

September 9, 2011

Around the School

From Administration – We hope your sons and daughters experienced a successful first week back to school. Everyone enjoyed reconnecting in the classrooms and helping all students reacquaint themselves with halls, lockers, bell schedules, and new classes.

Know that administration and staff are available to answer questions and help as you and your students navigate the year. All students met with Dr. Merckling and Mr. Scanlon through their physical education classes to review important school policies, and ask & answer questions.

For your convenience the student handbook, important guidance information, and timely Home & School Association updates are provided here weekly and can always be accessed on the school website. Don't forget that the first HSA meeting of the school year will take place in the school cafeteria next Tuesday, September 13 at 7:30pm. Thank you for your continued support, and we wish you and your families much success this academic year.

Morning Show - The 9/11 tribute, filmed on today's Morning Show, will be aired this evening at 5:00pm until 10:00pm on the hour on channel 77. It will also be aired this Sunday. A digital cable box from Cablevision is needed to view the channel.

Choir - Congratulations to the KHS Choir which had four students selected to the prestigious 2012 American Choral Directors' Association Eastern Division Honor Choir. The students will sing under the direction of Dr. Pearl Shangkuan in Providence, RI from February 15-18, 2012. The 176-member All-Eastern Choir represents the best high school singers from Maine through Maryland.

KHS Football - The Kinnelon High School Football players are asking the residents of Kinnelon to help our neighboring towns affected by Hurricane Irene. The team will be collecting nonperishable food, cleaning products, and hygiene products for local food pantries. Collections will be made at all of the home varsity games starting September 9th.

Home games this year are:

- September 9th, 16th, 23rd, 30th
- October 8th
- November 4th.

Art Department – Attached to this edition of E-News is a sample of students' digital art celebrating the 50th Anniversary of Kinnelon High School. Take a look.

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[Community Link](#)

GO COLTS!

THE KHS ADMINISTRATIVE TEAM

TIPS FOR A HEALTHY AND HAPPY SCHOOL YEAR

Keep emergency contact information current.

If there is an emergency, the school nurse will need your most up-to-date contact information in order to reach you quickly. [Be sure to download the KHS emergency card from Student info and emergency page link located in the opening day letter. Complete and return the information card to the main office as soon as possible.](#) This is our most important link with you!

Make sure your teen gets enough sleep.

Sleep needs remain just as vital to health and well being for teenagers as when they were younger. It turns out that teens actually may need more sleep than in previous years. Adequate sleep will help your child achieve a healthy lifestyle and stay focused in the classroom. American Pediatric Association recommends 8.5 to 9 hours of sleep daily. Establishing a routine now will ease into a new school year transition.

Pay attention to your teen's eating habits.

Diet affects your child's health and learning potential. Often teens think they do not have time to eat a healthy breakfast or may skip lunch. Planning and packing a lunch the night before can enhance good food choices, and provide the nutrients necessary to maximize health and learning throughout the day. Having some grab and go foods on hand for breakfast such as fruit, yogurt, or cereal bars can also really help. But most importantly, teaching children to eat healthy, by setting an example, will help them to make good life long food choices.

Keep your teen active.

Activity is an important part of overall health. Plan a family activity that involves walking, running, or playing around outside to get everyone moving around and keep your brain sharp. Not getting enough exercise can cause boredom, weight gain and other potentially serious health problems.

Take your teen to the doctor for a check-up?

As children grow into the adolescents their schedules get busy and they have built up immunity to many childhood illnesses. As a result, many teens have less contact with their primary care physician. While this is a good thing, often teens do not have a routine physical. By meeting with your teen, the doctor can keep track of changes in physical, mental, and social development and offer advice and support against unhealthy behaviors. The doctor can also help your child understand the importance of choosing a healthy lifestyle that includes good nutrition, exercise, and safety. Be sure to check your insurance carrier coverage and while you're there, ask your doctor if your child's immunizations are all up to date!

Have a health related question?

If you need to discuss a health related issue or have a question, I can be reached in the Health Office at extension X1111.

Welcome back and have a great year!

Mary Jane Smith, R.N., KHS school Nurse



GUIDANCE NOTES– WEEK OF SEPTEMBER 12th



Just a reminder about some important upcoming events –

September 10 9 AM – 1 PM	Service Academies Information Day	Rutgers University Douglass Campus Center New Brunswick, NJ
September 14 7 PM	The Mechanics of the College Application Process for KHS senior/parents	KHS Auditorium
September 18 Noon – 3 PM	Morris County High Schools College Fairs	County College of Morris Randolph, NJ
September 15 – 16	KHS counselor presentations to juniors <i>PSAT REGISTRATION</i> <i>FARING WELL AT COLLEGE FAIRS</i>	

Kinnelon High School Home and School Association

Back To School Information and Forms

- Letter from the President of the Home and School Association
- 2011-2012 Volunteer Form
- 2011-2012 HSA Board Members
- HSA Membership Dues Form
- High School Directory Ad Form
- Annual Fashion Show and Basket Auction Information Sheet
- Fashion Show Ticket Form
- Fashion Show Program Ad Form
- Project Graduation 2012 Information Letter for Senior Parents
- Project Graduation Reservation Form
- Project Graduation Turkey Cake Fundraiser Form



*Home and School Association
of Kinnelon High School*

121 Kinnelon Road, Kinnelon, NJ 07405-1629

August 22, 2011

Dear Kinnelon High School Parents,

The Kinnelon High School Home and School Association is one of the most successful organizations in our community. Through the efforts of our dedicated volunteers we raised over \$35,000 in 2010-2011. Thus, enabling us to award \$10,000 in scholarships to graduating seniors, provide \$7000 to Project Graduation, fund the 2011-2012 Academic Planners to all students and donate over \$10,000 to the high school to purchase equipment and fund special programs and events which directly benefit the entire high school student body. Thank you to the parents, students and administration that made the 2010-2011 year a success.

Our goal is to continue this success in 2011-2012, and your involvement in the home and school association is needed to help us achieve this goal. We encourage all parents to participate in our events and activities in any way that fits your schedule and talents. One of the documents included in this online mailing is our "Parent Volunteer Flyer". Please take a look at it and make a choice to get involved. Also, enclosed is a listing of the 2011-2012 Home and School Board Members.

Please remember to complete the Home and School Association Membership Dues form and return it to the high school office promptly. This will ensure that you receive the coveted Kinnelon High School Directory.

The Home and School Association also offers many opportunities to help parents stay informed of activities and issues at the high school via our monthly meetings and the Home and School section of the ENews. Our monthly meetings provide an informal exchange of information between the home and school board members, parents and administration. Dr. Wayne Merckling attends every meeting and provides us with an administrator's report on academic issues, extracurricular activities and student accomplishments.

This year's first meeting is Tuesday, September 13th at 7:30 p.m. in the main cafeteria. Please mark this date, as well as Thursday, November 17th, our Annual Fashion Show and Basket Auction... "An Evening in Winter Wonderland", on your calendar.

As I begin my final year as President of the Home and School Association, and I see my youngest child enter her last year in Kinnelon High School, I look back and think about what I gained from being an active member of Home and School for 8 years. I met wonderful teachers who may not have crossed my path because my children were not in their classes, I worked with other volunteers who became dear friends, and had the opportunity to meet many talented, smart Kinnelon High School students. I sincerely encourage you to get involved.....don't miss out on these memorable opportunities that you can share with your child.....

four years pass by very quickly!

Good luck to you and your high school student in the upcoming school year! We look forward to seeing you at our first meeting on September 13th and throughout the school year.

Very truly yours,

Cindy Simms
President

Parent Volunteer Form - 2011-2012 School Year

Parents...would you like to become involved with the high school Home & School Association?

Please review this list to find out where you would like to help.

Name _____ Phone _____ E-mail _____

Name & Grade your student(s) will be in for 2011-12 school year: _____

- _____ Back to School Night Reception (set up or provide refreshments)
- _____ Back to School Mailing (assist with stuffing papers for mailing at the end of August)
- _____ Back to School Night (assist with collection of dues)
- _____ Student Phone Directory (publish & distribute the high school student phone book)
- _____ Student Phone Directory Advertising (get sponsors to advertise in phone directory)
- _____ Permits for Fundraisers
- _____ Teacher Appreciation Luncheon (prepare and/or serve)
- _____ Secretary Luncheon (prepare and /or serve)
- _____ Musical Liaison Committee (act as a liaison between H&S & high school performing arts program)
- _____ Back To School Mailing

_____ **Chair** _____ Volunteer worker

_____ **Scholarship Committee** (reviewing H&S scholarship applications, need freshman & soph. parents)

_____ **Student/Faculty Fashion Show Committee** (November event)

_____ **Co-Chairs needed for 2012 Event**

- | | |
|---|----------------------------|
| _____ Night of Show Basket Ticket Sales | _____ Basket Distribution |
| _____ Decorations | _____ Basket Assembly |
| _____ Raffle | _____ Basket prizes pickup |
| _____ Models | _____ Fashions |
| _____ Programs | _____ Refreshments |
| _____ Permits | _____ 50/50 |

_____ **Carnival Committee** (event takes place beginning of June)

_____ **Co-Chair**

- | | | |
|-----------------------------|----------------------|------------------------|
| _____ Volunteer Coordinator | _____ Ticket Sales | _____ Publicity |
| _____ Booth worker | _____ Administration | _____ Clubs/Activities |

_____ **Project Graduation** (2 junior parents needed to chair event for Class of 2013)

- | | | |
|-----------------|-------------------|----------------|
| _____ Chaperone | _____ Fundraising | _____ Mailings |
|-----------------|-------------------|----------------|

Project Graduation takes place after graduation. Chaperones must be underclassman parents.

_____ Senior Awards Reception (parents of underclassman)

_____ Baccalaureate Reception (parents of underclassman)

_____ Graduation Reception (parents of underclassman since it takes place after graduation)

_____ **Co-Chair**

_____ Senior Composite (ensure that prior senior's class composite is delivered by Dec.)

_____ Holiday cookies

_____ Bake cookies

_____ Refreshments for HSA meetings (provide a light snack and drink once a month)

_____ Voter Awareness Committee (Phone Calls to registered voters)

_____ **I would like to chair the _____ committee for 2012-2013.**

_____ **I am interested in an executive board position: President, Vice-President, Secretary, Treasurer.**

(These positions may not be available for the current year, but may be open for a later year.)

Please return the completed form to: KHS Home and School Association, 121 Kinnelon Road, Attention: Cindy Simms. Questions: csimms25@aol.com, 973-838-3194

Kinnelon High School Home & School Association

2011-2012 Executive Board

<u>President-</u>	Cindy Simms
<u>Vice President/Disbursements-</u>	Karen Verblaauw
<u>Treasurer-</u>	Alicia deTorres
<u>Secretary-</u>	Mary Anne Gorman

2011-2012 Board Members

Back to School Reception-	OPEN
Coordinators - Back to School Night/Dues	Carol Wiedemann/Paula Williams
Phone Directory-	Ellen Schmitt
Phone Directory Advertising-	Linda Thorpe
Secretary/Custodian Luncheon-	Stephania Masi
Teacher Appreciation Luncheon-	Susan Boyle
Scholarship Committee -	Charlene Polomski
Holiday Cookies-	Stacey Gould
Graduation Reception-	Betsey Cavagnaro
Baccalaureate Reception-	Lynn Ballai
Senior Awards Reception-	Kathleen Donovan
Senior Composite-	Stacey Gould
Project Graduation Committee-	MaryBeth Daniels/Estelle Anselmo
Carnival Committee-	Maryann Hanley/Katie Stylianou
<u>Fashion Show Chair-</u>	Jennie Huber
Fashions/Models-	Ginny Reyer/Lauren Libert/Dana Fraasa
Baskets-	Donna McLaughlin/Jeanne Mazzola
Program/Ad Book-	Linda Thorpe
Decorating-	Kim Christian/Karen Park
Gift Donation-	Sharon Corrado/Kathy Brino
50/50-	Paula Redmond
Raffle Book-	Joyce Horton
Table Tickets Sales-	Mary Anne Gorman
Permits-	Mary Ellen Wunsch
Night of Show Tickets-	Ann Robbins/Fran Belanger/Tammy Ledwith
Refreshments-	Cathy Bellman/Marianne DeAlessi/Tara Jacobus
Set Up/Clean Up-	Sue O'Keefe
Kamelot Liaison-	OPEN
Hospitality-	Kathleen Donovan

Kinnelon High School Home & School Association

Membership Dues Form

The Kinnelon High School Home and School Association is a parent group that supports the high school community by donating funds for programs, equipment and assemblies. The KHS HSA also awards grants to student clubs and funded the purchase of 2011-2012 Student Planners for each student. Each year the Kinnelon High School Home and School Association awards over \$10,000 in merit scholarships to qualified seniors and supports Project Graduation. **Only seniors of families with paid KHS HSA memberships are eligible to apply for these merit scholarships.**

To continue our success it is important for each family to become members of the Kinnelon High School Home and School Association. **Complete the form below and return it to school in an envelope marked KHS HSA DUES with a \$30 check payable to KHS HSA.**

*Due to increased costs, one student directory will be given to families that are paid members of KHS HSA.

Student: Name: _____ Grade: _____

Name: _____ Grade: _____

Name: _____ Grade: _____

Parent(s)/Guardian: _____ Phone: _____

Email: _____

Dues are \$30 per family. (Includes one directory per family.) **\$30.00**

Additional directories \$3.00 each. QTY__ X \$3.00 = \$__

***TOTAL CHECK PAYABLE TO KHS HSA: \$__**

**If you have any questions, please call Carol Wiedemann (973)492-9212 or
Paula Williams (973)492-5414.**

**Thank you for joining the Kinnelon High School
Home and School Association.**



**ADVERTISE YOUR BUSINESS
OR MESSAGE
in the
Kinnelon High School
2011-2012 Phone Directory**

Reach the Kinnelon Community with your message!
This directory is used all year long by students, families, faculty and
administration, and friends of Kinnelon High School.

***IT'S NOT TOO LATE TO GET YOUR KEY MESSAGE OUT TO
KHS FAMILIES THROUGHOUT THE YEAR!!!***

SIZE	ACTUAL	PRICE
¼ Page Ad	4 ½ x 2 Inches	\$40.00
½ Page Ad	4 ½ x 4 Inches	\$75.00
Full Page Ad	4 ½ x 8 Inches	\$125.00
Inside Front Cover	4 ½ x 8 Inches	\$250.00
Inside Back Cover	4 ½ x 8 Inches	\$250.00
Outside Back Cover	4 ½ x 8 Inches	\$300.00

- > All Ads are placed on a First Come/First Served Basis
- > **Camera Ready Artwork MUST be submitted for all Full Page and Cover Ads**
- > **Business Cards** are acceptable for ¼ and ½ Page Ads
- > Email Linda Thorpe at lmthorpe@pardee.com for Cover Availability or questions
- > Ad Deadline is September 10, 2011

Mail this order form, your check and Ad Copy to:

*Kinnelon High School Home & School Association
C/O Linda Thorpe
121 Kinnelon Road
Kinnelon, NJ 07405*

Company Name _____

Contact _____ Phone _____

Ad Size _____ Cost of Ad \$ _____

Camera Ready Artwork Enclosed: _____ OR Business Card Enclosed: _____

Authorized Signature _____

Check Enclosed \$ _____ (Make Checks Payable to KHS – HSA)

The Kinnelon High School Home & School Association is proud to present our major fundraiser for 2011-2012 ...

An Evening in Winter Wonderland Fashion Show and Basket Auction

Please save the date and join us in the KHS Gym on
November 17th, 2011. Doors open at 6:00 p.m.

-The Fashion Show will feature our students and teachers sporting the latest trends, as well as a Basket Auction. Proceeds are used to provide scholarships for 2012 graduating seniors and help support Project Graduation!

-If you would like to help out with the planning of the event, please contact Jennie Huber at (973) 283-0227 or at huberfam5@optonline.net.

-Please consider making a contribution to our Basket Auction. We are looking for new items, gift cards, cash, etc. To arrange a pick up of your donation, kindly contact Sharon Corrado at (973) 283-4552 (Sharon@mtcbilling.com) or Kathy Brino at (973) 492-5704 (kbrino@bigplanet.com).

***We are also collecting large empty baskets if you have any that you don't need any more!

-Each family will be receiving Raffle ticket booklets in the near future to sell. Please make them available to your family and friends! This year's prizes include a 1st prize of a \$500.00 American Express Gift Card, 2nd prize of a 32" TV, and 3rd prize of a \$150.00 Target Gift Card! Don't miss out on the chance to win!!!



Kinnelon High School
Home & School Assoc. presents

An Evening in Winter Wonderland Fashion Show and Basket Auction

in the KHS Gyms

Thursday, November 17, 2011

Doors open at 6:00

Basket Auction is open from 6:00-7:30

Fashion Show at 8:00

Adult tickets \$20.00 Student tickets \$6.00 Senior citizen tickets \$6.00

*Kindly purchase tickets in advance to save money,
avoid the line and enjoy the luxury of reserved seating.*

Reserved tickets may be picked up at the door the night of the event.

Adult tickets will be sold at the door for \$25.00

To order tickets, please fill out the information below and mail it with your check(s) by
November 7th to Mary Anne Gorman, 15 South Glen Road, Kinnelon.

973-492-7889 or magorman86@yahoo.com

Please note: Tables & individual seats will be given out on a "first received, first served" basis. If you would like to sit as a group, please send in your name as the table organizer and the check(s) together. Tell your group to mention your name at check-in. Due to limited seating, please do not bring children younger than 8th grade.

Name, Phone, E-mail address:

I would like _____ adult tickets @ \$20/per person

_____ student tickets @ \$6/per student for bleacher seating

_____ senior citizen tickets @ \$6/per senior citizen for table seating

_____ Please reserve a table for 8: check(s) enclosed totaling \$160.

_____ Please reserve a table for 16: check(s) enclosed totaling \$320.

Adjust total if including a senior citizen at your table.

_____ I cannot attend but have enclosed a donation to support this worthwhile event.

Please make checks payable to "KHS Home & School Association."

The Kinnelon High School Home and School Association presents...

An Evening in Winter Wonderland

Fashion Show & Basket Auction

Thursday, November 17, 2011

Show your support by placing an advertisement in the Fashion Show Program - viewed by 500+!

Submittal deadline: Monday, November 7, 2011

Mail check, (payable to: KHS Home & School), this form, and hardcopy of your ad to:

Linda Thorpe, 18 Hilltop Road, Kinnelon, NJ 07405

****or mail check and email .jpeg of ad to lmthorpe@pardee.com ****

- | | | |
|--------------------------|---------------------------|------------------------|
| <input type="checkbox"/> | Business Card - 1/3 Page: | \$15 (4" x 2 1/2") |
| <input type="checkbox"/> | Half Page Ad: | \$25 (4 1/4" x 3 1/2") |
| <input type="checkbox"/> | Full Page Ad: | \$50 (up to 5" x 8") |

**.jpeg format
preferred**

**Thanks, this helps to
minimize our costs!**

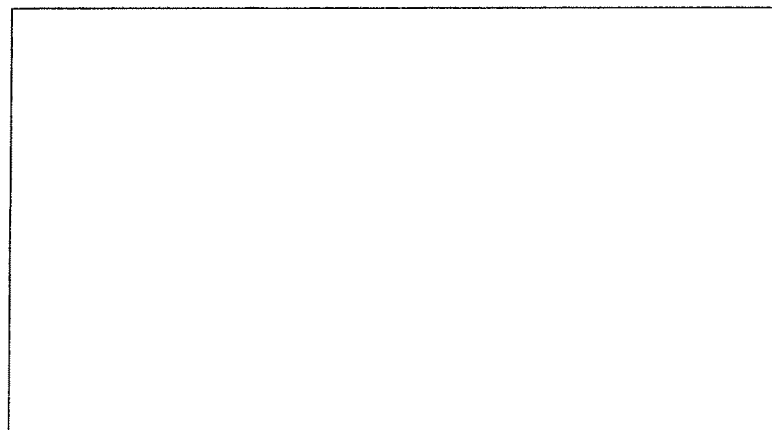
Name _____

Phone # _____ E-mail Address: _____

Parents and friends:

Recognize your students, friends, teachers, team, etc. with a personalized ad!

Only \$15 for 4" x 2 1/2"- business card size! (Use box below as template)



KINNELON HIGH SCHOOL

August 2011

Dear Senior Parent/Guardian,

One of the Senior Year highlights for your son or daughter will be attending Project Graduation following KHS Graduation ceremonies on June 15, 2012. While that may seem like a long time away, it will be here before you know it so we're busy planning to ensure it is the best celebration ever.

Some of you might be asking, "What is Project Graduation?" Project Graduation is a drug, alcohol, and tobacco free event that enables KHS Graduates to celebrate with their friends and fellow Seniors in a safe and organized environment following their graduation ceremony. This high school tradition began in response to a tragic event that occurred in 1979 in the Oxford Hills area in Maine after that community suffered the loss of seven teens due to alcohol and other drug-related occurrences during the commencement season. As a result of this tragic experience, the schools and communities in the Oxford Hills area offered their students an alternative to the "traditional" graduation night drinking and driving temptations that all too often end in tragedy. They called the party, "Project Graduation." By 1986, Project Graduation activities were held in all fifty states. Project Graduation is now a nationally recognized program that drives home the message that you can have fun without the alcohol and drugs. Throughout the year this message will be reinforced at Kinnelon High School and will culminate in the all night graduation party to be held for your son or daughter on Friday, June 15, 2012.

Our goal is for 100% participation for the Class of 2012!!!

On graduation night, the graduates will be taken by bus to an as yet undisclosed location for a safe fun-filled evening of celebration. Food, drinks and an assortment of entertainment are provided until approximately 5:00 a.m. the next morning at which time the graduates are returned safely by bus to KHS.

Traditionally, Project Graduation generates its funding for this event by holding a variety of fundraisers, along with soliciting support from local merchants through a mail campaign. The KHS Home and School Association also donates money. All of these efforts assist in raising about 75% of what is required. In order to cover the full cost, we are asking each student to pay \$75. If the payment of this fee presents a financial hardship, please contact one of the co-chairs and we will work with you to resolve the matter discreetly. We do not want any students to miss this special evening.

Checks for Project Graduation are to be made out to:
KHS Project Graduation – 2012

Please mail payment along with attached Reservation Form to:
KHS Project Graduation- 2012
c/o Mary Beth Daniels
8 Cherry Tree Lane
Kinnelon, NJ 07405

Our first Project Graduation meeting will be held the end of September. Any parents interested in helping are welcome to attend. The date and time will be posted on the High School website. We look forward to your help and input to make this a memorable night for our graduates. Please make sure to include YOUR email address on the attached reservation form. In an effort to eliminate mailings and be "green" we would like to correspond through email.

Sincerely,

Mary Beth Daniels, Co-Chair 917-886-6020 - Email at mdaniels@drew.edu
Estelle Anselmo, Co-Chair 973-479-2619 – Email at eranselmo@gmail.com

KINNELON HIGH SCHOOL

RESERVATION FORM

**Yes! My Son/Daughter will attend Project Graduation
On Friday, June 15, 2012**

****Our Goal is 100% participation****

Student Name: _____

Parent/Guardian Name: _____

Parents' Phone Numbers:(H)_____ (Cell)_____

Parents' Email: _____

***Please make checks in the amount of \$75 payable to
Project Graduation 2012.**

Send form *and* check to:

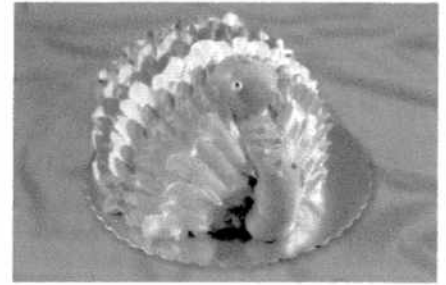
**Project Graduation 2012
c/o Mary Beth Daniels
8 Cherry Tree Lane
Kinnelon, NJ 07405**

******Price Increase Notice******

Price increases to \$100 per student after January 1, 2012!

Turkey Cake Sale

Support KHS Project Graduation 2012



Buy a Turkey Cake and Check Three Items Off Your Holiday To Do List:

- Order Dessert for Thanksgiving Dinner**

- Buy a Fabulous Centerpiece to Decorate the Thanksgiving Table**

- Support KHS Project Graduation**

Celebrate this Thanksgiving holiday with a delectable Turkey Cake. This delicious Chocolate cake is filled with Chocolate mousse and makes a welcome addition to any Thanksgiving dinner table! Why not order two: 1 to keep and 1 to share with friends and family?

Cakes will be available for pick up at Kinnelon High School on Monday, 11/21/11, from 2:30 - 7:30 P.M. Deadline for ordering is November 7th.

Thanks for supporting Project Graduation 2012

Best Wishes for a Happy Thanksgiving!

Price Per Turkey Cake: \$29.00

Please make checks payable to: **Project Graduation 2012**

Name: _____
Address: _____
Email: _____
Cell Phone _____
Quantity of Cakes: _____
Total Payment: _____

Send form *and* check to:

Mary Beth Daniels
8 Cherry Tree Lane
Kinnelon, NJ 07405