

FORT LEE DISTRICT NEWSLETTER



FORT LEE BOARD OF EDUCATION

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Mrs. Candace Romba, Vice President
Ms. Elisa Cho
Ms. Paula K. Colbath
Mr. Ralph DiMeglio
Mrs. Holly Morell
Mrs. Kristen Richter
Mr. Michael Rubino
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Superintendent of Schools

Dr. Sharon Amato
Assistant Superintendent of Schools

Ms. Haquisha Q. Taylor
Business Administrator/Board Secretary

Ms. Jaime Cangialosi-Murphy
Director of Human Resources

Visit our Website: www.flboe.com

SUPERINTENDENT'S MESSAGE:

The leaves are turning colors and fall is quickly turning into winter. The school year had a productive opening and is well underway. The major event of the year, so far, has been the successful opening of the Lewis F. Cole Intermediate School for our 5th and 6th grade students.

On election day, three sitting Board of Education trustees were re-elected for new, three-year terms: Mrs. Paula Colbath, Mrs. Candee Romba, Mr. Mike Rubino.

As an educator and a parent, I encourage you to login to <https://www.common sense media.org>. This website provides age-based reviews for a wide range of media available to your children. There are tips and advice for parents on handling all aspects of social media.



Flags were displayed on the front lawn of Fort Lee High School for the annual Field of Heroes Program, as a symbolic remembrance to honor members of our Armed Forces and first responders, past and present. Thank you for your dedication "through service to country and community."

BOARD MEETING HIGHLIGHTS:**8/26/19**

Mr. Rota introduced Jason Ruggiero, District Technology Coordinator, to present on email safety. Mr. Ruggiero shared tips and best practices and will post the presentation on the district website.

9/9/19

Dr. Amato announced that the new Intermediate School opened. Mrs. Han Silver commended everyone especially custodians. Mrs. Han Silver appreciated the efforts by all and especially appreciated the patience by staff and families.

COMMITTEE REPORTS

The Fort Lee Administrator Group (FLAG) Memorandum of Agreement was approved at the last board meeting.

Mrs. Han Silver shared that Fort Lee Education Association (FLEA) and the Board's Negotiations Committee had its first mediation session last week.

9/23/19

Mr. Rota congratulated Fort Lee freshman Stephanie Yakoff who won the 2019 BCWCA Large School 1st Singles title at this year's BCWCA Girls Tennis Tournament.

Mr. Rota shared that Fort Lee lost three (3) members of the school community, Charlie Janesak, John Brunton and Gina Graziano Hempton, and requested a moment of silence to honor their remembrance.

COMMITTEE REPORTS

Mrs. Richter reported that the Curriculum Committee met on September 18th. She reported that Dr. Amato shared updates as it related to curriculum. Some of the items discussed were the standard-based report cards and the transition from quarterly report cards to trimester report cards at the elementary level. Mr. Rubino shared that the School Security Committee met with the Chief of Police.

Ms. Colbath reported that she and Mrs. Tuck sit on the Legislative Committee for the New Jersey School Boards Association. They met on September 14th and Mallory's Law was discussed. This law was named after Mallory Grossman, the Rockaway Township 12-year-old who died by suicide after she was allegedly bullied by classmates.

Ms. Colbath reported that she attended the School Finance Committee meeting at the New Jersey School Boards. She stated that Monroe Township sent some Board members to present a resolution regarding S2 which NJSBA is currently looking at. Also, they were given eye opening information on the State budget.

Ms. Colbath further shared that the Bergen County School Boards Association met with the Business Administrator group. Two issues were highlighted: starting a program called *Unsung Heroes* hoping that all the Bergen County schools will nominate a student who is a non-athlete for recognition.

Ms. Colbath also shared that in Westwood the Bergen County Prosecutor's Office want to impose a 24/7 access to school video.

NEW MATH AND SCIENCE SUPERVISOR

Mark Bitar II is the new K-12 Math and Science supervisor at Fort Lee. Mark began his educational career in the Mahwah Public Schools in 2010 where he served as a Chemistry and Forensic science teacher. While at Mahwah, Mark was also the high school assistant varsity and JV boys lacrosse coach where the team won multiple league titles. Mark graduated from Seton Hall University with a Bachelor's Degree in chemistry and secondary education. He then continued his education at Montclair State University where he earned a Masters degree in Educational Administration. Mark looks forward to working with Fort Lee teachers and administration to continue a great learning environment for all of the Fort Lee Public Schools students!

GO MATH!

The district is providing teachers of Kindergarten through 4th grade follow-up professional development on the new Go Math program. The small group professional development sessions will be held in grade level groups at each individual school. Prioritizing instruction using the 5E Instructional Model will be the major focus of the training. This will be done by locating and managing resources to enhance instruction. Planning for whole and small group differentiated lessons using the print and digital resources including The Personal Math Trainer will also be examined.

ISCIENCE

IScience online textbooks are now in the 6th Grade! The 7th Grade and 8th Grade science classes have been using IScience 2 and IScience 3 respectively and we are excited to now have IScience 1 in the 6th grade. All students will receive a textbook code that gives them access to the online textbook. Some of the features include Project-Based Learning Activities, Cyber Science Videos, BrainPOP, and so much more!

**READ DIVERSE BOOKS*****Grades K-2**

Alma and How She Got Her Name by Juana Martinez-Neal

We Are Grateful: Otsaliheliga by Traci Sorell

Grades 3 - 6

Save Me a Seat by Sarah Weeks

Child of the Dream A Memoir of 1963 by Sharon Robinson

Grades 7-12

Booked by Kwame Alexander

The Night Diary by Veera Hiranandi

Grades 9-12

Picture Us in the Light by Kelly Loy Gilbert

Sparrow by Sarah Moon

**The titles listed above are compiled from Scholastic's Diverse Books flyers. They are not Fort Lee Board of Education approved titles. Certain titles may contain subject matter that some parents or guardians may not want their children to read. We encourage parents and guardians to review the topics discussed in these books and determine if they are appropriate choices for their children.*

STANDARDS-BASED REPORT CARD FOR GRADES K-4

Fort Lee will move to trimesters and a Standards-Based Report Card for all Grades K-4.



The district launched a standards-based report card for grades K-2 in 2015-2016. We revised the K-2 report card to include new standards and expanded the report card to include all grades, K-4. Starting this academic year, all Grade K-4 students will receive 3 report cards annually.

FAQ

What is a standards-based report card?

A standards-based report card communicates progress toward the most important skills students should learn in each subject at a particular grade level. In our elementary school learning environment, students receive a variety of assessments that inform the teacher of student progress toward meeting content and performance standards. A report card will be distributed to parents three times a year.

Why use a standards-based report card?

The Fort Lee School District curriculum is guided by the New Jersey Student Learning Standards (NJSLS), which are set by the NJ Department of Education. Student attainment of the standards is measured by multiple measures such as formal and informal classroom and other standardized assessments. The goal of the standards-based report card is to provide meaningful feedback focused on end of year outcomes. The report card gives clear information about what we want students to learn and what they should be able to do as a result of their learning. Expectations for each of the trimesters determine if the student is progressing toward the end-of-year standards. If parents have any questions, they should contact their child's teacher. Informational brochures are available in the principal's office.

EARLY DETECTION SAVES LIVES

By Mary Boujotas, Fort Lee Fire Inspector

This is the second year doing the t shirt fundraiser. October is not only breast cancer awareness month but fire safety month. Our "Early Detection Saves Lives" fundraiser is a double entendre which benefits both causes.

100% of the proceeds from our t-shirt fundraiser are donated. 50% goes to Pink Heals of Bergen County. They are a local organization that provide emotional and financial support to residents of Bergen County with any type of cancer or terminal illness. They have also been known to go out of County for people in need. The other 50% goes to our fire safety education program.

We take pride in our fire safety program and are constantly looking to improve and expand upon it. A big part of our program is our fire safety trailer/smoke house as well as our Sparky robot. We bring our fire safety trailer to not only Fort Lee schools but to "neighboring" towns as well. This past year we also went to Edgewater, Fairview (we also do a day in their Junior police academy), Palisades Park, Hasbrouck Heights, and Hopatcong! We also got invited by the NJ State Forestry Service to bring our fire safety trailer to Smokey the Bear's 75th birthday this past summer as well as fire safety days in Lodi and New Milford and local events such as Saint Rocco's, PBA 5K, East Bergen Mutual Aid Fire Safety Night, and the Madonna carnival...just to name a few.

Our fire safety trailer and our Sparky robot go through normal wear and tear and it's pricey to fix them. We just recently had to replace the electrical panel in the trailer and when this season is over we will need to replace the canopy as it is tearing. We are also looking to install a canopy over the rear window that the children exit out of. This will be useful on really sunny days or those days that are a bit rainy as well.



Fort Lee Fire Inspector Mary Boujotas joins Central Office staff members to show support of the "Early Detection Saves Lives" annual cancer awareness fundraiser.

Lewis F. Cole Intermediate School Ribbon Cutting Ceremony...

On Monday, October 14, 2019, a ribbon-cutting ceremony was held in the Main Entrance Lobby of the Lewis F. Cole Intermediate School, which opened its doors in September 2019 to welcome the fifth and sixth graders to a new learning facility. A tour of the new facilities was open to all to see the state-of-the-art learning environment for the students of the Borough of Fort Lee.



Save the date!
Monday, October 14, 2019
6:30 p.m.

Lewis F. Cole Intermediate School Ribbon-Cutting Ceremony

Come join us for a ribbon-cutting ceremony in the Main Entrance Lobby of the Lewis F. Cole Intermediate School
 467 Stillwell Avenue, Fort Lee, NJ



Tour of the new facilities immediately following!



Fort Lee Board of Education Members praise the opening of the Lewis F. Cole Intermediate School.



Mayor Mark Sokolich



Superintendent Ken Rota pictured with Board President Esther Han Silver



Robert Daniello, Principal of LFCIS

Fort Lee Restaurant Week — Fourth Annual Success! FLRW Kickoff Event Raises \$7500 for Fort Lee Public Schools Meal Program

Fort Lee's Restaurant Week began with a kickoff event hosted at Ventanas at the Modern. The night began with an introduction from celebrity chef David Burke and continued with presentations of different dishes created by chefs Josh Capon, Dale Talde, Antonio Dinis, and Ben Pollinger. The night concluded with a Q & A panel with all chefs on stage to take questions from the audience.

Event guests enjoyed maple-glazed bacon, tuna tartare tacos, house-made burrata, mahi-mahi escabeche, miatake mushrooms, and herb-cruste colorado lamb chops - all with an individual twist from the talented chefs.

When chefs were asked by the audience what their favorite restaurants in Fort Lee were, Chef David Burke mentioned Baggios, Dong Bang Grill, and T-Swirl Crepe. Chef Josh Capon exclaimed his go to place is Aquarius Seafood.

Fort Lee's Restaurant Week Kickoff Event was able to raise \$7,500 for Fort Lee's Public Schools Meal Program. The check was presented to Assistant Superintendent of Schools, Dr. Sharon Amato.

The remainder of the week included local restaurants opening their doors to the community. It gave residents and visitors an opportunity to taste exquisite flavors from a variety of cultures at appealing prices. Over 40 restaurants in Fort Lee's Town Center offered unique menus or specials this year.

"We had a great turnout from our residents participating in Restaurant Week in our Town Center, and the feedback we have been getting has been outstanding. People absolutely love the culinary delights the restaurants present throughout this week and we are very excited to see what next year brings."

To see what the next event Fort Lee Business District Alliance is hosting, please visit their website at <http://www.bdaftlee.com>



Dr. Sharon Amato, Assistant Superintendent of Schools, and Ms. Jaime Murphy, Director of Human Resources, accepted the generous donation of \$7,500 on behalf of the district in support of the Fort Lee Public School's School Meal Program. A special thank you to the Fort Lee Business District Alliance for hosting this event and for all their support to the community.

Wellness Fair 2019...

On October 2nd, we hosted our 4th annual Employee Wellness Fair. This year's theme was "Passport to Wellness!" Employees traveled from Health & Nutrition, to Fitness, to Insurance and Financial Wellness! We had over 30 participating vendors from our local communities and district services for all of the staff members that attended to visit and speak with as they traveled the fair! From flu shots to massages and from acupuncture to healthy eating tips, the fair offered something for everyone! This year's wellness winners were:

- \$100.00 Visa Card and Wellness Basket (Donated by Brown & Brown) - Kerry Donza, LFCIS
- \$100 Amazon Gift Card (Donated by FLPS) - Elisabeth Inomata, LFCIS
- \$50 Amazon Gift Card (Donated by Bergen Pain Clinic) - Christine Teitelbaum, Schools 1, 2, 3, and 4
- \$50 Amazon Gift Card (Donated by Bergen Pain Clinic) - Patricia Konstantinova, FLHS
- \$25 Amazon Gift Card (Donated by Security Benefits) - Silvia Alfaro, CO
- Designer Sunglasses (Donated by VSP) - Noemy Gonzalez, Bus Driver
- \$100 YMCA Membership Credit (Donated by Meadowlands Area YMCA) - Cecilia Kim, School 4

This year's wellness fair was a huge success because of everyone who made it possible. Thanks go out to the high school custodial staff for their help with set up, and to Pomptonian for providing great snacks. A special thank you to Pat and Tara from Brown & Brown Benefits Advisors for all their support and hard work helping us to put this together. A special thanks also goes out to Tammi Gil for coordinating the whole fair! Great work to all involved!



Elisabeth Inomata, LFCIS, won a \$100 Amazon Gift Card (Donated by FLPS) at Wellness Fair.



Silvia Alfaro pictured with Marta Ortiz, CO, won a \$25 Amazon Gift Card (Donated by Security Benefits).

Wellness Fair 2019...

Pictured are some of the many vendors who participated in our annual Wellness Fair.



Back-to-School Night...

BACK-TO-SCHOOL NIGHT:

On September 25th School No. 2 families attended Back-to-School Night. This was a great opportunity for our families to meet the staff and learn about their child's class. There was also a table staffed by our PTA who shared with families the many programs and activities that our PTA supports. Thank you to all parents who attended.

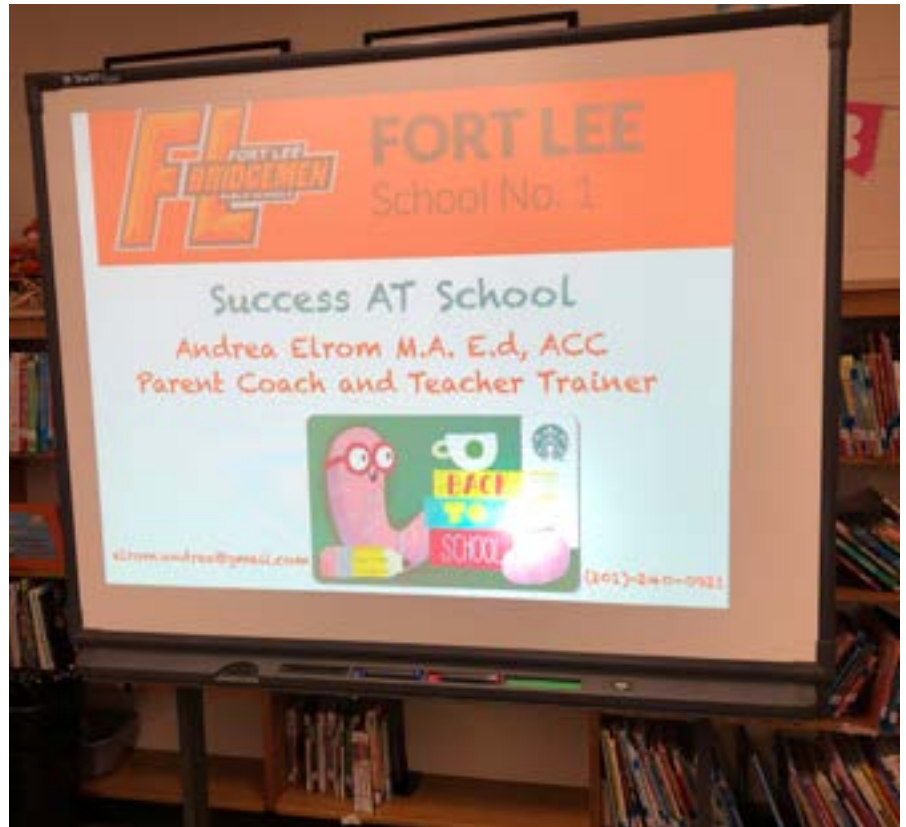


Pictured from Left to Right: PTA Members Leslie Gracz, Ed Berdecia, Amy Burnett, Lisa Kim, Jennifer Mane, Jamie Carter and Principal John Brennan of School No. 2.

What's Happening @ S#1...

EXECUTIVE FUNCTIONING:

An outstanding presentation by Andrea Elron, M.A., ED, ACC, former parent of School 1, was shared with over 80 people in attendance. It focused on the importance of Executive Functioning for our children. She delivered a multitude of strategies that can help all children, including our special education population, to have a successful educational experience. The workshop covered Time Management, Organization, Planning, Prioritizing, Motivation and strategies about avoiding homework challenges.



What's Happening @ S#1...

HALLOWEEN FUN:

Our Halloween Trunk or Treat and parade were celebrated at School No. 1 indoors due to the weather. It was a blast enjoyed by all!



BUDDY PROGRAM:

The Kindergarten and Fourth Grade classes at School One met for the first time to kick off the Buddy Program. This pumpkin decorating activity marks the first time the Buddy Program has been instituted for Kindergarten students and fourth graders since our fifth and sixth graders have moved on to the Intermediate School. Staff and students were pleasantly surprised at how well the students received one another. Fourth grade students not only assisted their Kindergarten buddies in selecting their pumpkins, but they also decorated them together while having casual conversations with one another. This is the first of many activities scheduled for the year. A fun time was had by all, and the students are looking forward to developing a positive relationship throughout the rest of the 2019-2020 school year!



What's Happening @ S#2...

BOOSTERTHON:

This September our School No. 2 students returned to school and participated in the Boosterthon Fundraiser. This event, organized by the PTA, asks students to obtain pledges for the fun run. During the fun run, which was on September 26th, students run between 30-35 laps on a track set up in the School No. 2 parking lot. We are proud to report that our students raised over \$10,000 to buy playground equipment and complete the "Only One You" rock garden project!! As a result, students received a reward. At the conclusion of the Boosterthon Fun Run, Mr. Brennan accepted the ice bucket challenge.



What's Happening @ S#3...

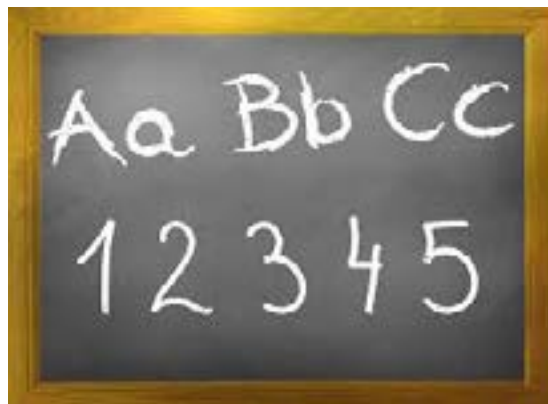
WELCOME BACK ICE CREAM PARTY: Our school year got off to a great start with a PTA reception for our new Kindergarten parents on opening day. Parents were welcomed and served refreshments while waiting for their newly-minted School 3 students to enter the building. The welcome back festivities continued with our annual Welcome Back Ice Cream Party for the entire school which was held in the courtyard on September 17th.



"School #3 PTA welcomes our students back to school with an ice cream sundae party. Everyone enjoyed the treat on a bright sunny day."

BACK TO SCHOOL NIGHT:

Back-to-School Night, September 25th, was another opportunity for parents to learn about the curriculum and expectations directly from their children's teachers.



ENRICHMENT: Our After School Enrichment Activities Program has expanded this year. Students will be able to enroll in a variety of enrichment activities including STEM, Crayola Arts, Scrapbook Memories, Zumba, Robotics, Public Speaking, Chess Beginners and Intermediate, Typing Beginners and Intermediate, Story Nest and Designer Den. For early risers, our BOKS program is back, allowing students to get active before classes start.

EVENTS PLANNED: Some new co-curricular activities are also planned. These include, School 3 Newsletter and Arts Journal and Tinker Cad, a 3D CAD design tool to be conducted in the Library Media Center. Of course, our collaboration with the high school theater program will continue with our planned musical production of *Lion King Jr.* Auditions will be held on October 25th. School 3 is definitely the place to be!

What's Happening @ S#3...

FAMILY NIGHT: The entire School 3 community came together at our Family Night on Friday, September 27th. This was an evening of fun activities scheduled for our students, including Bounce House, Face Painting, DJ, Dancing and Barbecues. More than 300 people are expected to attend.



What's Happening @ S#4...



On Friday, September 20, 2019, the School No. 4 PTA hosted their annual Outdoor Movie Night which took place on the School No. 4 Field! The PTA served popcorn and treats, while our families enjoyed the movie, "Pokémon, Detective Pikachu". Thank you to the PTA and all of the families that came out to be part of this great tradition!

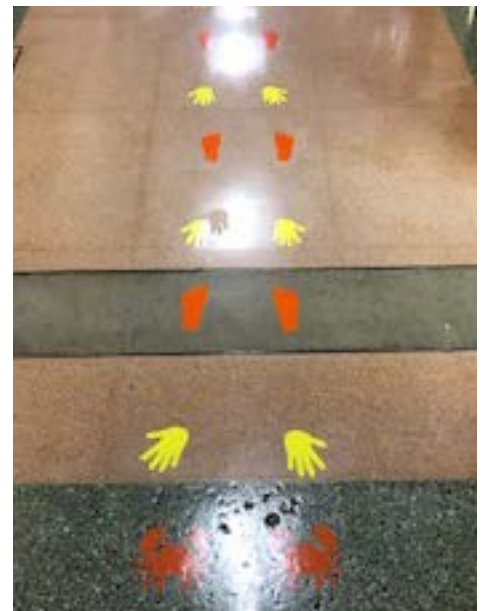


A big Thank You to the School No. 4 PTA for assisting in our fundraising efforts during the 2018-2019 school year. All proceeds went to new Flexible Seating Furniture for our Kindergarten through Grade 2 classrooms. Pictured are First Grade classrooms utilizing the new Flexible Seating during instruction.

What's Happening @ S#4...



On Tuesday, September 24, 2019, Ms. Etra, Theatre Teacher from FLHS, along with approximately 20 FLHS student actors, presented an acting workshop to our 4th grade students. This yearly visit exposes our students to acting at a young age. The students are given direction and exercises on acting and then given a chance to implement what they have learned within their group. The students thoroughly enjoy the visit from Ms. Etra and the high school students as they lay the foundation for our future actors!



A big Thank You to the School No. 4 Kindergarten Team, (Mrs. Artinger, Ms. DeLuca, Ms. Liquori & Mrs. Toturgul) and our Occupational Therapist, (Dimitra Kotsiotas) for creating a new Sensory Walkway near the Kindergarten classrooms!!! A sensory path is a colorful, creative and playful way for kids to build sensory pathways, connections in the brain that are responsible for sight, touch, sound, etc. which enable kids to complete complex, multi-stage tasks. A sensory path is a great way for kids to develop motor skills like balance, hand-eye coordination, and spatial awareness. We are happy to provide yet another great tool for our students and staff to use!

What's Happening @ S#4...

The School No. 4 custodial staff worked hard this summer transitioning our building to service Kindergarten through Grade 4 students. We are happy to report that we have a dedicated educational space for Art, Music and Library, as well as, classroom locations for our pull-out support services, such as BSI, ESL, Bilingual, Speech and Occupational Therapy. We have hit the ground running and are looking forward to a great school year with the School No. 4 Families!



Ms. Koyo working with her ESL students in her new location!



Mr. Sylvester, Music Teacher leading the class in his new room!

We are very happy to announce that we have the School No. 4 Library back to its original purpose! Over the next couple of months, we will be transforming this location into a creative and inviting educational space for students. Stay tuned!



What's Happening @ LFCIS...

LEWIS F. COLE INTERMEDIATE SCHOOL OPENING:

Lewis F. Cole Intermediate School officially opened on Monday, September 9 for all of Fort Lee's students in grades 5 and 6. This is a state-of-the-art educational facility that will serve to prepare these students for the challenges of middle and high school. Thank you to the residents of Fort Lee for putting the education of our children first. Below is a drone shot of the intermediate and middle school facilities.



RED RIBBON WEEK:

Students and staff at Lewis F. Cole Intermediate School participated in Red Ribbon Week 2019 during the week of October 21. Red Ribbon Week is a national initiative to provide drug awareness and promote messages of living a drug-free life. All of the students at LFCIS took the pledge to remain drug-free and participated by dressing to a theme each day of the week. On Friday, October 25, all students and staff at LFCIS wore red in recognition of the week's events. Pictured is a human red ribbon created by all of the students who wore red on this day.



What's Happening @ LFCMS...

UPSTANDER PROGRAM:

The New York Jets, along with Stomp Out Bullying and Beth Page Credit Union, are leading a unique school initiative called "Upstander of the Week." For each of the 16 weeks during the NFL season, Lewis F. Cole Middle School will select a student who demonstrates upstanding qualities and honors them as the Upstander of the Week. The selected students will receive 2 tickets to a Jets home game this season for their hard work and dedication to improving the culture of L.F.C.M.S. The students who were selected for the month of September were extremely welcoming to new students entering our building this school year. They are all exceptional young adults who are eager to help their peers and teachers while helping the new students get acclimated to the building. These students volunteered to help at two district Back to School Nights to direct and welcome parents to the facilities. In addition, as Student Ambassadors, they assist our special needs students in their Unified Arts classes. Congratulations to Camille Falcon, Kiana Falcon, Alexa Lopez, and Jacqueline Lee, the L.F.C.M.S. Student Upstanders for the month of September!



Camille Falcon



Jacqueline Lee



Kiana Falcon



Alexa Lopez

NATIONAL UNITY DAY:

On October 23, Lewis F. Cole Middle School took part in Unity Day 2019. Unity Day was started by PACER's National Bullying Prevention Center as a signature event of National Bullying Prevention Month. The call to action was to "Make it Orange and Make it End. Unite Against Bullying!" Participants were encouraged to wear orange to show their support for bullying prevention. The students of LFCMS took this one step farther and created a human peace sign to help support and symbolize the message of being kind to each other. Pictured is the orange peace sign made by the students at LFCMS.



What's Happening @ LFCMS...



INTERMEDIA - GOLD MEDALIST AWARD:

Under the advisement of Art Teacher, Nina Anderson, and Language Arts Teachers, Nicole Pacciani and Priscilla Yoon, Intermedia 2018-2019, the art and literary magazine produced at the Lewis F. Cole Middle School, has been awarded a Gold Medalist Award by the Columbia Scholastic Press Association at Columbia University. The 47th volume of the publication was also bestowed All Columbian Honors for its outstanding score (198/200) in the Essentials Category for theme, concept, organization, and reader services such as layout, editing, and proof reading. Comments from the written critique include, "Wonderful variety in the genres and sub-genres represented. Student creativity is apparent in the various subject matters discussed. Overall, this magazine reflects the dedication and creativity of its editors and staff - it was a pleasure to read. It was also refreshing to see a multilingual approach with some of the works. The celebration of a variety of writers and artists shows how inclusive the Lewis F. Cole Middle School really is."



Pictured left to right: Ms. Yoon, Mrs. Anderson, Ms. Pacciani

Play 60 Challenge

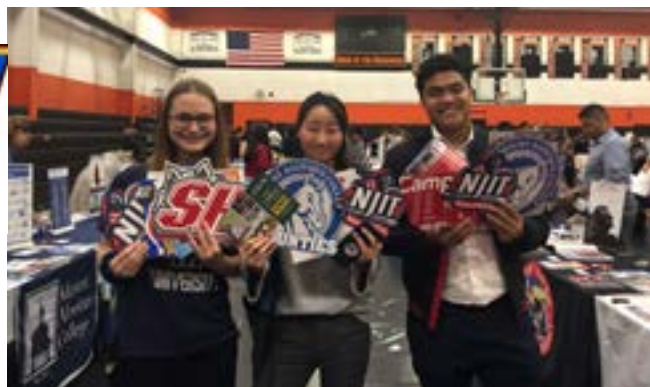
Lewis F. Cole Middle School was selected last April to represent the New York Giants in the NFL's Play 60 Challenge. This allowed the middle school students to be visited by N.Y. Giants players on five separate occasions. The culminating event of this selection was to have a select group of students attend the Giants game on October 20 versus the Arizona Cardinals. 60 students and 10 teachers were chosen to join the Giants players on the field for the pre-game warm ups. The students and staff were then escorted to the Verizon Patio suite to watch the game. The final gesture of involvement from the N.Y. Giants was a donation of \$25,000 to Lewis F. Cole Middle School in order to help support the goal of establishing a true fitness and wellness center. The middle school students and staff are grateful to the N.Y. Giants for their generosity and commitment to promoting fitness at the middle school level. Pictured below are the students and staff who attended the game, Giants player Saquon Barkley taking a selfie with the middle school students and the presentation of the \$25,000 check with Lauran and Justin Tuck.



What's Happening @ FLHS...

COLLEGE FAIR:

Fort Lee High School hosted their annual College Fair for students in grades 9-12. Over 110 colleges and universities and hundreds of Fort Lee families were in attendance! This yearly event is a great way for our students to introduce themselves to local college reps and build relationships early on in the college process. It is never too early to begin your college search.



SENIOR NIGHT:

The School Counseling Department at Fort Lee High School hosted its annual Senior Night for seniors and their parents with over 250 participants! Topics of discussion included the college application process, various deadlines, the counselor vs student roles and financial aid. Michael Corso, the Director of Financial Aid, for William Paterson University was a guest speaker who detailed the FAFSA filing application. The Class of 2020 has a bright future ahead.

ANNUAL 10TH GRADE PARENT & COUNSELOR BREAKFAST:

The FLHS School Counseling Department held their annual 10th grade parent and counselor breakfast on Friday, October 18th at 9 a.m. in the FLHS Auditorium. Parents were given the opportunity to meet their child's counselor and learn how to get their child involved in clubs and activities in order to boost college applications! There was also a presentation given by representatives from the Bergen County Division of Mental Health regarding the new 10th grade Teen Mental Health First Aid (TMHFA) program. Fort Lee High School is one of 35 schools nationwide who have been chosen to participate in Lady Gaga's "Born This Way" Foundation and National Council for Behavioral Health new program.

What's Happening @ FLHS...

VOLLEYBALL SENIOR NIGHT:

On October 17, 2019, the Fort Lee High School Girls' Volleyball team hosted Cliffside Park. On this "Senior Night," the Lady Bridgemen of the 12th grade were honored by their coaches, parents, and teammates. In their senior year, these young women have been a part of a special run as they held a 10-match win streak during the regular season and were poised to make a postseason run.



ATHLETIC NEWS...

Stephanie Yakoff - BCWCA Singles Champion:

Fort Lee freshman Stephanie Yakoff has made her mark on North Jersey tennis in just her first year as a Bridgemen. Yakoff faced Tenafly's Erin Ha in the final of the large school division of the BCWCA's annual county tournament held at Northern Valley - Old Tappan this past week (9/21-22). By defeating Ha (6-1, 6-3), Yakoff became the first Bridgemen girls tennis player to win a first singles title in the tournament.



Stephanie Yakoff - NJSIAA State Champion:

Being a freshman comes with many firsts: first day of high school, first pep rally, first mid-term and so on and so forth. For Stephanie Yakoff, those firsts included becoming Fort Lee's first ever girls tennis BCWCA singles champion and first ever NJSIAA girls tennis state champion. Yakoff clinched the NJSIAA title by defeating Caroline McGinley of Kent Place, 6-1, 6-0, on October 19th at Mercer County Park in West Windsor. Yakoff was seeded fourth and fellow freshman McGinley was seeded second. Congratulations!

Varsity Football - Super Football Conference Media Day:

This past August, captains of our varsity football team took part in the Super Football Conference's annual Media/Sportsmanship Day held at Wayne Valley High School. During the event, members of the media interviewed our players, new head coach and officials of the Super Football Conference. Our players joined other SFC student-athletes for a talk by new conference President Rich Hansen of St. Peter's Prep, Roman Ozben, a former NFL player who now works for the NFL's office and Fort Lee student, Jordan Sarnoff, who spoke on topics of sportsmanship and proper social media usage. Charles Salame, the first year Bridgemen head coach took in a talk by Carmine Picardo, the league's assignor of officials, that reviewed rule changes by the NFHS (the governing body of interscholastic football in the U.S.) and also learned about the new playoff format.



Varsity Volleyball - Season Recap:

Building behind a strong returning roster, Fort Lee volleyball looks to not just compete for a Big North Conference American Division title, but an NJSIAA title in 2019. As of 10/27, the Bridgemen sit with a 21-6 record (9-5 in league). Fort Lee was 2-1 in their first three matches defeating Dumont and Westwood Regional but falling to Mahwah in the season opener. On September 21st, the Bridgemen swept Teaneck and Hillside in a tri-match leading to a big 2-0 win at Bergenfield on the 24th. Heading into the BCWCA tournament, the Bridgeman traveled to Wood-Ridge where they defeated the Blue Devils in three sets, punching their ticket to the tournament's round of 16, where Fort Lee faced the overall number one seed, IHA, and fell to the Blue Eagles in two sets. At the NJSIAA tournament cutoff, Fort Lee had a record of 20-6 as seeding begins on Monday, 10/28.



ATHLETIC NEWS (continued)...

Varsity Girls Soccer - Season Recap:

Fort Lee's season has been tremendous thus far in 2019. The Bridgemen began their campaign 3-0, including a 3-2 win against non-public power Paramus Catholic. As of 9/26, Fort Lee sits with a 6-3-1 record, the lone draw against league foe Dumont. Following a loss at Morris Tech early in the season, Fort Lee went on a four-game unbeaten streak with wins coming against Ridgefield Park, Passaic Valley and Eastern Christian. Newcomers Lara Neidik and Jordana Marcus and returnees Angelina Vargas and goalkeeper Vivian O'Loughlin helped propel the Bridgemen to a final regular season mark of 10-6-1 (2-4-1 in league); the first time ever the Bridgemen girls' soccer team had a winning record for the regular season. Fort Lee was also seeded seventh in the NJSIAA North 2, Group 2 State Sectional Tournament and will host the tenth seeded Madison on Monday, 10/28, at 7:00pm at the Dr. Alan W. Sugarman Sports Complex in Fort Lee in the first round.



Varsity Boys Soccer - Season Recap:

Fort Lee's varsity boys' soccer team began their season 3-1-1 with big wins coming against Dwight Morrow, Paramus Catholic and Ridgefield Park, along with a hard fought tie at home against River Dell. With strong senior leadership and host of returning players, Fort Lee has improved to a final regular season record of 8-7-1. Senior captain Alexander Gegechkori leads the side with 16 goals this season for the Bridgemen. Fort Lee has performed exceptionally well on the road with a 5-2 mark this season. Fort Lee was seeded eleventh in the NJSIAA North 2, Group 2 State Sectional Tournament and will travel to the sixth seeded James Caldwell on Tuesday, 10/29, for a 4:30pm kickoff.

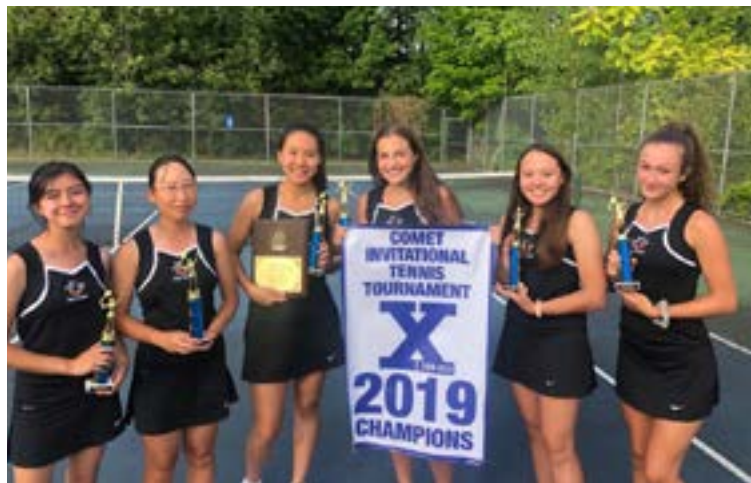


Both boys and girls state sectional tournament information is available at www.FLBOE.com under 'Athletics.'

ATHLETIC NEWS (continued)...

Varsity Girls' Tennis:

On the team side, Fort Lee won the tenth edition of the Comet Invitational Tournament and has proven their mettle in all matches played so far this season. Through eight games played, Fort Lee sits 3-5 (3-3 on the road) but has scored at least one point in all but three matches played. Looking towards October, Fort Lee will face longtime rivals Cliffside Park and Ridgefield Park and take on American Division opponents Ramsey, Mahwah, Westwood Regional and Pascack Hills to round out the regular season.



Varsity Cross Country:

Heading into 2019, there was a lot of buzz surrounding Bridgemen cross country. NorthJersey.com ranked Fort Lee's girls 23rd in their pre-season rankings. Led by senior captain Cynthia Aguero, the girls' team looks to strongly compete at the county and state levels while remaining competitive in the stacked Big North Conference. On the boys' side, Captain Eric Shin looks to lead the Bridgemen boys to a strong start in 2019. At the meet on 9/14, Fort Lee had four runners medal with all times under 26 minutes. At the Bernie Magee Memorial Class Meet, newcomer Ekuyami Conteh finished in 3rd with a time of 11:29.60.



Captains' Summit:

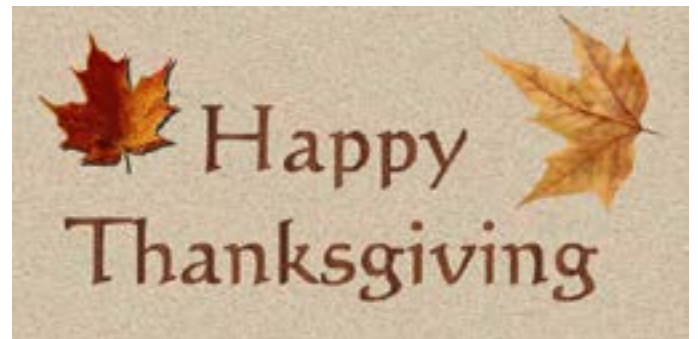
In 2019, the Fort Lee Athletic Department will introduce a bi-seasonal "Captains' Summit" with the captains of our varsity teams in each of the three athletic seasons. Captains will meet with the Director of Athletics and NJSIAA representative to gather their feedback on topics of summer blackout periods, sportsmanship, attendance at sporting events and multi-sport participation. Information gathered from each meeting will be shared with the NJSIAA and the NJSIAA's Student-Athlete Advisory Council, the Directors of Athletics Association of New Jersey (DAANJ) and the Big North Conference to share information that could benefit member schools across each of these organizations. Stay tuned for additional developments!

SCHOOL MESSENGER APP:

“[Fort Lee SchoolMessenger App](#)” - a powerful way to stay connected to your student’s school or district. The new SchoolMessenger app gives busy parents, students, and staff a way to stay engaged with their school or district through their phones.

MENTAL HEALTH TIP OF THE MONTH:

Make sure to practice self-care. What are some of the healthy things that you do to promote your overall mental/physical wellness? Some people meditate, some exercise, some practice yoga, and others prefer to relax with a good book. Whichever method you choose, try to leave some time daily to do healthy activities that you enjoy. Your body and brain will thank you!



CALENDAR OF EVENTS:

Monday, November 18, 2019	Board of Education Public Meeting (HS Media Center)	7:30 p.m.
Thurs-Sat., November 21, 22, 23, 2019	HS Fall Production of "Lost In Yonkers" (HS Auditorium)	7:00 p.m.
Wednesday, November 27, 2019	Thanksgiving Break - EARLY DISMISSAL	
Thurs/Friday, November 28-29,2019	Thanksgiving Break - DISTRICT CLOSED	
Monday, December 16, 2019	Board of Education Public Meeting (HS Media Center)	7:30 p.m.
Monday, Dec 23 - Weds, Jan 1, 2020	Holiday Break - DISTRICT CLOSED	
Monday, January 6, 2020	Reorganization Meeting (HS Media Center)	6:00 p.m.