



TRITON TRIBUNE

MESSAGE FROM THE LEADERSHIP TEAM: OPTIMISM

Dear Athlos Families,

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” Helen Keller

As we begin December, we want to give a special shout out to all staff members and families who demonstrated humility by donating to our families in need either through the non-perishable food drive or monetary contributions to our family who suffered a house fire. We recognize that this season can be a challenge both emotionally and financially so we appreciate the sacrifices made for others.

Our character trait for the month of December is optimism. Optimism is believing that effort today improves tomorrow. Despite all the challenges 2020 has brought us we have demonstrated grit and ingenuity to rise to the challenges of virtual learning. We must now combine grit, ingenuity and optimism as we work to meet our goals for academic growth for each student. Parents are an important part of this effort. Please talk to your students about their learning goals and encourage them to stay focused and optimistic.

Sincerely, Athlos Leadership team



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. Current families will complete an Intent to Return form in January.

Please help us spread the word to future Athlos families!

LOOKING AHEAD

December 16

Virtual Open House

6 p.m.

December 17-18

Early Dismissal

December 21-January 1

Winter Break - NO SCHOOL

Virtual Enrollment
— Open House —
DEC. 16, 6:00 PM



MEET WITH SCHOOL LEADERSHIP!

Invite your Friends and Family to Discover the Athlos Edge!

[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?



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: MR. SPANO



What do you teach and what are your goals for teaching?

I have been a history teacher since 1989. At Triton Nation, my class is 5th Grade Social Studies. Over the years, I have coached and moderated numerous clubs and teams with flag football, quiz bowl, and robotics being my favorites. It has always been a goal to bring wonder, awe, and a commitment to excellence to my clubs and teams.

Are you married and do you have children?

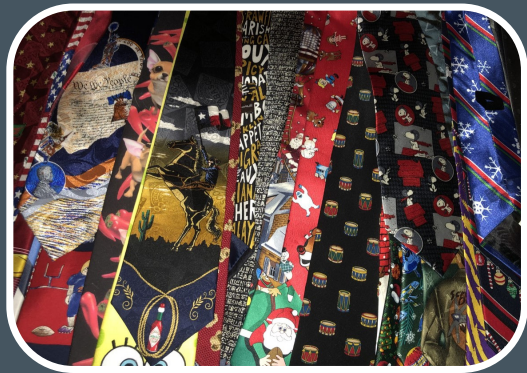
I have been happily married for over 30 years to an awesome English Teacher. I have two children, one is a coordinator/trainer at Disney World and the other is a 7th Grade Honor student.

What do you enjoy most about Athlos Academy?

What I have enjoyed most about Athlos is the camaraderie of the faculty. We have some amazing, fun and awesome teachers to work with. I also love the ethos of mixing athletics with academics. It vibes with the Ancient Greek belief of a “sound mind in a sound body.”

Fun Facts

I have a enough ties to wear a different tie every day of the school year. I have been to 112 National Parks and Historic Sites!! I have seen the graves of 35 US Presidents. My teams have won 25 City Championships in Athletics and dozens academic State Championships. (My quiz bowl teams have won 3 National Championships)



THE MORE YOU KNOW

UPDATES AND REMINDERS



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!

CHECKOUT:

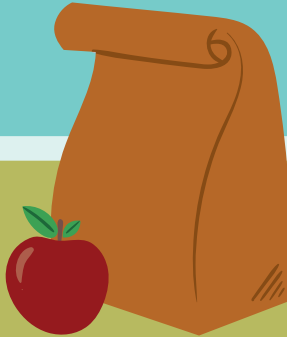
The latest you can check out your child is **2:30 p.m. before dismissal time**. Dismissal is an important time of the school day when our staff need to be focused on all students and ensuring their safe departure from school. Thank you for helping us ensure a safe and smooth ending to our school day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

MEALS FOR DISTANCE LEARNERS

Meals are 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 passenger 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.



MEALS AT SCHOOL

Athlos Academy of Jefferson Parish is a CEP approved school, which means free breakfast and lunch is provided to all students.

The USDA School Meals Initiative for Healthy Children underscores our national health responsibility to provide healthy school meals that are consistent with the Recommended Dietary Allowances, age-appropriate caloric goals, and the Dietary Guidelines for Americans. The meals served at school meet or exceed these standards and are nutritionally adequate.

Find the monthly breakfast and lunch menus on our website: [Menus & Nutrition - Athlos Academy of Jefferson Parish \(athlosjp.org\)](#)

DISTANCE LEARNING ETIQUETTE:

Parents, please model appropriate behavior at home while your child is learning virtually. Limit distractions and conversations while your child is focused on their lesson and help your child by creating an environment that is conducive to learning.

40% OFF

ALL ACCESSORIES
AND
YOUTH SIZE APPAREL

WINTER
SALE
DECEMBER
7-13

60% OFF

ALL ADULT
SIZE APPAREL

ORDER EARLY TO RECEIVE BY CHRISTMAS!

CORE UNIFORM

Polo Shirt	Long Sleeve Polo Shirt	Pants	Jogger Pants	Shorts	Skort
					

COLD WEATHER

Long Sleeve Turf Shirt	Hoodie	Beanie	Socks	Beanie with Pom	Rugby Scarf
					

TURF ITEMS

Turf Shorts	Turf Shirt
	



SHOP DEC 7-13



www.AthlosAcademies.org/store

Discount reflected in shopping cart.

No coupon code needed!