



KITTATINNY REGIONAL HIGH SCHOOL NEWS & UPDATES

WEEK OF: February 12, 2024

Announcements



KRHS will be closed on Monday, February 19th.

Come see what being a Cougar is all about.
KITTATINNY REGIONAL HIGH SCHOOL
OPEN HOUSE



Grades 5th - 8th
MONDAY, MARCH 25
5:30 P.M. - 7 P.M.
For More Information Call
973-383-1800

**KITTATINNY
COMMUNITY GROUP
OUTING
FIREWORKS
CELEBRATION**

**SATURDAY,
AUGUST 17TH, 6:35PM**

**SUSSEX COUNTY MINERS
VS**

NEW ENGLAND KNOCKOUTS

\$14 Group Rate Tickets



Random Acts of Kindness Day

kindness is contagious

everyday, choose to be kind.

care solace

Let's make kindness the norm this week! As we all work to create a kinder world, we can start with ourselves and our community. We invite you to celebrate Random Acts of Kindness Day (February 17th) by spreading kindness.

There is no limit on the amount of goodness we can put into the world. Every ounce of kindness matters and inspires kindness in others. Ready to participate in the Kindness Challenge? Here are ideas to get started:

1. Join the #MakeKindnessTheNorm challenge and share your acts of kindness on social media.
2. Practice kindness and self-compassion.
3. Some of us are already taking steps to find professional help with our well-being and perhaps you or a loved one should too. If you or a family member would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Kittatinny Regional High School:

Call 888-515-0595. Multilingual support is available 24/7/365.

Visit caresolace.com/krhs and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Spreading kindness improves our well-being and fosters a caring community. What will you do to spread kindness this week?

A los estudiantes:

¡Hagamos de la amabilidad la norma esta semana! Mientras todos trabajamos para crear un mundo más amable, podemos comenzar con nosotros mismos y nuestra comunidad. Te invitamos a celebrar Día de los actos de bondad al azar (17 de febrero) difundiendo la bondad.

No hay límite en la cantidad de bondad que podemos poner en el mundo. Cada gramo de bondad importa e inspira bondad en los demás. ¿Listo para participar en el Desafío de la Bondad? Aquí hay ideas para comenzar:

1. Únase al desafío #MakeKindnessTheNorm y comparta sus actos de bondad

- en las redes sociales.
2. Practica la bondad y la autocompasión.
 3. Algunos de nosotros ya estamos tomando medidas para encontrar ayuda profesional con nuestro bienestar y tal vez usted o un ser querido también deberían hacerlo. Si usted o un miembro de su familia desea ayuda para encontrar un proveedor de atención de la salud mental, use Care Solace, un servicio de coordinación gratuito y confidencial proporcionado por Kittatinny Regional High School:
 4. Llame al 888-515-0595. El soporte multilingüe esta disponible las 24 horas del día, los 7 días de la semana, los 365 días del año.
 5. Visite caresolace.com/krhs y busque por su cuenta O haga clic en "Reservar cita" para obtener ayuda por video chat, correo electrónico o teléfono.

Difundir la bondad mejora nuestro bienestar y fomenta una comunidad solidaria. ¿Qué harás para difundir la bondad esta semana?

High School News

Volleyball - A -Thon

High School Students: Get your friends together and sign-up for the volleyball-a-thon. Check your e-mail.



Guidance News



Click the buttons below to view MP 2's High Honor Roll and Honor Roll lists.

MP 2 High Honor
Roll

MP 2 Honor
Roll

NJFAMS Update

The updates to NJFAMS are being introduced in phases. We are pleased to share

that the NJ Alternative Financial Aid Application for NJ Dreamer is now available. Link to NJFAMS: <https://njfams.hesaa.org/>

Phase 1: The 24-25 NJ Alternative Financial Aid Application (COMPLETE!)

While the application is readily available now, we have not yet opened all 2024-25 views. Please let students know that any potential awards in the "Awards & Eligibility" menu item will not display until mid-March.

Phase 2: In mid-March, the "Awards & Eligibility" screens will display estimated awards and all applicants will also have access to their customized "To Do Lists."

A friendly reminder, NJ Dreamers are students who live in NJ but not eligible for Federal aid. They must meet all of the following criteria:

- Attended a New Jersey high school for at least three (3) years
- Graduated from a New Jersey high school or received the equivalent of a high school diploma in New Jersey
- Are able to file an affidavit stating that you have filed an application to legalize your immigration status or will file an application as soon you are eligible to do so

New NJ Dreamer Instructions:

Go to: <https://njfams.hesaa.org/>

Select: "Register a New User"

- If students have a SSN they should use it in the account creation. If a student does not have a valid SSN they should allow HESAA to create a unique identifier for them in the registration process.
- The student will verify their email address in the registration process and activation.
- Once they are activated they will need to login and select the 2nd option to complete the NJ Alternative Financial Aid application.
- Once they submit the application they will receive a confirmation.

Please note that ALL APPLICANTS will receive an e-mail from NJFAMS when their award eligibility has been estimated and when they can begin to review their customized To Do Lists.

NJDOH Health Alert - Tianeptine 'Gas Station Heroin'

Tianeptine is an antidepressant drug approved for the treatment of major depressive disorder in countries other than the US.

It is classified as an atypical tricyclic antidepressant and has shown potential benefits in addressing anxiety and irritable bowel disease. However, it is important to note that tianeptine is not approved for any use by the United States Federal Drug Administration (FDA). Despite its lack of approval by the FDA, tianeptine has been distributed online and at small retail locations. The term "gas station drugs" refers to a wide range of substances typically available for purchase from gas stations, corner stores, bodegas, mini marts, smoke shops, and the Internet. These

substances may be produced commercially by drug manufacturers or in clandestine laboratories to mimic the effects of more well-known illicit/controlled substances such as marijuana, cocaine, opioids, etc. Tianeptine has made its way to convenience stores and gas station shelves, branded as “Zaza” and “Tianna Red.” It can also be obtained online from independent vendors without a prescription. Misuse of tianeptine can lead to euphoric, opioid-like highs with the potential for chronic users to develop dependence and tolerance. Overdose and use in suicide attempts have also been documented. This manuscript is a narrative review, highlighting the dangers of tianeptine and other gas station drugs and underscoring the urgent need to regulate these substances.

Read more: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10444703/>

<https://www.fda.gov/consumers/consumer-updates/tianeptine-products-linked-serious-harm-overdoses-death>

What is Tianeptine?

Tianeptine is an antidepressant being sold in gas stations and convenience stores in New Jersey. It is not FDA approved or regulated for use in the United States. Also known as "ZaZa," "Neptune's Fix," and "Pegasus Silver," tianeptine is being inaccurately marketed as a safer alternative to opioids and a dietary supplement to treat a variety of health ailments.

Risks of Using Tianeptine

The New Jersey Poison Control Center has recently identified a cluster of tianeptine poisonings. Tianeptine exposure can cause life-threatening symptoms, including seizures, coma, and death.



Image courtesy of New Jersey Poison Information and Education System

Common symptoms associated with tianeptine exposure include:

- Agitation
- Increased blood pressure
- Sweating
- Drowsiness
- Nausea and vomiting
- Rapid heartbeat
- Confusion
- Slow or stopped breathing

Tianeptine Withdrawal

Repeated use of tianeptine can cause withdrawal symptoms when use is stopped. Symptoms of tianeptine withdrawal include agitation, nausea, anxiety, diarrhea, and chills. **Some cases of withdrawal have been severe, with patients requiring intubation.**



If You Suspect Tianeptine Poisoning

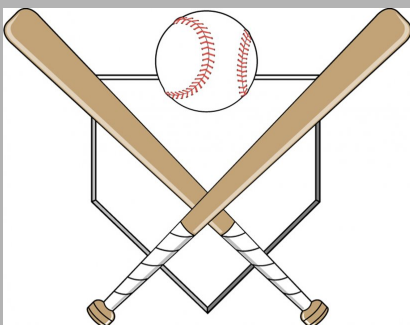
- Call **9-1-1** and stay with the person in need of medical attention.
- Carry naloxone (also known as Narcan, the opioid overdose antidote) and use it if a person has slow breathing.
- Avoid mixing substances.
- Avoid using substances alone.

Resources

- **Harm Reduction Centers** provide sterile syringes and other safer use supplies, including naloxone. Scan the QR code for a listing of centers in New Jersey.
- **REACHNJ** is a 24/7 hotline available to anyone who is looking for help with overcoming a substance use disorder. Call **844-732-2465**.
- Call or text **1-877-4NARCAN** for free, anonymous naloxone through the mail.



Cougar Athletics



Baseball Meeting

There will be a baseball meeting for anyone interested in playing this Spring in room C5A on Wednesday, February 21 at 2:30. If you cannot attend see Mr. Hofmann

KRHS Weight Room Fundraiser

SCAN TO SHOP



KRHS WEIGHT ROOM
FUNDRAISER

online ordering
all year round



VISIT OUR WEBSITE

TWENTYFOURINK.COM/COLLECTIONS/KITTATINNY-WEIGHT-ROOM

Reminders

Please Check the Parent Portal for Student Obligations

Dear Kittatinny Parents/Guardian:

Please log onto your Parent Portal to see if your child has any outstanding obligations, including negative cafeteria balances, for the 2023-2024 school year.

If the obligation is not met the following will be withheld until any and all obligations have been fulfilled:

- Student's grades and report card information (withheld)

You can access your Parent Portal using the following URL:

<https://www.fridayparentportal.com/kittatinny> or through the Kittatinny website @ www.krhs.net, click on the Parent tab and then the Parent Portal.

- Outstanding Fees: Once on the Parent Portal, scroll down under Menu and click on "Fines." If your child has an outstanding obligation, it will be displayed on the "Fines" page.
- Negative Cafeteria Balances: Once on the Parent Portal under Menu, click on "Food Services" to view your child's account. If your child has a negative cafeteria balance, you have been receiving weekly notifications on the amount due.

You can either send in a check made payable to KRHS for the outstanding obligation or pay online with PaySchools Central @ <https://payschoolscentral.com/>. If you have not registered for a PaySchools account, you will find the PaySchools Central account setup guide through Kittatinny's website @ www.krhs.net, click on the Parent tab, Parent Resources then Payschool.

* Technology fee cannot be paid online through PaySchools. Please send in payment of cash or check made payable to KRHS.

Any questions, please feel free to contact:

Colleen Chiariello, x1610: Activity fee/Negative Cafeteria balances

Rob Erlemann, x1550 (IT Department): Technology fee

April Orozco, x1440: Athletic fee

Cindy Bizik, x1290: All other fees

Kittatinny Adult School

Dear Kittatinny Parents:

Kittatinny Adult School will be offering evening classes beginning February 20, 2024. Attached for your convenience is the brochure. The Kittatinny Adult School brochure can also be viewed on Kittatinny's website @ <https://www.krhs.net/> on the home page under News & Announcements or click on the Community Links tab then Adult School. The mail-in registration form can be printed out for the following classes:

- Body Sculpting
- Expressing Yourself with Watercolors
- Are You Ready to Start Your Own Business?
- Investments and Creating Retirement Income
- 50 Common French Phrases to Know for Travel & Everyday Life

If you have any questions or need additional information, please contact 973-

Spring 2024 Adult School Brochure

National Assessment of Educational Progress (NAEP)

Attention Senior Parents and Senior Students:

Kittatinny Regional High School will participate in the National Assessment of Educational Progress (NAEP) on Tuesday, February 27, 2024. If you have been selected to participate in the NAEP, you will receive a Notification Letter in the mail. NAEP is the largest nationally representative and continuing assessment of what students know and can do in various subjects. NAEP is administered by the National Center for Education Statistics, within the U.S. Department of Education. NAEP is different from our state assessments because it is a common measure of achievement across the country. The results are released as The Nation's Report Card, which provides information about student achievement to educators, parents/guardians, policymakers, and the public.

Your child (will/may) take a mathematics, reading, or science assessment. In addition to subject-area questions, students voluntarily complete NAEP survey questions. These questions provide valuable information about participating students' educational experiences and opportunities to learn both in and outside of the classroom. More information about NAEP survey questions is available at <https://nces.ed.gov/nationsreportcard/parents> under the section "What Questions Are on the Test?"

The assessment takes about 120 minutes for most students, which includes transition time, directions, and completion of survey questions.

The information collected is used for statistical purposes only.

- Your child's grades will not be affected.
- Students may be excused for any reason, are not required to complete the assessment, and may skip any question.
- While the assessment is voluntary, NAEP depends on student participation to help policymakers improve education. However, if you do not want your child to participate, please notify me in writing by Monday, January 22, 2024.
- Upon completion of the assessment, NAEP participants will receive a Certificate of Community Service.

There is no need to study in preparation for NAEP, but please encourage your child to do their best. Contact Sharon Falchetta at 973-383-1800, ext. 1270 or at sfalchet@krhs.net if you have any questions.

It is exciting that Kittatinny is participating in NAEP. I am sure that Kittatinny Regional High School's students will show what our nation's students know and can do.

National Center for Education Statistics (NCES) conducts the National Assessment of Educational Progress to evaluate federally supported education programs. All of the information you provide may be used only for statistical purposes and may not be disclosed, or used, in identifiable form for any other purpose except as required by law (20 U.S.C. §9573 and 6 U.S.C. §151). By law, every NCES employee as well as every NCES agent, such as contractors and NAEP coordinators, has taken an oath and is subject to a jail term of up to 5 years, a fine of \$250,000, or both if he or she willfully discloses ANY identifiable information about you. Electronic submission of your information will be monitored for viruses, malware, and other threats by Federal employees and contractors in accordance with the Cybersecurity Enhancement Act of 2015.

What Every Parent
Should Know About NAEP

Certificate of Community
Service

COME OUT AND SUPPORT!

HTEF'S WINTER DINNER DANCE



SATURDAY
MARCH 2ND, 2024



DOORS OPEN
5:30 PM - BAND UNTIL 10PM



THE BARN @ HILLSIDE PARK
146 LAKE ILIFF RD., NEWTON

JOIN THE HAMPTON TOWNSHIP EDUCATIONAL FOUNDATION FOR OUR WINTER FUNDRAISER FEATURING THE SNAKE OIL WILLIE BAND!

TICKETS INCLUDE DINNER, OPEN BAR AND MUSIC. DINNER SERVICE STARTS AT 6:15PM.

EARLY BIRD!

\$50 PER PERSON UNTIL JAN. 31ST! SINGLE TICKET PRICES INCREASE TO \$60 STARTING FEB. 1ST.



ORDER YOUR TICKETS VIA QR CODE
OR LINK BELOW:

<http://tinyurl.com/HTEFDinnerDance>

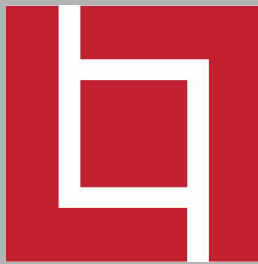


HAMPTON TOWNSHIP
EDUCATIONAL FOUNDATION

EDUCATION - GRANTS
COMMUNITY - SCHOLARSHIPS



Order Tickets
Here!



Lincoln Tech Trip

Hello HS Parents,

Mr. DeMartini is planning on taking a group of students to Lincoln Tech (Mahwah NJ campus) on Friday, March 8th. The bus leaves at 8:00am and we will return at 2:00pm. The following programs are offered at Lincoln Tech:

Automotive
Electrical/Electronics
HVAC
Machining and Manufacturing
Welding Technology

If you think your child is interested in any of these areas as a potential career or if you just want to see what Lincoln Tech is all about, please have them sign up with Mr. DeMartini. He will only be taking the first 50 students to sign up. The sign-up sheet will be on his office door in Guidance with permission slips.

If you have any questions please contact Mr. DeMartini at ext. 1240.

Thank you,
Guidance Department



Be Our Guest

SUNDAY
MARCH 10
11-1

DISNEY
**BEAUTY
&
THE BEAST**
THE MUSICAL
LUNCHEON

Adults \$50
Kids \$35

Andre's Lakeside Dining
12 Tomahawk Trail Sparta

- ✓ Fundraiser for KRHS Players
- ✓ Buffet Luncheon
- ✓ Live Entertainment
- ✓ Meet & Greet



TICKETS: ANDRESLAKESIDE.COM



Achieving my **DREAMS** alcohol-free

Presenting CFPC's 24th Annual Alcohol Awareness Month Contest



An exciting opportunity for Sussex County students grades 4-12 to shine by igniting your creativity and passion for a healthier future!

What are your goals and dreams? Ask yourself....

- 1. Big Picture!** Picture yourself achieving something you really want. What is it? How do you look or feel when achieve it?
- 2. Facing Challenges!** Imagine a goal or dream. How could staying away from alcohol give you a boost in achieving your goal?
- 3. Healthy Habits!** What habits, choices, hobbies, and activities help you stay healthy and choose to stay alcohol-free?

DETAILS

Contest Theme: Achieving My Dreams, Alcohol-Free

Contest Formats:

- Poster Art (drawing, sketch, painting)
- Writing (essay or poem)
- Video

Contest Submissions

• **Deadline: March 12**

*Entries must include a submission form (see submission form and website for more details)



Contact:

Kaitlyn@centerforprevention.org

centerforprevention.org/AAMC2024

AWARDS

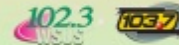
TOP 10 Posters: Featured in NJ Herald on April 7

TOP 3 Essays: Recorded at iHeartRadio and broadcast on WSUS 102.3 and WNNJ 105.7

TOP Video: Shared on CFPC's social media

Selected Entries: Displayed at Sussex County Community College during CFPC's Youth Empowerment Showcase community event on April 10

New Jersey Herald



Contest presented by the Coalition for Healthy & Safe Communities, a program of the Center for Prevention & Counseling

Entry Form

THE KITTATINNY PLAYERS

present



Disney
**BEAUTY
AND THE
BEAST**

THE BROADWAY MUSICAL

©Disney

THURSDAY, MARCH 14, 2024

7:07 PM

FRIDAY, MARCH 15, 2024

7:07 PM

SATURDAY, MARCH 16, 2024

1:23 PM

AT KITTATINNY REGIONAL HIGH SCHOOL

77 HALSEY RD, NEWTON, NJ 07860

FOR ADDITIONAL INFO AND TO PURCHASE TICKETS:

www.KittatinnyPlayers.com

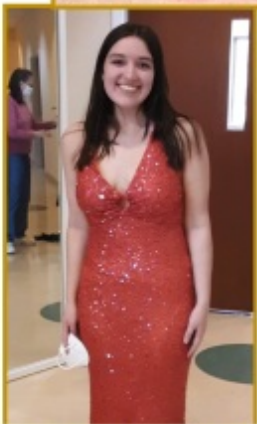
"Sister-to-Sister" Prom Shop!

Journey Family Success Center @ Project Self-Sufficiency

New and Gently-Used

- Prom Dresses
- Shoes
- Wraps
- Purses
- Accessories

FREE!



No Appointment Needed!



Sponsored by the Journey Family Success Center at Project Self-Sufficiency with the assistance of the Family Success Center Parent Advisory Board.

**April 4, 8, 9, 10, 11,
3-7pm**

**April 5 & 12,
3-5pm**

**April 6 & 13,
9am-1pm**

They got their dresses at the "Sister-to-Sister" Prom Shop—and you, can too!



Project Self-Sufficiency—127 Mill Street, Newton, NJ, 07860-973-940-3500



Kittatinny Education Foundation

The Kittatinny Education Foundation (**KEF**) would like to invite all members of the Kittatinny School Community, which includes current Cougar Parents, Cougar Alumni, and parents of our Cougar Alumni, to join in our efforts to enhance the educational opportunities for all of our students in the Kittatinny School District and to engage the entire community in philanthropic giving that strengthens our public schools, supports our teachers, and inspires our students.

The **KEF** is a philanthropic Non-profit 501-3C organization whose goals are to raise private funds **which are tax deductible donations**. These funds will assist in helping to provide the excellent programs that Kittatinny has long been known for in our school and around our campus. This funding will help offset the loss in aid that we have experienced over these last five years due to state aid cuts and will allow our school and programs to thrive. Our vision is to provide our School Community with the same quality programs and facilities that are a hallmark of Kittatinny, by raising money through sponsorships, private donations, and fundraising events. These fundraising events will become regular opportunities to reconnect and have some fun with former Kittatinny Cougar families as well as our current Cougar families. Although some of us have moved away, many in our Cougar Community still live in our area and we hope that ALL of our Cougar Family, near and far, would enjoy an opportunity to reconnect with our Cougar Nation!

If you are interested in getting involved with and want to help the **KEF** please send your email and cell phone information to:

Mrs. Jane Meyers (Jane Meyers)

jjunoir@krhs.net

or

Dr. Craig Hutcheson

chutches@krhs.net

We thank you for everything you do for the Kittatinny Community and we hope to connect with everyone very soon!

With Warm Regards,

The Kittatinny Education Foundation

Lifeguards Wanted!

Basic Lifeguard Certification Required

Contact Todd VanOrden, Athletic Director

tvanorde@krhs.net

Kittatinny Regional High School

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

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 I, 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

- February 21: Mid MP3
- February 22: Mid MP3 Grades Available on the Portals
- March 5: PSAT 9
- March 9: SAT @ KRHS
- March 10: Daylight Savings Times Starts
- March 11 & 13: NJGPA Testing
- March 19: Tri-M Induction Ceremony
- March 25: Close of MP3
- March 25: Open House
- March 25: District Band/Choir Concert
- March 26: Band Concert
- March 27: Choir Concert

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



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

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

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by kittatinnynews@krhs.net powered by



Try email marketing for free today!