



September 13, 2024

ISSUE 2

# CFK Academy Newsletter



## Wellness Day

By: Jarrett Miller and Hadden Miller



On Friday, August 30th, CFK Academy had it's 1st Wellness Day. Students chose from various activities to participate in for both their mental and physical well-being. The activities included:

- Board games with Mrs. Hernandez
- Trail mix workshop with Mrs. Garcia
- Painting with Mrs. Hughes
- Clay art with Mr. Hughes
- Nature walk with Ms. Alexander
- Quiet reading and journaling and
- Peace garden with Dr. Drewel

These activities allowed students to relax as a community, reflect on the importance of mental health, and have some Friday fun.

"I thought Wellness Day was amazing," said Dr. Drewel. "It was nice to break out of the usual routine and I am thankful to Mrs. Garcia for setting it up."

Wellness Day was a huge success, leaving teachers and students looking forward to the next one.

## Upcoming Dates:

**September 13:** Club Meetings & Community Service

**September 16-20:** Start with Hello Week

**September 17:** Constitution Day & Progress Reports

**September 18:** Retake FAST and BEST Algebra 1/ Geometry

**September 25:** Last Day To Apply For Free and Reduced Lunch



Students gather around the peace garden during Wellness Day.

# Meet The Administrators

By: Jonathan Downing

Dr. Wendy McPherson is the principal of C.F.K Academy. She has been working in education for 31 years. Her favorite hobby is reading and her favorite thing about her job is working with high school students. She said, "I'm really exited for this year and we have a really good group of students."

Our new Assistant Principal, Jen Alexander, was a science teacher at Sugarloaf before C.F.K Academy. She has been teaching for 21 years. Her favorite hobbies are remodeling her house, paddle boarding, and traveling. Her favorite thing about her job is working with kids. She said, "I am really happy to be a part of the C.F.K Academy team and look forward to this new adventure."

Mrs. Jessica Hernandez is our school's Office Manager. She has been working in education since 2020. A Coast Guard veteran, she worked at H.O.B and her hobbies are art, video games, family movies, and boxing. Her favorite part of the job is teaching history and helping students. Her quote: "Jack of all trades, master of none, though oftentimes, better than master of one."



The CFK Administration (from left to right): Jessica Hernandez, Office Manager, Dr. Wendy McPherson, Principal, and Jen Alexander, Assistant Principal.



## Digital Media

By Emily Anderson

### THE CFK ACADEMY STUDENT NEWSLETTER

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JARRETT MILLER  
KYRA SHEPHARD  
NINA WARD

CREATED IN JOURNALISM  
CLASS



Seniors Evan Sipe (left) and Wyatt Rhodes were the video announcers on 8/30.

Did you know that the Digital Media class makes a weekly video that is posted in Google Classroom on Fridays? The students create these informative videos as they work on getting certificates in Adobe Photo Shop and Premiere Pro. Thank you to Wyatt Rhodes, Evan Sipe, Michael Salata, Amber McRoy, Emily Nolasco-Ferruffino, Jadyn Ray, Dominika Wojciechowska, and Ronan Shea for creating these hilarious videos each week!



# Club News and Updates

By Keirra Austin

On September 6th, students started participating in clubs and community service.

## Key West Botanical Gardens

Students walked to the Key West Botanical Gardens, received an overview, and assisted the garden caretakers.

## Key West Sailing Club

Students started preparing for a Halloween celebration.

## GAE Buddies

Students walked to Gerald Adams Elementary and assisted teachers in their classes.

## Interact

Students met with Mr. Hughes to plan and discuss opportunities for the year.

## Student Council

Mrs. Garcia met with students who want to join the student council or become an officer.

## Conch Oasis/Palm Vista

Students went to Conch Oasis and participated in a dance battle against Mrs. Hughes for the enjoyment of the residents.

## NHS/NJHS

NHS is planning their first fundraiser. Ninth graders will meet with Dr. Drewel to vote for an NJHS secretary to represent them in the first semester.

Students will participate in Start with Hello Week September 16-20.



# Senior Spotlight

By: Nina Ward



Name: **Nina Ward**

Future Plans: **Go to college for Performing Arts**

Hobbies: **Acting**

Favorite Quote: **"Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow."**  
~Carrie Fisher

How long in the Keys: **I moved here full time in June, but have been coming down here in the summers for 10 years.**

**Ni Hao!**

**START with Hello**

**CFK ACADEMY**

**Ciao!**

MONDAY	TUESDAY	WEDNESDAY
<b>Meet-N-Greet Monday</b> Students are encouraged to use their own "Hello Style" by saying hello in a foreign language!	<b>Tell Someone Tuesday</b> Students give friendly notes to each other all day long telling them what they appreciate.	<b>Wear Green Wednesday</b> Students and staff are encouraged to wear green today as a symbol of unity inclusivity and solidarity with Sandy Hook Promise.

THURSDAY	FRIDAY
<b>Thankful Thursday</b> Students are encouraged to write a thankful note to a trusted adult.	<b>Friendly High-Five Friday</b> Students and staff are encouraged to give high-fives to friends.

**SEE SOMEONE ALONE** **REACH OUT + HELP** **START with Hello**

**Hola!** **Shalom!** **Bonjour!**

September 16-20, 2024

A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE

# Your child may be eligible for a TAKE STOCK IN CHILDREN College Scholarship Opportunity!



SCAN ME FOR AN  
APPLICATION

## Application Requirements— Student must:

- Have a U.S. Social Security number
- Be enrolled in an approved Monroe County School in grades 6—9
- Have earned As, Bs, and Cs in all classes with a minimum 2.0 GPA
- Have passing scores on State standardized tests
- Meet financial eligibility requirements established by the TSIC Program (see chart below)
- Sign a contract agreeing to remain crime and drug free, attend school regularly, maintain a 2.5 GPA, and meet with a mentor once a week

**The applicant's 2023—2024 academic records will be reviewed prior to application approval.**

**Please review the financial qualifications below:**

2023 Federal Income Tax Return filed  
by parent(s) or guardian(s) claiming  
student as a dependent is required  
to verify income eligibility.

### NOTE

Family income **cannot** exceed the levels shown in the chart.

Applicant must provide a copy of his or her parent(s)/guardian(s) 2023 tax  
return or equivalent proof of income.

W2 earning statements, payroll stubs, or bank statements are not accepted.

Income guidelines provided by Florida Prepaid College Foundation.

Household Size	Annual Income
2	\$ 62,034
3	\$ 69,834
4	\$ 77,553
5	\$ 83,769
6	\$ 89,984
7	\$ 96,200
8	\$ 102,375

**Contact the Take Stock in Children College Success Coach nearest you  
for more information and an application:**

### Lower Keys

Ms. Lynne Casamayor Mr. David Henriquez  
305-293-1400 305-293-1400  
Ext: 53303 Ext: 65441

### Marathon

Ms. Traci Wittenwiler-Driscoll  
305-289-2480  
Ext: 55418

### Upper Keys

Ms. Marlene Sun-Sternberg  
305-853-3222  
Ext: 56313

# MCEF

Monroe County Education Foundation



Mr. Chuck Licis-Masson  
Executive Director  
Ms. Autumn Hager  
Supervisor Student Services

Take Stock in Children Monroe  
PO Box 2561, Key West, FL 33045  
305-293-1546 or

[TakeStock@MonroeCountyEdFound.com](mailto:TakeStock@MonroeCountyEdFound.com)



Request and submission of a completed application does not  
ensure a scholarship award.

# Last year's (2023) IRS Form 1040 tax return required with TSIC scholarship application

**Form 1040** Department of the Treasury—Internal Revenue Service  
**U.S. Individual Income Tax Return** **2023** OMB No. 1545-0074 IRS Use Only—Do not write or staple in this space.

For the year Jan. 1-Dec. 31, 2023, or other tax year beginning \_\_\_\_\_, 2023, ending \_\_\_\_\_, 2024. See separate instructions.

Your first name and middle initial \_\_\_\_\_ Last name \_\_\_\_\_ Your social security number \_\_\_\_\_

If joint return, spouse's first name and middle initial \_\_\_\_\_ Last name \_\_\_\_\_ Spouse's social security number \_\_\_\_\_

Home address (number and street). If you have a P.O. box, see instructions. \_\_\_\_\_ Apt. no. \_\_\_\_\_ Presidential Election Campaign  
Check here if you, or your spouse if filing jointly, want \$3 to go to this fund. Checking a box below will not change your tax or refund.  
☐ You ☐ Spouse

City, town, or post office. If you have a foreign address, also complete spaces below. \_\_\_\_\_ State \_\_\_\_\_ ZIP code \_\_\_\_\_

Foreign country name \_\_\_\_\_ Foreign province/state/county \_\_\_\_\_ Foreign postal code \_\_\_\_\_

**Filing Status**  
☐ Single ☐ Head of household (HOH)  
☐ Married filing jointly (even if only one had income)  
☐ Married filing separately (MFS) ☐ Qualifying surviving spouse (QSS)  
If you checked the MFS box, enter the name of your spouse. If you checked the HOH or QSS box, enter the child's name if the qualifying person is a child but not your dependent: \_\_\_\_\_

**Digital Assets** At any time during 2023, did you: (a) receive (as a reward, award, or payment for property or services); or (b) sell, exchange, or otherwise dispose of a digital asset (or a financial interest in a digital asset)? (See instructions.) ☐ Yes ☐ No

**Standard Deduction** Someone can claim: ☐ You as a dependent ☐ Your spouse as a dependent  
☐ Spouse itemizes on a separate return or you were a dual-status alien

**Age/Blindness** You: ☐ Were born before January 2, 1959 ☐ Are blind Spouse: ☐ Was born before January 2, 1959 ☐ Is blind

**Dependents** (see instructions):  
(1) First name Last name (2) Social security number (3) Relationship to you (4) Check the box if qualifies for (see instructions):  
Child tax credit Credit for other dependents

If more than four dependents, see instructions and check here ☐

**Income**  
1a Total amount from Form(s) W-2, box 1 (see instructions) 1a  
b Household employee wages not reported on Form(s) W-2 1b  
c Tip income not reported on line 1a (see instructions) 1c  
d Medicaid waiver payments not reported on Form(s) W-2 (see instructions) 1d  
e Taxable dependent care benefits from Form 2441, line 26 1e  
f Employer-provided adoption benefits from Form 8839, line 29 1f  
g Wages from Form 9919, line 0 1g  
h Other earned income (see instructions) 1h  
i Nontaxable combat pay election (see instructions) 1i  
z Add lines 1a through 1h 1z

Attach Form(s) W-2 here. Also attach Forms W-2G and 1099-R if tax was withheld. If you did not get a Form W-2, see instructions.

Attach Sch. B if required.

**Standard Deduction for—**  
• Single or Married filing separately, \$13,850  
• Married filing jointly or Qualifying surviving spouse, \$27,700  
• Head of household, \$20,800  
• If you checked any box under Standard Deduction, see instructions.

2a Tax-exempt interest 2a b Taxable interest 2b  
3a Qualified dividends 3a b Ordinary dividends 3b  
4a IRA distributions 4a b Taxable amount 4b  
5a Pensions and annuities 5a b Taxable amount 5b  
6a Social security benefits 6a b Taxable amount 6b  
c If you elect to use the lump-sum election method, check here (see instructions) ☐ 7  
Capital gain or (loss). Attach Schedule D if required. If not required, check here ☐ 7  
8 Additional income from Schedule 1, line 10 8  
9 Add lines 1z, 2b, 3b, 4b, 5b, 6b, 7, and 8. This is your **total income** 9  
10 Adjustments to income from Schedule 1, line 26 10  
11 Subtract line 10 from line 9. This is your **adjusted gross income** 11  
12 **Standard deduction or itemized deductions** (from Schedule A) 12  
13 Qualified business income deduction from Form 8995 or Form 8995-A 13  
14 Add lines 12 and 13 14  
15 Subtract line 14 from line 11. If zero or less, enter -0-. This is your **taxable income** 15

For Disclosure, Privacy Act, and Paperwork Reduction Act Notice, see separate instructions. Cat. No. 11202B Form 1040 (2023)

Student applicant's name must appear on the tax return.

Total family income cannot exceed income eligibility.

## **\*\*REQUIRED\*\***

### 2023 U.S. Income Tax Form 1040

- ☐ Student must be listed as a dependent
- ☐ Total income (line 9) cannot exceed the income eligibility guidelines listed by household size in the chart to the right
- ☐ Current Free or Reduced Lunch eligibility letter from Monroe County Schools
- ☐ SNAP, TANF, or HUD documentation as needed

*Families may qualify with current SNAP documentation.  
Income guidelines provided by the Florida Prepaid College Foundation.*

Household Size	Annual Income
2	\$62,034
3	\$69,834
4	\$77,553
5	\$83,769
6	\$89,984
7	\$96,200
8	\$102,375

W-2 STATEMENTS OR PAYROLL STUBS ARE NOT ACCEPTED



2024

# SEPTEMBER

## Monroe County School District Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2



3

Chicken Teriyaki Noodles  
Mixed Veggies Fortune  
Cookie Assorted Fruit &  
Juice Milk Options

4

Pizza Crunchers  
Waffle Fries  
Green Beans  
Assorted Fruit & Juice  
Milk Options

5

Corn Dog  
(PreK: Mini Corn Dogs)  
Spiral Fries & Baked Beans  
Assorted Fruit & Juice  
Milk Options

6

**Frozen Friday!**  
Grilled Cheese Sandwich  
Waffle Fries  
Key West Veggie Blend  
Assorted Fruit & Juice  
Milk Options

9

**Monday Funday!**  
Chicken Alfredo  
Cheesy Garlic Breadstick  
Broccoli  
Garden Side Salad w/ dressing  
Assorted Fruit & Juice  
Milk Options

10

Nachos w/ Seasoned Beef or Chicken  
Cheese Sauce  
Cilantro & Lime Rice  
Black Beans & Salsa Cup  
Assorted Fruit & Juice  
Milk Options

11

Meatball Piada  
Spiral Fries  
Key West Veggie Blend  
Assorted Fruit & Juice  
Milk Options

12

Fil Aye' Chic' Sammie  
(Lettuce, Tomato & Pickles Cup)  
Boom Sauce  
Waffle Fries & Corn  
Assorted Fruit & Juice  
Milk Options

13

**Frozen Friday!**  
Pizza  
Smile Fries  
Baby Carrots w/ Ranch  
Assorted Fruit & Juice  
Milk Options

16

**Monday Funday!**  
Cheesy Beef & Noodles  
Cheesy Garlic Breadstick  
Broccoli  
Garden Side Salad w/ Dressing  
Assorted Fruit & Juice  
Milk Options

17

**Cheeseburger (Lettuce, Tomato, & Pickles Cup)**  
Smile Fries Green Beans Assorted  
Fruit & Juice Milk Options

18

Chicken & Waffles  
Spiral Fries  
Corn  
Assorted Fruit & Juice  
Milk Options

19

BBQ Pulled Pork  
Mac n' Cheese  
Corn Bread Muffin & Baked Beans  
Cucumber Rounds w/ Ranch  
Assorted Fruit & Juice  
Milk Options

20

**Frozen Friday!**  
Calzone or Empanada  
Cilantro & Lime Rice  
Cheesy Refried Beans  
Assorted Fruit & Juice  
Milk Options

23

**Monday Funday!**  
Baked Ziti  
Cheesy Garlic Breadstick  
Broccoli  
Garden Side Salad w/ Dressing  
Assorted Fruit & Juice  
Milk Options

24

**TACO TUESDAY!**  
Taco or Quesadilla  
(Beef & Cheese)  
Cilantro & Lime Rice Plantains  
Fiesta Veggie Blend  
Assorted Fruit, Juice & Milk Options

25

Chicken Nuggets w/ Graham  
Crackers  
Mashed Potatoes w/ Gravy  
Corn  
Assorted Fruit & Juice  
Milk Options

26

Pretzel Dog  
Spiral Fries  
Baked Beans  
Assorted Fruit & Juice  
Milk Options

27

**Frozen Friday!**  
Pizza  
Smile Fries  
Green Beans  
Assorted Fruit & Juice  
Milk Options

30

**Monday Funday!**  
Spaghetti w/ Meatballs  
Cheesy Garlic Breadstick  
Broccoli  
Garden Side Salad w/ Dressing  
Assorted Fruit & Juice  
Milk Options

USDA Nondiscrimination Statement <https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>

\*Menus are subjected to change based on product availability.

Follow us on Facebook & Instagram @keysschoolscapes

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

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# SECURE YOUR STUDENT'S MEAL BENEFITS TODAY

REAPPLY BY  
**SEPT. 25**

If your student qualified for free or reduced meals last school year, that status will only last until September 25.

To avoid any interruptions, please complete a new application for this school year as soon as possible!

**APPLY NOW!**

[TINYURL.COM/KEYSSCHOOLSAPP](https://tinyurl.com/keysschoolsapp)



 @KEYSSCHOOLSCAFES

This institution is an equal opportunity provider.

Attention families! If your student received free or reduced meals last year, the deadline to renew is Wednesday, September 25th. Complete your application today to avoid disruptions! All families should complete the 2024/2025 lunch application.



## **Monroe County School District Food Services | Key West FL**

Monroe County School District Food Services, Key West, Florida. 21 likes. This page contains information pertaining to Monroe County School District's Food Services and Cafeteria for all schools...

 [facebook.com](https://facebook.com)





# Meal Prices

## Reduced

**Breakfast \$0.30**

**Lunch \$0.40**

## Student

**Breakfast \$2.00**

**Lunch Elementary \$2.75**

**Lunch Middle/High \$3.10**

## Adult

**Breakfast \$2.50**

**Lunch \$4.00**

**Second Meals \$4.00**





# CFKA (MCSD) STUDENT LUNCH ACCOUNT- LUNCHES PROVIDED BY GAE - **CREATE AN ACCOUNT. SET UP PAYMENTS +ALERTS.**

## Peace of mind at your fingertips

Delivering convenience for all your student's school payment needs. Never miss a beat with MyPaymentsPlus.



### Sign in

Email or Username\*

Password\*



[Forgot Password?](#)

Sign in

Don't have an account?

REGISTER NOW

The Food Service Department allows children to charge meals as a courtesy. In general, meals are to be paid for daily, or by using the prepaid account which allows you to pay ahead.

Please send a payment to the cafeteria to add money to your child's account. You may send cash or check. Checks should be made payable to MCSD-Food Service. You can also go online to



<https://www.mypaymentsplus.com/> and set up an account for your child that allows you to monitor their cafeteria purchases, account balances and for a small fee deposit money into their accounts. Please note: your child's ID # may have changed, if the ID # does not work, please contact your child's school to get the correct #. The ID # begins with 44000xxxxx, it is not the 5 digit PIN.

Students with negative balances of any amount will not be allowed to purchase a la carte items. Also, these balances will continue to roll from year to year until they are paid.

To fill out the Free and Reduced application online, visit,



<https://frapps.horizonsolana.com/MONC02>.

Contact the **Student Eligibility**

**Coordinator** at the Food Service District Office at 305-293-1400 X 53356 or email [lucia.cuculino@keysschools.com](mailto:lucia.cuculino@keysschools.com) if you have any questions about the online application process.