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ROCKY MOUNTAIN CLASSICAL ACADEMY CLASSICAL ACADEMY CLASSICAL ACADEMY

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Front Office Hours: 7:30am— 4:00pm

Attendance E-mail:

Nancetta Westcott nwestcott@rmcacs.org

Front Office: 719-622-8000 Fax: 719-622-8004 Good Afternoon RMCA Families,

We made it to Spring Break! Even with the exclusions we have had to make this last month we are so proud of the fact that we have been able to offer so much in person learning this year. I truly appreciate all the patience and trust that you have in our process.

I would like to thank our leadership team for doing everything they can to keep our students safe and in school. As we are working through these restrictions, your diligence and communication have allowed us to keep exclusions to a minimum. Please continue to partner with us as we make it through these tough decisions.

Just a couple of quick requests:

- Please share some positive thoughts about your teachers and school by emailing shoutout@rmcacs.org.
- Share your positive thoughts and experiences at RMCA with your friends and neighbors. This is often the time of year that parents are looking for new options and avenues of school choice, especially since we are back in person. For every referral of students, we will give your student free Spirit wear and 3 volunteer hours.
- Log on to www.greatschools.com and Google and write a positive review of your experiences as part of our community. So many families are looking to these resources as ways to engage our community in seeing how we serve families.
- Please log on to our school Facebook and share and like our posts on your timeline.
- Mark your calendars for our next Prospective Student Night on Tuesday April 19th from 5:30-7:00. Please share with your neighbors and friends that are not enrolled in RMCA. Have them come by for a night of conversation, questions, tours, and giveaways. Please RSVP by emailing lhuitt@rmcacs.org
- Continue to work on ST math and Lexia over the break. The grade with the largest combined ST Math and Lexia usage by Monday March 29th, will receive an ICE Cream Sandwich party! Woohoo!
- Please continue to complete symptom checks at home before school every day and keep any students home who are feeling ill. Continue to keep your teachers in the loop about illnesses in your home as this allows us to move quickly to ensure we are able to keep students in class.

Thank you for all you do and your grace with the school this year. I hope you all enjoy the much needed break. I hope that you all get some rest, read some great books, and get outside and enjoy some decent weather. We will see you all at the end of the month.

Principal Mac

Face Masks

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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.





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 lowcut clothing, no heels greater than 1", etc. Thank you for helping us by having your child follow this policy!









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

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.



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

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.

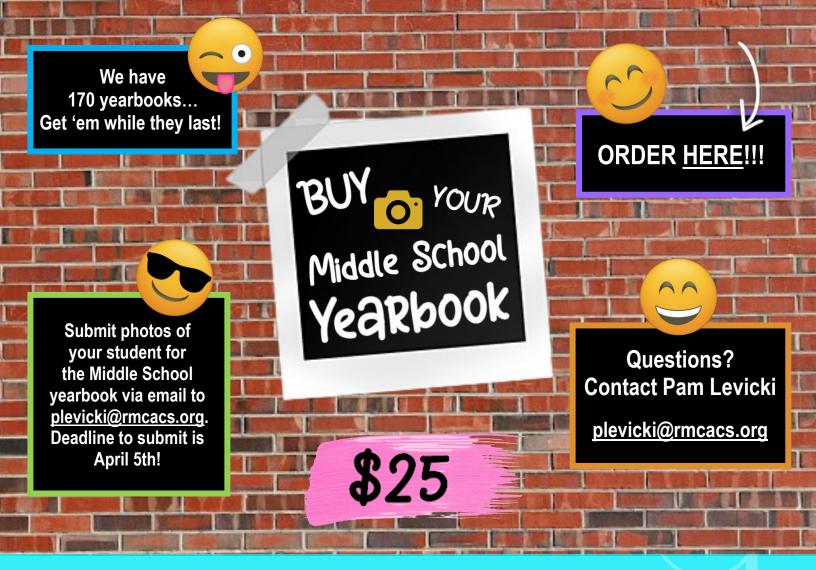
Here are some things you can do at home to maximize your child's success: eat a good breakfast the morning of the assessment, go to bed early to ensure a good night's rest, continue daily reading time at home, and continue to practice basic math facts.

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



Attention: Middle School Students



MIDDLE SCHOOL





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

FOOTBALL TRYOUTS + PRESEASON WORKOUTS

PRESEASON WORKOUTS INFORMATION

We are going to hold a few preseason workouts outdoors at Laura Gilpin Park. With Colorado weather being so unpredictable we are not going to set specific dates. We will have an email distribution list that you can be added to so when the weather is nice, we will send out an email about the workout. We will plan to send the email a day in advance. If you are interested in receiving these emails, please email tradney@rmcacs.org.

We require a copy of a current physical before your child is able to participate in the Tryouts. The easiest way to submit this is to take a photo with your phone and email that to thumphrey@rmcacs.org

Kids will wear masks at the beginning of practice and then be allowed to take them off once they have been checked in

TRYOUTS INFORMATION

Dates: Mon 4/5* & Tues 4/6

Time: 4-6pm

Location: Laura Gilpin Park What you need: Fill out Athletics Registration form, current physical submitted, cleats, water bottle mask

*4/5, we aren't in school, but still have a tryout



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 for tryouts *only*)

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.

VOLLEYBALL SEASON IS COMING

QUESTIONS?

Email thumphrey@rmcacs.org

UP FAST!



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

<u>Races</u> are held on Sunday afternoons at TBD. Each race day runners will run <u>two</u> 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

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 WTH A RECIEPT 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



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	Tuesday	Wednesday	Thursday	Friday
3/22	3/23	3/24	3/25	3/26
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
3/29	3/30	3/31	4/1	4/2
Cereal Dried Fruit	French Toast, Syrup, 100% Juice	Vanilla Yogurt Honey Granola Blueberries	Cereal Craisins	Banana Bread String Cheese Applesauce
Cheese Lasagna Roll Up in Marinara Sauce Carrot Bites, Ranch Dip Applesauce	Turkey Pepperoni Calzone, Marinara Dipping Sauce Romaine Salad, Italian Dressing Blueberry Crisp	Breakfast Burrito Scrambled Eggs Cheddar Cheese Salsa Hash Browns, Sliced Pears	Grilled Cheese- burger., Wheat Bun, Ketchup, Baked Beans Cinnamon Apples	Chicken Fried Rice Steamed Edamame Fruit Cup



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.



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

DISCOVER SUMMERS

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 Full Week - Nonmembers

\$220 \$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	Feeling feverish, having chills, temp of 100.4F or more New or unexplained persistent cough New or unexplained shortness of breath or difficulty breathing	Sore throat Runny nose or congestion Muscle or body aches Headache Fatigue Nausea, vomiting Diarrhea		
EMERGENCY COVID-19 WARNING SIGNS include: trouble breathing,				

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

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

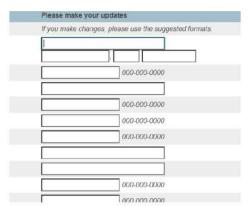
Step 1: Login to your parent PowerSchool account through our website



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.



^{*}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.





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