



# Havasupai Elementary School Weeklies

**Quarter 2 Week 9** Welcome to a Wonderful Week at Havasupai Elementary!

**LAST WEEK OF QUARTER 2 - January 20-23, 2026**

**SCHOOL BOARD MEETING TUESDAY February 17 @ 5pm**

**Join Zoom Meeting**

<https://wested.zoom.us/j/92224243498>

**Meeting ID: 922 2424 3498**

**NO SCHOOL  
Monday 1-19-26  
FEDERAL HOLIDAY**

## Genius Time

	Monday	Tuesday	Wednesday	Thursday	Friday
	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	<b>HOLIDAY NO SCHOOL</b>	Day 1	Day 2	Day 3	Day 4
K-1		Nutrition	Mindfulness	Health/PE	Art
2nd 3rd		Computers	Nutrition	Mindfulness	Health
4th 5th		Library	Computers	Nutrition	Mindfulness
6th7th8th		Leadership	Library	Computers	Nutrition

## Menu

19	20	21	22	23
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<b>HOLIDAY NO SCHOOL</b>	Pancakes, Sausage, Fruit	Breakfast Tornado, Fruit, Yogurt	Eggs and Ham, Toast, Fruit	French Toast Sticks, Fruit Cups, Bacon
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Ham, Mashed Potatoes, Vegetables	Chicken Wings, Celery Sticks, Bread	Stew, Rolls, Jello	Chili & Cheese with baked potatoes, chocolate chip cookie

### Recipe: Balsamic Glazed Carrots (Classroom-Friendly Version)

**Ingredients (per small group):**

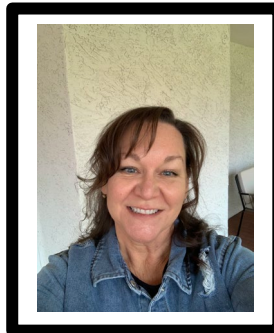
- 1 cup baby carrots
- 1 tbsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp honey or maple syrup (optional)
- Pinch of salt and pepper

### Instructions:

1. Wash hands thoroughly.
2. In a bowl, mix balsamic vinegar, olive oil, and honey.
3. Toss carrots in the mixture until coated.
4. (Optional) Bake at 400°F for 20 minutes or sauté in a skillet until tender.
5. Let cool slightly and serve in small cups.

## Wings of Welcome!

Please join us in welcoming Dawn Soriano, who will be providing services to our school as our School Psychologist. Dawn was born and raised in Northern Arizona and is a proud graduate of Northern Arizona University. She brings a wealth of experience with 27 years in education, including 18 years as a School Psychologist. Dawn has worked extensively with BIE schools, supporting students, families, and staff.



Outside of work, Dawn enjoys time with her family—she has two adult sons, one adult daughter, three “grand dogs,” and two chocolate labs that keep her busy! We’re thrilled to have Dawn join our team and look forward to the expertise and care she will bring to our students and families.



UNITED STATES DEPARTMENT OF THE INTERIOR  
Bureau of Indian Education  
Havasupai Elementary School

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**Subject:** Promoting Healthy Choices for Our Students

**Dear Parents and Guardians,**

At Havasupai Elementary School, we are committed to supporting the health and well-being of every student. A balanced diet plays an important role in helping children stay focused, energized, and ready to learn throughout the day. As suggested by WESTED facilitators, we kindly ask for your cooperation in sending **healthy food and drinks** with your child to school.

Please avoid items that are high in sugar, caffeine, or processed ingredients, such as:

- Candy, chips, and sugary snacks
- Soda, energy drinks, or sweetened beverages

Instead, we encourage nutritious options like:

- Fresh fruits and vegetables
- Whole-grain snacks
- Water or milk

Additionally, we provide a healthy breakfast and lunch for all students. At times, when requested, we are happy to provide healthy snacks for students as well.

**We also ask that you kindly inform your children that the Supai store will not sell them unhealthy items before school. Those purchases can be completed once school is out.**

By working together, we can create a positive environment that supports healthy habits and lifelong wellness for our students. Thank you for your understanding and partnership in this effort.

If you have any questions or need ideas for healthy snacks, please feel free to reach out to us.

LOVE CONNECTS US

# Family Game

# Afternoon

**2-13-26**

**1-2:30PM**

**HOSTED BY WESTED**

**FOR MORE INFO**

**CALL NIKI 805-680-8589**

**REFRESHMENTS PROVIDED**