



TITAN MONTHLY

MESSAGE FROM THE DIRECTOR

Dear Athlos families,

Starting with Tuesday, February 4, Athlos Academy started a new program called "Tuck-in-Tuesdays." Every Tuesday, we share a new video on our Facebook page and Instagram page of a member of our staff reading a story for our students. The videos will be posted on Tuesdays at 7 p.m. The links to Facebook and Instagram can be found on the second page of this month's Titan Monthly. What a great way to end the day by having an Athlos staff member read a nighttime story to your children. Make "Tuck-in-Tuesdays" a family tradition.

On February 11 from 6 to 7:30 p.m. we will hold an Open House for new families to come and find out more about Athlos Academy and to register for the upcoming school year. Please tell your neighbors, family, friends, and colleagues about our school and encourage them to attend. If they are interested and are unable to attend that evening, have them call the school office at 320-281-4430 to schedule a school visit. We are giving tours on Tuesdays and Thursdays from 9 a.m. to 2 p.m.

I am looking forward to the upcoming Minnesota Comprehensive Assessments (MCAs). As one of only two schools in the whole St. Cloud area, which includes Sartell, Sauk Rapids, and Rocori, to achieve positive growth in reading and math last year, our students are ready to show again why we are the school to attend in the St. Cloud area!

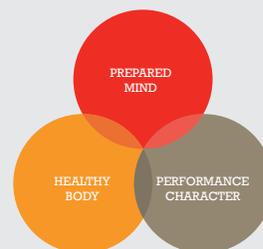
Thank you for being part of our Athlos family!

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

OPEN HOUSE : FEB 11

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

PRESIDENTS DAY : FEB 17

No school for students or staff

CONFERENCES : FEB 27

4 to 7:30 p.m.

SPIRIT WEEK : FEB 18-21

Monday, Feb 17 : "Love to Read" (no dress-up)

Tuesday, Feb 18: Pajama Day

Wednesday, Feb 19: Mismatched & Wacky Day

Thursday, Feb 20: Book Themed Color Day

Friday, Feb 21: School Spirit Day

CONFERENCES : FEB 28

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

SPRING BREAK : MAR 2-6

No school for students or staff



Join us Tuesday evenings for "Tuck-in-Tuesday!"

Every Tuesday, we will share a new video on our Facebook page and Instagram page of a member of our staff reading a story for our students! Videos will be posted on Tuesdays at 7 p.m. We can't wait to see you there!

Find us on Facebook: <https://www.facebook.com/AthlosAcademyStCloud/>

Find us on Instagram: <https://www.instagram.com/athlosstcloud/>

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.

In the month of January, students in kindergarten through eighth grade were administered the Dibels test. This assessment tested students in reading. The whole school averaged eight percent growth from the beginning of the year to the middle of the year. Also last month, students in second grade through eighth took the STAR Test for reading and math. On average, students averaged four months of growth in reading and six months of growth in math. This STAR data was reviewed by administrators and teachers as these results can be used to determine how students will perform in the upcoming MCAs. This data allows us to determine what areas may need more attention and review and what areas students understand well.

Students will take the Dibels and STAR assessments in May. This allows us to measure growth for each student, classroom, grade level, and our school from the beginning of the school year to the end.

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 focused on the character trait of creativity. Athlos defines creativity as: Thinking “outside the box” and solving problems with innovation.

Creativity is not something you either have or don't have. It's a skill like any other and important for living a healthy and happy life. Creativity is also not limited to artsy endeavors like music or painting. In fact, creativity is required for success in math, science, and language arts and improves a child's ability to learn in many ways. For children, developing divergent thinking strategies is essential to success in the classroom and in life. Thinking creatively enables children to approach problems with a wide range of ideas, to react with flexibility to changing routines, and to find new ways to approach old problems.

There are so many great ways to reinforce creativity at home.

- Encourage your child to think of new ways to use common household items.
- Provide opportunities for your child to play creatively without a lot of adult interference or guidance.
- Encourage your child to tell you stories.
- Have a trait conversation with your child about the role that creativity plays in their school day, asking questions like:
 - » How did you show creativity today?
 - » How was creativity important during your classroom instruction or on the turf?
 - » How could you show creativity at school, at home, etc.?

HEALTHY BODY

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

Last week our students got outside to shovel off the pond behind our school to make space for some winter activities such as broom ball, hockey, and curling. Ironically, some of our students said the shoveling part was the highlight of the outside time! And shoveling snow is a skill and exercise that can come in very useful living in the state of Minnesota. The value of outdoor play for children (and even adults!) can not be overstated (movement, fresh air, natural light) and this should not preclude the winter months, especially here in the state of Minnesota. There's even health benefits (increased immunity, improved heart health, better sleep, etc.) of exposure to colder temperatures! If we were to stop playing outside when it got cooler outside in Minnesota, we might very well spend upwards of five to six months indoors. And with spending more time indoors, we and our children are exposed to recirculated air that contains germs and bacteria that can be more harmful than playing out in the cold!

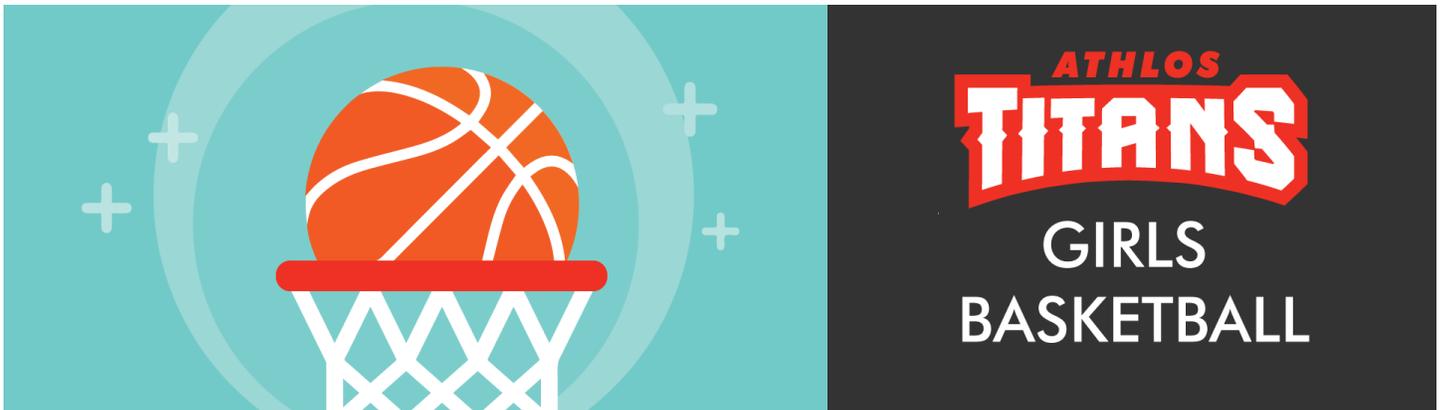
If you're looking for more insight into playing outside in the winter months, I highly recommend the book, "There's No Such Thing as Bad Weather: A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids" by Linda Åkeson McGur.

Keep moving and playing outside Athlos Academy families and friends!



GIRLS BASKETBALL

The Athlos Titans girls basketball team ended their season with a 40-2 win. More importantly, the girls came together and showed growth and learned lessons on and off of the court. We are extremely proud of the girls who pushed through until the end. Go Titans!



JANUARY STAFF OF THE MONTH

Staff of the Month for January



Kate Hill - Kate has one of the toughest jobs in our building. She works diligently to help whenever and wherever she can. She puts together sub schedules, listens to all of us complain, and yet never turns someone down when they ask if she has time to talk. Kate is honest but in a professional way and we appreciate all she does for all of us.

Elizabeth Gogolin - As a first year teacher, Elizabeth already shows how dedicated she is to her students. Her firm but patient demeanor makes for a pleasant classroom environment. In addition, she takes the initiative to ask great questions, help the first-grade team, and take on extra planning. She definitely demonstrates our "Together, we are better" motto!

Thalia Almanza - Thalia always has a smile on her face and shows so much energy and zest. She is the first to volunteer and offer to jump right in and help without hesitation. She has worked hard to develop relationships with the students that she works with and she never loses her cool. She is great about working with her ELL students in classrooms and modifying work to suit them. We appreciate Thalia and the positive energy she brings to work every day!

STUDENTS OF THE MONTH



Students of the Month for January for Creativity

Back Row L to R: Alanah Wenner, Piper DesMarais, Giana Otey, Destiny Lucas-Ritchie

Front Row L to R: Nimo Omar, Addison Meyer, Elijah Zimmerman, Theo Reiners

Not Pictured: Ava Olson