

October 23, 2019



Knowlton News



Knowlton Elementary Halloween Parade Thursday, October 31st at 2:00 pm



Knowlton Elementary will have a Halloween Parade on October 31st. Students are invited to dress in costumes and parade with their classes in the back of the school on the walking path beginning at 2 pm (weather permitting). Family members may view the parade in designated areas along the walking path. *****ALL PARENTS MUST SIGN IN AT THE TABLE LOCATED AT THE WEST WING GATE BEFORE ENTERING THE WALKING PATH AREA TO VIEW THE PARADE.**

Please note:

- Students should not wear costumes to school. They should bring costumes with their name and teacher's name clearly marked.
- Costumes depicting any violence or horror as seen in the movies, on the news, or in comics are not permitted.
- Weapons of any kind, including metal, plastic, wood and cardboard are not permitted.
- Costumes should reflect age appropriate characters.

In order to help ensure the safety and well-being of all our students and staff members, please follow the procedures will be followed: 1) Parents/Guardians can watch the parade along the walking path, 2) The parade will begin promptly at 2 pm, and students will walk by grade level, 3) Fall classroom celebrations will occur after the parade. Only those parents who are assisting with classroom celebrations will be permitted into the building. Teachers will notify those parents and provide the office a list of parents who are assisting with classroom celebrations. Thank you for your cooperation!

RED RIBBON WEEK IS NEXT WEEK!

October 28th - November 1st

Our slogan this year is:

"It's COOL To Be Drug Free!"

**LOOK FOR THE KTES RED RIBBON
THEMED DRESS UP DAY**

FLYER INSIDE THIS NEWSLETTER.



IF YOU ARE STILL HAVING TROUBLE ACCESSING THE PARENT PORTAL...

Still experiencing difficulties in getting on the Parent Portal? If you are getting a message regarding "no district" detected, try this...

- Go up to your browser and highlight "no district" to the end, delete that, and then type in knowlton and hit enter. The parent portal login page should now appear asking for your portal code, user name & password.
- **If that does not work, go to the school website,** www.knowltonschool.com and click on the "For Parents" Tab, Resources, then Parent Portal. The parent portal login page should now appear asking for your portal code, user name & password. **Do Not Click on the Parent Portal Icon the first time you are accessing the portal.** Once you have successfully accessed the portal the Parent Portal Icon Tab should work correctly.
- Should you still have trouble, please call the main office and we will try to help you gain access.

Regarding Student Lunch Accounts:

Periodically we run a report showing lunch accounts that are in the negative. A letter is then sent home with your child or an automated phone call is made to alert parents that money is owed on the account.

Upon receipt of such, please remit payment via the parent portal or by sending a check or money to school in an envelope with your child's name on it.

Contact Mrs. Ventura at 908-475-5118, ext 204 if you have any questions or concerns.

School Breakfast is available daily (except on delayed opening days) Served Grab & Go from the breakfast cart in the main office between 8:30 - 8:45 a.m
Cereal & Bagel Bags are available every day .



Yogurt Parfaits are available on Tuesdays & Thursdays.

Student Breakfast is \$1.50



FALL SCHOOL PICTURE

MAKEUP DAY for students that were absent on picture day and all other retakes will be taken on the morning of
WEDNESDAY, NOVEMBER 6TH.



**Advanced Band
 Has Begun After School
 On Thursdays**

**Pick up is 4:15 pm
 sharp.**

Questions? Contact Mrs. Lestrage
lestranges@knowltonschool.com

LAST CALL FOR HALLOWEEN SMENCILS ORDERS:




Smencil orders are due NO LATER than this Friday, October 25th!

\$1 Smencil Grams for Halloween!

The KTES Advanced Band will have Smencil Grams available for purchase this year, just in time for Halloween! Purchase a Smencil for \$1.00 each and send it, with a personalized message attached, to your child, favorite teacher, staff member, or let your child send it to a friend! Smencil colors and accents will be distributed at random. *Smencil Grams will be delivered to the students on Thursday, October 31st, 2019. They must be ordered by Friday, October 25th.*

Complete the message card below and the band will attach the tag to the Smencil Gram! Please remember the following when ordering your smencil gram:

- ⊗ Include receiving child's first and last name along with the classroom teacher on EACH smencil gram
- ⊗ Attach payment for EACH Smencil Gram (please use exact cash or check to KTES). There are 3 grams on this form. If you would like more, you can find them in the office or on our website.
- ⊗ Send Smencil Gram forms and money in envelope labels "SMENCILS" to Mrs. Lestrangle with your child's name and class.
- ⊗ Please contact Mrs. Lestrangle at lestranges@knowltonschool.com if you have any questions

	First/Last Name: _____ Teacher/Grade: _____ Message: _____ _____ _____ From: _____
	First/Last Name: _____ Teacher/Grade: _____ Message: _____ _____ _____ From: _____
	First/Last Name: _____ Teacher/Grade: _____ Message: _____ _____ _____ From: _____

Red Ribbon Week



Dear Parents,

RED Ribbon Week is October 28th - November 1st. Thank you for helping us and being a part of this worthy cause. The purpose of Red Ribbon Week is to raise awareness about drugs and alcohol. Our slogan for this year is, "It's COOL To Be Drug Free"! We hope everyone will participate in all the fun-filled activities that are planned.

Monday: "I'm "Red"-y to Say NO To Drugs!!" Wear RED to celebrate being DRUG FREE!

Tuesday: "Your Future is Bright- Be DRUG FREE!" Dress like your future career!

Wednesday: "Stand up for Positive Choices- Say NO to Drugs!" Wear red, white, and blue!

Thursday: "Drugs are Scary, Say NO." Bring in your Halloween costume for the afternoon- feel free to wear your favorite fall/Halloween shirt to school in the morning.

Friday: "Follow your Dreams- DO NOT do drugs!" Wear pajamas and help us put drugs to rest.

The PTA Kidstuff Coupon Book

Fundraiser has ended! All \$\$\$ or books should be returned by this Friday, October 25th.

Questions? Contact the PTA at:
ktespta@gmail.com

Thank you for supporting
This fundraiser.



The October Board of Education Meeting is scheduled for Monday, October 28th at 7 PM.

IMPORTANT NOTICE TO PARENTS:

This newsletter will no longer be copied and sent home with your child.

All families will receive an email notification that the newsletter has been posted on the school website. Please visit www.knowltonschool.com and click on the News tab and then Knowlton News at the bottom. The current issue will be listed. If you prefer to receive a printed copy please contact Donna Ventura at 908-475-5118 x204 or email her at: venturad@knowltonschool.com to request a paper copy. We continue to use the newsletter as our means of communicating school & community news to our KTES families.

SPECIAL EDUCATION PARENT ADVISORY GROUP



Meeting of the North Warren Cluster
Blairstown, Frelinghuysen, Knowlton & North Warren Regional

When: November 12, 2019

Time: 6:30PM

Location: Blairstown Elementary School Library

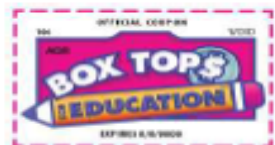
Topic: Transitions: Preschool to Kindergarten

6th Grade to Middle School

Summary: Information and discussion about the process, programs and changes when your child transitions from one setting to the next.



FINAL Box Tops Fall Collection deadline is Friday, October 25th. If you still have traditional Box Tops clipped at home, please make sure you send them in by October 25th. More information regarding the NEW BOX TOPS program can be found in the flyer below.



**SEND IN YOUR BOX TOPS
AND
SUBMIT YOUR RECEIPTS!!**



**Box Tops are due to your teacher by:
October 18th**

☛ The classroom that submits the most Box Tops will earn \$50 to be used to benefit their classroom. The class will also receive the traveling Box Top trophy! ☛

How to receive credit for your Box Top app submissions:

- From the app home screen, tap on the earnings summary at the top, and then select "My Earnings."
- When the list of your submissions appears, tap on one of the submissions to open it.
- On the next screen tap on the 3 vertical dots at the top right (first screenshot shown below).
- Choose "Give Credit" (middle screenshot shown below).
- A blank box appears. Type your teacher's last name in the box and save it.
- Credit can be given to past earnings by following these steps.
- Once a name is entered and saved, it should automatically assign to future earnings.



Reminders for Box Top labels:

- Continue clipping Box Top labels. They are still valid and still appear on many products.
- Do not submit expired Box Top labels. They don't count and will be discarded.
- Please trim your Box Top labels. This is a huge help to the coordinators that prepare them for shipping.
- Bring in your Box Top labels in a bag or envelope with your teacher's name on it so that your class receives proper credit.

For more information visit: <https://www.boxtops4education.com/>.
Don't forget to join the Knowlton Township PTA Facebook page!

Thank you for your continued assistance with this free fundraiser!
Knowlton Township PTA

From Our School Nurse:

Hi all! By now, you've seen brochures come home letting you know you were eligible to receive a free Kinsa smart thermometer through October 15. Great news—Kinsa has extended that deadline until October 31st! 10% of families have already signed up—join them! To sign up and order your thermometer, tap this link from your smartphone to download the Kinsa app and join our school group: <https://get.kinsahealth.com/newUser>. Cheers to a healthier flu season!



**Thank you to everyone who
supported last week's
Arctic Adventure Book Fair!
Great Job Mrs. Reber & Helpers!
The library looked great!
THANK YOU TO ALL OUR VOLUNTEERS!**



November Conferences:

Parent - Teacher Conferences take place on November 12th & 13th.

Please note that 11/12 & 11/13 are also Early Dismissal Days.

Conference Sign Up Links will be active through Thursday, October 31st.

If you have not signed up please do so ASAP.

Sign Up Genius Links for Conferences for Grades 1 through 6 are below.

Tuesday, November 12

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

Wednesday, November 13

<https://www.signupgenius.com/go/70a0f4aa9a82babf49-afternoon1>

All Kindergarten conferences for Mrs. Apgar & Mrs. Bickhardt are being scheduled through the classtag app.



***MARK YOUR CALENDARS!
OUR WINTER CONCERT
WILL TAKE PLACE AT KTES ON DECEMBER 10, 2019 AT 6:30 PM
Grades Kindergarten, Third, Fifth & Sixth will be performing
along with the KTES Band***



Thanksgiving Day Dinner “Baskets of Caring”:

November Character Trait Focus: Empathy

Donations accepted through Monday evening **11/25/19**

Knowlton Early Act Club, working on the character trait: Empathy, is asking for the following donations to provide several families with a nourishing dinner “basket” this Thanksgiving.

Following are the items that we are in need of:

- Fresh or Frozen turkeys
- Cranberry sauce
- Stuffing
- Canned sweet potatoes
- Canned vegetables
 - corn, peas, green beans
- Jarred gravy
- Box mashed potatoes
- Any fresh produce that can be stored until delivery
 - Root vegetables etc.
- Store bought pies: apple and pumpkin



Contact Ms. Maxman maxmanj@knowltonschool.com or x 107

Items may be delivered to Ms. Maxman’s Knowlton classroom. Or if necessary, contact me to coordinate a donation pick up! Thank you in advance for your contributions to our club’s efforts!!

From Mrs. Acker, Our School Nurse:

How exposure to **blue light** affects your brain and body

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:

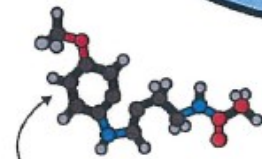
The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

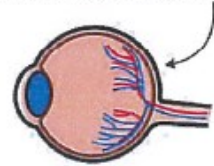


People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time — though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



SOURCES: Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER

Knowlton Community News

- **Knowlton Township Trick or Treating will take place on Halloween Day, 10/31 from 4 PM to 8 PM.**
- **Knowlton Lions Club Halloween Party** is scheduled for October 26, 2019 at 6 pm at the Knowlton Lions Pavilion (behind Smitty's Liquors on Rt. 46) Rain or Shine. This party is sponsored by the Knowlton Lions Club. The Knowlton Fire & 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 will be given. The Lions Club will provide free hotdogs, apple cider, hot chocolate, coffee and cider donuts. 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 member.
- **Family Guidance Center of Warren County is presenting a symposium on opioids.** October 24 at the Centenary College's Sitnik Theatre, 715 Grand Avenue in Hackettstown from 7 pm to 8:30 pm. All are welcome Please RSVP to Cheryl Leggio at cleggio@fgcwc.org or call 908-689-1000, ext.347
- **FREE Parent /Toddler Play Group at Knowlton United Methodist Church**, 509 Route 94 in Columbia. Every 3rd Friday of the month (excluding holidays) from 9:30 to 10:30 AM. For families with children ages newborn through Pre-K. Small, Informal Group Setting with free play, story and simple craft. For more information contact the church at 908-496-4313 or via email to: knowltonumc@gmail.com
- **NORTH WARREN JUNIOR LACROSSE CLUB SPRING 2020 SIGN-UPS WILL BE HELD ON 11/13/19 AT THE GIVENS BELET FROM 6:30-8:00PM **Meet the NEW Board Members****
For Boys & Girls in grades Kindergarten to 8th Grade.
- **Indoor Soccer & Spring Tryouts** - Go to www.westjerseysoccerclub.org for registration. 908-294-1308
- **Looking for a 3/4 Sized Schroetter Student Violin?** Mrs. Lestranger, the KTES music teacher has one for sale for \$150. It is missing 2 strings but is in otherwise good condition.
- **Grab some friends and enjoy a wonderful tricky tray while helping to send children with cancer to camp.** Advance ticket sales for the Happiness Is Camping Tricky Tray are on sale now. Awesome prizes including Disney Park Hoppers, Kate Spade, WWE merchandise, an adult mountain bike and too many more to list! Cash bar and food available for purchase (to benefit the NWR XC Teams). The event is on November 8th at Brook Hollow Winery beginning at 6:00 PM. Please email Lisa Benzaia at Lisa@happinesiscamping.org for ticket information or "Like" our Facebook page to download a ticket form (Happiness Is Camping Tricky Tray).
- ***A flyer came home this week from KINSA regarding the FLUency program and how it works. You were also able to qualify for a FREE smart thermometer just by registering while supplies last. The deadline has been extended through 10/31/19. Contact Mrs. Acker if you have any questions at x 121.***
- **Special Needs Across the Lifespan Resource Fair at Project Self-Sufficiency**, 127 Mill Street, Newton, NJ on **Saturday, November 2, 2019 from 8:45 a.m. to 2:00 p.m.** VENDOR TABLES, BREAK-OUT SESSIONS FOR PRESCHOOL, SCHOOL-AGE, TRANSITIONAL, ADULT, ACTIVITIES FOR KIDS, GUEST SPEAKERS. Light lunch provided. On-site childcare available at Little Sprouts Early Learning Center, a licensed day care and preschool. Attendance is FREE but registration is recommended for all and required if you plan on using the childcare center. Register online at <https://www.projectsellsufficiency.org/special-needs-help-children-adults> or call (973) 940-3500
- **NORWESCAP Traditions Family Success Center**, 712 South Main St., Phillipsburg, NJ and 217 Main St., Hackettstown, NJ. Call them at 908-454-3400, x3083, 3084 & 3087 for more information on all the FREE activities and events they run for individuals and families each month.
- **KTES Ski & Snowboard Club forms and \$\$ is due to Mrs. Reber by November 30th.** Contact Mrs. Reber at 908-475-5118, ext.115 with any questions. reberk@knowltonschool.com

KNOWLTON TOWNSHIP
TRICK OR TREAT
THURSDAY, OCTOBER 31, 2019
FROM 4pm-8pm



SUSSEX COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES



A Call to Action!

- **OCTOBER 23** – WALLKILL VALLEY REGIONAL HIGH SCHOOL 10 GRUMM RD., HAMBURG
- **OCTOBER 28** – LENAPE VALLEY REGIONAL HIGH SCHOOL 28 SPARTA RD., STANHOPE

Sussex County is hosting 2 Opioid Epidemic
Symposiums because we need your help!

*Opioid drugs are shattering lives and destroying families in our
community.*

*Please come and learn how you can join the fight and access resources
and services.*

*We need the Community to be a part of this conversation.
Your input is important to our success in fighting addiction in Sussex
County.*

Doors open at 6:30 PM and the program will begin at 7:00 PM

Light dinner and refreshments will be served

Attendance is free and no registration is required

Leo Club Presents...

Safe Trick or Treat

Games!

October 30



**4:30 to 6:30 at North
Warren Middle School**



Costume Contest!

All Ages!

Candy!