

Flagstaff Unified School District graduates more than 760 graduates

May 26, 2023

The Flagstaff Unified School District graduated more than 760 high school seniors on March 25-26 at the J. Lawrence Walkup Skydome on the campus of Northern Arizona University. Summit High School had 35 graduates, Coconino High School had 304, and Flagstaff High School had 424.

Superintendent Michael Penca congratulated the Class of 2023 on the culmination of their K-12 educational journey and graduation from high school.

"As you walk across the stage to receive your diploma, I hope you will reflect and be proud of the opportunities you had over the years to develop the skills and qualities needed for success in your future,"

*Continued on page 4 /
Graduates*

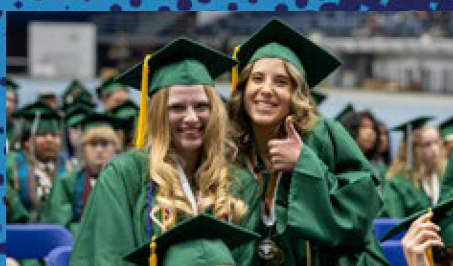


Flagstaff High School graduated 424 seniors on May 26, 2023, at the SkyDome at Northern Arizona University.

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A message from our SUPERINTENDENT



Superintendent Michael Penca is joined by the FUSD Governing Board members before the Coconino High School graduation at the Northern Arizona University's SkyDome on May 26, 2023. Back row, L-R: Board Member Erik Sather and Board Member Kristine Pavlik. Front row, L-R: Board President Dorothy Denetsosie Gishie, Board Member Carole Gilmore, Board Clerk Christine Fredericks, and Superintendent Penca.

End-of-Year Message

As the Flagstaff Unified School District (FUSD) closes the 2022-2023 school year, I want to express my appreciation to all of our students, families, and staff for the growth, resilience, and success we experienced together. Our students demonstrated dedication and ownership of their learning and were able to adapt to the disrupted schedules during the winter months to continue the development of the

skills and qualities that will serve them well in the future.

The support, understanding, and partnership from our families strengthened the opportunities provided at our schools and the connections within our communities. Our dedicated staff continued to go above and beyond to deliver engaging learning opportunities and support to students, created safe and conducive learning

environments, and kept our schools running smoothly. Your efforts and compassion have made a lasting impact on the lives of our students.

Please take time to reflect upon the memories created and knowledge gained during this 2022-2023 school year and celebrate the academic achievements and character development of our students. I am grateful for the years of service of our staff retirees and inspired by the perseverance and talent of our students, the Class of 2023. I wish the best for all the students and staff who will not return to FUSD next school year, and I appreciate that you chose to share your time and expertise with our district. I hope each of our students enjoy the summer break and time with family and friends, and consider taking advantage of the many extended learning opportunities that are provided by FUSD and our community partners.

Finally, as we look ahead to the next year, FUSD is committed to providing the best possible education and support for our students. I am excited about the opportunities that lie ahead to create even more inclusive, innovative, and challenging learning environments, and I look forward to reconnecting with our students, families, and staff prior to the first day of school of the 2023-2024 school year on August 9, 2023.

Sincerely,
Michael Penca
Superintendent



Our Goal

To enhance the educational experience of FUSD students with the help and support of alumni and local community resources

Our Impact

Since 2016, we have awarded nearly \$105,000 in grants

Supported 90 different projects and programs

Funded projects across 15 schools, K-12, equaling thousands of students

Visit us online to learn more:
www.fusdfoundation.org

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WATCH THE END OF YEAR VIDEO



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Stacie Zanzucchi retires as principal of Coconino High School

May 19, 2023

Stacie Zanzucchi is retiring as principal of Coconino High School and her last official day is June 30, 2023. Zanzucchi's 30-year career at FUSD began as a part-time Spanish teacher in 1993 at Knoles Elementary School.

Zanzucchi explained her career in education has been deeply rewarding for her, and she has loved her work with FUSD at every part of her journey.

"As a classroom teacher, I found joy in sharing my love for learning with my students," she said. "I was moved when I could help light a spark, and students experienced that 'aha' moment. I have always loved helping students grow into who they are and who they are meant to be."

"As a high school principal, I find my purpose to bring people together to make things better. I enjoy working with the school community to build a school where students feel a sense of belonging and where they thrive," she added. "There are so many things I enjoy about the work as a principal. Seeing smiles and being in an environment where teaching and learning happens every day, seeing passion and persistence from athletes and their coaches, to musical performances, art exhibits, robots, leadership development and so much more. Working with my purpose in mind and witnessing these things happen all around us is what I enjoy most about my job."

Zanzucchi said she is "pretty easily motivated."

"Learning new things, overcoming challenges, discovering new ways to do things, I am inspired by working with amazing people—



students, teachers, coaches, support staff, colleagues, parents, and the community," she said.

So, what is next for Zanzucchi?

"I plan to spend more time with my husband, who has been retired for nine years. I also plan to spend time with my four grown children and their children. We have five grandchildren and one on the way," she said. "I look forward to reading good books, cooking, traveling around the country visiting friends and relatives, riding my bike, and when time allows, skiing in the winter and playing golf in the summer."

Zanzucchi is proud to retire from FUSD and is thankful to the FUSD teachers for being part of her children's success.

"I have four grown children, all of whom attended and graduated from FUSD. I attribute their success as adults to their teachers and their educational experiences at FUSD," she said. "Three of my children graduated from Sinagua High School, and my youngest graduated from

**Continued on page 8 /
Zanzucchi retires**

Tari Popham, first principal of Sinagua Middle School, retires from FUSD

May 19, 2023

Tari Popham, principal at Sinagua Middle School, has retired after completing 36 years with Flagstaff Unified School District. Her last day was May 31.

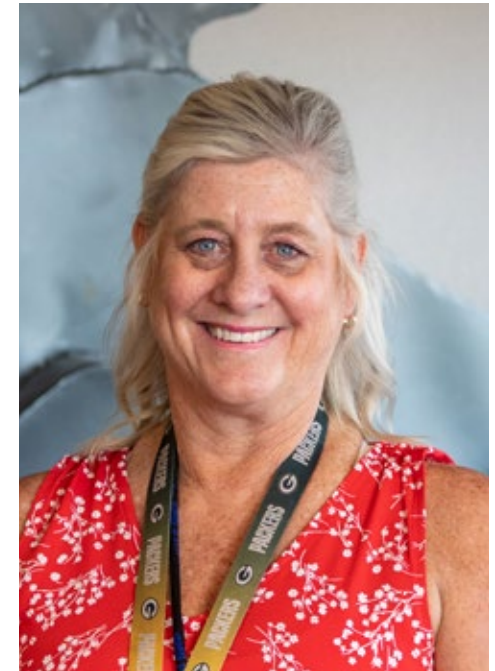
"I am heading to Wisconsin at 4 a.m. on June 1. My husband and I bought land in northern Wisconsin and plan to build our dream cabin where we will spend time with family fishing, kayaking, lake activities and more," said Popham. "We plan on spending six months in Wisconsin [in the] summer and six [months] at our townhome in Phoenix where we love to golf and spend time with family and friends. We are expecting our first grandchild, a little boy, and I am super excited to dedicate my time to being a grandma!"

Her history with FUSD spans decades. She explained her parents taught at FUSD for 30 years and her husband taught and coached for 25 years, and all three of her girls, Jayme, Terryn, and Maggy all graduated from Coconino High School.

As Popham leaves FUSD she reflected upon the many things she enjoyed and will miss about being a teacher and administrator.

"Most of all... [it] would be the kids. They are such a joy and I just love working with kids," said Popham. "Second to that would be the amazing admin team I have been fortunate enough to collaborate [with], become friends with and I hold them all in such high regard."

Popham overcame many challenges and obstacles through teamwork, a concept she is quite



familiar with firsthand being an athlete and coach.

"I love working as a team toward a common goal, which is all the better when it is a successful outcome," she said. "I also thrive on being the underdog. If someone says I can't do it or I can't help a certain kid, I love to find a way to overcome the obstacles."

She said she cherishes the many families, students, teachers, and staff that

"I cherish the many families, students, teachers, and staff that I have met over the years," said Popham. "I love that I was able to complete my entire career with FUSD and this mountain town. A cool fact — to date, I have been the only Sinagua Middle School principal, [and] Mr. Chris Koenker will be number two." 🌲



...Graduates/ From Page 1

said Penca. "You have demonstrated resilience, determination, and the ability to overcome challenges. Take time to be grateful for the encouragement and support you received from your families, teachers, and school staff. I wish you the best as you embark on new adventures and learning."

Principal Chris Koenker congratulated the graduates of Summit High School.

"Congratulations to the Summit High School class of 2023! Just think of all the things that you have experienced over the last four years. The trials of attending school virtually. Coming back to school while a pandemic was still occurring. The struggles and successes you had to go through to get to this day," said Koenker. "Through it all, you were persistent, brave, and tough. You didn't quit, even when that would have been an easy way out. I know that with all the skills you have developed, you will go onto even greater heights."

Principal Stacie Zanzucchi congratulated the graduates of Coconino High School (CHS).

"The Coconino High School graduating class of 2023 is an extraordinary group of students.



They have shown drive and commitment to earn their diplomas and walk proudly across the finish line to the commencement ceremony on May 26. The traditions of spirit and pride at Coconino High School run deep and the individual and collective accomplishments of the graduating class of 2023 make this legacy stronger than ever and set the standard for future generations," said Zanzucchi. "It has been a true honor to serve as the principal for the class of 2023, and I know these students will make the world a better place, just as they have left their mark on



Coconino High School and helped make CHS stronger than ever. On behalf of the faculty and staff at CHS, congratulations to the class of 2023. Go Panthers!"

Principal Libby Miller congratulated the graduates of Flagstaff High School (FHS).

"I would like to take a moment to congratulate Flagstaff High School's 100th graduating class!" said Miller. "This year's graduates have worked tirelessly through many challenges and have demonstrated courage, perseverance, and strength as they move into the next phase of

their life journey. They are a kind, compassionate and intelligent group of young adults who will undoubtedly make their mark on the world. Congratulations again to the FHS class of 2023!

IN THE NEWS: Flagstaff Unified School District celebrates 2023 graduate class that experienced range of pandemic | By Abigail Kessler | Arizona Daily Sun | May 27, 2023





GRADUATE HIGHLIGHT

May 20, 2023

Morgan Claw, Flagstaff High School

Morgan Claw's graduation from Flagstaff High School would not have been possible without the encouragement and support of his parents and a few of his favorite teachers.

"I thank my dad and mom... they taught me a lot... they always supported me," said Morgan. "My mom would always push me to do things, and my dad would always put me through hard work... build me... [provide me] the discipline that I needed."

Several teachers also positively impacted Morgan's high school career.

"One of the teachers I like to thank is Richard McEnaney. He's the orchestra, band, and guitar teacher at Flagstaff High School. I started in his class my sophomore year in guitar and I learned a lot from him. I went to orchestra my junior year, continued onto my senior year," said Morgan. "The way he teaches is kind of different from the other teachers because he's really harsh because it's music, but you learn a lot from him. He's just an amazing conductor."

"Another teacher is Mr. Joe Begay, he's a really cool teacher towards me... very lenient," added Morgan. "I really enjoyed being in his class. His stories... the way he speaks Navajo... it's interesting."

"Another teacher is my math teacher, Mr. Kevin Salmon," he said. "This year, he's been a really good teacher. I would always ask him questions... whenever I had a math problem that I couldn't do, I would always ask him, and he would always answer them in a way where it would be engaging, and I would learn a lot

from the way he talked. He always had time in class to talk to each student."

The last four years at Flagstaff High School have been enjoyable for Morgan.

"As a Native student, it's been exceptionally well in terms of me belonging here at Flagstaff High School. I would say my freshman year, it went well up to the first half, and COVID hit. My sophomore year, I didn't really get to experience that," he said. "My junior year is when I really started to experience high school, and it's perks. But my senior year, I started to excel, and I felt like I started doing a lot more. So, overall, it was pretty good."

Morgan was not involved in clubs, organizations, or sports, but he always did his own thing.

"I recently started a band with a friend who's also from the Leupp area, we did Battle of the Bands, and we auditioned for the Flagstaff High School's graduation ceremony, and we got a part," he said.

Morgan explained that the genre of music the band plays is thrash metal, and their main inspirations are Metallica and Megadeth. The band members are all Navajo Nation tribal members, including his brother, Jude Hawthorne; Wyatt White, also a senior and original band member; and Nicholas Lee.

After high school, Morgan plans to attend Coconino Community College, work toward an undergraduate degree, and get his core classes out of the way. He eventually wants to transfer to the University of Arizona in Tucson and major in solar electrical engineering.

He has always been interested in the subjects of math and science.

"It always sparked a curiosity in my mind toward those subjects," he said. "I participated in a program, the Native American Science Engineering Program, at the University of Arizona



Morgan Claw. (Photo by Matthew Toledo)

that helps Native students."

Morgan, 18, is from Leupp, Arizona, and is a Navajo Nation tribal member. His clans are 'Áshjìhi (Salt People clan), he is born to the Tábaqahá (Water's Edge clan), his maternal grandfather's clan is

Naakai dine'é (The Mexican clan), and his paternal grandfather's clan is Táchii'nii (Red Running into the Water People clan). His parents are Lavinia and Duran Cody. 🌲

GRADUATE HIGHLIGHT

May 20, 2023

Gustavo Del Villar, Coconino High School

Gustavo Del Villar, 17, is excited to complete his studies at Coconino High School and start his automotive technologies program at Universal Technical Institute (UTI) to become a diesel technician.

Gustavo explained that UTI is an auto mechanic school with several locations across the state, and he will be attending the location in the Phoenix area.

"It's a mechanic school where you can learn about automotive or diesel tech, welding, and building engines," he said. "They're going to start a new program next year, and they will teach about airplane engines. There's a lot of things you can do there at that school... a lot of things a mechanic worker can get their hands on."

Fixing cars and knowing how they work was always an interest for Gustavo for as long as he can remember.

"I would always like to get hands-on with motors and little motors like lawnmowers or cars," he explained. "I've always loved working on cars since I was a little kid. That's why I decided to do automotive and mechanic work."

After he completes school, he hopes to begin working in the field of his study and "find a really good paying job."

Gustavo spent all four of his high school years at Coconino High School and said he enjoyed his high school career.

My high school experience has been an adventure," he said. "I got to experience a lot. Every program there was great. All of my four years

were fun, and I enjoyed getting to know everyone."

Naturally, his favorite subjects and classes were automotive because he has always loved "messing around with cars."

"When I first started my freshman year, I saw that Coconino High School had a program for automotive as a CTE program. I joined, and I've been doing automotive for all four years of high school."

One of his favorite projects was when they took apart an old car, replaced everything, and put everything back together as a group assignment.

"That project was really fun," said Gustavo. "We learned a lot of things along the way while working on the car."

Gustavo's favorite teachers were Janet Chavez, his English teacher; Jeremiah Smith, his U.S. History teacher; and Robert Locke, his automotive, trade, and industry teacher.

"Ms. Chavez teaches juniors and seniors for English 11 and 12. I've known her for my whole life since I was a little kid. We have history with her, and my whole family has history with her because her whole family and my family know each other very well," he said. "She is a really supportive person, very helpful, and she's a loving and caring person for each student that goes to her class."

"Mr. Smith teaches 11th Grade U.S. History, and he really opens up with students," he added. "He'll give you quotes and personal information to help you get through [challenges]. He will be there for you if you ever need him. He's a really supportive guy."

"Mr. Locke runs the auto class at Coconino High School. He's really on you, but he's nice, and he will help you too if you ever need help with a problem," Gustavo added.

Gustavo thanks his teachers, especially Ms. Chavez, Mr. Smith, and



Mr. Locke, for helping him reach his goal of graduation. He also thanks his entire family for supporting him and pushing him to his limits to get to where he is today. Gustavo's parents are Gabriella De La Torre and Manuel Del Villar, and he is from Flagstaff, Arizona. 🌲

GRADUATE HIGHLIGHT

May 20, 2023

Jennifer Avalos-Kolodinsky, Flagstaff High School

Flagstaff High School graduate Jennifer Avalos-Kolodinsky, 17, plans to attend Arizona State University (ASU) in Tempe, Arizona, to study biology, hoping to work in genetics to help communities.

Jennifer selected ASU simply because Northern Arizona University was too close to home, and the University of Arizona was too far.

"I really enjoyed the ASU Tempe campus and how diverse it is," she said. "It's a great school... it's huge!"

As she completes high school and eventually college studies, she is already considering what she wants to do for a career.

"Right now, I'm thinking about being a genetic counselor or a genetic therapist, or even a sports therapist or sports physical therapist, or something like that," she said.

Jennifer reflected on her time spent at Flagstaff High School, and she said she enjoyed it.

"When I first went into high school, a lot of people told me that high school was a once-in-a-lifetime opportunity and experience, and I agree with that," she said. "I think there were obviously some ups and downs, but I truly enjoyed high school."

She said her favorite subject during high school was math.

"It was fun because of my teacher, Ms. Julia Wilson," she said. "This past year in high school, she made it incredible, and it was a lot easier to understand than I had initially anticipated. Math and science have always been my strong suit, and my grades show that."



Jennifer Avalos-Kolodinsky. (Photo by Michelle Badger Photography)

She is thankful to her teachers for helping her along the way, especially Assistant Principal Matthew Barquin and teacher Patti Pastor.

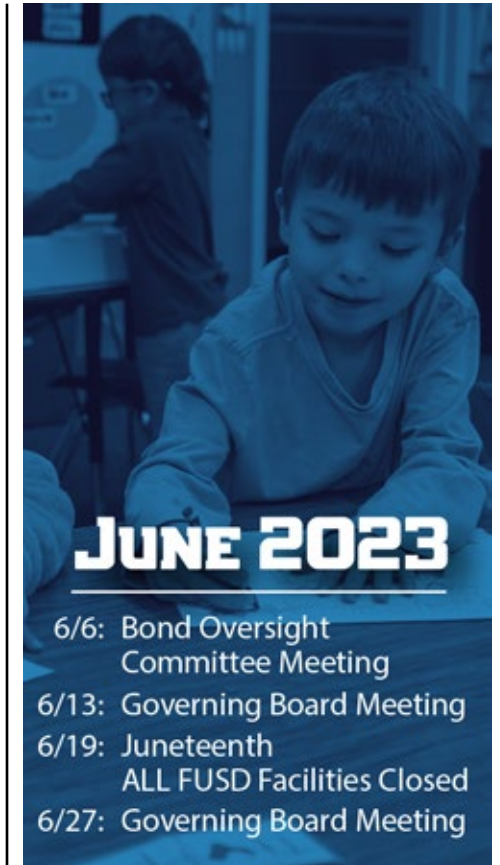
"Through my years at Flagstaff High School, Mr. Barquin has been one of the greatest influential people at my time here at FHS. He has helped me through thick and thin," she added. "I would also have to say Patti Pastor.

She was the culinary teacher for my first three high school years."

Jennifer also thanks her family for their support.

"I want to give a shout-out to my older brother, Quinn. When I first started thinking about high school,

**Continued on page 15 /
Avalos-Kolodinsky**



JUNE 2023

- 6/6: Bond Oversight Committee Meeting
- 6/13: Governing Board Meeting
- 6/19: Juneteenth
ALL FUSD Facilities Closed
- 6/27: Governing Board Meeting

...Zanzucchi retires/ From Page 3

Coconino High School the year of the merge when Sinagua High School was repurposed as Sinagua Middle School."

She said she considers herself privileged and honored to have worked for FUSD for the last 30 years.

"I learned that students are kind and brilliant, and I am forever grateful to have had the opportunity to work alongside young people and their parents with whom I have made some lifetime relationships," she said. "I am grateful for all teachers and my colleagues for sharing their passion, showing support, and for their friendship." 🌲

GRADUATE HIGHLIGHT

May 20, 2023

Beatrice Heirigs, Flagstaff High School

Flagstaff High School graduate Beatrice Philomena Heirigs, 18, is anxious to start her culinary studies at the Culinary Institute of New York at Monroe College. Her three-year bachelor's program focuses on hotel and restaurant management and an associate's degree in culinary science. Even better, she won a scholarship of approximately \$67,000.

She has always been interested in culinary arts and has been heavily influenced by her hardworking parents.

"I was born and raised in Flagstaff. My mother, Tracy Heirigs, is a local entrepreneur," said Beatrice. "She owns the Golden Hive, which is a honey and beeswax store downtown, as well as a pizzeria that she owned at one point called Alpine Pizza... we're no longer in possession of Alpine Pizza, but I've just had a lot of experience in local restaurants here in Flagstaff."

"My father does construction and woodwork, so I've grown up with a lot of hands-on manual labor kind of activities, and he taught me a lot about just discipline and work ethic," she added. "So, that's what kind of drew me to culinary and why I competed to gain a scholarship this year from Monroe College in New York City, which I'm really excited to attend in the fall."

Beatrice has been participating in the CTE programs since her freshman year.

"I took the CTE rotation, where I got to experience culinary, auto, mechanic, woodworking, early childhood development, and typing class," she said. "Then after that, I

tested out of Intro to Culinary and did Culinary 1 my sophomore year, and Culinary 2 in my junior year, and now competitive culinary for my senior year."

Her attraction to culinary arts is due to the strong camaraderie that can be established in the kitchen.

"There's a lot of people that will just help you in general, and I really believe in a strong work ethic and not just sitting at a desk all day," said Beatrice. "That's not really my style. I like moving around and making things with my hands. So culinary is a really good program for learning hands-on skills for actual restaurant experience."

She is still planning her future after college.

"There's a lot of different things I'm considering right now. Obviously, I'm open to whatever opportunities present themselves to me," she said. "But for now, I am really interested in doing private cheffing and doing live-in style chef assistance, as well as doing Michelin Star fine dining. I'm really passionate about quality food, but I'm interested in both pathways."

She is considering Telluride, Colorado, area for future work.

"I just really love that beautiful mountain landscape," she explained. "It reminds me of home, but even better."

Beatrice also explained that her high school career was very challenging, but she pushed through it.

"It's been difficult with COVID-19 and everything. In my sophomore year, my studies were impacted greatly, just because of online schooling, especially with culinary," she said. "I had a whole year where we weren't able to cook in the kitchen, so that was pretty tough. But I was surrounded by a supportive group of people including Ms. [Patti] Pastor, Annie Woods, Courtney



Smithson... they really supported me and encouraged me to keep moving forward and progressing despite the setbacks of COVID-19."

She is thankful for the guidance provided by her teachers throughout her four years at Flagstaff High School, especially her favorite teacher.

Patti Pastor, she's been my rock, basically a second mother to

me during my whole high school career," she said. "Every student in the culinary room has been really supportive. I've met a lot of really great friends through the program."

Beatrice said she is also thankful to the FUSD governing board for supporting the CTE program

**Continued on page 15 /
Beatrice Heirigs**

Superintendent Penca and Teacher Pat Moreno trade places for a day

United Way of Northern
Arizona, FUSD Workplace
Campaign

May 19, 2023

Superintendent Michael Penca and Pat Moreno, an English Language Specialist at Thomas Elementary School, traded places for a day on May 15.

Penca explained that this job swap was an incentive he offered as part of the United Way's workplace fundraising campaign.

"I [was] excited to spend the day supporting the learning of [Pat's] EL students at Thomas," said Penca, who prepared a schedule for Pat to experience a day in the life as Superintendent.

Moreno's schedule consisted of school site visits, a cabinet meeting, a meeting with an employee liaison, a call with the school district attorney, and lunch with her department director.

Meanwhile, Penca spent the day teaching.

"This was an amazing opportunity to spend the day at Thomas Elementary. The staff were so helpful in making sure I knew where to go, understood my schedule, and how to use the technology," he said. "The students were so eager to improve their skills, and I was impressed with how encouraging and supportive they were to one another. I hope Ms. Moreno's students understand what an asset it is to be bilingual, and I appreciate them teaching me some connections between languages."

Penca said getting to know Pat Moreno better through this experience was a treat.

"We met before trading places and then afterward to discuss our experiences. She is a gifted teacher who supports English learners at multiple grades, which means she must plan meaningful lessons for

multiple grade levels of students," said Penca. "I would be lying if I said I wasn't exhausted after morning recess duty and then groups of new students every 30-40 minutes throughout the day. I left Thomas Elementary with even greater respect for the efforts of our district's teachers."

"Pat has encouraged me to continue trading places at times with FUSD staff, and she provided me with some great suggestions for continuing to cultivate meaningful connections with both students and staff," Penca added.

Back at the district office, Moreno was also super busy being the superintendent. She admitted she was quite nervous about the swap.

"I was extremely nervous about swapping places with Superintendent Penca. I had no idea what I was getting into," she said. "At the end of the day, I can say it was a fun and eye-opening experience."

After a tour of the administrative center where she met staff, she joined a meeting of the EL staff.

"I was able to hear about the new and exciting future goals of next year," she said. "I am so fortunate to work with a group of individuals, especially Cindy Noble, who works so hard and truly cares about the welfare of our EL students."

Next, Moreno was taken on a tour of three schools—Pueblo de Hózhó Elementary School, Mount Elden Middle School, and Killip Elementary School.

"Like Thomas Elementary, each school had such a positive environment for the staff and students," she reflected. "It was apparent that the principals and staff members have a sense of pride in their schools. I could tell the students felt safe and welcomed."

**Continued on page 11 /
Superintendent Swap**



Superintendent Michael Penca and Teacher Pat Moreno trade places for a day on May 15, 2023. Photos, top: Penca works with students in Ms. Moreno's English Language class at Thomas Elementary School. Bottom: Pat Moreno, superintendent for the day, meets with members of the Superintendent's Cabinet.



Photos, top left to right: Pat Moreno meets with Kurt Steele, executive assistant to the Superintendent. Right: Michael Penca works with students in Ms. Moreno's English Language class. Bottom: Moreno meets with Christine Pierce from the United Way.

...Superintendent Swap/ From Page 10

Next, Moreno met with Denise Lowell-Britt, the school district attorney, to discuss how a lot has changed in the last five years and what major legal challenges schools face. She also met with some members of the superintendent's cabinet.

"They were posed with the questions, 'What current and future work are you most excited about?'" she said. "Each one had something significant to share. They work well as a team to support many integral parts of the district. I did not realize what their roles actually entailed and how they worked to accomplish current and future goals. They were so positive and excited about the future of FUSD."

Moreno said she had a positive experience with Superintendent Swap Day.

"It not only helped me to gain a better understanding as to what Superintendent Penca has to

accomplish in one day but also a better understanding as to how so many stakeholders work hard and are willing to face challenges to make sure that FUSD is a great district to be a part of. Their main focus is on our students," she said.

Superintendent Penca and Moreno met to debrief and share their experiences.

"It was great to hear Superintendent Penca talk about the positive experience he had at Thomas and how Principal Ginni Biggs and all the staff made him feel welcomed," said Moreno. "But most importantly, he felt proud that one of our first-grade students taught him how to roll his Rs in Spanish. I can honestly say that I never, in a million years, would have imagined being given such an opportunity in my career. I want to thank United Way for giving me this opportunity. I appreciate your support for our community and children." 🌲



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United Way of Northern Arizona, FUSD Workplace Campaign Prize Winners

April 13, 2023

Flagstaff Unified School District participated in the 2022 FUSD Workplace Campaign for the United Way of Northern Arizona and raised

\$9,170 to support local organizations and FUSD's KinderCamp.

Participants in this year's campaign were entered into drawings based on levels of giving, and the prize winners were Melanie Osborne of Flagstaff

High School, who won a 12-pack of Crumbl Cookies; Patricia Moreno of Thomas Elementary School, who won the opportunity to trade places with Superintendent Michael Penca; and Emmanuel Begay of the FUSD

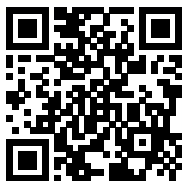
Transportation Department who won a hot pancake breakfast provided by the Superintendent. 🌲



SPORTS ROUNDUP

The Flagstaff High School Lady Eagles and the Coconino High School Lady Panthers played a rivalry game on May 4, 2023, at Coconino High School.

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Public forum at Marshall Elementary School

May 30, 2023

The Flagstaff Unified School District invites parents and community members to provide input regarding three options being considered for the location of the new Marshall Elementary School site. Please review the information regarding the sites, view the recording of the engagement session held on May 5, 2023, and complete the survey to provide input using this link to the FUSD website or scan the QR code to the right.

Eva Marshall Elementary School, constructed in 1952 and located at 850 N. Bonito Street, requires extensive repair and replacement of aged systems. The facility does not support the next-generation learning needs of its magnet and special education programs. Replacement/rebuild of the school is recommended, and funding for this project was approved by district voters as part of the 2022

Bond program. Relocation of the school may be considered due to safety concerns of students crossing Bonito Street, the current location of the school in the Rio de Flag floodplain, and the opportunity to address needed campus and parking improvements on the Flagstaff High School campus and community needs in the area. 🌲

Scan QR code to watch the recording of the Marshall Elementary Rebuild Project Family & Engagement Session, view the slideshow of the presentation, and to fill out the Site Selection Survey



FUSD FOOD SERVICE

What's Eating You? Let's Talk Takis

May 16, 2023

You may have seen social media posts circulating, your Instagram feed claiming that Takis are toxic to children and cause ulcers and even cancer. Is it true, though? The short answer is no. However, GI (gastrointestinal) doctors say that excess Takis can cause stomach upset and inflammation, even leading to hospitalizations in extreme cases.

Takis are a prepackaged snack of rolled-up tortilla chips coated in spicy flavoring, and kids seem unable to get enough of them. Sales have increased recently, with the most popular flavor earning \$141 million in sales in 2020. Takis have claimed their place in popular culture, demonstrated by Tik-Tok challenges, Taki merchandise, and even teaming up with Razor for Taki-themed scooters.

Although the claims that Takis lead to ulcers and cancer have been debunked, it is still important to eat them in moderation. Eating a lot of spicy foods daily can eventually lead to gastritis, which is when the stomach becomes inflamed. Most of the time, eating too much Takis will result in mild stomach aches and heartburn.

It is not just Takis that should be eaten in moderation — it's any processed snack foods. When kids graze on snack foods all day, it takes the place of meals and snacks that contain essential nutrients for their growing bodies. Having structure in place for three meals and planned snacks can help keep kids satisfied so that they are not filling up on processed snacks instead.

Below are some suggestions on how to eat Takis safely:



Practice moderation. One serving size is 12 Takis. Consider portioning out one serving into individual sandwich bags. Substitutions. Try substituting Takis with sunflower seeds, nuts, or popcorn and adding seasonings to spice it up. Try adding low-sodium Tajín or ground red pepper with cumin.

As with anything, practicing balance and moderation is key when eating Takis. Talk with your kids about how it makes their bodies and minds feel. Have a plan for meals and snacks to make sure your kids are nourishing their bodies. Takis can still be enjoyed, just in a way that makes us feel good and not sick.

Happy snacking. 🌲



SUMMER EATS

FREE MEALS FOR KIDS & TEENS

FIND A LOCATION NEAR YOU:

CALL
1-800-645-8333

TEXT
"FOOD" OR "COMIDA" TO 877-877

VISIT
WWW.MEALS4KIDS.ORG

DOWNLOAD
THE "SUMMEREATS" APP FOR IPHONE AND ANDROID

Summer meals are provided free of charge to children and teens 18 and under. No registration or I.D. necessary. This institution is an equal opportunity provider.

The Flagstaff Unified School District announces the sponsorship of the **Summer Food Service Program** for children. Meals will be provided to all children, ages 18 and under, without charge and are the same for all children regardless of race, color, national origin, sex, disability, or age and there will be no discrimination in the course of the meal service.

The summer meals program is a federal program. Due to changes at the federal level, we will no longer be able to offer Grab 'N Go meals, parent pick-up of meals, or multi-day meals. **Meals must be consumed on site.**

Meals will be provided at the sites, dates and times as follows:



FIND FREE MEALS NEARBY:

<p>Bushmaster Park 3150 N Alta Vista Dr., Flagstaff, AZ June 5 – July 21, Monday - Friday Lunch 11:30 am – 12:30 pm</p>	<p>Knoles Elementary School 4005 E Butler, Flagstaff, AZ June 12 – July 21, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:00 am – 12:30 pm</p>
<p>Coconino High School 2801 N Izabel, Flagstaff, AZ June 6 – June 30, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:00 am – 12:30 pm</p>	<p>Leupp Public School Leupp Road, Leupp, AZ June 5 – July 21, Monday - Friday Breakfast & Lunch 10:00 am – 12:00 pm</p>
<p>Cromer Elementary School 7150 E Silver Saddle, Flagstaff, AZ June 5 – July 21, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:30 am – 12:30 pm</p>	<p>Marshall Elementary School 850 N Bonito St., Flagstaff, AZ June 5 – July 28, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:30 am – 12:30 pm</p>
<p>Flagstaff Middle School 755 N Bonito St., Flagstaff, AZ June 6 – July 28, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:00 am – 12:30 pm</p>	<p>Mobile Haven Park 4280 N Hamblin, Flagstaff, AZ June 5 – July 21, Monday - Friday Lunch 11:30 am – 12:30 pm</p>
<p>Killip Elementary School 2300 E 6th Ave., Flagstaff, AZ June 6 – July 21, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:30 am – 12:30 pm</p>	<p>Thomas Elementary School 3330 E Lockett, Flagstaff, AZ June 6 – July 21, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:00 am – 12:30 pm</p>
<p>Kinsey Elementary School 1601 S Lone Tree, Flagstaff, AZ June 6 – June 30, Monday - Friday Breakfast 7:30 am – 8:30 am Lunch 11:00 am – 12:30 pm</p>	<p>This institution is an equal opportunity provider.</p>



...Avalos-Kolodinsky/ From Page 8

I really thought I was going to go to Coconino High School, and he is the one that persuaded me to go to Flagstaff High School, and I can't thank him enough for that."

Jennifer's parents are Jennifer and William Kolodinsky of Flagstaff, Arizona.

...Beatrice Heirigs/ From Page 9

throughout the years. She explained that she interviewed some governing board members and talked to them.

"Just hearing that they [governing board] support us... and everything that they do for our program is huge," she said. "The reason we have such an amazing program is because of people like that who fundraise

all the money and give us all the equipment that we need. So, I really like to point out my appreciation to the governing board."

She also thanks her family for their support.

"I thank my mother and my brother, specifically because my brother would support me a lot... he would drive to school every day... and he really took care of me," said

Beatrice. "My mom also taught me a lot about work ethic. She gave me jobs at a young age which provides me with an experience that set me ahead of a lot of other kids that are also going into the same profession."



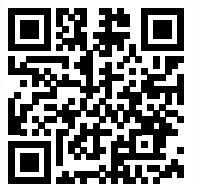
8th Grade Promotion at Mount Elden Middle School



8th Grade Promotion at Sinagua Middle School

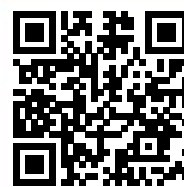


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STEM Celebration a success

The 2023 STEM Celebration was a success. The event featured 72 exhibits and over 2,500 attendees on April 29 at Fort Tuthill Fairgrounds.

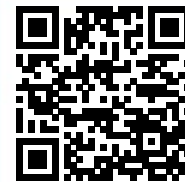
According to STEM City, the host of the annual event, the celebration highlighted businesses, schools, and organizations through hands-on

exhibits that allowed children and youth to experience and become excited about the wide variety of STEM learning opportunities throughout the greater Flagstaff region.

Learn more about STEM City and the STEM Celebration at www.flagstaffstemcity.com. 🌲



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Puente de Hózhó students showcase dances during Cultural Performance Night

Students at Puente de Hózhó Elementary School performed during their annual Cultural Performance Night on May 4, 2023, at Flagstaff High School.



3285 East Sparrow Avenue
Flagstaff, AZ 86004

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