

LIBERTY TREE ACADEMY

The Liberty Lantern: January 3rd, 2025

Volume 2

Welcome back, LTA families, and Happy New Year! As we step into 2025, the Liberty Tree Academy community is ready to embrace a month filled with exciting events and opportunities. Students returned to school on January 8th with a 2 PM dismissal, kicking off the new semester with renewed energy. January brings a mix of celebrations, performances, and creativity, including our All-School Assembly on the morning of January 17th to honor Virtue Awards, the Lower School Assembly where 4th grade will reenact “Paul Revere’s Ride” on January 24th, and the upper school Honor Roll assembly in the afternoon of January 24th. Don’t forget to mark your calendars for the Wizard of Oz casting call from January 28th-31st and the highly anticipated Winter Formal on January 31st. This edition includes a few key reminders specific to LTA. Let’s make this a memorable start to 2025!

January Events

January 6-7th

- Teacher Work Days: *No school for students*

January 8th -10th

- Students Return: 2 PM dismissal

January 13th-31st

- Math Olympian Valentine Day Candy Fundraiser
 - https://www.yumraising.com/secure/libertyta_lta_math_club23/Mrmr8171/candy

January 17th

- 8am All School Assembly – Virtue Awards

January 20th

- Martin Luther King Jr. Day: *School closed*

January 24th

- 8AM - 4th Grade Assembly - “Paul Revere’s Ride”
- U.S Honor Roll Assembly

January 28th-31st

- Wizard of Oz Casting Call!

January 31st

- 7th & 8th grade Winter Formal

February Events

February 7th

- 2nd Grade Assembly

February 10th-13th

- Sky Tree Book Fair

February 13th

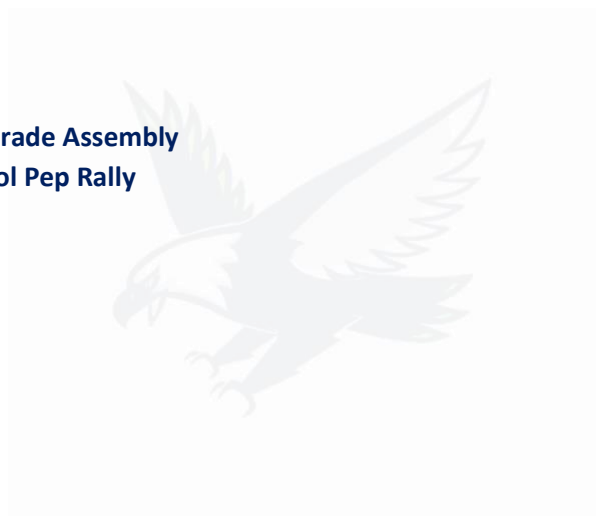
- Parent – Teacher Conferences
 - More Information to Come

February 14th-17th

- No School

February 21st

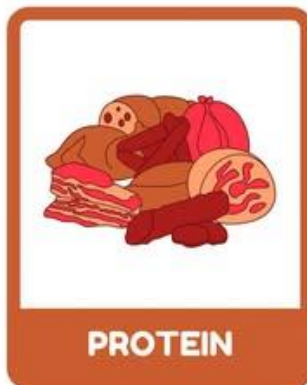
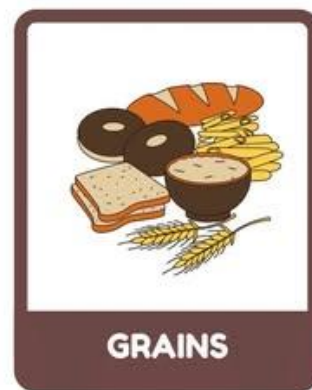
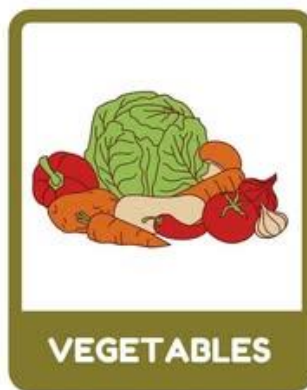
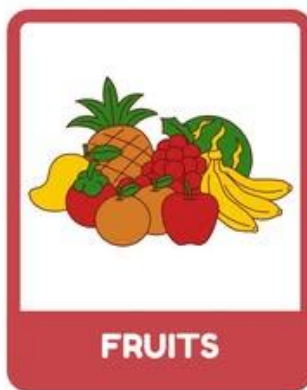
- 8am - 5th and 3rd Grade Assembly
- 2pm - Upper School Pep Rally



Choose 3 or It's not Free

We are so fortunate to offer FREE lunches to all students here in Colorado! However, to qualify as a free meal, students must select at least three items, including one item from the following groups: Proteins, Grains, Vegetables, Fruits, and Milk.

If your student only selects 1-3 items from the same group (e.g., just fruit or just grains), it may not qualify as a free meal, and you could be charged the full lunch price of \$4.75.



**CHOOSE 3 OR
IT IS NOT
FREE**



Food Drop-Off Reminder

Attention LTA Families,

To ensure the safety and smooth operation of our school, all food items—including birthday snacks, special lunches, or other treats—must be brought in through the front office. This helps us maintain proper protocols and ensures all items are delivered to the correct classrooms in a timely manner.

Thank you for your cooperation in keeping our school organized and safe for everyone!



Homework Policy Reminder

At Liberty Tree Academy, we emphasize the importance of responsibility and accountability in completing assignments on time. Please note the following homework policy for all grades:

- **One day late:** Earns 75% credit.
- **Two days late:** Earns 50% credit.
- **Three days late:** Earns zero credit.

Even if no credit is earned, late homework must still be completed to ensure students achieve mastery of the material. Thank you for supporting your student in staying on track with their assignments!



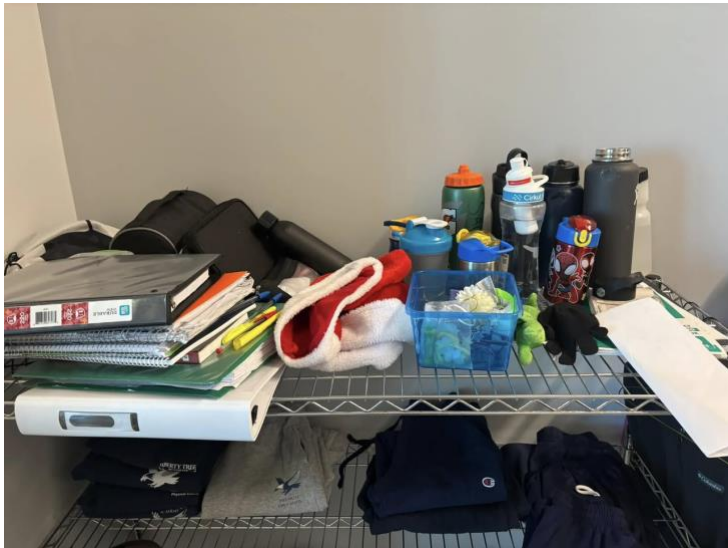
Dear Parents & Guardians,

The Lost and Found is overflowing with unclaimed items, making it challenging for students to locate their belongings and for staff to manage the space.

We kindly ask you to remind your child to regularly check the Lost and Found for any missing items. To highlight the issue, the folded and hung items in the attached pictures are from just one week before break, while the unfolded pile represents today's additions alone.

Your support is greatly appreciated in helping maintain an organized environment and encouraging students to take responsibility for their belongings. If you have any questions, please contact our front desk receptionist.

Thank you for your cooperation!





IT'S BOOK FAIR TIME!



Liberty Tree Academy

02/ 10/ 2025 - 02/ 13/ 2025

SkyTree Book Fairs is a nonprofit organization committed to family-friendly book fairs that let kids be kids.

We believe that book fairs should not expose students to explicit content, but instead, nurture a love for reading through wholesome, age-appropriate adventures. We serve schools and families by pre-screening books and excluding literature that contains explicit content.



Explore our books

You will receive your student's book fair wish list from our catalog. Our catalog includes classics like "The Gruffalo" and well-known favorites like "Bluey". We believe that parents and guardians have the ultimate authority in choosing the content their students read. We encourage you to visit our website, skytreebookfairs.org, to research the topics included in the books we carry.

Shop the fair

Come visit our fair to purchase books and raise money for the school! All purchases go towards meeting the school fundraising goal! Registers accept cash, check (made out to the school), or card.

You can also provide your student a SkyTree gift card to use at the fair. Purchase and print a gift card at <https://skytreebookfairs.org/giftcard>. Be sure to print the gift card as book fair hosts do not have the ability to look up gift cards. Gift cards are non-refundable and can be used in person.

Support our mission

SkyTree Book Fairs is a nonprofit organization. If you value good books that let kids be kids, donate to our mission to bring family-friendly book fairs to other schools! Give a tax-deductible donation on our website, skytreebookfairs.org.

Soaring imaginations rooted in truth,



Quick Reminders/Announcements

- Phones and Smartwatches are not permitted inside the classroom
- Lost & Found items have increased this past month. Please be sure to remind your child to check for lost items in the lost and found.
- Food and Drink (You may have water) are not allowed during class time
- Passing periods for U.S students have shifted from 3 minutes to 4 minutes





Once Upon a Frozen Forest

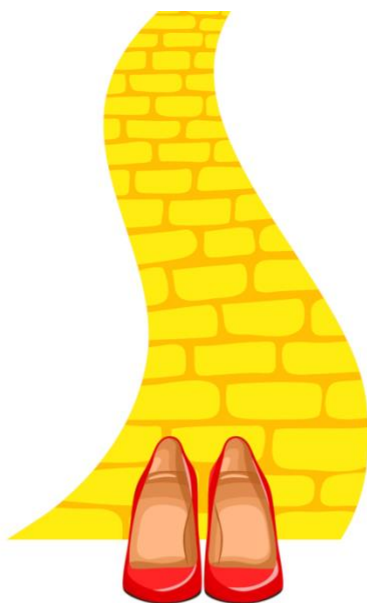
7th & 8th grade

Winter Formal

Friday, January 31, 2025

7-9 pm @LTA

*\$10 per ticket,
purchase through Mrs. Coleman*



Liberty Tree Academy presents:

THE WIZARD OF OZ

Casting Call:

January 28th-31st

Ms. Yager's room

Tuesday- Thursday 3:30-5:00 pm

Friday 2:30-4:00 pm



Athletics

January Basketball Games:

- **Monday, January 8th:** U.S. Monument Academy @ LTA (5:00-8:00 PM)
- **Sunday, January 14th:** U.S. LTA @ Lotus School for Excellence (4:30-8:30 PM)
- **Tuesday, January 16th:** Ellicott @ LTA (4:45-9:15 PM)
- **Thursday, January 18th:** Miami-Yoder @ LTA (4:45-9:15 PM)
- **Sunday, January 21st:** Simla @ LTA (4:45-9:15 PM)
- **Wednesday, January 24th:** Twin Peaks @ LTA (5:45-8:15 PM)
- **Tuesday, January 30th - Thursday, February 1st:** Nebraska Tournament

Sports Medicine Minute: Role of Neck Musculature in Concussions

NEWSLETTER

Neck Strength and Impact Force

A stronger neck can potentially help reduce the rotational forces placed on the head during an impact. Concussions most often occur when the brain rapidly shifts inside the skull due to sudden acceleration or deceleration forces, especially rotational forces. A stronger neck, especially with an increased muscle mass and endurance, might reduce the head's whiplash-like motion, potentially lowering the risk of brain injury.

Head Control and Impact Mitigation

Neck Strength can aid in maintaining better control of the head during high-impact activities, reducing the likelihood of sudden head movements that could lead to concussion.

Key Muscles in Neck Strengthening

Strengthening the following muscles can help improve neck stability and help absorb impact:

- **Upper trapezius:** important for controlling head position and resisting forces that cause the head to whip forward or back.
- **Sternocleidomastoid (SCM):** helps to stabilize the head and neck, particularly during sudden movements
- **Cervical Extensors and Flexors:** these muscles control the head's motion in forward and backward motions and provide the main support during impacts.
- **Scalenes and Levator Scapulae:** these muscles help with neck rotation and lateral bending; providing further support.

Training and Exercises

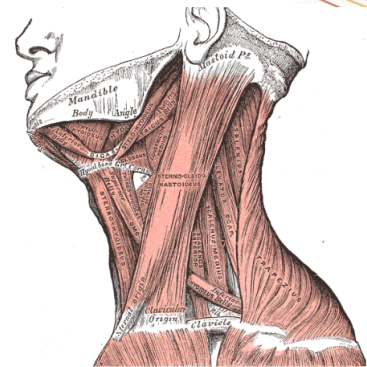
There are two categories of exercises: dynamic and static exercises

- **Isometric Neck Exercises:** these exercises involve holding the neck in specific positions to build strength. Examples include pushing the forehead into the palm of the hand or holding the head steady while resisting forces from different directions (forward, back, and side to side).
- **Dynamic Neck Exercises:** these involve active movements, such as head nods, rotations, and lateral tilts, often with added resistance from bands or weights. These exercises help train the muscles for movement and endurance, which are important for absorbing sudden impacts.
- **Postural Exercises:** strengthening the muscles that support proper posture, especially in the upper back and shoulders, can aid in reduction of overall strain on the neck and improve its function during impact.

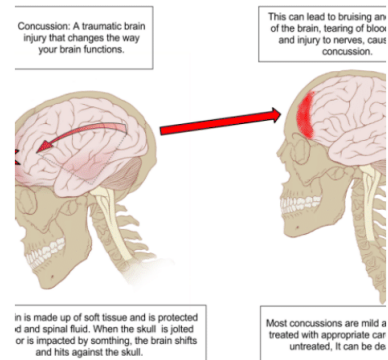
Neck Strength and Concussion Prevention in Sports

Some studies suggest that athletes with stronger necks are less likely to sustain concussions, particularly in contact sports like football, rugby, soccer, and hockey. A stronger neck might also lower the likelihood of neck injuries that could lead to more severe head injuries.

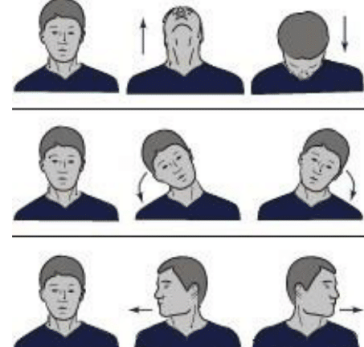
- **Football:** research has shown those with greater neck strength may experience fewer concussions because the neck can better absorb the shock of impacts.



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Limitations and Considerations

1. Not a Guaranteed Protection:
 - While strengthening the neck muscles may reduce the risk or severity of concussion in some cases, it is not a foolproof solution. Concussions can still happen even with a strong neck, especially in situations involving very high-impact forces or improper (like leading with the head).
2. Technique and Risk Reduction:
 - Proper technique and avoiding dangerous head-first impacts remain critical.
 - Neck strengthening should be part of a broader concussion prevention strategy that includes safe playing techniques, proper equipment, and awareness of injury risks.
3. Potential for overuse:
 - Just as strengthening the neck may help in concussion prevention, overloading or improperly training neck muscles could lead to injury. Therefore, it's important to follow a balanced and well-designed training program.

Other Preventative Measures

1. Education and awareness:
 - a. Ensuring athletes understand how to avoid dangerous impacts is equally as important as physical preparation.
 - i. Tackling techniques in football
2. Proper Equipment
 - a. Helmets and other protective gear can help reduce the risk head injuries, though they can't fully prevent concussions.
3. Rest and Recovery
 - a. Enough rest and recovery from a concussion is essential
 - b. Repeated concussions or not allowing full recovery can lead to long-term neurological consequences.

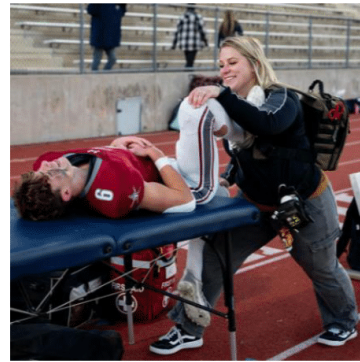
Conclusion

Strengthening the neck muscles is one potential way to mitigate the risk of concussion, especially in contact sports. Having a stronger neck can help limit excessive head movement and improve control during impacts. However, having a stronger neck doesn't replace having proper

technique, protective equipment, or other safety measures. A comprehensive approach should combine neck strengthening with education on proper techniques, enough recovery, and use of appropriate protective gear.

When considering adding neck strengthening to your concussion prevention strategy, it's key to consult your athletic trainer to ensure that you're doing the exercises safely and effectively.

Mission Statement: Improving the lives of athletes by promoting and providing a culture of safe play on and off the playing surface.



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LTA's Five Virtues

At Liberty Tree Academy, we are guided by five core virtues that shape our mission to develop students of character, intellect, and civic-mindedness. These virtues are woven into daily life at LTA and serve as the foundation for the leaders of tomorrow:

Courage

We honor the courage of our nation's founders and inspire our students to practice bravery daily, from speaking up in class to addressing challenges with integrity. Small acts of courage prepare our students for the bigger moments life may demand.

Courtesy

Courtesy is central to building a strong and respectful community. By demonstrating politeness and care toward others, our students reflect the values of LTA and contribute positively to both our school and the world around them.

Truthfulness

At LTA, we emphasize the importance of truthfulness in every aspect of life. By fostering honesty in small matters, we prepare students to be trustworthy individuals who value integrity in their personal and civic lives.

Prudence

The ability to make thoughtful, reasoned decisions is a cornerstone of good character. At LTA, prudence is cultivated through the practice of our other virtues, guiding students to act wisely and with intention, even in challenging situations.

Perseverance

Success requires determination. Whether mastering a challenging subject or pursuing a personal goal, perseverance is key. At LTA, we encourage students to push through difficulties, fostering resilience and a strong work ethic.

Stay Connected

We encourage all families to join our official Liberty Tree Academy Facebook group:
<https://www.facebook.com/groups/1122499171430344>.

- Weekly updates, including "Weeks at a Glance," are posted every Friday to keep you informed.
- For a full view of upcoming events, visit the calendar on the homepage of the LTA website.
- We also send updates via text, email, and occasionally by phone.

To ensure you receive all communications, please verify that your contact information is up to date by reaching out to registrar@ltaeagles.org.

Additionally, you can find current and past newsletters on the website under the "School Calendar" tab in the main menu.

Your involvement strengthens our community, and we're excited to keep you informed and engaged throughout the school year!

