

December 2023

Knoles Preschoolers visit the North Pole, visit Santa and Mrs. Claus

December 20, 2023

Knoles Elementary School Preschool students and their families were invited to be special guests of Santa Claus and Mrs. Claus at the North Pole Experience workshop on November 20, 2023.

Kate Haynes, preschool special education teacher at Knoles Elementary School, explained the students and their families helped the elves make toys.

"[They] attended Elf University and had Yeti-O's and hot chocolate in Mrs. Claus's kitchen," said Haynes. "Each family was able to meet with Santa and Mrs. Claus... taking a special picture before boarding the trolley back through the magic portal to Flagstaff."

"Preschool staff and families extend special thanks to the North Pole Experience and all involved during this memorable visit," Haynes said.







A message from our SUPERINTENDENT

December 21, 2023

As the winter sun casts long shadows across the sacred San Francisco Peaks and the joyful spirit of the holidays fills our hearts, we at the Flagstaff Unified School District (FUSD) can't help but feel a surge of excitement! The second semester of the 2023-2024 school year promises to be a time of fresh starts, renewed focus, and exciting educational journeys. We are eager to embark on this next chapter with our students, families, and educators and, together, make the second half of the year one of remarkable growth and renewal.

The first semester of this school year holds particular significance for FUSD, as it marks the culmination of a thoughtful and collaborative process to refine our mission and vision statements. These guiding principles, carefully crafted with input from staff and students and recently adopted by the Governing Board, now stand as beacons to illuminate our path forward.

Our revised mission statement, "The Flagstaff Unified School District fosters safe communities where learners of all backgrounds and abilities are supported to gain the confidence and skills needed to pursue their chosen paths," paints a vivid picture of the dynamic and safe learning environment we strive to create for each and every student.

The accompanying vision

statement, "Our learners are empowered with the skills and creativity necessary to contribute in a rapidly changing and complex world," states our commitment to fostering individuals equipped to navigate the complexities of the 21st century.

These revised statements are not simply words on paper. They are a testament to FUSD's unwavering commitment to student success. In the coming months, we will translate these principles into action through engaging curriculum, robust support systems, and a culture of collaboration that fosters a sense of belonging for all. We will celebrate diversity, nurture creativity, and equip our students with the skills and knowledge they need to become responsible, engaged citizens of the world.

As we embark on this second semester, let us embrace the spirit of growth and renewal that defines this time of year. Let us be guided by the light of FUSD's revised mission and vision, and together, create a learning environment where every student can reach their full potential. We are excited to see what the second half of the school year holds and invite you to join us on this journey of exploration, discovery, and excellence.



Construction, renovation of CHS miniauditorium to begin in January

December 15, 2023

The Flagstaff Unified School District Governing Board approved a construction contract with CORE Construction in the amount of \$3,075,447.00 for the new miniauditorium and renovation project at Coconino High School during its December 12, 2023, regular meeting. Construction begins in January, and it is expected to be completed by Fall 2024, and the project is primarily funded with the 2018 and 2022 bond dollars, with additional district funds

coming from Medicaid, Capital, and Adjacent Ways.

In October 2022, the governing board approved the architectural and engineering services of the DLR Group for the renovation of the Coconino High School (CHS) miniauditorium and site upgrades to enhance safety, accessibility, and functionality for programs. The scope of work included the areas of the South Commons, mini-auditorium, site drainage near the south parking lot, and Izabel Street frontage and plaza.

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FUSD Governing Board Members Erik Sather, Christine Fredericks, and Carole Gilmore pose with the Total Board Boardsmanship Award during the 66th Annual Conference of the Arizona School Boards Association on December 8, 2023, in Phoenix, Arizona. (Photo courtesy of ASBA)

FUSD Governing Board earns Total Board Boardsmanship Award

December 10, 2023

The Flagstaff Unified School District Governing Board was recognized for earning the Total Board Boardsmanship Award during the 66th Annual Conference of the Arizona School Boards Association on December 8, 2023, in Phoenix.

Ben Adams, membership services coordinator for the Arizona School Boards Association (ASBA), explained the FUSD governing board earned the award because of their commitment to professional development.

Adams explained the Certificate of Boardsmanship is granted to a board when at least a quorum of

members has attained that level, with the remainder of the board having earned the Certificate of Orientation of Boardsmanship. In 1992, the ASBA board of directors adopted the Academy of Boardsmanship program to recognize the professional development of local governing board members.

"The awards given under this program are [a] recognition of significant accomplishments [through] ASBA-sponsored continuing education and training," Adams said.

The FUSD governing board includes Dorothy Denetsosie Gishie, Christine Fredericks, Kristine Pavlik, Erik Sather, and Carole Gilmore.



Photo, L-R: Coconino County Superintendent of Schools Cheryl Mango-Paget, Zoé Oliveros, and Mark Culbertson, principal of Puente de Hózhó Elementary School.

County Superintendent announces nominees for Teacher of the Year, Rookie Teacher of the Year

December 18, 2023

Coconino County Superintendent Cheryl Mango-Paget recently announced the nominees for the 2024 Teacher of the Year and Rookie Teacher of the Year. Flagstaff Unified School District is proud to announce that 18 teachers were nominated for Teacher of the Year out of 36 nominations, and six FUSD teachers were nominated for Rookie Teacher of the Year out of 12 total nominees.

The county superintendent's office explained that the Coconino County Teacher of the Year Program is designed to honor and celebrate teacher excellence. The objective is not to designate a singular

best teacher but to recognize and highlight exceptional teachers who have inspired a passion for learning in their students and have distinguished themselves in their profession.

Further, the County
Superintendent's Office stated,
"This program extends beyond the
classroom, creating a ripple effect
of public benefits throughout the
community. It fosters a culture
that applauds teaching excellence,
validates the hard work of educators,
and provides a platform for teachers

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FUSD hosted the first-ever Career Expo

December 18, 2023

Flagstaff Unified School District's Career and Technical Education Department hosted its first-ever Career Expo on November 8, 2023, at Sinagua Middle School.

The expo was an opportunity for middle school and high school students and their families to explore career fields, learn about Flagstaff Unified School District's (FUSD) Career and Technical Education (CTE) programs, and discover postsecondary job opportunities.

Patti Pastor, career exploration coordinator and instructor at FUSD, explained one of the goals of the CTE Department is to expose more middle school students and their families to the opportunities that FUSD provides through CTE.

"FUSD runs 17 different Career and Technical Education programs on Flagstaff High School and Coconino High School campuses. Additionally, we would like our high school students to be aware of sustainable job opportunities in our community, should they choose to enter the workforce or enter a job while attending college," said Pastor. "This is often accomplished through our work-based learning class on both high school campuses, as well as through our studentbased enterprises, which are often embedded in our Career and Technical Education programs."

Pastor said they are ramping up their efforts to expose all middle school students to the possibilities of many careers.

"We want them to learn about careers available in our community and beyond. The Career Expo consisted of over 30 exhibitor tables from education, business, and industry partners from our community and beyond that provided information, swag, and business contacts for potential jobs for our high school students nearing graduation," she said. "There were over 240 attendees that evening. Our exhibitors commented that they even spoke with some elementary students who declared their career path."

The expo also arranged for a few food trucks to accommodate the expo attendees.

"We had some great food trucks, so our families would have the option of eating and staying for a while, as well as a raffle for those families that returned the postcard that we mailed to all FUSD families, which advertised the event," Pastor said. "The feedback from our exhibitors was phenomenal, and I look forward to building out this event to be bigger and better in 2024. FUSD is so very grateful for the support we receive from our education and business partners."

Some organizations and companies in attendance included the Federal Bureau of Investigation, Warrior 2 Warrior, the National Association of Realtors, Haven Health, Economic Policy Institute, Northern Arizona Healthcare, Goodwill, Northern Arizona University, CAVIAT, Kinney Construction, Spellbound School of Esthetics, Flagstaff Fire Department, Little America, Coconino Community College, Flagstaff High School Transitions Program, North Country Health Care, and many others.

For information about career exploration or work-based learning, contact Patti Pastor at ppastor@fusd1.org or call her at (928) 527-6117.







Photos, Left: The winning poster by Coconino High School Senior Amber Kelly that will be featured as the cover of the 2024 Economic Concepts calendar. Right: The honorable mention poster by Coconino High School Senior Madison Magana. Bottom: Amber Kelly and Madison Magana.

Coconino High School students win statewide art contest

December 18, 2023

Out of 400 art submissions, the Arizona Council on Economic Education's 2023 Economic Concepts Poster Contest selected Coconino High School Seniors Amber Kelly as its winning art contest winner and Madison Magana as an honorable mention.

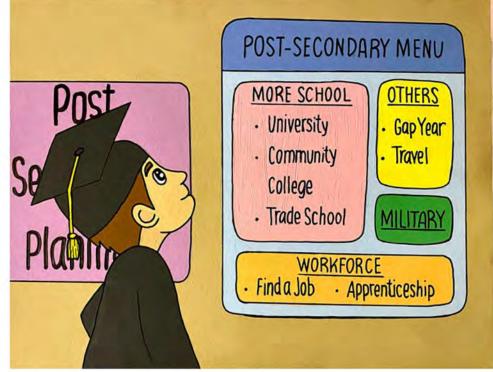
Kelly, as the winning artist, received a \$500 cash prize and the opportunity to feature her artwork on the cover spot of the 2024 Economic Concepts calendar.

Kathy Pondy, director of student programs at the Arizona Council on Economic Education, explained the creativity and talent represented by this year's entries was incredible.

"The contest judges had a difficult time choosing the winners from all the excellent submissions," she said. "To be chosen as a winning artist is an honor."

According to the Arizona Council on Economic Education, the poster contest provides student artists with an engaging and hands-on activity to help them understand economics, personal finance, and entrepreneurship concepts. The contest was open to students in K-12 in Arizona.

Kelly's teacher was Lori Wright, a social studies teacher at Coconino High School.









Cookies & Hot Cocoa Family Night at Knoles Elementary School

December 15, 2023

Knoles Elementary School students and their families enjoyed "Cookies & Hot Cocoa Family Night" on December 13, 2023.

Principal Pete Galvan explained the family turnout was phenomenal.

"It was a great night for Knoles staff to engage with our families," he said. "Each family had their pictures taken at the photo booth, painted frames, enjoyed cookies and cocoa, and left with a family STEM gift. The first annual Cookies and Cocoa Night was a success!"

The Knoles support staff led by Taylor Doren, program specialist, and Laura Bond, resource lead, hosted the event.





Puente de Hózhó choir's community outreach field trip to Coconino County

December 20, 2023

The Puente de Hózhó Elementary School's 60-member choir visited the Coconino County Administrative Building as a community outreach field trip to sing for its visitors and staff on December 7, 2023.

The choir, co-directed by Fernanda Robles and accompanied by Juan Velasco, is beginning its first year as an ensemble with the goals of musical excellence, inclusion, and community outreach, according to Joe Rauschenbach, music teacher at Puente de Hózhó.

"We are so very fortunate to have support from our families, school community, faculty, staff, and administrative team," said Rauschenbach. "[We] send blessings to everyone this holiday season with the hope and promise that the new year brings.









...Teacher of the Year / From Page 3

to address important education issues. Moreover, it instills pride in students for their teachers, promoting teaching as an admirable career path and showcasing teachers as positive role models. This initiative helps bridge the gap between the community and schools, encouraging public involvement and pride in our educators."

Finalists will be announced in March 2024, and the winners will be

announced at the 11th Annual event on April 25, 2024.

The 18 FUSD nominees for Teacher of the Year include Cristy Auble of Flagstaff High School, Jeanette Bojarski of Puente de Hózhó Elementary School, Alyson Bottke of Puente de Hózhó Elementary School, April Dent of DeMiguel Elementary School, Haven Dubel of Knoles Elementary School, Gaby Garcia of Coconino High School, Joel Giannola of Coconino High School, Emily Leahy of Kinsey Inquiry and Discovery School, Kathryn Lilly of

Cromer Elementary School, Joseph Rauschenbach of Puente de Hózhó Elementary School, Fernanda Robles of Puente de Hózhó Elementary School, Wesley Roche-Baron of Flagstaff High School, Betty Smith of Flagstaff Unified School District, Jeremiah Smith of Coconino High School, Susan Spizzirri of Puente de Hózhó Elementary School, Lang Suby of Coconino High School, Bryan Taylor of Puente de Hózhó

of Mount Élden Middle School.

The six FUSD nominees for Rookie

Elementary School, and Sydney Wade

Teacher of the Year include Emily Cartwright of Marshall Magnet Elementary School, Kylie Haidet of Knoles Elementary School, Madison Hall of Mount Elden Middle School, Lauren Kimsey of DeMiguel Elementary School, Madison O'Brien of Puente de Hózhó Elementary School, and Zoé Oliveros of Puente de Hózhó Elementary School.

Findlay Toyota, a lead recognition sponsor, provides the Teacher of the Year with a vehicle on a one-year lease. Winners and finalists also receive cash and prizes.















Sinagua Middle School's Holiday Concert draws large crowd

December 20, 2023

Sinagua Middle School had its 2023 Holiday Concert before a standingroom-only crowd of students, staff, and family in its auditorium on December 12, 2023.

The evening concert began with the choir performing several songs, "Believe from the Polar Express," arranged by Mac Huff;

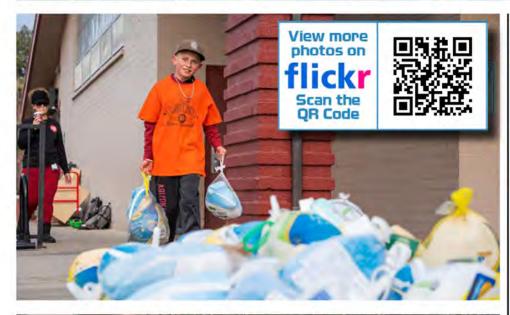
"White Christmas" by Irving Berlin, arranged by Ed Lojeski; "It's the Most Wonderful Time of the Year" by Andy Williams; and "On with the Snow" by Douglas E. Wagner.

The Beginning Orchestra performed next with "Dreidel," "Jingle Bells," and "Jolly Old St. Nicholas." The Intermediate Orchestra played "Atlantic Crossing" by Alan Lee Silva, "English Folk Song" arranged by Terry McQuilkin, and "God Rest Ye Merry Gentlemen" arranged by Elliot Del Borgo.

The Beginning Band 3rd Hour played three songs, "Good King Wenceslas," "Jingle Bells," and "Jolly Old St. Nicholas." The Beginning Band 4th Hour played four songs, "Good King Wenceslas," "Jingle Bells," "Jolly Old St. Nicholas," and "Up on the Housetop."

Lastly, the Concert Band closed the evening with five songs, "Joyeux Noël," arranged by Chuck Elledge; "Mission Impossible Theme," arranged by Johnnie Vinson; "Carol of the Bells," by Mikola Leontovich and arranged by Larry Clark; "St. Nick Plays Trumpet," by Jack Bullock; and "Holiday Fantasie" by Paul Curnow.







Sechrist Elementary School collected frozen turkeys for those in need

December 19, 2023

Sechrist Elementary School held its 16th Annual Sechrist Turkey Drive on November 16, 2023.

The initial goal was to collect 125 frozen turkeys, but they exceeded that goal by collecting 180 turkeys, according to John Albert, principal at Sechrist Elementary School.

"The turkey drive was once again,

an enormous success," said Albert.
"Our 5th Grade team received over
180 turkeys that helped provide
meals for our local community."

A majority of the turkeys were donated to the Sunshine Rescue Mission and to Hope Cottage.

"Local families of the community were also provided turkeys and support for the holiday season," Albert said.



Puente de Hózhó students hear presentation for Veterans Day

December 18, 2023

Puente de Hózhó Elementary School had a special visitor, John H. Yazzie, a U.S. Marine Corps historian who visited the school to talk about Veterans Day on November 9, 2023.

Seraphine Yazzie, a Native American Interventionist at Puente de Hózhó, explained his presentation focused on the U.S. military, the difference in military uniform, and the differences in the military branches.

"He has a lot of different outfits and he provided different types of communication equipment, like the phones [and radios]," she said. "He also has weapons but I told him not to bring any weapons or anything like that. He talked about the military and he explains in great detail about its history." Seraphine said the students were engaged and interested.

"[The students] really liked [the presentation], it was hands-on. The kids got to feel the clothes [uniforms] and feel the helmets. The only thing they couldn't touch was the newest Marine [uniform], which was his personal one," she added.

Students were able to examine and touch the various military communications equipment on display, including a replica radio used by the Navajo Code Talkers.

"He was an excellent presenter," she said.

Seraphine said she met Yazzie at a Johnson-O'Malley Conference, and she was impressed by his presentation and knowledge, so she invited him to present at Puente de Hózhó.



FUSD Foundation issues second round of grant awards to FUSD teachers

December 15, 2023

The FUSD Foundation recently issued a second round of grants totaling \$12,780.47 from the Debbi Grogan Memorial Fund and the Mini-Grant.

The Debbi Grogan Memorial Fund recipients included Karen Whitaker of Coconino High School (CHS), Linda Stamer of Marshall Elementary School, and John Mistler of Coconino High School. The recipients of the Micro-Grant included Francy Solarte and Nicole Taylor of Coconino High School, Julie Bouck of FUSD's physical therapy services, Katie Krause of Marshall Elementary School, Scott Godwin of Mount Elden Middle School, Tamra Ayala of Marshall Elementary School, and Vanessa Billegos of Flagstaff High School, Coconino High School, and Summit High School.

Karen Whitaker, the band, orchestra, and choir director at Coconino High School, received \$2,057.47 in Debbi Grogan Memorial Funds on behalf of CHS. She explained that the money will be used to support the CHS Music Department, and they plan to buy instrument supplies like reeds, strings, percussion sticks, drum pads, and many other needs they have.

Linda Stamer, music teacher, received \$523 on behalf of Marshall Magnet Elementary School.

"This round of funding... we will buy a Yamaha Trumpet to replace our aging instruments for the beginner band," Stamer said.

Francy Solarte and Nicole Taylor received \$500 on behalf of their project. They are collaborating on a garden project in a crosscampus collaboration between the Spanish for Spanish Speakers class at Coconino High School and the English for Speakers of Other Languages class at Flagstaff High

They explained that the grant will be used to purchase seeds, garden

tools, and an indoor starter kit to extend their collaboration around "sustainability requires accessibility."

Julie Bouck received two separate Micro-Grants totaling \$800 to be used for her physical therapy services. The first project is for her "Recess Explorers."

"The students I work with sometimes have a hard time playing with peers on the playground and often get left out or don't know how to interact on the playground due to their different physical abilities. This project would make them explorers and leaders by allowing them to be in charge of activities that PT would bring once a week, such as giant bubbles, corn hole, toss games, giant Jenga, spike ball, giant bowling,

etc.," said Bouck. "These would be games that would interest peers and encourage them to interact with the kids that I work with who would be in charge of the games. This would allow children to learn social skills and develop friendships with peers in a natural setting. This would hopefully carry on into the classroom setting as the year progresses."

The second project Bouck will use the grant money for is the "Friend to Friend" project.

"The Beacon Program at Knoles Elementary School will do two different movement and musical performances. The students will be learning dance movement to learn to improvise movement and incorporate all of these learning skills to perform in a winter and spring recital," she said. "The grant will help [purchase] a small speaker, costumes, props, and musical instruments to enrich and

Scan the QR Code allow these students to have full experience of being involved in music

and dance."

"Students that participate in dance and music have been shown to make more eye contact with others, learn how to take direction from others, learn how to respect the personal space of others, increase physical self-confidence, sometimes become more verbal, and learn that physical activity and movement is a way to play and have fun," she added. "Through dance and music, these students can learn how to be inventive, resourceful, and imaginative and develop an appreciation for their peers. They also map new pathways for old muscle memory and find new spatial directions for limbs and the whole body. It is important for everyone to be able to participate in singing and dancing regardless of their physical ability. This program is developed

for students to prepare better to meet challenges by learning the demands of organizing movement and improving confidence."

Katie Krause, a fifth-grade teacher, received a \$500 Micro-Grant on behalf of Marshall Magnet Elementary School to support an oral history project called the "Hero Project."

"Over the years, the fifth-graders have interviewed five WWII veterans and wrote biographies about their experiences," said Krause. "They then illustrated the book, and we presented [the books] to the WWII veterans and their families. It's our way of recording history, so these veteran's stories are recorded."

Scott Godwin, a sixth-grade science teacher, received a \$400 Micro-Grant on behalf of Mount Elden Middle

Continued on page 11 / **FUSD Foundation**





FUSD FOOD SERVICE What's Eating You?

Hydration

December 20, 2023

The importance of water and hydration

Water plays a crucial role in replenishing fluids lost through several bodily processes, such as metabolism, respiration, perspiration, and waste elimination. It prevents overheating, lubricates joints and tissues, promotes healthy skin, and is indispensable for effective digestion. As a zero-calorie beverage, water is ideal for quenching thirst and rehydrating the body.1 Regardless of age, water is an essential nutrient, making optimal hydration a fundamental aspect of overall wellbeing. Constituting approximately 60% of an adult's body weight, water consumption is important to maintaining health. Thirst is a primary signal, prompting fluid intake when the body requires hydration.

Dehydration happens when the body loses more fluid than it receives, affecting normal bodily functions due to decreased water levels. Failing to replenish lost fluids can lead to dehydration, a condition that has risks for young children and older adults. Symptoms young children can have include diarrhea and vomiting.

Water Recommendations:

Recommendations vary depending on age, height, weight, activity levels, and environmental factors. The following is recommended for daily water intake based on age group from the National Academy of Medicine: Age 1-3 years is 4 cups or 32 ounces daily; 4-8 years is 5 cups or 40 ounces; 9-13 years is 7-8 cups or 56-64 ounces; 14-18 years is 8-11 cups or 64-88 ounces; men 19 or older is 13 cups or 104 ounces;



women 19 and older is 9 cups or 72 ounces; pregnant women is 10 cups or 80 ounces; and breastfeeding women is 13 cups or 104 ounces.

Sugar-Sweetened Beverages:

According to the Dietary Guidelines for Americans, the top sources of added sugars in the U.S. population ages one and older, the highest intake comes from sugar-sweetened beverages.2 The average intake is 266 kcal per day, responsible for 24% of added sugar intake. Within this component includes soft drinks (16%), fruit drinks (5%), sports/energy drinks (2%), and other sources (1%). It is important not to rely on sugarsweetened beverages as a main source of hydration. Increased added sugar intake at younger ages can

lead to several health issues, such as obesity, tooth decay, increased risk for type 2 diabetes, and

Tips on how to increase hydration:

- Infused water. Add fruits to your water for a better, more refreshing taste.
- Carry a water bottle and set a water goal for the day.
- Alternate your drinks. Start small by switching to a sugarsweetened beverage with water.
- Challenge yourself or a friend to drink more water.
- Consume foods that are high in water, such as fruits and vegetables.
- Make drinking water a routine. Start small and slowly progress.

cardiovascular disease

References: 1. Dehydration. Mayo Clinic. Accessed November 14, 2023. https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086; 2. Dietary guidelines for Americans. Accessed November 14, 2023. https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines; 3. Admin. Sugary drinks harm kids' health. State of Childhood Obesity. October 9, 2022. Accessed November 14, 2023. https:// stateofchildhoodobesity.org/sugary-drinks-harm-kids-health/#:~:text=lt%20increases%20children%27s%20 risk%20of,2%20diabetes%20and%20heart%20disease; 4. Water. The Nutrition Source. July 6, 2021. Accessed November 14, 2023. https://www.hsph.harvard.edu/nutritionsource/water/#:~:text=General%20 recommendations, exposed %20 to %20 very %20 warm %20 climates. This article was submitted by Taryn Kunkel-Lykins with FUSD Food Service.

... FUSD Foundation / From Page 10

School to create the Indigenous Astronomy Unit for his sixth-grade science class.

"The grant monies are providing electronic technology—a planetarium projector and a class set of 'Sharing the Skies' for all students to explore how the Diné (Navajo) study the universe," he said.

Tamra Ayala, a fifth-grade teacher, received a \$500 Micro-Grant on behalf of Marshall Magnet Elementary School for a project titled "Human Impact on the Environment: Digital Media to Tell Youth Stories of Land Relations."

"I plan on using the funds to purchase technology, including drones, tripods, and microphones for iPads, to help students create innovative projects telling stories of their relationship with the land," said Ayala. "In fifth grade, one of our standards is human impact on the environment, so this will be a great way to enhance that concept for them."

Vanessa Billegos, a social worker, received a \$500 Micro-Grant on behalf of all three FUSD high schools to ramp up the tranquility room in their counseling office.

"We recently created a tranquility space for students to work through their emotions and get regulated before [returning] to class. We will be improving this room to make the environment more welcoming and full of resources for the students to ensure that they have the skills needed to practice mindfulness to encourage their focus and resilience," said Billegos. "Sometimes, a student needs a quick 10-minute break to help regulate themselves before heading back to class. The hope is that the room can supply them with an atmosphere of resources, i.e., coping skill posters, mindfulness activities, etc., and culturally relevant coping skills to help them feel ready to conquer the classroom."



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