



SCHOOL LEADERSHIP
COMPASS NEWSLETTER
ATHLOS ACADEMY
SAINT CLOUD, MN



A COMMUNITY OF
CHARACTER, SCHOLARSHIP & SERVICE
October 30, 2022

Dear Athlos Family,

We extend a sincere thank you and appreciation for your support as we move into our third month of school. It has been a successful start to our year; students, families and staff are settling into their daily routines and the transportation company continues their work to ensure that students are arriving to school and home safely and on time. We would like to highlight below some important information for you to be aware of.

OCTOBER 31 FALL CELEBRATION

In celebration of this beautiful and safe fall we have accomplished together, tomorrow, Monday, October 31, we will be hosting a “fall celebration” in classrooms. Students and staff are asked to dress up as their favorite animal, super hero, food, cartoon character, hero, princess or anything else appropriate. We just ask that students not wear violent costumes and no weapons or tools of any kind! The spirit day scheduled for Friday will be included in Monday’s festivities instead. Family members, feel free to dress up during am drop off and pm pick up! Maybe there will be some treats for you at the end of the day!!!!

DRESS CODE/UNIFORMS

The expectation is that students will dress in a manner that reflects positively on the district at all school related activities. Beginning Monday, November 7th, this expectation will be fully enforced. All students are required to be in uniform daily with the exception of free dress days and spirit days that will be noted on the website calendar. Students who, in the judgment of the administration, are dressed inappropriately for school will be excluded from class until a change of clothing is secured. Additionally, at no time are students allowed to wear hats or hoods in class.

All uniforms must be purchased through the Athlos Academy website at: <http://www.athlosstcloud.org/>.

Please read guidelines carefully to be sure items purchased are the acceptable styles and colors. Athlos expects all students to be in their Athlos uniform on a daily basis.

Should a student not yet have a uniform available, students are expected to wear solid black pants and a solid colored shirt.

Exceptions to School Uniforms:

- Students are allowed to wear a uniform of a nationally recognized youth organization such as Boy Scouts or Girl Scouts on those days when that organization carries out a scheduled function.
- Students are allowed to wear attire that is required by their religion. The Principal will review and approve modifications on a case-by-case basis.
- The leadership team may allow modifications to the dress code on specified days (e.g., spirit day, holiday, or another school-wide event.)
- Due to the long Minnesota winter, we will be adding options for sports sweatshirts for students to wear and these will be available for purchase during specific times of the school year. There will be a window open in the fall for families to order additional approved clothing. More information to come.
- Students may wear white, black, red or grey long-sleeved shirts underneath Athlos polo shirts and white, black, red or grey leggings underneath Athlos skorts/shorts.
- Middle school grade students may wear sports headbands or scarves up to 3 inches during the school day of any color. Middle school Somali students may wear red, white, black, navy blue or grey hijabs.

In the situation where a student does not where their uniform to school, a Student Support Team member or an Assistant Principal will make phone calls to families for students whom are not in uniform. School staff will inquire about uniform order status' as well as reminding families to send students in solid colored shirts and black pants while their order is in the process of being shipped. Students who have orders confirmed by Athlos staff will be placed on an exception list until the order arrives. If a student is still not in uniform, school staff will follow up with the family.

After the first five days of school, K – 3rd grade teachers or a Student Support Team member will continue to contact families if students are not in uniform and to review uniform expectations.

After the first five days of school, 4th – 8th grade students who are not in uniform and are not on the exception list may receive lunch and or recess detention. Multiple infractions may result in in-school suspension.

SNACKS & GUM

Families are encouraged to send healthy snacks with your student to school. There is a designated snack time of 10 minutes for every homeroom in the building. Other than lunch and snack time, there is absolutely no eating. Absolutely no pop, Gatorade, red bull, tea, etc. in water bottles.

Additionally, 6th-8th grade students are allowed to have gum during the day, except during gym class. If gum is found on furniture, in the carpet, in the halls, etc. that privilege is taken away for 2 weeks.

BUTTER BRAID FUNDRAISER

This year, students will be participating in a Butter Braid fundraiser!

1. Important dates:
 - a. Sale starts: 11/3/22
 - b. Sale ends: 11/21/22

2. This will be an online only sale. On 11/3 families will receive an email with their seller site to share and sell items with their friends, family, etc.
3. We will be giving away the following to the top 3 sellers:
 - a. 1st Place Student Seller: \$50.00 Target gift card
 - b. 2nd Place Student Seller: \$30 Target gift card
 - c. 3rd Place Student Seller: \$25 Target gift card

Parents will pick up their orders at the beginning of December. Communication will be sent out to families after the fundraiser ends with details on the pick-up plan.

CELL PHONES

Personal electronic devices are not permitted during class time. 6th-8th grade students will now be allowed to have their phones during lunch and free play time. Students will be expected to adhere to the school's technology rules, and continued abuse of this privilege, will result in phones being taken away. Athlos Academy is not responsible for lost, stolen, or damaged electronic devices.

Students using phones or electronic devices without authorization for the first time will be asked to surrender their phone to staff and can pick up the phone at the end of the day. The second time the phone will need to be picked up by a parent/guardian in the main office. The third time there will be a meeting with administration to create a personal electronics plan/contract.

BATHROOMS

We have remodeled two individual bathrooms for middle school students to be available during class. Students will be allowed to use the individual bathrooms during non-instructional class time only. Bathroom and water breaks will be allowed also during all transition times. A reminder that students may bring a water bottle so that they have access to water for the entire school day. There are areas within every classroom as well as the hallway to fill their water bottles.

STUDENT BEHAVIOR AND DISCIPLINE

Athlos Academy of St. Cloud of St. Cloud uses a variety of researched strategies to build classroom community and manage student behaviors:

ENVOY

As applied research demonstrates, the systematic use of nonverbal messages is the single most important skill any professional utilizes. By employing the full range of the nonverbal skills taught in ENVoY, we can manage with influence as opposed to power in any setting.

PBIS

PBIS is an Implementation framework for maximizing the selection and use of evidence-based prevention and intervention practices along a multi-tiered continuum that supports the academic, social, emotional, and behavioral competence of all students.

Responsive Classroom

Responsive Classroom is a student-centered, social and emotional learning approach to teaching and discipline. It is comprised of a set of research, and evidence-based practices designed to create safe, joyful, and engaging classrooms and school communities for both students and teachers.

Behavior Consequences & Communication:

Minor infractions are violations of school rules that are usually handled by teachers in the classroom. Minor infractions will be communicated to parent/guardian(s) as needed, at the discretion of the teacher. Minor infractions that become chronic or severe may be escalated to Major infractions; in such cases a referral to school administration may be made. Major infractions are severe violations of school rules that are usually immediately escalated to the level of designated administration. A list of Major infractions can be found in the school's *Discipline Policy 5502*. Serious Major infractions may involve law enforcement, at the discretion of the Principal and/or School Official. These infractions may include inappropriate language, physical contact with another student, disorderly conduct, stealing, walking out of the classroom or building, being in an unassigned area, etc.

Consequences of Minor Infractions:

- Depending on the age of the student and the number of times an infraction has occurred, the school leadership team may implement a plan that would allow the student to remain in school to serve an in-school suspension from 1 hour to an entire school day.
- Increased supervision or a restriction of privileges at the discretion of the school leadership team.
- If the student is having relationship-based challenges with other students. Students may be referred to a Student Support Office as deemed appropriate by School Officials. Students will be allowed to work with trained members of our student support team or administrators to participate in peer mediation.

Consequences of Major Infractions:

- In cases of Major infractions, consequences may include in-school suspension, out-of-school suspension, and in serious cases, expulsion, as determined by school administration.
- Law enforcement may become involved at the discretion of an administrator.
- Athlos Academy of St. Cloud shall notify parent/guardian(s) at all developments (*Student Policy 5507*).
- At all times Athlos Academy of St. Cloud shall follow the state regulations concerning student discipline according to the Minnesota Pupil Fair Dismissal Act.

STUDENT AMBASSADOR APPLICATIONS

Administration is in the process of reviewing Student Ambassador applications and some students chosen to be a Student Ambassador received an acceptance letter Friday, October 28th. The rest of the letters will be received by Tuesday, November 1st. Student Ambassadors will start their assignments after November, 7, 2022.

The Athlos Student Ambassador program is designed to encourage students to become leaders within the school and our local community. An ambassador is a leader who serves as a liaison, spokesperson, and advocate. Fourth through eighth grade students who are interested in applying must be of strong interpersonal skills, have a positive attitude, be a role model and have a commitment to integrity. They must also be highly motivated and energetic, display effective decision-making skills, have the ability to motivate and inspire others and have a willingness to work on a team. Being involved in the Ambassador program is a way to meet new friends, develop character traits and be a leader to all ages. Ambassadors are students who uphold the vision and goals associated with our school's mission and fulfill their academic and behavior obligations. The program allows students opportunities to participate in various activities around the building that may include:

Office runners

Tour guides
K – 2nd grade volunteers
School recycling
Safety Patrol
Special event set up
Special projects for the school leadership team
Reading and math tutors for other students
Community service projects

BOOK FAIR

Get ready! Athlos is hosting a Scholastic Book Fair 10/31-11/3 (YAY!). Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns rewards for our school.

Here's what you need to know about the Fair:

This year, say goodbye to cash and hello to eWallet—your child's digital payment account. Before the Fair, set up eWallet for worry-free, cash-free purchases. Anyone can contribute! Share each child's eWallet so friends and family can add funds and give your kids more books to enjoy.

You can also shop at our school's Online Book Fair. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:

<https://www.scholastic.com/bf/athlosacademy1>

PICTURE RETAKE DAY

Picture retake day is 11/3. Please contact the front office to let us know if your student(s) will be taking a picture on retake day!

BUS BEHAVIOR REMINDERS

Riding the school bus is a privilege, not a right. Student behavior rules are in effect for all students on school buses. Consequences for school bus/bus stop misconduct will be imposed in accordance with the school's Positive Behavior Support Plan. In addition, all school bus and bus stop misconduct will be reported to the Principal. Serious misconduct may be reported to local law enforcement.

School Bus and Bus Stop Rules:

School bus safety rules posted on every bus. If these rules are broken, the school's discipline procedures are to be followed. Consequences are progressive and may include suspension of bus privileges.

Rules on the Bus:

- Immediately follow the directions of the driver.
- Sit in seat facing forward.
- Talk quietly and use appropriate language.
- Keep all body parts inside the bus.
- Keep arms, legs and belongings to yourself.

- No fighting, harassment, intimidation or horseplay
- Do not throw any object.
- No use of alcohol, tobacco, or drugs.
- Do not bring any weapons or dangerous objects on the school bus.
- Do not damage the school bus.
- No movement from seat to seat or standing while the bus is in motion.

Rules at the Bus Stop:

- Get to the bus stop five minutes before the scheduled pick up time. The school bus driver will not wait for late students.
- Respect the property of others while waiting at the bus stop.
- Keep arms, legs and belongings to yourself.
- Use appropriate language (no swearing or use of negative language).
- Stay away from the street, road or highway when waiting for the bus.
- Wait until the bus stops before approaching the bus.
- After getting off the bus, move away from the bus.
- If crossing the street, always cross in front of the bus where the driver can see.
- Wait for the driver to signal to before crossing the street.
- No fighting, harassment, intimidation, horseplay, bullying, or hazing
- No use of alcohol, tobacco or drugs.

Consequences for school bus/bus stop misconduct will apply to all regular and late routes. Decisions regarding a student's ability to ride the bus in connection with co-curricular and extracurricular events (ex. field trips or competitions) will be in the sole discretion of the school. Guardians will be notified of any suspension of bus privileges.

SICK STUDENT

Students should not be in school if they have a temperature of 100 degrees or above. In addition, students who have a contagious illness or are experiencing a sore throat, a cough, runny nose, vomiting, diarrhea or other symptoms of illness that may prohibit active participation in school routines should not be in school until appropriate treatment is secured. Students should be free of elevated temperature, vomiting, and diarrhea symptoms for 24 hours without the use of Tylenol or Motrin prior to their return to school.

PARENT AMBASSADOR/PARENT & TEACHER ORGANIZATION

The Parent and Teacher Ambassador Programs plays an extremely important role in the marketing and support of our school community. They work in collaboration with the school leadership team, Teacher Ambassadors and Student Ambassadors to reach out to new or prospective families, support school volunteer needs, and provide essential role modeling for members of our school community. Our first meeting will be held in person on November 8, 2022.

STUDENT OF CHARACTER AWARDS

As always, we will continue to develop and foster a school environment that values and demonstrates high levels of character amongst all adults and students within our school community. During the month of October, we will begin introducing all 12-character traits before delving deeper into each trait throughout the school year during morning meetings and instruction. Please reflect on how as a family you can reinforce character development at home by engaging in conversations about what the 12 traits

look like in your family's home. The character trait development that we teach in school will have deeper meaning if our message is consistent at both school and home.

Each month, twelve students from each grade level will be chosen based on the Athlos Character Trait that they represent. If awarded this honor a student's picture will be placed in the main hallway for the month and they will receive a letter and certificate from the Principal to their listed address.

The Athlos Character traits include; integrity, initiative, focus & self-control, courage, humility, social intelligence, grit, leadership, creativity, energy & zest, curiosity and optimism.

CHILDCARE TAX CREDIT

There's still time to get your Child Tax Credit, stimulus & other federal money! See the included flyer for details.

FREE FOOD PROGRAM – EVERY MEAL PROGRAM

Athlos will be partnering with Every Meal Program, a non-profit organization that coordinates and runs weekend food programs in Minnesota schools. Our partnership with these organizations will enable students who sign up to receive a free bag of food to take home at the end of scheduled weeks.

It's completely free and your family's privacy is protected-you just need to sign up! Sign-ups will take place the third week of school through your student's homeroom teacher. Each bag typically contains a fruit, vegetable, protein, rice/pasta and a soup or boxed meal.

Questions and requests to join the program can be made to Chloe Smith at csmith@athlosstcloud.org.

HOMEWORK

Homework is an extension of what is taught in the classroom and an opportunity for students to apply skills and concepts learned. We ask parents to stress that homework is the students' responsibility.

Homework will be given on a regular basis. The amount and type of homework varies with the age of the student and the requirements of each teacher. Contact the classroom teacher if you have any questions or concerns about your student's homework. When family emergencies prevent your student from completing assignments or if your student has questions about the concepts on their homework, please connect with the classroom teacher so that you and the teacher can partner in ensuring student success.

INCLEMENT WEATHER/SCHOOL CLOSINGS

When school is closed due to inclement weather, bad road conditions, or other emergencies, please listen to a local radio stations for the announcements regarding Athlos Academy St. Cloud, MN. We will also send out an all-school phone and email message to all families and staff. This would be a good time to check in with the front desk to update cell phone numbers in our system to ensure that you are getting messages. You can also go to most tv/radio stations and sign up for their alert system.

FAMILY DROP OFF & PICK UP REMINDERS

Please make sure to call the front office staff to ensure that you are signed up for drive line. It will make your drop off and pick up of your students much more efficient!

At no time can parents park their car in the lanes on the side or front of the building on the frontage road. When cars are parked in these lanes it can block traffic or busses and become a safety issue for other families. We welcome parents to park in the front of the parking lot and walk your students into the building via the crosswalk.

All staff, families, visitors and students are required to use the cross walks to get in and out of the building. Thank you for all your attention to these times of day, as it can be challenging to get everyone through the parking lot in a timely manner.

IMPORTANT DATES TO REMEMBER:

Oct. 31	Fall Celebration – Costume Day
Oct. 31-Nov. 3	Book Fair
Nov. 3	Quarter I Completion
Nov. 3	Fall Picture Retakes
Nov. 3- 21	Butter Braid Fundraiser
Nov. 4	No School – Teacher Professional Development
Nov. 8	Parent Ambassador Meeting
Nov. 18	Spirit Day – Pajama Day
Nov 23-25	Thanksgiving Break
Dec. 16	Spirit Day – Animal Day
Dec. 19-30	No School – Winter Break
Jan. 4	8 th Grade High School Transition Family Meeting
Jan. 20	Spirit Day – Hat Day
Jan. 26	Quarter II Completion
Jan. 27	No School – Teacher Professional Development

Please know that the faculty, staff and Athlos School Board will work tirelessly to ensure that families know their student(s) are safe and achieving great things at Athlos no matter what our challenges may be.

Have a wonderful weekend with your loved ones.

Warmly,
Your School Leadership Team

Ms. Cahalan, Principal
Ms. Daniels, Assistant Principal
Dr. Geraghty, Director
Kate Hill, Communications
Ms. Smith, Special Education Coordinator
Athlos Leadership Academy St. Cloud, MN