

Volume 11, Issue 30

April 17, 2019



SPRING

Knowlton News



The U.S. Department of Health and Human Services has some new resources to help you and your kids get more active. Check out:
<https://health.gov/moveyourway/get-kids-active/>



School will be closed Friday, April 19th through Friday, April 26th. School re-opens on Monday, April 29th. Enjoy the Spring Recess!



Knowlton Color Run
Save the date and join the fun!!

Sunday, June 2, 2019

Sponsored by the Knowlton Twp. PTA & Knowlton Athletics

See attached flyer for more information about registering.

Questions? Email ktespta@gmail.com or kaa.kkise@gmail.com

PIZZA EXPRESS FUNDRAISER

TOMORROW, THURSDAY, APRIL 18th!

HELP SUPPORT THE KTES 6th GRADE CLASS



SEE ATTACHED FLYER FOR MORE INFORMATION!



Our Pennies for Patients Collection ends Thursday, April 18th!

Every HERO needs a squad! Please send in all donations by 4/18. After week 2 Mrs. Davalos' 1st Grade Class is still in the lead with Mrs. Janeiro's class in 2nd place. Who will win the donation race to help us support our heros and the fight against blood cancers!

Our HEROS thank you!

North Warren 7th Grade Orientation Night
Thursday, May 2nd at 6:00 PM - All 6th Grade Students & Parents are invited to come learn more about the middle school.

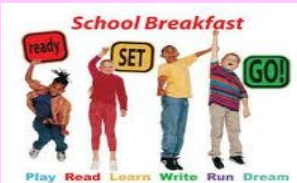
**NEXT EARLYACT CLUB MEETING
TUESDAY, MAY 14, 2019**



**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.**

REGARDING THE SCHOOL CALENDAR:



The last day of school for the 2018-2019 school year will be Wednesday, June 19th. June 17th, 18th & 19th will be early dismissals. Lunch will be served. The 6th grade promotion has tentatively been scheduled for Tuesday, June 18th.

Next Knowlton Twp. PTA
General Meeting Date
Wednesday, April 17th
6:30 PM in the KTES Library

Kindergarten Screening for
Fall 2019
Monday, May 20th
KTES Library - Letters with appointment
times were mailed. Please RSVP

OUR TREX PLASTIC BAG RECYCLING CHALLENGE HAS ENDED!

Total plastic collected was 2,421 pounds! OVER 1 TON!!!

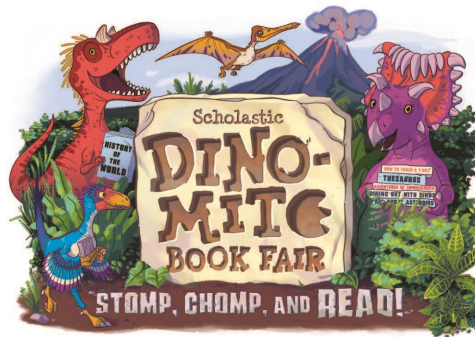
Thank you all for participating to help the school win a TREX bench.

Bench winners will be announced by EARTH DAY 2019, April 22nd.

A GREAT BIG THANK YOU TO MRS. BICKHARDT FOR COORDINATING THIS EFFORT AND CARTING THE TON OF PLASTIC. YOU ROCK!

SAVE THE DATE

COMING UP ON TUESDAY, MAY 14TH



- **SCHOLASTIC DINO-MITE BOOK FAIR SHOPPING EVENT**
STOMP, CHOMP and READ! 3:30 to 7:00 PM
- **KTES Student Art Exhibit - 3:30 to 5:30 PM**
- **GREEN FAIR - More Information to follow soon!**
- **FITNESS FAIR - More Information to follow soon!**

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.

Kindergarten screening will take place on Monday, May 20th. You will receive a letter in the mail with your appointment time. Once received, please RSVP to the school office at 908-475-5118, ext. 200



**APRIL BOARD OF EDUCATION
MEETING**

**MONDAY, APRIL 29, 2019
7 PM**

Spring Concert at KTES
Performing: Grades 1, 2 & 4,
Beginner & Advanced Band
Tuesday, June 4th at 6:30 pm
Location: KTES



Knowlton Twp PTA Presents:

Chalk It Up!

two design choices:



6:30pm
\$45

Come out to this unique 2 hour workshop where you'll learn how to create a 20"x30" piece of chalkboard art on an art board (like the one pictured) to celebrate your family name! With the information you provide ahead of time, the class instructor will create a digital design for you, teach you how to assemble the template in class, and you'll be provided with ALL the materials you need (included in class fee)! All the difficulty is taken out of it so you can have a relaxing and fun time in class. 20% of ticket sales go towards Knowlton Elementary PTA.

Register at AnnaBlanchette.com

Knowlton Color Run

WHEN: Sunday, June 2nd

TIME: Register 10:00 am

Race Time 11:00 am

WHERE: Tunnel Field

(538 NJ-94, Columbia, NJ)



COST: \$25 each / \$20 each (3 or more)

Fun Friends Music Food

Join us for a fun day of FREE FOOD, music, and mess!!!

- Open to the whole family (kids & adults) To Register visit:
- <https://secure.getactivefundraising.com/event/2019-Knowlton-NJ/>
- Registration fee includes a t-shirt and 1 color pack
- Additional color packs will be for sale for \$3

Sponsored By: Knowlton PTA & Knowlton Athletics

Questions??? ktespta@gmail.com or kaa.kkise@gmail.com



PIZZA EXPRESS

FUNDRAISER
April 18, 2019

Help Support
KTES 6th Grade Class

Come to **Pizza Express** on Rt. 94 in Blirstown
for lunch or dinner.

Pizza Express will donate 10% of their profits from that day.
Bring the flyer or mention that you're supporting KTES.



April 29 - May 5 is Screen-Free Week,

so it's the perfect time to rethink your family's screen time habits and find new ways to stay active.

Too much screen time can be detrimental to your child's health, and even your own. The lack of physical activity and abundance of screen time are two of the biggest obstacles to children's

health that we face. Excessive screen time is leading to a dramatic increase in nearsightedness while sitting too much is considered by many to be as dangerous as smoking.

Today's students are less active than ever before. This can lead to a wide variety of health problems such as obesity, cardiovascular disease, diabetes, vision problems, poor socialization skills, and even some mental health issues - all of which can follow them into adulthood.

Regular physical activity and exercise is the best way to avoid these issues across the lifespan.

Think about setting healthy limits and getting regular physical activity with these tips:

- **Set limits:** You can't do much to reduce screen time when they are at school, but you can control it at home or in your car. Set healthy limits by keeping kids active with chores, outdoor play, or family activities. Driving time is also a great opportunity to increase family talk time and reduce screen time. After all, you do have a captive audience once they are in the car.
- **Go screen-free:** Designate a few screen-free days each week or set aside a certain time when all screens must be turned off. Turning off screens an hour or so before bedtime is a great way to wind down the evening and help kids get build better sleep habits.
- **Take breaks:** Encourage kids to play outside instead of playing video games or watching TV when they come home. Have them take frequent breaks during homework to keep them from being too sedentary. Help break the addiction to gaming by making them do a chore or some other form of physical activity for each half hour of game time.
- **Be the change:** Model screen-free behavior by limiting your own screen time. Put your phone down when the family is together. Ask them to go on a walk with you or to play soccer in the backyard. Turn off the TV during dinner time. Change starts with you.
- **Get moving:** Make physical activity part of your family's regular schedule to create a natural screen-free time and boost physical health for everyone. Evening walks, weekend hikes, or family chore time gets everyone moving together.
- Information adapted from: <http://www.cooperinstitute.org/2019/04/10/6-tips-to-be-screen-free-and-fit>



Wellness KNIGHTS Activity Sheet

Wellness requires responsible choices.

Wellness has to do with the whole you: your body, mind, emotions and relationships.

Directions: Check off the activities you have completed from when you get this paper until after Spring Break. If you have at least 10 checks in each column (a total of 30 checks), have a parent or guardian sign the bottom and return it to Miss Lennox when you have physical education. You will be dubbed a Wellness Knight and will get to choose a prize.

Activity

- team sport practice
- jog 10 minutes
- ride bike 20 min.
- jump rope 5 min.
- hike 20 min.
- shoot basketball 20 min.
- play soccer 20 min.
- do 50 mountain climbers
- ride on skateboard or scooter 20 min
- jump on trampoline 20 min.
- play with a ball or balloon for 10min
- dance for 10 min.
- really clean your bedroom
- watch no TV for a day
- play no electronic games for a day
- do 30 curl-ups
- take a dog for a walk
- skip 3 laps around your house
- do 10 push-ups
- play catch for 20 min.
- do 100 jumping jacks
- play tag for 20 minutes

Nutrition

- eat 2 apples in a day
- eat a healthy breakfast
- eat brussel sprouts or spinach
- don't have seconds at dinner
- eat 5 fruits in a day
- eat 3 vegetables in a day
- drink a glass of water with each meal
- drink no soda for 2 days
- eat chicken without skin
- try a salad for lunch
- encourage a friend to eat healthy
- try a new vegetable
- eat whole grain bread
- have 3 servings of milk
- eat 3 balanced meals (all 5 food groups)
- have fruit or veggies for a snack
- try a sweet potato or kiwi
- eat no candy for 2 days
- eat fish
- have fruit for dessert
- help prepare a meal at home

Mental/Emotional/Social

- give 3 relatives a hug
- read for 30 minutes
- say "Good Morning" to 10 people
- do something nice for a teacher
- ask Mom or Dad about their day
- walk 20 min. with a family member
- talk with someone new
- help make dinner for your family
- play a board game with your family
- talk to a grandparent
- write a letter to a friend
- set the table for a meal
- talk out a disagreement
- discuss future plans with a parent
- do a hobby
- compliment 5 different people
- help a friend
- read to someone younger than you
- tell a funny story or a joke
- invite someone to play with you
- tell someone you care
- learn a new word & use it in a sentence

Rules:

1. This is strictly voluntary. This activity sheet is a way to help you keep track of the healthy things you do.
2. This is not a homework assignment, but most activities should be done at home.
3. This should take several days to complete, but should be turned in during your first physical education class after Spring Break.

Name of Knight _____ Homeroom _____

Parent Signature _____

Knowlton Community News...

- **LPF—Level the Playing Field Sports Equipment Drive!** Donate your used sports equipment to communities in need! Drop off used equipment at North Warren HS on April 20th from 10 am to 4 pm, April 27th - 28th from 10 am to 4 pm. Footballs, basketballs, kick balls, volleyballs, all baseball/softball and soccer equipment, lacrosse equipment, roller blades, hockey equipment, shinguards, tennis equipment, golf equipment , and any gently used sneakers!
- **Allamuchy Twp. School District Presents Healthy Explore Day** - May 11th from 10 to 2 pm at Mountain Villa School. FREE EVENT open to the public! To pre-register & for more information email: OutdoorEd@aes.k12.nj.us. Register by April 26th to be entered into the prize raffle! Rain date May 19th.
- **Annual North Warren Regional Interact Club Talent Show.** Talent show date is Friday, May 17, 2019 at 7 pm in the North Warren Regional HS Auditorium.
- **North Warren FFA invites you to FFA Barnyard Day** on Friday, May 3rd. Rain date: May 17th.
- **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
- **Does your child or teen need a dentist and you have no dental insurance?** Free dental exams for kids, Thursday, April 25th in Hackettstown. Call Maria Zufall Health at 973-891-3427 and press 2 or email her at mvigoya@zufallhealth.org. Ages 18 & under. First come, first serve. Limited appts available. Must call to register. 117 Seber Rd, Bldg 5, Hackettstown.
- **Barracudas Swim Team—swim team for ages 6 to 18** welcomes all swimmers, beginners to advanced. For more information or to register go to: www.belviderebarracudas.com or contact them at: belvidereNJbarracudas.com
- **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.
- **Camp Warren Education & Recreation Center** - for more information about our summer camp programs, camp fees and forms, visit our website at www.arcwarren.org.
- **SACC Spring Soccer Training:** 8 weeks - 1 hour sessions, Oxford Furnace Lake, Kauffman Drive, Oxford, NJ 07863 All sessions start the week of April 6th. Levels for all ages from age 3 to age 14 PLUS Private Session Packages. Register online today @ <https://www.sacc.me/registration.html>
- **Warren County Fair Queen or Princess applications** are available in the KTES main office. Entry deadline is May 31, 2019.
- **FREE LEGAL ADVICE** - April 18, 2019 from 6 to 8 PM, Get free legal advice about divorce, housing, bankruptcy, legal documents, or other topics from an attorney at Project Self-Sufficiency. Income guidelines apply; limited legal representation available. By appointment only; call 973-940-3500.
- **JOIN Family Support Organization at the FREE Mental Health Field Day at Meadow Breeze Park:** Saturday, May 18th from 12 to 6 pm. Raindate is Sunday, May 19th. Being strong means asking for help! You are not alone in this. Live Music, Fun Run/Walk, Games, Sports, Food, Give-aways, Henna Tattoos, Photobooth, and more! Follow "MH Field Day" for updates!