



Havasupai Elementary School Weeklies
 Quarter 3 Week 4 February 17-20, 2026

SCHOOL BOARD MEETING TUESDAY February 17 @ 5pm

Join Zoom Meeting

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

Meeting ID: 922 2424 3498

Physical Ed (M,T,W,TH)	SEL (M,T,W,TH)	CULTURE & LANGUAGE
10:15 4 th & 5 th	9:45 2 nd 3 rd	Feb 17: K-1
11:35 2 nd & 3 rd	10:15 K-1	Feb 18: 2 nd 3 rd
1:05 Middle School	1:10 4 th 5 th	Feb 19: 6 th 7 th 8 th
1:40 Kinder & 1 st	1:40 Middle School	

Genius Time	Monday	Tuesday	Wednesday	Thursday	Friday
	HOLIDAY	17-Feb	18-Feb	19-Feb	20-Feb
		Day 4	Day 5	Day 6	Day 7
K-1		Art	STEAM	Leadership	Library
2nd 3rd		Health	Art	STEAM	Kindness
4th 5th		Mindfulness	Health	Art	STEAM
6th 7th 8th		Nutrition	Mindfulness	Health	Art

Menu

16	17	18	19	20
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOLIDAY NO SCHOOL	Breakfast Burrito, Fruit	Pancakes, Sausage, Fruit	Biscuit & Gravy, Sausage, Fruit	Cereal, Pop-tarts, Yogurt, Fruit
	LUNCH	LUNCH	LUNCH	LUNCH
	Tacos & Tots	Chicken Tenders, Celery & Carrot Sticks, Pudding	Pizza, Salad, Jello	Ravioli, Garlic Bread, Vegetables, Dessert

Growing Strong Learners At Home Workshop

All Invited to Join!

February 20, 2026

Microsoft Teams meeting

Join:

<https://teams.microsoft.com/meet/2573219085364?p=srJHqutt8MQak2d0Nd>

Meeting ID: 257 321 908 536 4

Passcode: QX7Wg7qC

Interim Exams Next Week

Students in grades 3–8 will take **ELA and Math interim assessments** next week. These exams help us monitor progress and guide instruction. Please ensure students are well-rested and ready to do their best!

Nutritious Substitutions

- White bread** → **Whole grain bread**
More fiber and nutrients for better digestion.
- Regular pasta** → **Whole wheat or chickpea pasta**
Higher protein and fiber content.
- Potato chips** → **Air-popped popcorn or veggie chips**
Lower fat and calories, still crunchy!
- Sour cream** → **Greek yogurt**
Adds protein and reduces fat.
- Sugary cereal** → **Oatmeal with fruit**
Natural sweetness and sustained energy.
- Soda** → **Sparkling water with fruit slices**
Hydrating and refreshing without added sugar.
- Ice cream** → **Frozen yogurt or blended frozen fruit**
Lower sugar and fat, still creamy and sweet.
- Butter** → **Mashed avocado or olive oil**
Heart-healthy fats instead of saturated fats.
- Ground beef** → **Ground turkey or lentils**
Lean protein or plant-based option.
- Candy** → **Fresh fruit or dark chocolate**
Natural sweetness with antioxidants.