



THE PAW PRINT

THE OFFICIAL WEEKLY NEWSLETTER FOR FTS

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@FTSHUNTERDON #PAWPRIDE

DR. GOODITIS, PRINCIPAL

UpcomingEvents

- 2/6 Marking Period Award Ceremony Grades 6-8
 1:07 PM in the Gym
- 2/16- 1PM Dismissal
- 2/19- School Closed

Hear Our R.O.A.R.S!

Respect, Ownership of Actions, Achieve Personal Best, Responsibility, and Safety

This week students in fourth through eighth grade participated in the Spelling Bee. Madison, Flora, and Declan won first, second, and third place respectively.





Students in Preschool - Eighth grade participated in the Star Lab during STEAM class with Ms.
Alexander. Preschool students were able to look and find the constellations in the northern sky including Cassiopeia (which looks like the letter "W")

In Mrs. Paquette's Social Studies class, 6th grade students finished their unit on Egypt by creating and playing games that covered the content learned.



Kindness Week

Students made a Beehive of Kindness. Students described one kind thing that they have done for someone else recently and one kind thing that someone else has done for them recently. The bulletin board includes the work of students in Preschool, Kindergarten, 1st, 2nd, 3rd and 4th grades. It's our Beehive of Kindness, and we even had to extend it with some poster board!



IN HONOR OF CHD AWARENESS



REMEMBER EVERYTHING MUST FOLLOW SCHOOL DRESS CODE

RUN BY STUDENT COUNCIL AND NJHS MEMBERS

COACHES' CORNER

Congratulations to Coach Mandelberg and the boys basketball team on an outstanding season. The team advanced all the way to the semi finals of the North Hunterdon-Voorhees Junior Athletic Conference tournament. Throughout the season, the boys were consistently commended by opposing teams for the effort, skill, and class they displayed on the court. We could not be more proud of our boys on and off the court!



Congrats to our girls basketball team for their stellar effort this season. Coach Baraneck was astounded by the tenacity you demonstrated each game. In fact, opposing coaching frequently commented on the grit and determination that all seven team members exhibited. Thank you for all your hard work this season!

COUNSELOR'S COUNSELOR'S COUNSER

Franklin Township School

Morning Meetings February 2024

Monday: Grades K-2

Being Respectful

Wednesday: Grades 3-5

Being Respectful

Friday: Grades 6-8

Being Respectful

Morning meetings will run from 8:15am-8:35am. Please RSVP to avan-spanje@ftschool.org

The Folke Institute

Thank you to The
Folke Institute for
providing a list of
children's books for
Black History
Month. Please click
here for an
accessible version.



BLACK HISTORY MONTH

CHILDREN'S BOOKS SUGGESTED READING

I Am Enough by Grace Byers Reading Age: 3-7 Grade Level: Preschool-3

Hair Love by Matthew A. Cherry Reading Age: 2-7 Grade Level: Preschool-3

Sulwe by Lupita Nyong'o Reading Age: 3-8 Grade Level: Preschool-3

Hidden Figures: The True Story of Four Black Women and the Space Race by Margot Lee Shetterly Reading Age: 6-10 Grade Level: Preschool-3

Henry's Freedom Box: A True Story from the Underground Railroad by Ellen Levine Reading Age: 6-9 Grade Level: Preschool-3

The Undefeated by Kwame Alexander Reading Age: 5-10 Grade Level: Preschool-3

Of Thee I Sing: A Letter to My Daughters by Barack Obama Reading Age: 3-9 Grade Level: Preschool-3

Mae Among the Stars by Roda Ahmed Reading Age: 2-6 Grade Level: Preschool-3

Preaching to the Chickens: The Story of Young John Lewis by Jabari Asim Reading Age: 5-8 Grade Level: K-3

The Day You Begin by Jacqueline Woodson Reading Age: 5-8 Grade Level: K-3

Let It Shine: Stories of Black Women Freedom Fighters by Andrea Davis Pinkney Reading Age: 6-9 Grade Level: 1-4

Young, Gifted, and Black: Meet 52 Black Heroes from Past and Present by Jamia Wilson Reading Age: 2-8 Grade Level: 2-4

Little Leaders: Bold Women in Black History by Vashti Harrison Reading Age: 4-9 Grade Level: 3-7

One Crazy Summer by Rita Williams – Garcia Reading Age: 9-11 Grade Level: 3-7

New Kid by Jerry Craft Reading Age: 9-12 Grade Level: 3-7

Voice of Freedom: Fannie Lou Hamer, Spirit of the Civil Rights Movement by Carole Boston Weatherford Reading Age: 10-12 Grade Level: 5-6

Brown Girl Dreaming by Jacqueline Woodson Reading Age: 9-12 Grade Level: 5-6

Ghost Boys by Jewell Parker Rhodes Reading Age: 10-12 Grade Level: 5 and up

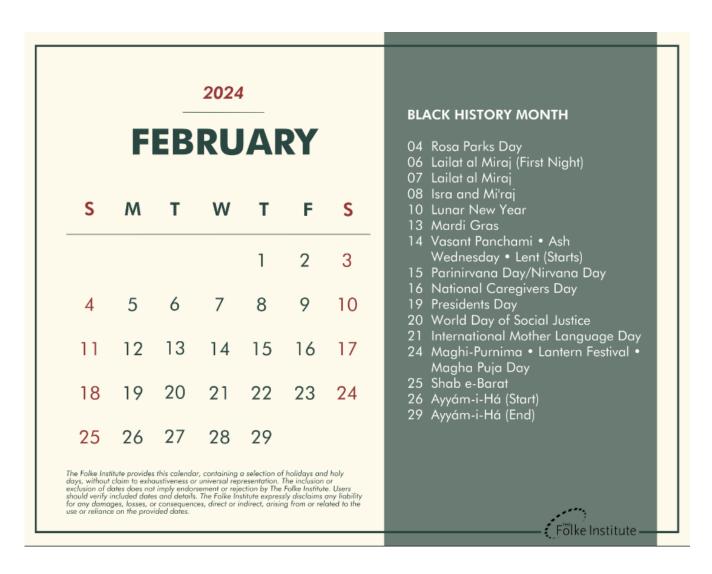
CLICK HERE TO VIEW ACCESSIBLE VERSION.

NOTE: Links to titles contain Amazon Affiliate Links.

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The Folke Institute

Thank you to The Folke Institute for providing a Year of Inclusion Calendar. Please see the below calendar for the month of February.





Heart Healthy Month

In February, we think of the color red, hearts, and sweets because of Valentine's Day; however, did you know that February is also American Heart Month? Heart disease is one of the leading causes of death in men and women in the United States. Therefore, it is important to know how to maintain a healthy heart and learn what positive habits you can add to your daily life to live a heart-healthy lifestyle!

Turn off technology.

Sometimes we may get into the habit of endlessly watching TV, scrolling on social media, or sitting in front of the computer, but it is important to set time limits daily. Instead, we can play outside, complete a puzzle, read a book, visit the library, or cook a healthy meal! Also, connecting and spending time with friends in person is one of the best things you can do for your mental and emotional health!

Fit ness and fun with your family!

Hit the trails, go on a hike or bike ride, or sign up for a race with your family. Staying active daily is extremely important and spending time with your loved ones makes this a double win!

February Holidays

February is Black History Month

February is Heart Healthy Month

Feb 2 Groundhog Day

Feb 2 National Tater Tot Day

Feb 9 National Pizza Dav

Feb 10 Lunar New Year

Feb 14 St. Valentine's Day

Feb 19 President's Day

Feb 20 National Muffin Day

Feb 27 National Strawberry Day

Maschio's

Eart heart-healthy weals and around fried, fatty foods!
Include delicious heart-healthy foods such as fresh fruits and vegetables, buts, whole grains, low-fat dairy, dairy-alternative yogurts/milk, beans, chicken, and fish. Avoid eating fast and fried foods, as they can make you feel tired. The more healthy food choices you make as a child, the more likely you are to make these same healthy choices as you grow older, becoming a healthy, happy, and active adult!

Quick Tips on How to Rend a Food Label





Perfect Baked Sweet Potato

INGREDIENTS:

- 4 Sweet Potatoes, scrubbed clean
- Olive Oil, optional
- 4 tbsp. Butter
- Kosher Salt
- Freshly Ground Black Pepper

INSTRUCTIONS:

- 1. Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork. Rub the outsides with a small amount of olive oil if you intend to eat the skins.
- 2. Bake until tender, 45 to 50 minutes.
- 3. Let cool, then split the tops open with a knife and top with a pat of butter.
- 4. Season with salt and pepper before serving.

Recipe the Month February 2024



Roasted Mushrooms 5 servings (1/2 cup)

INGREDIENTS:

- (1 pound 2 ounces) Fresh Mushrooms
- 1/4 teaspoon Ground Black Pepper
- 1/4 tablespoon Kosher Salt
- 1/4 cup Olive Oil

INSTRUCTIONS:

- 1. Preheat oven to 375°.
- 2. Rinse, wipe off any dirt with a wet cloth. Try not to soak the mushrooms in water.
- 3. Cut any very large mushrooms in half or in quarters.
- 4. Toss mushrooms with olive oil, salt and pepper. Other seasoning such as granulated garlic may be added.
- 5. Place mushrooms in a single layer on a parchment lined sheet pan. Do not crowd the mushrooms as this will cause them to steam.
- 6. Bake until mushrooms are lightly browned and tender, approx.15 min. Hold for hot service at 140° or higher.





Franklin Township School PTA

FTS PTA AT A GLANCE



JANUARY:



1/25: 6TH Grade Philly Pretzel Fundraiser

FEBRUARY:





2/23: Middle School Dance





3/15: Staff Vs. 8th Grade Volleyball Game

NEXT MEETING

2/15/2024 7PM LIBRARY



PLEASE HELP SUPPORT THE 6th GRADE'S "GRADUATION & GIVE BACK TO FTS FUND."

Funds will be used for graduation and for a gift that will benefit the entire school upon their graduation in June of 2026.

Our sale is from now until **February 19, 2024**. Candy will be available for pick up at FTS on March 22, 2024 or you can arrange on-line for delivery elsewhere for a fee. Just in time to fill your **EASTER** baskets!

It is easy to participate by going to (no need to set up an account):

https://fundraising.gertrudehawkchocolates.com/fundraisingproducts/index/index/organization_id/106421/seller_id/2

OR, fill out the order form that each student received in their homerooms and return to school in the envelope that has been provided.

All checks shall be made payable to Franklin Township School.

■ Wanna sell and earn prizes for yourself? Every student who sells at least ONE ITEM will receive a PRIZE! Instructions on how to do so and other incentives were also provided to all students.

MORE INFORMATION







Registration opens February 19th! Reserve your spot today!

Registration fee is \$110 for each child by March 1. (Late registration, if space: \$130). Registration and payment is <u>online</u> <u>only</u>. Visit <u>www.hunterdonlionstc.org</u> and click on the "HLTC Registration 2024" link.

Open to current 4th-8th graders

Events Offered

- Running: Sprints (100/200/400), mid-distance (800/1500), hurdles (80/100), relays
- Throws: Shot put, javelin, discus
- Jumps: Long jump and high jump

Our USATF and SafeSport certified coaching staff have backgrounds in these events, but we're always seeking more help. Additional coaches and volunteers are welcome!

- ❖ WHERE: North Hunterdon High School track
- WHEN: March 28th through June 1st
 - M & Th 7 8:30 pm, Sat 2 3:30 pm
 - NOTE: Attendance is not mandatory, however, athletes are encouraged to attend practices, as workouts are often designed for continuity



Registration includes:

- Club t-shirt
- Practice and competition in the full range of events offered
- Entry fees for club home meets and USATF Association meets
- End of season picnic celebration with new friends and future classmates!

Meets & Competition

HLTC aims to have intrasquad meets, meets with other youth clubs and participate in the Skylands Championship. We offer participation in the USATF Youth State Association meet (June) and USATF qualifying meets (July). Meet participation is not required, but encouraged as an important part of athletes' development.

More about HLTC

In our **19th season**, the Hunterdon Lions Track Club is open to 4th through 8th graders of all abilities, intended to provide a safe, fun, and inclusive environment to learn the fundamentals of track & field. The goals of the program are to:

- Build self-confidence and a strong work ethic
- Promote health and well-being
- Introduce the fundamentals of each track & field event

Our coaches strive to prepare athletes for high school while teaching athletes social responsibility by supporting each other and building a sense of community. As athletes progress, we encourage them to reach their full potential by continually setting goals, both on and off the track.

If you have questions in the interim, do not hesitate to contact the Head Coaches below.

Coach Bryan Lisa & Coach Lou Palma hunterdonlionstc@gmail.com

The attached information is being distributed by the School District at the request of the organization. The District's distribution of this literature is purely a courtesy to our parents and students and is not an endorsement by the District.



Join us for another fun season of spring track & field!



Franklin Township Annual Easter Egg Hunt



Saturday, March 23rd

at Noon

211 Sidney Road, Pittstown, NJ 08867

Please join the Franklin Township Police Department, Quakertown Fire Department and Franklin Township Recreation and the Clinton Elks for our annual Egg Hunt. The event is rain or shine or snow. This is a free Event for Franklin Township residents.

Be on the hunt for the Golden Egg

