



If at any time you have a question or concern about your child's classes or programs, the first step in the communication protocol is to contact the teacher, coach, or advisor directly*, either via e-mail or by phone. Our main office phone number is 732-761-0190.

If you have additional questions or concerns, please contact your child's school counselor or case manager (where appropriate). If you need further assistance, please reference the communication information below:

Step 2:

Academic Supervisors	Ext.	E-mail
Ms. Ellen Gianakis , English, Art, ESL	1008	EGianakis@frhsd.com
Ms. Jennifer Guirguis , Health & Physical Education	1005	JGuirguis@frhsd.com
Dr. Maria Steffero , Mathematics & Science	1011	msteffero@frhsd.com
Mr. Michael K. Dillon , Business, Family Consumer Science, Technology Education	1003	Mike.Dillon@frhsd.com
Ms. Holly Lucarelli , Social Studies, World Language, Law & Public Service Magnet Program, Music	1013	hlucarelli@frhsd.com
Major Gregory Penczak , NJROTC Magnet Program	1016	gpenczak@frhsd.com
Ms. Kelly Fitzhenry , Special Education, Child Study Team	1014	kfitzhenry@frhsd.com
Supervisor of Extracurricular Activities	Ext.	E-mail
Mr. David Zwirz	1009	dzwirz@frhsd.com

Step 3:

Assistant Principals	Ext.	E-mail
Mrs. Jennifer Guirguis , Grades 9-11		JGuirguis@frhsd.com
Ms. Patricia Pettinato , Assistant Principal's Secretary	1003	ppetinato@frhsd.com
Mr. Michael K. Dillon , Grades 10-12		Mike.Dillon@frhsd.com
Ms. Devan Rose , Assistant Principal's Secretary	1005	drose@frhsd.com

Step 4:

Principal	Ext.	E-mail
Dr. Brian Donahue		bdonahue@frhsd.com
Ms. Karen Otero , Principal's Secretary	1001	kotero@frhsd.com

*Contact information is available at www.frhsd.com. Select the Staff Directory option at the top of the page.