



Stallion News

Carbon Valley Academy's Online Newsletter

April 2008

Good behavior

Martial arts teacher tests new concepts at Carbon Valley Academy

Reprinted with permission of the Carbon Valley edition of the Times-Call

Publish Date: 3/14/2008

*By Kimberly Pursel
The Times-Call*

FREDERICK — According to Quanjangnim Scott Ramsaur, students can improve their academic scores simply by sitting up straight.

“Children can get better grades through correct posture,” said Carbon Valley Academy’s newest board member. “The brain absorbs more knowledge when your body is in correct posture.

“When you are lying down, your body gets the signal it is time to go to sleep. So if students are slumped over in their desks at school, their brain will fight all day to stay awake, and they will absorb less information.”

That’s just one of many simple lessons Ramsaur will begin teaching on April 16 at the charter school as part of his Mastering Good Behavior program. Students in sixth- through eighth-grade will participate in the class for seven weeks.

Through techniques and concepts he utilizes at Origin Martial Arts, his Longmont karate studio, he hopes to improve student academic scores and behavior.

Ramsaur has years of experience as a martial artist. He said he has opened and developed martial arts studios nationwide during the last 19 years.

He is working on a master’s degree in primary and secondary education at the University of Phoenix. Teaching the class at Carbon Valley Academy will be a good opportunity for him to pass on some of the things he has learned so far, he said.

However, he is no stranger to the classroom. Ramsaur has received awards for his approach to developing character building and leadership programs for children.

He works with children in his studio and in school classrooms to help them achieve “straight-A attitudes.” Ramsaur said he does so by enforcing three major principles in his behavioral program.

“Students will learn to focus the eyes, focus the mind and focus the body,” he said. “I ask the students, ‘What is the best way to show your teacher or parent that you are listening?’ By focusing your eyes. When your eyes are focused, it lets them know you are listening.”

Ramsaur uses a game to help children learn how to better focus. After getting the students’ attention, he asks them a simple question like, “What is one plus one?” The student who responds first gets his praise.

Continued on Page 2

Contents

Good behavior: Martial arts teacher tests new concepts at Carbon Valley Academy	1
From Elementary Principal Auer’s Desk	2
Important April Dates	2
From Secondary Principal Trautwein’s Desk	3
4th Annual CVA Golf Tournament News	4

From Elementary Principal Auer's Desk

Happy Spring!

Spring is finally here – I hope everyone is enjoying the warmer weather and the outdoors.

Kudos to Stacy Judson for all her hard work organizing CSAP's again this year. We had a site visit from district supervisors and received high marks! Great work Stacy.

I also wanted to congratulate the teachers and students on their hard work during CSAP's this year. The positive attitudes and the 'we can do it' perspective can only translate into good results. Great job teachers, students and parents for attacking the CSAP.

When we get back from spring break, we have only 7 weeks left of school! As you know, the spring schedule fills quickly with all sorts of celebrations and events. I am hopeful that I will avoid a 'head shaving' this year, but who knows. I also wanted to let you know that the week of April 14th, I will be helping sponsor a trip to Washington DC for Foreign Exchange students.

I want to thank everyone for making CVA such a great place to serve as principal. We have so many supportive parents, dedicated teachers and good natured kids. I truly have the greatest job in America!

-Chad

Joke of the month:

What side of a porcupine is sharpest?
The outside.

Continued from Page 1

"That's perfect," Ramsaur tells the students. "The faster you respond to a question will show your teacher more respect. It shows your teacher that your mind is focused."

The last principle of Ramsaur's program involves focusing the body, which revolves around correct posture.

The program at Carbon Valley Academy will be the first time Ramsaur can truly test the results of his efforts. School staff will record whether the students' grades and overall performance improve.

"The principal will look at grades over the quarter during the program and compare them to the previous quarter grades," Ramsaur said.

He said he's hopeful the results will be positive. "My goal is for the new behavior taught in the program to transfer into their daily lives," he said. "Students have three assessments on their report cards, and I would like to see every kid have 'works well with others.'"

Kimberly Pursel can be reached at 303-684-5326 or kpursel@times-call.com.

Important Dates

April 1st - 4th – Spring Break

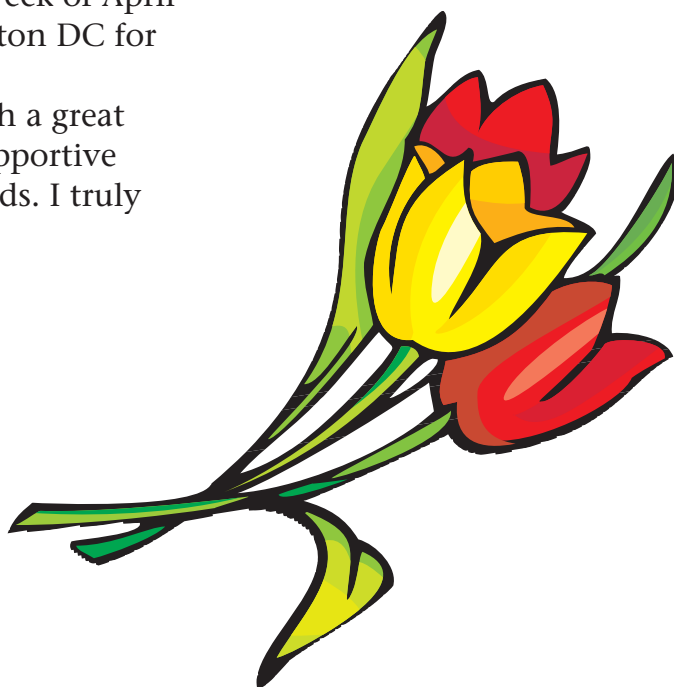
April 7th – First day of classes after Spring Break

April 25th – Free Dress Day and Assembly in the Gym at 8:30 am

April 25th – Middle School Dance!

April 30th – MS Spring Show Off Day

Happy Spring!



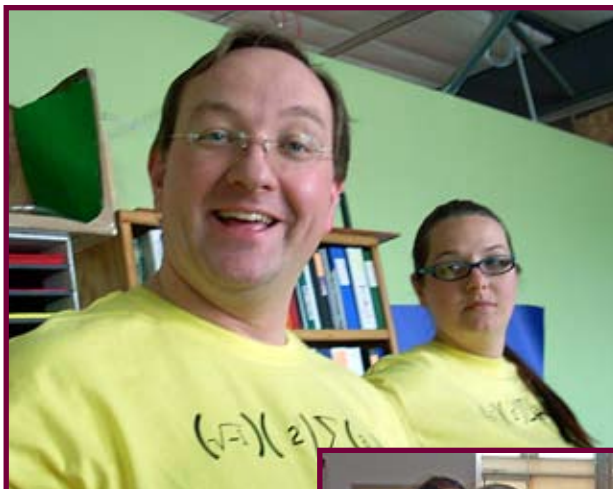
From Secondary Principal Trautwein's Desk

Dear Parents and Students,

The third quarter ended with a smash, a pie smash. On March 14th we celebrated Pi Day (3.14159). The teachers presented a variety of lessons that allowed the middle school students to have some fun with math. We appreciate all the pies that were donated for the students, the extras were given to a food pantry. The day ended with the whole school coming together to witness a rousing demonstration of pi. Several middle school students had the privilege of putting a crème pie in the face of one of their teachers. As the crowd screamed with pleasure, Ms. Sigman, Ms. Kunick, Ms. Echer, Mr. Cegielski, Ms. Zook, Ms. Thompson, Ms. Wiley and I took a pie in the face. I know everyone had fun and everyone will now have an idea what pi is.

As the fourth quarter begins we are looking forward to ending the year with a lot of excitement. The new location of the secondary school is under contract and we will open our doors next fall. We will be located at the corner of County Rd. 18 and Miller Drive. Due to the change in locations, we will have a lot of planning to do to prepare for opening our new high school. We also have a new secondary web site at: www.CarbonValleySecondaryAcademy.org.

After surveying the CVA community and having many discussions, I am pleased to announce that we will stay with the CVA Stallion and CVA Maroon and Gold for the Secondary Academy. It seems as though the strength that we gain in staying with the same colors and mascot will promote what CVA stands for in the tri-town area.



Pi Day Festivities at Carbon Valley Secondary Academy!



We are hoping to have our enrollment fill our school to a 150 capacity. This will allow for all the options that our students and parents request without losing the intimacy of our close-knit school. If you have a student or friend who you feel would benefit through the Carbon Valley Secondary Academy, I encourage you to give them a call so that they might contact the school or contact me for more information.

Stop by and say "hi" when you see our new CVA booth at various community activities throughout the tri-town area.

Thank you,
Paul Trautwein, CVSA Principal
 303-774-9555 x147

4th Annual Carbon Valley Academy Golf Tournament News

Plans are underway for the 4th Annual Carbon Valley Academy Golf Tournament. The Tournament will be held at Saddleback Golf Club on Friday, June 6, 2008! All proceeds from the Tournament will benefit Carbon Valley Academy by helping to bring exciting new technology to every CVA classroom.

You can help make the Golf Tournament a success in several ways:

1. **Become a Sponsor.** If you own a business or know someone who does, becoming a sponsor of the golf tournament is an excellent marketing opportunity. One Academy Sponsorship is available for \$1500, five Junior Sponsorships are available for \$600, and Tee Sponsorships are available for \$200. To reserve a sponsorship, email golf.cva@gmail.com.
2. **Play in the Tournament.** You can register to play in the tournament. Teams for less than four players will be paired with other partial teams for the tournament. Cost to participate in the tournament is \$100 per person (the Academy Sponsorship includes a golf foursome with your contribution). To register to play, visit the CVA website at www.carbonvalleyacademy.org/golfregister.html or email golf.cva@gmail.com.
3. **Volunteer to help plan the Tournament.** The golf committee sure could use your help finding sponsors and with other planning activities. Email golf.cva@gmail.com to volunteer your time.

The golf tournament is CVA's only fundraiser and the money goes to a great cause! Your child's classroom will be the direct beneficiary of all funds raised. Please show your support today!

FYI

Carbon Valley Academy is fully compliant with the State of Colorado laws concerning asbestos.

