



# GRIFFIN CHRONICLE



## MESSAGE FROM THE DIRECTOR

Dear Athlos families and students,

While we're nearing the end of the school year, we're not done, yet! We still have three weeks of learning and a few fun events and activities to look forward to!

Next week, we'll be announcing an optional single sign-on portal to access all your child's distance learning platforms in one place! Stay tuned for more details. We'll also be announcing plans for our annual Griffin Days that last week of school. Get excited for the fun as we take time to focus on developing our Performance Character traits!

As a reminder, there is no school on Monday, May 25 in observance of Memorial Day. No distance learning lessons or live office hours will be held this day. The weekly breakfast and lunch pick up will be moved to Tuesday, May 26.

We miss interacting with each of you on a daily basis and hope you are all staying well! Please reach out if you need anything.

Sincerely,

Ms. Kartchner

## IN THIS EDITION

**PAGE 1** Message from the Director

**PAGE 2** Staff Spotlight, Herriman City Fitness Challenge

**PAGE 3** Staying Active at Home, Distance Learning Link

**PAGE 4** 2020–2021 School Calendar



# Staff Spotlight

## LAUN MAHER

ENGLISH TEACHER

Who was valedictorian in high school? Who was number 4 in California All State Band 1988? Who is as old as a tree? Who created and conducted the first steel drum band in Utah? Who went to the Vancouver, Canada World's Fair in 1986 with his school band? Who plays the saxophone family? Who helps students fix mistakes?

To answer all of these questions, please just look at the goofy picture. Yes, Mr. Maher, that is who. He has taught elementary school for 14 years and secondary for 8 years.

Besides playing in the Murray City concert band, he loves to listen to and play jazz music when he gets the chance. Mr. Maher loves pirates, for students and parents who have come into his room. One of the reasons he likes them is that they have a captain and a crew- just like a class of students. Pirates have to work together to get anywhere- just like the teacher and the class does. Pirates also like to take risks to go places and do things they haven't before, which is what we do in learning everyday. Take a risk. His favorite performance character trait is integrity. Try everyday and have high expectations of yourself. YOU CAN DO IT!



Herriman City is hosting a social distance fitness challenge.

Let's practice our healthy body pillar and take on this challenge as a school. This will be a great way to stay active and stay home as a family.

Go Griffins!

## YETI'S SOCIAL DISTANCING 20 IN 2020 FITNESS CHALLENGE

EXERCISE IN SETS OF 20s TO COMPETE IN THE CHALLENGE AND WIN PRIZES!

MAY 3RD - MAY 30TH

Completed week of activity = 1 prize drawing entry • Complete all four weeks = 10 prize drawing entries

**WEEK 1: 20 MINUTES RUN/WALK X 5 DAYS**

**WEEK 2: 20 MINUTES RUN/WALK + 20 SIT-UPS X 5 DAYS**

**WEEK 3: 20 MINUTES RUN/WALK + 20 SIT-UPS + 20 PUSH-UPS X 5 DAYS**

**WEEK 4: 20 MINUTES RUN/WALK + 20 SIT-UPS + 20 PUSH-UPS + 20 SQUATS X 5 DAYS**

Submit your final results at [bit.ly/yetifitnesschallenge2020](http://bit.ly/yetifitnesschallenge2020) before June 5th.  
Prize drawings will be held Monday, June 8th.



# 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.



### Rock, Paper, Scissors, Exercise!

#### How to Play:

- Open space
- 2 or more people

#### How to Play:

This game can be played with two or more people. Everyone in the space spreads out and runs around until they find a partner. Once they find a partner they play rock, paper, scissors. The winner tells the other player an exercise to do 5 times. Once they are finished, then both players run to find a new partner to play again.

#### Here are a few exercise ideas:

- Squats
- Lunges
- Push ups
- Frog jumps
- Balance on one foot
- Jumping jacks



### Wall Ball

#### What's needed:

- A fence, wall, or side of a house/building
- A tennis ball, rubber ball, or some other ball that bounces well
- Cones, chalk, clothing, or something to mark boundaries

#### How to Play:

Create boundaries for where the ball can hit the wall (left to right) and where the ball can land (a box or rectangle on the ground). Player one begins by throwing the ball off the wall, making sure the ball hits the wall within the determined boundary, AND that it lands inside the box or rectangle boundary. Player two must allow the ball to bounce at least one time and is trying to retrieve the ball before it stops bouncing. Once player two gathers the ball, he/she throws it off the wall from where they are standing, making sure the ball stays within all boundaries. If the ball hits the wall or lands outside the boundary, the other player gets a point. If the ball is not retrieved before it stops bouncing, whoever threw the ball last gets the point.



## DISTANCE LEARNING LINK

If you have any questions regarding distance learning please [CLICK HERE](#).

This link provides various resources, student expectations, and frequently asked questions and answers.



**Athlos Academy of Utah**  
2020-2021 Calendar

July 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2021						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

	First day of school	First day of kindergarten	No school	No school - Teacher P.D.	No school - conferences	Last day of school
<b>Fall semester</b>	08/17/20 – 1/15/21		<b>Schedule (grades 1–8)</b>			Mon–Thu 8:05 AM–3:05 PM
<b>Spring semester</b>	1/20/21 – 06/04/21					Friday 8:05 AM–1:05 PM
<b>Quarter 1</b>	08/17/20 – 10/16/20		<b>Schedule AM Kinder.</b>			Mon–Thu 8:05 AM–11:05AM
<b>Quarter 2</b>	10/27/20 – 01/15/21					Friday 8:05 AM–10:05AM
<b>Quarter 3</b>	01/20/21 – 03/25/21		<b>Schedule PM Kinder.</b>			Mon–Thu 12:05PM – 3:05PM
<b>Quarter 4</b>	04/05/21 – 06/04/21					Friday 11:05AM – 1:05PM
<b>Total school days / hours</b>	176 days / 1021 hrs		<b>Earliest Drop Off</b>			Mon – Thurs 7:50AM Friday 7:50AM

You will notice that our school has different start and end times next school year. Class will begin at 8:05 am and school will release at 3:05 pm Monday –Thursday, and on Fridays students will be released at 11:05 am. Summer is right around the corner, but we are looking forward to the new school year with you all.