

# FLAGSTAFF UNIFIED School District NEWSLETTER

November 2023

## FUSD teachers receive more than \$21,000 from Debbi Grogan Memorial Fund

November 21, 2023

The FUSD Foundation awarded over \$21,000 during their recent Debbi Grogan Memorial Fund distribution. The lucky teachers included Tammy Rauschenbach of Mount Elden Middle School, Karen Whitaker of Coconino High School, Linda Stamer of Marshall Magnet Elementary School, Joe Rauschenbach of Puente de Hózhó Elementary School, and Sierra Freeman of Knoles Elementary School.

Tammy Rauschenbach, an SEI teacher at Mount Elden Middle School, received \$8,599.00 to purchase musical instruments for her school's music program.

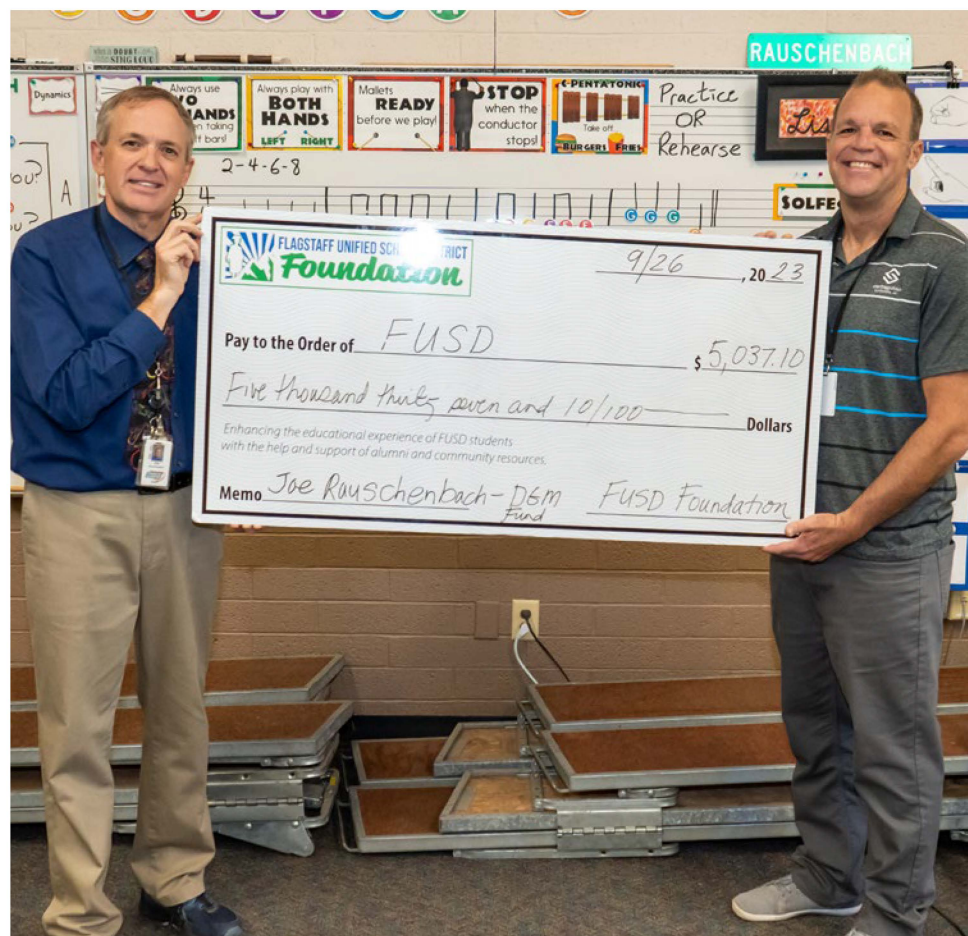
"At Mount Elden Middle School, we have a thriving instrumental music program, but many of our students are playing on instruments that are well past their productive life span," said Tammy. "Also, our cello players really need to have one instrument at school and one instrument at home, and we just don't have enough instruments to make that happen."

Tammy explained the Debbi Grogan grant allows them to purchase student model violins, violas, and cellos to help orchestra students participate with better sound, not only from their own efforts, but from the instrument as well.

"In addition to actual instrument needs, each musician needs strings, bows, rosin, and shoulder pads to play at maximum capacity and physical comfort," said Tammy. "When a set of strings runs from \$50.00 to \$400.00, depending on the instrument, this makes it difficult for students and schools to keep up. The grant will help to make sure that the new instruments are also maintained with proper supplies."

"The MEMS orchestra program is deeply grateful to the FUSD Foundation for its continuing support of public school music programs, and we hope that the community will consider adding more to the Debbie

**Continued on page 5 /  
Debbi Grogan Memorial Fund**



Music Teacher Joe Rauschenbach displays a large check showing the grant amount of \$5,037.10 that he received from the FUSD Foundation's Debbi Grogan Grant. He will use the funds to purchase musical instruments at Puente de Hózhó Elementary School. Pictured is Rauschenbach on the left and Principal Mark Culbertson on the right.

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## A message from our **SUPERINTENDENT** Communication

Throughout this school year, I will be highlighting and sharing with our community the ways both FUSD students and staff are cultivating the conditions for our District's Profile of a Learner skills (Critical Thinking, Communication, Empathy, Initiative, and Resilience) to flourish and prepare our students to be global citizens.

Why is Communication an essential skill?



- **Success in Academics:** Effective communication is crucial for success in school. It involves not only speaking and writing but also active listening and comprehension. Students who can communicate well are better equipped to understand and articulate complex concepts, leading to improved academic performance.
- **Preparation for the Workforce:** Communication skills are consistently ranked among the top skills employers seek in candidates. In the professional world, the ability to express ideas clearly, work collaboratively, and communicate with colleagues, clients, and superiors is invaluable.
- **Conflict Resolution:** Communication skills are crucial for resolving conflicts peacefully and constructively, which can create a safer and more productive learning environment.
- **Digital Literacy:** In the digital age, students must develop communication skills that apply to online platforms, including social media and email. This includes the ability to communicate clearly and responsibly in a digital environment.
- **Life Skills:** Communication is essential for maintaining healthy relationships, navigating everyday challenges, and seeking help and support when needed.



*Flagstaff High School students work on their campus garden restoration project.*

Emily Musta, a teacher at Flagstaff High School, shared an example of how Communication skills are incorporated into her teaching. "Students in Honors Biology worked for one month on our campus garden restoration projects in collaboration with TerraBIRDS. This is an ongoing project that builds from year to year. It requires initiative because students determine the goals of the project and design the steps to move forward. It also challenges students to utilize communication both with each other and with the school community to share the stories of the gardens and relate their importance," she explained. "This semester, students

worked in self-selected committees on engineering, soil science, plant ID, and storytelling. We hosted a garden tour for faculty, and students helped to invite all teachers to enjoy and make use of the garden spaces with their students. This project will continue next semester based on the initiative of students and the connections they have formed with these garden spaces."

FUSD staff recognize their crucial role in nurturing Communication skills by providing opportunities for students to practice and develop their abilities in various forms of communication, including speaking, writing, listening, and digital communication. 🌲

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## FUSD's 2023 A-F School Letter Grades

November 6, 2023

The Arizona State Board of Education released the 2023 A-F School Letter Grades for all public schools statewide. This accountability system measures year-to-year student academic growth, proficiency in English language arts, math, and science, academic achievement of English learners, and college and career readiness indicators.

"The Flagstaff Unified School District (FUSD) is pleased to share our data and A-F Letter Grade designations with our staff, families, and communities," said Michael Penca, superintendent of FUSD. "While we recognize the A-F Letter Grade formula relies mostly on

standardized tests, which do not tell the whole story of our students' performance and growth, FUSD respects the opportunity to be accountable for results. We are proud of the daily efforts of our students and our dedicated staff, who provide meaningful learning experiences and the support needed. FUSD is encouraged by the growth made by many of our schools since the last report."

"We will maintain a focus on our improvement efforts and the district's strategic plan areas of Graduate Readiness and Equity and Inclusion and continue to work in partnership with our families to achieve success for each of FUSD's students," Penca said. 🌲

2023 Grade	
Cromer Elementary School	C
DeMiguel Elementary School	A
Killip Elementary School	D
Kinsey Elementary School	C
Knoles Elementary School	C
Leupp Elementary School	B
Marshall Elementary School	A
Puente de Hózhó Elementary	C
Sechrist Elementary School	B
Thomas Elementary School	B
Mount Elden Middle School	C (Appeal)
Sinagua Middle School	C
Coconino High School	B
Flagstaff High School	B
Summit High School	B

## Marshall Magnet Elementary School, a finalist for the National ESEA Distinguished Schools Program

November 21, 2023

Marshall Magnet Elementary School is noted as an "A" rated school according to the 2023 A-F School Letter Grades, and this rating helped them qualify to be a finalist for the National ESEA Distinguished Schools Program. ESEA stands for Elementary and Secondary Education Act.

The Distinguished Schools Program recognizes qualifying federally-funded schools for positive educational advances and the outstanding academic achievement of students.

Alianah Ramirez, a first-grade teacher at Marshall, explained the Arizona Department of Education identified Marshall as a school eligible to apply for this prestigious

award because of their "A" rating and for their continuous growth over the last three years.

Ramirez said the application process included a rigorous written application, which was followed by Marshall's designation as a finalist for the state of Arizona, and eventually offered a site visit which occurred on November 13, 2023.

Principal Janelle Reasor was overjoyed upon hearing of their selection as a finalist.

"This is huge for us! This is huge for FUSD and this is huge for Arizona! I have been to numerous National ESEA Distinguished School presentations and have never seen

*Continued on page 7 /  
ESEA Distinguished Schools*

## Leupp Elementary School has the largest leap in 2023 A-F School Letter Grades

November 27, 2023

Leupp Elementary School had the biggest leap in the 2023 A-F School Letter Grades Report, they raised their letter grade from a "D" in 2022 to a "B" in 2023.

Ryan Chee, principal of Leupp Elementary School, said they put forth a great effort to attain the school letter grade of a "B."

"The intentionality of training our teachers and staff in LETRS, implementing and supporting research-based instruction, systematic review of student data, and approaching with targeted interventions, supporting student ownership of learning, and creating a collaborative culture among all our teachers, staff, and parents was the strategy," Chee said.

The entire school community is proud of their achievement.

"We took a moment to celebrate our achievement at Leupp Elementary with a morning school-wide assembly. We announced our school letter grade to our students, teachers, and staff," he said. "As a school, we highlighted our efforts and concluded with our school-wide cheer. We left the assembly on a high note, with the energy and desire to strive for greater heights."

The letter grade is a reflection of Leupp Elementary's collective efforts of students, parents, teachers, and staff.

"Our students deserve an opportunity to learn and develop

*Continued on page 7 /  
Leupp Elementary*



## MEMS teachers receive grants totaling \$12,599

November 5, 2023

Several teachers at Mount Elden Middle School received grants.

Trevor Hathaway, a science teacher at Mount Elden Middle School (MEMS), received a \$3,000 grant from Desert Financial Credit Union's 2023 Fall Semester Adopt-A-Teacher Program. He was selected out of 1,500 grant applicants and the grant is in the form of supplies throughout the semester to help improve his classroom.

Lora Lorentson, a math teacher at MEMS, and Scott Godwin, a sixth-grade teacher at MEMS, were recipients of the 2023 Arizona Public Service (APS) SupplyMyClass Awards in the amount of \$500 each.

Tammy Rauschenbach, an SEI teacher at MEMS, received a grant in the amount of \$8,599 to fund the purchase of musical instruments.

MEMS Principal Tammy Nelson said the total amount of grants received by MEMS teachers this semester is \$12,599.

"We are so proud of our teachers," Nelson said.

Hathaway explained the Desert Financial Credit Union grant was the most beneficial award he has ever seen and received as a teacher.

"I was luckily picked out of many other teachers in Arizona to receive this award," said Hathaway. "I was given a value of \$3,000 to buy anything I needed for my classroom. I could have bought a new desk or even furniture for the class. Being a science teacher at MEMS, [I] asked my colleagues in the science department what would be good to get?"

Hathaway said he ended up buying Neodymium magnets, Newton's cradles, and magnetic accelerators for his 7th-grade classes.

"I bought six brand new circuit

boards, a wave pendulum for 8th-grade science, and a bunch of new digital scales for the whole science department," he said. "The big buys were a gravity well and a new vacuum pump and chamber for all grade levels in our science department."

"I want to give Desert Financial a huge thank you! It was the easiest way I have ever gotten equipment for science class with no questions asked," he added. "Items were delivered within a week, and I was able to use most items already in my science class. I am so honored to have been picked for this award and it has really helped with getting amazing manipulatives in the classroom to help students learn about science."

Lorentsen explained she was excited to hear she was selected to receive the grant from APS.

"I heard about the award from my principal, Tammy Nelson. She forwarded the information via email to all the staff at the start of the school year. I filled out the application, which consisted of a brief questionnaire regarding information [about] myself and possible uses for the prize money,"

said Lorentson. "In September, I learned I won a \$500 gift card and a gift bag from APS! I plan to use the prize money on flexible seating options and math manipulatives for my students. Thank you, APS, for this wonderful gift!" 🌲

*Science Teacher Trevor Hathaway proudly displays some of the items he purchased with his \$3,000 grant from Desert Financial Credit Union. He purchased several Neodymium magnets, Newton's cradles, magnetic accelerators, and many other supplies for his 7th Grade classes at Mount Elden Middle School.*







*Photos, top L-R: Music Teacher Linda Stamer poses with students at Marshall Magnet Elementary School; and Karen Whitaker, band, orchestra, and choir director at Coconino High School poses with Assistant Principal Bob Kuhn, Assistant Principal Ninon Wilson, and Principal Tadd Ragan. Bottom L-R: Music Teacher Tammy Rauschenbach poses with her large check with Principal Tammy Nelson at Mount Elden Middle School; Music Teacher Sierra Freeman proudly poses with her students and Principal Pete Galvan at Knoles Elementary School.*

### ...Debbi Grogan Memorial Fund / From Page 1

Grogan Grant coffers when possible," Tammy added.

Karen Whitaker, band, orchestra, and choir director at Coconino High School, received \$3,000 to purchase violins for the school's orchestra program.

"In the past two years, I've only had a few violins to give to students who didn't own their own, and now I will have a good handful for students which is wonderful," said Whitaker. "The Debbi Grogan grant has been extremely helpful to buy more instruments we need for this

program, as well as other equipment that we have been very low on. This past year, I volunteered at the Brews and Blues Festival, and I plan on supporting this event every year."

Linda Stamer, music teacher at Marshall Magnet Elementary School, received \$1,963.03 to purchase musical instruments at her school.

"This grant money allowed us to purchase new band instruments for the beginning band," said Stamer. "The shape drums made it so that every kiddo has a drum when we learn and perform rhythms. The wireless speaker extends the PA system that we use at all our school performances. Thank you for

supporting music at FUSD schools!"

Joe Rauschenbach, music teacher at Puente de Hózhó Elementary School, received \$5,037.10 to purchase musical instruments.

"Our Puente de Hózhó music program is grateful for the Debbi Grogan grant funds we received this year. This generous gift will be used to fill in the gaps in instrument families like ukuleles, African drums, and xylophones that are used on a regular basis in the music classroom," said Joe. "When each child has their own instrument to play, they can share their individual creativity, adding their distinctive voice to their community and creating something

larger than themselves for which we all benefit. The instruments we received will continue to enrich our Puente de Hózhó community for years to come. Thanks again for this generous gift."

Freeman, the music teacher at Knoles Elementary School, received \$2,709.40 on behalf of her program to purchase musical instruments.

The Debbi Grogan Memorial Fund partners with The Flagstaff Blues and Brews Festival to create funding opportunities for FUSD music programs. Learn more about the FUSD Foundation at <https://fusedfoundation.org/>.





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## Special Olympics Bocce Tournament held at Coconino High School

**November 16, 2023**

Coconino High School hosted the Special Olympics Bocce Tournament on September 26, 2023.

Carol A. Sharp, a special education teacher at Sinagua Middle School, helped coordinate the tournament and explained that all the participants were winners.

The Youth Bocce Area Tournament for the Mountain area of Special Olympics Arizona comprises the state's northern region.

"Coconino High School has hosted the event for at least the past seven years with delegations coming from Coconino High School, Flagstaff High School, Sinagua Middle School, Payson High School, Heritage Middle School, Chino Valley High School, and Prescott High School," said Sharp. "The tournament represents the growth of unified sports in the Mountain Area, with unified teams outpacing traditional teams now. Unified teams are those with people with and without intellectual

disabilities (ID) competing on teams together against other unified teams. Traditional teams have all athletes on a team—athletes are those with ID."

Eight delegations competed, with a total of 192 competing. Sharp explained several teams came in first, second, third, and fourth place depending on the heat they competed in.

"First through third place teams [were] awarded gold, silver, and bronze medals, and fourth place [finishers received] ribbons," Sharp

said.

Sharp said the mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympic athletes, and their community. 🌲





## Flagstaff High School's Mountain Bike Team win third straight state championship

**November 19, 2023**

The Flagstaff High School Mountain Bike Team won their third straight state championship on November 5, 2023, at Fort Huachuca near Sierra Vista in southern Arizona.

Maurie Thompson, team director, was overjoyed with another successful season.

"Go Eagles! [Their] hard work during practices, [their] dedication to building skills and fitness, and [their] amazing attitudes and character led [them] to success," she said. "We hope [they] continue to have fun riding bikes with [their] friends.

We are thankful for all the time and energy the coaches and parents invested in [the] team and for the sponsors who supported us this season. We couldn't be a successful team without their help."

Thompson explained the team won all four North Conference races, which catapulted them to the state championship race.

"There are four categories of racing: varsity, JV1, JV2, and freshman for both boys and girls. The top eight scores for teams are calculated," she said. "Individual medals are awarded to the top five places in each category. Our team always had

multiple podium winners."

"In order to qualify for state, student-athletes need to compete in three of the conference races and the top 50 in each category, all seniors and all varsity athletes qualify for state," Thompson added. "This year, we had 36 student-athletes qualify for the state tournament."

There were 50 student-athletes and 25 coaches on the team. All the coaches are volunteers, the head coach is John Urkuski, the team director is Maurie Thompson, and the school faculty coaches are Kyle Gandy and Kevin Salmon. 🌲

### *Continued on page 3 / ESEA Distinguished Schools*

Arizona represented," stated Reasor. "I always knew Marshall belonged in that company. What a wonderful honor to even be in this position. I am so proud of what we have accomplished at Marshall for our students. Together, we rise!"

Ramirez explained during the visit, two Department of Education personnel were able to witness whole group and small group instruction, as well as Marshall's Magnet Monday Program and school leadership team meetings.

"The National ESEA Distinguished School Award goes to the top two schools in the state. Marshall was chosen as the #3 Title 1 school in the state out of 1,306 [schools]," said Ramirez. "Marshall is very proud of this recognition and it is only the beginning. The Arizona Department of Education noted that Marshall must participate in the process again next year."

Superintendent Michael Penca congratulated Marshall Elementary for their success and accomplishment.

"Congratulations on Marshall's designation as an Arizona finalist for the ESEA Distinguished Schools Program!" said Penca. "The Marshall team has worked so hard to create a thriving school community and intervention system that supports each student's needs." 🌲

### *Continued on page 3 / Leupp Elementary*

skills that will create life-long learners, possessing the passion and skill sets to contribute back to our communities," said Chee. "A tremendous thank you to our teachers and staff for the unyielding efforts for excellence. Tigers are bound for greatness! Go Tigers!" 🌲





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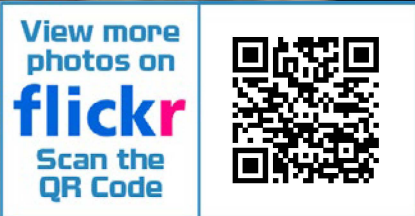


 **FLAGSTAFF UNIFIED**  
School District

## NATIVE AMERICAN HERITAGE MONTH

Flagstaff Unified School District celebrated Native American Heritage Month with various activities and events at school sites across the district. Photos, top: Miss Navajo Nation 2023-2024, Amy N. Reeves-Begay, visited students at Puente de Hózhó. Bottom: Flagstaff High School students show off their moccasins for "Rock Your Mocs Day" on November 13, 2023.





## Coconino High School junior receives Adventure Advocate Award

**November 21, 2023**

Elena Klopfenstein was awarded the Adventure Advocate Award by the Grand Canyon Regional Intertribal Intergenerational Stewardship Expedition (RIISE). Klopfenstein was recognized for her work with the Grand Canyon Trust's Rising Leaders Program during an annual Appreciation Celebration on November 9, 2023, in Flagstaff, Arizona.

Danya Gorel and Audrey Kruse, staff members with Rising Leaders, both mentioned Klopfenstein's demeanor of being inclusive, engaging, and dynamic, along with her overarching excitement about life on RIISE made her a stand-out participant. The RIISE program is a cultural river trip geared towards the native youth community.

Klopfenstein explained she is part of the Rising Leaders Advisory

Council with the Grand Canyon Trust, which is a program that provides youth the opportunity to develop skills in professionalism, advocacy, and leadership so they can contribute to the creation of a better and sustainable future for the Colorado Plateau.

"I'd love to thank RIISE, as well as the Grand Canyon Trust for all the work they do," said Klopfenstein. "I am honored to receive the Adventure

Advocate Award. I'll definitely be on the RIISE river trip again this summer."

Learn more about the Rising Leaders Program, scan the QR code below. 🌲







## Coconino High School students build mini altars in celebration of Día de los Muertos

**November 17, 2023**

The second "Day of the Dead Mini Altar Contest" was held during Hispanic Heritage Month in October at Coconino High School. The contest was an innovative way for students to express their creativity and learn about the cultural significance of Día de los Muertos, or Day of the Dead.

Francy Solarte, a Spanish teacher at Coconino High School, explained the contest was an excellent project for students to participate in to promote cultural awareness.

"As a school committed to fostering cultural awareness and artistic expression, we are enthusiastic about providing our students with

such opportunities," she said.

Solarte said the altar contest was a competition where students created beautiful and meaningful altars using a shoe box. Students paid tribute to a family member, a pet, or someone who contributed to society. The altar dedication was written in Spanish or their home language.

"This is an interdisciplinary project between Spanish and English Language Learner classes," she said.

The mini altars were on exhibit in the school's library from November 3-8 and parents and the school community had the opportunity to visit and view the exhibition and vote for their favorites.

The teachers that participated in

the contest and exhibition included Brisa Torres, who teaches IB International Baccalaureate Spanish Language; Nadege Neta, who teaches SEI Structured English Immersion for English learners; and Solarte, who teaches Spanish for Spanish Speakers 1, 2, and 3.

Solarte shared some feedback from students and parents who voted and answered the question, "What I enjoyed most about the exhibition was..." Some feedback included, "I enjoyed how creative and artistic everyone is." "I enjoyed reading why they were important and the visuals of everything." "I enjoyed the detail that people put into their altars and the lights."

"I loved seeing all the creativity and effort that these students put into their work." "I enjoyed a new experience... I love how this mini altar got people together to one culture... this was a beautiful experience." "I

*Continued on page 13 /  
Día de los Muertos*

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## Hispanic Hero Day at Marshall Elementary School

*November 21, 2023*

Marshall Elementary School students uniquely celebrated Hispanic Heritage Month by turning a basic spirit week into a week-long learning experience to learn about and appreciate the many Hispanic cultures and countries.

Alianah Ramirez, a first-grade teacher at Marshall Magnet Elementary School, explained spirit week featured Fútbol Friday, where

students wore their favorite soccer team jersey. They also had Si Se Puede or Yes You Can Day, where students wore college gear, and Hispanic Hero Day, inspired by Kinsey Elementary School, where students could dress as their favorite Hispanic role models. 🌟

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## Calvin Terrell presents at Killip Elementary School

September 21, 2023

Calvin Terrell, founder and lead facilitator at Social Centric Institute, spoke to students, staff, and families at Killip Elementary School on October 5-6, 2023.

On October 5, Terrell led a session called "RE-Spect to be Better than History." This session focused on engaging students through the use of crowd involvement, music, and deep introspection. He addressed concepts such as bullying, violence prevention, identifying prejudices, global leadership, and respect for humanity.

During an evening session, Terrell conducted a session called "FREEDOM to RE-Spect Community Night," where parents and guardians had the opportunity to discuss perspectives on violence and to receive information on the various

types of violence, such as emotional, mental, social, and physical. The goal of this experience was to spark introspection and healthy proactive action on the part of parents, families, and community members to collaborate with the school in creating holistically safe spaces for all to learn and thrive.

On October 6, Terrell led a session called "Evolutionary Education = Justice for All," a one-day and evening session for faculty and staff. He met with staff willing to share their perspectives on campus climate and culture and led a Q&A session with educators. The workshop was focused on activities and ideas for building trust, honoring individuality, and sustaining teams.

Learn more about Calvin Terrell and his work as a coach, consultant, speaker, and trainer at <https://www.calvinterrell.com/>.



## Brayden Chee wins roping title once again

November 14, 2023

Brayden Chee, a fifth-grader at Leupp Elementary School, had another great showing and won at the Indian National Finals Rodeo as the Jr. Looper Dummy Roping Champion in Las Vegas, Nevada, on October 28, 2023. Last year, he also won the same category but in the 7-9 age division.

Serena Warren, Brayden's mom, explained this was his first year in the 10-12 age division.

"Brayden won a saddle, cap, and a new rope after roping 30 feet behind the roping dummy," she said.

This last win was certainly a continuing challenge for Brayden as he overcame a roping accident last year in November 2022 that severed his thumb which was surgically

re-attached. Since then, Brayden insisted on continuing to rope learning how to rope with his pointer and middle fingers instead of using his right thumb.

The 10-year-old roper is featured in several news articles including The Team Roping Journal, <https://teamropingjournal.com/ropers-stories/no-thumb-no-problem/> and ABC 15, <https://www.abc15.com/news/uplifting-arizona/9-year-old-loses-thumb-one-month-before-winning-roping-championship>.







## Kinsey Elementary School receives donated school supplies from the Northern Arizona Association of Realtors

**November 18, 2023**

Northern Arizona Association of Realtors recently donated school supplies to Kinsey Elementary School.

Principal Ellen Herman explained the donations would support student needs in the classroom and teacher instruction.

"On behalf of the Kinsey Hotshot community, I want to express our deepest gratitude for the generous donation of school supplies," said

Herman. "Your support plays a vital role in enhancing the educational experience for our students. With your help, we can ensure that our students have the tools they need to thrive in their learning environment."

"Thank you for making a positive impact on the lives of these young learners," she added. "Your generosity inspires us and reinforces the strength of our community." 🌿

**BE SMART**

**Secure**  
all guns  
in your home  
and vehicles

**Model**  
responsible  
behavior  
around guns

**Ask**  
about the  
presence of  
unsecured guns  
in other homes

**Recognize**  
the role  
of guns  
in suicide

**Tell**  
your  
peers to  
be SMART

For more  
information  
on what you can  
do to keep kids  
safe, visit:

**BeSmartForKids.org**

National Injury Prevention Day was on November 18, 2023, and it is designated as a time to raise awareness about childhood injuries and to learn ways to keep children safe.

The BeSMART campaign is just one way to learn how to keep children safe by securing firearms and storing them safely. You can learn more

about the BeSMART campaign by reviewing their website. They also offer free gun locks and brochures in English and in Spanish. 🌿

**LEARN MORE**



### *...Día de los Muertos / From Page 10*

am very impressed with the student creativity."

"We think that parents' attendance played a significant role in making this event even more memorable for our students and it encouraged us to continue promoting cultural awareness and artistic expression," Solarte said.

The Culinary Arts III class also provided pan de muerto, the traditional bread of this celebration, and hot chocolate, during the exhibition under the guidance of Teacher Janeille Buckley. Club M.E.Ch.A or Movimiento Estudiantil Chicano de Aztlán, under the direction of Teacher Janet Chavez, helped with the exhibition set up and they also greeted attendees and helped to clean up after the event.

The contest winners included: First Place, Selena Quintanilla by Students Daniela Hernandez, Juan Mora, and

Yazmin Hernandez; Second Place, Jenni Rivera by Students Carmen Castruita and Cristal Maldonado; Third Place, Vicente Fernández by Students Marlen Amador and Selene Herrera; and Honorable Mention, Frida Kahlo by Felice Ortiz.

The Jury Recognitions included: Ariel Camacho by Yuliana Escobar; Vicente Fernandez by Students Emily Lachowitz, Ayana Leyva, and Savina Iñiguez; Jenni Rivera by Students Yazmin Díaz and Yadira Morales; Yolanda by Isahi Moreno; Chapo (pet) by Deisy Delgado; and Chadwick Boseman by Students Eva Wilke and Yadira Ortiz.

Prizes included gift cards from Walmart, Dairy Queen, Las Gordita Mexican Restaurant, and Dutch Bros.

Plans for next year's contest and exhibition are in the works, and Solarte said one of the art teachers wants to participate next year, which is exciting because it is an interdisciplinary collaboration in action. 🌿



## FUSD FOOD SERVICE

### What's Eating You? DGAs

November 1, 2023

The Dietary Guidelines for Americans, issued by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, are recommendations for promoting good nutrition and overall health for people of the United States. Typically revised every five years, these guidelines are designed to help individuals make informed food and beverage choices for a healthier lifestyle. The guidelines serve as a valuable resource for healthcare professionals, policymakers, and the general public, offering evidence-based recommendations to support better nutrition and reduce the risk of chronic diseases like heart disease, diabetes, and obesity. By following these guidelines, individuals can make informed choices to improve their overall health and well-being.

The Key Principles of the Dietary Guidelines include a balanced diet, caloric intake, limited added sugars, limited sodium, healthy fats, food safety, and personalized choices.

Key Principles for Children and Adolescents (Ages 2-18) includes:

- **Variety of foods:** Encouraging children to consume a variety of fruits and vegetables from all food groups to ensure they receive a broad range of nutrients.
- **Fruits and vegetables:** Emphasizing the importance of fruits and vegetables in a child's diet for increased vitamins, minerals, antioxidants, and fiber.
- **Whole grains:** Recommending whole grains as a source of fiber and nutrients and suggesting that at least half of the grains should be whole grains.
- **Lean proteins:** Encouraging the consumption of lean sources of proteins such as poultry, seafood, eggs, beans, peas, and nuts.
- **Limited added sugars:** Stressing the importance of limiting added sugars in children's diet, including sugary drinks and snacks.
- **Modeling healthy eating behaviors:** Encouraging parents and caregivers to be role models by following healthy eating habits, which can influence students' food choices and eating behaviors.
- **Physical activity:** Recognize the importance of physical activity in children's overall health and development, and recommend age-appropriate levels of activity. The recommended amount is 60 minutes of moderate to vigorous physical activity.

FUSD's Child Nutrition Programs Department is following these guidelines in breakfast and lunch menus. FUSD follows the School Breakfast Program and National School Lunch Program, which advocates for whole grains, protein, fruits, vegetables, and limited sodium and sugar. 🌲

**Resources:** [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf); <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>. This article was submitted by Taryn Kunkel-Lykins with FUSD Food Service.

**DGA** | Dietary  
Guidelines  
for Americans  
**2020 - 2025**

Make Every  
Bite Count With  
the *Dietary  
Guidelines*



**Learn more about FUSD  
Food Service, click the  
QR code to the right.**



**SCAN ME!**





# School Closure and Delayed Start Information

November 2, 2023

As we prepare for the upcoming winter months, the Flagstaff Unified School District wants to inform you of possible weather-related schedule changes for students so you can plan ahead. These alternative schedules were developed by FUSD staff to respond to winter weather conditions and plan for the safety of students and staff traveling to and from school. Additional factors considered in making the decision to delay or cancel school include weather forecasts, road conditions and closures, impact on instruction and scheduled activities, timelines for mobilizing communication, and changing bus routes.

FUSD will first post notifications of a Delayed Start or School Cancellation on [www.fusd1.org](http://www.fusd1.org) and all of our social media platforms (Facebook, Instagram, and Twitter) when a decision is made. Phone calls, e-mails, and text messages to FUSD parents and team members will be sent at 6:00 a.m. in the event of a schedule change.

► **Delayed Start:** School starts two hours later than the regular start time at each building. Morning buses run two hours later than normal on delayed start days. Afternoon dismissal time and school bus runs will be the same as a regular day. If a Delayed Start occurs on a scheduled Early Release Day, the early release is canceled. Morning FUSD Preschool classes, if held at your school, will be canceled when a two-hour delay is in effect. We ask for your cooperation to not bring your students to school early on Delayed Start Days unless they are already scheduled to attend FACTS.

► **School Cancellation:** All classes and school activities are canceled for students. In the event school is canceled, snow make-up days have been designated on the 2023-2024 school calendar. Days will be made up in the following order: April 22, 2024 and May 10, 2024.

**School Delayed Start Times:** Please refer to the table to the right for the two-hour delayed start time for each school site.

**Transportation:** To view bus arrival information, sign up for *Here Comes the Bus*, <https://herecomesthebus.com/parents/get-started/> (In order to register your student, you will need the District Code, 83662, and the 16-digit code found on the back of your student's bus pass.)

**Breakfast:** On delayed start days, breakfast will still be available for students two hours later than normal. If breakfast is typically served in the cafeteria at your student's school, breakfast will be available in the cafeteria as normal. If your student's school does not serve breakfast in the cafeteria (i.e. breakfast is served in the classroom), we ask that students go to the cafeteria to receive breakfast. Meals are not delivered to classrooms on two-hour delay days.

**FACTS Program:** The District's FACTS before and after school program will operate at each elementary school for FUSD students (ages 5-12) already scheduled for FACTS when we have a delayed start. On the delayed start days, the FACTS Program will open at 7:30 a.m. and stay open until the start of school. FACTS will be closed on all Snow Cancellation Days. For more information on FACTS, please visit their website, [www.fusd1.org/facts](http://www.fusd1.org/facts) or call (928) 527-6180.

School	Delayed Start Time
Cromer Elementary School	11:00 a.m.
DeMiguel Elementary School	11:00 a.m.
Killip Elementary School	11:00 a.m.
Kinsey Elementary School	11:00 a.m.
Knoles Elementary School	11:00 a.m.
Leupp Elementary School	10:30 a.m.
Marshall Elementary School	11:00 a.m.
Puente de Hózhó Elementary	9:50 a.m.
Sechrist Elementary School	11:00 a.m.
Thomas Elementary School	11:00 a.m.
Mount Elden Middle School	9:50 a.m.
Sinagua Middle School	9:50 a.m.
Coconino High School	10:00 a.m.
Flagstaff High School	10:00 a.m.
Summit High School	9:40 a.m.

**Alternate Bus Stops:** Winter bus stop locations are subject to change in the Munds Park, Mountaire, Kachina Village, and Mt. Elden Lookout Road areas. Families that live in these areas will be notified of bus stop changes the night before or the morning of by 6:00 a.m. Any additional information will be shared with these families as needed.

**After-School Activities:** When necessary, after-school activities may be canceled due to weather predictions that could impact

the safety of participants. Communication will be shared with families when after-school activities are canceled.

We understand changes to the school schedule require parents and community partners to make alternative arrangements. Please plan ahead now for childcare in the likely event school is delayed or canceled during this winter season. If you have any questions, please contact your school office. 🌲





3285 East Sparrow Avenue  
Flagstaff, AZ 86004

(928) 527-6000  
[www.fusd1.org](http://www.fusd1.org)

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## DECEMBER 2023

- 12/5: Bond Oversight Committee Meeting
- 12/7: Anti-Racism/Anti-Bias Advisory Committee Meeting
- 12/12: Governing Board Meeting
- 12/20: End of 2nd Quarter
- 12/21-22: Winter Break - No School
- 12/25-29: Winter Break - No School
- 1/1-3/2024: Winter Break - No School

# ALICE IN WONDERLAND

**Performances**  
FHS Cromer Auditorium

- 7 p.m. on 11/30
- 7 p.m. on 12/1
- 2 p.m. on 12/2
- 7 p.m. on 12/2

**Tickets Available**  
at [GoFan.co](https://www.gofan.co)

**fHS**  
Flagstaff High School  
Performing Arts

# Now Hiring!

For all positions district-wide

**FLAGSTAFF UNIFIED  
School District**