



Native American Week Sept. 24-28

Save the Date:

9/03
NO
SCHOOL

9/04
Fitness Gram

9/05
Sch. Board
Mtg @ 5pm

9/07
STUCO
Election

9/12
Bus
Evacuation
Drill

9/13
XC @ Gap
(bus delay)

9/20
XC @
Cameron
(bus delay)

9/24 to 28
Native
American
Week


M: Hair-do/
Scarf

T: Jewelry/ Belt

W: Clan shirt

Th: Rock Your
Mocs

F: Indian Day
@ 9:00 a.m.
(Early
Dismissal)

The Fitness Gram assessment is a great tool used by TCRHCC to monitor students for pediatric obesity and pediatric diabetes. MDS students will complete the assessment twice this year; Fall and Spring.

The Fall assessment will take place

Sept. 4

Hopi Words of the Month

Nasanmuya-September

Sumi'angwa- Coming together in community

Tömö -winter

Toho'as- Fall

Tamöngnawit- Spring

Tal'ang- Summer

Tiiwalasöngni- scarecrow **hakqö**- fresh harvest

aahu- worm

angwusi- crow

Hopi Charater Trait of the Month

to guide our behavior for a more prosperous life.

Haq hakiy aw suyan unangwa'ytangwu

-Show positive feelings toward others.

NATIVE AMERICAN WEEK

Schedule of Events

Monday- Opening Assembly

Tuesday- Demonstrations

Wednesday- Clan Run and Games

Friday- Indian Day Dances

Open to Everyone- Navajo Two Step

Kinder- Camp Dress Supai

1st/2nd - Clown Dance

3rd/4th - Corn Dance

5th/6th- Butterfly Dance

Staff/ Parents- Throw Away Dance

PRACTICE STARTS SEPTEMBER 17



Promote effective study habits for a successful school year

Helping your child strengthen his homework and study skills is one of the most important ways you can help him do better in school. And the start of a new school year is the perfect time to get started.

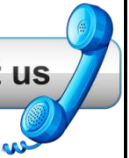
Here's how:

- **Choose a regular time and place** for homework. It should be a quiet, comfortable location free from distractions. Stock it with necessities such as paper, pencils and a dictionary.
- **Allow for some free time first.** Many kids need to blow off steam after school by exercising or talking about their days. Many also head straight for a snack. Keep healthy options available that will energize your child for work and play.
- **Postpone screen time.** Watching TV and playing video games are

privileges that often take time away from priorities, including reading, homework and chores. Save all screen time for *after* homework and studying.

- **Encourage organization.** Productive studying starts with a to-do list. Older elementary school students should make one each day.
- **Pay attention.** Homework time is a chance for you to learn about your child. Does he excel at reading? Have trouble with spelling? Struggle with multiplication?
- **Be supportive.** Don't ever do your child's homework for him. But do stay nearby to supervise. It's okay to answer questions and guide your child through problems. However, if he needs too much help, talk with his teacher.

Contact us



(928)-283-5361

Press:

- 1- Registrar
- 2- Transportation
Food Service
- 3- Human Resource
- 4- Parent Liaison
- 5- Maintenance
- 6- Front Office

*Administration is aware of the issue with calls not coming through. We are currently looking for a solution to better serve our families and community.



Apple Nut Smoothie



Ingredients

- 1 Gala or Pink Lady apple, cored and cut into chunks
- ¼ cup nonfat plain yogurt
- 2 tbsp. roasted, salted peanuts
- 1 tbsp. honey
- ¾ cup ice cubes

Instructions

1. Put the apple, yogurt, peanuts, 2 tbsp. cold water, and honey into a blender. Blend on high until the mixture is mostly smooth, about 1 minute.
2. Add the ice cubes and blend until completely smooth. Add 1 to 2 tablespoons more water if needed to adjust consistence.

This fiber-packed smoothie is a perfect after school snack.
Try a table spoon of wheat germ instead of the peanuts for a nut-free alternative.