



KITTATINNY REGIONAL HIGH SCHOOL NEWS & UPDATES

WEEK OF: January 20, 2025

Announcements



KRHS 2025 Scholar Athlete

Kittatinny Regional High School would like to announce Holly Sajdak as our Scholar-Athlete for 2025. Holly exemplifies the Cougar spirit and represents what we wish for all our student body: academic excellence, great sportsmanship, and a strong belief in community service.

Holly ranks first in her class of 141. Has been a straight A student throughout her high school education. She is the Vice President of the KRHS National Honor Society and is an AP Scholar with Distinction. Holly attended both the American Legion Auxiliary Jersey Girls State and the Governor's School of New Jersey

with a concentration in science. Their team research project in Cognitive Illusions was presented at the MIT Undergraduate Research Technology Conference in October 2024. She is clearly a student with a thirst for knowledge, but she is so much more.

Holly is also a three-sport varsity athlete. She is Captain of the KRHS Varsity soccer team, which she led to a Divisional Championship, HWS Championship, and State Sectional Championship for North 1 Group 1. She received Second Team All-Conference and Second Team All Group 1 for the 2024 season. Holly is also Captain of the KRHS varsity basketball team. In addition, she competes in Track and Field in hurdle events. She was recognized with First Team All Conference and All-Academic team in both her sophomore and junior years. In 2024, she was honored with the Coaches Award.

Even with all this on her resume, Holly additionally gives her time to various community service activities. She is an executive board member for the KRHS Peer Leadership and volunteers for the Interact Club. Through the Incorruptible Us Organization, Holly helps educate students about the harm of vaping and tobacco. She serves as a lector at her local church and volunteers as a camp counselor for youth soccer and basketball. Somehow, she also manages to work as a Lifeguard throughout the year. Is it any wonder that teachers and coaches think so highly of her?

Members of our faculty had this to say about Holly:

"Holly manages to juggle her rigorous academic schedule with her extracurricular activities, and makes it look easy, too. She is a well-rounded student with a lot to offer."

-Ms. Carol Im
History Teacher

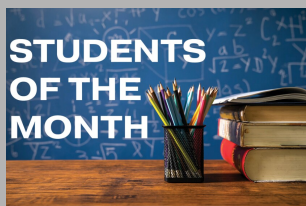
"Her sharp, analytical mind and ability to grasp material quickly makes Holly a standout student who will thrive in the academic challenges of college. She always treats others with respect and understanding, making rational decisions in situations that reflect a high level of maturity."

- Mrs. Melissa Fischer
Math Teacher
Girls Track Coach

"As Holly progressed in her career, it was clear circumstances didn't define her, she defined her circumstances. What everyone knows now is Holly is an extremely accomplished athlete earning a staggering total of 10 varsity letters in her career at Kittatinny Regional High School."

-Mr. Joshua Reed
Special Education Teacher
Girls Varsity Basketball Coach

After graduation, Holly will be attending Dartmouth College, where she intends to study economics. The Kittatinny family has no doubt that Holly will continue to excel as she continues to fulfill her dreams. The KRHS Cougars would like to congratulate Holly Sajdak, and all the 2025 Scholar-Athletes, for receiving this very special honor and we wish continued success to all as they move onto the next phase of their journey.



Congratulations to the following students of the month for January:

Academic (World Languages): Caitlin Connors, Nathan Itnyre, Brooke O'Toole

Most Motivated: Ireland Balma, Kyle Teresi

Student Athletes: Trevor Greenwood, Taylor Hough, Michael Strong, Anthony Tokar

UNSUNG HEROES of the 2nd Marking Period:

A special congratulations goes out to our following Unsung Heroes of Marking

Period 2. An unsung hero is someone who does valuable work without receiving the recognition or praise they deserve. They may perform challenging tasks that go unnoticed or are taken for granted. Unsung heroes are often ordinary people who do extraordinary things.

Shay Befumo
Rico Brex
Nora Deckerl
Giancarlo Fiduccia
Joey Ginsberg
Jaeson Hamczyk
Rachel Shaw
Cameron Sorg



Thank You for the Successful Blood Drive!

Thank you, all for a wonderful blood drive yesterday! We had 58 donors come through and try to donate, of which 43 units were taken to save lives! We also raised over \$300 in monetary donations for Johnny! If you still want to donate, please see Ms. Bifondo. Thank you all for your support!



Coming to KRHS Jan 31 - Feb 14

Nonperishable foods, cleaning supplies and personal hygiene items will be collected for Benny's Bodega. More details to come!

THE KITTATINNY EDUCATION FOUNDATION

CORDIALLY INVITES YOU TO THEIR INAUGURAL
DINNER DANCE FUNDRAISER

SATURDAY, MARCH 29

6PM - 10PM

STILLWATER FIREHOUSE

929 STILLWATER ROAD
NEWTON, NJ 07860



THE BAND DEMENTIA WILL BE PLAYING STARTING

THE FUNDS RAISED WILL BENEFIT EDUCATIONAL GRANTS AT KRHS
AND ASSIST ONE OF OUR STUDENTS BATTLING CANCER.

[Order Tickets Here!](#)

Guidance News



NJ4S PARENT ACADEMY

The Parent Academy is a monthly support program designed to empower parents/caregivers with essential tools and strategies to foster their student's mental health well-being. Specific mental health topics will be offered monthly. Resources and practical tips will be provided.



MONTHLY VIRTUAL MEETINGS
2025
JAN • FEB • MAR
APR • MAY • JUN

Connect with Other Parents/Caregivers & Learn How to Support Your Child!

UPCOMING VIRTUAL SESSIONS:

- ✓ **A Glimpse of Grief** **Thursday 1/30 12-1:00pm**
The symptoms of grief, types of grief, and stages of grief will be discussed. Learn self-compassion and self-care strategies, how to communicate and empathize with a loved one who is struggling, and how to find help in your community.
- ✓ **More than Sad** **Wednesday 2/12 12-1:00pm**
Information about teen depression and suicide risk, warning signs, risk factors, and available treatments will be provided.
- ✓ **Help Your Child Manage Stress** **Tuesday 3/11 6:30-7:30pm**
Tools and information will be shared to help the young person in your life better manage stress.
- ✓ **Teens, Screens & Social Media** **Wednesday 4/16 6:30-7:30pm**
Learn about the potential benefits and risks when youth use social media. Safety tips and skills for setting health limits will be discussed.
- ✓ **Parent/Caregiver Guide to Mental Health** **Tuesday 5/6 6:30-7:30pm**
Skills and tools to help support the young person in your life's mental health and wellness will be discussed.
- ✓ **Keeping Kids Busy for Summer** **Tuesday 6/10 12-1:00pm**
Learn summer safety tips, how to support the use of technology, help your kids play a role in the household, and recreational ideas.



CLICK BUTTON TO REGISTER | 973-334-4052 | NJ4S@mhainspire.org | www.mhainspire.org/nj4s

OR SCAN CODE TO REGISTER

FOLLOW US @NJ4SMORRIS-SUSSEX

[Register Here](#)

Upcoming Concurrent Deadlines

Just a reminder of some deadlines for students participating in Concurrent Courses:

SCCC Registration Deadline: February 5th
SCCC Payment Deadline: February 14th

Kittatinny Partners with Varsity Tutors

We're excited to announce a new partnership between Kittatinny and Varsity Tutors, extending from now until June 30, 2030! This collaboration is designed to provide students, educators, and parents with a wealth of resources to support academic growth and success.

Through Varsity Tutors' comprehensive platform, the Kittatinny students will have access to:

- 24/7 On-Demand Chat Tutoring
- On-Demand Essay Review
- Live Enrichment and Remediation Classes
- SAT and ACT Test Prep Classes
- Self-Study Resources
- College & Career Readiness Resources
- Adaptive Assessments & Personalized Learning Plans
- Recorded Enrichment Classes

Getting Started

Students can access the Varsity Tutors platform by logging in with their Kittatinny email. To access the platform via the Kittatinny website:

1. Visit www.krhs.net.
2. Click on "Students" then "Student Resources" then "Links"
3. "Varsity Tutors" is listed at the bottom of the page

Students can also directly access the platform [here](#).

This innovative platform combines interactive study tools, collaborative workspaces, and dynamic tutoring options to ensure students are equipped with the resources they need for success now and in the future.

2025-26 FAFSA is Open for New Applications

Good news! FAFSA 2025-26 has just opened for students and parent contributors.

[FAFSA® Application | Federal Student Aid](#)

www.studentaid.gov/h/apply-for-aid/afsa

or just www.fafsa.gov

Sussex County Community College offers free FAFSA workshops. Click the link below to register for upcoming workshops.

<https://www.sussex.edu/admissions/paying-for-college/financial-aid/fafsa-workshops/>



FREE FAFSA WORKSHOPS

We're here to help you apply for your FAFSA for the 2025-26 Academic year.

WEDNESDAYS, 6 PM | ADMINISTRATION BLDG, B315

The student and parent completing the FAFSA must attend. Sign up by visiting sussex.edu/fafsa-workshops.

New! Student and parent must create a FSA ID 3-5 days prior to completing the FAFSA application at studentaid.gov. If you already have a FSA ID and Password, bring it with you to the workshop. For a tutorial on how to create a FSA ID, visit [youtube.com/watch?v=Pitb_aIQBVc](https://www.youtube.com/watch?v=Pitb_aIQBVc) (QR Code below)

Bring all income documents with you

- 2023 federal tax return/schedules
- W-2 forms
- Know your parent's or spouse's names, date of birth and Social Security Numbers as you will be setting them up as "contributors" on the FAFSA form.
- Know the balances for checking, savings, and any investment accounts such as CD's or 529 Plans for you and your contributors. No retirement accounts are necessary.
- Know the amount of child support your family received between January and December of 2024.
- If you own property in addition to your primary residence or rent out part of your primary residence you will need to know the current market value and current principal mortgage balance on your investment property.
- If you have a business or farm you will need to know the current market value minus any outstanding principal mortgage balance or debt against the business or farm.

VISIT FAFSA WORKSHOP PAGE ►



WATCH YOUTUBE TUTORIAL ►



CONTACT SCCC'S FINANCIAL AID OFFICE: 973-300-2225

High School News

"Sister-to-Sister" Prom Shop!

Journey Family Success Center @ Project Self-Sufficiency

New and Gently-Used

- Prom Dresses
- Shoes
- Wraps
- Purses
- Accessories

FREE!



No Appointment Needed!



Sponsored by the Journey Family Success Center at Project Self-Sufficiency with the assistance of the Family Success Center Parent Advisory Board.

April 1, 2, 3,
3-7pm

April 4,
3-6pm

April 5,
9am-1pm

They got their dresses at the "Sister-to-Sister" Prom Shop—and you, can too!

Project Self-Sufficiency—127 Mill Street, Newton, NJ, 07860-973-940-3500

Junior High News

KITTATINNY REGIONAL JUNIOR HIGH

BLACK-LIGHT PARTY

FEBRUARY 6TH, 2025
6:30-8:00 PM
\$10
LIGHT REFRESHMENTS PROVIDED
PHONE FREE DANCE AREA

Cougar Athletics



Spring Sports

The 2024-25 spring sport's season is right around the corner! Please review the start dates for our spring sport's teams below as well as instructions on how to submit medical forms, online registration and athletic fees. Please, make sure athletics fees are sent in with student or payed online at PaySchools.

Spring Sports Information



KITTATINNY
LACROSSE

2025

Spring Registration is OPEN!!

The Fastest Growing Sport in Sussex County
Kittatinny Youth Lacrosse Club would like to invite All Kittatinny sending district residents in grades K-8 to join our lacrosse family.

- ✓ Boys And Girls Teams K-8th grade
- ✓ Spring Registration 2025 is Now Open!!!!
- ✓ Email us at Kittatinnylax@gmail.com for multi-child discount
- ✓ Open to all Kittatinny residents, as well as county residents **without** a town program to join



Practices start in March, 2025!

KITTATINNYLACROSSE.COM

Registration includes the required membership to  US Lacrosse.

Find Kittatinny Youth Lacrosse on Facebook, Twitter & Instagram!

This is not a school sponsored activity

Boys Basketball Apparel

If anyone would like to purchase some KRHS Boys Basketball gear, the link is below

Boys Basketball
Apparel

Newton-Kittatinny Girls Wrestling Apparel

Please check out the Newton Kittatinny Girls Wrestling apparel link below.

Wrestling
Apparel

24.25 Testing Information

STATE TESTING DATES:

- NJGPA October Make Up Test:
 - October 7 -11, 2024
- NJGPA Spring Administration for Grade 11
 - March 10 -14, 2025
- NJSLA Spring Administration for Grades 7, 8, & 9
 - April 28 - May 23, 2025

RESOURCES:

<https://nj.mypersonsupport.com/practice-tests/>
<https://nj.mypersonsupport.com/practice-tests/english/>
<https://nj.mypersonsupport.com/practice-tests/math/>
<https://nj.mypersonsupport.com/practice-tests/science/>
<https://nj.mypersonsupport.com/practice-tests/njapa-english/>
<https://nj.mypersonsupport.com/practice-tests/>
<https://www.nj.gov/education/standards/ela/index.shtml>
<https://nj.mypersonsupport.com/resources/reporting/ELAPerformanceLevelDescriptorsGrades3-HighSchool.pdf>
https://www.nj.gov/education/standards/math/Docs/2016NJSLA-M_K-12.pdf
<https://nj.mypersonsupport.com/resources/reporting/MathPerformanceLevelDescriptorsGrades6-8.pdf>
<https://nj.mypersonsupport.com/resources/reporting/MathPerformanceLevelDescriptorsHighSchool.pdf>
<https://nj.mypersonsupport.com/tutorial/>
<https://nj-results.pearsonaccessnext.com/login>
https://nj.mypersonsupport.com/resources/reporting/New%20Jersey%20Parent%20Portal%20User%20Guide_20200707.pdf

Pearson Support

Business Office News

1) PaySchools Central is the District's online payment system for applying funds to your child's lunch account and/or to pay a school fee. You still have the option to send in a check or cash.

2) Voluntary Student Accident Insurance will aid in covering your child's medical expenses should an accident occur. There are different plans available depending on what coverage you are seeking.

Please review and reach out to the Business Office should you have any questions.

PaySchools Information

Student Accident Insurance

Fundraisers



Valentine's Day Carnation Sale

\$3.00 each

or 2 for \$5.00

During lunch periods

1/22-1/29

**Sponsored By the Class of
2026**

Bring in cash or a check!



**The Harlem Wizards
are coming to
Kittatinny High School!**

Wednesday, March 5, 2025

Doors open at 5:30pm - Game starts at 6:30pm

Tickets must be purchased online before the event
<https://harlemwizards.com/schedule-tickets/>

**This fundraising event benefits the Kittatinny
Class of 2026 and the Hampton/Sandyston
Recreational Basketball program!**

Support The KRHS Green Team In Expanding Recycling Efforts

gofund.me/5aa3673

Scan the QR
code to donate



Scan to donate



KRHS Student Council Fundraiser



Wish your favorite KRHS student or staff member

HAPPY BIRTHDAY

on the marquee message board in front of KRHS!

Donation: \$15

Your Name:	(first)	(last)
Your Phone Number:		
Name of Birthday Person:	(first)	(last)
Name to be posted on the marquee:	(Full name? Nickname? First name only?)	
Birthdate of Birthday Person:		Is this a half birthday? Y / N

Details: Birthday wishes for current KRHS students and staff only. Birthday wishes will be posted each Friday and will run for at least 7 days. Birthdays will be confirmed prior to posting. Summer birthday? No problem- Do a half birthday! Cash or checks accepted. Make checks payable to KRHS. Submit orders to Ms. Bitondo's school mailbox or mail to:

Kittatinny Regional HS
Attn: Dana Bitondo
77 Halsey Rd., Newton, NJ 07860

[Order Form](#)

KRHS Weight Room Fundraiser

SCAN TO SHOP



KRHS WEIGHT ROOM FUNDRAISER

online ordering
all year round



VISIT OUR WEBSITE
TWENTYFOURINK.COM/COLLECTIONS/KITTATINNY-WEIGHT-ROOM

Community Events

SUSSEX COUNTY YMCA
the Y

FREE!

WINTER CARNIVAL

CELEBRATING 20 YEARS OF FUN AND COMMUNITY!



JANUARY 25, 2025

12-3 PM
15 Wits End Rd., Hardyston, NJ

Step into a winter wonderland from 12-3 PM with frosty carnival games, Frost Fest fun in the pool (kids 6 & under need an adult), a snow cone station, and more! Celebrate two decades of memories while you explore membership tours, warm up with camp registration, and enter to win cool prizes like a free birthday party, membership, or personal training session. Let it snow and let the fun begin!

Kindly RSVP Here: bit.ly/SCYWC25

NOT A SCHOOL SPONSORED EVENT



Reminders

Order Your Yearbook Today!

The last day to order a personalized yearbook is January 31, 2025. After that you can still order a yearbook, but there will be no personalization or icons available.

The last day to buy a yearbook is February 28, 2025.

[Order Here](#)

Kittatinny Adult School, Spring 2025

Kittatinny Adult School will be offering evening classes beginning March 3, 2025. The Kittatinny Adult School brochure is attached for your convenience and can also be viewed on Kittatinny's website @ kths.net on the home page under News & Announcements or on the Community Links tab, then click on Adult School. The mail-in registration form can be printed out for the following classes:

- Body Sculpting
- Expressing Yourself with Watercolors
- Investments and Creating Retirement Income

If you have any questions or need additional information, please contact 973-383-1800, ext. 1290.

[Brochure](#)



The countdown is on! The Kittatinny Players are bringing the high-energy, toe-tapping magic of Newsies to life on stage—and tickets are officially ON SALE!

Show Dates:

Thursday, February 27 at 7:07 PM

Friday, February 28 at 7:07 PM

Saturday, March 1 at 2:34 PM (50th Anniversary Celebration)

Get ready to cheer for these newsboys as they sing, dance, and strike for what's right! Don't miss this unforgettable performance.

Grab your tickets today: <https://www.kittatinnyplayers.com/performances>

Please Check the Parent Portal for Student Obligations

Dear Kittatinny Parents/Guardian:

Please log onto your Parent Portal to see if your child has any outstanding obligations, including negative cafeteria balances, for the 2024-2025 school year. If the obligation is not met the following will be withheld until any and all obligations have been fulfilled:

- Student's grades and report card information (withheld)

You can access your Parent Portal using the following URL: <https://www.fridayparentportal.com/kittatinnny> or through the Kittatinnny website @ www.krhs.net, click on the Parent tab and then the Parent Portal.

- Outstanding Fees: Once on the Parent Portal, scroll down under Menu and click on "Fines." If your child has an outstanding obligation, it will be displayed on the "Fines" page.
- Negative Cafeteria Balances: Once on the Parent Portal under Menu, click on "Food Services" to view your child's account. If your child has a negative cafeteria balance, you have been receiving weekly notifications on the amount due.

You can either send in a check made payable to KRHS for the outstanding obligation or pay online with PaySchools Central @ <https://payschoolscentral.com/>. If you have not registered for a PaySchools account, you will find the PaySchools Central account setup guide through Kittatinnny's website @ www.krhs.net, click on the Parent tab, Parent Resources then Payschool.

* Technology fee cannot be paid online through PaySchools. Please send in payment of cash or check made payable to KRHS.

Any questions, please feel free to contact:

Colleen Chiariello, x1610: Activity fee/Negative Cafeteria balances
 Rob Eremann, x1550 (IT Department): Technology fee
 April Orozco, x1440: Athletic fee
 Cindy Bizik, x1290: All other fees

Free & Reduced Lunch Application 24.25

Click [here](#) for information regarding the Federal Free and Reduced lunch information, along with the application.

If you do not qualify for *Federal* Free and Reduced lunch, you may qualify under the *State of New Jersey* Working Class Families Anti-Hunger Act.

You do not need to complete an application if you received a letter via US Mail stating you have already qualified.

Applications are due back as soon as possible.



No Aerosols and Perfumes Please

It is important that our students do not bring aerosols and perfumes to school, as we have people in the building as well as students who have asthma and may be affected by the spraying of such products. Thanks for your understanding.

Chromebook Insurance

SCHOOL DEVICE COVERAGE

Insurance for Your School Issued Device

Accidental Damage, Loss, Theft | No Deductible | No Hidden Fees | No Waiting Period For Claims



Student Device Insurance Coverage: Purchases can be made before or during the coverage term during open enrollment. Coverage is active from the start of the term August 1, 2024 until July 31, 2025.

Purchases made after the start of the term will be covered from the date of purchase until July 31, 2025

Does not cover accessories, unless specified. Coverage excludes known damage/losses which are present at the time of purchase. If you are paying via credit card or PayPal, there is a 4% processing fee

Insurance Premium

Device	Replacement cost Without Insurance	Insurance Cost
Dell Chromebook	\$330.00	\$25.00

Scan QR to sign up!



Kittatinnny Regional School District

Student Name: _____ School: _____
 Grade Level: _____ Parent Name: _____
 Home Phone: _____ Cell Phone: _____
 Email (Mandatory): _____ Unit Serial Number: _____
(Policy Documents are emailed)
 Date: _____ Signature: _____

Sign Up Online Now at schooldevicecoverage.com or Mail a Check to the Address Below!

Customer Service
 888.978.3515
support@schooldevicecoverage.com
Create Account & Purchase
schooldevicecoverage.com/signup
Claims
schooldevicecoverage.com/login

Mail a check with this form to:
 School Device Coverage
 3390 Auto Mall Drive
 Westlake Village, CA 91362

We also accept
 &



New School Store Items Available Online

Show your Cougar spirit with this amazing new collection of items from the online school store!

KRHS SCHOOL STORE
online ordering

SCAN TO SHOP

VISIT OUR WEBSITE
TWENTYFOURINK.COM/COLLECTIONS/KRHS

Click here to shop the new collection or scan the QR Code above

Important Upcoming Dates

January 30: MP 2 Grades Available on Portals
February 5: NCAA Signing Day #2
February 7: SCCC Instant Decision Day
February 14: Valentine's Day
February 17: School Closed
February 19: Mid MP 3
February 20: Mid MP 3 Grades Available on Portals

KITTATINNY REGIONAL HIGH SCHOOL |
[www.krhs.net]



Kittatinny High School | 77 Halsey Road | Newton, NJ 07860 US

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Try email marketing for free today!