



#### MESSAGE FROM THE DIRECTOR

Dear Parents.

Thank you for your great response to intent to return for the upcoming school year. If I haven't heard from you yet, I am anxiously awaiting your reply. I am excited to continue to serve you and your students.

This February, Athlos Academy administration, teachers and counseling staff will focus on helping students learn conflict resolution skills. Look for information coming home soon on talking to your kids about how to navigate difficulties on the playground and in everyday situations. It is called the Griffin Way and emphasizes the importance of our performance character traits. I appreciate the partnership with families in making our school a place where students feel supported and secure.

Sincerely, Mandy Kartchner Executive Director

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# **BOARD APPROVES 9TH GRADE – JR. HIGH**



#### DEAR ATHLOS FAMILIES,

YOU CAN HELP ATHLOS ACADEMY GROW SO THAT WE CAN CONTINUE OFFERING OUR UNIQUE MODEL OF EDUCATION FOR THE WHOLE CHILD. INVITE YOUR FRIENDS AND NEIGHBORS TO OUR OPEN HOUSE ON **FEBRUARY** 11. THE BOARD WILL BE HOSTING TOURS, THE STUDENT COUNCIL WILL WELCOME GUESTS, AND CLASSROOMS WILL BE OPEN. HELP YOUR FRIENDS AND NEIGHBORS DISCOVER THE ATHLOS EDGE!



## **OPEN HOUSE**

## Thursday, February 11, 5–7 p.m.

Hosted by the Board of Athlos Academy

Take a tour with a Board member, meet the Student Council.

Visit classrooms, meet teachers and learn about our winning combination of academics and athletics.

Discover a school where your child is prepared for high school and beyond.
Discover a school with STEM, sports, and electives that ignite the imagination for your child,s future.

Easy parking, refreshments, givaways, and more!

PREPARED MIND

HEALTHY BODY

PERFORMANCE CHARACTER



# **EVENTO ABIERTO AL PÚBLICO**

Jueves, 11 de febrero, 5–7 p.m.

Presentado por la junta de la Academia de Athlos

Haga un recorrido con un miembro de la Junta, reúnase con el Consejo Estudiantil.

Visite las aulas, conozca a los maestros y aprenda sobre nuestra combinacion ganadora de académicos y atletismo.

Descubra una escuela donde su hijo esta preparado para la escuela secundaria y mas alla.
Descubra una escuela con STEM, deportes y optativas que encienden la imaginacion para el futuro de su hijo.

Fácil de parcar el carro, refrescos, regalos, y mucho más!

MENTE PREPARADA

CUERPO SANO

FUNCION DE CARACTER



# 5

# TIPS TO ENCOURAGE READING AT HOME



### HERE ARE FIVE TIPS TO ENCOURAGE A READING FRIENDLY HOME:



MODEL A
POSITIVE
READING
EXPERIENCE-LET
KIDS SEE YOU
HAVE A POSITIVE
RELATIONSHIP
WITH LEARNING
AND READING.

(2)

SET ASIDE
DESIGNATED
READINGTOGETHER TIMEONE ON ONE
TIME IS HIGHLY
EFFECTIVE.

3

FILL YOUR HOME WITH BOOKS-HAVING BOOKS AT HOME CAN CREATE A POSITIVE LEARNING ENVIRONMENT. 4

SUPPORT AND ENCOURAGE THE LEARNING PROCESS-SHOW SUPPORT IN ALL THE READING ACTIVITIES YOUR CHILD IS INVOLVED IN.

5

MAKE READING
PART OF DAILY
LIFE-READING
IN NOT
SOMETHING
WE DO FOR
SCHOOL.



"PARENTAL INVOLVEMENT IS ONE OF THE MOST IMPORTANT INFLUENCES ON KIDS IN DEVELOPING STRONG LITERACY SKILLS AND A POSITIVE LEARNING ATTITUDE THAT WILL LAST A LIFETIME."

LEARN MORE

Kristen McIff, Athlos Academy's Reading Specialist, encourages families to have their students read at least twenty minutes each day. She wrote, "The tri-annual Acadience Reading Assessment is almost complete for all kindergarten through fourth-grade students. We have seen improvement in every grade. There is still much ground to be covered. We encourage all families to have their students read at least twenty minutes each day, out loud is even better.

Athlos Academy of Utah offers some online learning platforms called Let's Go Learn (letsgolearn.com) and Waterford (waterford.org) to supplement your child's education. Students should be using these interactive

adaptive learning programs twenty minutes each day as well.

You can access these accounts through your child's Clever accounts.

Log in and check out how your student is progressing. See what lessons they might need to review and celebrate the successes they have achieved.

Persistent parental support at home is an indicator of a child's educational success. Reading is one task especially important for support at home to help in the student's reading progression."

# **MEET THE TEAM:**

## **KRISTIN MCNEIL-JONES**

ATHLETIC PERFORMANCE COACH & HEALTH TEACHER

Hi! My name is Kristin McNeil-Jones aka Coach Jones. I graduated from Washington State University with a bachelor's degree in Kinesiology. While there, I competed on the Women's Rowing team. I also earned my M.Ed. in Physical Education from University of Idaho.

I have lived in multiple states where I have worked in schools for 11 years; this is my 5th year at Athlos.

In my free time, my husband, Julian, and our daughter, Emery, and I enjoying being active outside, finding new places to discover in Utah and spending time in the mountains. Hiking in the mountains is my favorite past time. The more rugged the trail, the better the hike is.

My favorite character trait is grit. Having grit, you can overcome obstacles or failures and learn from them to reach your goals.

#### **FUN FACTS:**

5

I have lived in five different states



I will be victorious over anyone in the License Plate Game



I have a boxer dog named Ellie Mae

# THE MORE YOU KNOW



Please dress your kids accordingly. They will be going out to recess as usual. We do still have some donated Athlos jackets available if your student needs one. Call the front office to see if there is a size available for your student.



#### WHEN

Monday February 1st 3:30 – 5:00 (Parent Meeting at 5:00 in the Athlos gym)

#### WHO

Grades 3-8

#### FEES

\$175 grades 5-8

\$100 grades 3-4

#### DETAILS

All players who tryout will be placed on a team. Teams will practice twice per week for 1 hour. We are looking for parents who are interested in volunteering to coach for each grade, if you are interested in coaching please reach out to Coach Price at dprice@ athlosutah.org. Grades 3 and 4 will play in an intramural style league, meaning they will only play games at Athlos and will only play against other Athlos teams. Grades 5 – 8 will be registered in the Salt Lake County or Utah County Bantam league and are garaunteed six games against other bantam teams (games start in March). Please attend the parent meeting on Monday at 5:00, it will be brief.

# Suicide Prevention Training for Parents



We are looking at having an outside agency do a suicide prevention training for parents. Due to the generosity of a donor who offered to underwrite the cost of the training, this will be free for parents. The training would be done by a licensed therapist in the Herriman community via Zoom, likely done in the evening when parents are off of work.

Please respond via email or phone to let us know your interest for the training and look in your email for further updates. Thank you.

Jessica Winward, LCSW School Social Worker Athlos Academy of Utah

- e: jwinward@athlosutah.org
- o: (801) 438-4619 ext 9103 Room 305



Performance Character Trait

# Performance Character Trait

# BINGO

Athlos families are invited to play BINGO with the Performance Character card at home. Print off the card or pick one up at the front desk. Once you have four across, diagonal, or down, post a photo on social media or email the photo to social @athlosacademies.org and we will share it on our social media pages. If you provide a photo of your child or your family doing any of the activities (like performing a chore at home), we will also share that on social media. This is a great way to reinforce the Athlos model at home and help your children learn Performance Character both in and out of school.







# ROSES ARE RED, VIOLETS ARE BLUE, HERE IS A VAL-O-GRAM JUST FOR YOU!

Athlos Student Council will be selling Val-a-grams for \$1.00 each [cash only] beginning Wednesday, February 3rd through Friday, February 5th. This is available for middle school (6th-8th grade) only. Val-a-grams include a candy and a card. This is a great opportunity for you to send special Valentine wishes to your friends, classmates, teachers, or child. Parents ~ if you would like to send one to your middle school child, please fill out the order form on the bottom of this flyer and return it to school along with your payment in a sealed envelope no later than Friday, February 5th. Val-a-grams will be delivered to classrooms on Thursday, February 11th.

Thank you for your continued support of the Athlos Student Council.

Sincerely, Your Student Council

\*For questions related to purchasing a Val-0-Gram, please contact Jessica Winward at jwjnward@at hlosutah.org

#### VAL-0-GRAM ORDER FORM

To:	Grade:	Homeroom teacher:	/From:	
Message to include				
			/From:	
Message to include				
To:	Grade:	Homeroom teacher:	/From:	
Message to include				
			/From:	
Message to include				
Total number of Val-0-Grad	ms ordered:	x \$1 00 each =	enclosed	





## START GETTING READY FOR OUR ANNUAL LIP SYNC BATTLE.

More information to come. Virtual lip sync battle will happen in Feb check FB and flyers for more info. Get creative, get the cameras out and become a star! The videos will be posted and voted on later in the month.



IF YOU ARE INTERESTED IN BEING A PART OF MAKING DECISIONS FOR OUR SCHOOL AND PLANNING FUN SCHOOL ACTIVITIES FOR OUR FAMILIES, PLEASE JOIN OUR PTO.

AAUTPTO@GMAIL OR CALL BONNIE 801-688-7481.