If symptoms start during Quarantine when you have been around someone with COVID, you will need to start your own 10-day Isolation to monitor for other symptoms and to recover.
- **Note:** If quarantine begins at noon on Day 1, it ends at noon on the last day.
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

References:

- ◆ www.elpasocountyhealth.org ◆ <https://covid19.colorado.gov>
- ◆ www.cdc.gov ◆ <https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools>

How to Update Student Information in POWERSCHOOL

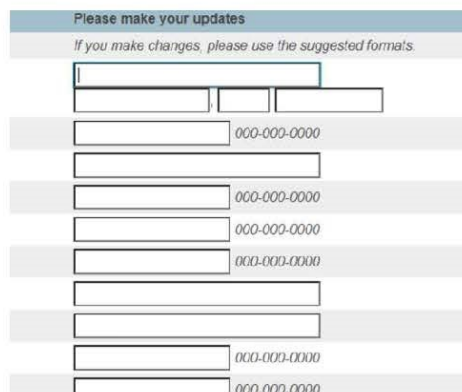
Step 1: Login to your parent PowerSchool account through our website

The image shows the PowerSchool SIS login page. At the top is a blue header with the PowerSchool SIS logo. Below the header is a white box titled "Student and Parent Sign In". Inside this box, there are two tabs: "Sign In" (selected) and "Create Account". Below the tabs are two input fields: "Username" and "Password". Below the password field is a link that says "Forgot Username or Password?". At the bottom right of the white box is a blue "Sign In" button.

Step 2: Locate the Demographic Change option on the left-hand side of your account



Step 3: Enter any new phone numbers, email addresses, emergency contacts or other changes of information. Make sure to press submit on the bottom right.

The image shows a form titled "Please make your updates". Below the title is a note: "If you make changes, please use the suggested formats." The form contains several input fields for updating contact information. The first field is for a phone number, followed by a field for an email address. Below these are several fields for emergency contacts, each with a label "000-000-0000" next to it. The form ends with a "Submit" button.

*If you do not know your login information for PowerSchool, please contact us at 719-622-8000 and we can provide that for you.

*If you want to update a student's address in PowerSchool, please send proof of residency to Lauren Huitt at Lhuitt@rmcacs.org. The only documents that will be accepted for an address change are a utility bill, mortgage statement, lease agreement, or real estate tax bill from the current calendar year.

*If you do not see Demographic Change as an option on your account, please email Cassandra Cannon at ccannon@rmcacs.org and she will be able to add that feature for you.

*If you have multiple children at RMCA, please complete this process for each child on your account in PowerSchool.

**Submit an
Anonymous
Report**

safe²tell 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.

My Kid's Lunch



FREE BREAKFAST & LUNCH FOR ALL CHILDREN AGES 1-18

Sundays from 10:30 to 11:30am	Sundays from 12:30pm to 2pm
NUEVA VIDA CHURCH	BY GRACE COMMUNITY CENTER
801 N. Circle Drive COS, CO 80909	737 Dale Street Fountain, CO 80817

7 days Breakfast & Lunch w/gallon milk per child