



CMAS
Information
page 5



Volleyball Tryouts
& Open Gym
page 7

www.rmccacs.org

ROCKY MOUNTAIN CLASSICAL ACADEMY Newsletter

What's Inside

Our Mission *page 2*

Important Reminders *pages 3-4*

Middle School Wrestling *pages 6*

Girl's Basketball Game *page 6*

Landsharks Running Club *page 8*

Basics Program *page 9*

What's on My Plate? *page 11*

YMCA Summer Camp *page 12*

COVID-19 Information *page 13*

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 RMCA families,

I want to share with you some student work from this week that exemplifies our identity as a classical school. In Mrs. Amber Kettinger's 6th grade ELA class, her students are finishing up their reading of Poe's "*The Raven*". This is one of the great American poems and a wonderful journey to metaphor, allusion, and the power of the unknown. To culminate their exploration of "The Raven", students participated in a Socratic Seminar to dissect their reading, ask questions of the text, and explore each other's interpretation of the poem. As part of the layered process of a Socratic Seminar, students prepare in advance by creating questions they're interested in asking of and discussing with their peers, as well as collecting related textual evidence. Here are some of the questions our amazing scholars have developed:

- Why might the Raven be a metaphor for the heartache and how it is consuming his entire life?
- Why, as a reader, do we assume Lenore is a romantic companion? What if she is a sister, mother, child, or even a pet? Would this change your perspective or interpretation?
- How might your interpretation of this poem change if you learned the narrator was responsible for Lenore's death and the Raven is her spirit coming back to haunt him for this?

These are just some of the learning outcomes our sixth graders are exploring this week, and I am so proud of their hard work, as I am of the rigorous and engaging learning experiences Mrs. Kettinger and her colleagues create for our students.



This just one example of the great work we continue to do throughout this challenging school year. We are both proud of and grateful for the opportunity to teach and interact with our students through in-person education like this. Please take a look at our [Scope and Sequence](#), as well as your teachers' weekly newsletters, to see the other amazing content your students are learning every day.

Please take time for Lexia and ST Math, because the stronger your students' foundations of reading and math are, the more they will gain from our high quality units of study.

Have a restful and warm weekend, and thank you for giving us the opportunity to teach your children.

Principal Mac

“ Whenever I read this poem, I always have a new interpretation of what is occurring. Today, I had a question asked that has me questioning this poem in a whole new light. I have been so inspired by these 6th graders and how hard they have worked. ”
-Amber Kettinger

Face Masks Needed!

page 10



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.



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 student, 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.



Dear Rocky Mountain Classical Academy Families,

With the combination of very warm days, followed by cold days, you know that spring is around the corner. With the change in seasons comes the time to measure the progress your child has made in the classroom this year. Beginning April 13th-15th, third, fourth, fifth, sixth, seventh and eighth-graders will participate in Colorado assessments of English language arts and math. Our fifth and eighth-graders will also take tests in science on April 20th-22nd. These tests provide important feedback on the firm foundation we have built with each learner, during this tough year.

- These assessments do not define a student's abilities and skills, but they do impact how we deliver instruction to meet the unique needs of each student.
- For our school, testing helps us understand our strengths and weaknesses, as well as prioritize needs, define problems, and develop solutions. It also enhances the ability for student placement into the appropriate classes for high school.
- Parents gain insight about academic strengths and areas for growth, as well as information about how students compare to others across the state and nationally.
- Our community is provided with information about how our school is performing overall.

Here are some things you can do at home to maximize your child's success: eat a good breakfast the morning of the assessment, go to bed early to ensure a good night's rest, continue daily reading time at home, and continue to practice basic math facts.

On behalf of the entire staff, thank you for your continued support of your child, our teachers and our school. Please contact me if you have any questions or concerns. RMCA respects any parent's decision to opt out of the assessments. If you wish to opt your child out of this important assessment participation, you must come to our front office in person and sign the 2021 D49 State Assessment Parent Request form for Opt Out no later than March 19th, 2021. We cannot accept forms after that date. We cannot accept an e-mail or phone call to opt out, as we are legally required to have the signed form. If you choose to opt out your student from CMAS testing we will have a setting for them to silently read for all the testing days. This will be a non-instructional environment for the day of testing. The school library will not be available, classrooms and teachers will be a part of the testing at this time. If you choose to keep your student **who has opted out** at home **during these testing days**, we provide an administrative excusal for them.

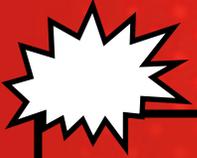
Thanks again for your continued collaboration!

In partnership,

Cullen McDowell, Principal



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 GAME

Streaming on RMCA's Facebook LIVE!

Tues, March 16th

RMCA Gym

C-Team 4:00pm

B-Team 5:30pm

A-Team 7:00pm

The background features a photograph of a volleyball game in progress, with players in action. Overlaid on this are two stylized silhouettes of a person jumping to hit a volleyball. The silhouettes are in shades of orange and red. The word 'VOLLEYBALL' is written in large, bold, white capital letters across the center, with the 'V' being significantly larger than the other letters.

VOLLEYBALL

OPEN GYM

Wed 3/31 3:45-5:30pm

Sat 4/3 9:30-11:00am

Location: RMCA GYM

TRYOUTS

Mon 4/5 & Tues 4/6

6th Grade: 3:45-5pm

7th Grade: 5-6:00pm

8th grade: 6-7:00pm

****Mon, April 5th, we are not in school but will still be having a tryout on this date****

WHAT YOU NEED:

Fill out Athletics Registration form [here](#), gym shoes, water bottle, mask, current physical submitted (physical needed only for tryouts)

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.

A large, light-colored volleyball is shown in the bottom right corner of the page, partially cut off by the edge.

VOLLEYBALL SEASON IS COMING UP FAST!

QUESTIONS?
Email thumphrey@rmcacs.org



Rocky Mountain Classical Academy Landsharks Running Club

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on self-improvement, being an encouraging teammate, and making new friends. The Spring Track Series is led by Ken Craig and is open to students in kindergarten through 5th grade. An (**Orange**) team t-shirt (\$15) is required for all runners. Shirts are used for the spring and fall season.

PRACTICES Practices consist of running games and track workouts with a strong focus on fun. All County and State COVID guidelines will be followed. Please see our website on how Landsharks is keeping coaches and kids safe. Practices are on Tuesdays and Thursdays at 3:45-4:30 pm beginning April 13, 2021. Please meet at the basketball courts.

MEETS

Races are held on Sunday afternoons at TBD. Each race day runners will run **two** races. Meets are April 25, May 2 and May 9, 2021. Exact afternoon time TBD. All meets will follow the County and State guidelines and restrictions for both athletes and spectators. Runners will run 2 races at each meet.

* Meet #1- All runners will run the 50m dash, followed by the 400m race. Subject to change.

* Meet #2- All runners will run the 100m dash, followed by either the 400m or 800m race depending upon age. Subject to change.

* Meet #3- All runners will run the 200m dash, followed by either the 800m or 1600m race depending upon age. Subject to change.

Runners must be registered prior to their first practice.

Please register online at www.landsharksrunningclub.com

\$60 registration fee until Registration closes on

April 18, 2021 at 11:59pm.

Registration numbers could be limited due to COVID restrictions!

I look forward to working with your athletes! Please consider volunteering to help coach or work at our race site. If you have any questions or would like to volunteer, please let me know!

Coach: Ken Craig

Email: kjcraig21@gmail.com

FREE & VIRTUAL

BASICS PROGRAM

PARENTING YOUTH AND TEENS WITH
BEHAVIORAL HEALTH ISSUES

**Saturdays starting April 3,
10 a.m. to 12:30 p.m.**

***CLASSES WILL MEET VIA ZOOM**

NAMI Basics is a free, six-week education program for parents and family caregivers of young people with behavioral health issues and/or diagnoses of mental illness. Classes are led by a trained team with firsthand, lived experience. A group setting provides a community of parents and caregivers facing similar situations.



Learn about early diagnosis, intervention & treatment of mental illnesses & brain disorders



Become your child's greatest ally at home, in school and in medical settings



Develop strategies for taking care of yourself as well as those you love

REGISTRATION REQUIRED

To register or find out more information, call 719-473-8477

For more on NAMI, visit namicoloradosprings.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Basics, please contact Emily Brady, NAMI family programs coordinator, 719-473-8477, or familysupport@namicos.org.

DONATIONS NEEDED

ADULT FACE MASKS

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 RECEIPT to the front
office. Hours will be logged
accordingly.

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



My Kid's Lunch

Extra Milk \$.60

Lunch \$2.95

Breakfast \$3.00

Adults \$3.70

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.

Monday 3/15/21	Tuesday 3/16/21	Wednesday 3/17/21	Thursday 3/18/21	Friday 3/19/21
<i>Cereal Whole Apple</i>	<i>Pancakes, Syrup, 100% Juice</i>	<i>Lemon Poppyseed Bread Dried Fruit</i>	<i>Cinnamon Roll Fruit Cup</i>	<i>Zucchini Bread Applesauce</i>
Tangy BBQ Chicken Sandwich Wheat Bun Steamed Peas Fruit Cup	Penne Pasta & Meatballs in Marinara Steamed Green Beans Blueberry Crisp	Chicken Tenders BBQ Sauce Buttermilk Biscuit Steamed Corn Fresh Banana	Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Whole Fruit	Chicken Nuggets, BBQ Sauce Buttermilk Biscuit Baked Beans Whole Orange





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

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

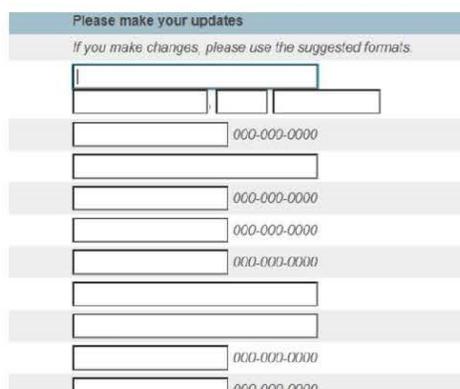


The screenshot shows the PowerSchool SIS login page. At the top, there is a blue header with the PowerSchool SIS logo. Below the header, the page title is "Student and Parent Sign In". There are two tabs: "Sign In" (selected) and "Create Account". Below the tabs, there are two input fields: "Username" and "Password". A link "Forgot Username or Password?" is located below the password field. A "Sign In" button is positioned at the bottom right of the form.

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 screenshot shows a form titled "Please make your updates". Below the title, there is a note: "If you make changes, please use the suggested formats." The form contains several input fields for updating information. The first field is a text input. The second field is a text input with a placeholder "000-000-0000". The third field is a text input. The fourth field is a text input with a placeholder "000-000-0000". The fifth field is a text input with a placeholder "000-000-0000". The sixth field is a text input with a placeholder "000-000-0000". The seventh field is a text input. The eighth field is a text input with a placeholder "000-000-0000". The ninth field is a text input with a placeholder "000.000.0000".

*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