



September 6, 2024

# THE PAW PRINT

THE OFFICIAL WEEKLY NEWSLETTER FOR FTS

WWW.FTSCHOOL.ORG/FTS  
@FTSHUNTERDON #PAWPRIDE

DR. GOODITIS, PRINCIPAL

## • Upcoming • Events

- 9/10-Picture Day
- 9/18- Back to School Night (Grades PK-5)
- 9/19 - Back to School Night (Grades 6-8)
- 9/30-10/2- PTA Scholastic Book Fair
- 10/4- PTA Roary's Color Run
- 10/6- PTA Clothing Drive @QFC

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

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

The Little Free Library was donated by Girl Scout Troop 80552. Thank you to the Girl Scout Troop for your generous donation. Your contribution will be a lasting gift to the school community. It will inspire a love of reading and learning for years to come.



All middle school classes participated in the "Saving Fred" challenge. Students were challenged to practice group communication, collaboration, and positive feedback to save Fred the gummy worm from the storm at sea.

Students in Mrs. Lamonde's class began their first module of Wit and Wisdom, Seasons of Change, by exploring the books they will read and doing activities including leaf rubbings, coloring seasonal trees, and a snack of "pumpkins, leaves and sticks."



# COACHES' CORNER

## Co-Ed Soccer

Upcoming Games

(4:00 start time)

Date	Opponent	Location
9/13	East Amwell	FTS - 226 Quakertown Rd. - Pittstown, NJ 08867 (A + B)

## Co-Ed Cross Country

Upcoming Games

(4:00 start time)

Date	Opponent	Location
9/13	East Amwell	FTS - 226 Quakertown Rd. - Pittstown, NJ 08867

## Volleyball

Upcoming Games

(4:00 start time)

Date	Opponent	Location
9/11	@ Kingwood	880 County Rd. 519, Frenchtown, NJ 08825

# COUNSELOR'S CORNER

Franklin Township School

## Morning Meetings

# September 2024

### **Monday: Grades K-2**

Energizing your Greatness

### **Wednesday: Grades 3-5**

Energizing your Greatness

### **Friday: Grades 6-8**

Energizing your Greatness

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



# Picture Day is Coming!

*¡Ya llega el Día de la Foto!*

Tuesday, September 10, 2024  
Franklin Twp School



## How it works:



Pre-order today on  
[mylifetouch.com](https://mylifetouch.com)  
using your Student ID or  
Picture Day ID:  
EVTRWFDRD



Students are  
photographed on  
Picture Day



Orders will be sent home  
with your student after  
Picture Day

*Cómo funciona: Encarga de manera anticipada en [mylifetouch.com](https://mylifetouch.com) usando tu ID de estudiante o la ID del Día de la Foto.  
Los estudiantes son fotografiados el Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de la Foto.*

Questions? Contact our Help Center at [lifetouch.com/support-us](https://lifetouch.com/support-us). Select K-12 School Photography for assistance.

¿Preguntas? Comunícate con nuestro Centro de Ayuda en [lifetouch.com/support-us](https://lifetouch.com/support-us). Selecciona Fotografía Escolar K-12 para recibir asistencia.



# Cafeteria Connection

SEPTEMBER 2024

## Happy National Whole Grains Month!

With September being national whole grains month, did you know that it is recommended to have 50% of our grain consumption to be whole grains? Some examples of whole grains include barley, quinoa, oats, brown rice, whole-grain pastas, breads and cereals. Whole grains are delicious, versatile and packed with health benefits. They have a variety of nutrients which may vary depending on the type of grain, but some of the most common examples include being rich in B vitamins, vitamin A and magnesium.

Whole grains are also a great source of fiber, which may help reduce the risk for heart disease, diabetes and some cancers. Fiber may also help lower blood pressure. To include more whole grains in your diet, try enjoying a whole-grain cereal for breakfast or even use wild rice or barley in soups, stews, casseroles and salads.

In your cafeterias, we ensure that you get your needed daily servings of whole grains by offering products that are at least 51% whole grain, such as the muffins, chicken nuggets and pizza. Make sure to check out all the whole-grain options at your school lunch line!

## Dieticians Pick

### Zucchini Panzanella Salad with Tomato, Zucchini, Crouton, Tomato

This recipe features grilled zucchini which is a great summer vegetable! Zucchini is also called a summer squash and unlike winter squash, zucchinis have soft, edible, thin outer skin. Zucchini contains 35% of the recommended daily value for vitamin C which is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and helps in the absorption of iron. It also has fiber and potassium, so give this recipe a try for an extra boost of vitamin C!



#### INGREDIENTS

- 1 cup Day Old Bread Cubes
- 1 bunch Jersey Fresh Mint
- 3 large Jersey Fresh Zucchini
- 2 TB Olive Oil, plus more for drizzling Bread
- 1/2 tsp Kosher Salt
- 1/4 tsp Cracked Black Pepper
- 1/2 pint Jersey Fresh Cherry Tomatoes
- 8 Jersey Fresh Basil Leaves
- 1 1/2 cups Red Wine Vinaigrette (see below)

#### Red Wine Vinaigrette (Makes 1 cup)

- 1 Jersey Fresh Garlic Clove, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Oregano
- 1/4 cup Red Wine Vinegar
- 3/4 cup Extra Virgin Olive Oil
- Salt and Pepper, to taste

#### STEPS

##### Make the red wine vinaigrette:

1. Mince the garlic
2. In the bottom of a small bowl, whisk together all of the ingredients, adding the olive oil last. (You can also shake this together in a jar.)

##### Prep the salad:

1. Trim the ends from the zucchini and slice lengthwise. (Getting about 5-6 slices from each.)
2. Cube the bread
3. Pick and chop the mint and halve the tomatoes

##### Instructions:

1. Preheat the oven to 325°F.
2. Toss the bread cubes with the chopped mint and a drizzle of olive oil. Spread in one even layer on a baking tray and place in the preheated oven, baking until just slightly golden. Remove from oven and allow to cool
3. Preheat grill or grill pan
4. Season the zucchini slices with olive oil, salt and pepper
5. Lay as many slices flat on your grill as it will accommodate. When you lay them down on the grill, you should hear a sizzle, which is how you will know the grill is hot enough. After 1-2 minutes, use tongs to flip the zucchini slices onto the other side
6. After another minute, remove from the grill and set aside to cool
7. Once the zucchini have cooled, toss the halved cherry tomatoes with the bread in a large mixing bowl
8. Add the grilled zucchini ribbons and half of your vinaigrette
9. Let this sit and marinate for about 5 minutes, or until the croutons just begin to soften
10. Serve on a plate topped with basil

## September Holidays

National Hispanic Heritage Month 9/15-10/15	
Whole Grains Month	
Better Breakfast Month	
National Chicken Month	
National Food Safety Education Month	
National Rice Month	
<b>Sept 2</b>	Labor Day
<b>Sept 18</b>	National Cheeseburger Day
<b>Sept 22</b>	Autumn Begins
<b>Sept 25-29</b>	Farm to School Week

## Breakfast Like A King!



Have you ever heard the saying, "Breakfast like a King; Lunch Like a Prince; Dinner like a Pauper"? While the saying may not be 100% accurate, breakfast is definitely an important meal of the day. Eating breakfast in the morning gives your body the energy it needs to start the day and focus in class or at work.

Since September is **BETTER BREAKFAST MONTH**, it is a great opportunity to start off the school year with healthier breakfast choices. Try including grains, a source of protein, fruits and vegetables in your breakfast. A good source of grains could be whole-grain cereal, bread, or tortillas. Pair that with eggs, low-fat cheese, low-fat yogurt or a slice of lean deli meat. Having protein in the morning keeps you full until lunch. Try to include fruits and vegetables with a variety of colors to get a variety of different nutrients. Be creative and enjoy your breakfasts!







# Recipe of the Month

SEPTEMBER 2024



## Zucchini Panzanella Salad with Crouton & Tomato Recipe

### INGREDIENTS

- 1 cup day old bread cubes
- ½ bunch Jersey Fresh mint
- 3 large Jersey Fresh zucchini
- 2 Tbsp olive oil, plus more for drizzling bread
- ½ tsp kosher salt
- ¼ tsp cracked black pepper
- ½ pint Jersey Fresh cherry tomatoes
- 8 Jersey Fresh basil leaves

1½ cups red wine vinaigrette (see below)

### Red Wine Vinaigrette (Makes 1 cup)

- 1 Jersey Fresh garlic clove, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- ¼ cup red wine vinegar
- ¾ cup extra virgin olive oil
- Salt and pepper, to taste

### STEPS

#### Make the red wine vinaigrette:

- 1. Mince the garlic
- 2. In the bottom of a small bowl, whisk together all of the ingredients, adding the olive oil last. (You can also shake this together in a jar.)

#### Prep the salad:

- 1. Trim the ends from the zucchini and slice lengthwise, getting about 5-6 slices from each
- 2. Cube the bread
- 3. Pick and chop the mint
- 4. Halve the tomatoes

#### Instructions:

- 1. Preheat the oven to 325°F.
- 2. Toss the bread cubes with the chopped mint and a drizzle of olive oil. Spread in one even layer on a baking tray and place in the preheated oven, baking until just slightly golden. Remove from oven and allow to cool

- 3. Preheat grill or grill pan
- 4. Season the zucchini slices with olive oil, salt and pepper
- 5. Lay as many slices flat on your grill as it will accommodate. When you lay them down on the grill, you should hear a sizzle, which is how you will know the grill is hot enough. After 1-2 minutes, use tongs to flip the zucchini slices onto the other side.
- 6. After another minute, remove from the grill and set aside to cool
- 7. Once the zucchini have cooled, toss the halved cherry tomatoes with the bread in a large mixing bowl
- 8. Add the grilled zucchini ribbons and half of your vinaigrette
- 9. Let this sit and marinate for about 5 minutes, or until the croutons just begin to soften
- 10. Serve on a plate topped with basil



Enjoy!

# Attention Franklin Township School Parents



**Franklin Township School** is hosting the 2nd Annual Roary's Color Run. Inspired by the Festival of Colors, we are looking to celebrate the inclusion of all our students while raising money to enhance our outdoor pavilion. Last Year we were able to put up the structure and with a give from Dr. Gooditis, we also have picnic tables. Our goal this year is to add WIFI and electric so we can use the space for learning. This color run event will not only allow us to raise funds, but also for students to have fun, be healthy, and celebrate each other.

## **Follow these 3 Simple Steps to get to goal fast!**

1. First Register or re-Login to your parent dashboard and complete your child's student webpage with a PICTURE at [getmovinfundhub.com](http://getmovinfundhub.com). **School Identifier: 63e5046659f68**
2. Make an online donation using the red Donate button right away  
Share with friends and family, they want to help!
3.
  - Send 10-15 emails and/or text messages
  - Post Facebook or Twitter
  - Help your child reach their goal in 24/48 hours



## **Student Goals!**

- Our goal is to have 100% of all students registered online! It's easy, FREE, and takes few quick minutes!
- Each student is encouraged to raise \$150.00. To receive our custom long sleeve logoed shirt to wear on the event day, each student needs to raise \$25.
- Be an Overachiever Superstar by raising \$300.00

## OUR SCHOOL GOAL IS \$25,000.

## **Event Details:**

- Event Date: 10/04/2024
- Final Donation due date: 10/11/2024 11:59 PM
  - Donations in the form of cash & checks (in-school donations), should be turned in to the school.
  - Please make checks payable to: PTA Franklin Township School

**If you have any questions, please feel free to contact Angela at [asmm80@comcast.net](mailto:asmm80@comcast.net) or 732-261-8378.**

**Thank you in advance  
for your support!**







**LOOK WHAT' S NEW FROM OUR FTS PTA!**

**THANK YOU TO ALL  
OUR FAMILIES AND LOCAL BUSINESSES WHO  
HELPED RAISE MONEY LAST YEAR DURING OUR  
1ST ANNUAL ROARY'S COLOR RUN-  
OUR NEW PAVILION IS HERE!**



**THANK YOU TO DR. GOODITIS FOR DONATING THE BEAUTIFUL PICNIC TABLES  
TO OUR PAVILION AREA!**



Franklin Township School PTA226  
226 Quakertown Road  
Quakertown, New Jersey 08868



Dear local business owner,

We hope this letter finds you well. On behalf of the Franklin Township School PTA in Franklin Township, New Jersey, we would like to request your support and generous contribution towards an upcoming event!

Our PTA will host our 2nd Annual Roary's Color Run this year. This event will be held on Friday, October 4<sup>th</sup>, 2024 at our school. It is based on the Festival of Colors, which celebrates the inclusion of all people. This will be a school-wide event to unite as a community and celebrate the theme of inclusivity with ALL of our students and families!

Our school goal is to raise \$25,000, which will be used for future improvements and purchases for our outdoor playground area.

To express our gratitude for your donation, we would like to acknowledge your generosity publicly on the back of our t-shirts. Also, it will be recognized on our school website and promotional materials. If you have any additional questions please reach out to Sarah Casuscelli at 908-399-3242 or [casuscelli21@gmail.com](mailto:casuscelli21@gmail.com)

Thank you in advance for your time, support, and consideration to donate towards Franklin Township School's 2nd Annual Roary's Color Run.

Regards,

Franklin Township School PTA

## Sponsorship Form

### Franklin Level: \$150

- Company Logo Displayed at Check-in Station

### Lion Level: \$300

- Company Name Announced During Event
- Company Logo Displayed at Check-in Station

### Roary Level: \$600

- Company Logo predominantly displayed on Event Shirts
- Company Logo Included in Event Materials
- Company Logo Displayed at Check-in Station
- Company Commercial Announced During Event (created by business 15 seconds in length)

FTS PTA is a 501(c)3 non-profit organization and donations are tax deductible. Federal Tax ID number 23-7210219

**\*\*Checks payable to Franklin Township School PTA\*\***

Forms returned to. \_\_\_\_\_

\_\_\_\_\_  
Franklin Township School PTA  
226 Quakertown Road  
PO Box 368  
Quakertown, NJ 08868

\*\*\*\*\* Please make a verbal commitment by September 11th, 2024 for a donation in order to have your company advertised on the back of our school t-shirts. Sarah Casuscelli  
908-399-3242 \*\*\*\*\*

\*\*\*\*\*

Company Name: \_\_\_\_\_

Contact Name and Number: \_\_\_\_\_

Donation Level: \_\_\_\_\_





## **Franklin Township School 2024-2025 PTA Individual Application**

**JOIN BY SEPTEMBER 30th  
to be in our directory and receive your free copy!**

### **Why join the PTA?**

- make your voice heard about things that matter to you and your child
- meet other families and feel a part of the FTS community
- stay informed about what is going on in the school
- build new programs or help to continue existing ones
- make FTS a better place for your child

### **Did you know...**

- the PTA funds assemblies and special guests who visit the school
- the PTA provides funds to buy books and equipment for the classrooms
- the PTA provides the funds and volunteer power to make activities like the elementary school Snowflake Ball, middle school dance, book fair, Mother's Day plant sale, holiday shoppe, Fun Fair, and other fun and exciting events possible throughout the school year!

### **Enrollment Information:**

We are happy to announce electronic enrollment for the 2024-2025 year! Membership is \$14.00. Click the link below to complete registration and pay membership dues:

**BECOME A PTA MEMBER NOW!**

<https://ftslions.memberhub.com/store?limit=21&live=true>

**\*For Parent/Guardian please select INDIVIDUAL MEMBERSHIP.**

**\*Receive a FREE FTS Student Directory with membership if you sign up by Sept. 30th\***

**Thank you very much for supporting FTS PTA.  
We are looking forward to a wonderful year together!**

# MORE INFORMATION

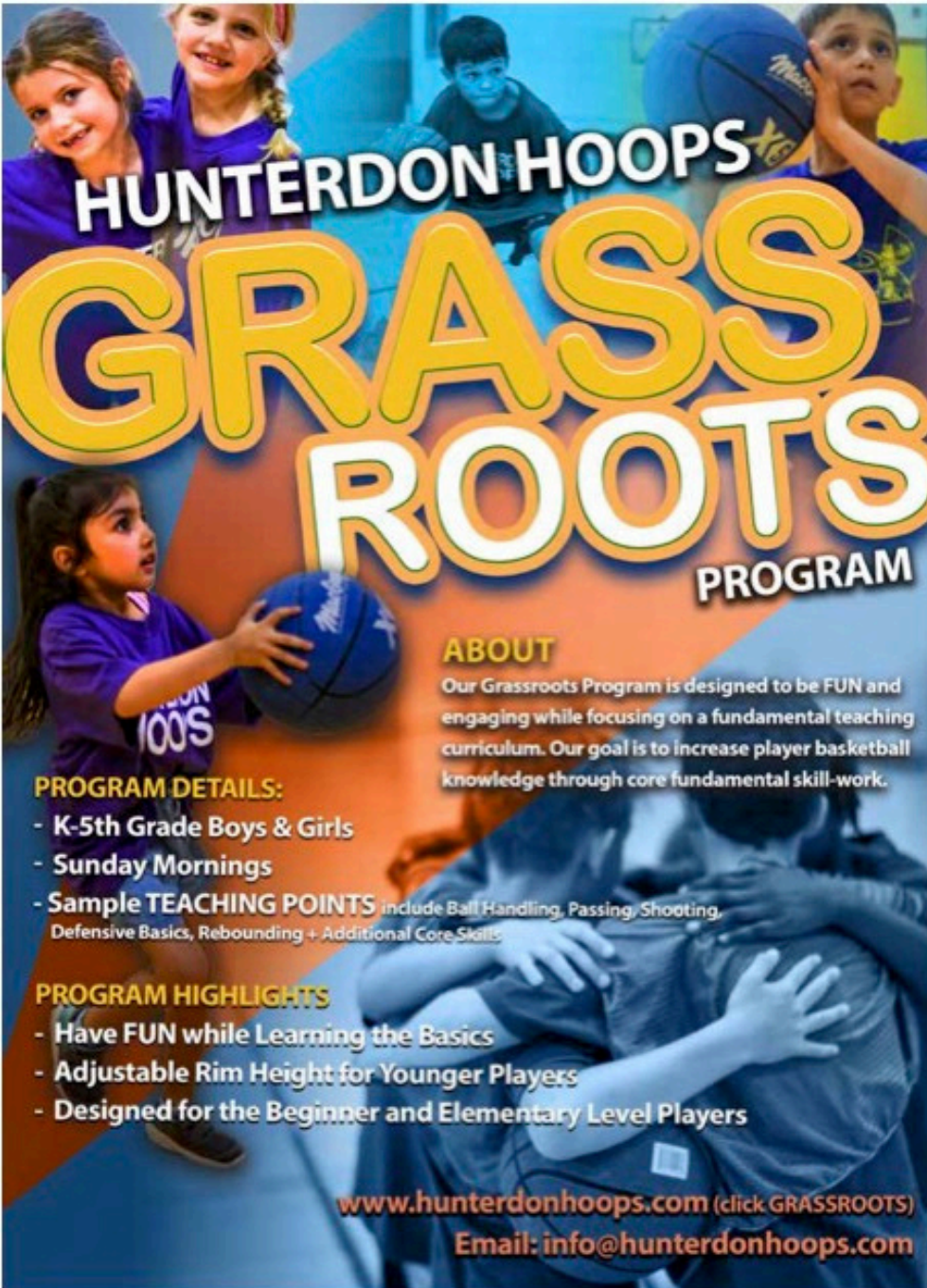
## Fall Program Registration **NOW** Open

**Who:** Boys & Girls, Grades K-5th

**Location:** HealthQuest at 310 NJ-31, Flemington, NJ 08822

**Dates:** Sundays - Sept 22, 29 / Oct 6, 13, 20, 27 / Nov 3, 10, 17, 24

**When:** 9-10am



### HUNTERDON HOOPS GRASSROOTS PROGRAM

**ABOUT**  
Our Grassroots Program is designed to be FUN and engaging while focusing on a fundamental teaching curriculum. Our goal is to increase player basketball knowledge through core fundamental skill-work.

**PROGRAM DETAILS:**

- K-5th Grade Boys & Girls
- Sunday Mornings
- **Sample TEACHING POINTS** include Ball Handling, Passing, Shooting, Defensive Basics, Rebounding + Additional Core Skills.

**PROGRAM HIGHLIGHTS**

- Have FUN while Learning the Basics
- Adjustable Rim Height for Younger Players
- Designed for the Beginner and Elementary Level Players

[www.hunterdonhoops.com](http://www.hunterdonhoops.com) (click GRASSROOTS)  
Email: [info@hunterdonhoops.com](mailto:info@hunterdonhoops.com)