



GRIFFIN CHRONICLE

A NOTE FROM THE DIRECTOR

Hello Athlos families,

I hope you received my email last week announcing my retirement at the end of this school year. This was not an easy decision as I have enjoyed my time at Athlos and the connections I have formed with the outstanding families here. However, I feel that the end of the year will be a good opportunity to pursue other things in my life. I am committed to serving our families to the best of my ability for the remainder of the semester and do not intend for this announcement to be a distraction, but rather an opportunity to ensure a smooth transition.

On a separate note, I will be looking for parents to serve on an anti-bullying task force to help us develop an effective school-wide program to help combat bullying on campus and improve the general atmosphere of the school. I will be sending more information out this week.

Also, I will be asking for a couple of parent volunteers to sit on the calendar and schedule committee with me, Mr. Airhart, staff members, PTO representatives, and board members. Please email me if you're interested in participating.

Input from families is such a crucial part of the quality of life at the school. I hope that these and other initiatives will help strengthen our relationships with families and provide voice and input to the people we serve.

Mr. Herr

Parent Information:

Menus & Nutrition

Wondering what's for breakfast or lunch? Please find the monthly nutrition calendar on our school website: www.athlosutah.org/parent-resources/menus-nutrition/

You will also find a convenient link to pay meal balances, check carbohydrate counts, and see each grade's lunch time.

Students are encouraged to

drink plenty of water throughout the day. Water bottles with lids are welcome in classrooms.

Some classes allow snacks throughout the day, as well. Please check with your student's teacher for more information. Parents who wish to bring class treats are encouraged to find healthy options that go along with the Healthy Body pillar.

Character Trait:

Humility

Athlos defines humility as: Letting accomplishments speak for themselves.

Having humility creates several effects that are crucial to the success of students and their social/emotional development. These include the cultivation of meaningful relationships, a willingness to be vulnerable, and the ability to practice gratitude. Humility makes each of these possible.

A lack of humility places too much value on the self. This leads to either an inflated sense of self-worth or shame.

Humility enables students to value the contributions of others as a necessary component of their own learning process and to realize that there's always more to learn and someone to learn from.

Modeling humility is essential for children to be able to understand what it looks like. This can be as simple as being humble when winning a family board game, letting your accomplishments speak for themselves, or praising the work and efforts of others in front of your child. Have a trait conversation with your child asking questions like:

How did you show humility today?

How was this trait important during your classroom instruction or on the turf during athletic movement?

How could you show humility at school, at home, etc.?

THIS WEEK'S ISSUE:

1 Director's Note

3 Announcements

2 Nutrition Information / Character Trait

4 Staff Spotlight

LOOKING AHEAD

Jan 22	Middle School Parent Meeting @ 6:30 pm
Jan 23	Open House 2019-2020 Enrollment 6-7:30 pm
Jan 28	Girls Basketball Games @ home 4:30 & 5:30 pm
Jan 30	Girls Basketball Games @ Providence Hall 4:30 &
Feb 2	Kindergarten Open House for new Athlos families 11am to 2pm
Feb 4	Girls Basketball Games @ Summit Independence 4:30 & 5:30pm
Feb 5	Girls Basketball Games @ Home vs APA 4:30 & 5:30pm
Feb 7	PTO Meeting 9am
Feb 8	Principal's Pride

ANNOUNCEMENTS

UPCOMING ENROLLMENT EVENTS

Our enrollment window for the 2019-2020 school year is open, and we are accepting new applications. We would love your help spreading the word to your interested friends and family members about the following enrollment events:

Wednesday, January 23, 2019
6:00pm to 7:30pm
All grades open house

Saturday, February 2, 2019
11:00am to 2:00pm
Kindergarten open house

MIDDLE SCHOOL PARENT MEETING | JANUARY 22, 6:30 PM

Parents of 6th-8th grade students are invited to a parent meeting on Tuesday, January 22 at 6:30 p.m. at the school to discuss middle school

at Athlos next year. We will be announcing new academic opportunities to better prepare your student for high school, as well as asking for feedback on what elective courses we should consider that matter most to you. A light dinner will be served. Your input is important to us, and we hope to see you there!

PTO NEWS

For those parents that would like to be more involved next year... the PTO is a great place to do that! Nomination forms are due by March 20th, so you have some time to determine if this is a good fit for your family. You can find the form on the school website under PTO.

You can also attend our next PTO meeting to see what we do on February 7th at 9:00 am!

MARK YOUR CALENDARS!

Our 3rd quarter PTO activity will be held on Friday February 15th! More information to come!

STAFF SPOTLIGHT: MS. DOHMEN

I am a 5th grade teacher here at Athlos and have been here since we opened our doors in Utah.

I got my teaching license in Minnesota and then moved to Utah to be closer to the mountains.

I like long road trips, powder ski runs, and rocky hikes. My husband and I are trying to get to all of the national parks in the U.S. - we are at 29! My favorite is still Zion right here in Utah.

Spending so much time outdoors gives me perspective for my own goals and creativity for my classroom.

