

ATHLOS GRIFFINS CHRONICLE

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



PTO - 1/12/2022

Spirit night at Kneaders in Riverton (5083 West 13400 South) This is from 5-8 p.m., in the restaurant and drive through - just mention Athlos Academy! Money from this Spirit Night will help buy shelves for our library!!

*PTO Meeting 1/20 at 9 a.m. at Athlos Academy



Open House for Prospective Families

January 20, 4-6 p.m.

Apply - Athlos Academy of Utah



JANUARY DATES TO KNOW:

JAN 10 Red Ribbon Week
Girls' Basketball Game - Away

JAN 12 Girls' Basketball Game - Home

JAN 13 Pillar Committee Meeting

JAN 14 2nd Quarter Ends

JAN 17 No School
Martin Luther King Jr. Day

JAN 18 No School
Teacher Professional Development

JAN 19 Girls' Basketball Game - Away

JAN 20 Finance Committee Meeting
Open House for Prospective Families, 4-6 p.m.
PTO Meeting at Athlos Academy, 9 A.M.

JAN 23-29 National School Choice Week

JAN 24 Girls' Basketball Game - Away

JAN 26 Girls' Basketball Game - Home

JAN 27 School Board Meeting

JAN 31 Girls' Basketball Game - Home

ENJOY GREAT FOOD & SUPPORT YOUR COMMUNITY

— WITH —

THE KNEAD DOUGH

— FUNDRAISER —

Kneaders of Riverton is proud to
host this fundraiser for

ATHLOS ACADEMY

Wednesday, January 12th, 2022
from 5:00 – 8:00pm



ONLY AT
5083 W 13400 S
RIVERTON, UT 84096


KNEADERS®
BAKERY & CAFE



JANUARY BREAKFAST/LUNCH MENU

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
B: Waffle L: Meatball Sub Turkey Sandwich PB & J Sandwich	B: Poptart L: Drumstick Dinner Turkey Sandwich PB & J Sandwich	B: Pumpkin Bread L: Quesadilla Turkey Sandwich PB & J Sandwich	B: Breakfast Burrito L: Teriyaki Chicken Turkey Sandwich PB & J Sandwich	B: Apple Cinnamon Texas Toast L: Hamburger Turkey Sandwich PB & J Sandwich
B: French Toast 10 L: Pulled Pork Sandwich Ham Sandwich PB & J Sandwich	B: Bagel 11 L: Sof Taco Ham Sandwich PB & J Sandwich	B: Muffin 12 L: Chicken Alfredo Ham Sandwich PB & J Sandwich	B: Yogurt Parfait 13 L: Baked Potato Ham Sandwich PB & J Sandwich	B: Waffle Stackers 14 L: Cheese Rippers Pepperoni Rippers
B: No School 17	B: No School 18	B: Banana Bread 19 L: Cheesy Breadstick Turkey Sandwich PB & J Sandwich	B: Cinnamon Bites 20 L: Popcorn Chicken Turkey Sandwich PB & J Sandwich	B: Croissant Sandwich 21 L: Chicken and Waffle Turkey Sandwich PB & J Sandwich
B: Muffin 24 L: Chicken Sandwich Ham Sandwich PB & J Sandwich	B: Poptart 25 L: Beefy Nacho Ham Sandwich PB & J Sandwich	B: Pumpkin Bread 26 L: Orange Chicken Ham Sandwich PB & J Sandwich	B: Waffle 27 L: Grilled Cheese Ham Sandwich PB & J Sandwich	B: Apple Cinnamon Texas Toast 28 L: Cheese Pizza Pepperoni Pizza
B: French Toast 31 L: Rib-B-Q 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¢

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

MESSAGE FROM OUR ASSISTANT DIRECTOR & SPED DIRECTOR



SHYLAH POIRIER 

Happy New Year everyone! I hope you all had a restful and enjoyable break filled with lots of quality time with your families. I am excited to see all of your students back in the building! January is a great time to set goals and revisit ideas that need to be adjusted. We only have a short 5 months left in this school year and every minute of every day counts! This is why it is so important for your student to be on time and in attendance each day. Please make sure to support your student in their daily attendance!



Thank you to everyone who donated to our new Community Food Pantry! We had about 30 families stop by and get some wonderful and nutritious food over winter break.

Please continue to donate food to the pantry! Some necessities include: Pastas, toiletries and cereals. Also, if you are looking to get rid of a working fridge/freezer, please contact me! I would love to have one in our pantry to help keep perishable food items fresh for families in need.



Please make sure to have your student practice their math facts each night as well as read a minimum of 20 minutes. These simple tasks will make such a big difference in the long run.



I am excited to look at the data from the first half of the year and compare it to the upcoming progress data that teachers will take in the months of January and February.

This data will help support us in setting our final goals to make a strong push into the end of this school year! Our school is doing great things with academics and the progress that we have been making so far is incredibly exciting!



Please remember that I am here for you and your student!

Don't ever hesitate to reach out if you have any questions or concerns. It is each of you that have chosen AAU to be the school of choice for your student and it is important for you to feel valued and heard through your child's educational career.

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 BEGINS JANUARY 10!

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 \(athlosutah.org\)](#)

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.

Information credit: Jordan School District

WHAT DOES THE SCIENCE OF READING MEAN FOR PARENTS?



Reading instruction has made a big shift over the last several years due to growing evidence in the field of cognitive brain research. Educators in our state are now using the Science of Reading to help inform policies, strengthen instruction and utilized assessments to align with what we know about how the brain learns to read. Here are a few ways education has changed and what parents need to know to help their child as they learn to read!

IN THE PAST...

... if students showed early signs of difficulties in reading instruction, parents might have been advised to take a "wait and see" approach to determine if they would eventually catch up.

... students were expected to memorize large numbers of high frequency words to help them read leveled texts.

... students practiced reading using predictable leveled readers. These follow a pattern which students have memorized. Students use pictures to guess the words they don't know, which doesn't help them become stronger decoders.

... parents & teachers thought students would learn to read simply by reading to the student or by providing literature rich environments.

... spelling lists were created many different ways. Word lists may have contained words from science or social studies lessons monthly theme words, or words at random.

... it was thought there were many different ways to teach a child to read.



NOW WE KNOW...

... early intervention is a must! The gaps don't close as time goes by, they just get larger. We know three things work to help students close the gaps: phonemic awareness, step-by-step phonics & reading texts that contain the phonics patterns covered in their instruction.

... words are not stored based on how they look, so the use of flash cards for word learning is not encouraged.

... most words can be read if students are familiar with the letters or letter patterns contained in that word. If a student comes to a word that doesn't follow familiar patterns they can focus on the decodable parts & memorize the part that is irregular.

... that while reading to your child has many beneficial outcomes, decoding is not one of them. Learning to speak is natural, learning to read is not. Students must be taught to decode the words on the page & then, how to understand what is being read.

... lists should contain words that follow consistent phonics rules & patterns. For example, when students are studying the v e syllable pattern, a good spelling list would contain lots of words such as: like, bake, rope & cube.

... all children learn to read the same way. Students build pathways in the brain that connect speech sounds to print & are able to understand the meaning of words.



Expert Answers to
Family Questions
About Vocabulary
& Comprehension
| Reading Rockets



Expert Answers to
Family Questions
About Phonemic
Awareness, Phonics,
and Fluency
| Reading Rockets



Kindergarten
Activities for
Learning From
Home from the Utah
State Department of
Education



ARKANSAS
DEPARTMENT
OF EDUCATION



CHECK OUT THESE QR CODES FOR MORE INFORMATION



2022

RED RIBBON WEEK

JAN
10-14

MONDAY

I BELIEVE IN ME!
wear something red

OUTSMART DRUG USE!
use your head, wear a cap or hat

TUESDAY

WEDNESDAY

LOOK TO THE FUTURE!
wear a college/sports team shirt

IT'S CRAZY TO DO DRUGS!
wear crazy socks and/or crazy hair

THURSDAY

FRIDAY

I PROMISE MYSELF TO STAY DRUG FREE!
wear a red ribbon to show your pledge



Athlos Academy
UTAH

HEALTHY BODY PILLARS & GRIFFIN ATHLETICS

Message from the Athletic Director.

When I was coaching track & field at Four Point Middle School in Austin, TX, one of our 8th grade boys, Greg Brown III, was told by his parents that he was going to run hurdles and high jump.

Greg's father and mother both attended the University of Texas at Austin, his father played football and his mother was a high jumper. Greg's first sport was basketball and most of the year, when the gym was empty, I would see Greg shooting baskets by himself. I was usually on my way to the parking lot or heading back to my classroom to grade papers or work on grad school homework.



COACH ROJAS

801-438-4619 ext. 9502

Greg would go on to win the District High Jump for the 8th grade boys, after getting some extra practice with his mother in Dallas, over Spring Break.



I eventually moved on and Greg had an incredible high school career at Vandegrift High School, played a year at the University of Texas, and was drafted in the 2nd Round by the Portland Trailblazers. My point is this: That Greg Brown III put in the necessary work to be successful. Greg practiced when no one was watching and even during his vacation time.

<https://www.fourpointsnews.com/2020/02/21/brown-iii-receives-mcdonalds-all-american-jersey/>



Upcoming Events

The Athlos Girls Basketball Team has begun practicing and will play their first game on Wednesday, January 5, versus Channing Hall.

Varsity Games start at 4:30pm / JV Games start at 5:30pm

5
JAN

HOME vs. Channing Hall

10
JAN

Away vs. Providence Hall

12
JAN

HOME vs. Summit Academy

19
JAN

Away vs. Summit Independence

24
JAN

Away vs. Excelsior Academy

26
JAN

HOME vs. Channing Hall

31
JAN

HOME vs. Providence Hall

2
FEB

HOME vs. Providence Hall

7
FEB

HOME vs. Summit Independence

i9 Sports

Hi i9 Sports is one of the largest multi-sport, recreational-level, youth sports programs in the United States. There is an i9 Sports franchise actually based right here at Athlos Academy and offers year-round sports, including basketball, soccer, flag football, and now volleyball. My own children have participated in i9 Sports and we have had a great experience. You can visit their website for more information and sign-ups:

<https://www.i9sports.com/>

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>



Sports Sponsorships

We would like you to consider sponsoring our athletic program at Athlos.

Your sponsorship allows us to lower the cost of student participation fees, provide uniforms athletes can keep at the end of the season, and make purchases that will improve our program. In exchange for your sponsorship, we will provide fence line banners and advertisements in the Griffin Chronicle for your business.

Please contact irojas@athlosutah.org for more information.

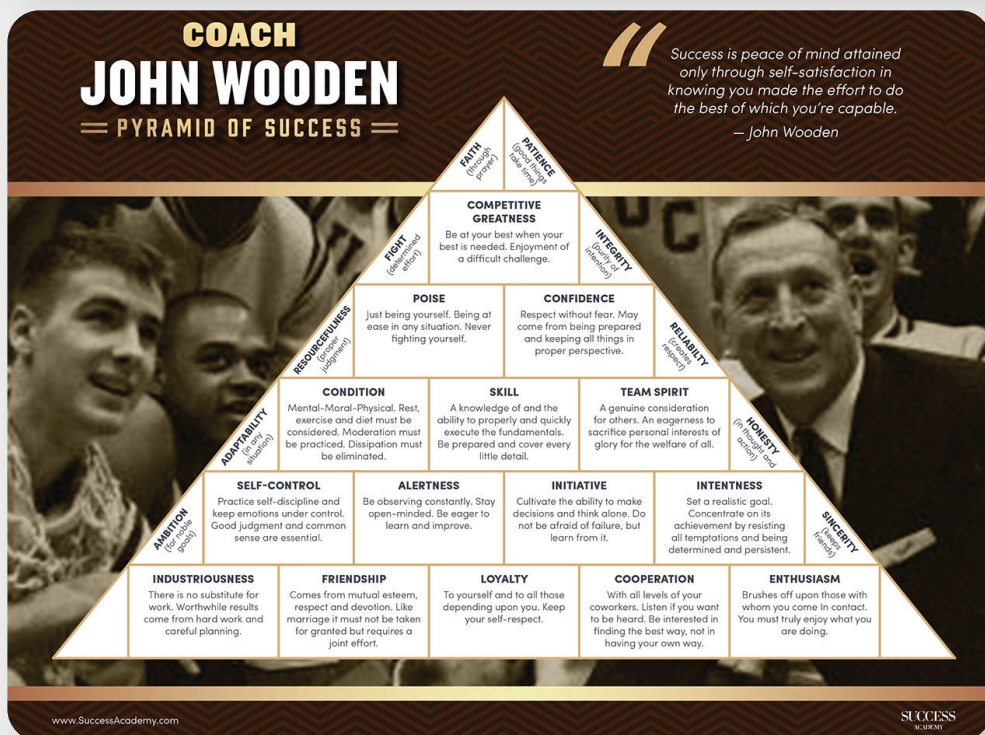
Utah Warriors Rugby Clinic at Athlos on Jan 24

Athlos Academy of Utah will be hosting an all-day rugby clinic, put on by the Utah Warriors, on Monday, January 24. The Utah Warriors are a local, professional rugby team and are part of Major League Rugby (MLR). For the clinic, Warriors staff and players will be teaching Athlos students, grades K-9, the basics of rugby and the rules for non-contact "touch rugby". This Spring, the Utah Warriors will be launching a "Junior Warriors" program, similar to the Junior Jazz, which will help introduce rugby to Utah area youth. The Warriors play their home games at Zions Bank Stadium in Herriman, also where the RSL Monarchs play. For more information, please visit <https://www.warriorsru>

Please contact the Athlos Academy of Utah Athletic Director, Jason Rojas (irojas@athlosutah.org), if you are interested.

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". The idea with the pyramid is that each level in the pyramid is contingent on the one beneath it. So, as we look at the pyramid, the bottom level is what Coach Wooden considers to be the foundation for all the others. We start at the bottom left with "Industriousness," which he defines by saying:



“There is no substitute for work. Worthwhile results come from hard work and careful planning.”

Today, we would use phrases like “getting the job done” or “putting in the work” or simple “hard work” to describe industriousness. You will not find any successful person in sports, or any other endeavor, who does not work hard.

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

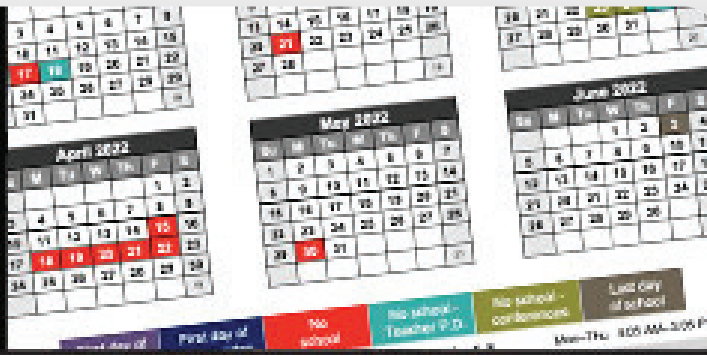
ATHLOS 2021



BASKETBALL



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						
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	