

# JFK CARDINAL NEWSLETTER



<https://jfk.bie.edu>  
928-338-4593

## OCTOBER 2025

Ghaazhi'

Summer is gone, Winter is here

### Important Dates:

October:

- 3rd - End of 1<sup>st</sup> qtr.
  - 6<sup>th</sup> -10<sup>th</sup> - Fall Break - NO SCHOOL
  - 13<sup>th</sup> - Indigenous Peoples Day - Holiday- NO SCHOOL
  - 14<sup>th</sup> - School Board Meeting @5:30
  - 15<sup>th</sup> - Field Trip to Ostrich Farm
  - 17<sup>th</sup> - Red Ribbon Presentation
  - 20<sup>th</sup> - PAC Meeting @ 6:00
  - 22<sup>nd</sup> - (Tentative) 3<sup>rd</sup> -5<sup>th</sup> Field Trip
  - 24<sup>th</sup> -Parent/Teacher Conference
  - 27<sup>th</sup> - Nov. 1<sup>st</sup> - Red Ribbon Week
  - 29<sup>th</sup> - (Tentative) 6<sup>th</sup> - 8<sup>th</sup> Field Trip
  - 30<sup>th</sup> - Halloween Carnival @ 5:30
- Join us for Booths, Games,  
Concession, Cake Walk & Spooks!
- 31<sup>st</sup> - Halloween Parade

### 5th Grade News

5th graders are Awesome. Students are active in sports, girls volleyball and boys flag football. So far, they are winning, YAY.

For Language Arts:

Students are independently reading and analyzing text to help them comprehend reading. They have gained vocabulary by using context clues to find the meaning of words, which helped them to improve their writing skills.

For Math:

Students are working diligently, adding and subtracting decimals. Our next lessons will be fluently multiply multi-digit whole numbers. So important they know multiplication by heart.

For Science:

We have been focusing on Properties of Matter: solid, liquid, gas.

Ms. Rodriguez, teacher

### New JFK Royalty

**Miss JFK 2025-2026**

**Naomi Beatty**

1<sup>st</sup> Attendant: Kiersten Henry

2<sup>nd</sup> Attendant: Sophia Watts

**Missy JFK 2025-2026**

**Carson Williams**

1<sup>st</sup> Attendant: Zoey Perez

2<sup>nd</sup> Attendant: Isabella Ethelbah

**Congratulations to all participants!**

### Fall Break

October 6 -13, 2025

Have a Happy & Safe, Fall Break.

Take a break from your studies and enjoy the changing seasons.

We'll see you on Tuesday, Oct. 14, 2025.



## 4th Grade News

Fall Greetings!

Can you feel the little chill in the air? As we make the transition into a new month and new quarter, I hope your child has shared with you his/her daily routines and new knowledge they are learning.

Math is steadily progressing. We first reviewed Topic 1- Place Values and number positions up to One hundred Thousand and multiplying by the multiples of 10,100, and 1000. Topic 2 covered Addition and Subtraction with regrouping. We are currently in Topic 3, which has Strategies and Properties in Multiplication by 1-digit numbers, Partial Products, Arrays and Area Models, and Estimating products. The rest of this topic will consist of using Mental Math Strategies for multiplication and Problem Solving. Everyday your child completes a multiplication math drill sheet. I encourage you to make simple flash cards and practice the multiplication facts at home. You can also add in addition math facts to 20. This way your child will develop math facts fluency; which is part of the Math Standards.

Language Arts/ Reading is very fun and interesting. We are completing Unit 1. This unit is all about Autobiography, Biography, and Informational Text/ Features. These reading elements are an important part of the 4th grade curriculum. Everyday your child is immersed in reading a text, answering comprehension questions, completing Exit Tickets, Buddy Talk, and expanding on Writing elements and concepts. He/she is learning to use the RACES writing tool. This technique allows your child to break apart the writing process into a more in-depth writing experience.

Science has been fun! We have learned about Energy and its forms. Your child has participated in several experiments involving these forms of Energy: Heat, Cold, Transfer, Motion, Collisions, and Electrical Circuits. Each of these lessons presents a high challenging experience in how all energy is connected. Your child made observations from the lessons, took notes, and made conclusions based off of that experiment. October will include how humans use energy and the design and creation of a device. How exciting!

Here are some reminders: Please keep ALL TOYS at home. Lately, they have become distractions during classwork. Check your child's bag for items not allowed. There should not be any kinds of food or drinks. I may begin to do "bag checks" if our class continues to overlook this.

Thank you for all of your support for your child!

Mrs. Abril

## 2<sup>nd</sup> Grade News

A Quote by Ann Drake " I can smell Autumn dancing in the breeze. The sweet crisp chill of pumpkin and crisp sunburant leaves."

We are using different strategies in math to find the sum.

Reading - Informational text. Science - Weather UFLI- Lesson 24

Thank You, Ms. Pailzote

## Special Education

Please join us for a DES/DDD presentation during the PAC Night on Monday, October 20th which will cover an overview and eligibility of DES/DDD services. Reminder, on Friday, October 24th, first quarter progress reports will be distributed during parent/teacher conferences or sent home. The special education department is continuing to schedule annual IEP's, evaluations, and reevaluations - if your contact info has changed, please advise the office as well as special education teachers. If you need to reschedule a meeting, please let us know as soon as possible so that we can reschedule with other potential participants (speech/language, school psychologist, occupational therapist, admin, general education teacher, etc.) Keep a lookout for upcoming information on a special education parent/family night, as well as a special education field trip. Thank you for your continued support. Any questions or concerns please reach out to Ms. Grasso or Ms. Lewis.

## 8th Grade News

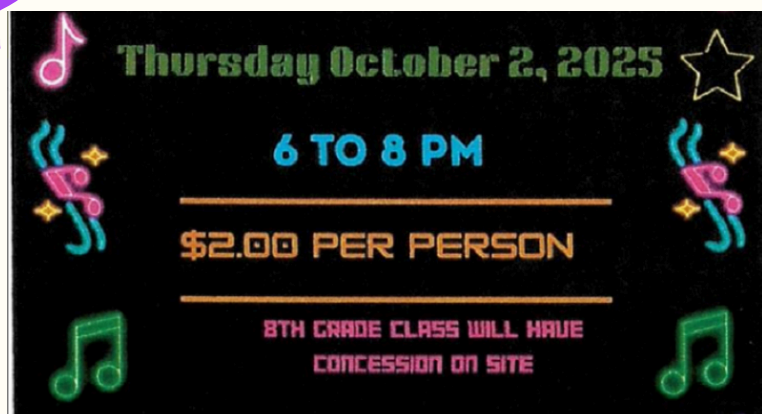
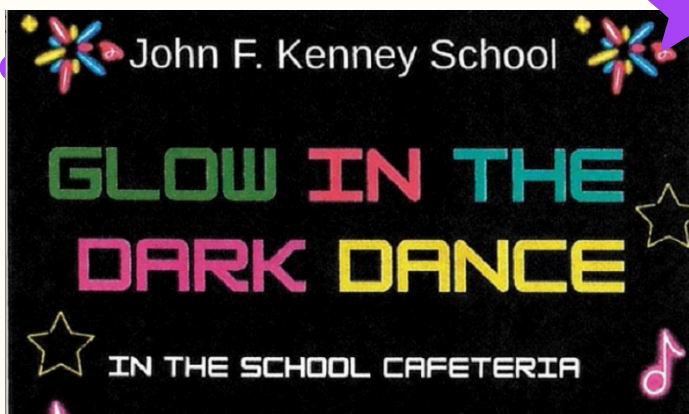
Hey Parents,

For our month of September, we just finished L' Amour Maybe Not in ELA, we have had whole group discussions, Partner-share discussions, Presentations in class, and all students did a closing of the story with writing a personal narrative of "what event changed your understanding of yourself, or of someone you know?"

As for Science, we have finished Climate change, The solar system and are now working on Chemical reaction. During the lessons students have created charts and most of the time they present to the classroom or to me individually. Every Friday we end the week with a quiz about the topic. I feel Science is what they enjoy the most.

Our 1st 8th Grade meeting was a success! We had great discussions about Fundraising events to reach our goal to travel to California for our end of the year trip. Our 1st BIG Fundraising event will be this Thursday October 2nd (GLOW in the Dark Dance) here in our GYM from 6-8 p.m. Admission will be \$2.00. We will have concessions on site and glow stick will be \$1.00. Come out with your family. Our next 8th grade meeting will be October 20th @ 5:00 pm.

Thanks, Mrs. K. Cosay



## 3rd Grade News

The third graders have been very hard workers this quarter. For the last two weeks, they have been taking their Online Assessments in math and ELA. They struggled but gained a better understanding of what is expected of them. Now they understand the grading system and their percentages. Please encourage your child to do their best as they take these online assessments in the near future and reward them.

Parents have been asking, "How can I help my child?" Parents can help by quizzing your child with their multiplication facts 0 to 10. Have your child read to you for about 30 minutes nightly and ask them questions about the story. Don't forget about our Parent/Teacher Conference and our annual Halloween Carnival. Have a restful and peaceful Fall Break with your child. Have a gentle week,

Mrs. Santiago

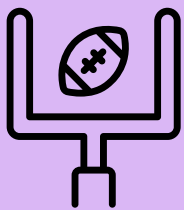
## Sports News

**Congratulations** to the 7th/8th Grade **Rim Rider League Volleyball Champions!**  
**All Tourney**–Joewell Taylor, **All Tourney**–Kiersten Henry, **MVP**–Nylla Cosay



**Saturday, 10/4/25:**  
**5<sup>th</sup> / 6<sup>th</sup> gr. Volleyball  
& Football Finals**  
**will be held @ CBQ.**  
**Go out & cheer on  
our Cardinals!**

The **7<sup>th</sup>/8<sup>th</sup> grade Flag Football Team** finished the season with **Runner Up.**  
**Congratulations!**



**Fri., Oct 24, 2025**

## **Parent/Teacher Conferences**

No school for students as Classroom Teachers will conduct Parent Conferences. Hope to see you there. 9:00 a.m. to 3:30

Parent-teacher conferences are a vital component of a child's education, especially at the elementary level. These conferences provide an opportunity for parents and guardians to connect with the teacher and discuss the child's academic progress, social development, and overall performance in school.

## **DO NOT PASS**



### **WHEN ARM IS EXTENDED & LIGHTS ARE FLASHING**

Arizona law requires motorists to stop when a school bus displays flashing red lights and extends its stop-arm signal. This applies to vehicles traveling in both directions on undivided roadways. Drivers must remain stopped until the bus deactivates its signals and resumes motion.

## **6th Grade News**

September has been very productive. The students were able to go and visit the farm and learn about ways to be healthy. They performed for Indian Day and received many applauds for their performances. The ladies performed the "Cotton Eyed Joe" and the Gentlemen performed the "Cupid Shuffle".

Academically the students have progressed in their skills and learned a great deal. In ELA the students learned about fictional and informational text. The students ended Unit 1 about Growing Up and have started Unit 2 about Natural Allies. In Unit 1 they learned about finding the Central Idea of the story, the Author's purpose for writing the story, and Plot, Conflict, and Resolution. They also learned about Pronouns and nouns, Latin prefixes and root words, and figurative language. In writing, they worked on their Personal Narratives. During math, they learned about Ratios, Unit Rates, and conversions. Science taught us about Potential, Kinetic, and other forms of Energy. They also started a science project where they will have to create a power point on a science subject they learned, conduct an experiment, and teach some younger students about what they learned.

Next month the students will continue to improve their reading and writing skills. They will learn about percents and rational numbers, and they will learn about Thermal Energy. I hope everyone has a restful fall break and I hope to see you all at Parent-teacher Conferences.

Mrs. Helen Fall; 6th Grade Teacher

Fri., Oct 24, 2025

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## Apache Class

This month we learned a lot about ourselves. One thing that was very interesting is learning what our grandparents had as a toy while growing up. Students went home and asked their grandparents, most were told a story. They were excited to share stories with the class. Most of the grandparents only had sticks and stones, just as my grandmother shared with me. Some grandparents went straight to work because there were no toys or anything to play with. Most grew up making mud pies and riding horses. There was a story behind each toy that was mentioned. Thank you for helping your kids discover themselves.

October Summer is gone winter is here  
Ghąqzhi ' shjį inásdjįd, hai nyáá

-Mrs. M. Melgar

## Facts/Recipe's/Menu

### Indigenous Food Hubs 2025 Harvest of the Month



#### SEPTEMBER: PUMPKIN

##### CULTURAL SIGNIFICANCE

Many tribes use the "Three Sisters" planting technique, with corn, beans, and squash (pumpkin) grown together. Each provides something the other needs for a harmonious and thriving environment. Some tribes roast long pumpkin strips over a fire for food or weave mats from dried pieces of the outer shell.

##### AT-HOME ACTIVITY

Try pumpkin for breakfast! You can make a pumpkin pie yogurt parfait with pumpkin, pumpkin pie spice, cinnamon and low-fat yogurt. You can also try a pumpkin smoothie with pumpkin, banana, yogurt, milk, pumpkin pie spice and a little honey. Add pumpkin to your oatmeal along with walnuts, raisins and cinnamon.

##### PICKING A PUMPKIN

- Choose a pumpkin with firm, tough skin, a stem attached, and no wrinkles, blemishes, mold or sunken spots.
- It should be heavy for its size.
- Store in a cool, dry place for up to 6 months.

##### NUTRITION AND FUN FACTS

- Pumpkin is a great source of fiber, potassium, and beta-carotene with no fat, sodium or cholesterol.
- One cup of pumpkin has 50% of the daily recommended vitamin C and 450% of vitamin A and is only 50 calories.
- The heaviest pumpkin in the U.S. was grown in New Hampshire in 2018 and weighed 2,528 pounds!
- There are over 45 different varieties of pumpkin.
- Every part of a pumpkin is edible.
- Pumpkins are 92% water.
- Pumpkins originated in North America approximately 9,000 years ago, with the oldest seeds found in Mexico, making it one of the oldest crops in the Western Hemisphere, along with corn.
- Technically a fruit (a berry), pumpkins are part of the winter squash family.



### Indigenous Food Hubs 2025 Harvest of the Month



#### SEPTEMBER: PUMPKIN PUMPKIN LENTIL SOUP

**COOK TIME**  
60-70 Minutes

**SERVINGS**  
10

##### INGREDIENTS

- 1 medium onion, minced
- 2 garlic cloves, minced
- 1-inch piece ginger root, minced
- 2 tablespoons olive oil
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 13-oz can coconut milk
- 1 carton (32 oz) vegetable broth
- ¾ cup crimson lentils, washed and drained
- 1 sweet potato, peeled and cut into chunks
- 1 15-oz can pumpkin puree

##### NOTES

Winter squash, like pumpkin, can be used to make this delicious, creamy soup. This soup is protein-rich from the lentils, which are hearty legumes similar to beans. Lentils make the soil they grow in healthier by adding nitrogen, which other plants use for food.

##### DIRECTIONS

1. Finely chop the ginger and garlic together.
2. Heat olive oil over medium heat in a large saucepan. Add the onion and sauté until transparent.
3. Lower the heat and add the garlic ginger paste. Sauté another 2 minutes, stirring constantly to avoid burning the paste.
4. Add the spices and sauté for a minute more.
5. Stir in the milk, stock, lentils, sweet potato, and pumpkin puree.
6. Simmer over medium-low heat for 40-50 minutes or until the sweet potato is soft. Stir occasionally.



##### DIFFICULTY:

EASY  MEDIUM  HARD