

JFK CARDINAL NEWSLETTER

DECEMBER 2025

<https://jfk.bie.edu>

Ko'baa nalk'as (Cold even around the fire)



Principal's Post:

We are approaching Winter Break and I can't thank you enough for all your support of your children and the school. We have had a great first half of the year and I look forward to an amazing second half. As we get into these colder months, please remember to have students wear jackets and long pants. If you are struggling to provide those things, please reach out to our Parent Liaison, Joyce Francis. Also, please continue to ensure your child attends school every day. Every absence means a lot of instruction that your child is missing. As a reminder, 20 cumulative non-excused absences will lead to being dropped. We will start sending reminders to families that are getting close to this mark and requesting to meet to see how we can help. Please see our Student/Parent Handbook for more information. We hope you join us this month for Parent Advisory Committee on December 8th at 6pm. At this month's meeting, we will be voting on an addition to our School Board. So I hope you can be there. As we approach winter break, I hope you all have a fabulous holiday and new year.

Respectfully,

Christina J. Young, M.S. Ed

John F. Kennedy Day School

Principal

(928)338-4593



UPCOMING EVENTS

- Dec. 2 - School Board Mtg. 5:30
- Dec. 8 - PAC Mtg. 6 PM
- Dec. 19 - End of 2nd qtr. & 5:30 p.m. Christmas Program
- Dec. 22 - Jan. 2 - Winter Break
- Jan. 1, 2026 Happy New Year!
- Jan. 5 - Return to school

Reminders

Parents,

As you all know, the cold winter weather is upon us. Please ensure that your child/ren are properly dressed before leaving home. We have students wearing shorts to school. Children are more at risk from the cold than adults. Because their bodies are smaller, they lose heat more quickly. Especially if they're having fun, they may be less likely to notice the cold weather. Let's keep our kiddos safe & healthy. Don't forget to label their coats & sweaters.



Season's Greetings from the third-grade class.

I can't believe almost half the school year has passed. I am very proud of all the hard work your child has completed so far. We still have a lot more third grade standards to complete. There are some students who are coming to school sleepy and tired. Please make sure they are in bed by eight o'clock nightly. They are having problems focusing and keeping their eyes open. Also make sure your child wears a jacket and pants not summer shorts.

The students will be exchanging names with their classmates for Christmas. The gift shouldn't be more than ten dollars. If you find it difficult to buy a gift notify me and I can help.

The class Christmas Party will be December 18, 2025, at 1:30 PM. You are welcome to share any Christmas treats with the class. There are 25 students. Have a blessed Christmas with your family.

Sincerely, Mrs. Santiago

What's happening in Kindergarten?

✓ UFLI

➤ Grapheme W

- We are learning to identify the consonant W, the sound it makes, and read words with the W.
- We are also learning to read consonant blends such as sw and tw.

✓ English Language Arts (ELA)

- We are learning to write the letters Gg and Ee, their sounds and read cvc words with the Gg and Ee.
- We are learning about text features such as Titles, Photographs, etc., and how they help us understand the story that we are reading.

✓ Math

- We just completed *Topic 6* which deals with Basic Addition using numbers 0 to 10.
- We will be reviewing and testing what we learned in Topic 6.

*Wishing our families and everyone a very
Happy Thanksgiving!!!*

*Thank you for supporting us in our
education!!!*

-Mrs. Bangert



Learn Today For Tomorrow Dijji Yigolaal iskaa bah

2nd Grade

Merry Christmas and A Happy New Year from the 2nd Gr. Class

We are all working hard.

Math: double digit addition & subtraction .

Science: Earth, Water and Land.

Reading: "Home on the Prairie".

Quote: "Sometimes the best Christmas is remembering what you've already got"

-Cathy Guiswite

Ms. Pailzote

4th Grade

December 1, 2025 (Ko'baa nalk'as)

Greetings, family and friends! I hope you are keeping yourselves warm these chilly days. The weather seems to be playing games by increasing or decreasing daily temperatures, lol. It's like the weather wants to see who is quick to put on a jacket or even build a fire! Either way, remember to keep your child home if he/she is coughing or has a fever. This helps to cut down spreading the virus to others.

The 2nd quarter is getting closer to being wrapped up. There are just a few weeks left and I feel that your children will continue to progress. Some standards in Math that we'll be working on are: Multiplying a whole number up to 4-digits, place value strategies, properties of operations, and explaining the calculations by using equations, rectangular arrays, and area models. We will also be using addition and subtraction to solve for mixed numbers, finding comparisons, following multi-step problems. We have been focusing on Division using the regular method, constructing partial quotient models, multiplication and subtraction reviews to help with understanding. There are many concepts and new skills your child will be learning, so continue to assist them at home.

ELA standards continue with Informational text. Some readings will have students refer to details and citing from the text, describing, in depth, compare and contrast texts, writing a summary of new knowledge from the text and presenting to an audience, making connections to the text and their own personal experiences, and being able to write narratives about real or imagined experiences using details and clear event sequences. This quarter's writing skills will continue to assist with writing more detailed stories. Thanks for your continued support 😊

Mrs. Abril

Santa Letters

Hey there, Awesome Parents!

Get your little elves in gear and have them pen a letter to Santa! They can drop it in the school mailbox, which will be located inside the front entrance and we'll make sure it zooms straight to the North Pole.

Don't forget, Santa's sleigh is bursting with holiday cheer this month, so let's get those letters soaring! 🧑🏻‍🎄✉️

Attached is a fun form for your little one to fill out, but if they prefer to go rogue, feel free to use your own stationery!

Mark your calendars! The deadline for Santa letters is: Wednesday, December 17, 2025.

School Bus Safety

All 50 States require traffic in both directions to stop on undivided highways when students are getting on or off a school bus. The wording varies from state to state, but generally, the law requires the following:

- The school bus driver activates flashing yellow lights to indicate the school bus is preparing to stop to load or unload students.
- At this point, motorists should slow down and prepare to stop.
- The school bus driver activates flashing red lights and extends the stop arm to indicate the school bus has stopped and students are getting on or off.
- At this point, motorists must stop their vehicles. **Stop when red lights flash!**



Respect your **Relatives**
(Siblings, aunts, uncles, cousins)



Respect your **Elders**



Respect your **Self**



Respect your **Parents**



Respect the **Earth**



Respect all **Children**



Respect your **Teachers**



With the festive season upon us there will be much excitement in the air! You are all wished Peace and Happiness. Time is one of the best gifts we are given. Enjoy your time to snuggle up, read together, play board games, drink hot chocolate, build a snowman, and just spend time with one another. Wherever you may go, Please buckle up and look out for one another. Have a blessed holiday season. We look forward to seeing you all next month.



Merry Christmas

&

HAPPY NEW YEAR

2026

J.F.K. DRESS UP

*Let's Make This A
December to Remember*

Mon
DEC
01

REINDEER GAMES

Wear your favorite team's shirt or jersey.



Tues
DEC
02

ROCKIN AROUND THE CHRISTMAS TREE

Wear holiday accessories:
Wear beanies, scarves, Christmas jewelry, clothing!



Wed
DEC
03

RUDOLPH THE RED NOSED REINDEER

Wear something shiny or bright



Thurs
DEC
04

CANDY CANE DAY

Wear red & white,
Stripes are a bonus!



Fri
DEC
05

ROCK THE HALLS

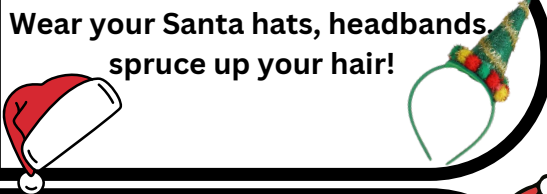
Wear your band gear
with a holiday flair or
any Concert Shirt.



Mon
DEC
08

HOLIDAY HEADGEAR

Wear your Santa hats, headbands,
spruce up your hair!



Tues
DEC
09

HOLIDAY COLOR DAY

Wear Red and Green



Wed
DEC
10

SHINE BRIGHT LIKE A LIGHT

Light up your wardrobe with
holiday lights, glitter, tinsel,
light up necklaces.



Thurs
DEC
11

SWEATER WEATHER

Wear it ugly, wear it fun,
wear it stylish, just pick one.



Fri
DEC
12

POLAR EXPRESS & PJs

Wear your favorite cozy school-
appropriate pajamas.*



Mon
DEC
15

ELF DAY

Embrace the style of a
North Pole Elf.
Dress Miss Match, wild colors



Tues
DEC
16

YOU'RE A MEAN ONE

MR. GRINCH
Wear grinch green
or any Grinch print.



Wed
DEC
17

WINTERY WONDERLAND WEDNESDAY

Wear blue & white &/or Snowflake
Prints (in hopes of prompting a
snowy Christmas.)



Thurs
DEC
18

BABY IT'S COLD OUTSIDE

Wear your most festive
Christmas Plaid



Fri
DEC
19

CARTOON/MOVIE CHARACTER CHRISTMAS

Wear your favorite cartoon OR
movie character having some
holiday fun.



Indigenous Food Hubs

2025 Harvest of the Month



Indigenous Food Hubs

2025 Harvest of the Month



NOVEMBER: BLUE CORN

CULTURAL SIGNIFICANCE

Blue corn holds deep cultural and spiritual significance for many tribes, particularly in the American Southwest and Mesoamerica, symbolizing resilience, sustenance, and a connection to the earth. It features in creation stories and traditional ceremonies, and its cultivation is intertwined with enduring foodways and heritage. Blue corn is also a staple in traditional meals and modern dishes, offering unique flavor and contributing to the revival of ancestral food systems.

NUTRITION AND FUN FACTS

- Nutrition:**
- As a whole grain, blue cornmeal is a great source of fiber as part of a healthy diet.
 - It may help reduce cholesterol levels, keep weight at a health balance, and lower risk for heart disease and type 2 diabetes.
- Fun Facts:**
- People typically eat blue corn after it has been dried and ground into meal or flour, not fresh on the cob like sweet corn. Most blue corn is a type of flint corn with a tough exterior. Grinding it is necessary to make it palatable for dishes like tortillas, chips, and baked goods.
 - It can also be used as breading for baked meats, including fish, chicken or pork.
 - You should always keep blue corn packaged tightly and stored in a cool, dry place.



RECIPE FOR BLUE CORN COOKIES

 **COOK TIME**
8 Minutes

 **SERVINGS**
Eighteen

INGREDIENTS

- 1/2 cup of unsalted, cold butter
- 1 egg
- 3/4 cup of sugar
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/2 tsp. juniper ash
- 1/4 tsp. salt
- 1/2 cup of flour
- 1 1/4 cup blue corn meal

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line baking sheets with parchment paper or nonstick mat.
3. In a large mixing bowl, cream the butter and sugar together until pale and creamy.
4. Add vanilla and egg until thoroughly combined.
5. Add baking soda, juniper ash, and salt until thoroughly combined.
6. Add in flour and blue corn meal in 1/4 cup increments until combined.
7. Prepare cookie dough for baking. Roll out into 1/4 inch thickness or scoop and press down.
8. Bake 8-9 minutes (until edges brown.)
9. Top with pine nuts. (Optional)

NOTES

- Cool for two minutes after baking.
- Butter set on room temperature.
- Add in pinions for better taste.
- Use #30 portion scoop for 12 cookies.



DIFFICULTY:

EASY MEDIUM HARD

AT-HOME ACTIVITY

Make blue corn mush by combining 1 cup of roasted blue cornmeal, 1 teaspoon of juniper ash and 3 cups of water. Boil 2 cups of water with juniper ash in a medium saucepan. In a cup, combine 1 cup of blue cornmeal and 1 cup water and mix. Turn down heat to medium and add blue corn mixture to saucepan and stir until fully combined. Stir blue corn mush for 3 minutes and until there are no clumps. Let it boil for another 5 to 10 minutes, stirring occasionally. Remove from heat and add your favorite topping, like honey, chia seeds, fruits, butter and/or salt!

December 2025 Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Bagel Cream Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	2 Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Assorted Yogurt Granola w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Egg Sausage and Cheese Wrap Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
8 WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	9 WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	10 French Toast Sticks Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	11 WG Bagel Cream Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	12 Bean and Cheese Burrito WG Tortilla Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
15 Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	16 WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	17 Breakfast Sandwich Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	18 French Toast Yogurt Syrup Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	19 Blue Cornbread with Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
22 Winter Break	23 Winter Break	24 Christmas Eve	25 Merry Christmas	26 Winter Break
29	30			

Note: Menus are subject to change due to product availability.
This institution is an equal opportunity provider.



December 2025 Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Mashed Potatoes w/ Gravy Green Beans Pineapple Tidbits WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	2 Bean Tostada Spanish Rice Shredded Lettuce Cherry Tomatoes Salsa Cup Grapes 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Cheeseburger on WG Bun Pasta Salad w/ veggies Seasoned potatoes Whole Apple Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Chicken Fajitas on WG Tortilla Sautéed Pepper & Onions Black Beans Mixed Fruit Ranch Dressing 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Beef Sir Fry w/ Brown Rice Vegetable Egg Roll Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk
8 Three Sisters Stew Blue Corn Bread Pear Cranberry Sticks Ranch 1% Lowfat White Milk or Nonfat Chocolate Milk	9 Chicken Quesadilla on WG Tortilla Salsa Cup Corn Salad Fresh Orange 1% Lowfat White Milk or Nonfat Chocolate Milk	10 Green Chile Posole Broccoli Mixed Fruit WG Tortilla 1% Lowfat White Milk or Nonfat Chocolate Milk	11 Steak Fingers WG Roll Green beans Potatoes Au Gratin Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	12 Crispy Beef Tacos (2) w/ Spanish Rice Refried Beans Shredded Lettuce, Tomato Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
15 Chicken Nachos Black Bean Salad Salsa Cup Corn Salad Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	16 Pork Chopette WG roll Seasoned potatoes Creamed Spinach Pineapple Tidbits Ranch Dressing, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	17 Beef Mac Bowl Cheesy WG Breadstick Broccoli Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	18 Corn Dog Mustard, Ketchup Sweet Potato Fries Baked Beans Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	19 Turkey Sliders Tator Tots Mixed Vegetables Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk
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