



# GRIFFIN CHRONICLE

## MESSAGE FROM THE DIRECTOR

Dear Athlos families,

I want to personally thank you for all of the hard work and effort you have been putting in during our school closure to support your children in their distance learning. You have stepped up as essential partners in the education of our students, and we could not be more proud of our families during these uncertain times. We all appreciate you all greatly, and can not wait to welcome students back to school. Continue to keep up the optimism and positivity and serve as great examples each day! If you need anything, please do not hesitate to reach out.

Thank you again,

Mandy Kartchner



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# Staff Spotlight

## JENNIFER ALLPHIN

SPECIAL EDUCATION PARAPROFESSIONAL

I work as a paraprofessional in the Special Education Department with upper grades.

A little fun fact about me is that when I was 13 years old I was on a girls camping trip in Alaska. On this trip we made camp a mile and a half up the hillside where we had to haul in all of our gear. The second night we decided to play a prank on our leaders and walked the mile and a half down to their camper. On our way back it started raining when we were surrounded by a wolf pack while hiking back to our tents. As we hiked back we could hear them running through the woods around us and see their eyes glow in the flashlight beam. We all made it safely back to our tents where we tucked ourselves in and listened to them sniffing our tents and we could see their shadows through the tent walls!

In my spare time I like to hike, camp, and do anything outdoors with my family. The reason I love teaching is for those “aha” moments that students have when they have been working on something and they finally understand what you have been teaching them.



## Distance Learning Information

### Important Online Resources

#### Access to Distance Learning Resources, Lessons, Teachers, and Staff

We understand that moving to a new learning platform can be a challenge. Our educators have been busy preparing recorded lessons for children to participate in during the closure. Lessons are available for each grade level and are broken down by subject.

Each of our teachers will be holding virtual office hours to assist students with their lessons.

All of these resources and more can be found at: <https://bit.ly/2Wm7F0r>.

\*Information is being added as it is available. If your child’s teacher’s Zoom link or link to lesson plans are not listed, please check back.

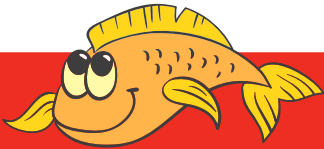
You can also find more information on Distance Learning:

[athlosutah.org/athlos-academy-of-utah-distance-learning-details/](https://athlosutah.org/athlos-academy-of-utah-distance-learning-details/)



# Math Card Games

Have a deck of cards laying around the house? Take this opportunity to play a game with your child AND practice math skills at home. The following games are 2-6 player and can not only be fun but also a brain tease.



## GO-Fish to 10!

If you already know how to play Go-fish, let's take it to the next level. Fish for pairs that can add up to 10. As an example, if you have a 6, ask a chosen player for a 4. If you have cards that add up to 10, lay them down as a pair. You will have to take out the face cards and play aces as a 1 for this game.

# 24

## Order of Operations to 24

Each player is dealt 4 cards and they must use order of operations to get their 4 cards up to 24 or as close as possible. Create a family point system for this.



## Reading Minds

Have two students hold up cards to their foreheads without looking. Have another shout out the sum of the cards is \_\_\_\_\_ (blank), or the product of the cards is \_\_\_\_\_ (blank). Example: the students hold up the cards 4 and 6, the other play says, "the product of the cards is 24" and the students try to guess the factors of 24.

## 10 Recommended Series to Read at Home

Reading a series at home with your student is a captivating and imaginative experience. This activity helps exercise your child's brain, improves concentration, enhances vocabulary and language skills, and lastly develops your student's imagination.

Not only does reading a series together as a family serve as an educational activity but it is also a bonding activity. It will allow your students to look forward to the next literate adventure. Have fun and try different voices or have each of your children try reading a page of the book.

There are many wonderful series listed below for you and your family to try. Many of our staff members have read these picks with their own families or when they were a young learner. Enjoy!

1. Harry Potter by J.K. Rowling
2. Chronicles of Narnia by C.S. Lewis
3. Little House on the Prairie by Laura Ingalls Wilder
4. Percy Jackson and the Olympians by Rick Riordan
5. Series of Unfortunate Events by Lemony Snicket
6. The Boxcar Children by Gertrude Chandler Warner
7. Magic Tree House by Mary Pope Osborne
8. Amelia Bedilia by Peggy Parish
9. Nancy Drew Series by Carolyn Keene
10. Bunnica by James Howe



## STAY ACTIVE AT HOME

### PRACTICE THE HEALTHY BODY PILLAR

Here are a few active games to practice at home with your students. Watch out for our coaches athletic movement videos as well.

#### Laundry basketball

Using a laundry basket, place it in one corner of the room. Scatter as many different balls of socks you have throughout a room. Shoot the balls of socks into the laundry basket as quickly as you can, using your best shooting form. Time yourself to see how fast you can make all of them.

#### Playing Card Fitness

Playing as an individual or a family, you'll need a deck of cards in the middle of the space. Assign exercises to each suit (hearts, spades, clubs, diamonds). Whatever card you draw, perform that many repetitions of the assigned exercise. Face cards are all worth 10. Aces are wild cards and you get to assign an exercise to someone else.

Examples of exercises:

- Squats
- Lunges
- Squat jumps
- Jumping Jacks
- Push-ups
- Shoulder Taps (from a push-up plank position)

#### Make it, Move it

Find an object to throw (socks, a ball, a stuffed animal) and a container to throw in (pot, basket, large Tupperware). Start on one side of the room, every time you toss your object into your container, move the container further away. . Try to get your container to the other side of the room.

#### The Floor is Lava

Use objects around your house to move around the room without touching the floor.

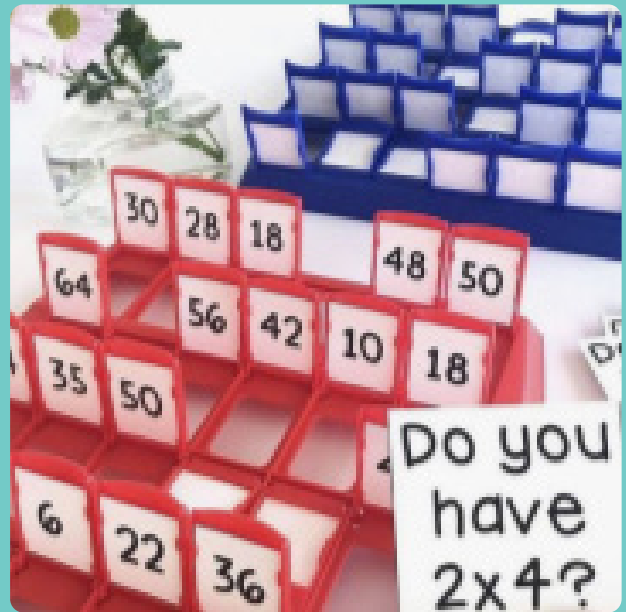
Set up challenges:

- Try to touch all the furniture in the room
- Try to touch every wall in the room
- Try to move into different rooms
- Try to cross using as few objects as possible

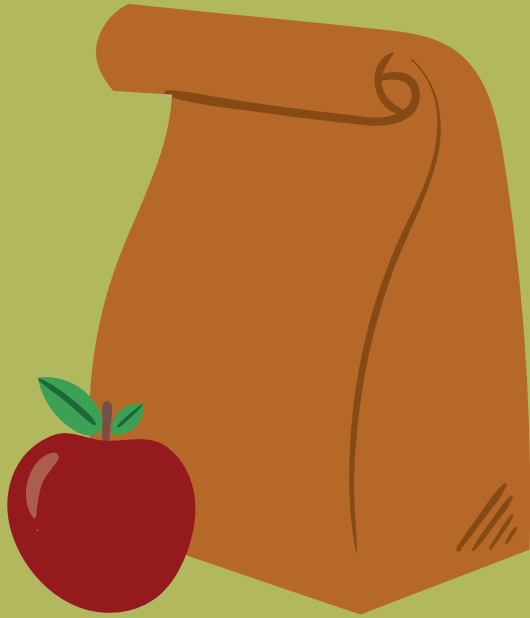


# Creative Games to Play at Home

At Athlos we deeply appreciate educational engagement at home. Here are a few more creative at home ideas for you and your students!



## Grab-and-Go Meals Available on Mondays Only Starting March 30, 2020



Dear Athlos families,

Beginning Monday, March 30, 2020, we will be changing how we provide grab-and-go meals. Meals will be available once weekly, on Monday only, from 9 a.m. to 10 a.m. Families may come to the school between 9 a.m. and 10 a.m. on Mondays and pick up breakfasts and lunches for the entire week (5 breakfasts/5 lunches per child).

Meals will still be provided by driving through the Driveline lane at the school. School staff will be on hand and will bring your meals to your vehicle. Please do not exit your vehicle.

If you have any questions, please contact the school at (801) 438-4619.

Thank you.