



November 6, 2020

Dear RMCA Parents,

We were informed this morning that two students at RMCA have tested positive for COVID-19. As soon as we were made aware of the information, RMCA administration implemented our internal communication, planning, sanitation processes. We have contacted the families in the affected classrooms. Due to cautionary steps taken by the family, the affected students have not come into contact with anyone in the school during their exposure time. The affected students have no symptoms. Due to the lack of student and staff exposure, and following El Paso County Health exclusion guidelines, we have determined we do not need to exclude any student or staff cohorts at this time. These students last had contact with RMCA last week and have since been out of school at home.

El Paso County Health has given us guidelines that if exposure takes place, the impacted individual must have contact with the school within a 48-hour period of a positive test or onset of symptoms. This has not happened so we will operate as normal. At this time, all classrooms are safe and students may remain in their classroom and attend in-person learning. We are continuing to ask that you monitor your children for symptoms and let RMCA know if they start exhibiting any illness by reaching out to our nurse. Please keep all students who are ill or may have been exposed, home from school until you have talked to RMCA.

Out of an abundance of caution we have cleaned each affected area this morning with our Tier 1.5 protocols, and will follow up with a Tier 2 cleaning this evening (please see below). Even with the lack of student contact, we will escalate our cleaning protocols in these areas of the building for the time being. We are continuing to encourage good hygiene through frequent hand-washing or use of hand sanitizers, along with practicing physical distancing and requiring face-coverings for staff at all times. We thank you for your enduring patience and understanding.

As always, it is our mission to continue a transparent and efficient communication process with our families during this time. Please reach out to our front office if you have any questions. We appreciate your patience and trust as we navigate these rough waters together.

Sincerely,  
Cullen McDowell  
Executive Principal



### Inside this issue

ST Math.....	2
Community Event.....	3
Important Information .....	4
Spirit Night.....	5
Yearbook Sale.....	6
Encore.....	7-8
Nurse's Notes.....	9
Safe2Tell.....	10
Lunch Information .....	11
Volunteers.....	12

**Front Office Hours**  
7:30— 4:00

**Attendance email**

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

Front Office: 719-622-8000

Fax 719-622-8004

Lets do some math!



# ST Math®

## Time on ST Math is Time Spent Learning!

Research shows that student test scores increase with more time in ST Math. To ensure that students problem-solve all year long, and to cover the critical areas of their grade level, aim for these recommended weekly goals:

**PreK/TK**



**10 - 30**  
puzzles



**K - 1st Grade**



**25 - 65**  
puzzles



**2nd - 8th Grade**



**35 - 95**  
puzzles



ST Math is self-paced so students can persist to mastery - while distance learning, in the classroom, or at home.





A District 49 Community Event

# SCREEN AGERS



GROWING UP IN THE DIGITAL AGE



NOW AN EXCLUSIVE  
D49 ONLINE EVENT!  
NOV. 2-16, 2020

April 28, 6-8:30 pm

H.S.

&

April 29, 6-8:30 pm

Sand

H.S.



NOW AN EXCLUSIVE  
D49 ONLINE EVENT  
WITH Q&A SESSION!  
NOV. 16 @ 7:00 PM

PRESENTS IN ASSOCIATION WITH INDIEFLIX A FILM BY DELANEY RUSTON  
DIRECTOR OF PHOTOGRAPHY GEOFF SCHAAF DAN MC COMB DELANEY RUSTON EDITED BY ERIK DUGGER DELANEY RUSTON  
ASSOCIATE PRODUCERS GEN CHASE HEIDI PAIGE MUSIC BY PAUL BRILL EXECUTIVE PRODUCERS SCILLA ANDREEN KARIN GORNICK  
PRODUCED BY LISA TABB PRODUCED BY DELANEY RUSTON LISA TABB SCILLA ANDREEN DIRECTED BY DELANEY RUSTON

[screenagersmovie.com](http://screenagersmovie.com)



# 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!

# Spirit Night

# TUESDAY



Spirit Night at Dairy Queen Chill and Grill this Tuesday,  
November 10th

Join us at DQ at

[Dairy Queen 6813 Space Village Ave, Colorado Springs, CO 80915](#)

Anytime between 4pm and 10:30pm

For dinner and/or dessert

The nights profits will be 10% of all sales.

Hungry? This DQ has a full food menu!

Have a sweet tooth? It's DQ so they have you covered!



# « Yearbooks on SALE!

*Order*  
ONLINE

**INTER-STATE.COM/ORDER**



**Order code 53180E**

# Rocky Mountain Classical Academy

Encore Updates  
November 2020

Mark your  
Calendar



## ART

Greetings from Ms. Parrish in the Art Studio!

I am excited to share the awesome learning and creativity happening now in each grade level! All lessons uphold our wonderful and rich Core Knowledge curriculum as well as the Colorado state standards for Visual Art. Lessons also help to support and strengthen the Literacy and when applicable, the math and science of Core Knowledge and of the Colorado state standards. This is a snapshot of how wonderfully cross curricular the Core Knowledge curriculum can be! **Grade K**, is learning about sculpture and what makes an object three dimensional. The children then create their own unique sculpture! **Grade 1**, is completing their lesson in Spatial Awareness and has also begun the fascinating study of early art / cave art! **Grade 2**, has completed their study of Spatial Awareness and has now begun learning of the beautiful and symbolic art of Ancient Greece! has completed the study of Spatial Awareness in conjunction with learning of directional line - creating 3-D shapes! Now, 3rd, will begin with the study of Ancient Rome and the incredible artistry of that time. I am delighted to share that my **4th graders** have completed their pre - Covid artworks, specifically, their wonderful ceramic Viking Longboats! My amazing 4th graders have also begun studies of the Middle Ages and are currently working on Illuminated Manuscripts, a most spectacular artform of the time period. **5th grade** as well, while when in the study of Africa, has had the opportunity to complete smashing beautiful, wax batiks, an artform of long ago Indonesia - this sensational project began pre-Covid. Additionally, 5th grade has entered into the magnificent study of the Renaissance time period! Emphasis of this study is currently placed on the incredible Gothic Cathedrals that span across all of Europe. On display, I have a superb blend of artworks that showcase the artistry, excitement and creative knowledge and understanding of the Visual Arts ~ through this are the Elements of Art and the Principles of Design. To say that I am proud of my many artists, is not nearly enough! The dedication, joy and effort put into each personal expression, truly comes through in all that they do! It is a total joy to have the opportunity to journey with your child(ren) through the never ending splendor of Visual Art

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



## PE

In Physical Education students are running for the mileage club. Be on the lookout for new charms to add to students' mileage club necklace. Each charm signifies that students have accumulated running 2 miles in PE class.

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.

Kindergarten and 1st have been following directions with a parachute and will practice catching and throwing, then Soccer, and Basketball. 2nd thru 5th are rotating between Bowling, Volleyball, Hide out, Dodgeball (with soft foam balls), and Hockey.

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)

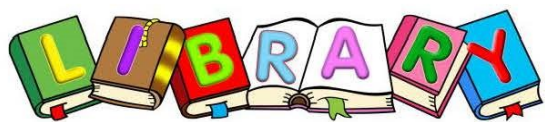


## LATIN

Onto another month already! They are really flying now. **Kindergarten** has been working so hard on learning our "People Words" before we start our unit about Latin colors. **First grade** has done a great job incorporating Latin colors when we've been learning about clothes. Clothing was a very important aspect of Roman culture, and the first graders have been making very smart connections between the clothes Romans wore and the ones we wear. For **second grade**, we have been having some excellent discussions about the gods and goddesses of Rome and how Romans would interact with temples and gods on a daily basis. Second grade is about to learn some of our first action words: things like "I stand," "I sit," "I run," etc. These will be very fun to practice with your students.

**Third and fourth grade** are each about to start a special cultural unit; **third grade** will be learning about chariot races, and **fourth grade** will be studying gladiators. These units are going to be very fun, as both gladiators and chariot-racing were large parts of Roman daily life and were very exciting. Finally, **fifth grade** will be finishing up the story of Julia and Marcus before moving onto a new textbook. Staying busy! Sincerely, Mr. Booth [jbooth@rmcacs.org](mailto:jbooth@rmcacs.org)





Hello RMCA Families!

Your 1<sup>st</sup> – 5<sup>th</sup> grade student has been busy in library this past month updating their folders to contain their very own barcode for self-checkout! Students have been trained in the library system and can now check in and out their own books!

1<sup>st</sup> – 5<sup>th</sup> grade folders have also been updated with your student's latest STAR test results and students are now shopping with a wider range of sticker dot numbers! This has added a lot of excitement in our library! Please take a moment to ask your student about this new system.

Please continue to make sure your student's Library 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!

If you need to pay a Library fine for a lost or damaged book, please use this link:

<https://www.shoprmcacs.org/product-page/library-fees>

Please remind your student to come to library prepared with their Library book(s), yellow folder, and pencil bag\* every week!

\*To limit the spread of illness, students are now required to bring their own supplies, including: 2 sharpened pencils, crayons or colored pencils, scissors, and a glue stick.

Books we are reading in the Library are:

**Kindergarten:** *Dewey There's a Cat in the Library!*  
*The Three Little Wolves and the Big Bad Pig*, *The 3 Little Dossies*

**1<sup>st</sup> Grade:** *Dinosaurs Before Dark*

**2<sup>nd</sup> Grade:** *The Marvelous Journey of Edward Tulane*

**3<sup>rd</sup> Grade:** *Warriors in Winter*

**4<sup>th</sup> Grade:** Finishing *Peter Pan*, Starting *The Hatchet*

**5<sup>th</sup> Grade:** Finishing *The Hatchet*

Please feel free to contact me if you have any questions or concerns.

Kamrine Finney  
[kfinney@rmcacs.org](mailto:kfinney@rmcacs.org)

## Music



It is amazing to see how far our student musicians have come since the beginning of the year! As we begin this second quarter we look forward even more exciting progress!

Kindergarten has done a wonderful job identifying musical opposites like High and Low, Loud and Soft and Fast and Slow. We will continue to apply these concepts as we practice folk songs and incorporate more classroom percussion instruments like rhythm sticks, shakers and hand drums.

1st Graders are orchestra experts as they applied their understanding of instrument families to the musical themes and characters in Prokofiev's *Peter and the Wolf*. As we get closer to the holidays we will listen, move and respond to another classic from the Core Knowledge Music Treasury, Tchaikovsky's *The Nutcracker*.

2nd Graders learned about our National Anthem and its historical context set in the War of 1812. We will take our knowledge of our patriotic music and compare it to other folk songs from different parts of the world. These songs are great for storytelling, movement and rhythmic instrument accompaniment!

3rd Graders are becoming expert music readers in the treble staff. We will continue to practice reading basic patterns on the staff both by singing and playing classroom instruments!

4th Graders are beginning to review rhythmic concepts and patterns. We will be composing and performing original rhythms alone and in groups.

5th Graders are reviewing advanced rhythmic concepts and patterns that will hopefully translate to successful strumming practice as we begin our ukulele unit after the holidays!

If you have any questions or concerns feel free to email me at [drafoth@rmcacs.org](mailto:drafoth@rmcacs.org).

Thank you for supporting our young musicians at RMCA!

Miss Rafoth



# Nurse Notes

"If you have not yet completed your students health history form in PowerSchool, please do so. The health room needs all pertinent health information to best care for your student. Also, if you have not submitted an updated immunization record of your child's, please provide a copy for the health room. These can be brought in by your student or emailed directly to the nurse at [kgriffiths@rmcacs.org](mailto:kgriffiths@rmcacs.org). Please feel free to contact the

## 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

[aaafa.org/covid19](http://aaafa.org/covid19)

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

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
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 • [aaafa.org/covid19](http://aaafa.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.



Lunch



# 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 11/9/20	Tuesday 11/10/20	Wednesday 11/11/20	Thursday 11/12/20	Friday 11/13/20
Cereal Dried Pineapple Rings Whole Apple  Red Chicken Tamales Sliced Peaches Black Beans	Chicken Sausage Biscuit 100% Juice Spiced Peaches  Chicken Patty Sandwich Wheat Bun, BBQ Sauce Seasonal Fruit Steamed Corn	Blueberry Muffin 100% Juice Whole Orange  Creamy Swedish Meatballs Buttered Noodles Blueberries Romaine Salad, Ranch	Waffles, Syrup 100% Juice Craisins  Turkey Hot Dog Wheat Bun, Ketchup Seasonal Fruit Baked Beans	No School

### **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.