



# GRIFFIN CHRONICLE



## MESSAGE FROM THE DIRECTOR

Dear Athlos families,

Thank you for taking the time to participate in our parent feedback surveys. We strive to foster a community where parent feedback is valued and used to continually meet the needs of our students. We received so much positive, heartfelt feedback, as well as constructive feedback that we are addressing as a leadership team. Our goal is to keep these lines of feedback open so we can provide the best possible educational experience to students.

Sincerely,  
Mandy Kartchner  
Executive Director

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# CATCHIN' UP WITH MS. K!

BY THE AAU JOURNALISM CLASS STAFF



**SHE MAY BE KIND OF SMALL, BUT TO HER MANY FRIENDS, FANS AND DEDICATED FACULTY AT ATHLOS ACADEMY UTAH, SHE'S 10-FEET TALL!**

We're talking about AAU Executive Director Mandy Kartchner ("Ms. K." as she's known up and down these halls), a woman on a mission to "change perceptions" and turn Athlos Academy into one of the finest schools—charter, private or public—in the Salt Lake Valley. ("In Utah!" Ms. K. is quick to correct us.)

The AAU eighth-grade journalism class recently had the good fortune to catch up with Ms. K., who took time out of her very busy schedule to answer a few questions about our school and her vision for its—and our—future success.

## **WHAT DO YOU THINK ATHLOS ACADEMY UTAH DOES REALLY WELL?**

I think our athletic movement program is really amazing. I like to see how it incorporates the Performance Character Traits. I like how we integrate performance character with movement and physical health.

## **WHAT DO YOU THINK ATHLOS COULD DO MAYBE A LITTLE BETTER?**

Athlos Utah could a lot better at

academic rigor. We are going to be challenging you guys with more academic programs in math, writing, reading, those kinds of things. That's been one of my main focuses: to make sure you guys are prepared when you leave here to go into ninth grade. High school gets a lot harder, so I want to really challenge you guys.

## **WHAT WOULD YOU MOST LIKE TO ACHIEVE AT ATHLOS ACADEMY?**

I would like to see all you guys leave here and go on to high school with a strong academic foundation, and

strong morals and values from our Performance Character Traits. I know we often get called a 'movement school' or we get called an 'athletic school,' and so I know some people associate that with not having strong academics and I want to really change that perception.

## **WHAT DO YOU EXPECT FROM ATHLOS ACADEMY STUDENTS?**

Well, I don't expect perfection; I just expect you guys to always try your best and work your hardest. I think you guys do a great job at it!

### **WHAT DO YOU EXPECT FROM YOUR FACULTY AND STAFF?**

Kind of the same thing I expect from you guys: I don't expect perfection, I just expect everybody to work their hardest. Teachers definitely have to show up on time and be prepared. What you guys don't know is that all your teachers report to me kind of like you report to them. They all turn in weekly lesson plans.... Administration goes through these plans to make sure what they are teaching you guys is in line with the state standards, which are what we are required to teach you guys. We just make sure that they're all doing a good job.

### **MS. K. ON ALL THESE MASKS**

I've hired some new employees this year, and I've never seen their faces. Sometimes when they take off their masks, I'm like, 'That's not what you're supposed to look like.' It's really strange.

### **MS. K ON THE FREE GOVERNMENT HAND SANITIZER**

It smells like death, right? It's the grossest smell in the world, and it was free from the government...so let's just use it up really fast so we can get some other kind that smells better.

### **THE FINAL WORD: MS. K. ON BIG DOGS & SMALL OFFICES**

I used to work as Special Education Director at a school called Channing Hall. We had these really small offices there, they weren't big like the one I have here. Anyway, the principal I worked with at Channing had a very large golden-doodle named Truman, and for some reason she would always put Truman in my office; she brought him to work every single day. So I would go to my office and Truman would be sitting in the corner, staring at me as I came in. Before long, this principal would text me: "Oh, I forgot to tell you, I just put Truman in your office."

And I don't really like dogs—Truman was very well behaved—but it just drove me crazy with this tiny little office and this great big dog...it just drove me nuts. Not being a big dog lover, I especially don't want one in my office all day.

It got so bad that, one day this principal asked me to cover for her, be principal of the day, because she had some conference to go to. I said, 'Sure, why not,' and later I went down to her office and I'm typing and working and I hear this noise behind me. I turn around...and it's Truman! She'd left Truman with me for the day! And she was gone, so I was kind of upset. (Truman knew to go to a corner in my office because I didn't like him very much, and so I'd just tell him, "Get to your corner!" and off he'd go. 🐾)



# TRUMAN



# “ECO-FRIENDLY 6TH SCIENCE”

(BY AIDAN WILLIAMS, AAU JOURNALISM CLASS)

In a recent 6th grade science project at Athlos Academy Utah, Mrs. Ashley Hansen’s class created complete ecosystems in plastic two-liter bottles. These projects were amazing, as was the opportunity to speak with their creators about what they learned. “We’re making a forest-type ecosystem for our project,” explained Tucker Scranton as he and his partner, Alex Gregory, searched for bugs to put in their bottled environment.

Many of the ecosystems created in Mrs. Hansen’s class have everything from bugs and plants to fish living in them.

Two goldfish, Pumpkin and Candy, are the lucky inhabitants of a new environment created by Kolbie Kojima and Natalie Henrie. “For the land portion of our ecosystem,” Kolbie and Natalie point out, “we have soil with two bean plants.” The bean plants play an important role in this new world: “We also have three potato bugs, which eat the plants living there.”

What about Pumpkin and Candy? “Our fish eat broccoli and bananas,” which the girls get from the lunchroom. 🌱

# MEET THE TEAM:

## JENNIFER SADERHOLM

SCHOOL COUNSELOR

Jennifer Saderholm graduated from the University of Phoenix with a master's degree in educational counseling. Since then, she has been a counselor at a middle school, junior high school, two high schools and two elementary schools. She has worked in both private schools and public schools and just enjoys helping kids along their educational journey.

"The thing I like most about being a school counselor is getting the opportunity to make a difference in young people's lives by helping them understand how valuable and capable they are," she said.

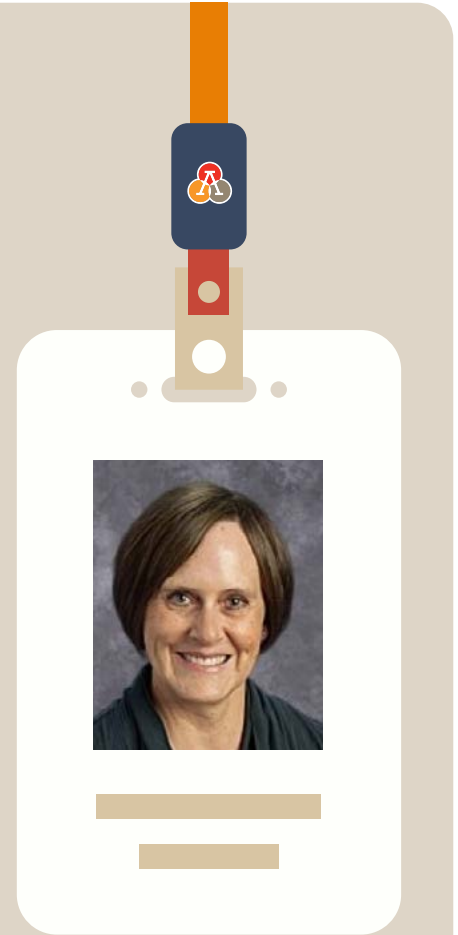
### FAVORITE PERFORMANCE CHARACTER

#### TRAIT: INTEGRITY

"I believe that when you live life with integrity, you live your best life," said Saderholm. "You respect yourself by living in a manner that is consistent with your values, purpose, and goals. These factors guide each decision that you make and allow you to achieve more in life."

### 3 THINGS MOST PEOPLE DON'T KNOW ABOUT YOU:

- 1 I played college basketball at Vanguard University in Southern California.
- 2 I have twins, a boy and a girl.
- 3 One of my favorite things to do in my spare time is to hike through the beautiful mountains of Utah with my family.



# THE MORE YOU KNOW UPDATES AND REMINDERS

## PHOTO DAY MAKEUP

If your student was unable to attend picture day, there will be a retake day on November 11. Distance learning students will follow the same procedures by entering the school on the north side of the building between 3:30 and 4:30 p.m.

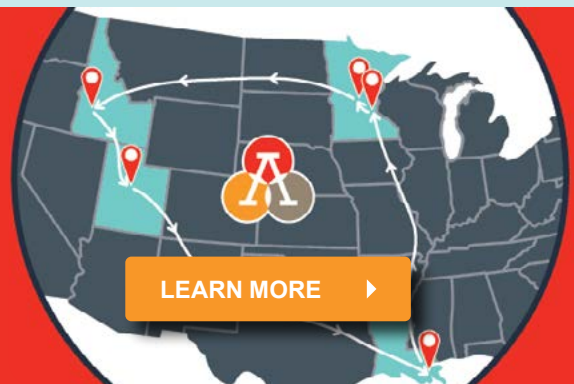


## FALL BREAK!

AS A REMINDER, FALL BREAK  
IS COMING UP OCTOBER 19-23!

## RUN THE ATHLOS NETWORK

Remember to get active and track your miles. We are competing with other Athlos schools in the Athlos network to see which campus can "run" 4,800 miles first. A prize to the winning school will be announced soon.





# A SHOUT OUT TO OUR NUTRITION TEAM!

Not only are our cafeteria team providing meals in school, but they are working extra hard to make sure our distance learners also have nutritious breakfasts and lunches! A huge Athlos shout out to our nutrition team. Thank you for keeping us fed, energized, and ready to take on the day!



# COUNSELING AND SOCIAL WORK SERVICES AT ATHLOS

Our counselor and social worker provide students with robust services. Watch the video about the services offered, especially how those services have supported students during the COVID-19 pandemic.

**VIEW VIDEO** ▶



**Do you want to learn more about counseling or social work services?**

Check out the webpage for more information, and feel free to reach out to Ms. Saderholm or Ms. Winward.





The first Monday of every October is World Day of Bullying Prevention! On this day, students, schools, and communities all over the world go BLUE together against bullying and cyberbullying. We want to encourage our Athlos community to wear blue on Monday, October 5th.

Week of October 5th - Challenge Yourself and Others To Be Kind. Make kindness go viral with an act of kindness, and challenge friends and classmates to pay it forward with their acts of kindness. Parents, post stories of their child showing kindness on the Athlos Facebook page! Teachers, email Miss Jessica stories of students showing kindness in their classrooms, so our student leaders can then give shoutouts to students over school announcements throughout the month of October.

Parents play a key role in preventing and responding to bullying. If you have recently witnessed or suspect an incident involving bullying, speak out and discuss it with school officials and parents immediately.

**REMEMBER:**  
**DOING NOTHING**  
**ONLY ENCOURAGES**  
**MORE BULLYING.**

Find resources for supporting your child understand bullying prevention and awareness by clicking the button below.

[LEARN MORE ▶](#)

# FAMILY FEEDBACK

Thanks for all of the great feedback in our latest parent survey! Here are some highlights.

The amount of work and the engagement of the teachers through the Zoom meetings has been amazing this school year.

– **ATHLOS PARENT**

The gym coaches are fantastic. They help the kids talk about feelings and life skills emotionally and physically benefiting.

– **ATHLOS PARENT**



**READ MORE  
REVIEWS**



As a parent, it's really great that the classes are recorded and can be rewatched if extra help is needed and that each classes day of work is on one page.

– **ATHLOS PARENT**