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— MONTHLY —

Athlos Academy of St. Cloud | April 2019

Message from the Director



Randy Vetsch

Dear Athlos families,

Since beginning my role as the school leader of Athlos in May of 2018, I have been working diligently with my staff of educators and school support professionals to consistently evaluate all elements of our school in an effort to continue to grow and improve.

This intentional inventory opened doors for us to brainstorm new program offerings, academic support, extracurricular activities, and more.

Over the course of the past 10 months, we have been working to assure that we have set high academic and behavior expectations in place. We have implemented new processes to assure we are meeting these expectations, and to make our school a safe and engaging environment for learning.

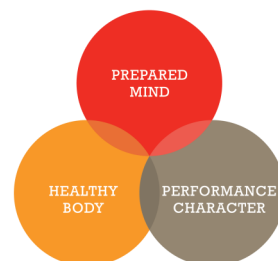
We have implemented new positive behavior interventions and are holding students accountable for their behavior according to new policies and procedures. Additionally, we have increased our intentional practice of character-building. The grit, creativity, focus, and integrity can be felt in the classroom, on the turf, and through the excellent work students are creating.

New and exciting programs have been adopted to support rigorous academics. We now offer our students Study Island, a technology platform that tracks student growth and has a home component that supports student learning outside of the classroom. Advanced academic and intervention programs are being provided for reading and math to assure students are excelling in core competencies. We have also adopted a new, more rigorous K-8 reading curriculum.

Moving into the 2019-2020 school year, we will continue to grow our offerings and support for our Athlos achievers, including a gifted and talented program for advanced learners, summer and after-school academic programs to support students outside of school hours, and additional extracurriculars to further challenge our students and build community.

Randy Vetsch

The mission of Athlos Academy of St. Cloud is to provide high quality educational opportunities for the whole child built on the three foundational pillars of Prepared Mind, Healthy Body, and Performance Character.



UPCOMING EVENTS

MCA TESTING SCHEDULE

April 8 & 9—Reading (Grades 3,7,8)
 April 10 & 11—Math (Grades 3,7,8)
 April 15 & 16—Reading (Grades 4,5)
 April 15 & 16—Math (Grades 4,5)
 April 23 & 24—Reading (Grades 6)
 April 25 & 26—Math (Grades 6)
 April 29 & 30—Science (Grades 8)
 May 1 & 2—Science (Grades 5)

SPECIAL EDUCATION ADVISORY

COMMITTEE MEETING | APRIL 17

Conference Room: 5:00 p.m.

NO SCHOOL | APRIL 22

SCHOOL BOARD MEETING | APRIL 30

5:00 to 7:00 p.m.

MIDDLE SCHOOL MUSICAL | APRIL 30

7:30 to 8:30 p.m.

SPRING CONCERT | MAY 14

Grades K-2 from 2:00 to 3:00 p.m.

MIDDLE SCHOOL CHOIR AND BAND CONCERT | MAY 16

7:00 to 8:00 p.m.

SCHOOL BOARD MEETING | MAY 20

5:00 to 7:00 p.m.

MEMORIAL DAY NO SCHOOL | APRIL 22

LAST DAY OF SCHOOL | MAY 30

ENROLLMENT FOR NEXT YEAR

Athlos Academy is still accepting enrollment applications for new students for limited spots. Enrollment is open to students living in St. Cloud and the surrounding communities and are filled on a first come basis. If you know of other families interested in joining the Athlos school community, encourage them to attend one of our open houses to learn more.

Every Wednesday from 9:00 to 11:00 a.m. and Friday from 1:00 to 3:00 p.m., families are welcome to visit our school and receive a tour.

If you have a child that will be attending kindergarten next year, make sure you complete the enrollment form as well.

OUR UNIQUE EDUCATION MODEL FEATURES THREE PILLARS:

PREPARED MIND

High academic achievement

HEALTHY BODY

A culture of health and wellness

PERFORMANCE CHARACTER

Character in the classroom and beyond



JOIN US IN
APRIL FOR
ONE OF OUR
UPCOMING
EVENTS!

DAYTIME OPEN
HOUSES & TOURS

FOR ALL GRADES
Wednesdays: 9–11 AM
Fridays: 1–3 PM

ENROLL
ONLINE

www.AthlosStCloud.org

FIND US ON SOCIAL:   

info@AthlosStCloud.org | 320-281-4430 | 3017 33rd Street South | St. Cloud, MN 56301

MIND + BODY + CHARACTER

Athlos Academy is a unique public charter school that prepares students for success in three ways.

PREPARED MIND

The Prepared Mind Pillar at Athlos Academy of St. Cloud is centered on academic programs that will prime students with the knowledge and critical thinking skills they need to excel.

April is an exciting month here at Athlos!

The **third graders** started their Biography Fair project this month. They began by picking a famous person. Then in Art, Mrs. Fisher helped them to create a costume for their person. In class they researched details/facts about their chosen person. They will then write a biography report and a short speech for their public presentation in the Athlos gym. All are welcome to check out their hard work on the afternoon of April 18!

Currently our **sixth grade** students are participating in a program called JA BizTown. This program is an engaging, rewarding experience using hands on learning. In addition, real life applications are utilized through the social studies, language arts and math curriculum specifically designed by Junior Achievement. During their visit to BizTown in St. Paul (which is the culminating experience), students will learn about the importance of becoming a successful professional within a community. While there, students will practice what it takes to run a successful business, manage a debit card and checking account, and work as a team. We are very excited we can offer all our sixth graders this amazing opportunity!

MCA Prep and Spring Break

MCA testing begins on April 8 for 3rd to 8th grade students. Please refer to the second page of the newsletter to see which dates your child will be testing.

Testing Tips for Parents:

1. Make sure that your child gets enough sleep on the night before they test.
2. Encourage your child to do their best.
3. Get up early to avoid rushing. Be sure to have your child at school on time.
4. Have your child eat a good breakfast, but not a heavy one. Research shows that students do better if they have breakfast before they take tests.
5. Be positive about the test. Acknowledge that tests can be hard and that they're designed so that no one will know all of the answers. Explain that doing your best is what counts. The important thing is to make your child comfortable and confident about the test.

EL Update: ACCESS Testing

ACCESS testing is completely done. All testing materials have been mailed off for scoring. We will receive final scores in August 2019. Testing results will help us determine which students qualify for added language support during the upcoming 2020-2021 school year.

The EL department is also helping get students ready for our MCA tests coming up in April. We want to make sure all of our students have an opportunity to review MCA practice tests prior to taking their test.

Special Education

Mark your calendars for our Special Education Advisory Council (SEAC) meeting on April 17 at 5:00 p.m. SEAC is open to any parent with a child attending Athlos Academy and receiving special education services, which includes speech.

PERFORMANCE CHARACTER

The Performance Character Pillar is the foundation of school culture and promotes 12 key character traits: Grit, Leadership, Social Intelligence, Creativity, Courage, Energy/Zest, Initiative, Curiosity, Integrity, Optimism, Humility, and Focus/Self Control.

Initiative- Taking action to help ourselves and others without being asked.

This month, we want to highlight our Performance Character trait initiative. As we mentioned in earlier editions, all of Athlos' character traits work together to develop skills our students will use throughout their lives. Similar to our character traits, we look at our families, community, students and staff as key elements needed to ensure the success of our school and students.

We would like to use this month's edition to discuss how families can work together and show initiative in your homes to utilize some of the same methods we use in school to teach students about expectations. As a school, we utilize a behavior expectation matrix, which you will see in every classroom. Just like the behavior matrices that are at your children's school, you can develop a behavior matrix for home. As a family, we encourage you to sit down and discuss your expectations in different areas of family and home life. Place these expectations in a matrix that your family can easily support and be accountable for. If we can develop expectations at home and school that are closely aligned, it will ensure we are all working towards the same end goal: STUDENT SUCCESS.

Family Matrix

Below is an example for how you could use a matrix to help teach children expected behaviors in the home. Fill in the boxes with your child/children to discuss what these **look like and sound like** in your home. By using this common method both in school and at home, we can provide a consistent message to students about the importance of these expectations.

	Morning Routine	Chore Time	Homework Time	Bed Time	Meal Time	Family Time
Be Respectful	Following directions				Listening to others	
Be Responsible		Finishing your jobs	Knowing what assignments you have			
Be Ready	Having your clothes and backpack out			Having your toys put away		

Here is a link with some more ideas on how to utilize a matrix in the home:

<http://pbismn.org/families-and-community/pbis-at-home.php>

INITIATIVE DAY

Students at Athlos celebrated their third kick-off for the year with a school wide Initiative Day on March 27. Each class selected an initiative project to conduct. The overall school wide initiative focus is to help students take pride in their school and find creative ways to support one another, their school, and their community. Class initiatives ranged from creating a healthier and clean environment in common areas of the school to recycling unwanted items from outside to enhancing existing displays throughout the Athlos building. We encourage parents to continue the conversations with their children about the importance of taking action for the things they believe in!



HEALTHY BODY

The Healthy Body Pillar allows students of all athletic abilities to participate in professionally developed, age-appropriate fitness curriculum.

Update on “Kickin’ It Into Spring” Competition

Earning the “Golden Shoe” award for kicking it into spring, Mrs. Ruegemer’s kindergarten class, Mrs. Sundquist’s first grade class, and Mrs. Knuth’s second grade class were the top classes for having everyone wearing their athletic shoes. Currently, there is a tie between Ms. Pool’s and Ms. Jambretz’s third grade classes. They will be battling it out for their “Golden Shoe” this week in a class vs. class competition. Great job to all the students who made the effort to come to school prepared with their athletic shoes!

Nature Time

With the weather getting nicer and the snow nearly gone, I want to take a moment to highlight the value of getting outside in nature and all the positive effects it has on a person’s health. Getting outside and into green spaces, specifically places with lots of trees, has tremendous benefits for both mental and physical health. Spending time in forests and green places like parks with lots of trees can:

- boost the immune system
- lower blood pressure
- reduce stress
- accelerate recovery from surgery or illness
- improve mood
- increase energy level
- increase ability to focus, even in children with ADHD
- improve sleep

... not to mention all the exercise benefits that come from taking hike in a forest or a walk in nature. In the St. Cloud area, two excellent places to take the entire family for some “Vitamin N” (vitamin nature) are the [Quarry Park and Nature Preserve](#) and [St. John’s Abby Arboretum](#).

ATHLOS SUMMER SCHOOL PROGRAM

We are pleased to announce that Athlos Academy of St. Cloud will be offering summer school this year! The program will focus on providing additional support for students.

These sessions will cover reading, math, and performance character for all grade levels. There is no cost to parents for their child to take advantage of this opportunity. Both transportation and lunch will be included.

The first session will be June 10-13, 17-20, and 24-27 from 8:00 a.m. to 12:00 p.m. The second session will July 8-11, 15-18, and 22-25 from 8:00 a.m. to 12:00 p.m. We encourage students to participate in both sessions. Both sessions will be focusing on preparing students for the next school year.

Seats are limited and will be filled on a first-come, first-served basis. To apply, please fill out the form at <https://bit.ly/2CMlrPs> before April 24. If you have questions, please reach out to Mr. Ben Broderick at

