



Mustang Messenger

www.frelinghuysenschool.org

December 25th – December 29th

Dates To Remember

DECEMBER 25th – JANUARY 1st – WINTER RECESS, SCHOOL CLOSED

JANUARY 2nd – SCHOOL REOPENS

JANUARY 3rd – BOE REORGANIZATION MEETING @ 6PM

JANUARY 15th – MLK, JR. DAY – TEACHER IN SERVICE

FEBRUARY 16th-19th – PRESIDENT'S DAY – NO SCHOOL



2023 Winter Concert

Thank you



Thanks to everyone who donated to The Mitten Tree.





Early Act Club

5th Grade Holiday Tree Pinecones



Thanks to everyone who donated dog and cat supplies for our local animal shelters

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.bluesombreno.com/nwarrenll>

North Warren Little League

For additional inquiries, please contact:
David Precioso (League President) Phone: 732-275-5367
Email: northwarrenll@gmail.com

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!

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

Panera BREAD AMC THEATRES BUFFALO WILD WINGS TARGET

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: 38ALEBL61115, 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 pandacia at 973 713 3025

la-crosse

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://www.espn.com/2-cros/mag-lacrosse>

la-crosse