



TITAN MONTHLY

MESSAGE FROM THE DIRECTOR

Dear Athlos families,

Winter is here! If the temperature is below -5 degrees Fahrenheit with windchill, students will not go outside for free play. Please make sure that your child/ren have the appropriate winter gear to keep them warm and safe. Students should have a winter coat, snow pants, a hat, and gloves or mittens.

Athlos Academy is looking for interested candidates to be members of the school's governing board. As a member of our school board, you have an opportunity to ensure that others have a voice in educational decisions. You also have direct influence in improving the quality of our school. Look for information soon in an email or our school website on how you can express your interest. Thank you for your consideration.

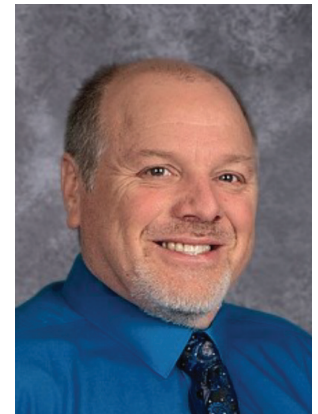
In the article, "Failure Found to Be an 'Essential Prerequisite' for Success," it states that much can be learned from failure. Students need to be encouraged to take risks, to try, and yes, to fail. It is through failure that they learn what does not work. We need to celebrate the failure to make it safe and encourage students to keep trying. It is in these times that they learn persistence, grit, and a sense of accomplishment. The Athlos Performance Character traits embrace this concept and set students up to have a growth mindset and determination to not let obstacles get in their way. They can be the master of their fate.

I hope to see you at one of our upcoming concerts!

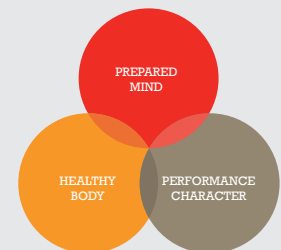
Wishing you all a wonderful break and holiday season!

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

MIDDLE SCHOOL CHOIR AND BAND 3RD-5TH GRADE CONCERT| DEC. 17

2 p.m. - "A Trip Across the U.S.A."

DRAMA CLUB DESSERT THEATER | DEC. 19

7 p.m.

WINTER BREAK DEC. 23—JAN 1

Winter Break—No school for students or staff

SCHOOL RESUMES—JAN. 2

END OF 2ND QUARTER : JAN. 17

MARTIN LUTHER KING JR. DAY : JAN. 20

No school for students or staff

PROFESSIONAL DEVELOPMENT : JAN 21

No school for students

PROFESSIONAL DEVELOPMENT : FEB 7

No school for students

CONFERENCES | FEB. 27

4 to 7:30 p.m.

CONFERENCES | FEB. 28

8 to 11:30 A.M. - no school for students

SPRING BREAK : MARCH 2-6

No school for students or staff

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.

Please encourage your child to log on and use Study Island or Reading Eggs over the upcoming holiday break.

These supplemental educational computer adaptive web-based programs are designed to be one tool teachers and can be used to check mastery of our state standards. The programs were built to reinforce our Minnesota standards that are taught at each grade level.

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

Students like these programs because they are goal oriented, students get to pick an avatar, earn things, and also contain games once a student masters a skill. 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 at academically at a particular time of year.

As a parent, you should have received your child's log in information so that he or she can also work from home. If you did not please contact your child's teacher or Mrs. Schmitz.

This is perfect at any time, but especially on snow days and over our holiday break.

HEALTHY BODY

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

Athlos Titans Basketball

Middle school basketball is off and running. Practice started on November 18 for both boys and girls in grades six through eight. Currently, the girls are at one win and one loss and the boys are at two wins. Both the girls' games were vs. Kennedy Middle School and the boys' two games were vs. rival Stride Academy. The girls team is coached by Chloe Smith and the boys are coached by Jourdan Labeau.

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.**

During the month of December, Athlos students focused on the character trait of humility. Having humility ensures that self-confidence is authentic and well-deserved. Humility keeps us open to the contributions of others and grateful for the opportunity to learn something new.

Here are four ways to promote humility.

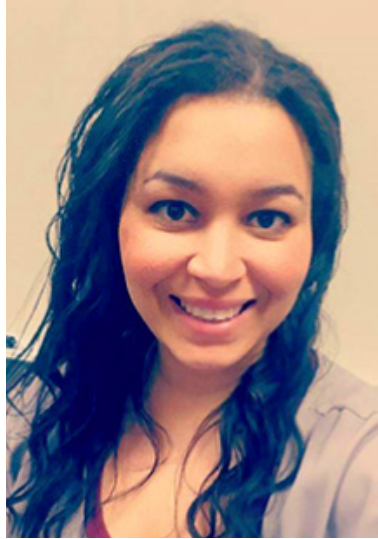
1. **Showing gratitude:** Teaching your children to say thank you goes a long way. Gratitude and humility are closely linked.
2. **Teaching through examples:** Share stories of people throughout history who have shown great humility and discuss the importance of their actions.
3. **Serving others:** Volunteering with a local organization makes the connection between actions and outcomes come to life.
4. **Role playing:** Create scenarios that highlight the value of humility (like accepting compliments) and give your child opportunities to practice their response.



DECEMBER 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 Mr. McGlothan, Ms. Smith, and Ms. Conroy. These three have exemplified Athlos character traits and a true Titan spirit.



STUDENTS OF THE MONTH



Kindergarten: Walk Turnblom and Yusra Ibrahim

1st Grade: Elasha Finley and Abdirihman Mohamed

2nd Grade: Lailo Omar and Maysoon Osman

3rd Grade: Hamdi Abokor and Gage Winn

4th Grade: Hamdi Abdikeni and Adeline Loehrer

5th Grade: Scarlett Morrighan and Elena Osterholt

ATHLOS EXTRA-CURRICULARS

Girls Basketball:

The Athlos girls basketball team played their first games against Kennedy! They have practiced, shown great enthusiasm and energy, and are ready for a great season.

Game Scores:

Game 1: Athlos 24 – **Kennedy 25**

Game 2: **Athlos 20** – Kennedy 16



Boys Basketball:

The Athlos boys basketball team played their first games against STRIDE! The boys played as a team and showed great energy and teamwork.

Game Scores:

Game 1: **Athlos 28** – STRIDE 20

Game 2: **Athlos 33** – STRIDE 14



Welcome Stephanie Sparks – Administrative Assistant



Stephanie Sparks is our school's new administrative assistant. Sparks graduated from St. Cloud State with a bachelor's degree in English linguistics and a minor in TESL.

"I met so many fantastic people from different walks of life with amazing stories," Sparks said. "I've kept in touch with them. We proudly called ourselves the 'Grammar Girls.' It was such a fantastic time!"

Sparks said she has dabbled in a lot of things because she loves learning so much.

"I worked a bunch of different part-time jobs in high school and college to experience new things. From changing oil at Valvoline, to dog grooming at PetSmart, I even have a cosmetology license (I'm not good, don't ask me to do your hair). I know a little bit about a lot of things," she said.

Sparks is excited to join the Athlos team because she believes children are the best part of life.

"They are so pure and inquisitive," she said. "I absolutely love working on the front line, meeting new people, learning new things."

When it comes to the Athlos Performance Character traits, Sparks said energy/zest resonate most with her.

"Life is so much more fun with a spoon full of sugar and a smile in your heart," she said. "That's not to say that there aren't hard times. Each person's road has their own potholes. Surround yourself with positivity and you can get through anything."

THREE FUN FACTS ABOUT STEPHANIE SPARKS:

- I love singing. My sister told me that if I wrote an autobiography it would be titled "My Sing-Along Life."
- I can identify any Disney song if given three words at any point in a song.
- My thing to do as a family is to visit zoos and aquariums. Any time my family vacations/road trips to a new city, we visit their zoo or aquarium! ZooMontana is my favorite zoo, and Great Lakes Aquarium in Duluth are my favorites so far.

FAVORITE QUOTES:

***"A little nonsense now and
then is relished by the wisest men."***

- Roald Dahl

***"I finally figured out the only reason to be
alive is to enjoy it."***

- Rita Mae Brown