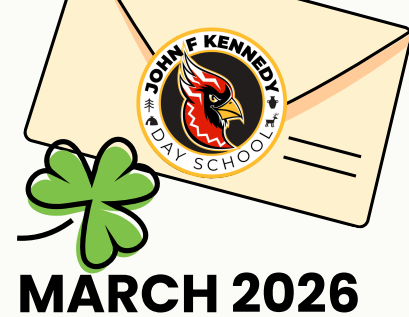


JFK Cardinal Newsletter



Welcome to March Madness Attendance Bracket. Grade levels and staff will battle for the honor of having the best attendance percentage throughout the month of March.

Our first round will be the first week of March. The teams competing will be as follows: Kindergarten vs. First Grade, Second Grade vs. Third Grade, Fourth Grade vs. Fifth Grade, Sixth Grade vs. Seventh Grade, and Eighth Grade vs. Staff.

The winners will go on to battle the following week. But don't think that lets the others off the hook. Those that don't win will still compete against the others who didn't move on for a Wildcard spot and can still win the whole thing.

Whatever group is left standing will win a mystery prize.

Respectfully,
Christina J. Young, M.S. Ed
John F. Kennedy Day School
Principal
(928)338-4593

MEET OUR NEW COUNSELOR

Supporting students' academic, social, and emotional growth through classroom lessons, small groups, and individual counseling. Moved to Arizona from Tennessee and thankful for the warm welcome.

Classroom Counseling lessons use the Connected and Respected curriculum and align with CASEL SEL competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.

This month's focus will be on learning how to work well with others and build positive relationships.



Shauna Snyder

Shauna.Snyder@bie.edu
928-798-4093



MEET OUR NEW TEACHER

Greetings! My name is John Harney and I am extremely happy to finally be here. This is my 26th year teaching, with experience in all elementary grades along with HS, especially in the areas of ELA, History and Humanities. I have been all around the globe and thought it was time to experience life in beautiful Arizona. I look forward to developing a focus on teamwork. I started of my adult life in the USMC where this was the central philosophy and guiding principles towards success.



John Harney


John.Harney@bie.edu
078 338 4503




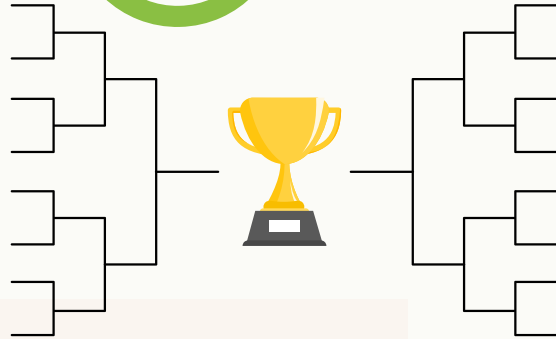
YOU GOT THIS!

ATTENDANCE

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INSPIRE

Summer Camp 2026

INSPIRE

offers a unique college academic experience designed to prepare students with the skills and knowledge necessary to successfully navigate their college planning. The program emphasizes Career Connection, Community Engagement, and immersive campus living experiences through culturally grounded learning.



Program Dates
June 21st-25th, 2026

Eligibility:
Open to students entering grades 9th-12th in Fall 2026

Application Opens:
January 30th, 2026

Application Deadline:
March 30th, 2026

Location
ASU Tempe Campus

Application Fee
No cost to apply

Cost to attend
No cost

Camp topics include, but are not limited to, College Readiness, choosing a major, community networking, financial wellness, leadership development, personal growth and self care.

For more information
annabell.bowen@asu.edu

Hello Parents!

4th Grade

Can you believe we are now into March? Where is time heading? There is so much that has happened in 4th grade 3rd quarter. Your child has studied Myths, Fables, Tall Tales, and Historical Fiction in Language Arts. They are familiar with Figurative Language and word Nuances. Currently, they will be researching topics that will help them write Opinion Essays.

Math was filled with Fractions. The students refreshed adding/subtracting fractions and also multiplying and dividing them. They learned how to plot fractions on a number line, too. Measurements & Weights were part of their objectives. They enjoyed measuring lessons in standard and metric forms. Last week was the BIE Math 2 Interim assessment. It covered topics in Fractions and the four math operations. Currently, math contains reviews and enrichment lessons they were instructed the last three quarters.

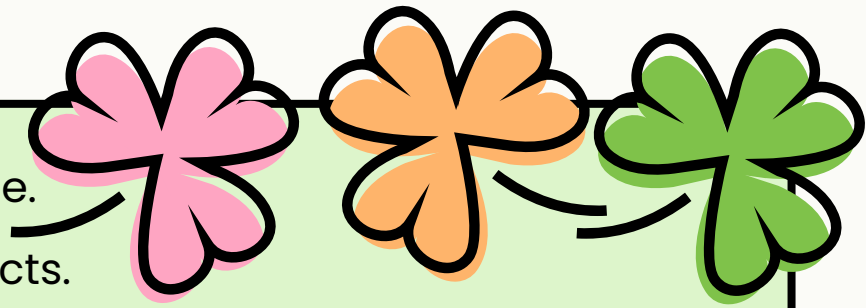
Science will be filled with Earth Landforms, Features, and Weathering. The students enjoy the hands-on activities and look forward to the investigations. Social Studies include learning about culture from the Elderly visits and Historical & Current events. They have participated in the mini lessons from the Scholastic newspaper.

REMINDERS: Orchestra Concert Field Trip March 5. No spending money is needed. Keep toys at home. Do not bring snacks to school, unless there is a classroom event. Please send a doctor's note if your child is/was absent, due to an illness.

Now that we have reached the 4th quarter, please keep school attendance a priority. There is still so much to learn about, and your child will be rewarded by gaining new knowledge each day. Continue to support their learning in the educational system. Thank you for all you do!

Mrs. Abril

5th Grade



5th grade students are awesome.

They are doing great in all subjects.

For Language Arts: Students are reading realistic fiction. They are learning to explain the story plot, the characters and setting of the story.

For Math: Students are multiplying fraction, they must know multiplication and division to find the answers.

For Science: Students are studying about Earth's Systems. They can model how the interactions take place in the biosphere, geosphere, lithosphere, and atmosphere. We have Spring Break, March 16-20.

Ms. Rodriguez, teacher



2nd Grade

2nd Grade 😊

Hey Parents and Guardians of 2nd Grade,
I am Mrs. Kimberly Cosay, I will be with your children for the remainder of this school year. I am excited and ready to teach. We have been busy busy busy learning since February 11th. Currently we are working on:

Math: Problem Solving: Reasoning

- Mathematics: words problems and use of bar diagrams and equations to solve them.
- Language: Writing equations and complete bar diagrams to show how numbers in word problems are related.

ELA - Reading and learning about Natures Wonders

- Phonics long o: o, oa and ow
- High frequency words: food, near and try
- Story: Amazing Migrations: Butterflies, bats and birds
- Practice cursive writing: b and h
- Different comprehension stories and everyday worksheets

Science: Introduction to Sound

- We'll discover that when things vibrate, they make sound.
- That sound can also make things vibrate.
- Vibrations are what let us hear each other speak.

Please send your children to school daily. Consistent attendance builds a foundation that helps students stay on track academically and form positive habits that benefit them throughout life.



3rd Grade

I have a lot to be thankful to the third-grade parents/guardians who sent flowers, chocolates, bears, balloons, gift cards, and mugs with candy. Thank you for all the Valentine treats you provided for the class. The third graders are still enjoying their treats daily. We have been preparing for our Interim 2 (test for math and reading). Please encourage your child to do their best by reading and working out their math problems. We have completed Topic 12 Understand Fractions as Numbers and completing Topic 13 Fraction Equivalence and Comparison soon. We have only one more parent/teacher conference before the end of the school year. There were 23 out of 25 parents who attended our last conference. Please make time to come to our next conference. If your child wears glasses, please ensure they wear them, or bring them to school daily. Have a gentle week.
Mrs. Santiago



7th Grade

The week of February 23 - 27 we completed the BIE Interim Assessment for math and reading. We have been diligently working on getting ready for the big Summative test in April.

In math we have moved from concrete numbers to abstract concepts, focusing on expressions, inequalities, and rational numbers. Key skills include using the distributive property, simplifying expressions and solving multi-step equations.

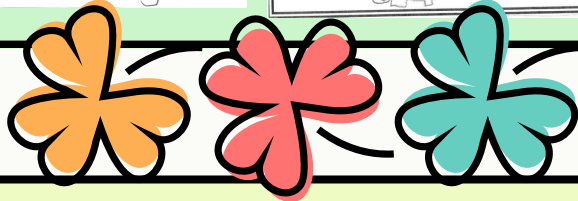
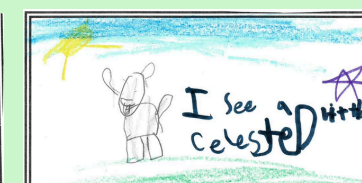
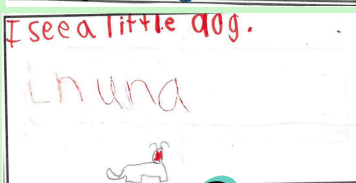
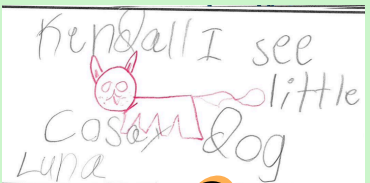
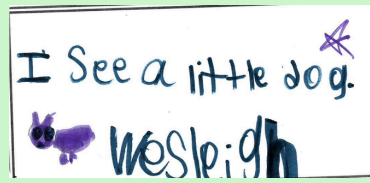
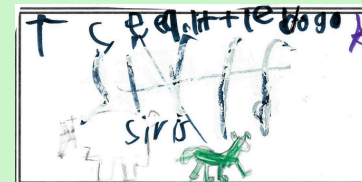
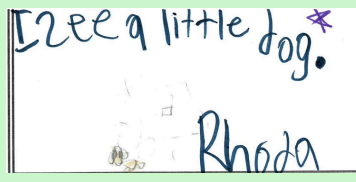
In ELA and Science, the two subjects are connected to populations, communities, and ecosystems while focusing on citing textual evidence and determining central ideas.

"March, when days are getting long, let thy growing hours be strong to set right some wintery wrong." Caroline May

Mrs. Felicia Morris

JFK, 7th Grade Teacher

"We are learning to read & write.
We are writing sentences using our sight words."



The students have been doing well in math learning Pre-Algebra. We just got the results for our Math Interim 2 assessment that we have been studying for, and I am very happy with them. Out of 25 students we had 2 students met, 9 students approached, 11 students partially Met, and only four did not meet.

In ELA, we have not gotten the results yet, but I know they will do well. They have been learning about citing evidence, central idea, author's purpose, grammar, affixes and root words, and have been working on writing argument papers. They will be presenting their arguments to the class next month and debating their claim with the friend who will be taking the other side of the argument.

Science has us learning about Earth Systems, weather, minerals, and rocks. We presented power points and did experiments to support their power points for 5th grade students. They had fun teaching the 5th graders.

Next month, we are going into geometry in math, plate tectonics in science, and learning about imaginary worlds in ELA.

Thank You, Ms. Helen Ruth Fall



Indigenous Food Hubs 2026 Harvest of the Month



FEBRUARY: RABBIT

CULTURAL SIGNIFICANCE

Tribes, including the Shoshone, Sioux, Eastern tribes, and many others, relied on rabbits as a vital, widely available source of protein. Rabbits were important to many Indigenous cultures as a staple food item, a supplemental provision in a varied diet, a substitute when large game were scarce, and as emergency food. The meat could be sun-dried and stored for winter, while the skins and pelts were used to make clothing, personal items, and shelter materials, which were essential for surviving harsh winters. Beyond being a food source, the rabbit symbolizes abundance and fertility to many tribes and is known for the characteristics of speed and cleverness.

SHOSHONE LEGEND

Cottontail (the rabbit) grows angry after being mocked for his small size and decides to prove his strength by shooting down the Sun. He travels east for many days until he reaches the ocean, where the Sun rises. Climbing a tall tree, he waits and then fires an arrow, striking the Sun and causing it to fall, which sets the earth ablaze. To survive the intense heat, Cottontail hides in a deep, twisting hole until the fires die down, kicking dirt behind him to keep out the flames. However, just enough fire reached him to burn his neck, wrists, and ankles, turning those areas white or lighter in color, creating the distinctive white markings that cottontails have today.

STORIES AND CLANS

- In Cherokee stories, rabbits are trickster figures whose tales are often origin myths explaining how things came to be, such as why the rabbit looks as it does or why there is an abundance of flint in a given area.
- Some tribes use rabbits as clan animals, including the Hopi (named Tapingyam or Taf-wungwa) and the Shawnee (Pá táke e no the').

NUTRITION AND FUN FACTS

- Rabbit is extremely high in protein at 22 grams per 100-gram serving - higher than beef or chicken!
- Rabbits have the highest percentage of digestible proteins compared to other meats and the lowest amount of fat.
- Rabbit is lower in fat and cholesterol than beef, which has almost double.
- Rich in vitamin B12 (essential for red blood cell production and energy metabolism), selenium (which supports immune and thyroid function), and iron (for preventing anemia).
- Higher concentrations of phosphorus and calcium than other meats to build healthy bones.
- Only 133 calories per 100 grams/3.5 ounces, making it a high-quality protein with moderate calories, ideal for muscle building and weight management.
- Pair it with healthy fats (like olive oil, nuts, or avocado) and plenty of vegetables for a balanced meal.



Indigenous Food Hubs 2026 Harvest of the Month



FEBRUARY: RABBIT RECIPE FOR RABBIT STEW



COOK TIME
2-2.5 Hours Total



SERVINGS
4 to 6

INGREDIENTS

- 1 whole rabbit, cut into serving pieces (or 4-6 rabbit legs)
- 2 tablespoons olive oil
- 1 onion, diced
- 3 carrots and 3 celery stalks, chopped
- 3 cloves garlic, minced
- 4 cups chicken or vegetable broth
- 2 potatoes, cubed
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1/4 cup flour (for coating)



DIFFICULTY:

EASY MEDIUM HARD

DIRECTIONS

1. Coat rabbit pieces lightly in flour seasoned with salt and pepper.
2. Heat olive oil in a large pot or Dutch oven over medium-high heat.
3. Brown rabbit pieces on all sides (about 3 minutes per side). Remove and set aside.
4. In the same pot, add onion, carrots, and celery. Cook for 5 minutes until softened.
5. Add garlic and cook for 1 more minute.
6. Return rabbit to the pot and add broth, potatoes, rosemary, and thyme.
7. Bring to a boil, then reduce heat to low. Cover and simmer for 1.5 to 2 hours until rabbit is very tender.
8. Season with additional salt and pepper to taste.
9. Serve hot with crusty bread!

NOTES

- Because it's low in fat, rabbit is best cooked slowly with moist heat (like braising or stewing) to keep it tender and juicy.
- If using a whole rabbit, ask your butcher to cut it into serving pieces, or use rabbit legs for convenience.





February 2026 Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cornell Honey Nut Cheesecake Buttered Wheat Toast Jelly Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Cream WIG English Muffin Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Assorted Yogurt Cheese w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Egg, Vegetable and Cheese Wring Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	6 Scrambled Eggs w/ WIG buttermilk Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
9 WIG Pancake Mix (Blue Spray) Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	10 WIG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	11 Fresh Toast Snickers Spray Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	12 WIG Bagel Cream Cheese Spray Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	13 Egg and Cheese Frittata WIG Tortilla Salsa Cup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
16 Holiday No School	17 Cousin's French Fries Buttered Wheat Toast Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	18 Chicken Sausage Puffy on a Bun Spray Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	19 French Toast Yogurt Spray Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	20 Scrambled Eggs Blue Cornmeal w/ Jelly Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
23 Breakfast includes an a Soft Spray Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	24 WIG Turkey Sausage Buttered Puff Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	25 Egg and Fruit Breakfast Wraps Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	26 WIG Protein Mini Muffin Spray Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	27 Seasonal Fruit and Yogurt Parfait Chicken Creepers 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
<p>Menu is subject to change due to product availability. This menu is provided as a guide only.</p>				



February 2026 Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
2 Orange Chicken & Rice Biscuits Green Beans Pineapple Tarts WIG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	3 Bean Tortilla w/ cheese Biscuits Shredded Lettuce Cheesy Tomatoes Salsa Cup Crisps Banana bread squares 1% Lowfat White Milk or Nonfat Chocolate Milk	4 Chili/steak w/ rice Pasta Salad w/ vegetables Seasonal vegetables Whole Apple Lettuce & tomato Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	5 Chicken Fajitas w/ WIG Tortilla Shredded Pepper & Onions Black Beans Mashed Pot Pico de Gallo 1% Lowfat White Milk or Nonfat Chocolate Milk	6 Beef & Fry w/ Brown Rice Vegetables Egg Roll Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk
9 WIG Doughnut w/ Muffins Creamed Spinach Sautéed Spinach WIG Garlic Bread Apple Bread 1% Lowfat White Milk or Nonfat Chocolate Milk	10 Pasta Primavera w/ WIG Tortilla Green Beans Corn Salad Fresh Orange 1% Lowfat White Milk or Nonfat Chocolate Milk	11 Deli Sandwich Baked Potato Fries Biscuits Shred Potatoes Lettuce, Tomato slices, onion Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	12 Beef and Lentil Chili Blue Cornmeal Mixed Vegetables Potatoes w/ Corn Pineapple Tarts 1% Lowfat White Milk or Nonfat Chocolate Milk	13 Chilly Beef Nests (2) w/ Spanish Rice Refried Beans Shredded Lettuce, Pico de Gallo Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
14 Holiday No School	15 Pork Choplets Banana Bread Squares Seasonal Potatoes Creamed Spinach Pineapple Tarts Banana Cheesecake, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	16 Chicken Alfredo Cheesy WIG Breadsticks Biscuits Macaroni Casserole Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	18 Chicken Pizza Tossed Salad w/ Dressing Baked Potato Fries Beans Mustard Creamers 1% Lowfat White Milk or Nonfat Chocolate Milk	20 Turkey Rollups Taco Tots Baked Beans Mashed Pot Ketchup, mustard, mayo 1% Lowfat White Milk or Nonfat Chocolate Milk
23 Beef Tortilla Pie Cauliflower Black bean Salsa Blue Cornmeal Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	24 Chicken Tender Mashed Potatoes Baked Zucchini Pineapple Tarts WIG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	25 Beef and Broccoli w/ Rice Camp Sticks Beans Pears 1% Lowfat White Milk or Nonfat Chocolate Milk	26 Greek Chicken Pesto Refried Beans Salad w/ taco dressing Mashed Pot WIG Tortilla 1% Lowfat White Milk or Nonfat Chocolate Milk	27 Grilled Cheese Tomato Soup Creamed Spinach Crisps WIG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk
<p>Menu is subject to change due to product availability. This menu is provided as a guide only.</p>				





March

Hello Spring

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		School Board Meeting 5:30 pm	Spring Pictures			
8	9	10	11	12	13	14
	PAC 6:00 pm			Sp.ed. Field Trip	End of 3 rd Qtr. Full Day Friday	
15	16	17	18	19	20	21
	Spring Break					
22	23	24	25	26	27	28
29	30	31	April: 3rd - Parent/Teacher Conferences -All Day No sch. for kids 7th - Sch. Brd. Mtg. @5:30 pm 13th - PAC @6 pm 17th - Full Day Friday 21st - Cultural Night @ 5:30-7pm			

