



TITAN MONTHLY

MESSAGE FROM THE DIRECTOR

Dear Athlos families,

We are one month into the school year, and I am very excited about what I am seeing. Students come to school wearing their Athlos uniforms with smiles on their faces. Students are in their classrooms engaged in learning, and teachers are providing your children with an incredible education. I couldn't be more proud of our staff and students.

This first month we have been focusing on creating a Culture of Learning in our school by creating a strong instructional foundation for the new school year. This was done by focusing on developing and reinforcing three areas: building a positive classroom culture, maintaining high behavioral expectations, and maximizing instructional times.

In less than two weeks, conferences will occur. At Athlos Academy, our students lead their conference. These student-led conferences help students take ownership of their learning as they reflect on their progress, discuss their successes and challenges, and set goals for the future by reporting to parents and teachers on the progress of his or her education.

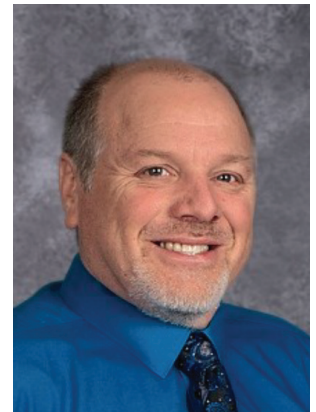
We are always looking for more volunteers at school. If you are able to help out, let us know. There are also many other ways to contribute if your schedule doesn't allow: attend after-school events and meetings, help out with PTA events and fundraisers, and most importantly, encourage your child to do their best and to be an outstanding student of character. We also encourage you to provide a quiet place and scheduled time for them to do their homework, and have them read to you or read to them. Ask your children about their school day: what did they learn, how did they exemplify one of the Athlos Character traits at school or even at home, and of course praise them and tell them how proud you are of them.

Thank you!

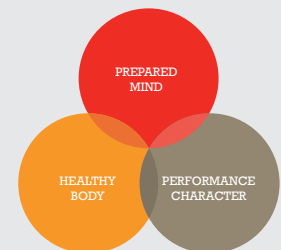
We look forward to seeing you all at conferences on October 15 or 16.

Respectfully yours,

Randy Vetsch



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

NO SCHOOL | OCTOBER 11

Professional Development - no school for students

CONFERENCES | OCTOBER 15

4 to 7:30 p.m.

CONFERENCES | OCTOBER 16

8 to 11:30 a.m. - no school for students

FALL BREAK | OCTOBER 17-18

No school for students or staff

PICTURE RETAKES | NOVEMBER 1

Students are to be in uniform

School Uniforms can be purchased in the school office on Fridays from 10 a.m. to 2 p.m.

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.

Students at Athlos Academy of St. Cloud have begun to use Study Island and Reading Eggs. These supplemental educational computer adaptive web-based programs are designed to be one tool teachers can use to check mastery of our state standards. The programs were built to reinforce our Minnesota standards that are taught at each grade level.

Our students in kindergarten through second grade use Reading Eggs to supplement literacy, more specifically, phonemic awareness, vocabulary, fluency, spelling, and reading comprehension. Students in third through eighth grade use Study Island for supplemental practice in literacy, math, and science (MCA prep).

Students like these programs because they are goal oriented, and students are able to pick an avatar, earn rewards, and play learning-focused games. Teachers like the programs because they are a way to formatively assess the students, the feedback is instantaneous, and there are many reports teachers can run to gain important information about where students are academically at a particular time of year.

As a parent, you can expect to receive your child's login information so that he or she can also work from home. This is perfect at any time, but especially on snow days and over our holiday breaks. Watch for that information to come home between now and fall conferences and ask your child how many eggs or blue ribbons they have earned so far.

PREPARED MIND CONTINUED

Academics

At Athlos Academy, we work hard to make sure that every student receives the most effective reading instruction possible. We look at data from classroom work as well as other reading measures. When the data shows us that a student could use extra support to reach grade-level goals, we provide small group interventions using a framework called Path to Reading Excellence in School Sites (PRESS).

PRESS helps schools set up systems and practices so that all elementary students become capable readers. Driven by well researched approaches, the PRESS framework pinpoints a specific reading skill that will help your child meet their needs. Then, we work together in this area, and track growth.

Since 2014, PRESS has operated out of the Minnesota Center for Reading Research at the University of Minnesota, providing guidance for educators to improve reading success at their schools. PRESS provides interventions in the following five areas, which are essential for students to become capable readers:

- Phonemic awareness: students identify individual sounds in spoken words, such as that *sun* can be pulled apart into three sounds.
- Phonics: Students learn the sounds of letters in the alphabet that lead to word reading.
- Fluency: Students begin to read at a quicker speed, making reading sound more like natural speech.
- Vocabulary: Students learn the meanings of words in their reading materials.
- Comprehension: Students use their ideas and experiences as well as careful reading to understand the text.

Our school is focused on ensuring that every student is getting the support needed to be successful in reading, and PRESS is helping us do that. If you would like to learn more about PRESS, or if you have questions about how your child is progressing, please contact your child's teacher.

We look forward to providing your child with the support needed to become a capable and motivated reader!

News from the EL Department

The English-language learner department services EL students in a variety of ways. Our staff offers classroom support during literacy and math RTI times and helps classroom teachers run stations that focus on vocabulary, reading comprehension, math facts, etc. In addition to this, our EL teachers also provide academic support to our students during small, pull-out classes. We have begun our pull-out groups for the year and we can already see the improvements many of our students are making!



HEALTHY BODY

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

GRITTY

We have been very impressed with our students these past two weeks with their “grit” in our biannual fitness testing. Students have been putting in the effort to get their best scores across a range of fitness tests we perform, from the Pacer Fitness Test, to push-ups, the 20-yard sprint, vertical jump, flexibility, and balance tests. We’ve even had a couple school records set! Nice work, Titans!

FALL FUN RUN

Tuesday, October 15

Place: Athlos Academy St. Cloud

Times:	8th & 7th (Lebeau)	8:50-9:30	7th (Mayo) & 6th:	9:35-10:10
		5th	4th	11:05-11:45
	Kindergarten	12:25- 1:05	1st	1:05-1:45
	2nd	1:45—2:25	3rd	2:25-3:05

We welcome you to come cheer your child on as they compete for a chance to win the ATHLOS RED SHOE for their homeroom class! If you would like to volunteer with this year’s fun run please contact coach Lindsay at klindsay@athlosstcloud.org

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.**

Six Performance Character traits down, six more to go! During the first quarter of the school year, our focus is an exposure to all of our traits so we build a strong foundation to build on over the course of the year.

This month is National Bullying Prevention Month. Our character trait program is designed to help combat bullying throughout the year, but during the month of October, we wanted to highlight the character trait Courage. One out of five students say they have been bullied at school, according to National Center for Educational Statistics. Bullying is gaining awareness, and because of that, reports are beginning to show the prevalence of bullying is beginning to decrease! That is why we need everyone’s continued support!

We need to continue to educate our youth so they understand what bullying is and how to have the courage to stand up to it. At Athlos, we will be challenging our students to find courage to be an upstander and do their part to stop bullying. Bystanders who speak up against bullying are one of the greatest allies. According to PACER, over half of bullying situations are ended when a peer intervenes. Unfortunately, only 20 percent of bystanders intervene. Can you imagine how much less bullying would take place if we can get more students to be upstanders?

Please have a talk with your student about bullying and how they can be an upstander. We also that you help your child ask identify an adult in the school they can trust and can go to if they need to report bullying of themselves or others. Communication is a great weapon against bullying so we can address it immediately. Thank you for all of your support.

Below are some links to help show what you can do to support our mission at Athlos to end bullying.

<https://www.stopbullying.gov/what-you-can-do/index.html>

<https://www.pacer.org/bullying/nbpm/>

<https://www.methodschoools.org/blog/how-character-education-helps-kids-learn-and-develop>

OCTOBER STAFF OF THE MONTH

This school year, we will be recognizing staff of the month. The staff of the month are members who exemplify a growth mindset, have a “together we are better” mentality, and are leaders of Performance Character and the Titan Code.

This month’s staff of the month are Ms. Amundson, Ms. Mayo, and coach Lindsay!

These three have exemplified Athlos character traits and a true Titan spirit. We can’t wait to see what they bring to the table the rest of the year! Thank you for all of your hard work!



PTA FUNDRAISER

The PTA is selling Driven Coffee and snacks until November 8, 2019. We have a goal of 3,000 items sold. The top three classes will receive a pizza party or ice cream. We will have the incentives for students starting at 1,000, 1,500, 2,000, 2,500, & 3,000. Order forms went home with students last week. More forms are available at the school office and during conferences.

