



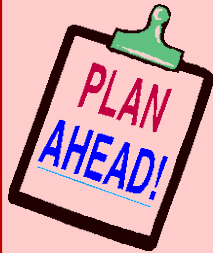
# Knowlton News



**OUR "WILD"  
Nature's  
Vision  
SCHOOL  
FUNDRAISER  
ORDERS ARE  
DUE BY THIS  
FRIDAY,  
MARCH 8th**



Registration Now  
Open for Fall 2019  
Kindergarten &  
Preschool  
**MORE INFO  
INSIDE!**



Wednesday, March 13th will be an early dismissal day for **TEACHER PROFESSIONAL DEVELOPMENT.**

School will start dismissing at 1:15 pm.

Lunch will be served.

There will be no AM Preschool.

PM Preschool will be in session from 8:30 to 11:00

## Knowlton Elementary's

## Book Night!

BOOK BINGO is happening this Friday, March 8th at 7 PM in the multi purpose room. If anyone needs to make adjustments to their reservation please email or send a note to Mrs.Reber at:

[reberk@knowltonschool.com](mailto:reberk@knowltonschool.com)

**NEW RESERVATIONS WELCOME! (Form on website)**

**See you Friday night!**



### **SMENCILS ARE AVAILABLE FOR SALE!**

*The KTES Band is still selling Smencils for \$1.00 each. If you'd like to purchase one, please send in the exact amount to Mrs. Lestrangle in an envelope with your child's name and "SMENCILS" written on it. Students will receive their Smencils during the school day.*

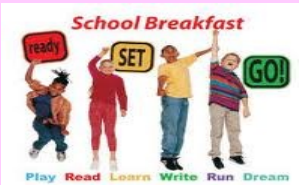


Attention Parents:  
Regarding our **School Breakfast Program**...Please note that Breakfast is **NOT AVAILABLE** on Delayed Opening Days.

### POWER UP WITH SCHOOL BREAKFAST!

Fuel up with a balanced breakfast and be ready to learn! KTES is happy to offer breakfast to students as part of the School Breakfast Program. Breakfast is available daily for all students. Cost is \$1.50 for students.

For those who currently qualify for reduced price lunch the cost is .30 cents. Eligible free lunch students are also entitled to free breakfast.



### CAFETERIA NEWS:

#### 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.
- Need to put \$ on your child's lunch account? You can also do this on the parent portal.
- If you receive an automated phone call regarding your child's lunch account, please settle the account promptly.
- **Yogurt Parfaits will be served for breakfast on Tuesdays and Thursdays.**



EARLYACT CLUB WILL MEET NEXT IN MARCH  
MARCH THEME: CITIZENSHIP  
Tuesday, March 12th & Tuesday, March 26th  
Pick up time is 4 PM.



**2018–2019 Knowlton Twp. Elementary School Yearbooks are on sale through March 15th.**

Order a full color yearbook, sponsor an ad or purchase line sponsor messages to recognize your child! The order form is attached and is on the school website - [www.knowltonschool.com](http://www.knowltonschool.com)

It's not too late...All orders should be placed by March 15th .

# OUR *WILD* ALL-SCHOOL FUNDRAISER DUE DATE IS MARCH 8th!

Our *Nature's Vision* fundraiser offers a wide variety of top quality environmentally themed products. These fashionable products will help promote environmental awareness at our school and in our community. Our school keeps 40% of the profit that will go towards offsetting field trip costs, assemblies, and other activities for students. Nature's Vision also donates to environmental organizations dedicated to protecting the Rainforest, preserving nature and ensuring a sustainable future for our planet.



GREAT BEACH TOWEL  
for summer!

**Please help make our sale a success by placing your order no later than March 8th.**

There are 3 ways to order: (THERE ARE MORE OPTIONS ON-LINE THAN IN THE CATALOG)

1. Fill out the paper order form and return it to the school with checks made out to KTES. Double check to make sure your order form is complete and accurate. Additional order forms can also be downloaded from the website at [naturesvisionfundraising.com](http://naturesvisionfundraising.com). You will be notified of the product arrival day and pickup time. (Some additional catalogs are available in the main office)

2. Go to [www.naturesvisionfundraising.com](http://www.naturesvisionfundraising.com) and "Click" Shop Now.

"Click" Credit A School or Organization

Enter Organization Code: 54340

Enter Student's Name and "Click" Submit

If you want, you can create a Student/Seller Account and send emails to friends and family to promote your fundraiser. Share on Facebook and other social media to increase your sales and seller prize awards.

3. Call them directly at 888-303-7533



# READ ACROSS AMERICA

Now through March 15th!

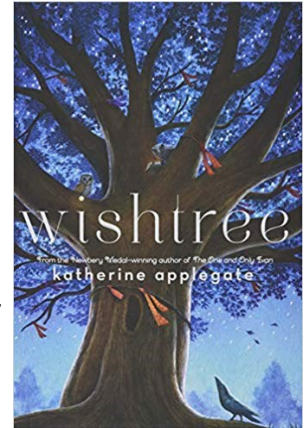
We will be celebrating now through March 15th  
along with

ONE BOOK ONE SCHOOL ONE COMMUNITY!

Our book selection is

**WISHTREE** by Katherine Applegate

Visit [www.knowltonschool.com](http://www.knowltonschool.com) and click on the news tab, then knowlton news and look for the WISHTREE Reading Schedule document.



**Theme days:**

**Friday, March 8th** - Dress as your favorite storybook character  
(Book Bingo Nite)

**Friday, March 15th** - Dress as a Champion  
Wear favorite sport team apparel or whatever makes  
you feel like a CHAMPION!

***On March 15th every student will make a humanitarian wish***

## **REGISTRATION FOR NEXT SCHOOL YEAR**



**Knowlton Twp. Elementary Preschool Program** We are now accepting registrations for our Preschool Program for fall 2019. Children must be 4 years old by October 1, 2019 and must be toilet trained. The program runs Monday through Friday from 8:30 am to 11:00 am when school is in session. Transportation for this program is not provided. If interested, please contact the school office at: (908) 475-5118, ext. 200.

**Attention Parents of Future Kindergarten Students:** Knowlton Twp. Elementary School is planning for the 2019-2020 school year. At this time we would like to identify as many children as possible who will be eligible for Kindergarten in September 2019. To be eligible for kindergarten, a child must be 5 years old by October 1, 2019. If you have not already done so, and you have a child who will be eligible for next year's kindergarten class, kindly call the school at (908) 475-5118, ext. 200 as soon as possible. Dates for screening of next year's kindergarten students will be released at a later date. Parents will receive details in the mail. Please pass this information along to anyone in Knowlton Twp. who may have a child eligible for kindergarten in September 2019.

**The parent information meeting will take place on Monday, April 1st at 6 pm in the school library. You will receive a letter in the mail.**

# SPRING PICTURE DAY!

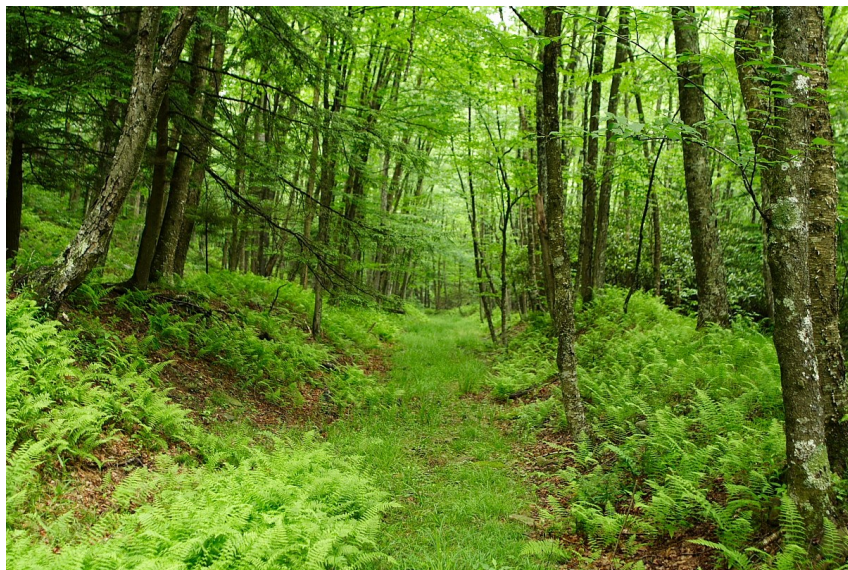
**Tuesday, April 2nd**

At Knowlton Twp. Elementary School

Come dressed for the camera and bring your best smile! We will be using an outdoor “nature” look theme



- ◆ Solid colors work best
- ◆ Casual spring outfits look great with our background
  - ◆ Dressing up is fun and makes better pictures
- ◆ All students will receive proofs from which to choose your favorite pose!



## Knowlton Community News...

- **COMMUNITY TALENT SHOW** - announcing the 10th Bi-Annual North Warren Regional Interact Club Talent Show. Applications due by March 25, 2019. Talent show date is Friday, May 17, 2019 at 7 pm in the North Warren Regional HS Auditorium. Suggestions for Entries: Musical Instruments, Singing (no lip sync), skits, dancing, story telling/prose, interpretative dance, comedy routines, magic shows For Questions contact: the Audition Committee (NWRinteract@yahoo.com) or Ms. Abbiate (aabbiate@northwarren.org. Applications available in the Knowlton Twp. Elementary School office or on the KTES website under Knowlton News tab.
- **How to approach an IEP Meeting to get the services for your child's needs Workshop** on Thursday, March 14 from 6 to 8 pm at the Pioneer Family Success Center, 50 Division Street, Suite 303, Somerville NJ Questions to 908-223-1191. To RSVP: aruiz@fso-hsw.org Sponsored by Family Support Organization Hunterdon, Sussex, Warren www.fso-hsw.org
- **Blairstown Youth Soccer Club Training Camp** for SPRING 2019. Spring soccer is here and our trainers are back from Magpies to help us run another successful spring training program at Sycamore Park in Blairstown. April 1st through May 31st on Tuesday/Thursday (no practice the week of spring break). Price is \$90 per player. Register now via our website: www.blairstownsoccer.com. Deadline to register is March 17th. For questions contact blairstownrecsoccer@gmail.com or Natalie Brody at nbrody18@gmail.com
- **Check out the fastest growing sport in the USA. North Warren Junior LACROSSE Club** is holding LATE REGISTRATION for all kids, Kindergarten to 8th Grade in Knowlton and the surrounding areas. Please reach out to Alison Perst @ nwjrlacrosse@yahoo.com for more information and a registration form. Follow us on FaceBook at North Warren Jr. Lacrosse Club.
- **North Warren Little League** Ages 4 - 14 Baseball Co-ed, Ongoing Registration at the website: <https://tshq.bluesombrero.com/nwarrenllnj>
- **Plants vs. Zombies 4-H Garden Club** is currently registering children ages 5-18 for the 2019 year. Meetings are held in Blairstown, 3 times per month from April to October. Our club focus is hands-on organic vegetable growing for local food pantries. Call 862-222-6016 or email lunnblodnik@yahoo.com for more info.
- **Budding Artists - free art classes**, Mondays, March 4th to April 1st from 4 to 5:30 pm. Knowlton Presbyterian Church in Columbia, NJ. All ages invited to explore paint, ceramic, clay. 3 Knowlton Rd, Columbia NJ.
- **Camp Warren Education & Recreation Center** - for more information about our summer camp programs, camp fees and forms, visit our website at [www.arcwarren.org](http://www.arcwarren.org).
- **Parenting Programs at Project Self-Sufficiency:** Parenting School-Age Children, Wednesdays-February 6 - April 10 from 6 to 8 p.m., Classes are FREE and open to the public. Pre-registration is required by calling (973) 940-3500. Learn more at [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org)
- **Warren County Community Singers**—Kids are invited to register and sing with the Children's Chorus of Warren County. Ages 7 through 8th grade (with unchanged voices) No audition. \$25 music cost for first child, \$15 for second child. For more information, please contact: Mariah Adams at (908) 509-4569 or [madams@aes.k12.nj.us](mailto:madams@aes.k12.nj.us) Funded in part by the WC Cultural & Heritage Commission.









Throughout the month, one day a week, we will have a focus food group during lunch.

On that day, students “caught” eating a GO food from that food group will receive a sticker.

Next Wednesday (3/6), we will focus on DAIRY. Any student, whether they buy lunch at school or bring lunch from home, will receive a milk mustache sticker if they are eating or drinking something from the dairy food group (milk, yogurt, cheese).

**GO foods:** Examples include fruits and vegetables, whole-grain foods, and unsweetened 1% milk. GO foods are commonly described as “whole foods,” meaning that they’re generally the least processed compared to foods in the same food group/section. These foods are also lowest in salt (sodium) and/or added sugars. In addition, GO foods are lowest in unhealthy fats—that is, solid fats such as butter or lard, as opposed to healthy fats, which are vegetable oils.

**WHOA foods:** Examples include candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals. WHOA foods are generally the most processed and are highest in unhealthy fats, added sugars, and/or salt.

**SLOW foods** are in between GO foods and WHOA foods. Examples include sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

### 9 Scientifically Proven Reasons to Eat Dinner as a Family

<https://www.qoodnet.org/articles/9-scientifically-proven-reasons-to-eat-dinner-as-family>

- FAMILY DINNERS MEAN BETTER FAMILY RELATIONSHIPS. ...
- FAMILY MEALS LEAD TO HEALTHIER FOOD CHOICES. ...
- EATING AS A FAMILY LEADS TO BETTER GRADES. ...
- FAMILY DINNERS ARE A CHANCE TO EXPLORE NEW FOODS. ...
- FAMILY DINNERS LEAD TO GREATER HAPPINESS. ...
- HOMEMADE MEALS PROMOTE PORTION CONTROL. ...
- FAMILY DINNERS EQUAL HEALTHY KIDS.

#### **EAT TOGETHER CHALLENGE**

- A meal counts if ALL household members sit down to eat together at the same time.
- A meal eaten at a restaurant or including fast food does not count.
- Eating together in front of the television does not count.

### **Eat Together Challenge** March 2019

On the calendar, put a check or a smiley face on days you ate dinner together and an X on days you did not.

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

What is your family's goal? \_\_\_\_\_ days

**North Warren Regional High School  
Presents**

# **MAMMA MIA!**

**Music and Lyrics  
by**

**BENNY ANDERSSON**

**BJORN ULVAEUS**

and some songs with

**STIG ANDERSON**

**BOOK by CATHERINE JOHNSON**

ORIGINALLY CONCEIVED BY JUDY CRAYMER

ADDITIONAL MATERIAL

AND

ARRANGEMENTS

**MARTIN KOCH**

**Fri March 29 @ 7pm**

**Sat March 30 @ 7pm**

**Sun March 31 @ 3pm**

**Adults \$14 . Student \$10**

**SENIOR CITIZENS FREE**

