

KITTATINNY REGIONAL **HIGH SCHOOL NEWS & UPDATES**

WEEK OF: April 15, 2024

Announcements







KITTATINNY REGIONAL HIGH SCHOOL

77 Halsey Road • Newton, New Jersey Phone 973-383-1800 • Fax 973-383-4392 www.krhs.net

Dear Parent or Guardian:

Summer EBT is a new federal program to help families buy food for their school-aged children during the summer. Families will receive \$120 for each eligible child to buy groceries during the summer. Children who receive Summer EBT benefits can still participate in other summer meal programs. Receiving benefits will not affect children or families 'immigration's status."

In New Jersey, Summer EBT benefits will be loaded onto an EBT card and mailed to your home. If eligible, you can use the benefits to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept WIC or SIAPE EBT benefits. Summer EBT is a convenient way for you to hely your children thrive.

If your child is not automatically eligible through SNAP, TANF or Foster Care benefits and you <u>did not</u> complete and return a School Meals Application to your child's school, but believe your child may qualify, you are encouraged to complete a School Meals Application and submit it to your local school district no later than May 15, 2024, to see if you qualify for the Federal Summer EST benefit prior to the start of summer.

If you have questions, you can contact Laurie Ryan, 77 Haisey Road, Newton, NJ 07860, invan@kris.net, 973-383-1800, ext. 1120.

Sincerely, Laurie Ryan Determining Official

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the student of prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retailation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/defaat/files/documents/af-3027.pdf, from any USDA office, by Cauling (866) 632-9992. or by writing a letter addressed to USDA. The letter must contain the complainants name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights /ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or releter must be submitted to USDA by:

mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 washington, D.C. 20250-9410, or
 1ax:

fax: (833) 256-1665 or (202) 690-7442; or
 email: program.intake@usda.gov

This institution is an equal opportunity provider



Need a little help feeding your kids when school is out for summer?

Learn how the new Summer EBT Program can help you!

Summer EBT is a new federal program to help families buy food for their school-aged children during the summer. Families will receive \$120 for each eligible child to buy groceries during the summer. Children who receive Summer EBT benefits can still participate in other summer meal programs. Receiving benefits will not affect children or families' immigration status.

How does Summer EBT work?

In New Jersey, Summer EBT benefits will be loaded onto an EBT card and mailed to your home. If eligible, you can use the benefits to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept WIC or SNAP EBT benefits. Summer EBT is a convenient way for you to help your children thrive.

to your so, meat, taccept children Update your address with your local school district to ensure that your Summer EBT card is sent to the correct address!

Is my child eligible for Summer EBT?

Your child is eligible for Summer EBT benefits if:

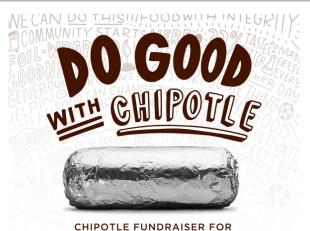
- * Your household already receives SNAP, TANF, or Foster Care benefits, $\ensuremath{\mathit{OR}}$
- Your child attends a school that participates in the National School Lunch or School Breakfast Program, and your household income meets the requirements for federal free or federal reduced price school meals.



USDA is an equal opportunity provider, employer, and lender. For more informatio visit: www.fns.usda.gov/summer

The Summer EBT Program in NJ is made possible with funding from the U.S. Department of Agriculture, Food and Nutriti Service, and the New Jersey Food Security Initiative (NJFSI) through the Food Research and Action Center (FRAC) and t Robert Wood Johnson Foundation.





KITTATINNY REGIONAL HIGH SCHOOL - MEDIA CENTER

25% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, APRIL 20TH | 4-8PM 121 WATER ST, NEWTON, NJ, 07860

ORDER ONLINE FOR PICKUP USING CODE **BYQM9H7**OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. SISO minimum event sales required to receive any donation.

Stillwater Talent Show 2024



June 1, 2024 @ time-TBA Veterans Memorial Park Stillwater

Stillwater Township Recreation Commission is proud to host the 2024 Stillwater Township Talent Show (STTS). Winners of the STTS will be eligible to represent Stillwater Township at the NJ State Fair/Sussex County Talent Show. The following categories will be utilized to showcase the talent in Stillwater for every age group.

The Talent Show will have three divisions

- Children -Ages 5-11Junior-Ages 12- 17
- Adult- Ages 18-Unlimited

Guidelines

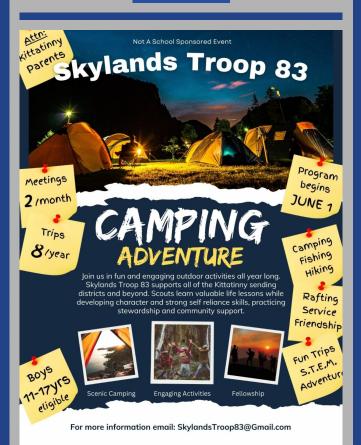
- Each performance shall have no more than 5 minutes to setup and 5 minutes to perform
- Applications must be received by Friday, May 17,2024 at the Stillwater Municipal Building by 4:00 PM
- There will be a 1st, 2nd, and 3rd place winner in each division in case of a tie, the act with the highest overall talent score will win for that position
- · Absolutely no profanity or nudity
- The STTS performers will be judged by 3 judges with experience in the Performing Arts All scores and scores sheets will remain confidential.
- Open to residents of Stillwater and acts that have at least one member of the act from Stillwater

Name of Participant (s)	
Phone number	Email
Talent Description	
Song/Music Performance	
Entry Form must be received by F	riday, May 17,2024 at the Stillwater Municipal Building at

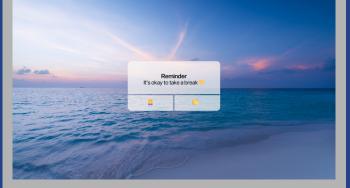
All acts are responsible for their equipment. There is limited electric power that can be used. All acts are suggested to be acoustic in nature. A microphone will be provided.

If you have any questions, please contact the Co- Chairs of the Stillwater Talent Show. Lou Sylvester 862-268-3553,and Tim Rielly 201-450-7666

Printable Form



Guidance News



April is Stress Awareness Month—a timely reminder to prioritize mental health and well-being. In the midst of academic demands and daily responsibilities, it's crucial for both students and staff to take moments throughout the day to reset and practice mindfulness.

Remember to take some breaks. Step outside, take a few deep breaths, or engage in a quick mindfulness exercise. Your well-being is paramount, and these small breaks can make a significant difference in managing stress. Allow these moments to rejuvenate your mind, so you can have a focused and productive

Remember, your mental health matters, and taking proactive steps to manage stress is a sign of strength. If you or someone you know needs support, Care Solace is available 24/7/365 for confidential mental health care coordination:

- Call: 888-515-0595 (Multilingual support available)

Take the time you need, practice mindfulness, and thrive.

Mes de la concienciación sobre el estrés

Abril es el Mes de la Concienciación sobre el Estrés, un oportuno recordatorio para dar prioridad a la salud mental y al bienestar. En medio de las exigencias académicas y las responsabilidades diarias, es crucial que tanto los estudiantes como el personal se tomen momentos a lo largo del día para restablecerse y practicar la atención plena.

Recuerde tomarse algunos descansos. Salga al exterior, respire profundamente unas cuantas veces o realice un ejercicio rápido de atención plena. Su bienestar es primordial, y estos pequeños descansos pueden marcar una diferencia significativa en la gestión del estrés. Permita que estos momentos rejuvenezcan su mente, para que pueda tener una sesión de estudio centrada y productiva. su mente, para que pueda tener una sesión de estudio centrada y productiva.

Recuerde, su salud mental importa, y tomar medidas proactivas para controlar el estrés es un signo de fortaleza. Si usted o alguien que conoce necesita apoyo, Care Solace está disponible 24 horas al día, 7 días a la semana, 365 días al año para la coordinación confidencial de la atención a la salud mental:

Ulame al: 888-515-0595 (Apoyo multilingüe disponible)

Visite: www.caresolace.com/krhs
Tómese el tiempo que necesite, practique la atención plena y prospere.



High School News

Miss Frankford 2024

2024 MISS FRANKFORD TOWNSHIP PAGEANT



THURSDAY, JUNE 13, 2024 @ 6:00 PM

SIGN UP AND BECOME A CONTESTANT AND YOU COULD BE FRANKFORD TOWNSHIP'S NEXT QUEEN!

Must be Age 17 by 8/4, but no older than 21 by 8/4
Application Deadline: June 3, 2024

APPLICATIONS ARE AVAILABLE AT TOWN HALL, YOUR SCHOOL'S MAIN OFFICE & OUR WEBSITE www.frankfordtownship.org

Miss Frankford 2024 Application

KRHS Prom 2024

Please, see the link below for information about the 2024 prom!

 $\label{lem:https://docs.google.com/presentation/d/1CvaGCAG9FakXKZCIWG3JRJbVEdY1VD4iHHpEAoFZWX0/edit?usp=sharing$

2024 Prom Packet

Miss Stillwater 2024

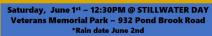


2024 Miss Stillwater Contest

- Be 17-21 years of age
- ★ Represent Stillwater at the Sussex County Queen of the Fair Pageant (August)
- March in the Stillwater Fall Festival parade (October)
- Participate in Stillwater Day (June 2025)
- Cash prize will be awarded to the winner, and gifts for all participants.

Little Mister & Miss

- Must reside in Stillwater
- ★ Be 4-7 years of age♣ Gifts will be awarded to all participants.



Applications available at the Municipal Building and www.stillwatertownshipnj.com

Deadline is Friday, May 17th by end of business hours @ 4:30 PM.

Kindly return to the Municipal Building or email to: jennminervino@yahoo.com

* THIS IS NOT A SCHOOL SPONSORED EVENT

Miss Stillwater 2024 Application

Cougar Athletics

NCAA Signing Day #3

Congratulations to the following student-athletes who committed to continue their academic and athletic pursuits at the collegiate level. Best of luck in your future endeavors both on and off the field/mat!





Alex Laoudis Centenary University Soccer Reece Smith Centenary University Wrestling Liliana Zaku-Ramos Felician University Wrestling

High School Spring Sports Pictures



2 Wilson Drive ~ Sparta, NJ 07871 ~ 973-579-0005

Kittatinny Regional High School

Dear Parent/Guardian,

Below are the instructions that will allow you to access the images that were taken on spring sports picture day.

- ~ Visit our website www.schoolcraftstudios.com.
- ~ Click On Order Online
- ~ Enter the code COUGARS2324
- \sim Click on IMAGE CATEGORIES on the top left side of your screen to select spring sports.

Sincerely,

Schoolcraft Studios





TWENTYFOURINK.COM/COLLECTIONS/KITTATINNY-WEIGHT-ROOM

Summer Opportunites





Reminders

Take Your Child to Work Day - April 25, 2024

In order for your child to participate in Take Your Child To Work Day and have it excused by the State of NJ, there are some guidelines that we ask you to follow.

- 1. Please inform the Attendance office of your child's absence, and as much notice as possible would be appreciated, as you can imagine how swamped the phones are that day.
- 2. Per the State of New Jersey guidelines, an official letter from your place of employment must be submitted to the Attendance Office in order for the day to be excused. No notes will be accepted without proper letterhead, and no hand written notes will be accepted.
- 3. No emailed letter will be accepted for absences of Take your Child To Work Day. The letter must be brought to school by the student on April 26th.

Please call 973-383-1800 x1253 with any questions.

Thank you for your cooperation!



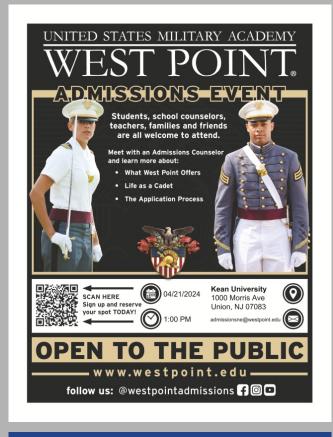
DONATE THEM TO VIEWERS OF THE NEXT ECLIPSE IN SOUTH AMERICA.

Glasses can be dropped off the in the main office, to Mrs. Kolonoski in E205. Glasses will be collected until April 26.



Paint Needed

Mr. Wykoff's class is looking for interior house paint in a variety of colors for a mural project. If you have any leftover paint in good condition at home, please consider donating to this special project. Paint can be brought to Mr. Wykoff's room.



PLEASE READ TO SEE HOW YOU CAN HELP!!



Kittatinny Education Foundation

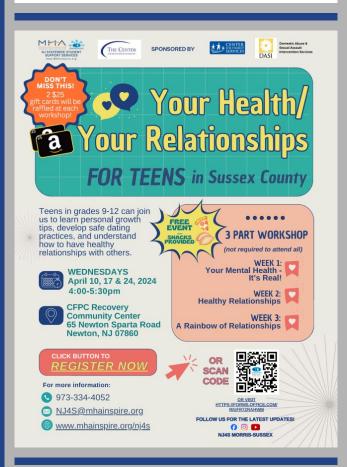
The Kittatinny Education Foundation (KEF) would like to invite all members of the Kittatinny School Community, which includes current Cougar Parents, Cougar Alumni, and parents of our Cougar Alumni, to join in our efforts to enhance the educational opportunities for all of our students in the Kittatinny School District and to engage the entire community in philanthropic giving that strengthens our public schools, supports our teachers, and inspires our students.

The KEF is a philanthropic Non-profit 501-3C organization whose goals are to raise private funds which are tax deductible donations. These funds will assist in helping to provide the excellent programs that Kittatinny has long been known for in our school and around our campus. This funding will help offset the loss in aid that we have experienced over these last five years due to state aid cuts and will allow our school and programs to thrive. Our vision is to provide our School Community with the same quality programs and facilities that are a hallmark of Kittatinny, by raising money through sponsorships, private donations, and fundraising events. These fundraising events will become regular opportunities to reconnect and have some fun with former Kittatinny Cougar families as well as our current Cougar families. Although some of us have moved away, many in our Cougar Community still live in our area and we hope that ALL of our Cougar Family, near and far, would enjoy an opportunity to reconnect with our Cougar Nation!

We thank you for everything you do for the Kittatinny Community and we hope to connect with

With Warm Regards

The Kittatinny Education Foundation







CALLING ALL DANCERS, TECHNOLOGY PEOPLE, BACKSTAGE WORKERS, SINGERS AND ACTORS!

A MUSICAL IN ONE WEEK: JUNE 24 - JUNE 28

MONDAY 6/24 THROUGH THURSDAY 6/27: CAMP 8:30 AM TO 11:30 AM FRIDAY 6/28 IS SHOW DAY! CAMP 8:30 AM - 3:00 PM, SHOW TIME AT 3:30 PM

PRICE PER EACH CAMP: \$174.00 INCOMING GRADES 5 THROUGH 9 FOR THE 2024-2025 SCHOOL YEAR

Registration must be paid in full in cash or check and completion of this form must be submitted by Friday, June 7 at 12:00 pm. Checks made payable to Kittatinny Theater Summer Camp during school business hours or by mail. A maximum of 36 campers permitted.

SEND PAYMENT TO KRHS THEATER CAMP: 77 HALSEY ROAD, NEWTON, NJ 07860

For more information, call or visit our website:

\$\infty\$ 973-383-1800 | \$\theta\$ www.kitatinnyplayers.com





FOR MORE INFORMATION AND TO APPLY:

APPLY BY 5/24 FOR PRIORITY CONSIDERATION
ACCEPTANCE NOTIFICATIONS SENT BY 6/4
thanks to TD Charitable Foundation.

- student and the excitement of working with a team toward a common goal.
- All students who successfully complete the program will earn 3 college credits.
- · Participation in the academy is FREE

Please direct any questions to sie@rowan.edu. Visit ent.rowan.edu to learn more about Entrepreneurship at Rowan.





Charitable Foundation

Science Roundtable is Here!

We have exciting news! Along with Math and English Roundtable, we now have a Science Roundtable! Do you need help with homework? Is studying for tests getting you down? Maybe you need help putting your labs together. If so, science roundtable is the place for you. We will be meeting Monday through Thursday until 3:30 in room B14! Come join Mrs. Lippert and Dr. Haug for some extra help!



Please Check the Parent Portal for Student Obligations

Dear Kittatinny Parents/Guardian:

Please log onto your Parent Portal to see if your child has any outstanding obligations, including negative cafeteria balances, for the 2023-2024 school year. If the obligation is not met the following will be withheld until any and all

Student's grades and report card information (withheld)

You can access your Parent Portal using the following URL: https://www.fridayparentportal.com/kittatinny or through the Kittatinny website @ www.krhs.net, click on the Parent tab and then the Parent Portal.

- Outstanding Fees: Once on the Parent Portal, scroll down under Menu and click on "Fines." If your child has an outstanding obligation, it will be displayed on the "Fines" page.
- Negative Cafeteria Balances: Once on the Parent Portal under Menu, click "Food Services" to view your child's account. If your child has a negative cafeteria balance, you have been receiving weekly notifications on the

You can either send in a check made payable to KRHS for the outstanding obligation or pay online with PaySchools Central @ https://payschoolscentral.com/. If you have not registered for a PaySchools account, you will find the PaySchools Central account setup guide through Kittatinny's website @ www.krhs.net, click on the Parent tab, Parent Resources

* Technology fee cannot be paid online through PaySchools. Please send in payment of cash or check made payable to KRHS.

Any questions, please feel free to contact:

Colleen Chiariello, x1610: Activity fee/Negative Cafeteria balances Rob Erlemann, x1550 (IT Department): Technology fee April Orozco, x1440: Athletic fee Cindy Bizik, x1290: All other fees



School Device Coverage

SCHOOL DEVICE





Kittatinny Regional School District

Protect Your School Device!



Covering Accidental Damage, Loss and Theft.













Sign Up Online Now at https://schooldevicecoverage.com/

Student Device Insurance Coverage August 21, 2023 -June 14, 2024

\$25.00 Unlimited Claims, 0 Deductibles \$100.00-\$300.00

Replacement Cost

Kittatinny Regional School District

School:			
Parent Name:			
T all office frames			
City:	State:	Zip:	
Cell Phone:			
*Unit Serial Number:			
Signature:			
	Parent Name: City: Cell Phone: *Unit Serial Number:	Parent Name: City: State: Cell Phone: *Unit Serial Number:	Parent Name: City: State: Zip: Cell Phone: *Unit Serial Number:

Sign Up & Buy Online:

Call/Questions: 1.888.978.3515

Mail a check with this form to: Simple Claims Process:

School Device Coverage

Oncdo need to be pupilse to:
Go to https://schooldeviccoverage.com/login
3990 Auto Mall Dive
Westlaie Village, CA 91362

Pyments carnot be made over the phone
the phone



Printable Flyer

Coverage Website

Kittatinny Assessment Testing Schedule 2023-24

Test	Dates	Resources		
Linklt Benchmark C (ELA, Math, Science)	April 22-25, 2024 Grades 7-11 (approximately 60 minutes)			
Dynamic Learning Maps (DLM) Year End (YE) Model: ELA, Math & Science	April 29 - May 17, 2024	https://dynamiclearningmaps.or g/sites/default/files/documents/ StateBonustlems/Parent_Brochur e.pdf		
Advanced Placement (AP) Eng. Lif., Eng. Lang, Calc AB, Calc BC, Chem, Computer Science A, Computer Science Principles, Drawing, 2D, 3D, Enviro, Euro, Macroeconomics, Precalc, Physics 1, Physics C Mechanics, Physics C Electricity 8. Magnefism, Stafs, US Gov, US History, World History	May 6 - May 17, 2024 (makeups May 22,23,24) Grades 9-12 Please refer to the link for information on the duration of each test. Test scores available in July 2024.	https://apcentral.collegeboard. org/		
NJSLA (ELA, Math, Science) Grade 7-9 (Alg I.Alg II, Geo)	April 29, 2024 - May 24 , 2024 (makeups May 28-May 31) Grades 7-9	https://nj.mypearsonsupport.co m/ForParent/ https://www.nj.gov/education/ assessment/resources/district/un if lest limes.shtml		



April 25: Take Your Child to Work Day April 29 - May 10: NJSLA Testing May 6 - 17: AP Testing May 20: Jr. High Field Day May 20: 6th Grade Move-up Day May 27: Memorial Day - School Closed

KITTATINNY REGIONAL HIGH SCHOOL | [www.krhs.net]





Kittatinny High School | 77 Halsey Road, Newton, NJ 07860

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