



October 16, 2020

Enjoy your break. Make sure you are working on ST Math and Lexia.

Be on the lookout for a video of Mr. Mac having a pie thrown in his face.

Go Knights!

Inside this issue

PTO	2-3
Important Information	4-5
Athletics.....	6
Nurse Notes.....	7
Encore.....	8-9
Safe2Tell.....	10
Lunch Information	11
Volunteers.....	12

Front Office Hours
7:30— 4:00

Attendance email

Nancetta Westcott
nwestcott@rmcacs.org

Front Office: 719-622-8000

Fax 719-622-8004

PRESENTED BY
RMCA PTO

CANDY COMPETITION
STARTS THE 26TH

DRIVE THRU
TRUNK
or
TREAT

RMCA

DRIVE THRU TRUNK OR TREAT
SATURDAY, OCTOBER 31ST
4:00-6:00PM IN RMCA PARKING LOT

TRUNKS STILL NEEDED. EARN A \$25 RESTAURANT GIFT CARD FOR HOSTING A TRUNK. CLICK BELOW

<https://www.signupgenius.com/go/60b044aa5a829a6fb6-fall2>



Important Information

Please Help!

Front Office is in need of water and masks for students who forget to bring their items. **These items may be used as Volunteer hours. Send your receipt with our items.**

Preschool News

We need your help to fill our last few spots in pre-school!

If you have friends, family, or co-workers who are looking for an amazing, educational, loving preschool that provides our own before and after care, please have them reach out to Melissa at 719-550-5440 for information on the availability of spaces in our half day, part-time full day, and full day programs



Important Information Cont'

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 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!

Nurse Notes

- The Colorado Department of Education still requires immunizations for all students. If your student is not currently up to date on immunizations, please make sure you get all necessary immunizations done and provide a copy of immunization records to the health room. If you have not already completed your student's health form in PowerSchool, please do so.

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

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

**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.

Cereal
Cereal
100% Juice
Craisins
Grilled Cheeseburger
Wheat Bun, Ketchup
Seasonal Fruit
Baked Beans

My Kid's Lunch

All meals are free to students until the end of the school year.

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.

Extra Milk \$.60

Lunch \$2.95

Breakfast \$3.00

Adults \$3.70

Monday 11/2/20	Tuesday 11/3/20	Wednesday 11/4/20	Thursday 11/5/20	Friday 11/6/20
English Muffin Egg Patty Spiced Pears Whole Apple Chicken Soft Tacos Cheddar Cheese Tortillas Sliced Peaches Pinto Beans	Pancakes, Syrup 100% Juice Whole Orange WW Penne Beef Meat Sauce Seasonal Fruit Steamed Broccoli	Lemon Poppyseed Bread 100% Juice Dried Pineapple Chicken Tenders & Waffles, Syrup Fruit Cup Home Fries	Cinnamon Roll 100% Juice Fresh Banana Beef Sloppy Joe Wheat Bun Seasonal Fruit Steamed Corn	Zucchini Bread Applesauce Dried Papaya Grilled Cheese Sliced Pears Diced Carrots

Volunteers

If you have not done so, please make sure you have completed the volunteer application. You must complete an application to volunteer or receive volunteer hours.

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.