

Knowlton News



Special Points of Interest:

- Week of Respect - Oct 1 to Oct 5
- Bob Salomon, author of Beyond the Laces visits on Friday, 10/5
- School Closed Monday, 10/8
- Enchanted Book Fair Family Shopping Event on Tuesday, 10/16 from 3:30 to 7pm in the school library!

Interesting Fact:

Our school community has collected 147 pounds of plastic in the past 5 weeks to be recycled via the TREX Recycle Program. Recycle your clean, dry, empty plastic bags and film packaging. Look for the bin in the main school lobby.

Mum Fundraiser A Success!

Thank you for supporting our FALL MUM FUNDRAISER that raised funds for our Student Activity Account! Thank you also to those parents and staff members that helped sort and carry mums at pick up time!

The Enchanted Forest Book Fair is coming!



The week before the fair, Tuesday, 10/9th to Friday, 10/12th, KTES will be holding a contest to see which classes will be able to choose the books we add to the library from our fair. Read more about the Coin Contest inside this week's newsletter.

Knowlton's Week of Respect continues:

October 1st to 5th

Thursday - October 4th:

Respect Your Environment: Wear green and blue for the earth.

Friday - October 5th:

Respect Others: Wear your favorite team jersey or colors.

Planning Ahead for November Conferences:

Parent-Teacher Conferences take place on November 13th & 14th.

Please note that 11/13 & 11/14 are also Early Dismissal Days

Sign Up Genius Links for Conferences for Grades 1 through 6

Tuesday, November 13

<https://www.signupgenius.com/go/70A0F4AA9A82BABF49-conferences>

Wednesday, November 14

<https://www.signupgenius.com/go/70A0F4AA9A82BABF49-afternoon>

PS and K sign-ups will come to you via your teachers and the Bloomz app

Please Take Note: School is closed on Monday, October 8th for a County-wide Staff In-Service

MIGHTY MILERS

Mighty Milers has begun on Friday mornings at 8:00 am! Contact Miss Lennox if you have any questions at lennox@knowltonschool.com or visit the school website for more information.

From the Cafeteria:

Please note that the cost of the daily lunch for the 2018-2019 school year is \$3.25.

Please visit the parent portal to see a record of your child's food service account. If you have any questions, please contact the office.

FALL SCHOOL PICTURES WERE TAKEN TODAY

WEDNESDAY, OCTOBER 3, 2018

All students present in school today had their picture taken for their school ID and for the yearbook. If you still want to order pictures and forgot to turn in your order form IT IS NOT TOO LATE! Return the form to your child's teacher this week. For students that were absent on picture day, make-ups will be taken later this month.



SMILE!



The Box Tops Fall Collection is coming soon so keep on saving them. Last year over \$1000 was raised for our school, so please keep on clipping! More information is coming soon!



KIDSTUFF COUPON BOOK FUNDRAISER COMING SOON!
SUPPORT OUR SCHOOL BY PURCHASING A KIDSTUFF COUPON BOOK.
MAKES A GREAT HOLIDAY GIFT WITH VALUABLE COUPONS
VALID THROUGH 2019!

Look for more information coming home in mid October!

**Ski / Board Parent Meeting for New Members of the KTES
Ski & Snowboard Club is scheduled for October 23rd at 7 PM in the school library. This club is open to students in Grades 4 - 6.
Questions? Contact Mrs. Reber at reberk@knowltonschool.com
The Parent / Sibling Club will also run this year. For more information contact Mrs. Reber**



A magical week is coming soon!!!

I am pleased to announce the book fair theme this fall is **The Enchanted Forest!** Check out the exciting events that will take place below. The week **before** the fair, October 9-12th, we will be holding a contest to see which classes will be able to choose the books we add to the library from our fair. We will be running the contest Tuesday through Friday. The grade levels with the most money raised will have extra time to come to the fair to “library shop” with Mrs. Reber.

Here is how the contest will work:

1. Tuesday, Oct. 9th is “**Penny & Nickel Day**”- Bring in your pennies and nickels to put in your grade level’s coin jar.
2. Wednesday, Oct. 10th is “**Dime Day**”- Bring in dimes to add to the pennies and nickels.
3. Thursday, Oct. 11th is “**Quarter Day**”- Quarters are topping off the jars today!
4. Friday, Oct. 12th, is “**Any Coin Day**”- Today is the last chance to bring in coins for the race!

***An added challenge will be given to grades 4-6. If those students would like to donate paper money, they can put it into a different grade level collection jar. The paper money value will be subtracted from that grade level’s coin total. All donations must be in the jars in the library no later than-noon on October 12th! Good luck!

But that is not all “*Enchanted Friends!*”! During the fair shopping week we will also be having theme days. See below to plan out what you need to wear!

October 15th is Make Believe Monday- Come dressed as your favorite book character!

October 16th is Toadstool Tuesday- Wear red and white!

October 17th is Whimsy Wednesday- Wear a crazy outfit!

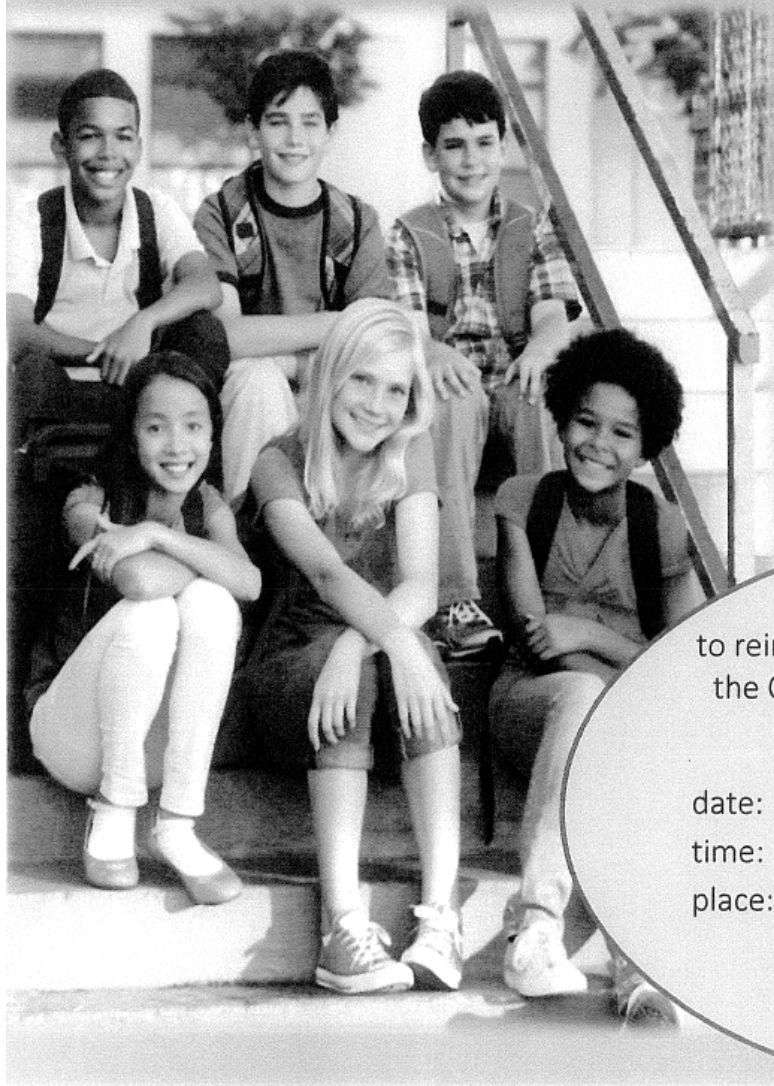
October 18th is Pajamarama Thursday! Come to school in your PJs!

October 19th is Forest Friday! You may fully dress in green for the day!



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Help your favorite student be "Safe, Strong and Free" ...



Our school district is providing CAP Training for Students to...

- Prevent abuse and bullying
- Be assertive without being aggressive
- Learn self-protection strategies to keep them safe from sexual abuse, abduction and other potentially dangerous situations.

**Reinforce these strategies at home by
attending the Parent Workshop**

We are asking parents
to reinforce what their children are learning in
the CAP classroom workshop by attending a
CAP parent workshop on:

date: **Wednesday October 17, 2018**
time: **2:30 pm**
place: **Knowlton Elementary School**

*"your participation will
make a difference"*

Support the CAP movement to strengthen children, families and communities by
visiting us at: www.njcap.org and "like" us on Facebook at *New Jersey Child Assault Prevention*



"Every year, NJCAP trains approximately 100,000 children and 15,000 adults statewide in self-protection strategies."

If for some reason you are denying your child the opportunity to attend this child safety workshop, you must notify your student's classroom teacher in writing by Nov. 1st. Thank you.

NJ Child Assault Prevention (CAP) is a network of 21 County Offices and is a program of the NJ Department of Children and Families and is supported by your local school district.



Cafeteria Connection

October 2018

Pumpkins are full of vitamin A, fiber, and potassium.

Mark Your Calendars...

October 3rd: Walk to School Day

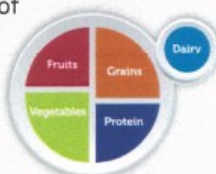
October 15th-19th:
National School Lunch Week

October 29th: Oatmeal Day

October 31st: Halloween

What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Maschio's manager at MJC in New Providence already finished painting their pumpkin.

Falling for Fall Fruits and Vegetables

Prepared by: Lorraine Kunick, RDN
Source: www.eatright.org

With Fall comes new classes, new activities and new produce that is in season! Produce that is in its peak season will also be at its peak nutritional value! Try these kid-friendly ways to add 4 fall foods to your family's meals.

Pumpkin- Nothing screams "fall" like a big orange pumpkin! Pumpkins are full of vitamin A, fiber, and potassium. Try changing things up with some creamy pumpkin hummus or roast your pumpkin seeds in the oven for an on the go snack filled with zinc, essential for a healthy immune system!

Brussels Sprouts-Brussel Sprouts are an excellent source of vitamins A, C, K, folate as well as iron. If your family is skeptical about trying this green vegetable, try cutting whole brussels sprouts into quarters and tossing them in sea salt and olive oil. Bake to a crisp and enjoy as an alternative to French fries.

Oats-Oats are great for the heart and are filled with fiber. Try warm oatmeal topped with fruit for an easy healthy breakfast.

Apples-Apples are a great source of vitamin C and fiber. Try sprinkling apple slices with ground cinnamon for a sweet snack. Apples can also be stewed and paired with meat for sweet and savory dinner dishes.

Crazy for Chili!

Prepared by: Lorraine Kunick, RDN
Source: www.meatlessmonday.com

October is National Chili Month! Chili is a dish that has been around for a very long time. From the beginning, this pot cooked meal included chile peppers and has been a spicy tradition in America with some states inheriting their recipes from native Americans themselves. Adding chile peppers to dishes is not just an American tradition, in fact, it can be found in China, India, Indonesia, Italy, the Caribbean, France, and the Middle East. While many traditional recipes call for meat and use turkey or ground beef, meatless chili using beans, vegetables, and chile peppers also makes a protein packed meal that's easy to make and eat!

Chef Steve's Fiesta Turkey Stuffed Peppers

Makes 6 servings

For the Filling:

1/2 pound	Lean Ground Turkey
3/4 cups	Black Beans (canned), rinsed and drained
3/4 cups	Corn (frozen)
1 each	Jalapeno Pepper, small dice
1 each	Large Tomato, small dice
1 each	Garlic Clove, minced
3 Tbsp.	Onion, small dice
2 Tbsp.	Cilantro, chopped (plus more for garnish)
1 tsp.	Cumin, ground
To Taste	Salt

For the Peppers:

3 each	Large Green Peppers, cut in half length wise; seeds, ribs and stems removed
1 1/2 cups	Brown or White Rice, cooked
1/2 cup	Chicken or Vegetable Broth, reduced sodium
12 Tbsp.	Monterey Jack Cheese, shredded
2 Tbsp.	Scallion, chopped (for garnish)



Directions:

1. Pre heat oven to 350° F.
2. In a large sauté pan, brown the turkey and season with the salt.
3. When turkey is browned, add onion, garlic, black beans, cilantro, jalapeno, diced tomatoes and cumin.
4. Mix well to combine; bring to a boil and reduce heat to a simmer. Cover pan and simmer for 20 minutes.
5. After 20 minutes, remove lid and add corn; simmer for an additional 5 minutes or until the liquid reduces by half. Stir in cooked rice and remove from heat.
6. In a baking dish that can hold all the pepper halves, place peppers cut side up.
7. Fill each pepper with turkey mixture. Pour the broth on the bottom of the baking dish. Cover tight with aluminum foil and bake for 45-50 minutes or until the peppers become tender.
8. Remove foil and top each pepper with 2 Tbsp. of the shredded cheese and bake uncovered for an additional 5 minutes.
9. Top with scallions and cilantro and serve with sour cream on the side.

Knowlton Community News...

- Knowlton Twp. Historic Commission's Riverside Fall Festival, Sunday, October 7th from 10 am to 4 pm at Ramsaysburg Homestead Historic Site located on the banks of the Delaware River on Route 46 at Ramseyburg Road in Knowlton Twp. Historic Site Tours, apple tasting and cider press, smokehouse bacon, scenic walks along the nature trail, Civil War Camp Re-enactment, Railroad Historian Chuck Walsh presentation, food by Humpty Junior's. Free admission, Rain or Shine. For more info visit www.ramsaysburg.org. Find them on Facebook
- Fish/Chicken & Chips Dinner by Tastefully British at First Presbyterian Church of Blairstown at 1 Main Street on Friday, October 5th from 5 to 7 pm. Advance ticket sales only. Dine in or take out. Adults \$15, Children 10 and under \$8. For tickets or more info visit www.fpcbnj.org or call the church office 908-362-5254.
- Knowlton Lions Club Halloween Party is Scheduled for October 27, 2018 at 6 pm at the Knowlton Lions Pavilion (behind Smittys Liquors) Rain or Shine. This party is sponsored by the Knowlton Lions Club. The Knowlton Fire and Rescue Squad will be there to keep an eye on the bonfire and keep things safe. There will be a costume judging for different age groups and prizes given. The Lions club will provide free hotdogs, apple cider, hot chocolate, coffee, and cider doughnuts. The Lions club will also be holding their 14th annual Motorcycle Raffle at 8 pm. We hope all you ghosts and goblins big and small will dress up and come for a good time. For more information contact any Lions Club member.
- High Bridge School District Parent Advisory Committee is proud to sponsor a presentation on Autism. Presented by: Audrey Mars, M.D. Developmental Pediatric Associates Hunterdon Healthcare, This presentation is for parents of school age children on Tuesday, 10/16 from 7 to 8:30 pm. at High Bridge Elementary School library. RSVP required. <http://bit.ly/209Mwzl>
- Wrestling—Come join the Blairstown Junior Wrestling Team! Sign-ups are October 5th from 6-8pm at Blairstown Elementary School. Wrestling is for everyone! Kindergarten and up. Knowlton students welcome! Any questions please email: Adamskalyssa@gmail.com
- Making Friends and Having Fun...Super Friends from 6 to 8 pm, Free. Come join us as we spend Friday evenings together. Fairview Lake YMCA Camp. For Questions and the schedule of a variety of activities please contact 973-383-9282 Activity dates: 9/7,9/14,10/5, 10/19, 11/2, 11/16, 12/7, 12/21
- Family Partners of Morris/Sussex in collaboration with NORWESCAP is sponsoring a FREE human trafficking awareness resource fair called "Hello My Name Is..." on Thursday, October 18, 2018 from 5 to 8 PM at the Sussex County Community College Performing Arts Center. To register go to: <https://www.eventbrite.com/hello-my-name-is-human-trafficking-convention-resource-fair-tickets-49598102259>. Contact: Joseph Wisneski, jwisneski@familypartnersms.org (973) 940-3194
- NAMI Basics - National Alliance on Mental Illness, NAMI Morris & Sussex, in collaboration with Family Partners of Morris & Sussex Counties are pleased to co-sponsor NAMI Basics: A Free 6-session Course for Parents/Family Caregivers of Children (2-18) with Emotional, Behavioral, or Mental Health Challenges. This can include mental health conditions, ADHD, ODD and autism spectrum disorder. Learn about helping your child, coping with stress, working with schools and healthcare providers, and more. Taught by trained volunteer parents who've been there and would like to share their knowledge and support other families. Tuesdays, Oct. 2—Nov. 6, 2018 from 7 to 9:30 pm. St. Francis Residential Community & Conference Center (Garden Room) 122 Diamond Spring Rd, Denville, NJ. Use main entrance and inquire at reception desk. Classes are FREE. Register by phone is required. Participants should plan to attend all 6 sessions. To register, call Jeri at 973-214-0632 or Lauren at 201-532-2267.
- IndieFlix Original documentary "Angst: Raising Awareness Around Anxiety". 10/11/18 at 7 pm for educators, parents and community members. To be held at Lafayette Twp. School, 178 Beaver Run Rd, Lafayette, NJ. Please contact Jennifer Cenatiempo at jcenatiempo@ltes.org for your free ticket!
- October 15th at 7 pm is Barnyard Bruisers Jr Roller Derby 4-H Club Open House at Villa Roller Rink, 2121 Route 57 in Broadway, NJ. All youth in grades K through age 13 are invited. Please RSVP to Coach Chrome Menace at: barnyardbruisers@yahoo.com
- Tastefully British Fish Fry at Knowlton United Methodist Church, 509 Route 94, Columbia, Saturday, October 20th from 5:30 to 7 pm. Dine in or take out, Advance tickets \$15, Call 908-500-6371.