



TITAN MONTHLY

MESSAGE FROM THE DIRECTOR

Dear Athlos families,

Happy New Year!

As we look back at the first half of the school year and forward to the remaining half, I am excited at what we put in place and the direction we are headed. We established high expectations for our students both academically and behaviorally and the result is a positive learning culture and test scores that will continue to demonstrate growth. We still have work to do but we are on the verge of making Athlos Academy the school of choice in the St. Cloud area.

At the end of this month, we will be sending Intent to Return forms to families via email and/or with your child. Please take some time to fill out this form to let us know if your child/children will be returning in the 2020-2021 school year. January 1 started the beginning of our Enrollment Period for new students to register for the 2020-21 school year. The school will be hosting two open houses during our enrollment period: Thursday, January 23 from 6 to 7:30 p.m. and Tuesday, February 11 from 6 to 7:30 p.m. At the open houses, new families will meet with administration and teachers and learn about Athlos. They will also get a tour of the school. Spread the word to your neighbors, friends, co-workers, etc. and encourage them to attend one of these meetings. It is important that our school continues to grow so we can provide more resources and programs for our students and a competitive salary to our wonderful teachers, plus so much more. If you have any questions, please contact me.

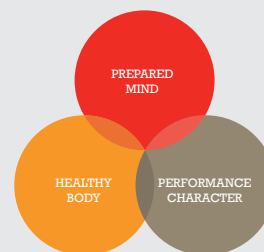
Thank you for being part of our Athlos family!

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

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

OPEN HOUSE : JAN 23

Open house for new families to come and learn more about Athlos Academy - 6 to 7:30 p.m.

SCHOOL BOARD MEETING : JAN 27

5 to 7 p.m.

PROFESSIONAL DEVELOPMENT : FEB 7

No school for students

OPEN HOUSE : FEB 11

Open house for new families to come and learn more about Athlos Academy - 6 to 7:30 p.m.

CONFERENCES : FEBRUARY 27

4 to 7:30 p.m.

CONFERENCES : FEBRUARY 28

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

SPRING BREAK : MARCH 2-6

No school for students or staff



This past week at the Volunteers of America (VOA) Conference, Athlos Academy of St. Cloud received an award from our authorizer (VOA) for Academic Achievement in Math and Reading based on the growth that our school achieved in last spring's MCAs.

Of the 17 schools that VOA authorizes, Athlos was one of only three schools to receive this recognition.

Thank you, staff and students, for your hard work!

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 in grades 2-8 have begun the second round of STAR testing. Students are tested in Reading and Math. If you remember, this is a computer adaptive test that typically takes about 20-30 minutes.

Teachers will analyze the results and data at our next Professional Development day on Jan. 21 in order to plan ahead for instruction. We use this to meet students where they are at with our lessons and support and also to prepare them for the Minnesota Comprehensive Assessment (MCAs) which are coming up. Both of these tests assess students on the standards at their grade level in order to see if they are exceeding, meeting, or not there yet.

Parents can expect to see a report with the STAR data along with the next report card for Quarter 2. If you do not receive these please contact your child's homeroom teacher or Angela Schmitz.

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 January, Athlos students are focusing on the character trait of focus/self-control. Athlos defines focus/self-control as: Focusing our minds and bodies by resisting distractions and actively concentrating.

Self-control and focus are such important Performance Character traits to have as a child and as an adult. Learning self-control enables children to make good choices and respond appropriately in any situation to produce a positive outcome. Focus enables children to pay full attention to the task at hand which, in turn, leads them to finish tasks and produce high-quality work and ideas.

There are many resources to help children build their focus and self-control skills, from enabling children to understand their emotions, responses, and actions, to techniques that help children get their wiggles out so they can better focus on the task at hand.

- ▶ Read books that teach children the importance of understanding and controlling their emotions and actions. The "David" books by David Shannon are great resources to teach self-control. Julia Cook authored a book called My Mouth is a Volcano that is also a great resource.
 - ▶ There are several games that can help increase focus and self-control in children, and you can't go wrong with increasing character while having fun. Try the childhood games "Red Light, Green Light" and "Memory" to help teach your children how to stay focused in the moment.
 - ▶ Another way to boost your child's focus and self-control is through movement breaks. Give your children some extra time between tasks to get the wiggles out. This will refocus them when it's time to sit still and finish a task.
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HEALTHY BODY

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

Physical Literacy

This week we are wrapping up our second quarter of school and our students have been focusing on displaying their movement skills for their coaches which they have been practicing this quarter. Each of our athletic movement levels builds off the previous levels they have worked through as they continue through the grade levels. Just as your student works to increase their literacy in the classroom, we work to help students to try to increase their “Physical Literacy” through our Athletic Movement classes. The definition of physical literacy we use to guide our programming here at Athlos Academy is “Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.” (Whitehead, 2016). Our goals for students who have attended Athlos Academy is to embody this concept while hopefully continuing on to be physical movers for life for the benefit of themselves and those around them.

For this quarter (Quarter 2) our students have been focusing their efforts on the following skills:

<p>LEVEL 1</p> <p>(Kindergarten - 1st grade):</p> <p>Balance</p> <hr/> <p>Squat</p> <hr/> <p>Rolling</p> <hr/> <p>Crawling</p>	<p>LEVEL 2</p> <p>(2nd and 3rd grade):</p> <p>Kicking</p> <hr/> <p>Throwing</p> <hr/> <p>Running</p> <hr/> <p>Double Leg Jumping</p>	<p>LEVEL 3 & 4</p> <p>(4th-5th grade, and 6th-8th):</p> <p>Various skills based on the units of sport they have been doing (sports skills), along with building their repertoire of movements trained on the turf and in the weight room (fundamental movement skills which include speed, agility, change-of-direction, mobility, plyometrics, and strength training) session they perform once each week.</p> <p>Please ask your student to showcase some of their skills at home for you!</p>
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DECEMBER STAFF OF THE MONTH

Staff of the Month for December



Coach Wright - always willing to step in and help with anything he is asked to help with. Has great energy and zest. Has taken time to build relationships with his students and other staff members.



Mrs. Steil - took on a new math system half way through the year. Now sees EVERY Middle School student and has made the adjustments with grace and ease!



Ms. Hull - Always goes above and beyond for her students. Is calm, consistent, and has high expectations for her students.

STUDENTS OF THE MONTH



Students of the Month for December for Energy and Zest

Kindergarten - Abdimalik Abdullahi

First Grade - Mubarak Hussein

Second Grade - Dominic Lydeen

Third Grade - Sophia Fernandez

Fourth Grade - Archyr Marthaler

Fifth Grade - Vera Genereux

Sixth Grade - Marla O'Brien

Seventh Grade - Joshua Sotelo

Eighth Grade - Chloe Maki