



# Mustang Messenger

www.frelinghuysenschool.org

January 28<sup>th</sup> – February 1<sup>st</sup>

## Dates to Remember

JAN 28<sup>th</sup> – THE GREAT KINDNESS CHALLENGE – PAJAMA DAY

JAN 30<sup>th</sup> – EARLY DISMISSAL

FEB 8<sup>th</sup> – PASTA DINNER

FEB 14<sup>th</sup> – REPORT CARDS ISSUED

FEB 15<sup>th</sup> – 18<sup>th</sup> – NO SCHOOL PRESIDENTS DAY WEEKEND

MARCH 15<sup>th</sup> – EARLY DISMISSAL

## Mrs. Smith's First Grade Art Class Creating Valentine Hearts



## The Great Kindness Challenge®

The Great Kindness Challenge Spirit Days

Monday January 28th - Pajama Day "Dream about kindness"

Tuesday January 29th - Mix Match Day "Kindness comes in all ways"

Wednesday January 30th - Sports Attire Day "Team kindness"

Thursday January 31st- Wear something with a number - "Kindness Counts" and Bring A Book Day "Don't judge a book by its cover - Don't judge others"


Friday February 1st- Crazy Hair Day "Crazy for kindness"




**GIRL SCOUTS - 6TH GRADE TROOP 95665**  
Meeting Dates  
(Wednesdays - Bi-Weekly)  
2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 5/8, 5/22, 6/5, 6/12



**GIRL SCOUT daisies**  
KINDERGARTEN TROOP



Meeting Dates:  
1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 4/17, 5/15, 5/29, 6/12

JOIN THE FUN

# FTS CHESS CLUB

- 2/6, 2/13, 2/20, 2/27
- 3/6, 3/13, 3/20, 3/27

LIFETOUGH



Lifetouch will be at FTS on February 27th to take club photos, missing students and staff.

Photos will be for inclusion in the yearbook only. Not available for purchase.

# FTS

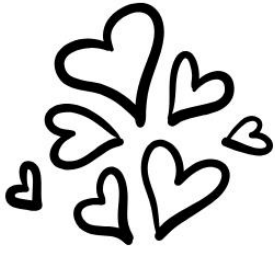


## Pre-K and Kindergarten Registration

Open registration for Pre-K and Kindergarten will take place on January 31st and February 1st from 9:00 am to 4:00 pm in the main office.

Registration packets are available online at [www.frelinghuysenschool.org](http://www.frelinghuysenschool.org)

## VALENTINE'S DAY WITH *Scrip*



1. Stay in! Order take-out, hop in your PJ's and get comfortable. Bring out the old board games and have fun!
2. Take a class together! It could be a fitness class or a cooking class - spend time learning something new.
3. Treat yourself! It's been a long winter, treat yourself to a relaxing massage and feel refreshed.
4. Get the kids involved: Make valentines for a local nursing home or bake a dessert for a nearby women's shelter.

Shop the gift guide at [ShopWithScrip.com](http://ShopWithScrip.com)  
enrollment code **38ALE8LA611L5**

FEATURED RETAILERS



**GO,  
BOX  
TOP\$,  
GO!**

Winning class gets to display this cool trophy in the classroom!



KEEP BRINGING IN THOSE BOX TOPS TO EARN CASH FOR OUR SCHOOL. SPRING CONTEST DEADLINE IS FEBRUARY 14th The winning class will get to display the Box TOPS trophy in their classroom!



Come Try It Out!!

Students in K - 8th grade who want to explore if lacrosse is a sport they may like should come try it out at the

North Warren Middle School Gym Tuesday, January 29th, 7 - 8pm.

Coaches will introduce the sport of lacrosse, the equipment and give kids a chance to try it out with fun games.

No experience needed, just a willingness to try it out.

If interested in the fastest growing sport in America, contact Alison Perst at [nwrlacrosse@yahoo.com](mailto:nwrlacrosse@yahoo.com) or (973) 590-1465.



**FAMILY EDITION**

Create a kinder world.  
Take a week, a month, or a year.  
Have fun and complete as many acts of kindness as you can.  
Your Kindness Matters!

Presented by



### Acts of Kindness

- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Donate something to an animal shelter
- Take a board game to play at a senior center
- Read a book to a younger child
- Make a thank you card for your librarians
- Entertain someone with a happy dance
- Create a family gratitude jar
- Cheer for every player on both teams
- Deliver a special gift to a child in the hospital
- Make a new friend or welcome a new neighbor
- Send a card or gift to a military family
- Walk or pet an animal - but ask first!
- Go a full day without complaining
- Hold the door open for someone
- Learn to say "Thank You" in a new language
- Embrace your family with a big hug
- Teach something to a younger sibling or friend
- Write or draw a loving note for someone
- Make and display a "Kindness Matters" sign
- Raise funds and donate to your favorite cause
- Watch the sunrise or sunset together
- Breathe, stretch, and think a happy thought
- Cut out 10 hearts and leave them on 10 cars
- Donate needed school supplies
- Thank a bus driver
- Leave a flower on someone's doorstep
- Be kind to yourself and eat a healthy snack
- Call your grandparents or esteemed elder
- Walk or bike instead of driving
- Say "Thank You" to a police officer
- Bake cookies and share with your neighbors
- Say "Good Morning" to 5 people
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Draw a heart in the sand or dirt
- Write a thank you note to your mail carrier
- Make a wish for a child in another country
- Volunteer in your community
- Say "Hi" to someone who looks sad
- Write a happy message with sidewalk chalk
- Paint a kindness rock and randomly place it
- Share food with someone who is hungry
- Sincerely compliment 5 people
- Post a positive message on social media
- Let someone go ahead of you in line
- Help plant a garden
- Reflect on kindness you witnessed during the day
- Create your own kind deed



#GKcfamily  
[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)



**North Warren Little League**



**Sign-Ups**  
Givens Belet in Blairstown  
Jan 26th & Feb 2nd  
9:00am - 11:00am

or visit:  
<https://tshq.bluesombrero.com/nwarrenlnj>  
for online registration