

ATHLOS GRIFFINS CHRONICLE

The place to learn all about our upcoming events and find out what's new at Athlos



PTO Meeting - 3/17/2022

Thank you for supporting our school! Mark your calendars for Spirit Night at Café Zupas on Wednesday, March 30, 4-9 p.m.

Thank you for your support of the Athlos PTO Supply Drive.

**Athlos PTO is on Instagram! Follow us for updates, events, info and volunteer opportunities.*



MARCH DATES TO KNOW:

**MARCH
2**

Dr. Seuss Breakfast Birthday Celebration
7 A.M. - 8 A.M.

**MARCH
14**

Anti-Bullying Week

**MARCH
17**

Adventures at Athlos
5 P.M. - 7 P.M.

PTO Meeting
9 A.M. at the school

**MARCH
23-24**

Parent Teacher Conferences
Schedule TBA

**MARCH
23-25**

No School

**MARCH
30**

Spirit Night at Café Zupas
4 P.M. - 9 P.M.

Spirit Nights

Thank you for supporting our school!

*Details coming soon about how we're using proceeds from our Kneaders Spirit Night for our library.

Mark your calendars!

Wed., March 30, 4-9PM

**CAFÉ
ZUPAS**



We're on Instagram!
@athlosut_pto

Follow us for updates, events info,
and volunteer opportunities!

Check us out on Facebook too!
 Athlos Academy Utah Parents and Teachers

ATHLOS ACADEMY-UTAH PTO
SUPPLY DRIVE

**THANK YOU
FOR YOUR
SUPPORT!**





MARCH BREAKFAST/LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B: Cereal L: Mac and Cheese Turkey Sandwich PB & J Sandwich	2 B: Dutch Waffle L: Grilled Cheese Turkey Sandwich PB & J Sandwich	3 B: WG Goody Ring L: Popcorn Chicken Turkey Sandwich PB & J Sandwich	4 B: Cinnamon Bites L: Hot Dog Turkey Sandwich PB & J Sandwich
7 B: Muffin L: Waffle Stacker Ham Sandwich PB & J Sandwich	8 B: Poptart L: Chicken and Waffle Ham Sandwich PB & J Sandwich	9 B: Pancake L: Breakfast Corndog Ham Sandwich PB & J Sandwich	10 B: Cereal L: Croissant Sandwich Ham Sandwich PB & J Sandwich	11 B: Texas Toast L: Breakfast Pizza Ham Sandwich PB & J Sandwich
<div> NATIONAL BREAKFAST WEEK! </div>				
14 B: French Toast L: Rib-B-Q Turkey Sandwich PB & J Sandwich	15 B: Bagel L: Chicken Nuggets Turkey Sandwich PB & J Sandwich	16 B: Muffin L: Mac and Cheese Turkey Sandwich PB & J Sandwich	17 B: Yogurt Parfait L: Cheese Burger Turkey Sandwich PB & J Sandwich	18 B: Dutch Waffle L: Soft Pretzel Turkey Sandwich PB & J Sandwich
21 B: Mini Pancake L: Corndog Ham Sandwich PB & J Sandwich	22 B: Cereal L: Chicken and Waffle Ham Sandwich PB & J Sandwich	23 No School	24 No School	25 No School
28 B: Poptart L: Meatball Sub Turkey Sandwich PB & J Sandwich	29 B: Mini Waffle L: Drumstick Dinner Turkey Sandwich PB & J Sandwich	30 B: WG Goody Ring L: Quesadilla Turkey Sandwich PB & J Sandwich	31 B: Waffle Stacker L: Teriyaki Chicken Turkey Sandwich PB & J Sandwich	

- Fruit and veggies are served with every meal
- Free breakfast and lunch for all students
- USDA is an Equal Opportunity Provider
- Menu items are subject to change

Student Meal Prices:

Breakfast: \$1.60 | **Reduced Breakfast: 30¢**
Lunch: \$2.60 | **Reduced Lunch: 40¢**

Student Drink Prices:

Milk: 30¢ | **Juice: 30¢** | **Water: 30¢**



SCHOOL NEWS



 **Athlos Academy**
UTAH

**OPEN FOR
ENROLLMENT!**

2022-2023 School Year
GRADES K-9

**Stay
informed
with Athlos
Academy!**



INSTAGRAM



TWITTER



FACEBOOK



OPEN ENROLLMENT SPREAD THE WORD!

If you know of a new family who would be interested in Athlos Academy, please fill out this form, and we will contact them for upcoming enrollment events. *Spread the Word: Refer a Friend or Family to Athlos Academy of Utah! (office.com)*

Apply - Athlos Academy of Utah (athlosutah.org)

EMPLOYEES OF THE MONTH!



MACK GYLL
6TH GRADE TEACHER



VALERIE LOREDO
KINDERGARTEN TEACHER

**OUR ATHLOS TEAM APPRECIATES EVERYTHING YOU DO FOR THE SCHOOL AND OUR STUDENTS.
THANK YOU FOR YOUR HARD WORK.**



CHOOSE KINDNESS.

Anti-Bullying Week

March 14-18



Monday - FRIENDSHIP IS MAGIC

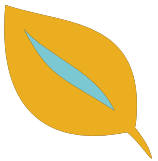
Anti-bullying kick-off with a magician!



Tuesday - POST SOME KINDNESS

Classes make posters.

Upper grade presentation on anti-bullying.



Wednesday - LEAF THE BULLYING BEHIND

Each student will write on a leaf about something kind they've done for someone else this week. The leaves will make a Kindness tree.



Thursday - BOOK IT, DON'T BULLY IT

Each student will make a bookmark about not being a bully.



Friday - TAKE A WALK IN SOMEONE ELSE'S SHOES

See what it's like to be someone else. Students will wear one of their shoes on one foot and one of someone else's shoes on the other.

5 Tips If You Are Bullied

1

"Don't keep it to yourself - tell an adult you trust."

2

"Don't retaliate."

3

"Try to surround yourself with people that make you feel good!"

4

"Don't blame yourself - it's not your fault."

5

"Be proud of who you are!"

"5 Tips If You Are Bullied" - Anti-Bullying Alliance (anti-bullyingalliance.org.uk)



FIRST AND THIRD THURSDAY OF EACH MONTH

PRINCIPAL'S PANTRY

The Principal's Pantry is open from 5-7 p.m. on the first and third Thursday of each month with nonperishable food items for Athlos families. The pantry is stocked with food and distributed for free to any Athlos student or family, **no questions asked**. Our goal is to help Athlos families.

5:00 P.M. TO 7:00 P.M.

..... We want everyone to have nourishing food. Food is available on
a first-come, first-serve basis while supplies last.

Athlos Academy employees, volunteers or other representatives have inspected and confirmed that all donated food products received are in good order. Athlos Academy makes no representations, warranties or guaranties whatsoever with respect to the quality or hygiene of the donated food products. Once the donated food products are received and distributed, Athlos Academy shall not be responsible for any adverse reactions, side effects, injury, bodily harm or death that results from consumption of the donated food products or any other liability arising thereof. It is assumed that recipients of food from Athlos Academy will care for perishable items and adhere to USDA food guidelines when preparing food.

..... Free Food Distribution



Athlos Academy
UTAH

12309 S. MUSTANG TRAIL WAY
HERRIMAN, UT 84096
(801) 438-4619



LOST & FOUND

Please check the lost and found. All items that have not been claimed will be donated on **March 4**. Thank you!



Every accomplishment starts with the **DECISION TO TRY.**

Gail Devers Olympic Champ!



KINDNESS WEEK STAR WALL

The Athlos "Star Wall" was created for Kindness Week, and everyone in our school (staff included) has a star.

Check it out the next time you visit!



COMMUNITY CORNER

Welcome to the Community Corner

Athlos families who have small businesses or other services are invited to bring in any brochures, business cards, or flyers to share in the Community Corner. Let's keep our Athlos families connected with each other!

This is also a great place to add any requests for carpools or ride shares.





Attendance Matters

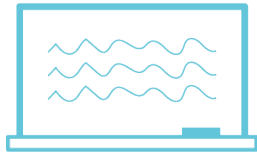
The Impact of Tardiness on Student Success



A STUDENT SPENDS



HOURS/DAY

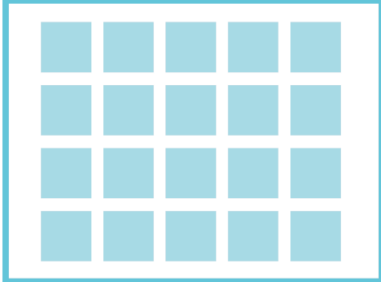


IN THE CLASSROOM

(NATIONAL CENTER FOR EDUCATION STATISTICS)

THE AVERAGE
SCHOOL MONTH IS

20 TO 22 DAYS



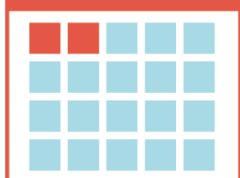
CONSISTENTLY MISSING



MINUTES/DAY

=

11 HOURS/MONTH



(ALMOST 2 DAYS OF SCHOOL)

Good school attendance often starts with smaller steps, such as arriving and leaving on time. At Athlos schools, some of the most important learning opportunities for students occur in the morning where they often participate in class huddles, morning announcements, and develop relationships with their peers.

Students Who Arrive and Leave School Early Miss Out on Key Learning Opportunities.

- Athlos students who arrive late and leave early from school miss out on key learning opportunities such as morning huddles, morning announcements, academic activities, tests and quizzes, and social interactions with peers.
- Chronic tardiness is when students are consistently late to class and can have dramatic results on a student's future education and career. Similarly, students who leave school early miss out on valuable instructional time.
- Research has found that not only do students who are chronically tardy perform worse on their test scores, but so do their more prompt peers. The less time students spend in the classroom means the less they can contribute; often leading to class being disrupted, placing group and class projects on hold, and making less significant peer connections.



How to Encourage Punctuality

Studies have shown that using praise as a positive reinforcement is an effective strategy for student attendance. However, family participation is also key to good attendance for younger students. Some of the Athlos tips for good attendance include:

- Establishing and keeping a schedule; children thrive on routine
- Going to bed and waking up earlier
- Preparing for the morning the night before by laying out outfits, packing backpacks, and pre-packing lunches
- If work schedules conflict, investigate other means of transportation, such as carpooling with other families
- If your family consistently struggles with school attendance, professionals suggest tracking the average time you're late by and adding that time accordingly to your schedule. For example: if you are consistently 15 to 30 minutes late in the morning, set your alarm 15 to 30 minutes earlier. Doing this creates a cushion of extra time for unexpected delays.



On Time Students Are Successful Students

Student attendance is one of the most common predictors of academic achievement. Students who consistently miss school hours develop habits that will lead into their adult life, affecting their education, career, and social connections.

In contrast, students who participate fully in school activities will have more opportunities to achieve academically, make healthy and informed lifestyle choices, and develop Performance Character traits.

Absence and tardiness in the classroom are some of the most challenging and powerful factors to student success, but through careful self-examination and a little grit, Athlos families will find what can be done to improve attendance in the classroom.



HEALTHY BODY PILLARS & GRIFFIN ATHLETICS

Message from the Athletic Director

In September of 2021, the National Federation of State High School Associations (NFHS), which is the nation-wide governing body of state high school activity associations, published an article entitled, "Poor Sportsmanship, Pandemic Contributing to Shortage of Officials" (<https://www.nfhs.org/articles/poor-sportsmanship-pandemic-contributing-to-shortage-of-officials/>).

The author noted that there has been shortages of officials/referees due mostly to poor sportsmanship from adults:

"There are still people who are going after sports officials after games, during games, and it continues to be an adult problem. I don't think too many of the issues we see are really the kids. It's generally the spectators, although it can be coaches at times when their behavior incites the crowd."

And while Athlos parents and coaches are generally better behaved and more respectful than our opponents, it is always good to remember that the real value of sports is teaching life lessons and developing character;



COACH ROJAS

801-438-4619 ext. 9502

life lessons and good character come from facing and (sometimes) overcoming obstacles and challenges... and these often come in the form of worthy opponents and even calls from an official or referee that we don't agree with.

I think it helps to remember the sagely advice of Grantland Rice, the famous sports writer, in his poem, "Alumnus Football":

"For when the One Great Scorer comes to mark against your name / He writes - not that you won or lost - but how you played the Game."



Sports Round-Up

Congratulations to the Athlos girls' basketball team, who finished with a record of 6-4, after a second round playoff loss to Excelsior Academy. Two of the girls' losses this year were to Excelsior Academy, who was the State Runner-Up, having lost to Monticello Academy in the state final game.



Sponsorship Opportunities

Athlos would like to thank both CMIT Solution of Sandy and Prime Insurance for sponsoring Griffins sports teams. CMIT Solutions of Sandy offers customized IT solutions for all of your office needs and is owned by our very own Athlos PTO President, Stephanie Isiko. Prime Insurance Company offers customized coverage and solutions to individuals, businesses and producers when standard markets don't meet the needs of the insured.



Athlos Sports & Fan Wear

Please visit our Athlos Griffins Year-Round Store! It's the perfect place to pick up shirts, hoodies, polos, and other items that show your support for Griffins Athletics.

<https://athlosacademy.itemorder.com/sale>



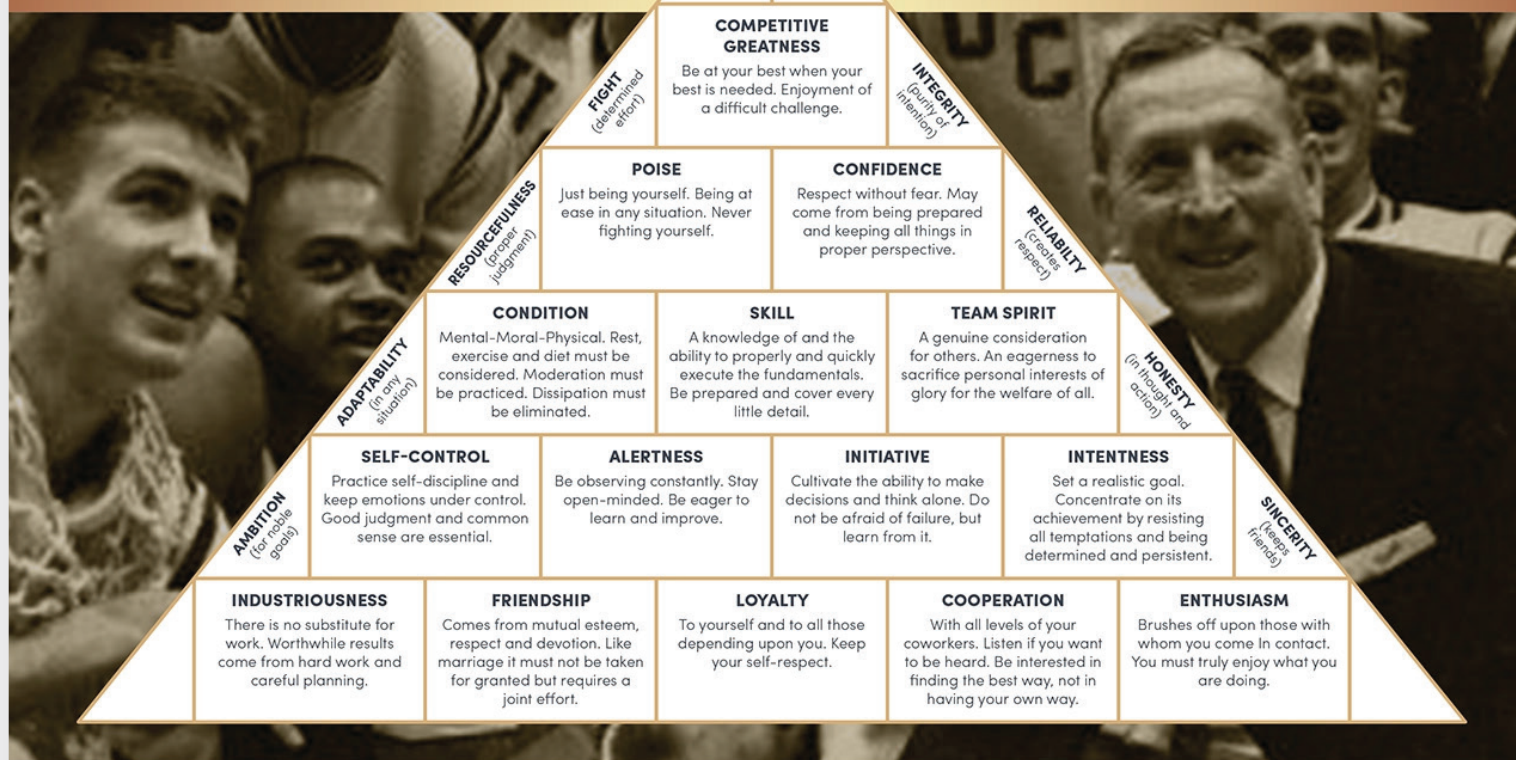
COACH JOHN WOODEN

== PYRAMID OF SUCCESS ==



Success is peace of mind attained only through self-satisfaction in knowing you made the effort to do the best of which you're capable.

— John Wooden



www.SuccessAcademy.com

SUCCESS
ACADEMY



Announcements

Our spring sports are kicking into full gear! We are offering girls' Soccer and boys' Volleyball.



[Here's the QR Code for Girls' Soccer:](#)



[Here's the QR Code for Boys' Volleyball:](#)



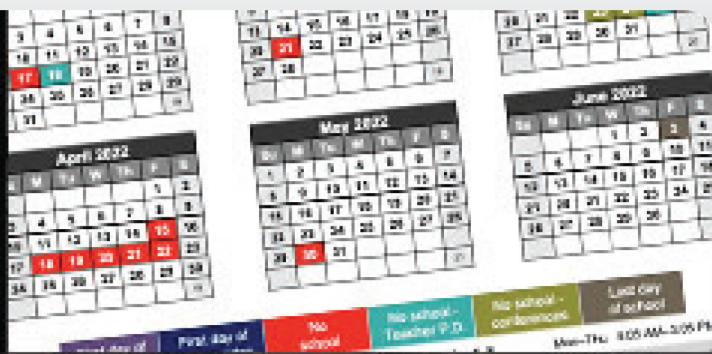
Teachable Moments

Hall of Fame basketball coach, John Wooden, built his program around a philosophy that was depicted as a pyramid, which is famously referred to as the "Pyramid of Success".

Coach Wooden described loyalty as encompassing commitment to both "yourself and to all those depending upon you. Keep your self-respect." I think we can see what he is getting at and that he means that athletes should honor their commitment to the decision that was made to be part of a team, both in terms of coming to practice and games, but to also work on your skills outside of practice and to be a good teammate.

<https://www.thewoodeneffect.com/pyramid-of-success/>

2021-22 official calendar



Vacation Leave

The state of Utah requires that parents/legal guardians excuse their students in advance for planned absences from school lasting more than four consecutive days, but not to exceed ten consecutive days.

Your child's teacher and the Executive Director must be notified of the absence prior to leaving by completing

[THIS FORM.](#)

2021-22 School Calendar

The official school calendar includes non-school days due to holidays, staff professional development, conferences, winter break, and spring break. The calendar is available on the official school calendar page and as a printable PDF.

[Click here to look at the official 2021-22 school calendar](#)

First Day of School	Tuesday, August 17	Grade 1-8
First Day of Kinder	Wednesday, August 25	Kindergarten
No School	Monday, September 6	Labor Day
No School	Thurs, Sept 23 - Fri, Sept 24	Conferences
No School	Friday, October 15	Teacher P.D.
No School	Mon, Oct 18 - Fri, Oct 22	Fall Break
No School	Wed, Nov 24 - Fri, Nov 26	Thanksgiving Break
No School	Mon, Dec 20 - Fri, Dec 31	Winter Break
No School	Monday, January 17	Martin Luther King Jr. Day
No School	Tuesday, January 18	Teacher P.D.
No School	Monday, January 17	Presidents Day
No School	Wed, March 23 - Thurs, March 24	Conferences
No School	Friday, March 25	Teacher P.D.
No School	Fri, April 15 - Fri, April 22	Spring Break
No School	Monday, May 30	Memorial Day
Last Day of School	Friday, June 3	



Athlos Academy of Utah

2021-2022 Calendar

July 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

August 2021						
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29	30	31				11

September 2021						
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October 2021						
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31						15

November 2021						
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21	22	23	24	25	26	27
28	29	30				19

December 2021						
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26	27	28	29	30	31	
						13

January 2022						
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23	24	25	26	27	28	29
30	31					19

February 2022						
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27	28					19

March 2022						
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April 2022						
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24	25	26	27	28	29	30
						15

May 2022						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				21

June 2022						
Su	M	Tu	W	Th	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		3

First day of school	First day of kindergarten	No school	No school - Teacher P.D.	No school - conferences	Last day of school
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Fall semester	08/17/2021 – 01/14/2022	Schedule (grades 1–8 and extended Kinder.)		Mon–Thu	8:05 AM–3:05 PM
Spring semester	01/19/2022 – 06/03/2022	Schedule AM Kinder.		Friday	8:05 AM–1:05 PM
Quarter 1	08/17/2021 – 10/15/2021	Schedule PM Kinder.		Mon–Thu	8:05 AM–11:05AM
Quarter 2	10/25/2021 – 01/14/2022			Friday	8:05 AM–10:05AM
Quarter 3	01/19/2022 – 03/24/2022			Mon–Thu	12:05PM – 3:05PM
Quarter 4	03/28/2022 – 06/03/2022			Friday	11:05AM – 1:05PM
Total school days / hours	174 / 1009hrs	Earliest Drop Off		Monday - Friday	7:50AM