

ATHLOS GRIFFINS CHRONICLE

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



PTO

Thank you to everyone who attended our Kneaders Spirit Night! We had a great turn out and the funds will help pay for much-needed items in the library. Speaking of fundraising, we have a QR code that will help with upcoming supply drives and fundraisers.

It is located on the website: [PTO - Athlos Academy of Utah \(athlosutah.org\)](https://athlosacademyofutah.org)



- [Next PTO meeting is February 17 at 7 PM at Athlos](#)
- [School Supply drive will be 2/14-2/18.](#)



FEBRUARY DATES TO KNOW:

FEB
1

Governance Meeting

FEB
2

Girls' Basketball Game - Home

FEB
3

Pink Out for Breast Cancer

FEB
7

Girls' Basketball Game - Home

FEB
10

Open House for New Families: Grades K-9
Pillars Committee Meeting

FEB
11

Valentine's Dance Grade 6-9

FEB
14

Student Council Kindness Week
Valentine's Class Parties

FEB
17

Finance Committee Meeting

FEB
21

No School - President Day

FEB
24

School Board Meeting

**THURSDAY
FEB. 3**



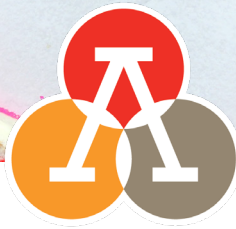
PINK OUT
FOR *Breast Cancer*

In support of...

KRISTEN MCIFF

outstanding reading specialist and teacher!

All students & Staff are encouraged to wear pink OR anything for Breast Cancer awareness on Thursday, February 3.



FEBRUARY BREAKFAST/LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B: Bagel L: Chicken Nugget Turkey Sandwich PB & J Sandwich	2 B: Muffin L: Bean & Cheese Burrito Turkey Sandwich PB & J Sandwich	3 B: Yogurt Parfait L: Cheese Burger Turkey Sandwich PB & J Sandwich	4 B: Croissant Sandwich L: Soft Pretzel Turkey Sandwich PB & J Sandwich
7 B: Mini Pancake L: Corndog Ham Sandwich PB & J Sandwich	8 B: Cereal L: Chicken and Waffle Ham Sandwich PB & J Sandwich	9 B: Banana Bread L: Walking Taco Ham Sandwich PB & J Sandwich	10 B: Waffle Stacker L: Popcorn Chicken Ham Sandwich PB & J Sandwich	11 B: Cinnamon Bites L: Cheese Pizza Pepperoni Pizza
14 B: Pumpkin Bread L: Meatball Sub Turkey Sandwich PB & J Sandwich	15 B: Poptart L: Drumstick Dinner Turkey Sandwich PB & J Sandwich	16 B: Waffle L: Quesadilla Turkey Sandwich PB & J Sandwich	17 B: Breakfast Burrito L: Teriyaki Chicken Turkey Sandwich PB & J Sandwich	18 B: Apple Cinnamon Texas Toast L: Hamburger Turkey Sandwich PB & J Sandwich
21 No School	22 B: Bagel L: Soft Taco Ham Sandwich PB & J Sandwich	23 B: Muffin L: Taquito Ham Sandwich PB & J Sandwich	24 B: Yogurt Parfait L: Chicken Alfredo Ham Sandwich PB & J Sandwich	25 B: Croissant Sandwich L: Cheese Rippers Pepperoni Rippers
28 B: Mini Pancake L: Cheesy Breadstick 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¢

MESSAGE FROM OUR ASSISTANT DIRECTOR & SPED DIRECTOR



SHYLAH POIRIER



Thank you to all of the families who exhibited our performance character traits during our virtual learning week! It was so exciting to see all of your child's faces on their individual Zoom sessions as well the hard work and effort that came through!



One of the goals for this upcoming month is attendance. Having your child attend school daily and on time is an important part of giving children the best possible start in life. The aim should be to attend 100% of the time. Students who miss school frequently can fall behind with their work and do less well in exams. Research suggests that students who attend school regularly could also be at less risk of negative behaviors. It is also important to arrive at school on time. If a child arrives late to school, their learning begins to suffer.



Our daily goal for attendance is 90% or higher. *If we achieve that goal, all students will be given a dress down day as a reward for putting their education first!* Please help support your child in getting to school on time each day!

Valentine's Day Celebrations

On February 11 from 12-1 p.m., we are holding a Valentine's Day Dance for Grades 6-9. The 6-9 dance tickets will be earned by attending 8 out of 10 morning huddles starting 1/31- 2/11, so please ensure they are arriving every day on time to earn that ticket.

Valentine's Day Parties in K-5 on Monday, February 14 from 1:45-2:45 p.m. Parents may send Valentine's cards or any snacks for the class.

Parent volunteers are welcomed and encouraged to call the front desk or contact the teacher directly.





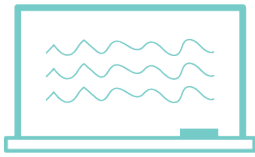
Attendance Matters

The Impact of Tardiness on Student Success

ON
NATIONAL
AVERAGE

A STUDENT SPENDS

6.7



HOURS/DAY

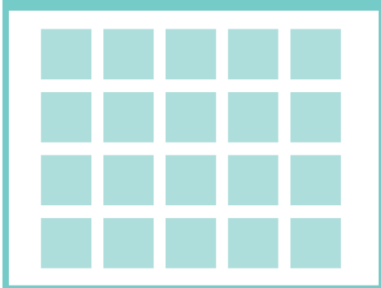


IN THE CLASSROOM

(NATIONAL CENTER FOR EDUCATION STATISTICS)

THE AVERAGE
SCHOOL MONTH IS

20 TO 22 DAYS



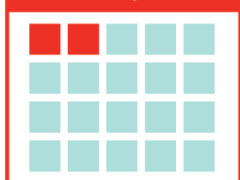
CONSISTENTLY MISSING

30

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.





WELCOME MS. JOSALYN FILKINS, INTERIM EXECUTIVE DIRECTOR

Parents may have already noticed that Ms. Josalyn Filkins has been on-site the last few weeks supporting staff, families and students at Athlos. Ms. Filkins is the Assistant Superintendent of Instruction for Athlos Academies and will be the Interim Executive Director for the remainder of the school year.

Ms. Filkins is known for her warm, yet firm approach and for having a heart for service. She has achieved successful gains in school organizational transformation.

Ms. Filkins earned her bachelor's degree in education from the Illinois State University, and her Masters in Educational Administration from the National Louis University. She is a licensed teacher and principal in multiple states and has served within public, charter, and international schools.

In her seventeen years of educational experience, she has worked with students and school staff in a variety of settings from leading, supporting, mentoring, and coaching at the state, district and school-level. Her roles have included a single-site superintendent/head of school, middle and elementary school principal, district-level instructional/management coach, curriculum writer, and lead middle school English teacher.



JOSALYN FILKINS



Athlos Academy strength and conditioning staff after their first day long clinic with Utah Warriors MLR players Ollie Kilifi, Mikey Te'o, Lance Williams (not pictured), Paul Mullen (not pictured), and Utah Warriors staff Rob Nelson and Ashlee Byrge.

The Jr. Warriors are dedicated to growing the game from the ground up and are finding as many ways as they can to connect with the community. Athlos provided an incredible platform for our staff to introduce the sport of rugby to 500 kids from kindergarten to 9th grade. 2022 is off to a great start!

Photo and copy credit: Utah Warriors
<https://www.instagram.com/utahwarriorspathway/>

SCHOOL NEWS



 Athlos Academy
UTAH

OPEN FOR ENROLLMENT!
2022-2023 School Year
GRADES K-9



NOW ENROLLING FOR GRADE K-9!

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 \(athlosutah.org\)](#)

Stay informed with Athlos Academy!

 **INSTAGRAM**

 **TWITTER**

 **FACEBOOK**

WINTER WEATHER & RECESS

We follow the Jordan School District guidelines for winter weather and recess. please see the Recess Weather Guidelines chart below:

Inside Recess

- Temperature is 21 degrees or below-including wind chill factor.
- Air Quality is in the Red or Purple zone. PM2.5 Levels are 55.5 or above Air is unhealthy or very unhealthy for everyone.
- Blacktop and playgrounds are covered in heavy ice or snow. Students can not move about without chance of severe injury.
- Heavy rain or snow - students cannot be outside without becoming wet.

Inside Recess

- Temperature is between 22-27 degrees.
- Air Quality is in the Orange zone. PM2.5 Levels are 35.5-55.4 Air is unhealthy or very unhealthy for sensitive groups (young children & people with Asthma)
- There are some areas that are covered with ice or snow. Blacktops are mostly clear of ice.
- Occasional snowflakes or misty rain. Students are able to stay dry.

Inside Recess

- Temperature is 28 degrees or above - including wind chill factor.
- Air Quality is in the Green or Yellow zone. PM2.5 Levels are 35.4 or below. Air is in the good to moderate range.
- Blacktop and playgrounds are free from ice & snow.
- No precipitation.

OPEN HOUSE!

FEB. 10, 4-6 P.M.



**NOW
ENROLLING
GRADES K-9
FOR THE
2022-2023
SCHOOL YEAR!**

12309 S. Mustang Trail Way
Herriman, UT 84096
(801) 438-4619



Athlos Academy
UTAH

HEALTHY BODY PILLARS & GRIFFIN ATHLETICS

Message from the Athletic Director.

In his famous book, *The Four Loves*, renowned author, C.S. Lewis, defined friendship (philia in Greek, hence, Philadelphia the “City of Brotherly Love”) as the affection between people who have a common interest.

For many of us, our best friends are/were made with our teammates on sports teams. The common love and hardwork for a sport are often an overlooked benefit to playing sports. More recently, with virtual learning and canceling of sports seasons, many of our children and young people suffer from loneliness and the accompanying depression. Let me offer as a possible remedy the participation in team sports.



COACH ROJAS

801-438-4619 ext. 9502

Athlos offers middle school sports teams year-round and there are numerous recreational and competitive sports teams that offer our students a chance to exercise, excel and connect with peers. Here is a list of a few local opportunities below, of whom I have experience with and would recommend:

- Junior Warriors Touch Rugby: <https://jr.warriorstrugby.com/>
- i9 Sports (right here at Athlos): <https://www.i9sports.com/>
- Jamie’s Tumbling (right here at Athlos): heidijogoody@hotmail.com
- Herriman Little League: <https://www.leaguelineup.com/welcome>
- Bingham Baseball: <https://www.leaguelineup.com/welcome>
- Riverton Baseball: <https://www.rivertonbaseball.org/>
- Academy West Gymnastics: <https://awgym.com/>
- Black Diamond Gym: <https://blackdiamondgym.com/south-jordan/>
- 7 Elite Academy: <https://www.7eliteacademy.com/>
- West Jordan Soccer: <https://wjysoccer.com/>
- Copper Mountain Soccer: <https://www.7eliteacademy.com/>
- Utah Youth Soccer Association: <https://www.utahyouthsoccer.net/>
- Ute Conference Youth Football: <https://uteconferencefootball.org/>



Upcoming Events

Sports Round-Up

The Athlos Girls Basketball Team is currently sitting at a record of 1-2, with five games remaining. At the conclusion of regular season play, the team will participate in a single elimination playoff with the chance to advance to the Utah Charter and Small School Athletic League (UCSSAL) state championship.

Playoffs TBA

2
FEB

HOME vs. Wasatch Waldorf

7
FEB

HOME vs. Summit Independence

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>



Please Visit Our Athlos Sports Sponsors

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.



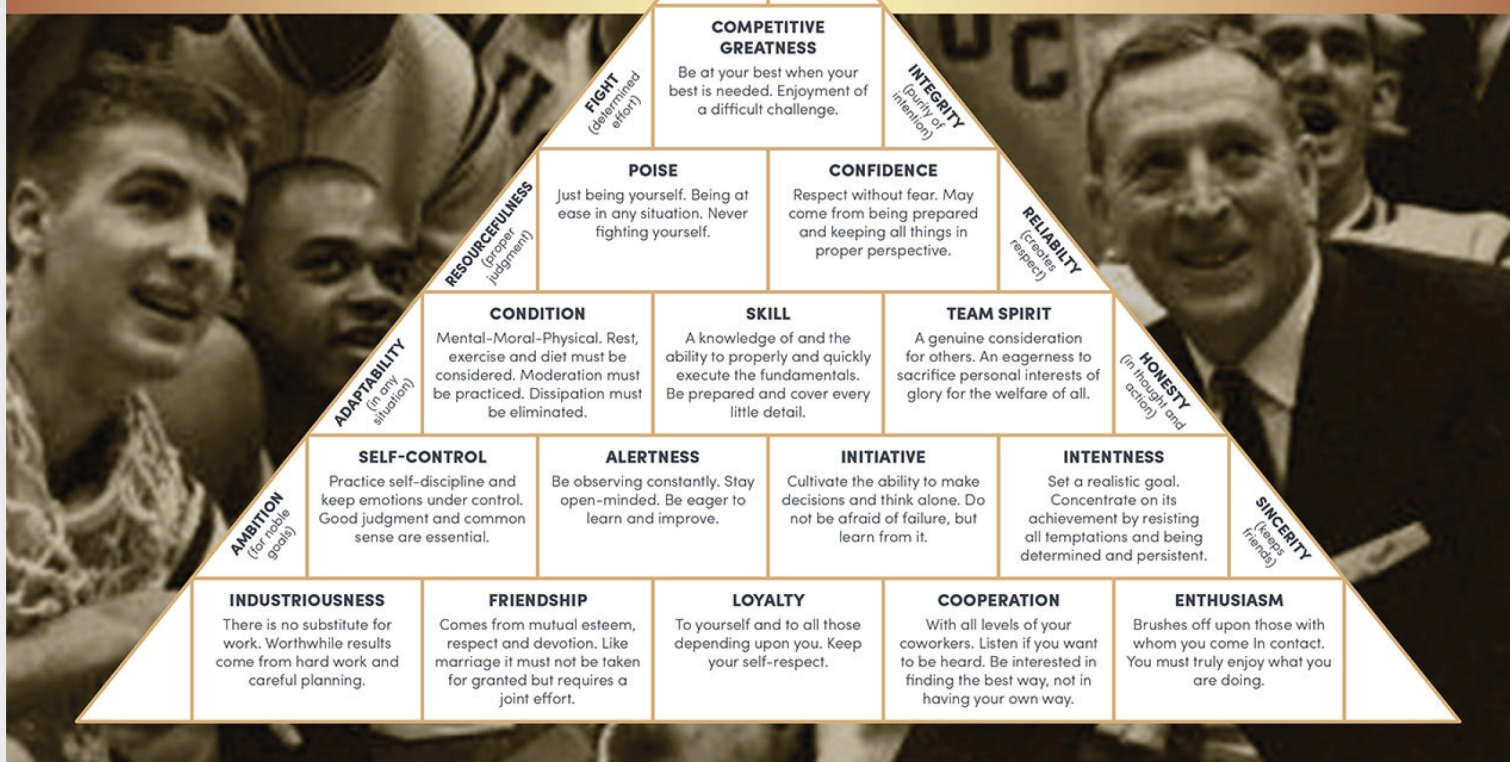
COACH JOHN WOODEN

== 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



Announcements

Athlos Academy will field a Girls Soccer Team and a Boys Volleyball Team for the Spring Season. Tryouts will start at the beginning of March, with a season that runs mid-March through April. Students in 6th through 9th grade are eligible to participate.

Interviews are currently being held for the Girls Soccer Coach. The Boys Volleyball Team will be coached by Real Salt Lake Academy High School Volleyball Coaches, Kirstin Whitehead and Brogan Johnson.

If you are interested in joining either the Girls Soccer or Boys Volleyball team, please contact the Athletic Director, Jason Rojas, at jrojas@athlosutah.org for more information.

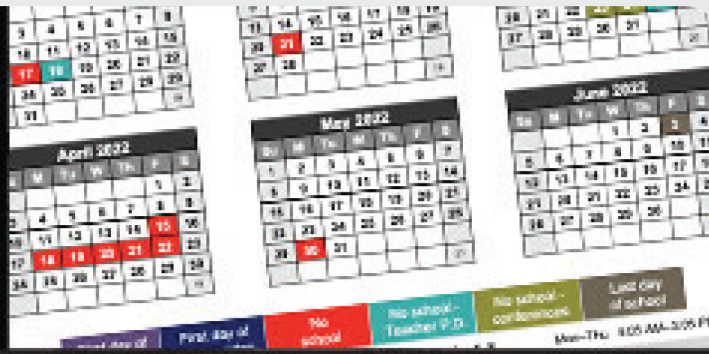
Teachable Moments

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". This month, we are looking at Friendship, which Wooden defined as coming from,

"Mutual esteem, respect and devotion. Like marriage, it must not be taken for granted but requires joint effort."

<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](#)

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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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				11

September 2021						
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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
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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
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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
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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
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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
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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
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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		Friday 8:05 AM–1:05 PM
Quarter 1	08/17/2021 – 10/15/2021	Schedule AM 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	Schedule PM Kinder.	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