

APRIL 2026



JFK CARDINAL NEWSLETTER

5th Grade

5th graders are fantastic. Students are looking forward to Easter. We are having Spring Parent Night of Math and Science activities on March 31. Have a wonderful Easter.

For Language Arts:

Students are learning how to write an opinion essay.

For Math:

Students are learning to divide fraction, they must know multiplication and division to find the answers.

For Science:

Students are studying about Earth's System. They can model how the interactions takes place in the biosphere, geosphere, lithosphere, and atmosphere.

Ms. Rodriguez, teacher

4th Grade

I hope you are all in good health and good spirits. Now that spring has arrived, continue to stay well and active in your child's learning. 4th grade has learned so much during 3rd quarter. They were assessed in the BIE Interims 2 in ELA and Math. I was pleased to see there was growth in both subjects. I feel confident your child will show progress on the BIE Summative assessments. 4th grade will be assessing Math on Wednesday, April 22; and ELA on Thursday, April 23. PLEASE make sure your child attends school on those days. I will send a reminder as the dates come closer.

Currently, we are reviewing all MATH and ELA standards that were taught through the last three and a half quarters. Science continues with Earth's Features and Geology. We will continue with the next topic lessons and continue to have informal assessments until the end of 4th quarter.

I can't believe how quickly this year has come and soon to conclude. Everyday has been a wonderful learning experience for both your child and for me. As always, thank you for supporting your child's education. They are so eager to learn and having supportive family encourages them to achieve goals. Have a wonderful and blessed spring and Easter season!

Mrs. Abril

3rd Grade

The third graders are approaching their last Summative Testing for the school year. Remind your child to do their best by reading and rereading if they do not fully understand the questions or directions. Please get your child to bed early so, they are able to stay focused and do their best on the test. You may want to reward your child with an incentive for doing their best on the test.

We have just completed Topic 16 Solve Perimeter Problems and working on Topic 15 Attributes of Two-Dimensional Shapes. In reading, we are working with the main idea and supporting details, writing paragraphs with a beginning, middle, and ending of a story.

There are a few students whose attendance is harming their learning. They are falling behind their classmates and not doing too well academically. Please send your child to school daily unless they are sick.

Don't forget Parent/Teacher Conference is Friday, April 3, 2026—all day long. I hope to see you all there.

Happy Easter! I hope you all have a blessed Easter Celebration with your families.

Sincerely,
Mrs. Santiago

1st Grade

Hi, Families! Can you believe we are heading into the 4th Quarter? Easter is already this coming Sunday! Before we know it, it will be May with all of our fun end of the year activities.

The first graders continue to work hard. With lots of practice they are becoming fluent readers. They are able to sound out and blend to read unfamiliar words, too. Thank you for having your child read their Take Home Books to you every night. That little bit of extra practice makes a big difference.

Thank you also for assisting your child with their Math Additional Practice homework. EnVision Math requires a lot of higher order thinking skills and problem solving.

This first week of April is full of important dates:

- Tuesday, March 31, 2026 is our Spring Family Night with fun Math and Science games and activities.
- Thursday, April 2, 2026 is our Easter Egg Hunt.
- Friday, April 3, 2026 there is no school so that we can have Parent Teacher Conferences. I look forward to visiting with everyone.

Have a wonderful start to Spring!

Jennifer Powell
1st Grade Teacher
John F. Kennedy Day School
Bureau of Indian Education
(928)338-4593



6th Grade

Our students have been working hard learning skills that will help them in 7th grade and beyond. In ELA, we have been learning about informational and narrative text that relates to Imaginary Worlds. We focused on multiple themes, central ideas, and analyzing details while citing evidence from the text to support our findings. In Math we finished Pre- Algebra and are finishing Geometry. In science we learned about Plate Tectonics. I am very pleased at how much these awesome 6th graders have progressed since the beginning of the school year and can't wait to see how they perform on the summative assessments April 20, and 21st.

Mrs. Helen Fall



May 2026

5/1 Full Day Friday
5/11 PAC Mtg. 6 pm
5/12 Sports Banquet 5:30 pm
5/15 8th gr. Graduation 1 pm
Activity Ctr.
5/19 Field Day
5/22 4th Qtr. awards
6/02 Sch. Brd. Mtg. 5:30 pm



April 2026

4/2 Student Easter Egg Hunt
4/3 Parent/Teacher Conf.
No School for students
4/7 School Board Mtg. 5:30 pm
4/10 3rd Qtr. Awards Assembly
4/13 PAC Mtg. 6 pm

Dear Parents and Guardians,


During the month of April, students will be participating in important assessments.

Please help your child do their best by ensuring they attend school daily/on-time, well rested and ready to learn.

A good night's sleep and a healthy breakfast each morning can make a big difference in their focus, energy, and overall success.

We kindly ask that students are not checked out early unless it is an emergency. Minimizing interruptions helps students stay focused and perform their best.

Together, we can help our students do their very best. Thank you for your continued support.





Kindergarten



In the kindergarten class, we are learning about: Narrative Nonfiction.

Below are samples of students' personal narratives. Mrs. Bangert

All About Me
 My name is Aniyah.
 I live in Cedar Creek.
 I love to play at the Park.

All About Me
 My name is Celeste Deha.
 I live in Cedar Creek.
 I love to play at
 the carnival.

All About Me
 My name is Paislee.
 I live in Cedar Creek.
 I love to play
 with my toys.

My name is Siriso.
 I live in Cedar Creek.
 I love to play at
 the park.

My name is Siriso.
 I live in Cedar Creek.
 I love to play at
 the park.

All About Me
 My name is Celeste Deha.
 I live in Cedar Creek.
 I love to play at
 the carnival.

All About Me
 My name is Rodson Yardi.
 I live in China Town.
 I love to play with
 toys.

All About Me
 My name is Luna.
 I live in Turkey Creek.
 I love to play at
 the park.

My name Javier.
 I live in Carrizo.
 I love to play at
 the playground.

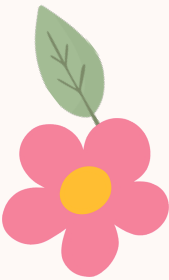
All About Me
 My name is Keiland.
 I live in Canyon Day.
 I love to play at
 the park.

All About Me
 My name is Isabella.
 I live in Cedar Creek.
 I love to go to the
 water park.

All About Me
 My name is Celeste Deha.
 I live in Cedar Creek.
 I love to play at
 the carnival.

All About Me
 My name is N'keil.
 I live in Canyon Day.
 I love to have fun.

All About Me
 My name is Tatum Case.
 I live in Canyon Day.
 I love to play at
 the park.



Cateteria Menu

April 2026
Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Hash Browns Turkey Sausage WG Tortilla Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Sausage Breakfast Sandwich Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Bagel Cream Cheese Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
6	7	8	9	10
Cereal: Honey Nut Cheerios Yogurt Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Cereal: Honey Nut Cheerios Yogurt Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Breakfast Wrap Egg, Cheese, Sausage Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
13	14	15	16	17
WG Turkey Sausage Breakfast Pizza Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Omelet WG Muffin Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Sausage/Pancake on a Stick Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Blue Combread with Jelly Scrambled Eggs Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Bagel Cream Cheese Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
20	21	22	23	24
Chicken Breakfast Slider (1 oz breaded, baked chicken patty, 1 WG bun) Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Granola Yogurt, Assorted Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG French Toast Sticks Turkey Sausage Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Cereal: Cinnamon Toast Crunch Cheese Slick Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Muffin Eggs Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
27	28	29	30	
Breakfast Wrap Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Yogurt Parfait Scrambled Eggs Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Hashbrowns w/ Turkey Sausage Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG French Toast Sticks Syrup Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Canned Fruit in Light Syrup WG - Whole Grain

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

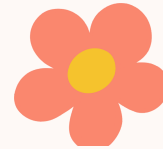
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April 2026
Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
BQ Pulled Pork on WG Bun Tator Tots Carrot Sticks Pineapple Tidbits Ranch Dressing, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl Coleslaw Corn on the Cob Apple Slices Banana Bread Square 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl Coleslaw Corn on the Cob Apple Slices Banana Bread Square 1% Lowfat White Milk or Nonfat Chocolate Milk	Cheseeburger on WG Bun Tator Tots Tossed Salad w/ Dressing Pasta Salad Peanut Cup Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Spaghetti w/ Meat Sauce Green Beans Pineapple Tidbits WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk
6	7	8	9	10
BQ Pulled Pork on WG Bun Tator Tots Carrot Sticks Pineapple Tidbits Ranch Dressing, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean & Cheese Burrito Salsa Cup Tossed Salad w/ Dressing Corn Salad Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	Pork Choppette Mashed Potatoes w/ Gravy Broccoli Banana WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Taquitos Spanish Rice Pinto Beans Salsa Cup Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Cheese Pizza Tossed Salad w/ Dressing Cherry Tomatoes Steamed Corn Peanut Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
13	14	15	16	17
Sloppy Joe on WG Bun Baked Sweet Potato Wedges Broccoli Whole Apple Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	Taco Soup w/ Spanish Rice Pinto Beans Shredded Lettuce, Tomato Corn Salad Banana 1% Lowfat White Milk or Nonfat Chocolate Milk	Breaded Chicken Patty on WG Bun French Fries Baked Beans Mixed Fruit Banana Bread Square Ketchup, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Stir-Fry Brown Rice Vegetable Egg Roll Baby Carrots Cinnamon Peas 1% Lowfat White Milk or Nonfat Chocolate Milk	Meatloaf Mashed Potatoes w/ Gravy Broccoli Pineapple Tidbits Fresh Grapes WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk
20	21	22	23	24
Crispy Beef Tacos Tossed Salad w/ Dressing Salsa Cup Black Bean Salad Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	Salisbury Steak Mashed Potatoes w/ Gravy Mixed Vegetables Peanut Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Cheese Quesadilla Spanish Rice Pinto Beans Tossed Salad w/ Dressing Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Penne Alfredo Broccoli Apple Sauce WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	NA Beef & Cheese Nachos Black Beans Salsa Cup Corn Salad Diced Peas 1% Lowfat White Milk or Nonfat Chocolate Milk
27	28	29	30	
Tenderloin Chicken w/ Brown Rice Edamame Broccoli Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Tenderloins Baked Sweet Potato Wedges Cauliflower Cinnamon Peas WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Chili con Carne Blue Corn Bread Peas Salad Shakers 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Fajitas on WG Tortilla Pinto Beans Baby Carrots Ranch Dressing 1% Lowfat White Milk or Nonfat Chocolate Milk	ENTRÉE w/ GRAIN-BLUE GREEN VEG.-GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG.- YELLOW OTHER VEG.-ORANGE LEGUMES- PURPLE

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Indigenous Food Hubs 2026 Harvest of the Month



MARCH: BEANS

CULTURAL SIGNIFICANCE

Beans have been an agricultural cornerstone for Indigenous communities across North America for over 4,000 years. Cultivated by numerous tribes ranging from the Woodland tribes to the Southwest, beans became a staple for nutrition, trade, and cultural practices.

Four major bean species were domesticated in the Americas: common bean, tepary bean, lima bean, and runner bean, each regionally significant.

THE THREE SISTERS

Central to the iconic Three Sisters planting method — beans, maize (corn), and squash — this companion technique was practiced widely by the Haudenosaunee, Cherokee, Ojibwe, and other tribes. Beans enrich the soil with nitrogen, support corn stalks, and complement squash for moisture retention. The Three Sisters are not only agricultural partners but also spiritual figures in many Indigenous myths, embodying cooperation and respect among plants and people. Corn, beans, and squash are considered three sacred sisters who live together and support one another. Corn stands tall, beans climb her stalk for support, and squash spreads wide to protect the soil. This story teaches cooperation and balance in both agriculture and community life.

STORIES AND SYMBOLS

- The Bean Clan exists within some tribes, such as the Hopi (Muribus) and Eastern Woodlands tribes like the Lenape, Shawnee, and Iroquois, appearing in dances and ceremonies.
- Tohono O'odham Tepary Bean Story: The white tepary beans are associated with stars in the night sky, symbolizing resilience and survival in harsh desert conditions. They were considered a sacred food that could endure drought, much like the people themselves.

NUTRITION AND FUN FACTS

Beans: the nutritional powerhouse!

- Great source of protein: Beans help build and repair muscles. A half cup has about 6–15 grams of protein.
- Lots of fiber: Fiber keeps your digestion healthy, helps you feel full longer, and can lower cholesterol. Daily fiber recommendations range from 25–35 grams. Beans provide 7–15g per cup.
- Packed with vitamins and minerals: folate (for healthy cells), iron (for strong blood), and magnesium and potassium (for energy and heart health), among others.
- Heart-healthy plant compounds: Beans have natural antioxidants that protect your heart, help keep blood sugar steady, and support a healthy weight.
- Low in fat and no cholesterol!
- Over 50 Indigenous bean varieties were cultivated historically, tailored to distinct climates and ecosystems.
- Traditionally, beans were dried for year-round storage, enabling food security through winter.
- Some tribes, like the Iroquois and Shawnee perform a Bean Dance, to celebrate planting and harvesting.
- The Cherokee Trail of Tears beans were carried via seed through forced displacement and preserved for generations, symbolizing resilience.
- Example of a traditional dish: Maple-baked beans flavored with indigenous maple syrup and kombu, reflecting Northeast culinary heritage.



Indigenous Food Hubs 2026 Harvest of the Month



MARCH: BEANS RECIPE FOR CHEROKEE-STYLE SUCCOTASH

DIRECTIONS

- If using dried beans:
 - Soak beans overnight (8–12 hours).
 - Drain, then place in a pot with fresh water. Simmer for 60–90 minutes until tender. Drain and set aside. (Skip this step if using canned beans.)
- Heat olive oil in a large skillet over medium heat.
- Sauté onion and garlic until softened (about 3–4 minutes).
- Add bell pepper and cook for 2–3 minutes.
- Stir in corn and beans. Season with thyme, salt, and pepper.
- Cook over low heat for about 15 minutes, stirring occasionally, until flavors blend.
- Serve warm or at room temperature.

COOK TIME

With dried beans: ~9–12 hours
With canned beans: ~25 minutes

SERVINGS

4 to 6

INGREDIENTS

- 2 cups dried lima beans (or black-eyed peas) or 3 cups canned beans (rinsed and drained)
- 2 cups fresh or canned corn
- 1 bell pepper, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1–2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt & pepper to taste



DIFFICULTY:

EASY MEDIUM HARD

QUICK TIPS

- Time-saver: Use canned beans to cut prep time to under 30 minutes. Or soak dried beans to reduce cooking time and improve digestibility.
- Flavor boost: Add fresh herbs or a splash of broth while simmering for extra depth. Or slow cook, as in succotash or baked beans, to enhance the flavor.
- Complete protein: Pair with cornbread or rice for a balanced meal.