



NEWSLETTER

Term: Fall | Issue 2 | November 2021

We are Thankful for YOU!



What are YOU Thankful For?



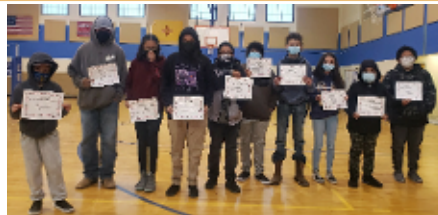
PRINCIPALS MESSAGE

Dear Parents/Guardians, I hope this message finds you doing well. First, I would like to take this opportunity to thank you for your continued support. It is hard to believe the first quarter has ended, and the second quarter has started, which means the end of the first semester is just around the corner. I ask that you encourage your child to continue to work hard in their academics, and to ask for help if any is needed. Also, I would like to remind you that after school tutoring is provided every Tuesday and Thursday from 3:30 pm - 5:00 pm. If your child is not attending and would like to do so, have them stop by the front office and pick up a permission slip.

Cuba Middle School is starting a Parent Advisory Committee that will be meeting once a month to discuss what is happening at CMS. We would like to have representatives from Cuba, Torreón, Ojo Encino, La Jara, Regina, Counselors. If you would like to be part of our PAC contact Mrs. Casaus or myself at 575-289-3211 ext. 300.

Thank you,
Arsenio Jacquez, Principal
Cuba Middle School

STUDENTS OF THE MONTH



The staff of Cuba Middle School will begin to recognize students every month for a variety of good deeds. Every staff member will have the opportunity to nominate a student for things like hard work, respect, commitment to completing assignments, positive attitude, etc.

We know it has been a challenging time for students and we believe it is important to acknowledge their good behavior, attendance, and the effort they give to their school work.

Each nominee will receive a certificate and a reward!

The **October Students of Month** are listed on page 2.

CMS PARTICIPATED IN FALL SPORTS

Our middle school student athletes were excited to be back in action. We had students participating in football, volleyball, and cross country this fall.

Football

We do not have a middle school football team so our 8th grade played on the high school varsity team. It takes a very brave, hard working, and determined middle school athlete to play and be part of the high school team. We want to recognize our two football players: Samiko Castillo and Richard Lovato. The football team has had a great season and are the District Champions! They will proceed to the playoffs.



(Continued on page 2)

7TH AND 8TH GRADE GIRLS AND BOYS BASKETBALL STARTING SOON!

KEY DATES

November 11

Veteran's Day - No School

November 23 - 26

Thanksgiving Break - No School

CMS PARTICIPATED IN FALL SPORTS CONTINUED

Cross Country

Our middle school runners were able to compete at seven middle school meets and they all did a great job. Our girls team consisted of: Josefina Gauna-Casaus, Abriana Largo, Anelisia Sala, and Cara Toledo. Cara has continued with the high school varsity team and is doing fantastic. Our boys team was Marcos Casaus, Julian Chavez, Derrick Herrera, Richard Lovato, and LaDainian Wilson. They will all be a great asset to Cuba High School varsity someday!



Volleyball

Our middle school girls had a short season but that did not stop them from coming out and wanting to play. There was an unprecedented number of middle school girls that joined volleyball. Because there were so many girls, they were able to divide them up into four teams for a fun local scrimmage and a chance for parents



to come watch.

The team also traveled to Jemez and Dulce and defeated both!

OCTOBER STUDENTS OF THE MONTH

Student	Reason	Recognized By
Peyton Toledo	Participation, diligently completes assignments	Richard Armentrout
Bryceson Trujillo	Bryceson has kept track of his grades throughout the quarter. He has asked for help when needed. He has been able to keep up with assignments. He has kept in great contact when he has submitted assignments, to make sure his work was accounted for. He has helped his neighboring classmates if they didn't understand something.	Chastity Barragan
Kylie Vigil	Outstanding participation, completes assignments, she takes pride in her work, and listens with intent.	Rainy Begay
Martin Herrera	He is very active during participation. He tries his best when given a task or assignment. He is a good leader. He shares meaningful thoughts and ideas to the group.	Maria Casas
Chandler Joe	Student is polite, friendly and has a great personality. He always holds the door open for others and does it with kindness.	Olivia Casaus
Jouah Herrera	stick-to-it-tiveness to complete his work, determination to have a positive attitude, respectful, kind, willing to listen and follow instructions, and asks questions in order to understand.	Cassandra Crespin
Jaylyn Martinez	Jaylyn is committed to maintaining her grades. She always works hard in class and is on zoom every time she can't make it to school. She is also very helpful and nice to her classmates.	Grace Graves
Elias Alonzo	Student always holds the doors to the cafeteria open for his fellow classmates after the morning bell rings.	Shanell Gordo
Farren Jim	Give his effort to finish the task, participates in class discussion, shows discipline, politeness, and respect to his classmates and teacher	Andrea Irangan
Julian Chavez	Is an exceptional student, polite and hard working; pays attention.	Peggy Meyers
Mona Cordova	Her school work	Ray Sisneros
Abriana Largo	Performance in Science, helps other students	Thomas Sullivan
Nephi Sandoval	All passing grades, behavior has been much improved, helpful with other students.	Robert Valdez
Jonathan Valdez	Perseverance and good attitude.	June Vigil
Montana Binion	Positive attitude and she includes and encourages other students	Laura Warner

COUNSELOR'S CORNER - MRS. TRISH DELGADO

This month students will be focusing on how to manage stress and anxiety. Everyone deals with stress and anxiety. Decisions made under the duress of stress are rarely good decisions. It is important for our students to understand how to control the *impact* of stress by controlling the *physical effects* of stress. Students will be learning how to manipulate muscular tension, breathing patterns, and heart rate to reduce the

physical effects of stress. Individuals who learn to confront and control stress, and maintain composure during stressful situations have more positive outcomes as a result. These techniques are for everyone. Encourage your students to share some of these stress relieving strategies at home.

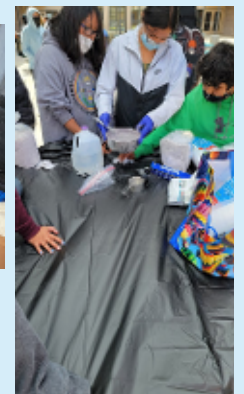
CORN

BY CHASTITY BARRAGAN

Not everyone has eaten Blue Corn Mush, especially our Dine students. We have been working with corn in the first nine weeks, and some have planted with Mr. Sisneros' Horticulture this past summer. Familiarizing our children with the yield of their labors, as our elders and ancestors have with a simple healthy treat of Blue Corn Mush. We have looked at different types of healthy recipes made with Blue Corn Meal and our middle school students voted on their Blue Corn Mush favorite. As some students have it often with their Masani's and Chei's at home and to those who have never had it, [they] got the chance as we made two days worth for our middle school students to enjoy. Our Project Based Learning with our PLC team has been and still working with corn, from Ms. Irangan's ELA, Mr. Sisneros' Horticulture, Mr. Sullivan's Science class, to Ms. Barragan's Navajo Language and Culture class. The focus is for our young generation to carry on the traditional teachings of corn and its many purposes in our daily lives to help sustain the teachings of our elders, so it may live on through them. I tell my middle school students, "Get with your elders and parents at home and gather corn recipes, gather teachings and lessons because once they're gone that recipe you wish you learned will be gone with them when they leave." You can proudly say this was my grandma's recipe that she learned from her grandmother. What a legacy that will be!



BLUE CORN MUSH/ATOLE MAKING

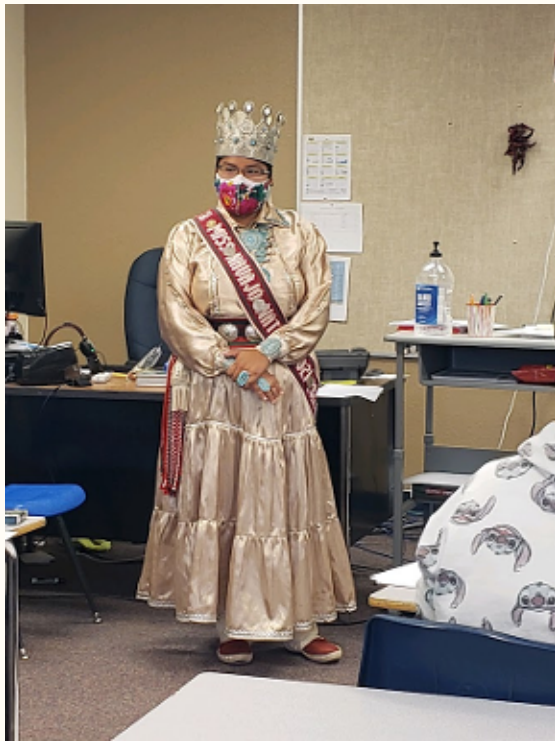


A NEW FACE AT THE MIDDLE SCHOOL

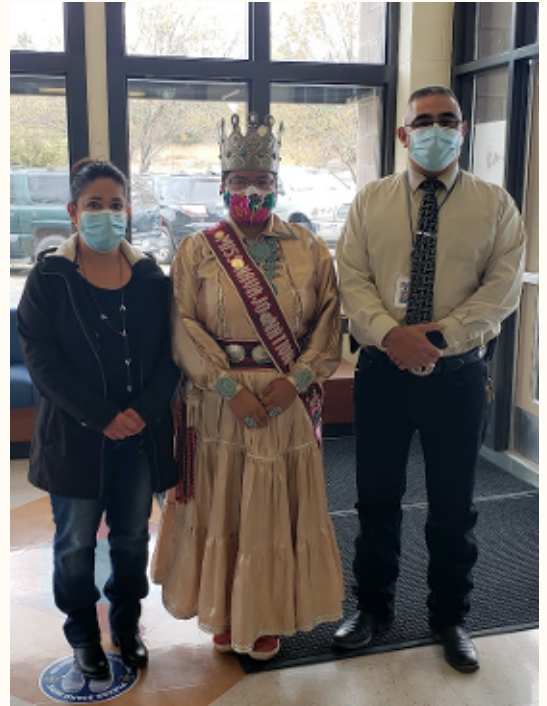
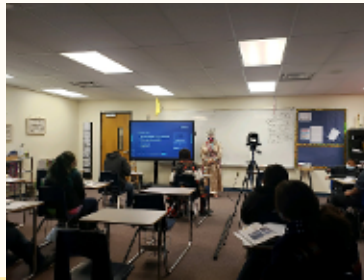
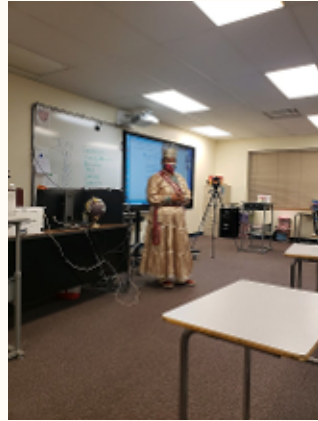


Hello, my name is Heavenly Coyle. I just graduated in May of 2021. I am a TA here at Cuba Middle School. I am excited to be here, to see it from a teachers point of view.

Miss Navajo Nation Visits Cuba Middle School!



Niagara Rockbridge, Miss Navajo Nation 2021-2022, shares inspirational words with our students. She explains the importance of students learning their language and culture and she encourages all students to do well in school and pursue their dreams.



CISD Celebrates Native American Indian Heritage Month

November 2	Miss Navajo Nation 2021 -2022 Niagara Rockbridge
November 4	Dine Traditional Dress Up Day/Social Song & Dance Assembly
November 5	Poetry Reading by Dr. Sigmund Boloz
November 9	Dr. Joe Shirley Jr. Apache County Supervisor, Navajo Nation President 2003 - 2011.
November 10	Veterans Presentations/Red, White & Blue Day
November 12	FAFSA Night
November 16	Diabetes Prevention
November 17	Dine Traditional Dress Up Day/Dr. Audra Etsitty-Platero, Ed.D.
November 30	Police Car, Motorcycle - Presentation by Navajo Nation Police