



Ms
RASCON

ABOUT ME

I was born and raised in Tucson and currently live in Sahuarita. I am a mama to my favorite son, Finneas. We have 2 dogs: Oakley (16yrs.) and Blue (2yrs.).

I've been at Family Life Academy for 7 years. This will be my 2nd year teaching middle school. I'm excited to do it again!

My first teaching experience was when I was 18, in a 5th grade classroom, and since then the Lord has been growing and shaping me through various experiences, trainings, classes and opportunities.

My goal is to make learning fun and engaging for each of my students. I also look forward to growing together in wisdom and knowledge of our Lord Jesus

FAVORITES

Food Burritos

Hobby Crafting (all types)

Color Glitter

Candy Dark Chocolate

FUN FACTS

- I've completed a marathon
- I want to learn Bee Keeping & get a hive
- I have a mini hair salon at home



CONTACT

nrascon@ccctucson.org

Family Life Academy

Middle School

~MAIN~

Supply List: 2025-2026

Items for your child (Be sure to personalize these items.)

- 1 three- ring binder (1 inch is fine)
- 8 dividers for the binder.
- 1 clear plastic shoe box with a lid-This is to hold your supplies.
- Scissors- adult sized with a sharp tip
- Erasers (White seems to work the best for not leaving marks.)
- Highlighters- multiple colors
- 2 large metal rings (for notecards)
- 1 USB flash drive (1 GB or larger with a lanyard)
- Calculator (scientific: TI-30 seems easier to use than Casio for some students.)
- **For Algebra 1 Students ONLY - Graphing Calculator**

Items to share with the class

- 1 pair of old CLEAN socks (for use as whiteboard erasers)
- 1 container of antibacterial wipes
- 4 boxes of Kleenex
- 1 bottle of whiteboard spray cleaner



Hi, I'm Mrs. Froehlich,

I will be teaching Middle School English for the second year here at Family Life Academy. My husband and I were born and raised in Tucson. We have three children. All three attended FLA for many years and then Desert Christian High School. They are now in college at Pima and U of A.

I attended the University of Arizona, where I obtained my Bachelor's degree. A few years later, I returned to school and completed my Master's in Education. Then I stayed home to raise my children full-time. Once they started school, I started to substitute teach. I did this for about 10 years, until last year, when I began teaching at Family Life Academy.

We have attended church at CCC for many years. One of my favorite verses is [Philippians 1:6](#), Being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ (NKJV). Some fun things about me include: I love to travel and have been to four continents, I have one sweet old doggie named Luna, the thrift store is my Target, and I enjoy gardening.

This year, I plan to incorporate some new ideas into the classroom, with the addition of a Book Club and a few community service opportunities. I'm really looking forward to my second year in middle school. Feel free to email me with any questions or comments at bfroehlich@ccctucson.org.

Blessings,

Mrs. Froehlich

Family Life Academy
Middle School
English – Supply List
2025-2026

Each student needs these for Middle School **English**.

Personal supplies (not shared):

- 2 folders, one orange, one blue
- 2 comprehension or spiral notebooks, one orange, one blue
- 1 large pencil box-to be kept in English class

With the following inside:

- 12- 24 pk pencils/ mechanical pencils with lead- they may need more throughout the year- this is not shared
- WHITE ERASER, two if they erase a lot!
- scissors
- Glue stick
- Sock (to erase whiteboards)
- Dry erase markers -4 any color
- Sharpies or markers - variety of colors
- Colored pencil pack
- At least 4 red pens **and** 2 blue/black pens
- Personal/small hand sanitizer
- 1 Trifold project board- Name on the back
- 4 white poster boards (2x3)

Class supplies:

- Tissues
- Hand sanitizer
- Whiteboard spray
- Small package of blank paper (copy paper)

Thank you,

Mrs. Froehlich