



TRITON TRIBUNE



MESSAGE FROM THE LEADERSHIP TEAM: GRATITUDE

Dear Athlos Families,

As we prepare for a time to give thanks, we'd like to take this opportunity to let our Athlos Academy of Jefferson Parish family know that we are thankful for our students who come to learn, parent partnerships, teachers, aides, bus drivers, and all staff members who care about student achievement and have their best interest at heart.

We ask that over the break you all keep our three foundational pillars in mind.

- **Prepared Mind:** Read a book, complete homework assignments, or learn something new to share with friends and family.
- **Healthy Body:** Join the Run the Athlos Network Challenge and submit your daily steps to Coach Rowe, practice social distancing at family gatherings, wash your hands often, and mask up.
- **Performance Character:** Take initiative to be helpful and kind.

Once again, we are truly thankful that you are all a part of the Athlos family.

Sincerely, Athlos Leadership team

Enrollment is
Now Open!
FOR 2021-2022



ATTENTION ATHLOS FAMILIES! ENROLLMENT IS NOW OPEN!

It's time to enroll your student for Kindergarten for the 2021-22 School Year. Apply now: <https://www.athlosjp.org/enroll/apply/>

Athlos Academy of Jefferson Parish is now accepting applications for the 2021-2022 school year for grades K-8!

Open enrollment for the 2021-22 school year is now open. A lottery will be held on February 3, 2021. Students may still apply after February 3 but may be put on a waitlist.

If your student is currently enrolled, there is no need to enroll for next year.

Please help us spread the word to future Athlos families!

LOOKING AHEAD

November 23-27

Thanksgiving Break - NO SCHOOL

December 2

Strategic Planning Session 5 p.m.

December 17-18

Early Dismissal

December 1

Virtual Open House 6 p.m.

December 16

Virtual Open House 6 p.m.

December 21-January 1

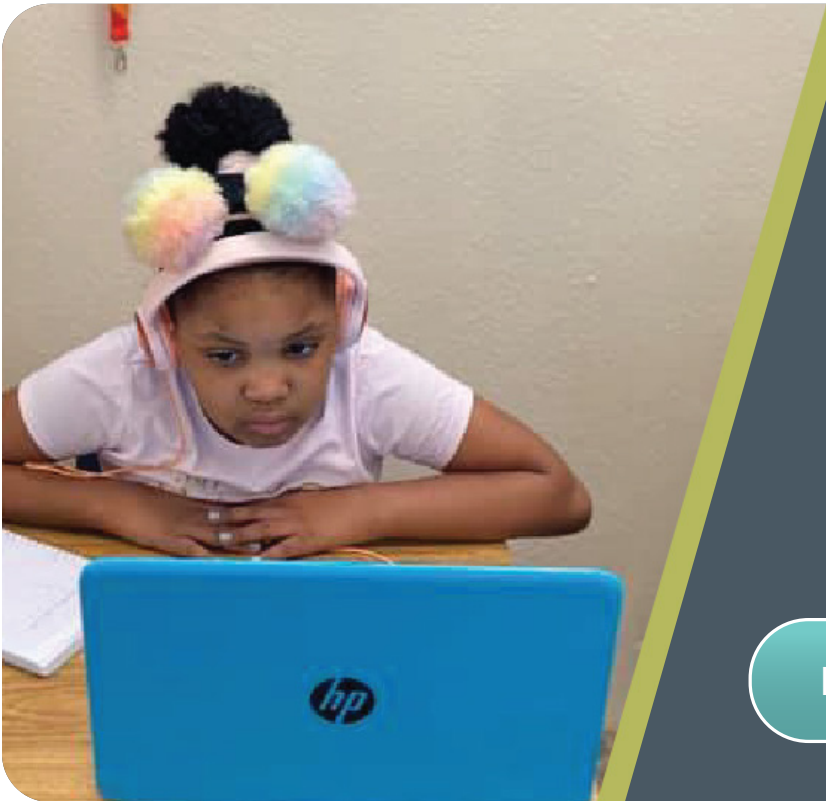
Winter Break - NO SCHOOL



MEET WITH SCHOOL LEADERSHIP!

[Join Zoom Meeting](#)

[Apply Now!](#)



NEED TO SWITCH YOUR STUDENT'S INSTRUCTIONAL SETTING?

The deadline to submit a request for an instruction change for Quarter 3 is December 11, 2020.

[Request a Setting Change!](#)

COVID-19 FAQs

Q: What happens when someone at Athlos tests positive for COVID-19?

A: If someone tests positive for COVID-19, anyone who has had close contact with the individual will be notified and asked to quarantine for 14 days from the date of exposure. We will no longer notify the entire school each time there is a positive COVID-19 case because this caused more confusion than necessary. Parents will be notified by phone, text and email if their child needs to quarantine.

Q: What Does Self-Quarantine Mean?

A: Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times. This will help protect the people around you. Self-quarantine helps slow the spread of COVID-19 and can help keep your family, friends, and other people you have been around from possibly getting COVID-19.

Q: What is close contact?

A: A close contact is anyone who was within 6 feet of an infected person for at least 15 minutes over the course of 24 hours. An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19.

Q: What Should our Family do During Self-Quarantine?

A:

- Take your temperature twice a day.
- Monitor yourself for any symptoms of COVID-19. See symptoms at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Notify the school and the health department if you develop symptoms.
- The Louisiana Department of Health suggests getting tested 5-6 days after exposure.

Q: How are parents notified if a student has had close contact with a student who is positive for COVID-19?

A: Our administration has been in regular communication with the Louisiana Department of Health to closely monitor this situation. Together, we have worked to identify individuals who may have been exposed and are following their recommendations.

Parents are notified as soon as possible through email, text and phone calls. Please make sure your contact information is up to date in PowerSchool.

COVID-19 FAQs CONTINUED

Q: What are the symptoms of COVID-19?

A: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19.

Q: Do siblings of students who have been quarantined also need to quarantine?

A: Only students who were identified as close contacts need to quarantine. Siblings of students who have been asked to quarantine do not need to quarantine unless the siblings show symptoms or are also identified as a close contact.



FACE COVERINGS AND HEALTH SAFETY REMINDER

Please remind students to wear their cloth face coverings on the bus and during school. Cloth face coverings must always be worn on the bus and at school. **Face coverings need to cover the nose and mouth completely.** To maintain on-campus learning, we need everyone to do their part.

Please remind your child of the importance of washing hands often and following instructions in classrooms, hallways and the playground to maintain social distance. We also suggest sending an extra face covering in case one becomes lost or soiled.

[Read these tips on our website](#) on how to help children wear face coverings. Thank you for your continued support as we keep students and staff healthy and learning.

Run the Athlos Network!

4,800 miles



Athlos Academy is participating in a competition in alignment with our Healthy Body pillar. This is a great opportunity to promote and encourage a healthy school, staff and families! Each week along with the competition Coach Rowe will post fun Wellness Wednesday Tidbits on the Coach's Corner section of the school website.



Prizes!
\$25 Amazon Gift Card!

The person with the most miles/steps will win a \$25 gift card from Amazon.

Coach Rowe is also actively searching for other prizes from local businesses.

If you or someone you know may want to donate a prize please reach out to Coach Rowe!

The deadline to enter for prizes is Friday, February 12.

Who can compete?

All staff, students and families!

How do I track my steps?

Your smart phone, smart watch, fitness watch or other wearable should have a function to track your daily and weekly steps. If you Google your device followed by "How to find my steps?", you will find where this is located.

What if I don't have a fitness watch?

No problem! Most smart phones will track your steps while it is in your pocket.

Where do I record my steps?



What if I don't have a fitness watch? Where do I record my steps? Each Monday fill out your information and total steps for the entire previous week on the following form. Coach Rowe will take care of the rest.

Access Run the Athlos Network Weekly Log!

WELLNESS WEDNESDAY TIDBIT

This week's Wellness Wednesday Tidbit will focus on how to get out, explore the city, and get your steps in!



Throughout the New Orleans area, there are beautiful paved and manicured walking trails to get out and explore. This is a great opportunity to get extra steps in on the weekend and spend valuable time with your family and loved ones.

Paved Walking Areas

- City Park: Has paved paths and a ¼ mile track
- Audubon Park: 1.3 miles per lap
- King's Park: ¼ mile track
- Oakdale Park: ½ mile paved track
- Joe Brown Memorial Park
- Festival Grounds Trail
- Lafitte Greenway Trail
- Crescent Park: 1.4 Mile paved
- Mississippi Trail (Algiers Point)

Nature Walking Areas

- Audubon Louisiana Nature Center
- Couturie Forest and Arboretum
- Jean Lafitte National Historical Park
- Mississippi River Trail
- Clark Creek Hiking Trail
- Bayou Sauvage NWR Trail

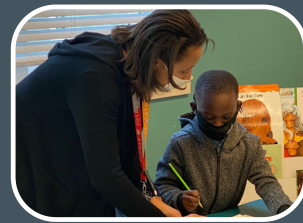
We encourage you and your family to share your experiences running the Athlos network on social media with the hashtags **#RunTheAthlosNetwork** and **#AthlosHealthyBody**.

There are prizes for who uses the most creativity!
Feel free to share with the Social Media team as well!

STAFF SPOTLIGHT: MS. ANDRY



My name is Sheila Andry. I am the new and very blessed Kindergarten teacher here at Athlos Academy. I am married, we have two beautiful daughters and two adorable grandchildren. I have been teaching for over twenty years. I enjoy cooking, helping others, spending time with my family especially my grandchildren, and listening to old school music. I enjoy teaching here because Athlos Academy is about teaching and nourishing each child on their individual level. I teach because I want each child to know they are special and important. I teach because it is my CALLING. I am so ever grateful to be a part of the Athlos Academy Family.



STUDENT SPOTLIGHT: MICHAEL HENRY



What do you enjoy most about Athlos Academy?

It's a really nice school, the teachers take time out to help students and they are preparing me for high school.

STUDENT SPOTLIGHT: ALEYAH DEGREE



This is my first year at Athlos Academy. I enjoy Athlos Academy because the teachers are nice and I'm learning more in all subjects! Thanks to Mr. Bridges and Ms. Hayes because they make my learning experience FUN!

THE MORE YOU KNOW

UPDATES AND REMINDERS

CHECKOUT:

The latest you can check out your child is 2:30 p.m. before dismissal time. Dismissal is an important time of the school day when our staff need to be focused on all students and ensuring their safe departure from school. Thank you for helping us ensure a safe and smooth ending to our school day by picking up your child before 2:30 p.m.



WATER BOTTLES:

Water bottles must be clear and pre-filled with only water. Please do not send other types of water bottles to school and do not fill them with anything but water. Thank you!



MEALS FOR DISTANCE LEARNERS

Meals are be distributed at the school twice per week, on Mondays and Wednesdays from 9 a.m. to noon. The meals are frozen, served with milk. Meals are distributed in the back of the school by the gym and the cafeteria. Families will need to enter the Driveline route at the school and proceed around the building. Staff will bring meals to your car, please do not exit your vehicle. We will have a contactless service.

Instructions to parents: Drive up to the designated area, give lunch number/student number/clever number (all are the same number). Our staff will then place food in the trunk or passage side of the vehicle.

- On Monday: we will serve both breakfast and lunch for Monday and Tuesday.
- On Wednesday we will serve both breakfast and lunch for Wednesday, Thursday, and Friday.