



# Mustang Messenger

www.frelinghuysenschool.org  
January 18<sup>th</sup> – January 21<sup>st</sup>

“No act of kindness,  
however small, is  
ever wasted.”

-Aesop

How will you show kindness for  
The Great Kindness Challenge?

## DATES TO REMEMBER

JAN. 24<sup>TH</sup>-28<sup>TH</sup> – THE GREAT KINDNESS CHALLENGE  
SPIRIT WEEK  
FEBRUARY 8<sup>TH</sup> – PTO MEETING  
FEBRUARY 8<sup>TH</sup> – TENTATIVE 100<sup>TH</sup> DAY OF SCHOOL  
FEBRUARY 9<sup>TH</sup> – BOE MEETING  
FEB. 18<sup>TH</sup>- 21<sup>ST</sup> – PRESIDENT’S DAY NO SCHOOL  
FEBRUARY 23<sup>RD</sup> – PICTURE DAY



### The Great Kindness Challenge Spirit Days January 24-28, 2022

**Monday, January 24th** - Join the FTS Kindness Team!  
Wear FTS gear or your favorite team apparel.

**Tuesday, January 25th** - Make a New Friend!  
Bring in your favorite stuffed animal and tell a  
classmate about it.

**Wednesday, January 26th** - Everyone Has a Name!  
Greet as many people as possible using their name.  
Name tags will be given out at school.

**Thursday, January 27th** - Kindness Is Everywhere!  
Dress from around the world or wear a shirt from a  
place you've visited.

**Friday, January 28th** - Kind Words Can Brighten  
Someone's Day!  
Wear bright colors.

## Frelinghuysen Township School

Pre-K & Kindergarten  
Registration for the 2022-23  
school year is open now until  
February 28, 2022. Visit the  
"Registration" tab on our  
website for more information!

## SUBSTITUTE TEACHERS NEEDED!

Interested applicants should submit a  
letter of introduction, resume, and  
certification(s) if applicable.

Visit  
www.frelinghuysenschool.org  
to apply today!



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kindness  
**MATTERS**



## Your Kindness Matters!

We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

**SCHOOL EDITION**

## Kind Acts

- Smile at 25 people.
- Slip a nice note in your friend's backpack.
- Compliment 5 people.
- Pick up 10 pieces of trash on campus.
- Make a new friend.
- Tell a joke and make someone laugh.
- Be kind to yourself and eat a healthy snack.
- Learn something new about your teacher.
- Draw a picture and give it to someone.
- Help a younger student.
- Give a KIND handshake to greet a classmate.
- Recycle your trash.
- Hug your friend.
- Pick up trash outside your school.
- Cut out 10 hearts & give them to friends.
- Entertain someone with a happy dance.
- Make a kind poster for cafeteria helpers.
- Show appreciation to a counselor or mentor.
- Say "good morning" to 15 people.
- Design a thank you for the PTA/PTO.
- Make a wish for a child in another country.
- Say "thank you" to a crossing guard.
- Invite a new friend to play/hang out with you.
- Send a thank you to your superintendent.
- Offer to help your custodian.
- Sit with a new group of kids at lunch.
- Read a book to a younger child.
- Give an apple or a note to your teacher.
- Step up for someone in need.
- Make and display a "KINDNESS MATTERS" sign.
- Carry your friend's books.
- Help your PE teacher with the equipment.
- Make a bookmark for a friend.
- Hold the door open for someone.
- Pat yourself on the back.
- Thank a bus driver or carpool driver.
- Write a thank you on a bandage for the nurse.
- Listen to your teacher the first time.
- Whisper "thank you" to the librarian.
- Help someone up if they fall down.
- Lend a pencil to a friend.
- Learn to say "hello" in a new language.
- Bring a flower to the office staff.
- Show appreciation to your principal creatively.
- Help your teacher with a needed task.
- Be on time for school.
- Say "thank you" to a volunteer.
- Give your friend a high five.
- Make a friendship gift for someone new to you.
- Create your own kind deed.

**#GreatKindnessChallenge**

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

FREE APP!



(Your Name Here)



## SPRING PICTURE DAY

Wednesday,  
February 23, 2022



More information to be released soon.



**JUNIOR EDITION**

Kindness Matters.  
Complete as many acts  
of kindness as you can.  
Have fun!

## Acts of Kindness

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Invite a new friend to play.<br>                | <input type="checkbox"/> Smile at 25 people.<br>                   | <input type="checkbox"/> Make a wish for a child in another country.<br>  |
| <input type="checkbox"/> Give your friend a High Five.<br>               | <input type="checkbox"/> Compliment 5 people.<br>                  | <input type="checkbox"/> Be kind to yourself and eat a healthy snack.<br> |
| <input type="checkbox"/> Decorate 5 hearts and give them to friends.<br> | <input type="checkbox"/> Entertain someone with a happy dance.<br> | <input type="checkbox"/> Lend a pencil to a friend.<br>                   |
| <input type="checkbox"/> Help someone up if they fall down.<br>          | <input type="checkbox"/> Thank someone who has helped you.<br>     | <input type="checkbox"/> Create your own kind deed.<br>                   |



A Kids for Peace Experience  
KidsforPeaceGlobal.org  
GreatKindnessChallenge.org

Your Name Here