



# TRITON TRIBUNE

## MESSAGE FROM THE LEADERSHIP TEAM: THE ABC'S OF OPTIMISM

Dear Athlos Families,

**“Being optimistic is like a muscle that gets strong with use.” Robin Roberts**

From the Desk of Principal Martin

Many of us began the year with the same optimism we approach each new beginning. We were only three months into the year when events began to chip away at our optimism. As we approach the year 2021 we must work out our “optimism muscle” and enter the year with giving thanks for all the blessings and experiences we’ve had.

When a new employee joins the team at Athlos Academy,

they receive a copy of the “ABC’s of Athlos.” Let’s put a spin on that and create the “ABC’s of Optimism.” Encourage your children to make a list of all the positive things they’ve experienced in 2020 and hope to experience in 2021. Taking time to reflect on positive experiences immediately boosts our serotonin levels by removing anxiety and other negative emotions. What are your “ABC’s of Optimism?” Share with us on our Facebook, Instagram and Twitter pages, using the hashtag #optimismABCs.

Check out our sixth grade scholars below. They are all optimistic about getting better grades in the upcoming school year. Go Tritons!



Pictured: Alaina, Saniya, and Larry

## LOOKING AHEAD

January 4	January 6	January 18	January 20
NO SCHOOL Staff Professional Development	Governance Committee Meeting, School Board Meeting	NO SCHOOL Martin Luther King Jr. Day	Finance Committee Meeting

# 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!



# SCHOOL TOURS FOR NEW FAMILIES

**Interested in learning more about Athlos?**  
Schedule a tour! School tours are every Monday and Wednesday from 4-6 p.m. by reservation. Enrollment for the 2021-2022 school year is now open through February 3.

We are offering two great learning options: On-campus and distance learning through Athlos Virtual Academy. Athlos Academy is a K-8, tuition-free, public charter school in Jefferson Parish, Louisiana.

**Schedule a tour by emailing our parent engagement specialist, Ms. Hernandez, at: [ahernandez@athlosjp.org](mailto:ahernandez@athlosjp.org).**



# DISCOUNTED INTERNET SERVICES FOR QUALIFYING ATHLOS FAMILIES

Athlos families, check out the discounted internet services below. Currently all Athlos Academy students qualify for the National School Lunch program due to the federal waiver that is in place. Now is a great time to lock in discounted internet services from the providers below.



ACCESS FROM AT&T

**ELIGIBILITY REQUIREMENTS:**

- Expanded eligibility to households with income 135% or less than federal poverty guidelines and participate in the National School Lunch Program/Head Start
- At least one resident in the household participates in the U.S. Supplemental Nutrition Assistance Program (SNAP)
- The student's address is within AT&T's service area, at which AT&T offers wireline home Internet service
- The family does not have outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.
- Data: 150GB up to 1TB based on type & speeds available
- All home internet data overage fees are waived
- AT&T will assign the fastest of these speed tiers available at the customer's address: 10 megabits per second, for \$10 per month; 5 megabits per second, for \$10 per month; or 3 megabits per second, for \$5 per month.
- No installation fee. No charge for in-home Wi-Fi modem.
- For more information call (855) 220-5211

**MORE INFO**



COMCAST XFINITY WIFI

- New families who connect will receive 60 days of FREE internet service; \$9.95 a month thereafter
- Data: 25/3 Mbps
- No installation fee. No modem fee.
- Eligibility Requirements:
  - The family has at least one child who qualifies for the National School Lunch Program (NSLP), receive HUD housing assistance, or are a veteran that receives federal or state public assistance;
  - The family does not have outstanding debt to Comcast that is less than a year old; families with outstanding debt more than one-year-old may still be eligible;
  - The family lives in an area where Comcast Internet service is available but have not subscribed to Comcast Internet service within the last 90 days, where applicable.
- For more information call (855) 846-8376

**MORE INFO**



COX CONNECT2 COMPETE INTERNET

- Limited-time, 60 days free service for new customers, \$9.95/month thereafter
- Temporary increased speeds of 50 Mbps
- Eligibility requirements:
  - The household has at least one K-12 child
  - The family must receive at least one of the following government assisted benefits: SNAP, TANF, Public Housing assistance, or your child is enrolled in the National School Lunch Program
  - The family cannot have subscribed to Cox Internet service within the last 90 days or have any outstanding debt or unreturned equipment with Cox.

**MORE INFO**



# 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 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.



# 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](http://athlosjp.org))





# 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.

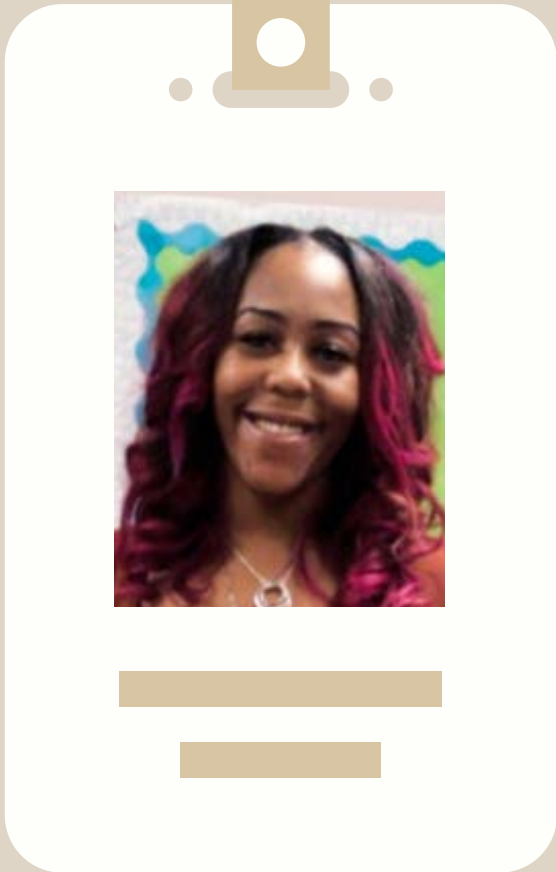
### Where do I record my steps?



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!**

# STAFF SPOTLIGHT: MS. BIANCA FLOYD



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

I began my teaching career on the East Bank teaching fifth grade. My third year I began teaching third-grade math. I came to Athlos in October of its opening year to teach third-grade math and science and I've been rocking with Athlos since.

### What do you enjoy most about Athlos Academy?

I love Athlos because of the family vibe. I love to come to work to teach my intelligent students and interact with my wonderful colleagues. I love the mission, especially the Healthy Body. When you have a healthy body, you have a strong mind to be able to succeed.

### Fun Facts

I'm from Alabama. I'm extra goofy and I love to laugh and have fun. My favorite color is pink! I'm addicted to sharpies, papermate flair pens, and pink pens. My favorite food is Mexican. I love to travel.





# STUDENT SPOTLIGHT



## MONTESERRAT

GRADE: KINDERGARTEN

WHAT I LIKE ABOUT  
ATHLOS?

I like Athlos because I  
learn MATH!



## XOLA

GRADE: KINDERGARTEN

WHAT I LIKE ABOUT  
ATHLOS?

What I like about Athlos is  
that I get to learn!



# 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.

### 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.

