



GRIFFIN CHRONICLE

A NOTE FROM THE DIRECTOR

With winter upon us, I would like to share an excerpt regarding Seasonal Affective Disorder (SAD). The article was published by The Child Study Center (CSC), part of Hassenfeld Children's Hospital at NYU Langone.

“Approximately 6 percent of the population suffers from Seasonal Affective Disorder (SAD). While SAD is more common among adults, preliminary research suggests that children and adolescents can suffer too. Symptoms of SAD include:

- Changes in mood, such as irritability and sadness
- Increased crying
- Fatigue or loss of energy
- Increased sleep and difficulty waking in the morning
- Changes in appetite
- Difficulty concentrating
- Withdrawal from typically enjoyable activities
- SAD is marked by distinct changes in mood lasting for multiple weeks and correlates with a change in seasons.
- SAD is marked by other changes in behavior related to school, attitude, appetite, sleeping patterns, and social functioning. Keep in mind that SAD consists of a number of symptoms at once and is not related to a particular situational stressor.”

Learn how to beat the winter blues at: <https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/2016/seasonal-affective-disorder-help-kids-beat-winter-blues>

Parent Information: Monthly Family Challenge

MONTHLY FAMILY CHALLENGE

Athlos Academy Family Character Trait Challenge gives Athlos families an opportunity to work together to build a stronger growth mindset, character, and strong family ties. Each month Athlos will be featuring one of our twelve character traits. This trait will be featured with five challenges that will bring these character traits “to life.” Once each

challenge has been completed, mark it down on your calendar tracker, sign the completed calendar, and send it to your child’s classroom teacher. If you have multiple children at Athlos, send it to the oldest child’s teacher. Completed calendars will be submitted into a drawing for a prize. Submit your calendars to your teachers, the front desk, or email to jairhart@athlosutah.org

Character Trait: Grit

Athlos defines grit as: Rising up to meet challenges and persevering in spite of failure.

People who have grit are successful at achieving long-term goals. Grit enables people to persist through difficult times, to see roadblocks as steps to overcome, and to see failures and setbacks as opportunities to learn and grow. In short, grit is a strong predictor of future success. Grit is a trait that takes time to build, but there are some simple ways to begin teaching grit at home. Start by reading your child stories about characters who are resilient and who have overcome difficulties, sometimes failing before succeeding. “The Hugging Tree: A Story about Resilience” is a great children’s book for kids of many ages. Routines can also help instill grit in children. Try something as small as setting up a morning routine that includes your child making their bed each day, and follow through to make sure they stay consistent in this routine. Work toward a goal that you can break up into projects or milestones. This will teach your child that there are steps that need to be completed to reach a goal. Some steps or tasks might take more time and grit to complete, while some may be easier.

THIS WEEK’S ISSUE:

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2 Parent Information / Character Trait

3 Enrollment Events & Upcoming Fundraisers

4 Staff Spotlight

LOOKING AHEAD

Jan 14	Girls Basketball Games @ Summit Draper 4:30 & 5:30 pm
Jan 14	Spirit Night Fundraiser Chick-Fil-A 5-7pm
Jan 15	2019-2020 Kindergarten Enrollment Event 6pm
Jan 17	2019-2020 Middle School Enrollment Event 6pm
Jan 17	Girls Basketball Games @ home 4:30 & 5:30 pm
Jan 18	Grizzlies Hockey Game Maverick Center 7pm
Jan 21	NO SCHOOL INTENT TO RETURN DUE
Jan 23	Open House 2019-2020 Enrollment
Jan 28	Girls Basketball Games @ home 4:30 & 5:30 pm

ENROLLMENT 2019-2020**INTENT TO RETURN EMAIL**

Intent to returns must be completed by January 21 if your student(s) plan to attend Athlos next school year. Call the front office if you have any questions.

Wednesday, January 23 at 6:00 p.m.
All grades enrollment event
Any new students interested in Athlos Academy for the next year. Come meet some teachers, take a tour and see what all Athlos has to offer!

UPCOMING ENROLLMENT EVENTS

We have a few enrollment events coming up for the 2019-2020 school year. Please tell your family and friends to come and check out what Athlos Academy is about and what makes us different!

Tuesday, January 15 at 6:00 p.m.
Kindergarten enrollment event
Come meet the teachers, see the classrooms and take a tour!

Thursday, January 17 at 6:00 .pm.
Middle school enrollment event
Come meet some a few of our amazing middle school teachers, take a tour, learn about curriculum, after school sports, and electives!

FUNDRAISERS

January 14, 5pm-7 p.m.
Spirit Night
Chick-fil-A in South Jordan
Funds go to PTO for events

January 18, 7 p.m.
Grizzlies Hockey Family
Night
Maverick Center
Athlos singing "O Canada"
Athlos Athletics puck drop
Funds go to PTO for events
To purchase tickets call
801-988-8026

STAFF SPOTLIGHT: MS. BURTON

I am currently teaching second grade at Athlos Academy. I have been teaching for 6 years, 1 ½ in 5th, 1 ½ in 4th, and 3 in 2nd. I love teaching 2nd grade. I have a daughter, Alex, who is 19 and lives in St. George while attending Dixie State University to get her BSN. My son, Jake, is 16 and is a junior at Timpanogos High. He plays football and is on the offensive line.

I actually live rather far away from Athlos in Utah County. I love this school and am quite okay driving 40 minutes to get here every day. The ride is made MUCH shorter with my carpool buddies who also live in Utah County. And once I get to school, I get to hang out with all the fabulous teachers and staff who make this place a really wonderful place to work.

