



JFK NEWSLETTER

SEPTEMBER 2026

Binist'anco (Big Harvest)



Mrs. Fall's 6th -8th English Language Arts Report

Hello I am Mrs. Helen Fall, the 6th through 8th grade ELA teacher. We have had a busy start to this school year. 6th Grade: We are studying literature with the overall theme of "Growing Up" for Unit 1 of My Perspectives. We are also writing personal narratives that go along with the theme. 7th Grade: We are studying literature with the overall theme of "Crossing Generations" for Unit 1 of My Perspectives. We are also writing personal narratives that go along with the theme. 8th Grade: We are studying literature with the overall theme of "Rites of Passage" for Unit 1 of My Perspectives. We are also writing personal narratives that go along with the theme. I am looking forward to watching these students grow in their abilities as readers and writers.

Mrs. Helen Ruth Fall; M Ed

JFK Cafeteria - Parent Reminder: Food Allergies

Parents/Guardians of students with food allergies: Please be aware that there is a **Food Allergy/Medical Statement form** that can be completed by your child's doctor and returned to the school kitchen.

Forms are available in the kitchen from

Mrs. Goklish.

Thank you for helping us keep our students safe!





Greetings from 4th Grade!

I am excited to be your child's teacher this year! There are 24 students who are ready to learn new concepts and skills. They are very inquisitive and keep me moving. We have learned so much these past five weeks of school. They have a busy schedule from 8am-3pm. This is a great way to incorporate the daily lessons and then to have conversations with them about what they learned.

Math is the first subject of the day. This week we started Topic c- "Using Strategies and Properties to Multiply with 1-digit numbers". Your child will also be able to solve problems using estimation, partial products, arrays, and mental math. Have your child practice their multiplication facts 0-12. I hope they are utilizing the chart I sent home in the first week of school. (It should be hanging on your refrigerator door)

ELA lessons contain reading text with follow-up activities and worksheets. Your child is familiar with Buddy work and will work with him/her to help each other comprehend their reading. We are learning about Informational Text in Unit 1. The unit consists of learning features of Informational Text: Purpose, graphics, pictures, charts, diagrams, details, and sequential/chronological order. Ask your child about one of the stories they have read this month.

Science is always fun! In the first few weeks, the students are becoming familiar with Energy Motion. They are learning the kinds of energy there are, comparing/contrasting, cause & effect, types of moving force, and speed. They will learn if adding variables will reduce or expand the energy of an object.

This year JFK is using a Social Studies curriculum that is part of Savvas. This subject is full of many kinds of historical and current lessons. The students are learning Geography and Landforms, maps, Early Americans, Ancient Tribes, and how all of these interact and shaped the civilizations as we know it today.

Reminder: Please call or send a note on days your child is absent from school. Sign up with Class Dojo if you haven't already. This is a free app that JFK will be using to communicate with parents.

**** Please check your child's bag each day for notes and homework. Also, your child should NOT bring any foods (snacks) to school, UNLESS it is part of a classroom party. Toys should be kept at home because they cause distractions during instruction time.**

I know the students are anxious and excited to learn. They bring joy with their smiles every day. We will have a great year!

Mrs. Abril





Greetings from Apache language class,

The month of August our students learned to do their self introductions and the community names in Apache. We talked about our emotions: happy, sad, mad, scared, etc. We reviewed the Pledge of Allegiance, body parts, colors and days of the week.

The letter A and B of the alphabet were introduced. Letter A included the words: Aasitini (police), acha (axw), ashlda'I (5). The words for B were, ban (bread), biih (deer), bit'aa (leaf), bek'e'ichiihi (pencil).

Ask your students questions about what they learned in Apache language class. Students were tested on the new vocabulary words after whole class review.

Reminder our annual Miss and Missy John F. Kennedy pageant will be held on Tuesday, September 15, 2026, at 6:00 PM in our gym. Also, our Indian day performances by the students will be on Wednesday, September 23, 2026, at 5:30 PM on school grounds. Bring your folding chairs and enjoy an evening with us.

Ahiyi'e Ms. Verge



You Are Invited

JFK MISS & MISSY PAGEANT
Tuesday, Sept. 15, 2026
6:00 p.m. @ JFK Sch. Gym

Admission will be charged at the door.
Adults: \$ 5.00
Children: \$ 3.00
4 & under Free

Doors will open @ 5:30 p.m.
JFK Student Council will host a Concession Stand.
Small Bills Are Appreciated.

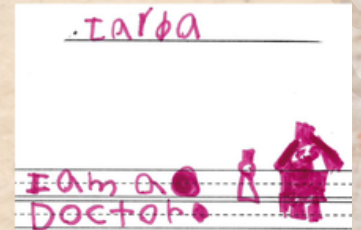
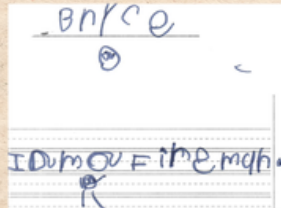
Native American Spirit Week: Sept 21-25

- 9-21-26 Monday - Native Print Day and/or Native jewelry.
9-22-26 Tuesday - Clan Day Wear the clothing color to represent your clan:
Eagle - Black, **Butterfly** - Yellow, **Roadrunner** - White, **Bear** - green
9-23-26 Wednesday - Moccasin Day. Return for the evening program in your full Native American Attire for your classroom performance.
9-24-26 Thursday - Western Attire
9-25-26 Friday - Camouflage Day (for our Apache US Armed Service men and women AND/OR for our skilled Apache Wildlife/Outdoor hunters.



OUR KINDERGARTENERS HAVE BIG DREAMS!

-MRS. BANGERT



Fantastic First Graders

First Grade is off to a strong start this school year! The first weeks of school we learned and practiced lots of procedures so that our day runs smoothly and we can maximize learning. We also gave many beginning of the year assessments in each subject. These assessments give us data that shows needs and growth. We are off to a steady start in our curriculum and already learning so many new things.

Just a reminder, if your child is sick, please don't send them to school! We had a severe cold that many students and staff got at the beginning of the school year, and it lasted for several weeks. We disinfect desks and wash our hands throughout the day, but cold germs are stubborn.

Thank you to all of the parents and guardians who diligently review and sign their child's homework and homework chart. It helps us keep parents aware of any weekly events and teaches the students routines and responsibility. The folders go home each day but stay at school over weekends and breaks. Don't forget, no school on Friday and Monday. I hope everyone has a safe and fun Tribal Fair!

Ms. Powell



FAYAL Fall 2026

Weds. 9/2	Result	Thurs. 9/10	Result	Thurs. 9/17	Result	Thurs. 9/24	Result	Thurs. 10/15	Result
WR @ CB		CB @ SM		CB @ TR		MN @ CB		CB @ JFK	
SM @ CBQ		WR @ TR		SM @ MN		TR @ JFK		SM @ WR	
JFK @ MN		MN @ CBQ		JFK @ WR		CBQ @ WR		TR @ CBQ	
TR - BYE		JFK - BYE		CBQ - BYE		SM - BYE		MN - BYE	

Thurs. 10/22	Result	Tues. 10/27	Result
SM @ TR		CB @ CBQ	
CBQ @ JFK		TR @ MN	
WR @ MN		JFK @ SM	
CB - BYE		WR - BYE	

All games start at 4:30pm.

McNary - Volleyball ONLY

TRS - Volleyball ONLY

Schedule is subject to change.

FAYAL League Finals	
Fri. 10/30	Round 1 @ High Seed
Sat. 10/31	VOLLEYBALL - Semi-Finals/Championships - Hosted by JFK
Sat. 10/31	FOOTBALL - Semi-Finals/Championships - Hosted by JFK

Teams	Team
Cradleboard	CB
Dischii'bikoh	CBQ
John F. Kennedy	JFK
McNary	MN
Theodore Roosevelt	TR
Seven Mile	SM
Whiteriver	WR

Fall Sports Schedule

RIM RIDER LEAGUE 2026 FALL SPORTS SCHEDULE

(FOOTBALL/VOLLEYBALL)

Week 1 August 14, 2026

TRS @ McNary
Vernon @ East Fork
Alpine @ JFK (8/13)

Week 2 August 21, 2026

Alpine @ Vernon
JFK @ McNary
East Fork @ TRS

Week 3 August 28, 2026

McNary @ Alpine (8/27)
TRS @ Vernon
JFK @ East Fork

Week 4 September 3, 2026

JFK @ TRS
East Fork @ Alpine
Vernon @ McNary

Week 5 September 11, 2026

Vernon @ JFK
TRS @ Alpine
McNary @ East Fork

September 18, 2026

Rim Rider League
Volleyball Tournament at
McNary

September 19 OR 25, 2026 (TBD)

Rim Rider League
Football Tournament @ TBD

***ALL GAMES ARE SUBJECT TO CHANGE IN ACCORDANCE WITH THE RIM RIDER LEAGUE HANDBOOK. GAMES ARE PLAYED FRIDAYS AT 1:00PM, UNLESS INDICATED.**



Bus Safety Rules

- The school bus driver activates flashing yellow lights to indicate the school bus is preparing to stop to load or unload students.
- At this point, motorists should slow down and prepare to stop.
- The school bus driver activates flashing red lights and extends the stop arm to indicate the school bus has stopped and students are getting on or off.
- At this point, motorists must stop their vehicles



Indigenous Food Hubs

2026 Harvest of the Month



AUGUST: POTATOES

CULTURAL SIGNIFICANCE

In the North American Southwest, Native peoples have gathered, traded, and tended a wild potato for more than 10,000 years, making it one of the region's oldest known foods, older even than corn, beans, and squash. It served as food, medicine, and a ceremonial plant. This historic potato is known as the Four Corners potato (*Solanum jamesii*).

TRIBAL FOODWAYS

- Tribes with a long history of caring for the Four Corners potato include the Pueblo (Hopi, Zuni, Tewa, and Zia), Diné (Navajo), Southern Paiute, and Apache.
- Traditionally, women gathered and processed the tubers.
- Diné (Navajo) simmer tubers with a mineral "potato clay" (glésh) to soften their naturally bitter taste.
- Tribal farmers are reviving and replanting the Four Corners potato in their gardens and communities.

ACROSS THE WEST

Escalante, Utah, was nicknamed "Potato Valley" by settlers for its wild potato fields. Tubers were traded across cultural landscapes, from Escalante and Bears Ears to Mesa Verde, Chaco Canyon, and into New Mexico, Arizona, and Texas.

NUTRITION AND FUN FACTS

- A potato is not a root — it is a tuber, a swollen underground stem where the plant stores energy.
- Potatoes grow "eyes," which are buds that can sprout into whole new plants.
- The Americas hold thousands of potato varieties in colors from purple and red to blue and gold.
- One "mother" Four Corners tuber can grow up to 600 tiny potatoes in a season. Its tubers can rest underground and sprout again years later.
- The Four Corners potato has twice as much iron, calcium, magnesium, and protein as a modern red potato.
- The potato is the 4th most important crop on earth after wheat, rice, and corn.
- Nutrition tip: Keep the skin on — fiber and potassium sit in or just under it. Potatoes are naturally fat- and cholesterol-free.
- A whole medium potato is approximately 120 calories and has 3g of protein, 26g of carbs, 3g of fiber, 26% of daily vitamin B6, and 33% of daily vitamin C.



Indigenous Food Hubs

2026 Harvest of the Month



AUGUST: POTATOES

RECIPE FOR HERB-ROASTED POTATOES



COOK TIME

35-40 Minutes



SERVINGS

4 to 6

DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment or lightly oil it.
2. Scrub the potatoes and cut into 1-inch chunks. Leave the skins on for extra fiber and nutrients.
3. In a large bowl, toss the potatoes with olive oil, salt, pepper, herbs, and garlic until evenly coated.
4. Spread in a single layer on the baking sheet, cut sides down.
5. Roast for 20 minutes, then flip the pieces with a spatula.
6. Roast for another 15–20 minutes, until golden and crispy on the outside and tender on the inside (a fork slides in easily).
7. Sprinkle with fresh parsley or green onion and serve warm.

INGREDIENTS

- 2 lbs potatoes (any kind), scrubbed — skins on
- 2–3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried rosemary or thyme
- 2 cloves garlic, minced (optional)
- Fresh parsley or green onion, to serve (optional)



COOKING TIPS

- Campfire version: Wrap seasoned potato chunks in foil packets and cook on medium coals for 25–30 minutes, turning once — echoing the old way many Indigenous peoples roasted tubers.
- Keep the skins on for higher fiber and potassium.
- Safety tip: Do not eat potatoes that have turned green or sprouted; cut off those parts. Store them in a cool, dark place to prevent greening and sprouting.
- For extra-crispy potatoes, don't crowd the pan.

DIFFICULTY:



EASY



MEDIUM



HARD

★★★ September ★★★★★ 2026 ★★★★★



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Early Release 12:30 PM	4 No School Teacher PD	5
6	7 No School Labor Day Holiday	8 School Board Meeting	9	10	11	12
13	14 PAC Meeting 6 PM	15 Miss/Missy Pageant 6 PM	16	17	18 All School Trip Apache Harvest Festival	19
20	21	22	23 Indian Day Program 5:30 PM	24	25	26
27	28 Fall Portraits	29	30		October: Fri. 2nd –End of 1 st Qtr. Thurs./Fri. 8th/9 th-Parent/Teacher Conferences Mon. 12th-No School Columbus Day Holiday Tues. 9 th – School Board Meeting Mon. 19 th – PAC 6 PM	