



Rocky Mountain School of Expeditionary Learning

"As a K-12 community, the mission of the Rocky Mountain School of Expeditionary Learning (RMSEL) is to empower students and staff to be learners, thinkers, citizens, and explorers engaged in and inspired by the real world. We are crew, not passengers."

October 1st, 2025: Message from the Executive Director

Teacher Professional Development

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Healthy Kids Colorado Survey for 7th - 12th Grade

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Dear RMSEL Community,

Shout out to PTSC and all of the volunteers who supported the Pancake Breakfast Fundraiser this morning! Thank you to the families and students who came early to enjoy pancakes, sausage, and coffee, connect with one another, and support our fundraiser. Your support will help us to raise funds to increase staffing in support of our students' health and individual needs, purchase a new gear van, fund the teacher grant pool that is drawn upon for classroom supplies and professional development, and invest in the "look and feel" of the RMSEL building so our kids have a positive environment to learn in every day.

In crew, Tiffany Almon (she, her, hers, and why they matter)
Executive Director

Teacher Professional Development

We know late-start Wednesdays can be challenging for families, but this time is essential to improving our students' education. Today, teachers collaborated to give feedback on lesson plans that help students produce complex, authentic, high-quality work. These sessions allow us to share effective strategies that raise excellence across classrooms and connect students to real-world learning.

Healthy Kids Colorado Survey for 7th - 12th Grade

During the week of 10/27/25 our 7th through 12th grade students will take the Healthy Kids Colorado Survey (HKCS), an important survey about student health. The survey asks students about health topics including unintentional injuries and violence; mental health; school safety; substance use; physical activity and nutrition; sexual behavior (optional); and risk and protective factors.

Students do not have to take the survey. The survey takes no longer than one class period to complete. The survey process protects your student's privacy, and no information is collected that can identify an individual student. Only your child will know how they answer. Students do not get school credit for taking the survey, and there is no penalty for not taking the survey.

The survey results will help your school, community groups, and state health agencies to plan programs and services for youth. The survey is supported by the Colorado Departments of Public Health & Environment, Education, Public Safety, the Behavioral Health Administration, and the Attorney General's Office, and is administered by the Colorado School of Public Health every other year. This project has been approved by your school district and the Colorado Multiple Institutional Review Board (COMIRB).

Students receive the survey during class time and are instructed to answer the questions or skip any question they don't understand or don't feel comfortable answering. Students who are not completing the survey do other schoolwork during the survey time. We encourage you to discuss the survey with your child and share your views on their choice to participate. For more information about the study, please visit our website at <http://www.healthykidsco.org> or call the Healthy Kids Colorado Survey Director, Dr. Ashley Brooks-Russell, at 303-724-8437. For questions regarding IRB approval, please contact COMIRB at 303-724-1055.

To view a copy of your school district's survey, please visit:

- High school survey: <https://bit.ly/HKCS-HS-English-25>
- Middle school survey: <https://bit.ly/HKCS-MS-English-25>

To opt your child out of the Healthy Kids CO Survey click [here](#) and complete this short form by 10/10/25.