

# ATHLOS GRIFFINS CHRONICLE

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



## MAY DATES TO KNOW:

**MAY  
16**

Fourth grade Acadience  
Griffin Days Start

**MAY  
17**

Third grade Acadience

**MAY  
18**

Last Day of Kindergarten  
Second grade Acadience

**MAY  
19**

Kindergarten Graduation at 9 a.m.  
First grade Acadience

**MAY  
20**

Parents & Pastries at 7 a.m.

**MAY  
23**

Fly Up Day

**MAY  
23-27**

KEEP testing for Kinder

**MAY  
25**

Ninth grade Lagoon Day

**MAY  
27**

Last day of athletics and music

**MAY  
31 - JUNE  
3**

Teacher Checkout



## JUNE DATES TO KNOW:

**JUNE  
1**

Field Day

**JUNE  
2**

Ninth Grade Graduation  
and Yearbooks

Backyard BBQ 5-7 p.m.

**JUNE  
3**

Last Day of School  
Regular Friday schedule  
Final Staff Huddle 1:30 p.m.



# SCHOOL NEWS



## Director's Message

Greetings Athlos Families,

I wanted to tell you what an honor it has been to help finish the 2021-2022 school year. What a joy your students are. I have loved greeting them each morning as they arrive to school and visiting the classrooms each day to see what they are doing and learning.

I want to thank each of you for your commitment and invite you all to come back next year and have a wonderful year with me and your Athlos Teachers. Here is a sneak peak at some interesting changes for next year:

- Low cost before and after school programs for interested families. Doors will open at 6:30 a.m. and opportunities will run until 5:30 p.m. Monday through Friday.
- Open gym, sports programs, and structured weight training sessions all summer long.
- Open computer lab and free access to Waterford for all students in grades Kindergarten through third who are enrolled for the 2022-23 school year.
- Access to Imagine Learning and Elevation as well as Chromebooks all summer long for any English Language Learning students.
- Dedicated library time in Athlos' new library for students in all grades.
- New electives for junior high students.
- So much more

I can hardly wait for next year to start. We are taking the next steps, adding to everything that is already great about Athlos and making it better.

**Sam Gibbs**  
**Director, Athlos Academy of Utah**

**Stay  
informed  
with Athlos  
Academy!**



**INSTAGRAM**



**TWITTER**



**FACEBOOK**



CONGRATULATIONS



Valerie  
**LOREDO**

Kindergarten  
Teacher

Athlos Academy  
of Utah



## Athlos Teacher of the Year

Congratulations to Valerie Loredo, 2022 South Valley Chamber of Commerce Teacher of the Year.

Valerie Loredo joined Athlos Academy of Utah in fall 2017 as a first-grade teacher. Mrs. Loredo received her bachelor's degree in elementary education from Utah Valley University in Orem. She also completed her Master of Education with a Reading Emphasis from Utah Valley University.

One of the things Mrs. Loredo strives for in her classroom is organization and classroom management. "I believe that a well-organized classroom with high expectations really sets the stage for a great year," she said.

When it comes to her teaching approach, Mrs. Loredo says her best quality is consistency. "I think it is so important to develop a classroom routine and schedule, stick to it, and be consistent with behavior," she said. "If students know what to expect every day and how they are expected to act and perform, then there is not a lot of room for chaos. It helps students to develop confidence and feel safe and secure in the classroom."

"I feel like in society today there is too much focus on being the best and not enough focus on how to be a respectful and contributing member of a community," Mrs. Loredo said. "The Performance Character traits teach students to develop skills that will serve them well as they progress in their education and relationships with others."





ATHLOS  
ACADEMIES

# 2022



Now for another opportunity to recognize our outstanding educators at Athlos!

**Nominations** are now open for this year's Distinguished Athlos Educators! This award is given annually to individuals who exemplify quality performance in the Athlos program. Award winners demonstrate excellence in their classroom, on the turf, or within their community.

Anyone may nominate a deserving administrator, teacher, athletic performance coach, or other school staff member by filling out a short **nomination form** that explains how the nominee models a commitment to the Athlos pillars of performance and student success. **Nominations are due by Friday, May 20, 2022.**

Awardees will be recognized at the Athlos Academies Summer Institute in June 2022 in Boise, Idaho. Recipients' travel and lodging during the institute will be covered.



## Beyond the Bell

Athlos is pleased to announce "Beyond the School Bell" low-cost before and after-school programs for the 2022-23 school year.

Recognizing the need for school support for families and students, school doors will open at 6:30 a.m. and the school will remain open for participating students until 5:30 a.m. Monday through Friday on days when school is in session. Before school hours will include supervised homework support in the cafeteria and students will be released to breakfast and before school recess at the appropriate time.

After school, students will have a short physical activity period and then be brought inside for supervised homework support each day. In addition, enrichment classes will be offered by teachers on specific days that students will be allowed to participate in. Enrichment class schedules will be made available at our annual back to school night. Students may participate in large-group homework support or in smaller enrichment classes as they become available.

Registration information will be sent via email before the school year begins.



# HEALTHY BODY PILLARS & GRIFFIN ATHLETICS

## Message from the Athletic Director.

With about a month of school left, it's time to start thinking about next school year and the preparation for sports that will happen during the Summer time.

Tentatively, we are planning on starting Cross-Country practices at the beginning of July. Practices will be three days per week and will be based on a the Runner's World, "Coach to 5K Program," starting easy with very short running and walking intervals. Additionally, we will likely be opening this up to both students and their parents.

We are also working out details for volleyball, basketball, and soccer open gyms.



**COACH ROJAS**

801-438-4619 ext. 9502

There will be more details to come in the following weeks, so be sure to check your email! If you think that you might be interested in some of these Summer activities, please fill out [this form.](#)



## Announcements

The Athletic Performance Coaches have created an award for those students in grades 4-9, that exemplify the pinnacle for athletic performance. Starting this Spring and in subsequent Fall / Springtimes, students who perform at the highest levels of the Bi-Annual Physical Assessment have a chance to earn the title of "Athlos Spartan". Students who achieve the requirements of the Athlos Spartan will receive a green t-shirt and have their name listed in the Athlos Weightroom.

## The requirements of the Athlos Spartan are listed here:

During either Beginning or End of the Year Assessments, complete all of the following in the same week:

- 5 x Pull-Ups
- 30 x Push-Ups
- 3.5 sec or less on 20yd Dash
- At least 50 on Pacer

## Sponsorship Opportunities

Athlos would like to thank CADRE GRP, CMIT Solution of Sandy and Prime Insurance for sponsoring Griffins Sports Teams. CADRE GRP is a management consultancy, based in Washington D.C., that is known for delivering superior insight and leadership to solve the most critical challenges in the most difficult environments. 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.

**CMIT Solutions®**  
Your Technology Team



## 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>





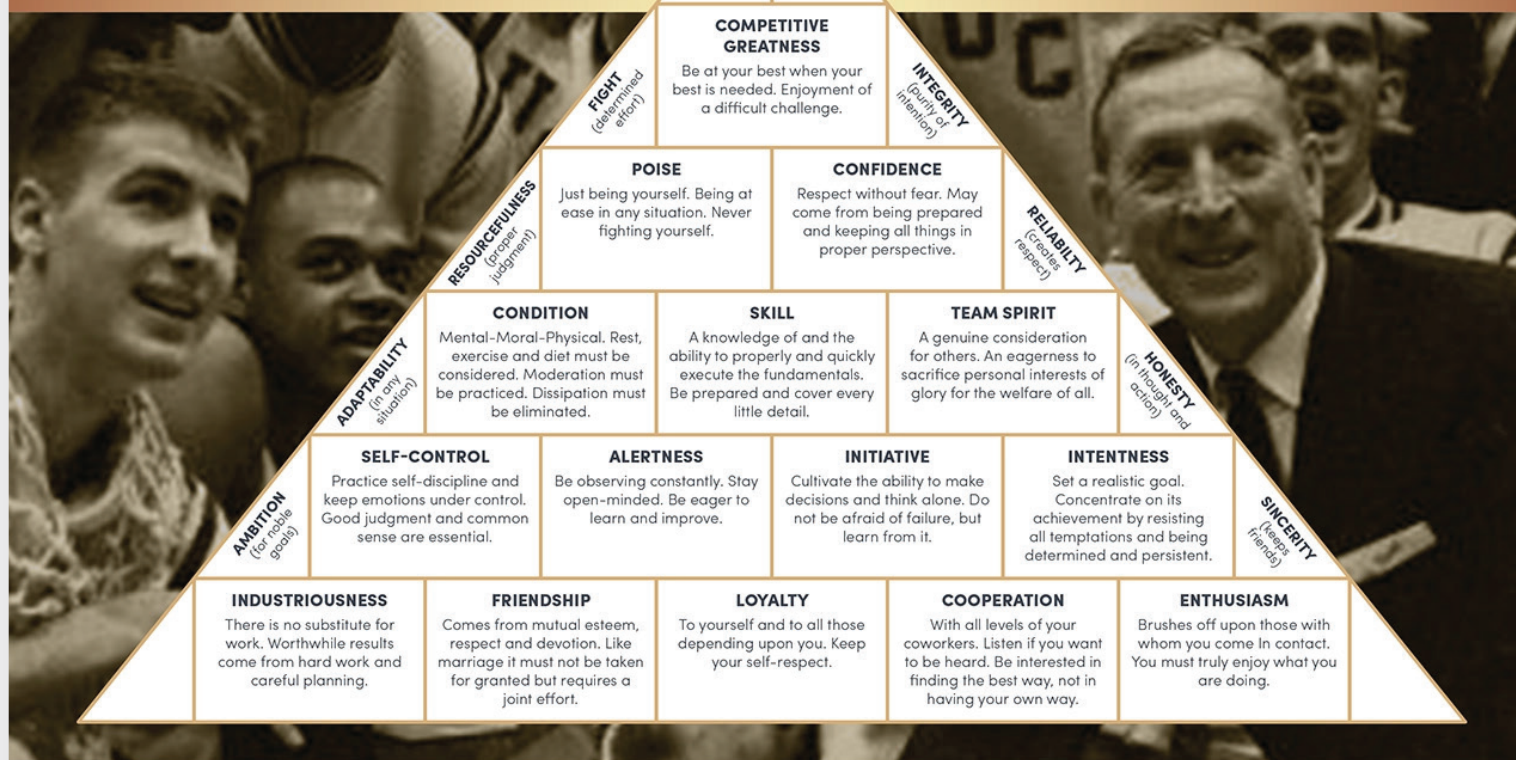
# COACH JOHN WOODEN

== 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

## 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”. Wooden defined Enthusiasm as an attitude that, “Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.”

I personally believe that enthusiasm can be a kind of divining rod for sports and even physical fitness. What activities or sports do you enjoy doing? One of the sayings that I always come back to is, “The workout that you actually do is better than the one that you don’t do.”

For those of us with big families and limited will power, finding activities/sports that our children really want to do, as opposed to the ones that we want them to do, can be a big relief (path of least resistance). Now, I am not saying that developing discipline and perseverance are not extremely important, but it is also nice to not have to remind your children to get dressed and ready for their games sometimes! Look for those activities that your kids love to do (aside from video games and eating candy) and you will be onto something!

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



# ACADIENCE READING BENCH MARK ASSESSMENTS

are coming soon.

**MONDAY,  
MAY 16**

**GRADE  
4**

**TUESDAY,  
MAY 17**

**GRADE  
3**

**WEDNESDAY,  
MAY 18**

**GRADE  
2**

**THURSDAY,  
MAY 19**

**GRADE  
1**

**MAY  
23-27**

**KINDERGARTEN DURING THEIR  
KEEP TIME SLOT.**

Let's work together and make your student's experience a successful and positive one. We have been preparing here at Athlos.

**HERE ARE SOME SUGGESTIONS THAT YOU CAN DO  
TO HELP EVERY DAY:**



Ensure your child arrives at school on time.



Have your child eat a healthy breakfast at home or at school.



Ensure your child gets a good night's sleep.



Gently encourage them to do their best.

# FREE SUMMER ACTIVITIES

## FOR HERRIMAN FAMILIES

### WHEN

**JUNE 13 - JULY 29\***

8 A.M. - 10 A.M.

Monday, Wednesday & Friday

*\*Except July 4 and July 25*

### WHERE

Athlos Academy of Utah

12309 S. Mustang Trail Way  
Herriman, Utah 84096

Come experience the Athlos Prepared  
Mind and Healthy Body Pillars!

**DROP-IN ACTIVITIES!**  
**NO REGISTRATION REQUIRED**

**Ages 10+ for  
athletic activities**

**Ages 5+ for  
academic activities**

#### ATHLETIC ACTIVITIES

- With our Athletic Performance Coaches
- Open Gym
- Volleyball
- Weight Room
- +More!

#### ACADEMIC ACTIVITIES

- With our Supervised Literacy & Math Support
- In our Computer Lab

#### PHONE:

(801)438-4619

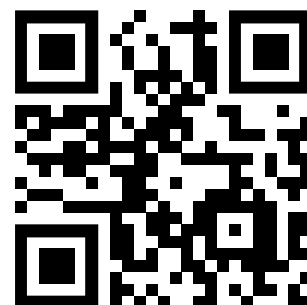
#### EMAIL:

[info@athlosutah.org](mailto:info@athlosutah.org)

#### WEBSITE:

[www.athlos.org](http://www.athlos.org)

#### SCAN ME!





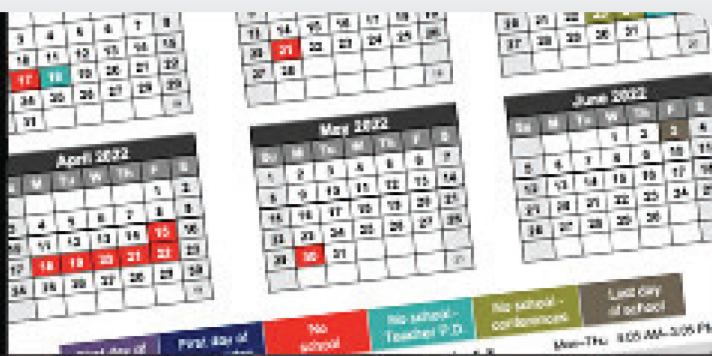
# MAY BREAKFAST/LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> B: French Toast  L: Rib-B-Q Turkey Sandwich PB & J Sandwich	<b>3</b> B: Bagel  L: Chicken Nugget Turkey Sandwich PB & J Sandwich	<b>4</b> B: Muffin  L: Mac and Cheese Turkey Sandwich PB & J Sandwich	<b>5</b> B: Yogurt Parfait  L: Cheese Burger Turkey Sandwich PB & J Sandwich	<b>6</b> B: Croissant Sandwich  L: Soft Pretzel Turkey Sandwich PB & J Sandwich
<b>9</b> B: Mini Pancake  L: Corn Dog Ham Sandwich PB & J Sandwich	<b>10</b> B: Cereal  L: Taquitos Ham Sandwich PB & J Sandwich	<b>11</b> B: WG Goody Ring  L: Walking Taco Ham Sandwich PB & J Sandwich	<b>12</b> B: Waffle Stacker  L: Popcorn Chicken Ham Sandwich PB & J Sandwich	<b>13</b> B: Cinnamon Bites  L: Cheese Pizza Pepperoni Pizza
<b>16</b> B: Waffle  L: Meatball Sub Turkey Sandwich PB & J Sandwich	<b>17</b> B: Poptart  L: Drumstick Dinner Ham Sandwich PB & J Sandwich	<b>18</b> B: Muffin  L: Quesadilla Ham Sandwich PB & J Sandwich	<b>19</b> B: Texas Toast  L: Teriyaki Chicken Ham Sandwich PB & J Sandwich	<b>20</b> B: Parent and Pastries 7 a.m. - 8 a.m.  L: Hamburger Ham Sandwich PB & J Sandwich
<b>23</b> B: French Toast  L: Chef's Choice	<b>24</b> B: Bagel  L: Chef's Choice	<b>25</b> B: Muffin  L: Chef's Choice	<b>26</b> B: Yogurt Parfait  L: Chef's Choice	<b>27</b> B: Croissant Sandwich  L: Chef's Choice
<b>30</b>  No School	<b>31</b>  B: Cereal  L: Chef's Choice			

- 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



# 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](#)

<b>First Day of School</b>	Tuesday, August 17	Grade 1-8
<b>First Day of Kinder</b>	Wednesday, August 25	Kindergarten
<b>No School</b>	Monday, September 6	Labor Day
<b>No School</b>	Thurs, Sept 23 - Fri, Sept 24	Conferences
<b>No School</b>	Friday, October 15	Teacher P.D.
<b>No School</b>	Mon, Oct 18 - Fri, Oct 22	Fall Break
<b>No School</b>	Wed, Nov 24 - Fri, Nov 26	Thanksgiving Break
<b>No School</b>	Mon, Dec 20 - Fri, Dec 31	Winter Break
<b>No School</b>	Monday, January 17	Martin Luther King Jr. Day
<b>No School</b>	Tuesday, January 18	Teacher P.D.
<b>No School</b>	Monday, January 17	Presidents Day
<b>No School</b>	Wed, March 23 - Thurs, March 24	Conferences
<b>No School</b>	Friday, March 25	Teacher P.D.
<b>No School</b>	Fri, April 15 - Fri, April 22	Spring Break
<b>No School</b>	Monday, May 30	Memorial Day
<b>Last Day of School</b>	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						
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				11

September 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		19

October 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						15

November 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				19

December 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	
						13

January 2022						
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					19

February 2022						
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					19

March 2022						
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		20

April 2022						
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
						15

May 2022						
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				21

June 2022						
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		3

	First day of school	First day of kindergarten	No school	No school - Teacher P.D.	No school - conferences	Last day of school
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	