



# TRITON TRIBUNE



## MESSAGE FROM THE LEADERSHIP TEAM

Dear Athlos families,

We've made it to quarter 2! Let's get active by running the Athlos Network. Schools in the Athlos network are competing to see who can run, bike, swim, walk, hike, etc. 4,800 miles, the distance between the schools and homecourt in the Athlos network.

**Who can participate?** The whole Athlos community, including staff, students, and family members (pets too if you share a photo).

**What's the distance?** 4,800 Miles.

**What counts?** Anything that counts as physical movement, this includes running, walking, hiking, biking, etc. Bonus points if you share photos or video!

**How to report miles?** We will send a map to each school like the one in the image to the right. A designated staff member will be in charge of tracking miles and marking the map every other week. Every other week, share how many total miles your school has by sending an email to [social@athlosacademies.org](mailto:social@athlosacademies.org).

**Is there a prize?** The school to run the total distance first will win a prize. Prizes will also be awarded for other categories as we meet milestones. Details to come!

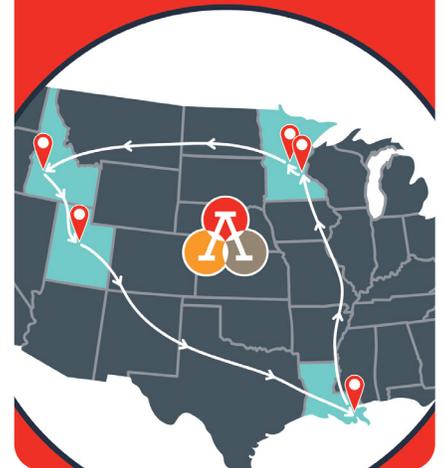
Additionally, we encourage you and your students to share their experiences running the Athlos network on social media with the hashtags [#RunTheAthlosNetwork](#) and [#AthlosHealthyBody](#).

Let's see who can run the Athlos network first. The Athlos Academies homecourt team has already moved just over 400 miles!

Sincerely, Athlos Leadership team

**Run the  
Athlos Network!**

**4,800 miles**



## LOOKING AHEAD

**October 23**

Conferences - NO SCHOOL

**November 3**

Election Day - NO SCHOOL

**November 23-27**

Thanksgiving Break - NO SCHOOL

**October 23**

Conferences - NO SCHOOL

**November 4**

School Board Meeting

**December 17-18**

Early Dismissal



## STAFF SPOTLIGHT: ASHLYN WILLIAMS

My name is Ashlyn Williams. I have been an educator for 13 years. I've served in many roles as an educator; a classroom teacher, an interventionist, and an instructional coach just to name a few. My hobbies include watching sports (the home team is always my favorite), crafting, and spending time with my family. We LOVE to travel!

I enjoy working at Athlos because it is a positive atmosphere, which embodies cultural diversity. The students and staff members are welcoming and respectful. I'm so happy to be a part of such an amazing school.

## THE MORE YOU KNOW: UPDATES & REMINDERS



### UPCOMING DAYS OFF

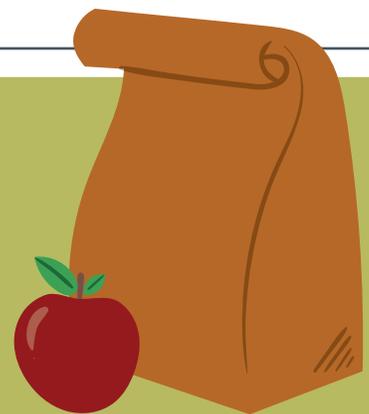
- Friday, October 23 – Conferences  
There will be no school this day. Conferences will take place via Zoom. Watch for an email coming soon with a Signup Genius link to schedule your conference.
- Monday, November 2 – Staff Professional Development
- Tuesday, November 3 – Election Day

## 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.



# DISTANCE LEARNING ZOOM BACKGROUNDS

- We now have fun Zoom backgrounds for our distance learners! Download them [here!](#)



# BULLYING PREVENTION MONTH



Bullying in schools is an issue many know all too well. This school year, many of our students are distance learning and interacting with others digitally more than ever before, which means that cyberbullying will be much more common.

Although research has yet to find a perfect solution to this complex problem, Athlos strives to prevent bullying through cooperative effort, the development of Performance Character traits, and social emotional learning.

## WHAT DEFINES “BULLYING?”

There are many different types of bullying, so it's important to [know what it is](#) and [what it is not](#).

According to the U.S. Department of Health and Human Services, “bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.”

This distinction is important because school marks the first opportunity for students to interact, cooperate, and share with each other. This often means they are still discovering new feelings and learning to make decisions, which sometimes leads to irrational behavior and unintended harm. Though this kind of behavior should be addressed, it is not considered bullying.

## WHAT DEFINES “CYBERBULLYING?”

[Cyberbullying is defined the same as bullying offline](#) but takes place over digital devices like cell phones, computers, tablets, and gaming consoles.

According to the U.S. Department of Health and Human Services, “Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.”

Please see the following cyberbullying resources for each social platform:

[Facebook](#) | [Instagram](#) | [Twitter](#) | [Tick-Tock](#) | [Snapchat](#) | [Zoom](#) | [Video Games and Others](#)



# BULLYING PREVENTION MONTH CONTINUED

## WHAT WE KNOW ABOUT BULLYING

Whether it be bullying or a similar action, when addressing these issues through social emotional learning it's important for adults to know what, when, and where bullying or cyberbullying typically takes place so that they can better help intervene and prevent it.

[According to research gathered](#) by the U.S. Department of Health and Human Services:

- Most bullying occurs in middle school with the most common type of bullying being verbal and social
- Most bullying takes place in school, on school grounds, and on the bus. Bullying also occurs wherever children gather in the community and online.
- [Recent studies show](#) that among students ages 12-18 who reported being bullied at school, 15 percent were bullied online or by text
- Bullying typically involves groups of students who support each other in the bullying behavior
- There is no single profile for a student who bullies

Whether you are an educator, parent, or community member, it's important to [know the warning signs](#) for bullying and [who is most at risk](#). If you have recently witnessed or suspect an incident involving bullying, speak out and discuss it with school officials and parents immediately.

*Doing nothing only encourages more bullying.*



## BULLYING IS PREVENTABLE

Many times, school staff and parents are unaware of bullying; less than 40 percent of students who are bullied will notify adults about the issue. The top reasons students don't discuss bullying with adults is because a) they want to handle it on their own, and b) they don't believe they'll be taken seriously.

To improve these statistics, schools need to work closely with parents, students, and community members in creating a safe learning environment both online and offline where children can trust and communicate openly.

[Movement breaks](#), [classroom huddles](#), and incorporating [Performance Character](#) traits into everyday teaching are just a few of the ways Athlos strives to foster an open and safe learning environment.

## TOGETHER WE CAN PREVENT BULLYING

Whether it's online or "in real life," bullying prevention through social emotional learning will take time. It's a complex issue and it would be unrealistic to expect a single solution with instant results. It requires a community effort between school staff, parents, and students. It's more than just awareness, it's a paradigm shift for a whole community.

Everyone plays a part to prevent bullying. Educators and parents need to learn the warning signs for bullying, ask questions, actively listen, and provide support. Students need to practice standing up, speaking out, and getting help. Community members not directly affiliated also play a role by being aware at bus stops, shopping areas, community parks, online communities and groups, and other common areas where youth gather.

Though there is yet to be a perfect solution to bullying, by simply being aware of the warning signs, fostering a school culture of trust and support, and taking appropriate action, we can prevent bullying together.