



# Mustang Messenger

www.frelinghuysenschool.org

March 22nd<sup>th</sup> – March 26<sup>th</sup>

## Dates to Remember

MARCH 24<sup>th</sup> – VIRTUAL BOE MEETING

MARCH 24<sup>th</sup> – BLUE COHORT WEDNESDAY

MARCH 31<sup>st</sup> – GREEN COHORT WEDNESDAY

APRIL 2<sup>nd</sup> – 9<sup>th</sup> – SPRING BREAK / NO SCHOOL

APRIL 14<sup>th</sup> – VIRTUAL BOE MEETING

APRIL 15<sup>th</sup> – VIRTUAL PTO MEETING



Students were heart heroes because they have the knowledge to fight off heart disease for themselves and others

## Reminders & Tips

Remember to bring an extra mask to school.



Don't forget to pack a snack.



Please remember to dress for the weather.  
Windows will be slightly open in the classrooms.

Please check the Friday Folder for updates.



ORDER YOUR YEARBOOK NOW!

Orders must be in by April 9th.

The link to the order form can be found in the Friday Folder or you can copy the link below

<https://forms.gle/M9K3yFclKGF7ZNSg7>

KEEP SCANNING

BOX TOPS FOR EDUCATION



Join the PTO! Membership Fees Help Our Students and there is NO OBLIGATION to Volunteer or Attend Meetings!

MEETING DATES

4/15

5/13

6/10

Meetings are held virtually at 7:00pm

## Substitute Teachers Needed Frelinghuysen Township Elementary School



FTS is looking for substitute teachers. Interested applicants should submit a letter of introduction, resume, and certification(s) if applicable. 60 college credits required.

Visit  
[www.frelinghuysenschool.org](http://www.frelinghuysenschool.org)  
to apply

790 Rt 94, Newton, NJ  
Affirmative Action / Equal Opportunity Employer

**US SPORTS institute**

**BLAIRSTOWN TENNIS**

USA EASTERN

In association with: TOWNSHIP OF BLAIRSTOWN RECREATION DEPARTMENT

**SUMMER 2021**

**MONDAY TO FRIDAY**

ALL CLASSES HELD AT BLAIRSTOWN ACADEMY TENNIS COURTS

**TENNIS CAMPS** (Ages 5-11): Refine your skills in serving, rallying, stroke technique, court awareness and more! Participants are separated by age and ability.

**6/21 - 6/25, MONDAY TO FRIDAY**  
Tennis Camp: 9:00-12:00pm (Ages 5-11)

**REGISTRATION FEE \$160**

**PROGRAM INCLUDES:**

- Professional Coaches
- Low group ratios
- Age appropriate equipment
- Skills & drills plus fun games

**AGES 5-11, ALL ABILITY LEVELS**  
All programs adhere to COVID-19 State and CDC guidelines. Visit our website for more program information.

**LIMITED SPACE**

REGISTRATION Online or by phone. Register soon as these classes typically sell out!

USsportsinstitute.com  
(866) 345 BALL

**BLAIRSTOWN**

SUMMER SPORTS PROGRAMS

US SPORTS institute

In association with Blairstown Recreation Department

USA USA SPORT GROUP

**MULTI SPORTS CAMPS**

This camp gives children the opportunity to experience a variety of sports throughout the week including: soccer, basketball, flag football, cricket, handball, volleyball, and more!

The Nation's #1 Name for Sports Camps & Classes

**REGISTER TODAY**

Sport	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Multi Sports	5 to 11	Mon-Fri	9:00 AM	12:00 PM	6/28/2021	7/2/2021	\$125
Multi Sports	5 to 11	Mon-Fri	9:00 AM	12:00 PM	7/12/2021	7/16/2021	\$125

All camps take place at SYCAMORE PARK

**SOCCER CAMPS**

Sport	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Soccer	5 to 11	Tue-Fri	9:00 AM	12:00 PM	7/6/2021	7/9/2021	\$105
Soccer	5 to 11	Mon-Fri	9:00 AM	12:00 PM	7/26/2021	7/30/2021	\$125

All camps take place at SYCAMORE PARK

For full class details, learning objectives and more, visit us online

**Ages 5-11 | All Abilities | Boys & Girls**

SOCCER | TENNIS | MULTI-SPORTS | GOLF | LACROSSE | T-BALL and many more!

**LIMITED SPACE**

Registration: Online or by phone. Register soon as these classes typically sell out!

**CONTACT USSI**

Online: USsportsInstitute.com  
Phone: (866) 345-BALL  
Email: Info@USsportsInstitute.com

**YOGA**

**IN THE PARK**

Sponsored by Blairstown Dept. of Recreation

Come relax and unwind in the safety and serenity of the outdoors. Yoga classes will be one hour in length and appropriate for all levels of ability. No prior experience necessary. Bring a yoga mat, blanket or cushion, and dress comfortably with proper layers for the outdoors. Participants will be guided through a range of Yoga postures and joint exercises that will help increase mobility and flexibility, while moving with the breath and releasing tension. Walk away feeling refreshed, renewed, and relaxed!

**WHO:** Adults

**WHEN:** April 19 – May 27  
Monday Evenings 6:00 – 7:00 pm  
Thursday Mornings 8:00 – 9:00 am

**WHERE:** Footbridge Park – Participants may combine am & pm class

**FEES:** 10 classes @ \$ 85. / 8 classes @ \$ 70. / 6 classes @ \$ 55.  
Non-Res. Add \$10.00 to any package. Walk-in \$10. Per class

**REGISTRATION:** Mail in or Drop off Box: Recreation Dept.,  
106 Route 94 Blairstown, NJ  
Patricia M. Sagan, Director

Yoga Registration Form

Participant: \_\_\_\_\_ Adult (check): \_\_\_\_\_  
Address: \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Emergency Phone: \_\_\_\_\_ Medical Problems: \_\_\_\_\_  
Email \_\_\_\_\_

10 classes @ \$ 85.  8 classes @ \$ 70.  6 classes @ \$ 55.  non-res \$10.

I am aware that Blairstown Township Recreation Department does not provide accident insurance. I agree to hold harmless the Township, staff, and volunteers from any liability for any injury which may occur while participating in this program. I understand the Staff, and volunteers cannot administer any medical assistance or aid in case of a medical emergency. I am aware that in case of an emergency 911 will be contacted along with the contact numbers I have listed on this form. I am aware the School Nurse is not on duty during the time this program operates. I give my permission for the Blairstown Department of Recreation to use any activity photographs or video of myself. I agree that I will uphold all COVID-19 requirements.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**The Blairstown Rotary Club Blood Drive and 50/50**

**Date: Sat. March 27th**  
**Time: 9 am to 3 pm**  
**Place: Knowlton Lions Club, Rt. 94**  
**Contact: www.Blairstownrotary.org**

Our website has a direct link to pre-register. Walk-ins are accepted however registration is preferred.

The Blairstown Rotary Club 50/50 raffle drawing. The drawing will be held on April 30th. Only 600 tickets will be sold. This is our major fundraiser that provides funds for the NWRHS scholarship fund as well as our other community projects such as the dictionary project. Visit their website for more details.

Tickets are \$100 with a \$10,000 first prize and 80 other cash prizes. Group sales available. We truly appreciate your help!

North Warren Midget Football League Registration is Open

Registration will end June 1st.

Children ages 5-14 are eligible to participate. Registration fee for this year is \$75.00 for all levels.

Register online at  
<https://wcmfl.sportngin.com/register/form/746929373>.

If you have any questions please email Kristin Shipps at [kshipps4@gmail.com](mailto:kshipps4@gmail.com)

**Easter Egg Hunt**

CHILDREN AGES 2 - 12

SATURDAY, APRIL 3, 2021

10AM

TOWN HALL

HOSTED BY THE

**FRELINGHUYSEN RECREATIONAL COMMITTEE**