



March 21, 2025

THE PAW PRINT

THE OFFICIAL WEEKLY NEWSLETTER FOR FTS

WWW.FTSCHOOL.ORG/FTS
@FTSHUNTERDON #PAWPRIDE

JENNIFER AQUINO, INTERIM PRINCIPAL

• Upcoming • Events

- 3/24- Spring Sports Begin
- 3/27 -SEPAG Presentation and Meeting
- 4/3 -Staff vs. Students Volleyball Game
NEW DATE
- 4/4- Student Council/NJHS Trivia Night
- 4/18-4/25- Spring Break

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

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

Mrs. Mahoney's 5th graders immersed themselves in their novel study, enjoying fresh air and creative thinking in the outdoor classroom!



Students in grades three to five enjoyed participating in the QEA-sponsored Music Hour of Code, where they created music, shared their creations with the group, and then gathered to enjoy dinner and discussion! Thank you to everyone who volunteered and participated!

Moana Jr. was a sold-out, spectacular success! Thanks to Mrs. Kastner, Mrs. Zollinger, Ms. Jess, and all of the cast, volunteers, and hardworking staff who made it possible.





Board of Education

Upcoming Meetings:

Tuesday, January 21, 2025
Monday, February 10, 2025
Monday, March 10, 2025
Monday, March 17, 2025 Special Public Meeting
Monday, April 14, 2025
Monday, May 5, 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

Your voice matters! Attending FTS Board of Education meetings is a powerful way to stay informed and actively contribute to the decisions that shape our students' education. Your insights, questions, and feedback make a difference.

We encourage you to join us at the upcoming meetings to share your thoughts, stay connected with the school community, and help us continue to create a positive impact for all students.

For those who cannot attend in-person, meetings are now live-streamed, and recordings are posted online. Access both through the Board of Education page on FTSchool.org.

We look forward to seeing you there!



ADHD PRESENTATION

FOR PARENTS/GUARDIANS AND EDUCATORS

Parents will leave this workshop with a comprehensive understanding of ADHD and its impact on their child's development and behavior.

SEPAG MEETING TO FOLLOW

SPECIAL EDUCATION PARENT ADVISORY GROUP

MEET OUR PRESENTER



- Understanding ADHD & how to help my child be successful
- Strategies to help with homework
- Helping your child with task completion, compliance & maintaining attention
- Student self advocacy & working towards independence

Dr. Cruz from Behavior Therapy Associates in Somerset has experience using evidence-based treatment approaches, including cognitive behavior therapy, to treat children, adolescents, and adults who experience difficulties related to anxiety, depression, ADHD, grief/loss, trauma, disruptive behaviors, autism spectrum disorders, and social skills weaknesses. She has a particular interest in early childhood mental health and promoting positive parent-child relationships in treatment.

Thursday, March 27

6:30-8:00pm

Franklin Township School District

226 Quakertown Rd

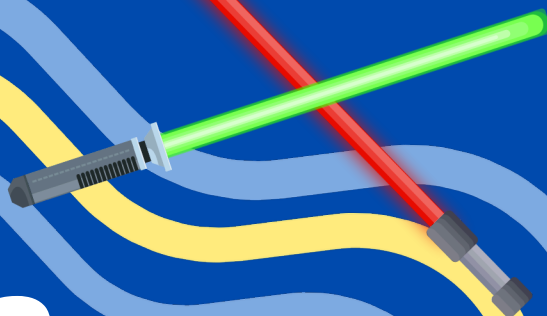
Quakertown, NJ 08868

ALL ARE WELCOME!

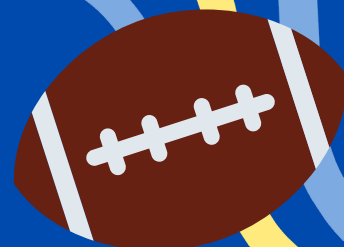


Sponsored by NJHS
and Student
Council

\$5 at the door

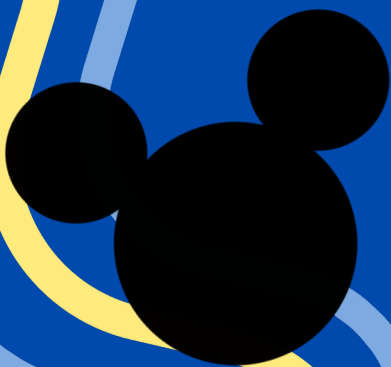


FTS



Trivia

NIGHT!!!



April 4

6pm

Co Sponsored by Quakertown Education Association

JOIN US FOR A SPECIAL FUNDRAISER EVENT

SUPPORT THE FTS DRAMA CLUB & SOPHIA'S SHINING LIGHT FOUNDATION

BASEBALL

Night

TICKET ONLY

\$15

FRIDAY

11

APRIL

COME CHEER ON OUR TALENTED DRAMA CLUB STUDENTS AS THEY TAKE THE STAGE FOR AN EXCLUSIVE PRE-GAME PERFORMANCE BEFORE THE SOMERSET PATRIOTS GAME! YOUR TICKET PURCHASE HELPS SUPPORT SOPHIA'S SHINING LIGHT FOUNDATION, MAKING A MEANINGFUL IMPACT IN OUR COMMUNITY.

TD BANK BALLPARK

860 E Main St, Bridgewater, NJ 08807

GATE OPENS AT 5:30 P.M.

BUY YOUR TICKETS NOW!

[HTTPS://TINYURL.COM/5BF2AAFY](https://tinyurl.com/5BF2AAFY)

**ENJOY A SPECTACULAR FIREWORKS SHOW
AFTER THE GAME!**

QUESTIONS? EMAIL: AZOLLINGER@FTSCHOOL.ORG

GROUP PASSWORD: SSL2025

CLICK HERE

Scan me



Growing Up Hydroponic: A Green Adventure

What is Hydroponics?

Hydroponics is a soil-free way to grow plants using water, nutrients, and technology. This innovative system allows us to produce fresh, healthy plants while conserving resources and promoting sustainability.

Why It Matters:

- Provides fresh, nutritious produce for our school community
- Encourages hands-on learning in science, sustainability, and agriculture
- Uses less water than traditional farming methods
- Reduces our environmental footprint

Get Involved!

More information on GARDEN
CLUB coming soon!!!!



COUNSELOR'S CORNER

Franklin Township School

Morning Meetings

March 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

Doors open at 6pm
Game starts at 7pm
Pre-order tickets = \$5
Tickets at door = \$7

50/50 raffle!
Snacks for purchase!
Pre & mid-game activities!

CLASS OF 2025



STAFF VS STUDENTS VOLLEYBALL

THURSDAY, APRIL 3RD

Pre-order your tickets and boom sticks

_____ tickets (4 & under FREE) x \$5 = _____

_____ BLUE (staff) pair of boom sticks x \$2 = _____

_____ YELLOW (students) pair of boom sticks x \$2 = _____

TOTAL PRE-ORDER \$ _____

CIRCLE: CASH CHECK

Name: _____

Email: _____

Send payment & above form in an envelope labeled "Volleyball" by March 28.
Payment in cash or check made out to FTS BOE (put "Class of 2025" in memo).
NOT A DROP OFF EVENT. Questions? michellewronski@gmail.com

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>FRANKLIN TOWNSHIP SCHOOL DISTRICT</p> <p>LIONS</p> <p>8TH GRADE CLASS OF 2025</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> 
---	--

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 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

Cafeteria Connection

March 2025

Smart Snacking

Snacks are a great way to keep our bodies nourished throughout the day, but it's important that we choose smart snacks. Smart snacks are healthy snacks that are low in fat, sugar, and salt, but high in fiber and protein. Being a smart snacker means choosing a snack that will keep you nourished until your next meal while also giving your body the nutrients it needs. Some examples of snack ideas could be trail mix, yogurt with fruit slices, roasted chickpeas, celery sticks with low-fat ranch dressing, popcorn, and baked tortilla chips with salsa.

Did you know that the snacks we offer at your school are smart snack compliant by following the USDA's nutrition standards? For a snack to qualify as a smart snack, it must have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient. It could also be a combination food that contains at least ¼ cup of fruit and/or vegetable. If it's a grain product, it has to contain at least 50% of whole grains. The amount of calories, saturated fat, trans fat, sugar, and sodium are also compliant with the standards. A tool called the Smart Snacks Calculator can be used to determine whether or not a product meets school nutrition standards.

CLICK HERE FOR SMART SNACKS CALCULATOR:

<https://foodplanner.healthiergeneration.org/calculator/>

To avoid becoming hungry in between meals, remember to pack snacks. The best time to eat a snack are a few hours after a meal ends and approximately 1-2 hours before the next meal.



Dietitian's Pick

Kale is a vegetable that grows well in colder temperatures and can withstand frost. It is considered a superfood because it is packed with nutrients and vitamins. Kale is rich in Vitamin A which is important for eye function and it also helps the heart, lungs and kidneys stay healthy. It is also rich in vitamin C which protects us from disease and keeps cells healthy, calcium which helps our body build strong bones and vitamin K which helps blood clot & boosts bone density.

Kale - Strawberry Salad

Serves 6 - 8

INGREDIENTS:

- 1 lb. Kale (approx. 3/4-1 bunch)*
- 1/2 cup Vegetable or Olive Oil
- 1/2 cup Strawberries, sliced
- 1/4 cup Lemon Juice

- 1 tablespoon Honey or Sugar
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper (Add more if you like!)

* If using "ready to use" bagged Kale: Approx. 6 oz.

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.



March Holidays

National Nutrition Month

March 1	National Nutrition Day
March 2	Dr. Seuss Birthday, Read Across America
March 3-7	National School Breakfast Week
March 3	National Cold Cuts Day
March 4	National Snack Day
March 7	National Cereal Day
March 9	National Meatball Day
March 9	Daylight Savings Time
March 11	National Johnny Appleseed Day
March 12	National Registered Dietitian Nutritionist Day
March 14	National Pi Day
March 17	Saint Patrick's Day
March 18	National Sloppy Joe Day
March 19	National Poultry Day
March 20	Spring Begins
March 20	National Ravioli Day
March 24	National Cheesesteak Day
March 26	National Spinach Day

Registered Dietitian Nutritionist Day

In March, we celebrate National Nutrition Month. March 12th is registered dietitian nutritionist day. Let's explore what a registered dietitian nutritionist (RDN) is and what they do. A dietitian is a health professional who specializes in nutrition and diet. Dietitians can be found working in various fields such as working for hospitals where they are a member of the healthcare team, they can work for food manufacturers in product development where they help develop recipes and ensure products meet nutritional standards. They can also be found working in private practices with patients of all ages and needs. They are able to provide dietary advice for a balanced diet, as well as nutrition counseling to help patients lose or gain weight.

Dietitians also have a huge role in the education industry. They plan school meals that follow specific nutrition standards. Each meal has to have an offering of fruits, vegetables, grains, meat or meat alternate and milk. In addition to balancing food items, they also ensure compliance with following a range of calories, sodium and sugar limits. This ensures that students are eating healthy, balanced meals at school. Next time you have a nutrition-related question, don't hesitate to ask your dietitian!

JERSEY FRESH
Farm to School

Recipe Month

of the



Kale-Strawberry Salad

Serves 6-8



INGREDIENTS:

- 1 lb. Kale (approx. 3/4-1 bunch)*
 - 1/2 cup Vegetable or Olive Oil
 - 1/2 cup Strawberries, sliced
 - 1/4 cup Lemon Juice
 - 1 tablespoon Honey or Sugar
 - 1/4 teaspoon Salt
 - 1/2 teaspoon Pepper (Add more if you like!)
- * If using "ready to use" bagged Kale: Approx. 6 oz.

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.





North Hunterdon-Voorhees
REGIONAL HIGH SCHOOL DISTRICT

NAVIGATING TOMORROW: A UNITED NORTH HUNTERDON-VOORHEES STRATEGIC PATH FORWARD

The North Hunterdon-Voorhees (NHV) Board and Administration have begun the process of creating a new Strategic Plan that will guide the vision and mission of the district for the next 5 years. The plan, Navigating Tomorrow: A United North Hunterdon-Voorhees Strategic Path Forward will include goals and action plans that will serve as a roadmap for academic excellence, student success, and community engagement over the coming years. To that end, as evidence of the district's commitment to providing outstanding opportunities for all of our stakeholders, the NHV Board of Education and Administration have designed a Strategic Planning process to gather staff, parent, and community insights about our District's programs, personnel needs, fiscal management, operations, as well as our governance.

WE WANT TO HEAR FROM YOU!



Meet other
parents



Share your ideas



Discuss important
information

The NHV BOE will be hosting two interactive Strategic Planning sessions to gain some direct insight from you

25 March 2025

North Hunterdon High School Cafeteria
6:00PM-7:30PM

27 March 2025

Voorhees High School Cafeteria
6:00PM-7:30PM

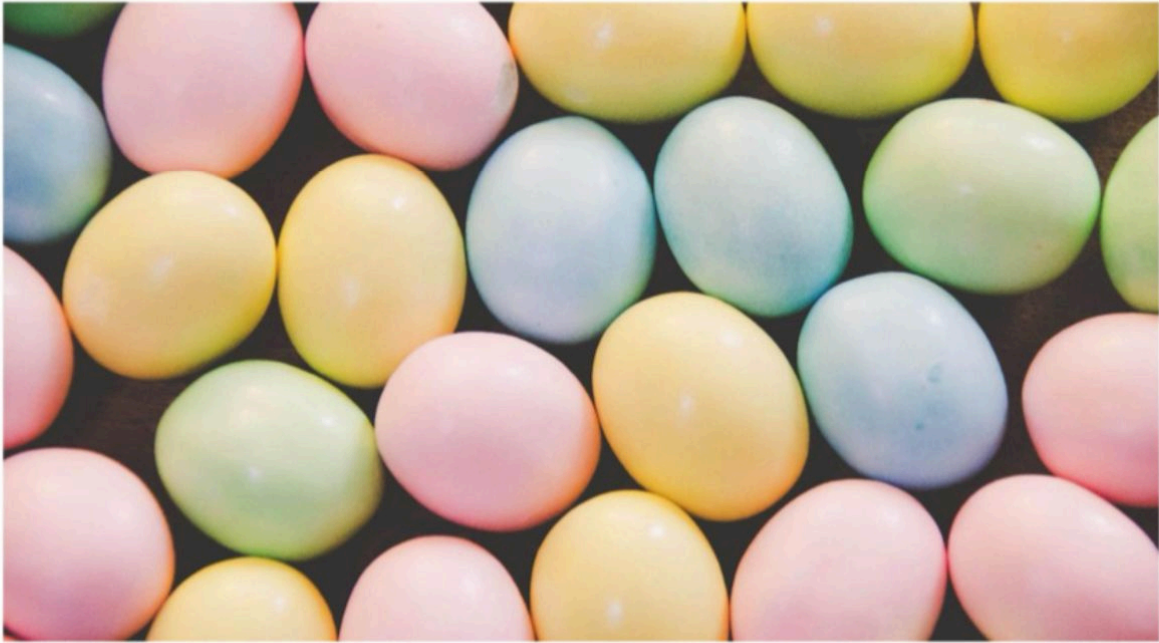
Please choose the session that fits your schedule best- The same information will be shared at both sessions.



Questions?
Please email rbergacs@nhvweb.net

2025

Franklin Township Annual Easter Egg Hunt



**Saturday, April 12
at 10am**

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



The North Hunterdon Track & Field Camp will offer an introduction to all events for boys and girls entering grades 1-9. Emphasis will be on basic skills as well as teamwork during relay events. All participants will have an opportunity to compete in events throughout the week.

Awards will be given to all!

Instructors:

North Hunterdon HSTrack & Field Staff,
High School and Collegiate Athletes

Equipment:

- Dress for the weather
- Sneakers should be worn at all times
- Water bottle!!!
- Snack

Ages:

Boys and Girls entering Grades 1-9
(Sept. 2025)

Events:

- ★ Running events
- ★ Jumping events
- ★ Throwing events
- ★ Relays

NORTH HUNTERDON TRACK & FIELD CAMP



**NORTH HUNTERDON HIGH SCHOOL
TRACK AND FIELD FACILITY**

5:30 - 8:00 PM

M-TH JUNE 23- 26, 2025



CAMP COST:

\$ 150 (one child)

\$ 250 (2 in family)

\$ 300 (3 or more in family)

**20% of fee is non-refundable after
6/2/25**

[Payment through PayPal here!](#)
(@hunterdonlionsTC)

For further information email:

tmooney@nhvweb.net

or

hamaginnis@nhvweb.net

CAMPER REGISTRATION

One Required Per Camper

USE THE QR CODE BELOW TO
REGISTER!





NORTH HUNTERDON JR. LIONS VOLLEYBALL

2025 Summer Programs

4-WEEK MIDDLE SCHOOL CLINIC*

Great preparation for middle school tryouts, led by NHHS volleyball coaches and current players

uJuly 7-July 31 (Tues/Thurs) 5:30 PM-7:30 PM

uGirls Entering Grades 6-8

uCost: \$200 (\$190 early bird price for those registering by May 31)

1-WEEK SUMMER CAMP*

Have fun and learn new skills with NHHS volleyball coaches and current players

uJuly 21-24 (Mon-Thurs) 8:00 AM-12:00 PM

uGirls Entering Grades 4-9

uCost: \$150 (\$140 early bird price for those registering by May 31)

HIGH SCHOOL SUMMER WORKOUTS*

For those planning to try out for the NHHS team

uMonday/Wednesday beginning June 16, 5:30 PM -8:00 PM

uGirls Entering Grade 9

uNo fee to participate, no registration required

Programs are for girls attending schools within the North Hunterdon sending districts. All programs take place in the NHHS Main Gym.

Registration information at: www.nhjrlionsvolleyball.com

Questions? Email volleyball@nhjrlionsvolleyball.com



Follow us on Facebook! **North Hunterdon Jr Lions Volleyball**

*Dates subject to change

Annual Franklin Township Recreation Fishing Derby



For township residents up to age 18.

May 17, 2025

Registration begins at 10am

Fishing is between 11am-1230pm

Brunner Farm

94 Airport Road, Pittstown, NJ



Prizes for best dressed overall for all age groups.

Prizes by age group for the following:

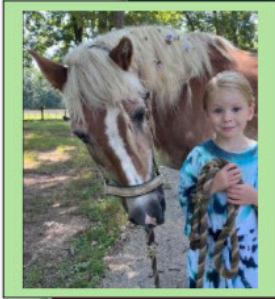
First Fish Caught
Biggest Fish Caught
Most Fish Caught



Hot Dogs and soda/water provided by the Quakertown Recreation Club



RWH Summer Camps 2025!



Visit: ridingwithheart.org for more info
Call 908/735-5912 or

Email: programs@ridingwithheart.org to register.
639 Country Route 513 * Pittstown, NJ 08867



Horse Camps - ages 6-12

June 16th – 20th - Horses Horses Horses!

Every horse question answered! Learn all about our equine friends!
Ride, groom and watch a veterinarian give a horse a check-up.

July 7th-11th -The Sensory Experience -Touch a Horse

Totally hands On! Feel the magic of a physical connection
with a horse. Riding, horse activities, crafts and FUN!

July 21st – 25th - "Neigh'bor Summer Program

This inclusive program brings together children with and without disabilities for a fun-filled week of horseback riding, and activities, all in an environment of friendship and acceptance.



9:00 am – 1:00 pm Monday to Friday

\$450.00 per week

Early registration \$400.00 (ends March 14th)
\$100.00 deposit required to register.



Pony Camp - ages 3-6

Must be potty trained to attend

July 29th – 31st - Barn Buddies

Campers will participate in a variety of fun and interactive activities: pony rides, crafts, games, story time with the horses, play centers, and more!



9:00 am – 12:00 pm Tuesday – Thursday

\$250 per week

Early registration \$225 (ends March 14th)
\$100 deposit required to register

