Mustang Messenger

www.frelinghuysenschool.org
March 22ndth – March 26 th

Dates to Remember

MARCH 24th – VIRTUAL BOE MEETING
MARCH 24th – BLUE COHORT WEDNESDAY
MARCH 31st – GREEN COHORT WEDNESDAY
APRIL 2nd – 9th – SPRING BREAK / NO SCHOOL
APRIL 14th – VIRTUAL BOE MEETING
APRIL 15th – 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



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

MEETING DATES

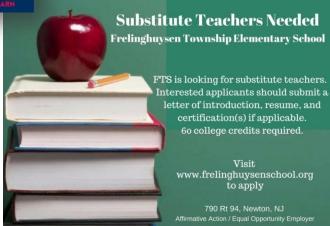
4/15

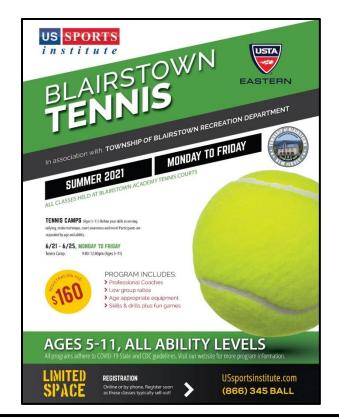
5/13

6/10

Meetings are held virtually at 7:00pm









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

Adults

Footbridge Park – Participants may combine am & pm class WHERE: 10 classes @ \$ 85. / 8 classes @ \$ 70. / 6 classes @ \$55. FEE:

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 Registra	tion Form				
articipant:	Adult (check):					
	Cell Phone					
mergency Phone:	Medical Problems:					
mail						
10 classes @ \$ 85.	8 classes @ \$ 70.	6 classes @ \$ 55.	non-res \$10.			
am aware that Blairstown nsurance. I agree to hold injury which may occur wholunteers cannot adminis im aware that in case of a have listed on this form. I program operates. I give activity photographs or vicinguature	harmless the Township, ille participating in this p ter any medical assistan in emergency 911 will be am aware the School Nu my permission for the Bl deo of myself. <u>Lagree ti</u>	staff, and volunteers fr rrogram. I understand ce or aid in case of a m contacted along with t urse is not on duty duri airstown Department o nat I will uphold all COV	om any liability for any the Staff, and edical emergency. I the contact numbers I ng the time this If Recreation to use an			



BLAIRSTOWN

US SPORTS institute

In association with Blairstown Recreation Department



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!

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	\$12

All camps take place at SYCAMORE PARK



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: Phone: Email:

USsportsInstitute.com (866) 345-BALL Info@USsportsInstitute.com

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 the 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!



