

ROCKY MOUNTAIN CLASSICAL ACADEMY The Knightly News

September 18, 2020

Good afternoon RMCA Community,
Now that we are up in the swing of things I wanted to share a few thoughts on philosophy and curriculum with the community. We are a Core Knowledge School with a Classical Focus, but it is important to all of us to completely understand what that really means.

A LITERATE CULTURE IS
THE MOST
DEMOCRATIC CULTURE
IN OUR LAND

E.D. Hirsch

Rocky Mountain Classical Academy strives to embody the vision of “Creating culturally literate citizens who will impact their world for life, liberty, and justice.” This is the tenet by which our classically trained educators live. In the words of E.D Hirsch, a “Literate culture is the most democratic culture in our land: it excludes nobody; it cuts across generations and social groups and classes; it is not usually one’s first culture, but it should be every one’s second, existing as it does beyond the nearest fears of family, neighborhood, and region.” (Hirsch, Kett, & Trefil, 1988) As a Core Knowledge institution, RMCA strives to add citizens equipped to participate in that culturally literate body politic. This is to what the educators and scholars at RMCA dedicate their lives.

RMCA has a great history of providing the best educational option for our stakeholders. The purpose of our curricular focus and instructional passion is to strengthen our school vision and to create new avenues for attaining the Board of Directors’ mission that our community deserves. The administrative and instructional teams at RMCA firmly believe in our curricular focus. We send our own children to school at RMCA every day, precisely because we believe in the student outcomes provided by the [Core Knowledge Scope and Sequence](#). It is our philosophy that all students can learn at high levels and by using the Core Knowledge Curriculum and a Classical Approach to education, we offer the best avenue for our students to reach that high level of learning.

I want to thank all of our parents who so firmly believe in our mission and vision. RMCA delivers the best curriculum by the best teachers to the best students in the Springs. Please share our amazing mission with your friends and families. I truly believe in what we do and am grateful that you trust this team every day to provide that for your students.
Have a great weekend,

Principal Mac



Inside this issue

PTO Fundraiser	2
Picture Day Info.....	3
Nurse Notes.....	4-5
Safe2Tell.....	6
Yoyo Fundraiser.....	7
Encore.....	8-9
Lunch Information	10
Important Information	11
Volunteers.....	12

Front Office Hours
7:30— 4:00

Attendance email

Nancetta Westcott
nwescott@rmcacs.org

Front Office: 719-622-8000

Fax 719-622-8004

RMCA PTO Membership Application
<https://forms.gle/rCJUMbBmuidqFozP7>

SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Rocky Mountain Classical Academy PTO. Come in to the Chipotle at **3026 New Center Pt** in Colorado Springs on **Tuesday, September 22nd** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Rocky Mountain Classical Academy PTO.

NEW! ORDER ONLINE FOR PICKUP

Use code PF6WDHH before checkout in 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser.



MEXICAN GRILL

All online orders must be placed for pickup at the same time/location of the fundraiser. Delivery cannot be counted at this time. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Fall Picture Day



We will not be sending Order Flyers home with students this year. Be sure to preorder your pictures at inter-state.com/order. **Do not send money with your student!**

September 24, 2020

ES – 49608F <https://inter-state.com/FlyerEntry/49608F>

MS – 49609N <https://inter-state.com/FlyerEntry/49609N>

September 28, 2020– Remote Learners Only

ES – 52665Z <https://inter-state.com/FlyerEntry/52665Z>

MS – 52666R <https://inter-state.com/FlyerEntry/52666R>

Please make sure you email address is correct in PowerSchool. Order information will be sent to the email address in PowerSchool.

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.



Sand Creek High School: Sept. 15 (Tuesday) from 3:30 - 8 pm

Falcon High School: Sept. 16 (Wednesday) from 3:30 - 8 pm

Vista Ridge High School: Sept. 17 (Thursday) from 3:30 - 8 pm

Flu shots will be available at the above locations through King Soopers for ages 7-years old and up (Tri-Care, Medicaid for those 19-years old and UP, and many other insurances accepted including United HealthCare).

Due to the high demand for the El Paso County Health Department Immunization Clinic staff for COVID tracing and testing, they will not be able to participate in this year's BOO to the FLU clinics.

For those 6-months to 18-years with Medicaid, the Falcon Peak Health Center can provide Flu shots at their location next to Falcon Elementary School Monday-Friday (please call for hours).

Social distancing measures and mask requirements will be in effect at all Boo To The Flu locations.

**Falcon Peak Health Center: 12050 Falcon Highway | Peyton, CO 80831
719-344-6247 | <https://www.peakvista.org/locations/falcon-d-49>
(Call for hours and appointment!)**



Nurse Notes Cont'

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.

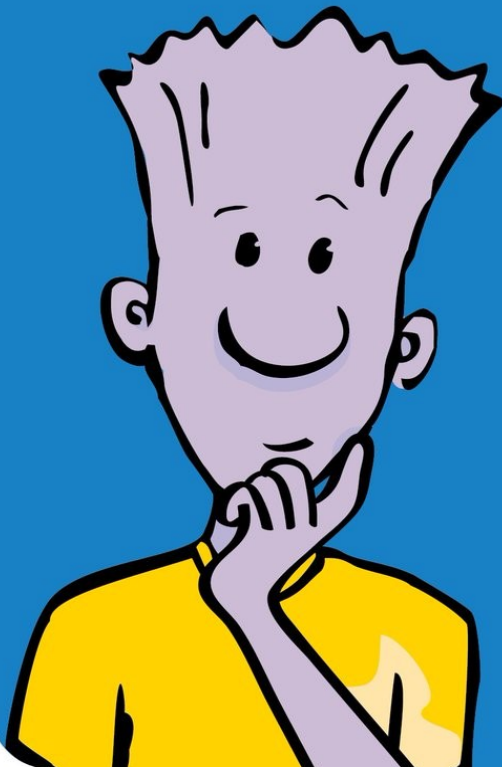
To make a report, call 1-877-542-7233 from anywhere, 24 hours a day, seven days a week. The call is free. You may also make a report by clicking on the yellow conversation box adjacent to this paragraph that reads Submit a Tip or download the Safe2Tell mobile app on the [Apple App Store](#) or [Google 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.



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



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



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



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****

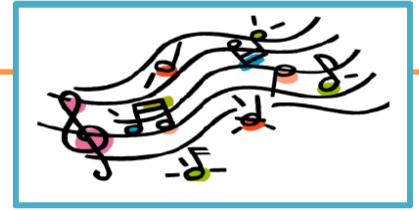
Skip waiting in the carpool line and get some volunteer hours in! Please email me if you are interested and let me know which days you are available.

I look forward to seeing you in the Library!

Kamrine Finney
kfinney@rmcacs.org
(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!

Dana Rafoth - RMCA Elementary Music Teacher -
drafoth@rmcacs.org

Lunch



My Kid's Lunch

A week worth of free meals available for Remote Learners!

Pick up on Mondays, until further notice

Staff Parking Lot

1:00–1:45 or until gone

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 9/21/20	Tuesday 9/22/20	Wednesday 9/23/20	Thursday 9/24/20	Friday 9/25/20
English Muffin Egg Patty Spiced Pears Whole Apple Cheese Lasagna Roll Up In Marinara Sauce Applesauce Steamed Carrots	Pancakes, Syrup 100% Juice Whole Orange Turkey Pepperoni Calzone Marinara Dipping Sauce Seasonal Fruit Romaine Salad Italian Dressing	Lemon Poppyseed Bread 100% Juice Dried Pineapple Breakfast Burrito Scrambled Eggs Cheddar Cheese Fresh Banana Hash Browns	Cinnamon Roll 100% Juice Fresh Banana Grilled Cheeseburger Wheat Bun, Ketchup Seasonal Fruit Baked Beans	No School

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.