



Havasupai Elementary School Weeklies Nov3-7

Welcome to a Wonderful Week at Havasupai Elementary!

UPCOMING: Parent Teacher Conferences & 1st Quarter Report Cards

Genius Time

	Monday	Tuesday	Wednesday	Thursday	Friday
	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
	Day 1	Day 2	Day 3	Day 4	NO SCHOOL PARENT TEACHER CONFERENCES
K-1	Nutrition	Mindfulness	PE	Art	
2nd 3rd	Library	Nutrition	Mindfulness	PE	
4th 5th	Leadership	Library	Nutrition	Mindfulness	
6th7th8th	STEAM	Leadership	Library	Nutrition	

Peanut Butter Protein Balls Recipe –NUTRITION CLASS Ingredients:

- 1 cup peanut **butter** (natural, unsweetened works best)
- 1/2 cup **protein powder** (vanilla or unflavored) *OPTIONAL
- 1 cup **rolled oats**
- 1/4 cup **honey or agave**
- 1/4 cup **mini chocolate chips**

Instructions:

In a large bowl, mix together the peanut butter, honey, and protein powder until smooth. Add oats, and chocolate chips. Stir until everything is well combined. Use a tablespoon or small cookie scoop to portion out the mixture and roll into balls. Place the balls on a parchment-lined tray and refrigerate for at least 30 minutes to firm up. Store in an airtight container in the fridge for up to 1 week or freeze for longer storage.

Optional Add-ins:

- Chopped nuts
- Dried fruit (like cranberries or raisins)
- Flax seeds
- Coconut flakes

Menu

November				
HAYASUPAI ELEMENTARY SCHOOL MENUS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles, Sausage, Fruit	Scrambled Eggs with Spam, Toast, Fruit	Cereal, Yogurt, Toast	Muffins, Fruit, Yogurt	NO SCHOOL PARENT TEACHER CONFERENCES
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Cheese Crisp, Refried Beans, Vegetables	Baked Potatoes, Chili, Cheese, Mixed Vegetables	Beef and Bean Burrito, Salsa, Vegetable	Lasagna & Salad	NO SCHOOL PARENT TEACHER CONFERENCES

Wings of Welcome!



INTRODUCING MS. CYNTHIA TOWNSEND

Ms. Townsend brings with her more than 25 years of rich and diverse experience in education, having taught students across all levels—from elementary classrooms to college lecture halls. Throughout her career, she has embraced a variety of roles, each one guided by her unwavering passion for nurturing both the academic and personal growth of her students. For Ms. Townsend, teaching is more than a profession—it is a calling. She believes that being entrusted with the education of others is a sacred responsibility, one she approaches with deep respect, excellence, and wholehearted commitment. Her philosophy of education extends beyond academics, focusing on the holistic well-being of every learner she encounters.

We are truly fortunate to welcome Ms. Townsend to our community. I am confident that her presence will bring lasting, positive impact to our students and their families.



BRING YOUR ADULT TO SCHOOL DAY

**THURSDAY,
NOVEMBER 6**

***CONTACT YOUR CHILD'S
CLASSROOM TEACHER TO
SCHEDULE YOUR TIME***

K-1 Cynthia.Townsend@bie.edu

2nd 3rd Nancy.Jackson@bie.edu

4th 5th Cameron.Timms@bie.edu

6th 7th 8th Kathleen.Nichols@bie.edu