

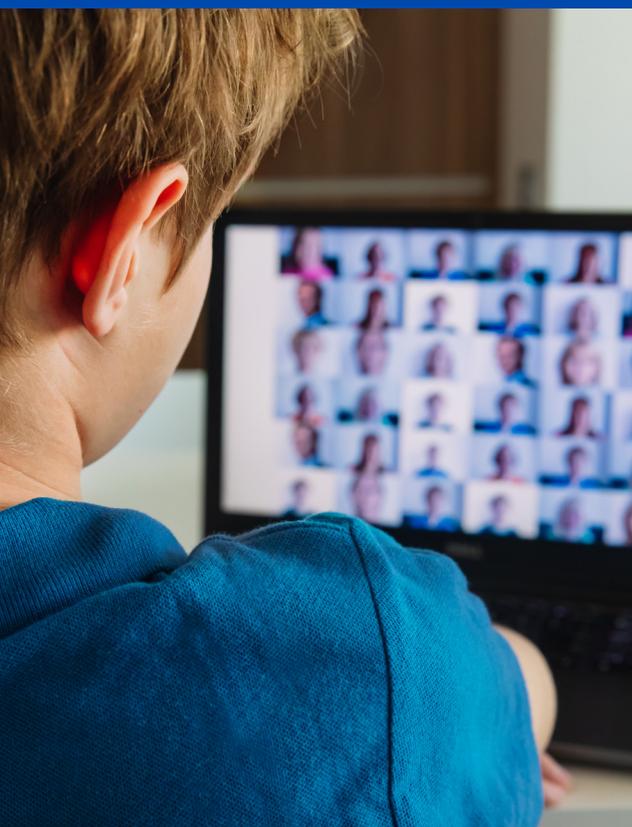
# CUBA ELEMENTARY NEW YEAR'S NEWS



What's new in this issue:

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## A Message from the Acting Principal, Mrs. Judy Atencio

Welcome to the second half of the 2020-2021 school year!

We begin this semester with a change in leadership at the elementary. Unfortunately, Ms. Amy Romero has left us to join another school district closer to her children. We appreciate all the support she has provided to our district during her time in Cuba. I will be in the role of Acting Principal for the remainder of the year.

A few reminders:

1. Students must check in with their teachers in Zoom or Google Meets in the morning and afternoon. If your child is not attending Zoom classes we will be conducting home visits to see how we can support you in ensuring that your child attends class.
2. Check-in forms for attendance are available on the elementary web page, in your student's Google Classroom or you may continue to call and text Ms. Anita Romero at 505-362-2876.
3. Along with homeroom classes, students are expected to attend Art, PE and Navajo Bilingual/log 30 minutes per week on Imagine Espanol. Students do receive grades for these classes.

We understand these are difficult times. Please let us know how we can help your child be successful this year.

Please feel free to contact me at (505) 290-1685 or [jatencio@cuba.k12.nm.us](mailto:jatencio@cuba.k12.nm.us).

# From Nurse Carol

Parents & Guardians,

Even though CISD remains in a remote learning model with everyone being encouraged to stay home, preventative health care remains very important.

Please try to continue with your normal medical provider visits such as well child/annual exams, eye doctor visits as well as keeping up with immunizations. It's not too late to get a flu shot, the CDC is encouraging everyone to get one this year. As adult members of our community start to get the Covid-19 shots, please note that it is important to continue social distancing and mask use. Until there is a significant reduction in community spread we have to continue with all precautions. If your child has a positive Covid result please contact the nurse or health assistants.

Please consult with your medical provider to check your records and remember PMS holds shot clinics throughout our community each month. If you have any questions or concerns, please feel free to contact me at [cchase@cuba.k12.nm.us](mailto:cchase@cuba.k12.nm.us) or call/text on 505 220 9522. Wishing you all health & wellness.

Carol Chase, RN. CISD School Nurse.

How to stay healthy and avoid the spread of COVID-19



Use tissues and dispose immediately after use



Wash your hands regularly for 20 seconds



Stay home when sick



Avoid touching your face



Wipe high-touch surfaces often



Avoid close contact with others



Cover your mouth when coughing or sneezing



# Martin Luther King Jr. Day

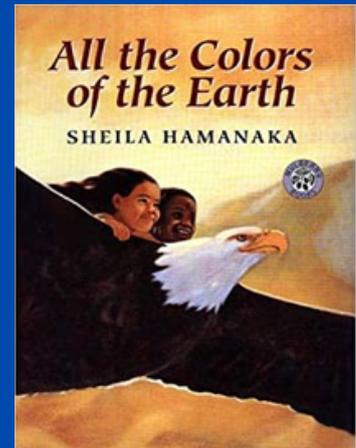
With a new year already quickly underway this is a great time to help children set a respectful and kind tone for the year ahead. **We will be closed on Monday, January 18th**, making the nationally recognized holiday a great chance for parents to teach children about civil rights and American history.

Some of these topics can sometimes seem intense or complex for children but here are some ways you can share these important parts of our history with your child.

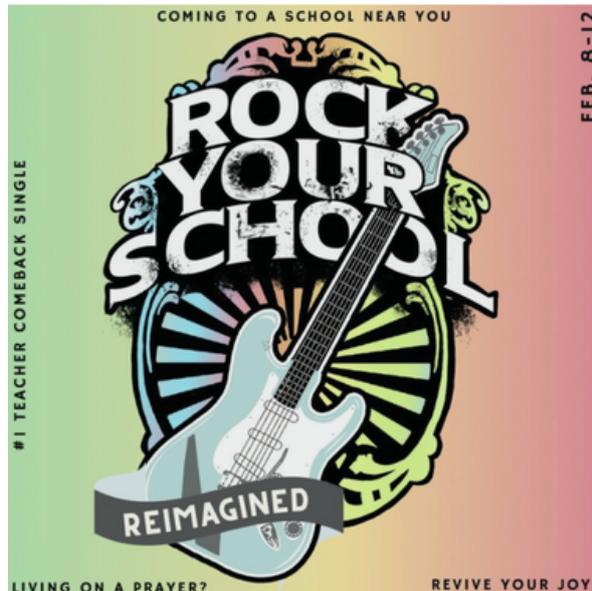
1. **Read a book about MLK:** Many of these books can be found online as a read-aloud. Enjoy the one shown below.
2. **Discuss hopes and dreams:** Drawing inspiration from King's "I Have a Dream" speech, ask kids what their dreams are, what inspires them? You can write these down or draw pictures and hang on the fridge to use as inspiration throughout the year.
3. **Art project:** Have children create the project below this is a great activity that helps demonstrate unity and respect.



Important Dates:  
January 18th-MLK jr. Day-No School  
January 20 & 21- Picture Day



Visit this site for a read-aloud of the story:  
<https://www.youtube.com/watch?v=xmL93MAImQ4>



# Help Yourself Feel Better

This year we find ourselves in a situation we could have not imagined. We are working from home and students are attending school remotely. Unfortunately, the isolation from other people and lack of activity has caused many of us to gain weight and become discouraged and lethargic.

The best cure for this is to get up and move! Start small! If it's not muddy, take a break and have a good walk. If you can't go outside, try dancing or walking around inside the house. Challenge yourself to do a little bit more each week. People who are successful at improving their health do not expect or achieve amazing results instantly. Developing good habits takes time.

Another important way you can help yourself is to choose the foods you eat wisely. Try decreasing junk food and increase your intake of good, healthy food. Drinking plenty of water each day is another great way to feel better.

As you increase your activity and intake of healthy foods and water, you should start to feel better. As the semester goes on, the days will be getting longer, giving us some mood-enhancing sunshine. Take some time to step outside and enjoy it.



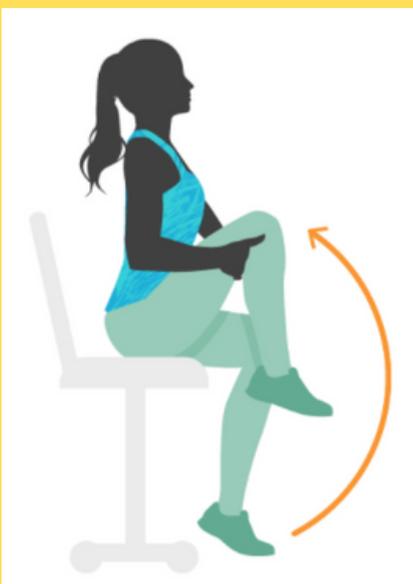
“Being active promotes mental health and wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.”



## Stretch of the Month

### Lower Back Stretch

While sitting and keeping your back straight, bring one of your knees toward your chest. Using both hands, gently pull your thigh toward you. You should feel tension in your lower back and upper buttock. Stretch for 30 seconds, relax and return to starting position for other leg.



# Student Spotlight



Aubrey Herrera,  
1st Grade



Hailey Vigil,  
1st Grade



Darren Yazzie,  
1st Grade

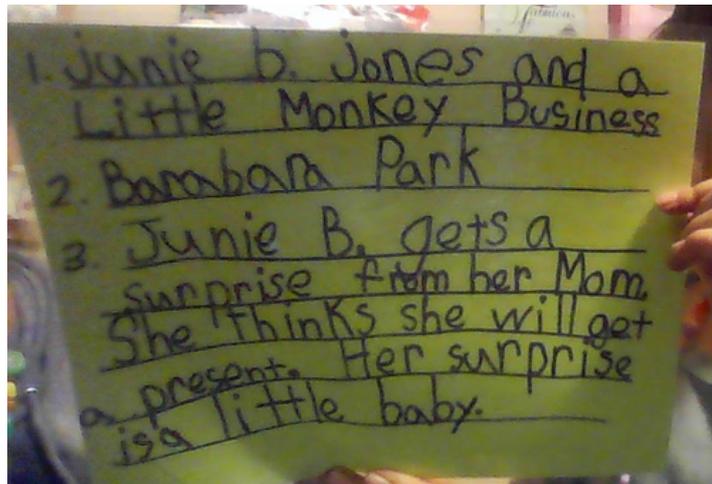


Keyonnah Yazzie,  
1st Grade



Cheyenne Jim,  
1st Grade

First grade students are learning about objects in the night sky. They have learned about the moon and how it orbits the earth. They are also learning about the moon phases. Students created pictures of the moon in the night sky as part of their project this month.



## Jade Chavez, 2nd Grade

Read & Write. Read from a book that you have at home. Then answer the following... What is the title of your book? Who wrote the book? What is the book about?

# Teacher Talk

## RHONDA SALAZAR- KINDERGARTEN

Where did you graduate from high school?

**Cuba High School**

Where did you attend college?

**University of New Mexico**

How many years have you taught?

**16 years!**

Where have you taught?

**I have not taught at any other school because I love working with the kids and staff here at Cuba Elementary!**

What accomplishment fills you with pride so far this year?

**Oh my goodness! I just love seeing my students on Zoom each morning. I love the fact that despite all the obstacles we face in remote learning, my students are learning how to write and read on their own.**

How do you spend your summer breaks?

**My family loves to travel. So we are hardly home over the summer. We love to visit national parks. We've been to Mt. Rushmore, Yellowstone, Yosemite, Grand Canyon, Grand Teton, Glacier Park, and many more. Hopefully, I will be able to travel outside the country soon.**



What is your first memory from school?

**I believe my first memory of school is actually my first day of Kindergarten. I remember I cried when my mom left me at the breakfast table. I was fine for the rest of the day.**

What's a school sport or activity you enjoy watching?

**I, myself am not much into sports. However, I do enjoy watching football with my husband from time to time.**

What is one of your hidden talents?

**I enjoy organizing things. Even more so, I LOVE to shop for things that will help me organize stuff like baskets and other containers.**

If you won the lottery and decided to give up teaching, what would you do instead?

**Hmmm, I definitely would pay off my bills so I'm debt free. I would also use some for outreach services in my community, and finally do some traveling with my family.**

## YOLANDA FRAGUA- SPECIAL EDUCATION

Where did you graduate from high school?

**I graduated from Cibola HS in Albuquerque.**

Where did you attend college?

**I attended the Institute of American Indian Arts and received an Associates of Fine Arts. I also attended New Mexico Highlands University and received a Bachelors of Fine Arts. Since I couldn't decide what I wanted to study I also attended NMSU, CNM and SIPI. Lastly, I attended UNM and received a Special Education Teaching License**

How many years have you taught?

**Substitute Teacher - 4 years**

**Special Education Teacher- 9 ½ years**

Where have you taught?

**I've taught in Albuquerque and Cuba Elementary.**

What accomplishment fills you with pride so far this year?

**To be able to reach out to my students and help them get through this school year.**



How do you spend your summer breaks?

**I enjoy traveling and seeing my family in different parts of the country and taking pictures of everywhere I've been. Taking long drives around the state and exploring new areas. I also attend LOTS of concerts.**

What is your first memory from school?

**I remember in Kindergarten wearing a star on my head and singing at a Christmas performance at Jemez Pueblo Day School.**

What's a school sport or activity you enjoy watching?

**I enjoy watching the basketball and volleyball games. And of course the Holiday performances at the Elementary school.**

What is one of your hidden talents?

**I can play the clarinet.**

If you won the lottery and decided to give up teaching, what would you do instead?

**If I won the lottery, I would travel all over the world and spend as much time with my family. I would move to Monterey, California to spend my time at the beach.**

## ROBIN HERRERA- FIFTH GRADE

Where did you graduate from high school?

**I attend high school at Kirtland Central High School.**

Where did you attend college?

**I attend college at Eastern New Mexico University and University of New Mexico.**

How many years have you taught?

**This is my 9th year teaching.**

Where have you taught?

**I have taught at Kirtland Elementary and Cuba Elementary.**

What accomplishment fills you with pride so far this year?

**An accomplishment that fills me with pride this year is how fast we all adapted to online teaching.**

How do you spend your summer breaks?

**I spend my summer breaks filled with rest and relaxation.**



What is your first memory from school?

**My first memory from school is preschool sing-alongs.**

What's a school sport or activity you enjoy watching?

**A school sport I enjoy watching is football and basketball.**

What is one of your hidden talents?

**My hidden talent is being able to adapt. Another hidden talent I have is caring for others and believing in others.**

If you won the lottery and decided to give up teaching, what would you do instead?

**If I won the lottery I would travel the world.**

I WASN'T BORN TO  
"JUST TEACH."

I WAS BORN TO INSPIRE OTHERS,  
TO CHANGE PEOPLE,  
AND TO NEVER GIVE UP;  
EVEN WHEN FACED WITH  
CHALLENGES THAT  
SEEM IMPOSSIBLE.

