



NEWSLETTER

Volume 18, Issue 1

❖ Printed with pride for our school community ❖

October 2009

Go Mustangs!

A Message from Our Principal

The 2009-2010 school year is well underway and your sons and daughters should be engaged in curricular and extra-curricular activities at this point. At our opening class assemblies this year, the important theme of "**Kennedy Learners Thrive Through Diversity, Change, and Cooperation**" was emphasized to our students. Our students are also being challenged to achieve excellence in Academics, Athletics and the Arts. In addition, treating all of their peers with respect as well as respect to all adults in the building is a goal that will be stressed throughout the school year. The reinforcement of the theme by parents and guardians will certainly increase our student's chances for a successful school year and high achievement.

We are especially proud of the following achievements during the 2008-2009 school year:

- ◆ AP enrollment up – 242 tests taken by 125 students. 3.13 avg.
- ◆ 17 Bloustein Distinguished Scholars
- ◆ 2 students scored 800 on the SAT-Math section
- ◆ 1 National Merit scholarship finalist – 1 Commended Scholar
- ◆ 2 Students accepted to participate in the Columbia University Science Program
- ◆ 1 Senior – attending Harvard University
- ◆ Several Science Research

students participated in the Probe Science Program and NJ Academy of Science Program

- ◆ NHS – was able to collect 240 pints of blood and 10,000 lbs. of food
- ◆ Band & chorus members were selected to the CJ – Chorus & All State Band
- ◆ GMC – Division Champs in – baseball and wrestling. Baseball
- ◆ North Jersey Sec. II Group III State Champs & the overall Group III State Champs.

John F. Kennedy has strong traditions of academic excellence and established partnerships with its community. Kennedy's diverse community is a microcosm of today's society. We value our diversity, acknowledge the many different languages spoken by our students, and strive to recognize and celebrate the uniqueness of each individual. This uniqueness coupled with a strong sense of community lends itself to the following quote.

"What makes a good school has very little to do with how rich or poor the students are or the type of curriculum that's taught. It has very little to do with special programs, expensive playing fields, snappy uniforms, or whether the school is wired to the Internet. What makes a good school, whether it's public or



Principal Michael A. Cilento

private, religious or non-religious, charter or non-charter is a feeling. A feeling shared by the entire staff and student body that their school is special. A feeling that their school really belongs to them." That's JFKMHS.

By P. Manna

Please be assured that our entire staff is committed to the theme "**Kennedy Learners Thrive Through Diversity, Change, and Cooperation**" and fostering respect will be our constant goal as we work with your sons and daughters this school year. Each and every one of us, from teachers and administration to support staff, are dedicated to providing the best possible educational experience for our students. Our children, our community, and our future deserve no less. We wish our students the very best for the 2009-2010 school year.

**John F. Kennedy Memorial
High School Newsletter**

The John F. Kennedy Memorial High School Newsletter is published four times a year. It is prepared at Kennedy on a Dell Optiplex Personal Computer using Microsoft Publisher. The copy is printed on a laser printer and then reproduced for distribution at Central Administration. The newsletter is distributed by bulk mail to the families of our students.

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Sherry Wandras, Vice Principal

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**WOODBRIIDGE TOWNSHIP
SCHOOL DISTRICT**

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**2009 — 2010
School Calendar**



September

Labor Day September 7
First Day of School September 2
Yom Kippur.....September 28

October

Teachers' In-ServiceOctober 12

November

Fall Recess..... November 2—6
Thanksgiving Recess November 26—27

December

Winter Recess December 24—31

January

Winter RecessJanuary 1
Martin Luther King Day.....January 18

February

Presidents' Birthdays..... February 12, 15

April

Spring RecessApril 2—9

May

Memorial DayMay 31

June

Last Day of SchoolJune 22

PLEASE NOTE:

Unused storm days will be used to extend Spring Recess and/or Memorial Day Recess.

Additional inclement weather days will be made up during other vacation times at the discretion of the Board of Education.



Join the JFK Parent-Faculty Forum

The Parent-Faculty Forum is an organization of concerned JFK parents and staff members. Throughout the course of the school year, the Parent-Faculty Forum hosts various fundraisers to raise money for scholarships for our JFK students. The dues for the Parent-Faculty Forum are \$10 per family. In order for your child to be eligible for a scholarship from the Parent-Faculty Forum, your family must be paid members. Please join the Parent-Faculty Forum and help support our students.

Fill out the form below and return it with your check for \$10 to the Main Office, Attention: Parent Faculty Forum. Please make your check payable to *John F. Kennedy Memorial High School PFF*. Funds raised during the course of the school year will benefit ***your*** child!

JOHN F. KENNEDY MEMORIAL HIGH SCHOOL
Parent-Faculty Forum Membership

NAME OF STUDENT(S): _____ PHONE # _____

PARENT/GUARDIAN NAME _____ STUDENT(S) GRADE(S): _____

ADDRESS _____

STUDENT(S) HOMEROOM(S) _____ \$10 Check Enclosed

Please do not send cash through the mail

Interim Report and Report Card Dates

Marking Period	Starts	Interim Reports Mailed	Ends	Report Card Distribution
1	9/2/09	10/9/09	11/13/09	11/24/09
2	11/16/09	12/18/09	1/29/10	2/12/10
3	2/1/09	3/10/10	4/14/10	4/23/10
4	4/15/10	5/18/10	6/15/10	6/30/10 (mailed)

Purchase the 2010 Kennedy Yearbook Early and Receive a Discount

Ms. Mary Szymonowicz, Yearbook Advisor, and Mrs. Nichole Lesniak, Assistant Yearbook Advisor, and the yearbook staff have been diligently producing the 44th edition of the school yearbook. **Camelot 2010, "Keeping it Kennedy"** promises to be an outstanding volume that will be cherished forever by the students. Don't miss out on having a record of your high school memories. Every aspect of the high school experience in Academics, Athletics, and the Arts has been captured. With your copy of the yearbook you will be able to fondly recall your participation in that special extracurricular club, organization, or team.

The deadline for purchasing a 2010 John F. Kennedy Memorial High School yearbook with a discount is fast approaching. The cost of the yearbook is \$100 and purchases may be made either by a check payable to John F. Kennedy Memorial High School, in cash, or for your convenience it may also be purchased on-line at the Shop.Jostens.com website by credit card. **Purchases for the yearbook prior to December 16, 2009 will receive a discount and only cost \$80.** Purchases by check or in cash are to be submitted in person to the Yearbook Financial Advisor, Mr. Anthony Palombo, in Room 106.

Seniors purchasing a yearbook with additional features including personalization, "Then and Now" photographs and messages, Personal Ads, or Group Photos should submit their orders by October 16, 2009. **Discounts for yearbooks with additional features are not available after October 16, 2009.**

The yearbook may be purchased on-line but any additional yearbook features or products from Jostens listed on the website are not available for purchase. If you wish to purchase a yearbook on-line by credit card please note the following procedures:

- ◆ Visit www.shop.jostens.com or www.yearbooksonsale.com

- ◆ Choose K-12
- ◆ Choose United States
- ◆ Choose New Jersey
- ◆ Choose Iselin
- ◆ Choose John F. Kennedy Memorial High School
- ◆ Click Continue
- ◆ Click on Buy Yearbook
- ◆ Click on Add to Cart
- ◆ Click on Proceed to Cart
- ◆ Click on Secure Checkout
- ◆ Enter Shipping Information (please note that the yearbook will still be shipped to the high school and there is no additional cost for shipping or handling). Enter information for all required fields.
- ◆ Click Continue
- ◆ Select Grade
- ◆ Enter the Homeroom Name or Number
- ◆ Click Continue
- ◆ Enter the Student's First Name
- ◆ Enter the Student's last Name
- ◆ Click Continue
- ◆ Enter the Credit Card Holder's First Name
- ◆ Enter the Credit Card Holder's Last Name
- ◆ Enter the Credit Card Number
- ◆ Select the Credit Card Type from among Visa, MasterCard, American Express, or Discover
- ◆ Enter the Credit Card Expiration Date
- ◆ Click Submit My Order
- ◆ An Order Confirmation Will Be Produced from the Website

Yearbooks are available for purchase by all students of John F. Kennedy Memorial High School. **Seniors, Juniors, Sophomores, and Freshmen may purchase a yearbook.** Don't delay any further in purchasing your 2010 yearbook.

Yearbooks are scheduled to be distributed on June 4, 2010 to seniors at the Senior Breakfast and to underclassmen during lunch periods.

JFK Welcomes New Staff Members

Ms. Beth Staab joins the Guidance Department Faculty. She graduated from The College of New Jersey with a Bachelor of Science degree in Elementary Education/Psychology. For the past seven years, she was a teacher in the district before completing her Master of Arts degree in School Counseling at Kean University in May 2009. Ms. Staab is thrilled to join the staff at John F. Kennedy Memorial High School and looks forward to a wonderful school year.

Mrs. Ellen Paloti joins the English department faculty. She holds a dual Bachelor of Arts degree in English and Secondary Education from Kean University. She is currently in the process of achieving her Master's Degree in School Counseling. Mrs. Paloti is a life long resident of Woodbridge Township as well as a former student of JFK. She is excited and optimistic to be back at JFK and she is looking forward

to the challenges and rewards that may come her way. From the beginning of her decision to become an educator, her ultimate goal was to teach at John. F. Kennedy Memorial High School, so she is very grateful to have been given this surreal opportunity. In return, she promises to always be fair, honest and to provide her students with every opportunity to succeed in her class. She will strive to give the school her best.

Mr. Joseph York joins the mathematics department faculty at JFK Memorial High School. He received his Bachelor of Science in Mathematics and Education from the Monmouth University Honors College. Outside of school, Mr. York is involved in several outdoor activities. He enjoys ocean kayaking, surfing, biking, hiking, and particularly running. Mr. York's passion for running has given him the marathon fever. He hopes to eventually coach cross

country. He is also involved in the theatre arts, acting, directing, and producing several shows in his theatrical career. Mr. York is excited about beginning a rewarding career at JFK, and looks forward to all the wonderful memories to come.

Ms. Gabrielle Kadets joins the performing arts department for Kennedy's new dance program. She received her Bachelor of Fine Arts in dance education from The University of the Arts. Ms. Kadets has been fortunate enough to perform and teach her way from Philadelphia to London, but she is thrilled to be back at her alma mater to share her love of dance with her students. She wishes to thank everyone at Kennedy for welcoming her (back) into the community.

JFK Welcomes New Staff Members

Ms. Danielle Sawyer is happy to be the newest member of the JFK Business Education Department. She received her Bachelor of Science in Business: Management from Ramapo College of New Jersey and is currently enrolled in New Pathways to Teaching in New Jersey (an alternate route teaching program). Ms. Sawyer wishes to thank the entire faculty, staff, and administration for their support and give a special thanks to the Business Education department for making her feel so welcome. Ms. Sawyer is excited to join the JFK teaching staff and looks forward to an exciting school year.

Mr. Obed Espada joins the Math Department Faculty. He received his Bachelor of Arts in mathematics at Rutgers University, New Brunswick Campus. Upon graduation Mr. Espada spent 6 months traveling the world and playing soccer. After returning home Mr. Espada landed a job

teaching math at an Essex County Vo-tech High School in Newark. He spent the end of last year teaching math at School #15 Middle School in Elizabeth. He is very excited about this school and wishes to thank the faculty and staff for welcoming him into the Kennedy community.

Mrs. Michelle Simonitis joins the JFK faculty after spending her first six years of teaching at Avenel Middle school. She received her Bachelors of Science Degree in Special Education from Monmouth University in 2003. Mrs. Simonitis is no stranger to the halls of JFK; she is a 1999 graduate. Also, she has been the Girls Varsity Tennis coach since 2003. She looks forward to many great professional and personal experiences in the years to come at Kennedy and thanks the faculty, staff, and students for making this transition a pleasurable experience.

Mr. Tom Kue joins the Special Education Department faculty. He

comes from Woodbridge High School. This is his 7th year as a Special Ed teacher. He is honored to call JFK Memorial High School his new home and wishes to thank the faculty, and staff for welcoming him.

Ms. Judith Skorge joins the Special Education department faculty. She comes from Woodbridge High School where she taught Special Education for the past six years. Before teaching in the Woodbridge Township School District, Ms. Skorge taught at a residential facility for students with learning disabilities and challenging behaviors in Bucks County, Pennsylvania. Ms. Skorge received her BA in Political Science at Indiana University in Bloomington, Indiana and did her graduate work in Special Education at Temple University in Philadelphia. Ms. Skorge is happy to join the staff at JFK and looks forward to many happy learns teaching here.

Rahway River Clean-Up

On Monday September 28, 2009 at 9:30 a.m. 104 students from the community, 80 from John F. Kennedy Memorial High School participated in the Woodbridge Community Advisory Panel South River clean up project. Together we were able to retrieve from the waters, old bicycles, many abandoned tires (of all sizes), an abandoned television set, old lawn mowers, mufflers, a sleeper-sofa, a car engine, regular household debris, many 5 gallon pales of bottles, some unidentified stuff, and **A CAR**. Our students will be recognized by the Mayor at a town hall meeting on a date yet to be announced and given a



certificate as well as a t-shirt. Sweta Sukhadia the president of the eco-friendly club and Mr. Viteri helped organize the students who participated from J.F.K. This was a great opportunity for our students to help the local community.

Mr. Viteri
Science Instructor

WeTip

WWW.WETIP.COM

HOW IT WORKS

The informant calls the WeTip Hotline. All calls are anonymous -- not just confidential. Confidential means that someone knows your name and promises not to tell, until they are subpoenaed. Anonymous means that nobody knows who you are and there is absolutely no way to find out. We have no taping, tracing or caller ID. We have no way of knowing who the caller is.

The very first thing they hear is “This is the WeTip Crime Hotline, do not give your name or identity yourself in any way.” If at any time the caller starts to identify him or herself, the operator will interrupt telling the caller “I have to disconnect this call, please call back and speak to another operator.” The reason for this is that we absolutely cannot know who is on the other end of the phone line, but we do want the information.

Once the anonymity has been established, the operator takes the caller through a series of about 65 questions. These questions have been developed through the aid of law enforcement and the purpose is to elicit as much information as possible. Many times the caller actually has more information than they realize.

The very last question asked “If there is an

arrest and conviction, are you interested in a reward?” If the answer is yes, the caller is issued a 3-part fictitious code name in addition to their tip number. This is how they will identify themselves to us later. Our rewards are paid anonymously. The caller picks up their cash reward in the city of their choice with nothing more than their 3-part code name. They have 30 days in which to pick up that cash reward.

You can call this number 24 hours a day and
Report your concerns to us.

No one will ask your name, you will remain
anonymous.

(800) 78-CRIME

(800)- 782-7463



Inaugural Season for Mustang SAT Club

This fall marks the initial campaign of the SAT club at John F. Kennedy Memorial High School. The goal of the club is to better prepare the students of John F. Kennedy Memorial High School to take the SAT's in their junior and senior years. The club runs three different times during the year: fall, winter, and spring. The fall session began on September, 8 and ran for five weeks in preparation for the October, 10th SAT. During this fall session the club was open to seniors who had already signed up for the test. 50 seniors elected to join the club and take part of the extensive training on both the math and verbal sections of the test.

Mr. Jeremiah Smith of the Math Department and Mr. Jamison Panko of the English Department utilized an innovative, on-line program that was recently acquired by John

F. Kennedy Memorial High School to train its students. This program, run through The College Board, allowed each student to create an account and individually track his or her progress on specific components of the test. The students had over twenty-five available lessons to them in this program. This program gave the students the ability to work on ten different tests, and answer over five-hundred questions at the both the club meetings and at their own leisure. This type of preparation clearly shows how serious these students were toward improving their scores. It also shows how academically driven the students of John F. Kennedy High School are and the time they put beyond the normal confines of the classroom to reach a higher level of success.

Kennedy Football and Cheerleading Gives Back

During the closing months of the 2009 school year, the John F. Kennedy Football Players and Cheerleaders joined forces with the Iselin Fire Department, Co.1 and Famous Dave's Restaurant in a fundraising effort for not only their respective programs but for a young girl in the community as well. On the first Thursday of April, May and June anyone who had a special discount flyer would go to Famous Dave's for dinner and in return, Famous Dave's would donate 10% of the total check back to the those parties involved. While the Fire Department and JFK programs benefitted from the May and June dates, it was the efforts done during the month of April that we are most proud of. It was on that

Thursday in April where all proceeds were given to a 6 year-old Woodbridge Township girl and her family to help her battle against Leukemia. On that night over \$1,100 was raised and donated to this family. The JFK Football and Cheerleading Programs were responsible for the distribution of over 5,000 flyers to the Woodbridge Township Community and we are extremely proud to take part in this great cause. Please be on the lookout for more JFK Football and Cheerleading Community involvement and as always, we look forward to seeing you at all of our games. For game dates and future community service projects, please go to kennedy-football.com

Project Graduation Needs Your Support

Graduation is a time of great excitement and joy, a time for celebrating past achievements and new beginnings. All too often, however, the high spirited and unsupervised celebrating of the occasion results in drug and alcohol related accidents. Concerned citizens recognized the need for a positive means for protecting young lives while providing the opportunity to enjoy a fun-filled evening of celebration. From the beginning, the PROJECT GRADUATION concept has been a nationwide effort endorsed by the PTA, MADD, SADD, and the JFK Parent Faculty Forum. The success of the PROJECT GRADUATION endeavor is immeasurable. The number of young people who now treasure the memory of this most important night, who might have otherwise met with tragedy, can never be known.

JFK High School's PROJECT GRADUATION is supported by generous donations and the willingness of parents to volunteer. The JFK Gift Auction, also known as Tricky Tray, is the one and only fund-raiser that the Parent Faculty Forum organizes. This year's gift auction will be held on **Saturday, April 10, 2010**. To make this event successful, we need your help.

Volunteers are needed to prepare for, as well as work, the day of the auction. You can volunteer as little or as much as fits your schedule.

Donations of new items are needed to be used as prizes. Donations can either be sent to school with your child labeled "Gift Auction, Attention: Mrs. Sexton" or call Deanna Jones at 908-565-4998 to have your donation picked up.

If you are interested in helping, please provide your name, your child's name(s) and grade(s), your home phone number, your cell phone number, and your e-mail address and indicate your preferred method of contact. Please mail this information to:

John F. Kennedy Memorial High School
Attn: Deanna Jones- Gift Auction Chairperson
200 Washington Avenue
Iselin, NJ 08830

You also can e-mail this information to Debbie Buongiovanni (debbiebnj@comcast.net) or Deanna Jones (pana5656@aol.com).

JFK Science Scholars Attend the Waksman Summer Institute at Rutgers University

Seniors Parin Patel and Parth Patel, along with their advisor, Grace Luan, represented JFK at The Waksman Student Scholars Program (WSSP) summer institute held in July at the Waksman Institute at Rutgers University. The WSSP attracts highly motivated high school students throughout New Jersey for a month long program designed to give students an opportunity to learn molecular genetics by engaging in a genuine scientific research project and to become published scientific authors during the year long in-school program. Participating students and teachers are instructed by Rutgers professors and scientists during the summer program, and students present their findings to

Rutgers University and GE scientists at the end of the month long program.

The Waksman Science Club at JFKMHS is a continuation of the *Wolffia arrhiza* (commonly known as duckweed) genomics work started at the summer institute. The club meets on Mondays and Wednesdays after school and is mainly guided by the knowledge and experiences of the scholars-- Parin and Parth. Students will be characterizing *Wolffia* genes, and searching GenBank for similar genes in other organisms. The program culminates in June 2010 with a poster symposium at GE Healthcare in Piscataway, NJ.

Two Kennedy Seniors are National Merit Scholarship Commended Students

Kennedy Guidance is proud to announce yet another accolade for the Class of 2010! Congratulations to Mr. Nimayi Dixit and Mr. Kevin Dias for being named Commended Students in the 2010 National Merit Scholarship Program. These outstanding students are being recognized for their stellar performance on the October 2008 PSAT. This test is used as a qualifying assessment for the National Merit competition. Kevin and Nimayi join 34,000 other high performers across the nation. Upon receiving word of such an honor, Mr. Cilento presented Kevin and Nimayi with a Letter of Commendation from the National Merit Corporation. Congratulations Kevin and Nimayi!



Kennedy Seniors Nimayi Dixit and Kevin Dias

College Board To Honor Kennedy's Dias

The John F. Kennedy Memorial High School Guidance Department is proud to announce senior Kevin Dias has been selected as a 2009-2010 National Hispanic Recognition Program Scholar. Students recognized by the NHRP are at least one quarter Hispanic/Latino, have achieved the minimum PSAT score for their region, and have achieved a grade point average of 3.5 or higher. The College Board recognized Kevin with a certificate for his efforts so he may report this honor on his college applications. The NHRP will also distribute a list of recognized students to colleges and universities across the nation. A four year track team member, Kevin participates in both the National and Spanish Honors Societies and the Academic Competition team. He spends his spare time teaching Sunday

school at Trinity Church. His intended major is structural engineering, and he hopes to attend Stanford or Berkeley next fall. Congratulations to Kevin for this outstanding achievement!

KENNEDY GOES DIGITAL!

The JFK Newsletter is now available online. This is the last issue to be printed, with all subsequent issues available ONLY on Kennedy's homepage. The newsletters will be available in Adobe Acrobat (.pdf) format.

http://www.woodbridge.k12.nj.us/SchoolsHS/JFK-HS/high_jfk.htm

Girl's Volleyball and Boy's Cross Country

Girls Volleyball:

The 2009 JFK Girls' Volleyball season kicks off with a new and different excitement this year, as we enter our second season as a varsity program. This season will be characterized as a growing year, as we have a very young team. Our varsity team consists of only one senior, co-captain Caitlin Mergel. She is joined by junior co-captains Jessica Fernandez, Dominika Smarz, and Christine Khalil. Our early season highlights include victories over rivals Woodbridge High School and Timothy Christian, as well as a Silver Division Runner-Up showing in the Morris Knolls Volleyball Tournament. We look forward to continued improvement and competitive play as the season progresses. Both the JV and Varsity teams are coached by head coach Bob Hugelmeyer.



Girls Volleyball Schedule:

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
10/13	T Colonia High	5:15
10/14	W Mount St. Mary's Academy	4:00
10/15	TH Old Bridge High	5:15
10/16	F Mother Seton Regional HS	5:15
10/19	M Roselle Catholic High	5:30
10/28	W New Providence High	5:15

Boy's Cross Country Schedule:

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
10/13	T Perth Amboy High	4:00
10/20	Tri-Meet(Colonia High, Sayreville War Memorial High)	4:00
10/31	S GMC Championship	TBA
11/7	S NJSIAA State Sectionals	TBA
11/14	S NJSIAA Group Championships	TBA
11/21	S Meet of Champions	TBA



Boy's Cross Country:

What's your idea of a great way to end each day? How about taking a brisk run for about 3 miles. No jogging allowed! And by the end of the week make sure you have logged 30+ miles. The week doesn't end until you take that 5-7 mile run on Saturday. And no, most of us really can't 'hang' with these runners. They will be finished, had a shower and dressed by the time you have finished your first mile.

The boys cross country team competed in highly competitive meets this season. Hosted by top runners, the mustangs have lost some tough battles to Monroe, North Brunswick and Woodbridge High School, but are still going strong and running some of their personal best times.

Coach Friedman is heading a talented group of young runners. Senior captains, Rameez Rathore and Brian Gottlick have high hopes for the gang. With 30 members that include 8 Seniors, 12 Juniors, 7 Sophomores and 3 Freshman the team works hard and stays positive.

Girl's Cross Country

The 2009 Girls Cross-Country season is off to a good start. The team has a record of 1-1, winning a close match against the always tough Raiders of North Brunswick. Hopefully this victory will energize the team and set the tone for the remainder of the season.

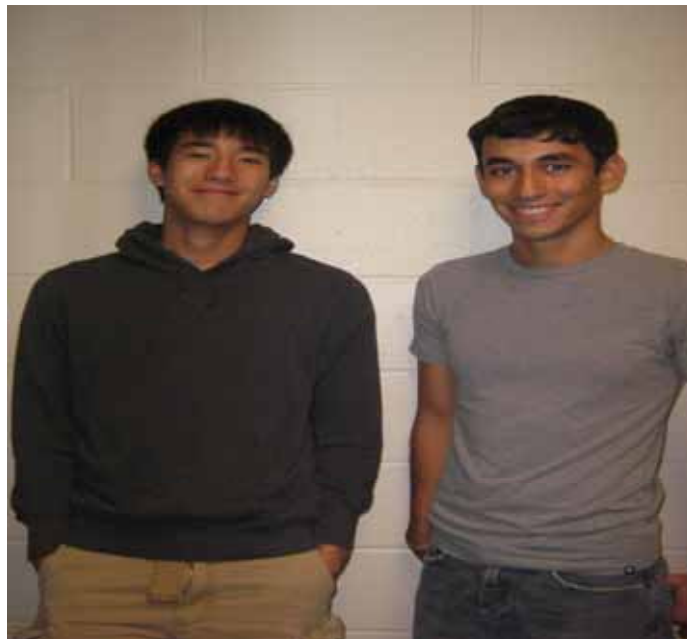
Already, the season has seen numerous personal bests from its top runners. At "The Battle of Monmouth" class invitational, junior Kaitlyn Murray placed 4th with a time of 23:41 and senior Captain Hillary Novosedlik also crossed the line in 4th with a personal best time of 22:46. Both received medals for their efforts. Other medal winners included freshman Kristina Samulewski, sophomores Kayle Pichalski and Jackie McWilliams, juniors Puvina Patel, Brittany Klimek, and Sumedha Jani. The senior medal winners were Andrea Samulewski, Jane Cho, and Karoline Tuason. The Lady Mustangs look to bring home more hardware from the upcoming Colts Neck Cougar Invitational and Shore Coaches meets.

Last year, Coach Stockhoff had the largest team of female runners in JFK history. The 2009 season continues the tradition boasting 21 runners. Senior captains Melissa Majewski and Hillary Novosedlik will have the task of handing down their years of running knowledge and experience to the newcomers: freshman Nermiti Borkhetaria, Kaitlyn Komar, Christina Morales, and Kristina Samulewski. Juniors Brittany Klimek, Jannel Verona. Returning runners include: Arpana Patel, Maninde Mundi, and Shivani Thaker.

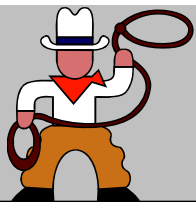
With the kind of talent and experience on this team, the 2009 season should shape up to be a great one. Running means a lot to these girls and they will see that all their hard work and efforts will pay off when the end of the season comes and they look back. Remember, leave it all out on the course and always finish strong...in everything you do.

Dynamic Duo Score Perfect 800

Congratulations to seniors Kevin Dias and Darren Tang for a perfect 800 Math score on the SAT Reasoning Test. The two scholars were introduced at our recent fall pep rally to much excitement. Kevin, a future engineering major, will attend college in California; while Darren hopes to attend Carnegie Mellon. Kennedy students continue to strive for excellence in the 3 A's!



Kennedy Seniors Darren Tang and Kevin Dias



Mustang Sports Roundup from the Athletic Director

* Upcoming Athletic Events

Fall Sports Awards: November 17, 2009 at 6:30 PM

Winter Meet the Coaches: November 10, 2009 at 6:00 PM

Winter Sports Awards: March 3, 2010 at 6:30 PM

Spring Meet the Coaches: February 24, 2010 at 6:00 PM (Prior to PFF Meeting)

Spring Sports Awards: June 1, 2010 at 6:30 PM

To keep up to date with Mustang athletics please visit the John F. Kennedy Memorial High School website at: www.woodbridge.k12.nj.us/schoolsHS/JFK-HS/high_jfk.htm

Any questions about JFK Athletics please contact Mr. Paul T. Postorino the Athletic Director at: Paul.Postorino@Woodbridge.k12.nj.us or 732-602-8656.

* Sport Physical Reminders

Any student wishing to participate in a Winter Sport must have a completed sports physical on file by Monday November 9, 2009.

Winter Sports: Boys' & Girls' Basketball, Boys' & Girls' Indoor Track, Boys' & Girls' Bowling, Boys' & Girls' Swimming, Ice Hockey, and Wrestling

Any student wishing to participate in a Spring Sport must have a completed sports physical on file by Tuesday February 16, 2010.

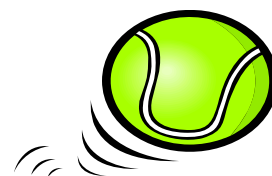
Spring Sports: Boys' & Girls' Outdoor Track, Baseball, Softball, Golf, Boys Tennis, Boys' Volleyball

Students who do not have a physical will not be permitted to participate

Please note that Sports Physicals are different than those physicals required to enter JFK. All Sports Physicals are valid for 365 calendar days. Students who have a valid physical that will expire after the due date or during the season are asked to schedule the appointment for a new physical at least 1 month prior to the expiration to avoid a delay in their participation.

Should the physical expire, the student-athlete will become ineligible to participate until the physical has been signed off on by the staff physician.

Sports Physicals for the 2010-2011 school year will be due on August 2, 2010.





Congratulations to the 2009 Homecoming Court



Representing John F. Kennedy Memorial High School this year as members of our Homecoming Court are:

**Queena Kessie
Hillary Novosedlik
Krishna Kashiwala
Jane Cho
Allison Riche
Alexis Almeida
Cristina Rojas
Stephanie Martelle**

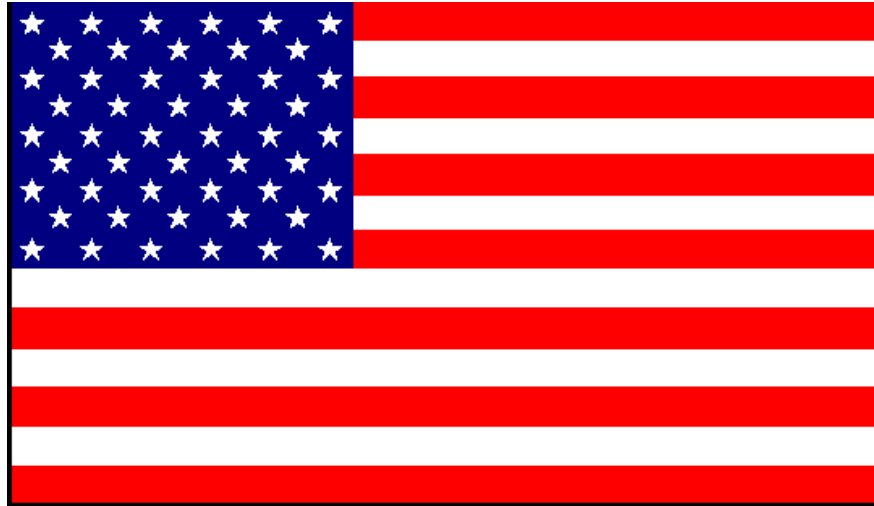


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