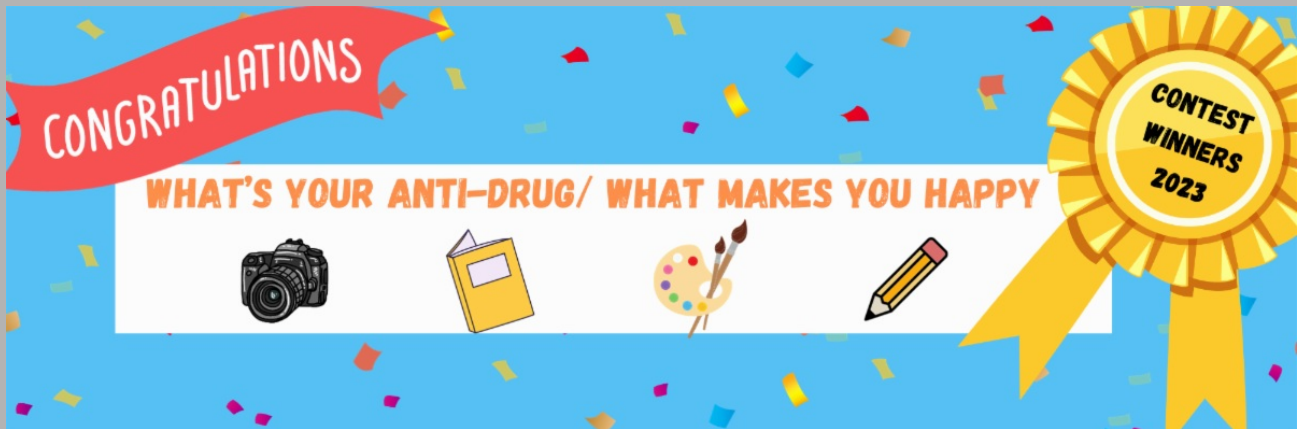




KITTATINNY REGIONAL HIGH SCHOOL NEWS & UPDATES

WEEK OF: November 27, 2023

Announcements



This year's "What's Your Anti-Drug?" contest had around 500 entries representing 26 schools in Sussex County. The following KRHS students submitted winning entries that will be featured in the "What's your anti-drug?" supplement inside the New Jersey Herald on Sunday, December 10th!

Makennah Torppey
Antonina Huether
Samuel Wykoff
Wade Corter
Dominic Buff
Jonathan Kern
Luxy Dutzi
Yuki Wykoff

Congratulations on your amazing creativity!



THE KITTATINNY PLAYERS
PROUDLY PRESENT

TREATS WITH *Santa*



- Photos with Santa
- Treats and Sweets
- Activities for All Ages!

All presented free of charge by The Kittatinny Players

SATURDAY

16
DEC

AT 9-11 AM

AT KITTATINNY REGIONAL HIGH SCHOOL
77 HALSEY RD • NEWTON, NJ 07860

A KITTATINNY HIGH SCHOOL EVENT



PROJECT GRADUATION

GIFT WRAPPING Fundraiser

DEC 13

3:30 - 7:30PM

DEC 18

1 - 7PM

DEC 19

1 - 7PM

Drop off your wrapping paper and gifts to
be wrapped during any of the dates and
times above to the

HAMPTON COMMUNITY CENTER
89 Halsey Road, Newton NJ



All proceeds benefit the
Kittatinny Glass of 2024 - Project Graduation Parent Committee

For any questions, please contact Nancy at 732-718-0371



We wish you a happy holiday season!

care-solace

Happy December! With the holidays upon us, there are many reasons to be joyful. It's a time for sharing, laughter, giving back, and creating memories with family and friends. The holidays, however, can also be stressful. We may be making plans to visit loved ones, managing our budget for gifts, or coordinating events with our community. With an already-packed schedule, these additional tasks can add stress to our lives.

Celebrating and connecting with family is important during the holiday season, but it's also essential to care for your mental health. National Stress-Free Family Holidays Month brings awareness to the harmful effects of stress and reminds everyone to take care of themselves as they approach the holidays. Here are some helpful tips for a more stress-free holiday season:

- Make modifications to holiday traditions. Consider ways to modify traditions that may negatively impact your mental health. It can be nice to stick with holiday traditions, but your mental health should take priority.
- Don't forget the power of "no." It's okay to say no to plans if you are feeling overwhelmed.
- Plan ahead. Keeping a calendar of events can help you stay on track and prepare for events. It can be stressful to shop on the same day as an event, so keep a list of tasks to prevent the rush.
- Talk about your feelings. You might be overwhelmed or missing a loved one. Talking about your feelings with a trusted friend or family member is okay. You are not in this alone.
- Take time for self-care. It's important to take care of ourselves before caring for others. This holiday season, make time for yourself.
- Find a therapist. Acknowledge your feelings and talk to a professional when needed. If you would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Kittatinny Regional High School:

1. Call 888-515-0595. Multilingual support is available 24/7/365.
2. Visit www.caresolace.com/krhs and either search on your own or click "Book Appointment" for assistance by video chat, email, or phone.

We wish you a joyous and stress-free holiday season!

¡Feliz diciembre! Con las vacaciones a la vuelta de la esquina, hay muchos motivos para estar alegres. Es un momento para compartir, reír, retribuir y crear recuerdos con familiares y amigos. Sin embargo, las vacaciones también pueden ser estresantes. Es posible que estemos haciendo planes para visitar a nuestros seres queridos, administrando nuestro presupuesto para regalos o coordinando eventos con nuestra comunidad. Con una agenda ya apretada, estas tareas adicionales pueden agregar estrés a nuestras vidas.

Celebrar y conectar con la familia es importante durante la temporada navideña, pero también es fundamental cuidar tu salud mental. El Mes Nacional de Vacaciones Familiares Sin Estrés crea conciencia sobre los efectos nocivos del estrés y recuerda a todos que deben cuidarse a medida que se acercan las vacaciones. A continuación se ofrecen algunos consejos útiles para una temporada navideña más libre de estrés:

- Haga modificaciones a las tradiciones navideñas. Considere formas de modificar las tradiciones que puedan afectar negativamente su salud mental. Puede ser bueno seguir las tradiciones navideñas, pero su salud mental debe tener prioridad.
 - No olvides el poder del "no". Está bien decir no a los planes si se siente abrumado.
 - Planifique con anticipación. Mantener un calendario de eventos puede ayudarle a mantenerse encaminado y prepararse para los eventos. Puede resultar estresante comprar el mismo día de un evento, así que mantenga una lista de tareas para evitar las prisas.
 - Habla de tus sentimientos. Es posible que se sienta abrumado o extrañe a un ser querido. Está bien hablar de sus sentimientos con un amigo o familiar de confianza. No estás solo en esto.
 - Tómese el tiempo para el cuidado personal. Es importante cuidarnos a nosotros mismos antes de cuidar a los demás. En estas fiestas, tómate un tiempo para ti.
 - Encuentra un terapeuta. Reconozca sus sentimientos y hable con un profesional cuando sea necesario. Si desea ayuda para encontrar un proveedor de atención de salud mental, utilice Care Solace, un servicio de coordinación gratuito y confidencial proporcionado por Kittatinny Regional High School:
1. Llame al 888-515-0595. El soporte multilingüe está disponible las 24 horas del día, los 7 días de la semana, los 365 días del año.
 2. Visite www.caresolace.com/krhs y busque por su cuenta o haga clic en "Reservar cita" para obtener ayuda por video chat, correo electrónico o teléfono.

¡Le deseamos unas felices fiestas y sin estrés!

High School News

KRHS College Application Deadline



Just a friendly reminder that the Kittatinny College Application Deadline is next Friday, December 8th.

Please make sure you submit your 4-year college applications by that date. Once you submit your applications, please hand in your "Golden Ticket"

OR email your counselor the list of schools you applied to.

Counselors are not in the office over the break so to ensure that your application materials arrive to your college(s) on time, please submit your applications no later than 12/8!

Please let your counselor know if any colleges are requesting MP1 grades.

Please see your counselor with any questions!

NATIONAL ENDOWMENT FOR THE ARTS
AND POETRY FOUNDATION PRESENT

POETRY

OUT LOUD[®]



Open to grades 9-12

*KRHS Competition
January 17*

*Questions? See Mr. Tryde
or Mrs. Kolonoski*



*Sign up
here!*

Contest
Rules

Jr. High News



7TH AND 8TH GRADE



WINTER
FORMAL

FRIDAY, DECEMBER 15TH 2023

Time: 7-9 pm

Place: Multi-Purpose Room

Cost: \$20 per person
(includes desserts and drinks)

DJ!!

DRESS TO IMPRESS!



Guidance News



Honor Roll

Click the buttons below to view MP 1's Honor Roll and High Honor Roll Lists!

MP 1 High Honor
Roll

MP 1 Honor
Roll

Reminders



If you have attended any Kittatinny sporting events over the past 10+ years, you may know Brandon Bordt. When you meet him, he will boldly tell you that he is Kittatinny's # 1 fan. Without hesitation, I think every student athlete, parent, teacher, and administrator would agree 100%.

Brandon will attend most home Kittatinny sporting events and occasionally goes on the road whenever possible. We are hoping that Brandon's love and passion for all things Kittatinny will come full circle. You see, Brandon and his dad, Jim, have a modest home at Carriage Mobile Homes in Lafayette, NJ, and their home has come under disrepair. Several area residents and business owners have teamed up to assess the situation with Brandon and his dad.

Previous repairs have extended the life of their current home; however, the exterior of the home has become unsafe. Several options have been explored by this team, led by Tony Cerbo, Joe Fitzpatrick, & Dan Holdt, and they have concluded that Brandon and his dad need a new home. It is with this idea in mind that the team came up with "Brandon's House" as a local fundraising campaign to assist Brandon and his dad with this effort.

Local businesses, including Wilson Services and Wantage Excavating, are stepping up alongside local tradesmen like Electricians Mike Brucker and John DeSordi along with Plumber Steven Pisauro to disconnect and remove their old home from the Carriage Mobile Homes site and deliver and reestablish essential services to a new home from Champion Homes.

The team has set a goal of \$75,000. To date, we have already raised over \$7,000 with the help of area churches and local donations. We will be hosting events over the next few months, and we look forward to your participation in those events to help us reach our goal so that Brandon and Jim can have a safe, new home!

Brandon's House is a fund-raising effort in coordination with the Hampton Township Educational Foundation (HTEF), a 501(c)(3) non-profit organization with tax ID # is **22-3822075**. If you wish to donate to this cause, please mail your check or money order made payable to HTEF with "Brandon's House" in the memo line to:

Brandon's House
c/o HTEF
P.O. Box 478 - Augusta, NJ 07822

HTEF also has a Venmo account for on-line donations: @HTEFNJ

You can email us with any questions at brandonshouse84@yahoo.com

Hampton Christmas Tree Lighting

December 1, 2023 6-8pm

1 Rumsey Way, Newton NJ 07860

★ Join Us For ★

Performances by the KRHS
Madrigals & the Montague Twp.
Bell Choir

Pics with our Christmas
Inflatables – Including some
2023 additions 😊

Complimentary Hot Cocoa
for all!

Photos with Santa & Coloring in
our Festive Senior Center 🎁

A Christmas Letter Writing
Station near Our
Official Santa Mailbox 📬

Moo-For-You Food Truck with
special sweets and hot
beverages for purchase





Interact is holding its annual toy drive. Please bring in any New, Unwrapped toy or gift item, for kids of any age and drop them off in the toy box located in the library now until Friday, Dec. 8th. All toys and gift items will be donated to Project Self-Sufficiency Toyland Shop.



NEWTON TROPHY – VARSITY JACKETS

**10 BROAD STREET
BRANCHVILLE, NJ 07826
973-948-0613**

Newton Trophy is coming to your school, to custom size you for your Varsity Jacket.

DATE: December 8, 2023

TIME: 11:20 – 12:45

SCHOOL: Kittatinny

PLACE: CAFETERIA

\$250.00 Deposit required on all orders. All Jackets are custom orders and take 12 weeks to complete.

Any Jacket ordered at school will receive a \$15.00 discount.

Please make all checks payable to: NEWTON TROPHY

Please bring your varsity certificate or letter from your coach to show you are eligible for a jacket.



Junior High Winter Formal

Help create fun memories of Junior High for your child!

Junior High Winter Formal

Friday, December 15, 2023, 7:00 - 9:00 pm

"Dress to Impress but don't Stress!"

\$20 Tickets; Purchased in Advance: DJ and Desserts are included!

Tickets go on sale in the cafeteria Monday, November 27
The deadline for purchasing tickets is Friday, December 1
ALL TICKETS MUST BE PAID FOR IN ADVANCED

*We are always looking for donations of water, Gatorade, or Shoprite gift cards.
All proceeds of the student council go to charities and the students here at KRHS
so every penny helps!*

If you have any questions, please email Mr. Chiariello at rchiarie@krhs.net

KRHS Green Team Needs Your Help

Paige DeCaro, Josie Nuzzo, and Charlie Lindo have taken up the task of getting the Kittatinny Cougars back on track with recycling. Their end goal would be to have us composting to use in the Cougar green house to serve fresh veggies to our school.

They began by researching both online and by talking with KRHS staff. Did you know the top three items found in landfills are:

- Food 21.9 percent
- Plastics 19.2 percent
- Paper 13.1 percent

So these three industrious students are reminding us of the three R's:

- Reduce
- Reuse
- Recycle

Items we can recycle:

- 1) Commingled Plastics: Plastic containers #1, #2, and #5 as well as glass, aluminum cans, tin, and steel
- 2) Cardboard: Pizza boxes, brown bags, and chipboard
- 3) Mixed Fiber: Chipboard such as cereal boxes, office paper, magazines, catalogs, and paperback books
- 4) Rigid Plastics: Laundry basket
- 5) Newspaper

Items that are not recyclable:

- Plastic bags
- Polystyrene
- Non-recyclable sign
- Clothing materials

Phase one has begun with collecting donations of old five gallon pails such as old spackle buckets. If you have a pail to donate, please reach out to Mr. Chamberlin.

Let's start to reduce and reuse Kittatinny.





Blanket Drive

KRHS will be holding its annual Miller/Mein blanket drive from now until Friday, Dec. 15th. You can drop off any new or gently used blanket, comforter etc. to Mr. Joyce in B-16 until this date. Blankets will be distributed to various shelters in the tri-state area to help those who are less fortunate. Contact Mr. Joyce with any questions!

Winter Coat Drive

The Student Council is teaming up with Project Self Sufficiency in the 8th Annual Winter Coat Drive. All sizes are needed, both NEW and gently used are welcome. Monetary donations towards a coat can be given to Ms. Bitondo. Coats will be collected in the Library over the next six weeks. Please help keep our community warm during this holiday season.



Discover Universal Technical Institute

Hello HS Parents,

Mr. DeMartini is planning on taking a group of students to the Universal Technical Institute (Bloomfield, NJ campus) on December 13th. The bus leaves at 7:45am and we will return at 2:00pm. The following programs are offered at UTI:

Automotive
NASCAR
Diesel
Motorcycle
Marine
Collision Repair
CNC Machining
Welding

If you think your child is interested in any of these areas as a potential career or if you just want to see what UTI is all about, please have them sign up with Mr. DeMartini. He will only be taking the first 30 students to sign up. The sign-up sheet will be on his office door with permission slips.



School Device Coverage

Kittatinny Regional School District

Protect Your School Device!

Covering Accidental Damage, Loss and Theft.



Unlimited Claims, Full Transferability, with No Deductibles and No Hidden Fees!



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

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

Dell, Lenovo, HP Chromebook	Cost of insurance	OR	Replacement cost without insurance
	\$25.00		\$100.00-\$300.00
	Unlimited Claims, 0 Deductibles		Replacement Cost

*Does not cover accessories, unless specified. In order to take advantage of this opportunity, coverage must be purchased within 30 days of receiving your device. Credit card payments are subject to a 4% processing fee. **Coverage excludes known damage/losses which are present at the time of purchase.

Kittatinny Regional School District

Student Name: _____ School: _____

Grade Level: _____ Parent Name: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email (Mandatory): _____ *Unit Serial Number: _____
(Policy Documents are emailed)

Date: _____ Signature: _____

Sign Up & Buy Online:
<https://schooldevicecoverage.com/signup>
Call/Questions:
1.888.978.3515

Mail a check with this form to:
School Device Coverage
3390 Auto Mall Drive
Westlake Village, CA 91362

- Checks need to be payable to: School Device Coverage
- Payments cannot be made over the phone

Simple Claims Process:
Go to <https://schooldevicecoverage.com/login> to log into your account and file a claim.

License #0E61972. U-PIC Insurance Services, Inc. All rights reserved. School Device Coverage is a trademark of U-PIC Insurance Services, Inc.



Printable Flyer

Coverage Website

Kittatinny Assessment Testing Schedule 2023-24

Test	Dates	Resources

LinkIt Benchmark B (ELA, Math, Science)	January 29 - February 2, 2024 Grades 7-11 (approximately 60 minutes)	
National Assessment of Educational Progress (NAEP)	February 27, 2024 Grade 12	https://www.nj.gov/education/assessment/naep/
PSAT 9	March 5, 2024 Grade 9	https://satsuite.collegeboard.org/psat-8-9
NJPGA (ELA, Math)	March 11-15, 2024 (makeups March 18 - 22, 2024) Grade 11	https://nj.mypearsonsupport.com/ForParent/
LinkIt 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.org/sites/default/files/documents/StateBonusItems/Parent_Brochure.pdf
Advanced Placement (AP) Eng. Lit., 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 & Magnetism, Stats, 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.com/ForParent/ https://www.nj.gov/education/assessment/resources/district/unit_test_times.shtml

New School Store Items Available Online

Show your Cougar spirit with this amazing new collection of items from the online school store!



SCAN TO SHOP



VISIT OUR WEBSITE
TWENTYFOURINK.COM/COLLECTIONS/KRHS

Click here to shop the new collection or scan the QR Code above

Important Upcoming Dates

- December 8: KRHS College Application Deadline
- December 11: Midpoint MP 2
- December 12: Midpoint Grades Available on Portal
- December 12: Choir Concert
- December 13: Band Concert
- December 22: Noon Dismissal
- December 25 - January 1: School Closed

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



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

[Unsubscribe bboswort@krhs.net](mailto:bboswort@krhs.net)

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