

# End of School year



## CARDINAL NEWSLETTER



### YEAR IN REVIEW

We have had such a wonderful year at JFK. The students worked together and had fun on various activities throughout the year. They have worked very hard to learn new skills that they will take with them into next year.

### REMINDERS

- May 1: K-4th gr. Aquarium Trip
- May 5: School Board Mtg. @ 5:30 pm
- May 8: 5-8<sup>th</sup> gr. Aquarium Trip
- May 11: PAC Mtg. @ 6:00 pm
- May 12: Sports Banquet @ 5:30 pm
- May 13: Remedial Education Field Trip
- May 15: 8<sup>th</sup> gr. Graduation @ A.C.  
Dismissal at 11:30.
- May 19: JFK Field Day
- May 20: Principal's Honor Roll Trip
- May 22: 4<sup>th</sup> Qtr. Awards  
Last Day of School
- May 25: Memorial Day Holiday
- June 1: Day 1 of Summer School
- June 2: School Board Mtg. @ 5:30 pm



Congratulations  
JFK 8<sup>th</sup> Grade  
Class of 2026



Best wishes to you and all your future endeavors!  
The sky is not the limit; there are galaxies yet to explore!

"You're off to GREAT PLACES!  
Today is YOUR DAY!  
Your mountain IS WAITING  
So... get on YOUR WAY!"  
-DR. SEUSS

Best wishes in High School....



Be Safe,  
Have a great  
summer!



# End of School year

5th graders are my special group of students that have made my teaching experience more enjoyable. I will surely miss them. I have noticed a meaningful kind of progress towards growth across writing, math, and reading, that doesn't happen by accident. They have a good attitude about wanting to learn. It has built their confidence going into the next grade.

Students have created both opinion and argumentative pieces. Their paragraphs include introduction, reasons, conclusion and have personal expressive detail into their writing.

I am so proud of the hard work and perseverance in math, working through multi-step problems, fractions, and early algebraic thinking. They keep trying again through their mistakes, so it is good to see them push through in math.

Students have become better independent readers. Our focus has been on understanding deeper meaning in texts, building vocabulary, and supporting ideas with evidence. They are also responding to reading through writing, where they share their thoughts, opinions, and connections to the text.

Thank you for your ongoing support. Have a wonderful year with your family. Peace!

Ms. Rodriguez

Dear Third Grade Families,

As the school year comes to a close, I find myself reflecting on what a truly special year this has been. Your children have brought so much energy, curiosity, and kindness into the classroom each day, and it has been an absolute privilege to be their teacher. I've watched them grow not only as learners, but as thoughtful friends and confident individuals. From tackling new challenges to celebrating their successes, each student has made this year memorable in their own unique way. Thank you for your constant support and encouragement. I will carry many wonderful memories from this year, and I hope your children do as well. Wishing your family a relaxing, joyful summer and continued success in the year ahead.

With sincere appreciation,  
Mrs. Santiago

## Special Education Updates:

- \*Special Education is wrapping up the final annual IEPs for the school year.
- \*Fourth-quarter progress reports will be sent home by the last day of school, all BIE requirements have been completed for students receiving services.
- \*We are excited for our upcoming field trip on May 13th—students are looking forward to this event!
- \*Please join us for the final PAC Night on May 11th, where we will share a Special Education presentation. Food and incentives will be provided.
- \*Thank you for your continued support throughout the year. We hope to see your child during Summer School in June.

Ms. Grasso

# End of School year

Hey 2nd Grade Parents,

Congratulations to our class for winning the March Madness Attendance bracket, we won 5 weeks in a row! So proud of YOU parents and YOUR children!! Our award trip was a success. They had a awesome time and enjoyed pizza.

Math: We are going over telling time and counting money. They are enjoying and catching on. If you may allow them to practice at home counting your change would be great!

ULFI: Consonant Digraphs (when two consonants come together to make one sound) sh, ck, th, ch and wh.

ELA: Traditional tail legends

- Retelling and paraphrase texts in ways that maintain meaning and logical order.
  - Make Connections to personal experiences, ideas in other texts, and society.
  - Decode words with inflectional endings, including -s, -es, -ed, -ing, -er, and -est.
  - Writing brief comments on literary or informational texts that demonstrate an understanding of the text.
- Science: For the month of April, we had been working on the life cycles of ladybugs, frogs and a chicken. They had a good time with each project. We are going into planting starting Monday May 4th. I asked the children to bring a gallon of empty milk so we can plant.

I really enjoyed teaching your children, Mrs. K. Cosay

Dear Parent(s)/Guardians,

As the school year comes to an end, I want to take the time to thank you for allowing me to teach your child. This year went by so fast. The students have learned so much academically. I saw growth in their study skills, independent learning and their social-emotional growth.

As we approach the final weeks of school, we are working hard to finish strong in all subject areas:

- Math: We will be completing two remaining topic tests-Probability and Geometry-as well as the end-of-the-year assessment.
  - Reading: Students are finishing the last chapters of our book, followed by the book test and the My Perspective end-of-year assessment.
  - Science: Students will complete a science project and prepare for the end-of-the-year science test.
- The final weeks are busy and important, so please continue encouraging your child to attend school each day ready to learn and do their best.

Thank you for your continued support throughout the year. I wish you and your child a wonderful summer. And wish nothing but the best for the next school year.

Sincerely,  
Mrs. F. Morris

# End of School year

Mrs. Fall's April 6th Grade News

Our students have been working hard learning about multiple themes, central ideas, and analyzing details while citing evidence from stories related to our last topic in reading Extraordinary People. We will finish the last topic in May. In Math we finished geometry and have been working on Statistics. Statistics is our last unit in Math. In science we learned about Earth System Surfaces. We discussed weathering and erosion. Our students took their Math and ELA Summative tests on April 20, and 21st. I know they did well. The students took their time on the assessment. Our students will be going on a field trip to the aquarium in Scottsdale on May 8th. I can't believe they year is almost over. Thank you parents for all you have done to help my students succeed. They are an awesome class.

Mrs. Helen Fall

Dear Parent(s)/Guardians,

As the school year comes to an end, I want to take the time to thank you for allowing me to teach your child. This year went by so fast. The students have learned so much academically. I saw growth in their study skills, independent learning and their social-emotional growth. As we approach the final weeks of school, we are working hard to finish strong in all subject areas:

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The final weeks are busy and important, so please continue encouraging your child to attend school each day ready to learn and do their best. Thank you for your continued support throughout the year. I wish you and your child a wonderful summer. And wish nothing but the best for the next school year.

*Sincerely, Mrs. F. Morris*

# End of School year

Hello Parents!

Can you believe we are now into May? Where is time heading? There is so much that has happened in 4th grade this year and now we have entered 4th 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 and Informational Essays. Their hard work of learning new concepts and skills were presented on the BIE ELA Summative assessment last week.

Math was filled with Fractions and Decimals. 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. Last week was the BIE Math Summative assessment. It covered all topics in the math curriculum. Currently, math will continue with reviews and enrichments lessons.

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 and Science Spin newspapers, as well.

## REMINDERS:

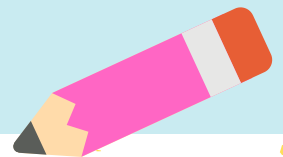
- K-4th Grade Field trip to Odysea, Scottsdale, Az. 7:30am-7:30pm. Light snacks, small backpacks, electronic devices, and spending money are optional. NO BLANKETS, PILLOWS, LARGE BAGS, TOYS, OR GUM.

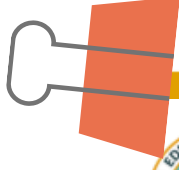
- The last day of school is May 22. Please remind your child that we are still following ALL SCHOOL/CLASSROOM rules with NO EXCEPTIONS. Toys should be kept at home. Do not bring snacks to school, unless there is a classroom event. Please send a doctor's note if your child is/was absent, due to an illness.

Now that we have reached the last four weeks of school, 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





## Indigenous Food Hubs 2026 Harvest of the Month



### APRIL: BLUEBERRIES

#### CULTURAL SIGNIFICANCE

Indigenous peoples have gathered and cared for wild blueberries for thousands of years. They dried the berries for winter, mixed them into corn dishes, and used the leaves, stems, and roots as medicine. Early colonists wrote about Native families sun-drying blueberries and making "soutaouing," a simple pudding of dried berries and cracked corn that may have been served at early harvest feasts in New England. Along the Northeast coast, lowbush blueberry fields — called barrenns — formed naturally and were later maintained through Indigenous controlled burns. These fires helped clear old plants, enrich the soil, and increase berry growth and biodiversity. Today, tribes such as the Micmac and Passamaquoddy continue this work with government and private partners, helping preserve these important coastal landscapes.

#### STAR BERRIES STORIES

Many retellings across Anishnaabe/Ojibwe and Northeast tribes say the Creator sent blueberries — called "star berries" for their five-pointed calyx — to help protect and feed children during times of scarcity. Families dried the berries and stirred them into corn dishes, honoring the berries as healthy gifts. Themes of gratitude, protection, and sustenance are consistent across regional stories that view blueberries as food, spiritual gifts, cultural connectors, and sustained symbols of continuity and respect for the land.

#### RESPECTFUL FORAGING

In the Pacific Northwest, some native Vaccinium (huckleberry) patches are on lands where tribes have treaty-protected gathering rights; be sure to follow local rules and avoid commercial raking that damages shrubs.

#### NUTRITION AND FUN FACTS

- Blueberries have more antioxidants than most other common fruits.
- Scientists say blueberries are one of the top antioxidant fruits — even more than strawberries or apples.
- Just 1 cup of blueberries has the same antioxidant power as eating:
  - 5–10 servings of many other fruits and vegetables
  - A whole bowl of apples or carrots
  - Nearly 2 cups of green grapes
- Blueberries are "brain berries." They contain natural plant colors called anthocyanins, which help protect your brain and keep it healthy as you grow.
- Blueberries have "belly fiber." One cup has about 4 grams of fiber, which helps digestion and keeps tummies happy.
- Blueberries are small but mighty. A kid-sized handful (½ cup) has:
  - Fewer than 50 calories
  - Vitamin C for strong immune systems
  - Vitamin K & manganese for growing bones
- Per 100 grams of raw blueberries:
  - Calories: ~57
  - Fiber: ~2.4g
  - Vitamin C: ~9–14mg
  - Vitamin K: ~19–29 µg
  - Manganese: ~0.3–0.5mg



## Indigenous Food Hubs 2026 Harvest of the Month



### APRIL: BLUEBERRIES

## RECIPE FOR WOJAPI (BERRY SAUCE)



**COOK TIME**  
20-25 Minutes



**SERVINGS**  
6-8

#### INGREDIENTS

- 4 cups blueberries (fresh or frozen)
- ¼ cup water (add a bit more if using fresh)
- 1–2 Tbsp cornstarch or arrowroot (optional, for thicker sauce)
- Maple syrup or honey, to taste

#### DIRECTIONS

A beloved Plains (Dakota/Lakota) sauce traditionally made with wild berries; this version uses blueberries for a simple, family-friendly topping.

1. Simmer: In a saucepan, combine blueberries and water over low heat; cook until berries break down into a sauce.
2. Thicken (optional): Whisk a spoonful of berry sauce into the cornstarch, then stir back in and simmer 1–2 minutes.
3. Sweeten: Add maple syrup (or honey) to taste.
4. Serve: Warm over cornbread, yogurt, pancakes, or ice cream.

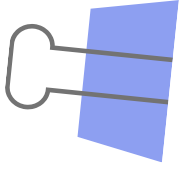
#### COOKING TIPS

Frozen wild blueberries have intense flavor and are perfect for sauces and baking; fresh highbush berries shine in salads and snacks. Wild (lowbush) blueberries from Maine/Eastern Canada are widely available frozen in grocery stores year-round, and are often labeled "wild."



#### DIFFICULTY:

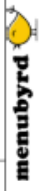
- EASY  MEDIUM  HARD



## May 2026 Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Yogurt Cup Granola w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Hashbrown Stackler Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg Omelette WG English Muffin Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Pancake on a Stick Symp Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
11	12	13	14	15
Bean and Cheese Burrito Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	French Toast Square Symp Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Turkey Sausage Breakfast Pizza Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Seasonal Fruit and Yogurt Parfait 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	WG Pancake Mini Bites Symp Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
18	19	20	21	22
WG Bagel Cream Cheese Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Sausage/Pancake on a Stick Symp Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Cereal: Honey Nut Cheerios Buttered Wheat Toast Jelly Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Scrambled Eggs Blue Cornbread Jelly Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Breakfast Sandwich Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk
25	26	27	28	29
MEMORIAL DAY No School	WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	French Toast Sticks Symp Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Cereal: Cinnamon Toast Crunch Cheese Stick Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk	Egg, Sausage and Cheese Wrap Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk

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



## May 2026 Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARICHY VEG- YELLOW OTHER VEG- ORANGE LEGBUMES- PURPLE	Canned Fruit in Light Syrup WG - Whole Grain	Cheseburger on WW Bun Tator Tots Broccoli Fench Cup Ketchup, Mustard, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Mac Casserole Cheesy WG Breadstick Garden Salad w/ Cucumber, Cherry Tomatoes, Dressing Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Breaded Chicken Pasty on WG Bun Sweet Potato Fries Baked Beans Mixed Fruit Ketchup, Mayo 1% Lowfat White Milk or Nonfat Chocolate Milk
11	12	13	14	15
Cheese Pizza Tossed Salad w/ Dressing Cherry Tomatoes Pasta Salad Fresh Orange 1% Lowfat White Milk or Nonfat Chocolate Milk	Crispy Beef Tacos (2) w/ Spanish Rice Pinto Beans Shredded Lettuce, Tomato Fench Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Corn Dog Mustard, Ketchup Sweet Potato Fries Mixed Vegetables Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef and Lentil Chili Blue Corn Bread Steamed Broccoli Mixed Melon 1% Lowfat White Milk or Nonfat Chocolate Milk	Meatloaf Mashed Potatoes w/ Gravy Green Beans Pineapple Tarts WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk
18	19	20	21	22
Taco Soup w/ tomatoes & corn WG Tortilla Diced Peas 1% Lowfat White Milk or Nonfat Chocolate Milk	Salisbury Steak Mashed Potatoes w/ Gravy Mixed Vegetables Fench Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tarts 1% Lowfat White Milk or Nonfat Chocolate Milk	Green Chile People WG Tortilla Black Beans Carrot Sticks Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
25	26	27	28	29
MEMORIAL DAY No School	Chicken Tenders Mashed Potatoes Broccoli Pineapple Tarts WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Sir Fry w/ Brown Rice Creamed Spinach Diced Peas 1% Lowfat White Milk or Nonfat Chocolate Milk	Sloppy Joe on WG Bun Sweet Potato Fries Celery Sticks Applesauce Ranch Dressing, Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Fajitas on WG Tortilla Refried Beans Baby Carrots Mixed Fruit Ranch Dressing 1% Lowfat White Milk or Nonfat Chocolate Milk

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Please note that menu options may be subject to change, as availability depends on our food supply orders.