

JFK Cardinal Newsletter

November
2025



November = Zashnit'ees: Sizzling Snow (it causes frost bite)
Learn Today For Tomorrow - Diiiji Yigolaal iskaa bah
<https://jfk.bie.edu> 928-338-4593

Tuesday, November 11



Thursday, November 27

Upcoming Events

PAC Mtg. W/SPED Presentation: Nov. 3

1st Qtr. Awards Assembly: Nov. 7

Veteran's Day Holiday/No Sch.: Nov. 11

Literacy Night: Nov. 19

Thanksgiving Break: Nov. 27 & 28

8th Grade Fundraisers

November Fundraiser:

Pie walk Saturday, November 15th
@ 1:00 p.m. @ Time Square

December Fundraiser:

Glow in the Dark Dance Wednesday,
December 3rd
5:00-7:00 p.m.

Looking Ahead:

School Board Meeting: Dec. 2
PAC Mtg: Dec. 15

Christmas Program: Dec. 19
Winter Break: Dec. 22 - Jan. 2

8th Grade:

ELA: Right now, we are working in groups – Reading from La Princesa Mileidy Dominguez. Students are able to clarify the meanings of unknown and multiple-meaning words, provide summary of the text, analyze how differences in points of view create suspense or humor and create short research reports. Our next story is an Lyric Poetry called Bird by Liz Berry.

Science: At the moment we are covering Multicellular Organism.

Reading/writing: We do R.A.C.E.S daily. R.A.C.E.S is a writing strategy that helps students organize responses to reading comprehension questions. This structured approach ensures clear, well-supported answers.

The R.A.C.E.S. stands for:

R = Restate the Question – Students need to restate the question in their answer.

A = Answer the Question – Students need to answer the question, but not by simply copying something from the text.

C = Cite Evidence – Students cite evidence from the text for the answer provided above. They can quote an author directly here or describe a specific event that happened in the text.

E = Explain or Elaborate – Students now explain how the evidence they provided from the text supports the answer they wrote above.

S = Summarize – Students now put it all together, summarizing their conclusions in their own words.

Mrs. K. Cosay

7th Grade:

7th Grade News

We are finishing up topic 2: Ratios and Proportional Relationship in math. The students are gradually grasping the concept of proportionality. We will be taking the mid week assessment next week and working on our Topic 2 projects in the coming weeks.

In Reading Unit 2 is about space exploration. We just finished comparing a story with it's radio play. Next we will be writing an essay comparing and contrasting the two. The Unit also explores the possibility of living in space.

Mrs. Felicia Morris

JFK, 7th Grade Teacher

5th Grade:

Hello, students are wonderful. They had a great time at the Science Center; we enjoyed the galaxy show in the dome and saw the amazing earth and constellations of stars.

Language Arts: Students are learning about the common core standard ELA RI.5.3: Explain the relationships between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text. Students learn to identify and analyze cause and effect relationships in text, to help them comprehend. They are reading and writing the cause and effect of events that took place in the lives of three artist: Frida Kahlo, Georgia O'Keeffe, and Paul Gauguin.

Math: Students are working diligently multiplying multi-digit whole numbers. So important they know multiplication by heart.

Science: We are still studying about Properties of Matter: solid, liquid, gas.

Mrs. Rodriguez

Kindergarten:

What is happening in Kindergarten?

UFLI:

- ✓ The vowel Ee and its sound
- ✓ Practice reading vowel-consonant (vc) and vowel-consonant-vowel (vcv) words with the short vowel sound of Ee
- ✓ Vowels: a, e, i, o, u
- ✓ Decode vc and cvc words with the 5 vowels

ELA:

- ✓ Rhymes
- ✓ Short Oo sound
- ✓ Consonant Ff sound
- ✓ Decoding vc and cvc words with Oo sound and Ff sound

Math:

- ✓ Basic addition using the following words:
In all, putting together, adding to, equations

Science:

- ✓ The five senses and identifying the sense we use in different situations

Tucson Reid Park Field Trip

Special **Thank You** to our parents who accompanied us on our field trip to the Tucson Reid Park

Parent-Teacher Conference First Quarter

Thank You moms, dads, grandmas and grandpas for taking the time to come and talk to our teacher about our progress in school.

3rd Grade:

I would like to thank all the third-grade parents who attended our first quarter Parent/Teacher Conference. Remember students whose parents are involved in their schooling are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behavior, and adapt well to school. We want our children to be successful in school and want to help them succeed in life. Continue doing the great job you are doing by sending your child to school every day. I enjoyed talking with parents in a respectful and caring manner about their child's progress and behavior reports expectations. Hope to see more of the third-grade parents at our next conference. Have a peaceful and restful Thanksgiving Holiday. Sincerely, Mrs. Santiago

1st Grade:

Fabulous First Graders

Can you believe it's November? This year is going by so fast! The first-grade class had an outstanding and busy October. We had an interesting and educational field trip to the Reid Park Zoo in Tucson. We celebrated Fall with a Halloween Costume Parade and Carnival. The first graders rested and rejuvenated over Fall Break. In spite of all of these fun activities, our focus as always remained on academics.

We continue to practice math facts. This is something that every student works on throughout their education to gain fluency and speed. This also applies to reading. We are so proud of the progress our class has made with sounding out and blending to read unfamiliar words. Both of these skills are what we will be sending home for homework in this second quarter. Two days a week will be math homework and two days will be reading homework. We will also include a spelling list and weekly spelling test.

I will be starting after school tutoring on Tuesdays and Thursdays. A permission slip will be sent home. If you would like your child to participate, please fill out and return the permission slip. If an afterschool bus is not available, I will let you know if we will not be having tutoring. If you have any questions, please call me at (928)338-4593. We are so blessed and thankful to teach your children. Have a wonderful Thanksgiving!

Jennifer Powell



Happy Halloween!

From the 1st Graders

Indigenous Food Hubs 2025 Harvest of the Month



OCTOBER: SQUASH

CULTURAL SIGNIFICANCE

Squash have been important to many tribes for hundreds of years. They weren't just food – they were part of celebrations, special ceremonies, and family or clan traditions. In some communities, squash represent family connections and a close relationship with the land. Growing and sharing squash is a way to honor the past and keep culture alive today.

NUTRITION AND FUN FACTS

- Winter squash (butternut, acorn) is nature's multivitamin!
- There are two kinds of squash, winter squash (acorn, butternut, and gourds) and summer squash (zucchini, yellow squash, pumpkins).
- The name "squash" is shortened from the Algonquian term "askutasquash" meaning "to be eaten green."
- Ancient varieties of squash in the Americas date back 12,000 years.
- Among tribes, some clan systems are represented by squash.
- Squash, gourds, and pumpkins are part of the same plant family.
- Winter squashes are generally more nutrient-dense and calorie-rich than summer varieties - which aligns perfectly with how Native American communities traditionally used them as winter food stores.
- One cup = 80-100 calories and more than 200% of daily vitamin A.
- Excellent source of vitamin C, potassium, and fiber for your heart, digestive, and immune systems.



- MAKE A GOURD RATTLE**
- Materials:**
- Body: Cardboard tube, plastic bottle, or paper mache
 - Rattle filler: Buttons, dried beans, uncooked rice, or pebbles
 - Decorations: Markers, paint, fabric, feathers, beads, etc!
- Steps:**
1. Build the Gourd: Use your chosen container as the base.
 2. Add the Sound: Put a handful of your rattle filler inside.
 3. Seal It Up: Tape, glue, or close tightly so nothing spills.
 4. Decorate: Add colors, patterns, or meaningful symbols.
 5. Shake and Play: Try different rhythms and hear your unique sound!

Indigenous Food Hubs 2025 Harvest of the Month



OCTOBER: SQUASH

WILD RICE & SAUSAGE STUFFED ACORN SQUASH

PREP AND COOK TIME: 1 HR 45 MINS

SERVINGS: 4

INGREDIENTS

- For the Squash:
- 2 large acorn squash, halved & seeded
 - 2 tbsp maple syrup
 - 1 tbsp olive oil or melted butter
 - Salt & black pepper, to taste
- For the Stuffing:
- 1 cup wild rice, rinsed
 - 2½ cups low-sodium chicken or vegetable broth
 - 1lb ground bison or elk sausage
 - 1 large onion and 2 celery stalks, diced
 - 2 garlic cloves, minced
 - ½ cup dried cranberries
 - ½ cup toasted pine nuts or chopped walnuts

DIRECTIONS

Prep Squash (15 min):
Preheat oven to 400°F (200°C). Halve squash lengthwise, scoop out seeds, and score flesh in a crosshatch pattern (¼" deep). Brush with olive oil and maple syrup; season with salt and pepper. Place cut-side down on a parchment-lined baking sheet.

Cook Wild Rice (45 min):

Bring broth to a boil in a saucepan. Add wild rice, reduce to low, cover, and simmer 40-45 min until tender. Drain excess liquid.

Make Stuffing (20 min):

Heat oil in a skillet over medium-high. Brown bison/elk sausage (6-8 min). Add onion and celery; cook 5 min. Stir in garlic (1 min), then add cooked rice, cranberries, and toasted nuts. Season with sage, thyme, sumac, juniper (or rosemary), smoked paprika, allspice, salt, and pepper. Cook 2-3 min to blend flavors. Adjust seasoning.

Roast & Assemble:

Bake squash cut-side down for 35-40 min until fork-tender. Flip, fill with stuffing, and return to oven for 15-20 min until heated through and golden on top. Let rest 5 min.



- SQUASH IN THE KITCHEN**
- Leaves from squash plants could be used to steam/cook foods.
 - Haudenosaunee used the squash blossoms to flavor stock for cooking.
 - The Anishinabe (Ojibwe) claimed the blossoms to be a broth thickener.