



January 10, 2025

# THE PAW PRINT

THE OFFICIAL WEEKLY NEWSLETTER FOR FTS

WWW.FTSCHOOL.ORG/FTS  
@FTSHUNTERDON #PAWPRIDE

DR. GOODITIS, PRINCIPAL

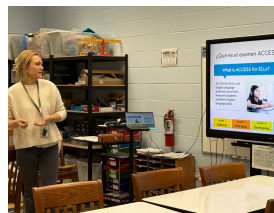
## • Upcoming • Events

- 1/17- Spelling Bee
- 1/20- School Closed - MLK Jr. Day
- 1/31- Snowflake Ball
- 1/31- Early Dismissal - Staff In-Service
- 2/12- Cultural Night
- 2/21- PreK Lottery Survey Closes
- 2/21- Middle School Dance
- 3/3-PTA/QEA Read Across America Breakfast
- 3/7- The Masked Reader
- 3/12-3/14- FTS Theater Club Presents Moana Jr.
- 3/14-Roary's Shop

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

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

Students in eighth grade completed their first Infento build; The Gecko! This is the first step in the process of creating an electric vehicle. Congratulations to all and looking forward to seeing what you will create next!



Our Multilingual families joined our Multilingual Teacher, Mrs. Acrin, Mrs. Lahman, our Intervention Teacher, and Mrs. Marchese, our Supervisor of Special Services, for a fun and informative night to discuss our ESL program, community resources, and how to support our ML students at home. It was a great turnout!

This week Ski Club students went on their first trip! Ski Club enjoyed their time at Blue Mountain!





# Board of Education

## Upcoming Meetings:

Tuesday, January 21, 2025

Monday, February 10, 2025

Monday, March 10, 2025

Monday, April 14, 2025

Monday, May 12, 2025 Public Budget Hearing and Adoption

Monday, June 23, 2025

Monday, July 21, 2025

Monday, August 18, 2025

Monday, September 15, 2025

Monday, October 27, 2025

Monday, November 24, 2025

Monday, December 22, 2025

Wednesday, January 7, 2026 Organization Meeting

# COACHES' CORNER

## Girls Basketball

### Upcoming Games

(4:00 start time)

Date	Opponent	Location
1/13	@ Kingwood	880 County Road 519, Frenchtown, NJ 08825
1/15	@ Delaware Twp.	501 Rosemont-Ringoes Road Sergeantsville, NJ 08557

## Boys Basketball

### Upcoming Games

(4:00 start time)

Date	Opponent	Location
1/13	Kingwood	FTS, 226 Quakertown Rd., Pittstown, NJ 08867
1/15	Delaware Twp.	FTS, 226 Quakertown Rd., Pittstown, NJ 08867



## FRANKLIN TOWNSHIP SCHOOL

Lindsay Gooditis, Principal

January 2, 2025

Dear Parents/Guardians,

Franklin Township School will be continuing our preschool program during the 2025-2026 school year. Please complete the survey [here](#) to indicate your interest in the District's free preschool program for the 2025-2026 school year. Please fill out a separate form for each preschool-aged child you are interested in enrolling in the District's preschool program. By completing the survey, you are entering your child into the lottery. Please note, you will not be able to access this survey until tomorrow, January 3, 2025 at 8AM.

Children who are already enrolled in the program during the 2024-2025 school year do not need to submit interest through the survey to enter the lottery. However, families who entered the lottery previously but did not receive a seat, need to re-submit their interest through the 2025-2026 survey.

The lottery survey will close on February 21, 2025. A random lottery will take place. If your child is selected in the lottery, you will be contacted via email by February 28, 2025. Families who do not receive a spot will be automatically placed on a wait list.

Sincerely,

Lindsay Gooditis

2 de enero de 2025

Estimados padres/tutores,

Franklin Township School continuará con nuestro programa preescolar durante el año escolar 2025-2026. Complete la encuesta [aquí](#) para indicar su interés en el programa preescolar gratuito del Distrito para el año escolar 2025-2026. Complete un formulario por separado para cada niño en edad preescolar que esté interesado en inscribir en el programa preescolar del Distrito. Al completar la encuesta, usted ingresa a su hijo en la lotería. Tenga en cuenta que no podrá acceder a esta encuesta hasta mañana, 3 de enero de 2025 a las 8 a.m.

Los niños que ya estén inscritos en el programa durante el año escolar 2024-2025 no necesitan presentar interés a través de la encuesta para participar en la lotería. Sin embargo, las familias que participaron en la lotería anteriormente pero no recibieron un asiento deben volver a presentar su interés a través de la encuesta 2025-2026.

La encuesta de lotería se cerrará el 21 de febrero de 2025. Se llevará a cabo una lotería aleatoria. Si su hijo es seleccionado en la lotería, nos comunicaremos con usted por correo electrónico antes del 28 de febrero de 2025. Las familias que no reciban un lugar serán colocadas automáticamente en una lista de espera.

Atentamente,

Lindsay Gooditis





# Cultural Night

**WEDNESDAY, FEBRUARY 12, 2025  
6:00 PM**

**Franklin Township School is seeking families interested in setting up a table to share about their family's culture with our FTS students and families!**

**Families interested in teaching others about their culture would choose from one of the following:**

**(A) Provide information on their culture (pictures, clothing, books, art, etc.)**

**(B) Share a favorite recipe and dish (allowing spectators to try it!)**

**(C) Teach a game or dance! (Let others enjoy a special pastime or significant game)**



**IF YOU AND YOUR FAMILY ARE INTERESTED  
IN HAVING A TABLE, PLEASE FILL OUT THE  
FORM.**

**SIGN UP  
HERE**



# Noche cultural

**MIÉRCOLES 12 DE FEBRERO DE 2025  
6:00 P.M.**

¡La escuela Franklin Township está buscando familias interesadas en montar una mesa para compartir sobre la cultura de su familia con nuestros estudiantes y familias de FTS!

Las familias interesadas en enseñar a otros sobre su cultura elegirían una de las siguientes opciones:

- (A) Proporcionar información sobre su cultura (imágenes, ropa, libros, arte, etc.)
- (B) Comparte una receta y un plato favoritos (¡permitiendo que los espectadores los prueben!)
- (C) ¡Enseñe un juego o baile! (Deje que otros disfruten de un pasatiempo especial o un juego significativo)



**SI USTED Y SU FAMILIA ESTÁN  
INTERESADOS EN TENER UNA MESA, POR  
FAVOR RELLENE EL FORMULARIO.**

**REGÍSTRATE  
AQUÍ**



# SEASON 2



CLICK  
HERE  
FOR A  
SNEAK  
PEAK

Starting February 3rd, we will be releasing two videos weekly of FTS staff members reading a book with a silly mask on! We will then hold an assembly to reveal the masked readers!



# COUNSELOR'S **CORNER**

Franklin Township School

**Morning Meetings**

**January 2025**

**Monday: Grades K-2**

Identifying Feelings

**Wednesday: Grades 3-5**

Identifying Feelings

**Friday: Grades 6-8**

Identifying Feelings

Morning meetings will run  
from 8:15am-8:35am. Please  
RSVP to  
[avan-spanje@ftschoool.org](mailto:avan-spanje@ftschoool.org)

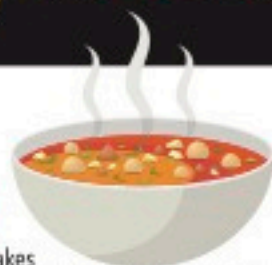
# Cafeteria Connection

January 2025

## National Soup Month!

With January being one of the coldest months of the year, it makes sense for it to be national soup month! Enjoying a cup of soup is a great way to stay warm in winter. There are so many different types of soup. Here are some tips on how to make your soup healthier and more nutritious:

- Watch out for sodium content. Canned soups are high in sodium, so try making your own soup at home from scratch with low-sodium broth. Eating high-sodium foods regularly can make your body hold on to extra water and puts you at risk of having high blood pressure.
- Substitute cream with starchy vegetables. If you love creamy soups more than broth-based soups, you can substitute the cream for a starchy vegetable such as a potato or butternut squash. When blended with the soup, they act as a thickener and give the soup the creamy consistency you like without needing to add any cream!
- Add an array of vegetables. Adding different vegetables to your soup ensures that you get a mixture of vitamins and minerals that your body needs. Be creative and try different vegetable combinations that you haven't tried before!
- Soups are versatile and diverse, with flavors ranging from sweet to savory. Whatever your preference is, there's a soup crafted just for you!



### REFERENCES:

- Is Sodium the same as Salt?
- How to make a Healthier Soup!



## Blueberry Crisp Serves 6

### INGREDIENTS:

- 5 cups Blueberries fresh or frozen
- 2 tablespoons Sugar
- 3 tablespoons Flour
- 1 Lemon

### TOPPING:

- ¼ cup Butter softened
- ½ cup Brown Sugar
- ¼ cup All-Purpose Flour
- ¾ cup Oats Regular or Quick
- ¼ teaspoon Cinnamon

### INSTRUCTIONS:

- Preheat the oven to 375°F.
- Grate the rind of the lemon and squeeze the juice of half of the lemon.
- Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
- With a fork, combine the butter, brown sugar, oats, flour, and cinnamon until crumbled. Sprinkle over blueberries.
- Bake 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

Enjoy!



## January Holidays

National Soup Month	
National Oatmeal Month	
Jan 1	New Year's Day
Jan 4	National Spaghetti Day
Jan 6	National Bean Day
Jan 11	National Milk Day
Jan 12	National Curried Chicken Day
Jan 14	National Hot Pastrami Day
Jan 15	National Bagel Day
Jan 20	Martin Luther King Jr. Day
Jan 18	Winnie the Pooh Day
Jan 20	National Cheese Lover's Day
Jan 21	National Granola Bar Day
Jan 23	National Pie Day
Jan 29	Lunar New Year
Jan 30	National Croissant Day
Jan 31	National Hot Cocoa Day

## Dietitian's Pick

In this recipe, blueberries are used along with whole wheat flour and rolled oats. Blueberries are a nutritional powerhouse since they contain more antioxidants than almost any other fruit and vegetable. Antioxidants help our bodies fight disease and keep us healthy overall, while also being the second most popular berry in the United States! As for the oats and whole wheat, they both provide us with fiber which helps us maintain a healthy digestive system, so make sure to include this recipe in your diet for an added boost of antioxidants and fiber!



## Who needs a gluten-free diet?

We've all heard the term gluten-free before, but what does it actually mean? In honor of gluten-free month, let's explore what gluten actually is and who needs a gluten-free diet.

Gluten is a protein naturally found in some grains such as wheat, barley and rye. You can expect to find gluten in breads and baked goods, but it is also added to a lot of other food products to change the texture and taste of food. For example, gluten could be used in sauces, soups and even in some seasonings.

For the majority of the people, this isn't a problem. But for those who suffer from celiac disease or gluten-sensitivity, they must follow a gluten-free diet. The good news is, there are a lot of naturally gluten-free foods like most fruits and vegetables. Some examples you will find on our school lunch line are baby carrots, tomatoes and fresh fruits.

When people with celiac disease or gluten-sensitivity eat foods that contain gluten, they get uncomfortable symptoms such as gas, bloating and diarrhea. The only known way to avoid that is by eating foods that don't contain gluten, and that's why those with celiac or gluten-sensitivity diseases need a gluten-free diet!

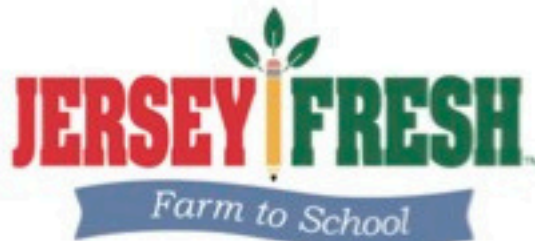
### REFERENCES:

- Does My Child need a Gluten-Free Diet?



# Recipe of the Month

JANUARY



## Blueberry Crisp

Serves 6

### INGREDIENTS:

- 5 cups Blueberries Fresh or Frozen
- 2 tablespoons Sugar
- 3 tablespoons Flour
- 1 Lemon

### TOPPING:

- ¼ cup Butter softened
- ½ cup Brown Sugar
- ¼ cup all-purpose Flour
- ¾ cup Oats Regular or Quick
- ¼ teaspoon Cinnamon



### INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Grate the rind of the lemon and squeeze the juice of half of the lemon.
3. Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
4. With a fork, combine the butter, brown sugar, oats, flour, and cinnamon until crumbled. Sprinkle over blueberries.
5. Bake 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

Enjoy!

**SAVE THE DATE**

# *Snowflake Ball*

**FRIDAY, JANUARY 31, 2025**

**Pre-K through 5th Grade & families**

**Ticket sales and Sign-up Genius info will  
be sent home on Monday 1/13.**

**A fun-filled night of dancing with  
family & friends!  
Photobooth! DJ! Refreshments!**



# FRANKLIN TOWNSHIP SCHOOL LIONS DISCOUNT CARD

## Save Money! Support our students and local businesses!

This reusable discount card provides terrific savings at over 130+ area businesses across Hunterdon and Somerset counties.

*Please help make this fundraiser a huge success!! Our goal is to sell at least 2 cards per student.  
The more we sell, the more money we raise to support our 8th graders graduating in 2025!*

 <p><b>FRANKLIN TOWNSHIP SCHOOL DISTRICT</b></p> <p><b>LIONS</b></p> <p><b>8TH GRADE CLASS OF 2025</b></p> <p><small>*Cards are valid through December 31, 2025*</small></p>	<p>MAKES A GREAT GIFT FOR FAMILY MEMBERS AND FRIENDS! TELL YOUR NEIGHBORS! CHECK OUT ALL THE SAVINGS AVAILABLE HERE!</p> 
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Please return this form and payment in a sealed envelope labeled “PTA Discount Card, Attention: Michelle Wronski” to your child’s teacher. Make checks payable to Franklin Township School or email [michellewronski@gmail.com](mailto:michellewronski@gmail.com) if you prefer to pay with Venmo. All cards ordered will be placed in your child’s homeroom teacher’s mailbox.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Home Room/Teacher \_\_\_\_\_

Name	Phone/Email	# of Cards Ordered @ \$20 each	\$ Paid
1.			
2.			
3.			
4.			
		Total cards ordered:	Total \$:

For any questions, please email: [michellewronski@gmail.com](mailto:michellewronski@gmail.com)