



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 Supply List
Bible, Science & Math
2026-2027

Personal Items (not for sharing, please label)

- (3) 3-ring binders - 1inch
 - Yellow
 - Green
 - Purple(white or black with a clear page cover is okay)
- 1pk of graph paper (please avoid the tiny grids)
- (3) 3-hole folders (student choice)
- Pencils (if mechanical, please have extra led)
- Scissors
- 4x6 notecards
- (2) Highlighters-different colors
- Scientific calculator
- Ruler
- Protractor
- Compass
- Fine tip Expo markers (1pk of 8 or 2pk of 4)
- RED grading pens (at least 2, please)
- Glue stick
- Color pencils or markers
- Black Sharpie
- Pencil pouch

Classroom supplies

- Expo markers (regular size 2-4 pk)
- 1pk Sheet protectors
- Pencil topper erasers (white works best)
- 4 boxes of Kleenex
- 1 roll of paper towels



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

Supply List for Mrs. Froehlich's Classroom

Families, please know that I am conscious of the fact that supplies are expensive, and as a result, I'm trying to minimize the things necessary in my classroom. I'm hopeful that you may have these things at home in excess from previous years.

Because of the difficulty in students managing their supplies, we have decided that it is better for them to have a box of supplies in each classroom. The basic supplies that are needed in my class are the following:

In a large pencil box (roughly 4hx5wx8l)

A box of pencils (24 is probably better, they go through pencils) or mechanical and at least 2 extra containers of led if your student is responsible enough for that.

2-3 red pens

A small box of colored pencils or crayons (8-12 variety- whatever is cheapest)

A white rectangular eraser (please encourage your student not to break, bend, or destroy this)

A pair of scissors

One pack 3x5 cards

A couple of dry erase markers- again, if they smash the tips in, they will no longer work and will need to be replaced.

2 glue sticks

1 roll of tape

4 folders and notebooks (black, red, orange, and blue)

These supplies are theirs, not to share, and should get them through the year. Sadly, I see students break and waste things on purpose. I do not supply replacements, so if they abuse their things, they will have to ask you to buy more.