



Mustang Messenger

www.frelinghuysenschool.org

January 2nd – January 5th

Dates To Remember

- JANUARY 15TH – MLK, JR. DAY – No School/ Teacher In Service
- JANUARY 17TH – BOE Meeting @ 7:00 PM
- JANUARY 16TH – Virtual PTO Meeting @ 7:00 PM
- FEBRUARY 7th – BOE Meeting @ 7:00 PM
- FEBRUARY 13TH – Virtual PTO Meeting @ 7:00 PM
- FEBRUARY 16TH-19TH – President's Day – No School
- FEBRUARY 21st – BOE Meeting @ 7:00 PM
- FEBRUARY 22ND – Spring Picture Day

Spring Picture Day

Thursday, February 22nd



Reminders & Tips

Frelinghuysen Township School

Pre-K & Kindergarten Registration for 2024-2025 school year will be opening soon. Please check back for more information or call the main office at 908-362-6319

Earn up to 25% on birthday presents and thank you gifts

Give the gift that gives back

If you need a birthday present or a small way to say thanks, gift cards are always a great choice—whether you shop using gift cards or give them as gifts. It's even more thoughtful because you're giving back to your organization.

KOHL'S **VISA** **amazon** **STARBUCKS**



Shop all brands and categories on RaiseRight.com and in the mobile app

Sign up at www.RaiseRight.com/enroll. Go to "Join a Program", enter enrollment code 3BALEBA611LS, complete fields to create an account then enter and verify phone number for two-step verification process.

If you have any questions, please do not hesitate to contact program coordinator doreen.pandocia at 973 713 3035

ATTENTION all Little Leaguers!!!

Baseball is right around the corner and Spring 2024 Registration is now open for all T-Ball, Coach Pitch, Minors, Majors and Juniors and will close **March 15th** The link below may be used to register <https://tshq.bluesombrero.com/nwarrrenllj>



North Warren Little League

For additional inquiries, please contact:

David Precioso (League President) Phone: 732-275-5307 Email: gdorthern@att.net

The Season will run from 4/1/2024 - 6/16/2024. The league is always looking for volunteers and coaches. Especially for our new T-Ballers. Follow your little ones up through the ranks and volunteer today!



la-crosse

LACROSSE CLUB

la-crosse
/lə kros/ noun: lacrosse
a team game, originally played by North American Indians, in which the ball is thrown, caught, and carried with a long-handled stick having a curved L-shaped or triangular frame at one end with a piece of shallow netting in the angle.

2024 Spring Season Registration is OPEN!
Visit www.NWJLC.com to register online or by mail.
Save \$25 when you register by Feb. 1st, 2024.

Who Can Join?

Boys and Girls in grades Kindergarten- 8th grade

Why Join The Fastest Growing Sport in North Warren and in the US?

Be Part of a Team

Like many others, being part of a team is incredibly important in a game like lacrosse. It allows players to realize the importance of unifying and working together toward one goal, and the fact that everything they do impacts the others on their team (both directly and indirectly). Being part of a team allows you the opportunity to deal with different personalities, and who knows, maybe even become a leader yourself.

Combines the Skills of Multiple Sports

One of the reasons why lacrosse is such an interesting sport is because it combines a number of different sports into one.

It's Challenging

With the fact that lacrosse combines a number of different sports, it shouldn't be surprising to hear that learning to play or learning how to elevate your play is a challenge. For dedicated athletes, though, it's a challenge they enjoy facing head on. Nobody can just hop out of bed with the strength, endurance, and coordination to run up and down a 110-yard field for an hour and a half. You have to work at your conditioning and your stick skills to reach that level. But when you feel like you've turned a corner, it's very rewarding.

Helps Your Performance in Other Sports, Too

While lacrosse could be your first love, it may not be your only one, and that's OK! With all these benefits you can receive from the game, you have the opportunity to also carry it over into other sports. As mentioned above, there are plenty of other sports that value strength, endurance, and coordination of various levels to be successful.

-Excerpt from <https://lacrosse.com/5-reasons-why-lacrosse>

Frelinghuysen Panthers 14u Softball

Spring 2024

We are looking for dedicated players who love the sport for the Spring 2024 Season!

Rebuilding Spring team, need to 6 to 7 additional players, pitchers welcome!



We hope to start indoor practice once weekly in early February to get a head start on opening day

If interested, and for more information please contact coach Michael at (770) 845-4494, or by email to frelinghuysensoftball@gmail.com



ABOUT US

This is a local competitive travel team, not a club/recreation team!

This is not Town recreation play!

Travel distance within 30 minutes of home field in most cases: Northwest New Jersey!

Spring season games are twice weekly

Twelve regular season games, a Spring Warm-up day Tournament, and season playoffs.

All practices and six home games are held at our beautiful home field 230 Main street, Johnstown (Frelinghuysen Twp. Town Hall Park)

Practice is 3-4 days per week on average

Fee: \$285 per player for season includes insurance, all registration fees, jersey, socks, and one Spring Tournament day

Coaches have years of experience

Players have fun by working and focusing on their skills to be good teammates, and practice good sportsmanship while being competitive.

Recruiting players from all over Northwest Jersey - all applicants welcome to apply.

Play mostly with many high school peers - Only local travel teams currently in the North Warren High School district.

6th Grade Lanterns for Winter Solstice



1st Grade learning about greater than and less than with their new pet alligators

