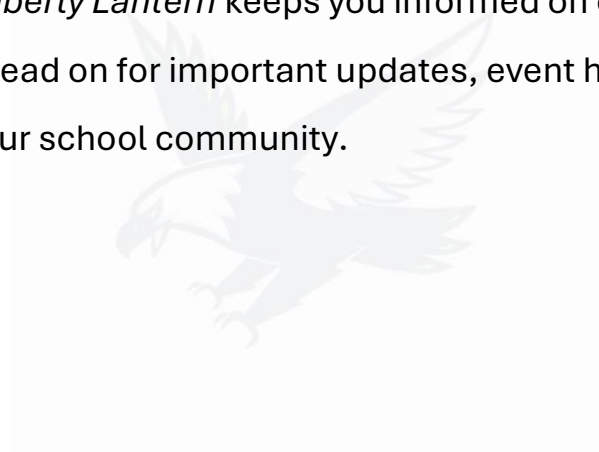


LIBERTY TREE ACADEMY

The Liberty Lantern: March 3rd, 2025

Volume 4

As the days grow longer and we move into March, Liberty Tree Academy is buzzing with activity! From upcoming spring events to student achievements, this edition of *The Liberty Lantern* keeps you informed on everything happening at LTA. Read on for important updates, event highlights, and ways to stay involved in our school community.



March Events

March 3rd

- Read Across America

March 5th

- Concurrent Enrollment Meeting
 - 7:30 – 8:00pm at LTA.

March 7th

- L.S. Poetry Jam

March 14th

- Senior Takeover
- 5th and 3rd Grade Assembly

March 17th-21st

- Spring Break

March 24th-28th

- No District Lunches



Testing in April

CMAS (Colorado Measure of Academic Success) testing is coming up in April. This state assessment measures student progress in core subjects and helps guide academic support and curriculum decisions. To ensure students are prepared and focused, we encourage families to avoid scheduling appointments during testing days.

CMAS Testing

Please avoid making appointments during this week

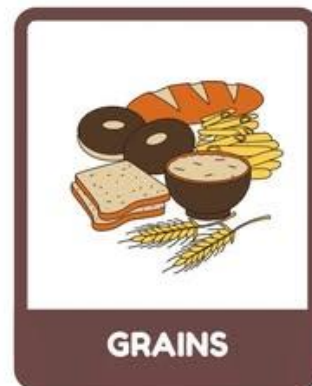
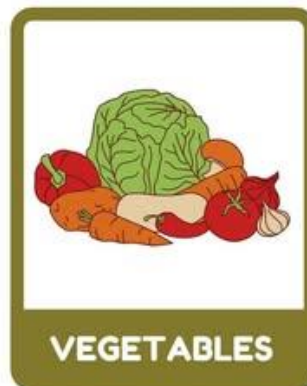
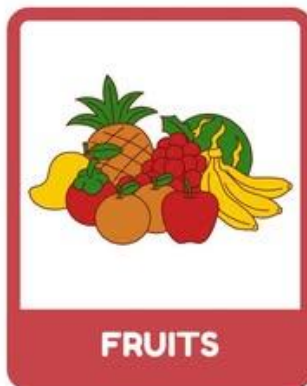
What	Who	When
CMAS	3rd-8th Grade	April 14-17
CMAS	11th Grade	April 17
ASVAB	10th-11th Grade	April 15
PSAT/SAT	9th, 10th, 11th Grade	April 18



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!





FORENSICS CLUB

***COME SEE WHAT ITS LIKE TO SOLVE REAL CRIMES,
MEET REAL INVESTIGATORS, AND
LEARN REAL LIFE PRACTICES***

MRS. KAISER'S ROOM (ROOM 231)

9TH-12TH GRADERS WELCOME

THURSDAYS, 3:45-4:30

FIRST INFORMATIVE MEETING ON THURSDAY, 1/23

(PARENTS WELCOME)



Lost & Found

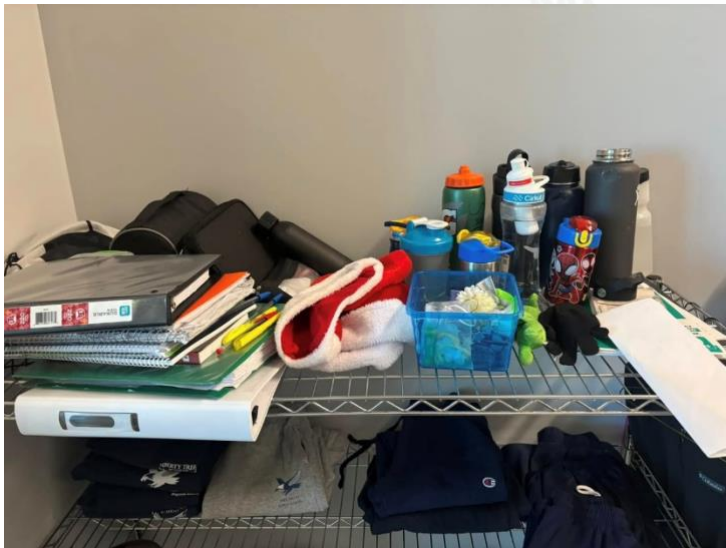
Dear Parents & Guardians,

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!



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



Athletics

March Athletic Events

LTA Track & Field – March Meet Schedule

The Liberty Tree Academy track and field season begins this March with several key meets. Athletes have been training hard, and we encourage families and students to come out and support them.

March 8

- CSU Early Bird Meet – CSU Pueblo (Time: TBD) – High School

March 20

- Coronado Cougars JV Meet – Colorado Springs (Time: TBD) – High School (JV Only)

March 27

- Kiowa Middle School Meet at Elbert – Elbert (Time: TBD) – Middle School

March 29

- Blue and Gold Invitational – University of Northern Colorado, Greeley (Time: TBD) – High School

Lower School Summer Cheer Day Camp

Dates: June 2-5, 2025

Time: 8:00 AM - 3:30 PM

Who: Incoming Kindergarten - Incoming 5th Grade

Cost: \$200

Looking for a fun and energetic summer activity for your child? Sign them up for our **Summer Cheer Day Camp!** This exciting camp will teach young athletes the fundamentals of cheer, teamwork, and confidence—all while having fun!

For more information, contact Mr. Markel at mr.markel@ltaeagles.org.



2025-26 Cheer Tryouts

Who:

- Incoming 6th-12th Grade Students

Open Gym:

- Thursday, May 1 & Friday, May 2
- 4:00 PM - 6:00 PM

Tryouts:

- Monday, May 5 & Tuesday, May 6
- 4:00 PM - 6:00 PM

Join the LTA Cheer Team and bring your school spirit to the next level! Open Gym sessions will allow students to practice skills before official tryouts. Don't miss your chance to be part of the 2025-26 cheer squad!



Sports Medicine Minute: Recovery and Rehabilitation Following Isolated Meniscus Tears

NEWSLETTER

Acute Meniscus Tear Anatomy

Each knee contains both a lateral meniscus on the outside of the knee and medial meniscus on the inside of the knee. These are c-shaped cartilage pads which help to stabilize the knee joint, absorb shock, and distribute stress within the knee. These structures are commonly injured in sports, particularly when the upper leg is twisted while the lower leg is planted, and the knee is bent. Tears come in different shapes and sizes, and the type of tear an individual has can have an impact on how the injury is treated. Physical therapy, meniscal repair surgery, and both partial and total meniscectomy are all options for recovering from a meniscus tear.

Application to Adolescent Athletes

Many factors go into the treatment decision for each athlete with a meniscus injury. Age, type and severity of tear, medical history, expected timetable for recovery, individual tolerance of symptoms, and personal opinion can all impact the decision. For adolescent athletes who have incomplete skeletal development, studies suggest that meniscal repair surgery may be the best option. This is due to the greater preservation of knee structure and function that meniscal repair allows. However, many athletes may opt for either physical therapy or a meniscectomy to be able to compete sooner. Each individual's personal situation is important to consider when making this decision, as it could have life-long impacts on the athlete.

Treatment Option: Direct Physical Therapy

The recovery time for meniscus tears where a non-surgical approach is chosen can range greatly. Typically, the shortest window will be about 4-8 weeks, with more complex tears going beyond the 8-week mark. The following is an example of what a program outline could look like:

Phase 1:

Goals: Reduce swelling and pain, restore extension, return to normal gait
Key Exercises: Quad sets, short range leg extensions, balance progressions

Phase 2:

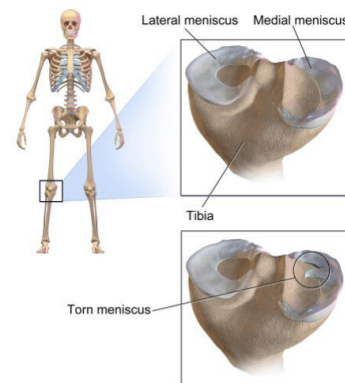
Goals: Restore flexion, address any remaining swelling
Key Exercises: Heel slides, prone knee flexion, stationary bike (full cycles)

Phase 3:

Goals: Strengthen knee towards pre-injured state
Key Exercises: Squat progressions, non-contact sport-specific exercises

Phase 4:

Goals: Return to sport with zero pain
Key Exercises: Jumping/landing progressions, cutting activities



Medial Meniscus Injury

"Medial Meniscus Injury" by BruceBlais is licensed under [CC BY-SA 4.0](#).

Differences in Meniscus Surgical Options

Meniscal Repair

Surgery aimed at fixing the meniscus tear while removing as little of the meniscus as possible.

Pros: Preservation of knee structure and function, reduced risk of developing arthritis

Cons: Longer recovery timeline and slower moving rehabilitation process

Partial Meniscectomy

Surgery to remove the torn portion of the meniscus.

Pros: Faster recovery timeline, more immediate relieve

Cons: Increased risk of developing arthritis

Total Meniscectomy

Surgery to remove the entire meniscus.

Pros: Same as Partial Meniscectomy

Cons: Greatly increased risk of developing arthritis

Treatment Option: Meniscal Repair

Meniscal repair surgeries tend to be the longest option to recover from, with a typical return-to-sport happening between 6-12 months following surgery. However, in some cases recovery can take less time, closer to 3 months. The rehabilitation from surgery would follow a similar outline to that of direct physical therapy, with a few key differences:

1. Basic Mobility Timelines
 - Range of motion is restricted via a brace for 4-6 weeks and crutches are needed for mobility
 - Partial weight bearing can begin earlier, but full weight bearing often does not begin until brace is unlocked
 - If a right knee injury, patient cannot drive until brace is unlocked
2. Rehabilitation Phase Length
 - Phases tend to take longer to progress through due to muscle atrophy during the restricted range of motion
 - Late-stage activities (jumping, cutting, etc.) are particularly
3. Post-Rehabilitation Strengthening
 - Full recoveries often can go over 6 months due to the need for additional strength and conditioning to meet pre-injury levels



"MRI Meniscus Tear" by [Ciernik M](#) is licensed under [CC BY-SA 4.0](#).

Treatment Option: Meniscectomy

Meniscectomy surgeries exchange a shorter recovery time for increased risks of arthritis and less preservation of knee structure in comparison to meniscal repairs. While not as common in adolescent populations, they are still occasionally the preferred option in certain circumstances. The rehabilitation from a meniscectomy also follows a similar outline to direct physical therapy with these differences:

1. Basic Mobility Timelines
 - No locked brace to restrict range of motion; with full range of motion typically returning in 1-2 weeks
 - Crutches typically are only used within the first week, anywhere from 2-7 days
 - Weight bearing is based off of tolerance and can begin immediately
 - If a right knee injury, patient can return to driving once range of motion is regained
2. Rehabilitation Phase Length
 - Phase 1 will typically take longer due to the invasive nature of the surgery, however subsequent phases should be similar to the direct physical therapy route
3. Post-Rehabilitation Strengthening
 - Due to the shorter timeline, there is less of a need for post-rehabilitation strengthening compared to meniscal repairs

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!

