



AMONG FRIENDS



FOUNDED 1876

DIRECTORY CHANGES

If you have a change to your Directory listing, it is important that you notify the appropriate **divisional administrative assistant** as soon as possible. In addition, it is important to notify your local school district of an address change. Any changes will appear monthly in *Among Friends*.



Meeting for Worship: A Parent Workshop

Monday, Nov. 14
7 to 8:30 p.m.

Kumar Wang Library

**What we talk about when
we talk about silence.**

- What does my child do at Meeting for Worship?
- How does my child explore his or her spirituality at school?

This an open invitation for all parents who are curious about how we worship at Friends Academy. We'll sample several of the worship experiences that students have, including mindfulness meditation, drawing, singing, storytelling and worship sharing.



With Director
of Quaker Education
Angie Martin and
Quaker-in-Residence
John Scardina

**ALL PARENTS, FACULTY
& STAFF WELCOME!**

PIX PICK

STAY CONNECTED WITH FA ON [FACEBOOK](#), [INSTAGRAM](#) AND OUR [WEB NEWS](#).



AMANDA FISK | FRIENDS ACADEMY

Lower School students work in mixed-aged groups to design a bridge able to support weight.

QUICK LINKS >> CLICK ON THE UNDERLINED TOPIC TO QUICKLY NAVIGATE TO THAT SECTION

From the Head – How can we work together to deepen our awareness of each other's lives? **PAGE 2** (BY ANDREA KELLY)

Lower School – The road to simplicity lies in process, not particulars. **PAGE 4** (BY DEBBY MCLEAN)

Middle School – Recognizing the importance of words and actions. **PAGE 10** (BY DEBORAH SCHOMAN)

Upper School – Stopping to breathe in a "taste" of nature. **PAGE 12** (BY MARK SCHOEFFEL)

>>VISIT EACH DIVISIONAL SECTION TO PREVIEW **UP-TO-DATE NOVEMBER CALENDAR HIGHLIGHTS**

Parent Council – Fall Fair appreciation and a look ahead to Nov. events. **PAGE 3**

Diversity & Multicultural Affairs – "Diversity and inclusion are more than who is just in the room..." **PAGE 6** (BY SHANELLE ROBINSON)

Think.Laugh.Learn. – Anxious Parents, Anxious Kids – Five Ways to Cope with Anxiety in Times of Uncertainty and Civil Disagreement. **PAGE 8** (BY JOHN SCARDINA)

Admissions – Invite a friend to Friends! Open Houses next Tuesday and Thursday. **PAGE 11**

Sustainability – Sustainable eating – alive and well and Friends. **PAGE 13**

The Arts – What's happening in the Arts... including *The Imaginary Invalid* – Nov. 3-5th **PAGE 14**

VISIT WWW.FA.ORG AND CATCH OUR WEEKLY SLIDESHOWS, UPDATED NEWS & MORE!

AMONG FRIENDS

An informational e-newsletter published monthly for Friends Academy parents, grandparents, faculty/staff, trustees, former trustees, and the Alumni Board.

NEXT MONTH'S DEADLINE

To include information in the Dec/Jan 2016-17 electronic issue of *Among Friends* please submit information to the Communications Office by **Friday, November 18, 2016.**

EDITOR:

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Friends Academy admits students of any race, color, national and ethnic origin to all rights, privileges, programs and activities available to students at the school. Friends does not discriminate on the basis of race, color, religion, gender, sexual orientation, national or ethnic origin in the administration of its educational policies, admissions policies, financial assistance program, athletic and other school-administered programs.

FA AT YOUR FINGERS

DOWNLOAD THE FA APP

Available for iPhone, download the Friends Academy App from the Apple App Store. Access the public Parent Info Hub, private Parent Portal, MyBackpack and Magnus Health.

(App Store/FriendsAcademy)

Log in and stay logged in.



FROM THE HEAD OF SCHOOL

FRIENDS,

This month's Query comes to us from our Lower School TASQUE group. How can we work together to deepen our awareness of each other's lives? In my



ANDREA KELLY
HEAD OF SCHOOL

work with students this month the concept of empathy has risen to the surface more than once.

Empathy is a highly prized virtue. I'd posit that it's a skill set quite unlike any other and far more difficult to acquire. In his 2005

Kenyon College commencement address David Foster Wallace presents the concept this way, "It's a matter of my choosing to do the work of somehow altering or getting free of my natural, hard-wired default setting, which is to be deeply and literally self-centered and to see and interpret everything through this lens of self. People who can adjust their natural

default setting this way are often described as being "well-adjusted," which I suggest to you is not an accidental term."

Indeed, some are born connectors – those with innate capacity to relate to others, tuned in to feelings and emotions. For the rest of us it takes direct, intentional teaching. For all of us, we strengthen our capacity for understanding lives of others through repeated opportunities to step out of our own shoes, to know the other, and to practice understanding.

Last week I found empathy in a surprising place – a third floor classroom in Frost Hall where the Upper School Democratic, Republican and Independent Clubs met with me to discuss the upcoming debate for which they have been working together to prepare.

Like most schools, we at Friends Academy worried about how we would manage and teach about the election given the very real, and very discouraging political climate. The idea of having a debate increased internal tension as adults and students alike grappled with "what if?"

Ultimately, it was the students who

convinced the adults that this would be the year where those on opposite sides of thought could come together in a polite, courteous manner that underscored empathy and an understanding of each other.

Earlier this fall, student leaders from all three political clubs – Republican, Democratic and Independent – gave a presentation to the Quaker Life Committee about developing and modeling civil discourse. In short they wanted to show adults that we can talk about politics in a healthy way.

In preparation for Monday, all club members have embraced civil discourse to provide a scaffold for constructing a productive and meaningful debate; they've focused on the issues they've researched and those deemed most important to the student body. Three members of the Independent Club will moderate, while three or four members of the Republican and Democratic Clubs take the

stage.

Most importantly these students are serious, very serious. They are serious about wanting this debate to be good and well researched. They know there is no room for weak presentations; no

room for any sort of labeling. I'm confident their presentation will take us to a higher plane providing a more thoughtful level of discourse than we've seen this fall.

Having spent time in their company I felt secure in the fact that these students had been practicing how to listen, how to consider the facts, how to take off the lens of the self. They had pushed against personal boundaries adjusting their natural default settings.

And what for the future? Post-debate and post-election? These students want the time and space to gather any and all interested in politics to talk about the issues in one group. A pretty remarkable undertaking that most adults wish they could accomplish.

In the end I asked if they had changed their minds on any particular issue. Most said not really, but they assured me they do have a better understanding as to why others feel the way that they do.

And that is what will lead us all to a brighter future.

Andrea Kelly

QUERY

How can we work together to deepen our awareness of each other's lives?

– Lower School Quakerism Class

PARENT COUNCIL

Fall Fair appreciation and a look ahead to Nov. events

What an amazing Fall Fair weekend we had!

It all began with our FA Wear and Mum sale on Thursday, leading to a spectacular Family Night Bonfire and BBQ on Friday and ending with a bang on Saturday with Fall Fair.

Many thanks to **Lisa Sutherland**, Chair and **Allison Heaney**, Co-Chair, of FA Wear. They worked hard to bring us an amazing array of clothing and accessories. The sale was a huge success. This was clearly evident as you walked around campus Friday and saw all the students showing their spirit, dressed head to toe, in FA wear.

A big thanks to **Julie Riviezzo**, chair of the Mum Sale. The Dolan Center was a blaze of Fall colors on Thursday as everyone shopped and picked up their orders of mums, baskets, hay and corn stalks.

We had a beautiful night and a fantastic turn out for the Family Night Bonfire and BBQ. Kudos and many thanks to Chairs **Allison Heaney** and **Joe Panaculli**. They, along with their marvelous group of volunteers, grilled and served a record number of hot dogs and hamburgers.

A special thanks goes out to our Fall Fair Chair and Co-Chair, **Michelle Statfeld** and **Nicky Pratt** and Director of Annual Fund and Special Events **Diane Biolsi**. Their tremendous dedication and tireless efforts made this year's Fall Fair a huge success. The success of the Fall Fair exemplifies what Friends Academy is all about – a community coming together, people volunteering, and family and friends enjoying the day.

November Parent Council Activities...

November is a busy month with many PC activities planned.

One of our first events is the Winter Coat Drive, which began October 17th. Please consider donating new or gently used, coats of any size. Bins for drop-off are located in the lobbies of each division.

Coming up on November 16th is the Parent Council Breakfast and Holiday shopping Event at Brookville Country Club. This event is chaired by **Michelle Statfeld** and co-chaired by **Nicole Yablans**. The Breakfast begins at 8:30 a.m. and will be available until 10:30 a.m. with shopping continuing until

THE ALL-SCHOOL FA COAT DRIVE

Students, faculty and parents can work together this winter season to help those less fortunate.

DONATIONS WILL BE GIVEN TO:

The North Shore INN Soup Kitchen of Glen Cove
Helping Hands of Islip
Other local organizations being considered

ALL-SCHOOL COAT DRIVE

When: Until Dec. 2, 2016

Where: Withington, LS Lobby,
MS Lobby and Frost Hall Lobby

What: Clean, gently used coats.
All sizes and types, for infants,
youths and adults.

Contact: Chair **Amy Morgan**



GIVING IS SURE TO WARM YOUR HEART THIS WINTER!

noon. There will be great gift items including fine and fashion jewelry, clothing, accessories, and much more. The event is a great way to meet new parents and to catch up with old friends. As always, all proceeds of Parent Council events are gifted back to the school to benefit the children.

Our last event of the month is the All School Mitten Tree and Toy Drive, which starts November 29th. There will be trees set up in each division for you to hang your donations.

As always please refer to your glossy calendar for many upcoming events that include Parent Meetings, the US Fall Production and Parent Meeting for worship to name a few.

Have a great Thanksgiving!

Rita Afzelius, President
Amy Schamroth,
Executive Vice President



[CLICK TO RSVP FOR THE ANNUAL
FALL BREAKFAST & SHOPPING
EVENT](#)

FROM THE LOWER SCHOOL

Debby McLean, Lower School Principal | Divisional Assistant: Gail Lucidi, 393-4230

The road to simplicity lies in process, not the particulars

Just recently, we had our first meeting of our Parent Book Club. We read *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids* by Kim Payne. We had



DEBBY MCLEAN

a small but talkative group in attendance. If you have not yet read the book, I encourage you to do so. Here are some of my thoughts.

The author spends some time discussing why it is beneficial for families to simplify. “Simplification signals a change, a realignment of our hopes and our everyday lives.” Simplification begins with “stuff,” such as all of the toys our children accumulate. We had an interesting discussion about how some kids keep cherished “artifacts” from different times in their lives and how we didn’t want to strip them of these mementos. Yet, it is clear that we could make more room in our environments for fewer “things.”

The book goes on to talk about creating rhythm in our lives with our children “The magic of rhythms is in the process, not in the particulars.” One such rhythm is joining together for a meal. We agreed in our busy lives this can be difficult. When my children were young, Fridays nights tended to be our only consistent time for a longer, sit-down dinner. As fit our family, we would go to the nearby California Pizza Kitchen. To this day, my children talk about those meals with warm affection. “Coming together, committing to a shared time and experience, exchanging conversation, food and attention...all of these add up to more than full bellies,” according to Kim Payne.

As we know, our busy schedules are per-

Fri.	4	Dress Down Day
Tues.	8	Lower School Parents Meeting – 8:15 a.m. (Jackson House)
Wed.	9	FA Parent Book Club: “Simplicity Parenting” by Kim Payne
Thurs.	10	Lower School Admissions Open House (RSVP) – 8:30 a.m. (LS Library)
Fri.	11	Veteran’s Day- School & Offices Closed
Mon.	14	Lower and Middle School ERB Week (Grades 3-8)
Tues.	22	Early Childhood Thanksgiving Family Gathering – 11:00 a.m. to 1:00 p.m. (Classroom)
Wed.	23	School & Offices Closed for Thanksgiving Break
Tues.	29	Classes Resume at 8:05 a.m. All-School Mitten Tree & Toy Drive Begins

haps the hardest area to simplify. We want our children to have a myriad of opportunities to grow and gain skills.

Their after school schedule becomes crowded with rushing from one activity to another. Kim Payne suggests that truly simplifying is to create more “free” time for our children. “Time for rest and creativity to balance activity; time for contemplation and stimulation, moments of calm in busy days, energies conserved and expended; time for free, unscheduled days, for interests that deepen over time; time for boredom; and time for the joy and infinite passion of anticipation.”

Maybe it starts with choosing not to continue one commitment. I know as a parent you don’t like to hear “I’m bored” from your child. However, that boredom gives children time and space to initiate their own activities. (My mother’s answer all those years ago when I would say I was bored was, “I am not an amusement park.”)

The last major point Kim Payne makes is it important to remember that our children take in the “noise” around them. He strongly suggests a reduction in exposure

[CLICK HERE: UP-TO-DATE WEB CALENDAR](#)

NOVEMBER HIGHLIGHTS

Truly simplifying is to create more “free” time for our children – “time for rest and creativity to balance activity; time for contemplation and stimulation; moments of calm in busy days.

to media as kids can hear and see things that belong in an adult world. Subconsciously, this causes a level of anxiety. He also talks about listening more and saying less in our interactions with our children. “The more you say, the less you are listening.”

I do hope that you can join us on Monday, November 7, at the Jackson House at 8:15 a.m. to return to our discussion of “Simplicity Parenting.”

If you are unable to join us, I hope you have a chance to read it and share some of your thoughts.

FROM OUR KITCHEN TO YOURS

Revved up Beef Meat Balls

(To be featured November 3rd)



Makes about 48 meatballs

Ingredients:

- | | |
|---------------------------------------|-------------------------------------|
| 3 lb. Mushrooms, fresh, sliced | 2 Tbs. Crushed Garlic Cloves, fresh |
| 3 Tbs. Olive Oil/Canola blend | ½ c. Onions, finely diced |
| 1 lb. Eggplant, fresh | ½ tsp. Kosher salt |
| 3 lb. Ground Beef, 80/20 | ½ tsp. Ground black pepper |
| ¾ c. Breadcrumbs, fresh | 1 c. Carrots, grated |
| 5 Eggs, beaten | 1 qt. Baby spinach |
| 1 c. Parmesan Cheese, fresh, shredded | 2 Tbs. Basil, chopped |
| ¾ c. Parsley, fresh, minced | 3 sprays Cooking Spray |

Instructions:

1. Sauté sliced mushrooms in olive oil until cooked through. Cook until liquid is absorbed. Cool and place in a food processor; pulse and rough chop.
2. Pre-heat the grill to high. Grill the whole eggplant on each side until it starts to char on all sides. Cut in half and remove the flesh. Pulse in a food processor.
3. In a large bowl, combine beef with minced mushrooms, pureed eggplant and the remaining ingredients. Mix well to combine. Alternately, ingredients may be mixed in a mixer using a paddle.
4. Spray a sheet pan with pan spray. Portion out 1 oz. or 2 oz. meatballs, depending on final preparation, (2 oz. meatballs for entree and pasta; 1 oz. meatballs for sandwiches or soup).
5. Roll into a ball before placing on the sheet pan. Leave about ½ inch space between each meatball so they can brown. Bake at 400F degrees for about 15-20 minutes or until internal temperature of 165F degrees.

Eat. Learn. Live.
A mantra for a better life!

**WELCOME
NEW
FACULTY & STAFF**

UPPER SCHOOL



Eva Fodera

Please welcome **Eva Fodera** as our first Upper School Science Lab Aide. Eva comes to us with a background and education in pharmacy. She earned her BS in Pharmacy at St. John's University College of Pharmacy in 1998. Since then she has worked for several pharmacies and most recently serves as President and Staff Pharmacist for FWS Pharmacy Consulting Inc. here on Long Island.

Friends welcomes **Mary Oberle** as Upper School Learning Specialist. Mary graduated from Siena College with a B.A. and an M.A. from St. John's University. She has been employed by Glen Cove City Schools since 1991 as a special education teacher specializing in Resource Room and Inclusion programs. Mary resides in Massapequa with her husband, John and their daughter, Kathleen, who is attending Adelphi University. Their son, Patrick, is a PhD candidate at Syracuse University.



Mary Oberle

LOWER SCHOOL

Please welcome LS Learning Specialist **Scott Bugalla**.



Scott Bugalla

Scott graduated from SUNY Cortland with a Bachelor of Science in Psychology and received a Masters of Science in Special Education from Hofstra University. He has been teaching in Glen Cove City Schools since 1996 as a special education teacher specializing in Resource Room and Inclusion programs. Scott lives in Nesconset with his wife Heather and their six children, Ariel, Kayleigh, Alexis, Jaedyn, Trista and Caden.



STRONG MINDS.
KIND HEARTS.

DIVERSITY & MULTICULTURAL AFFAIRS

Shanelle Robinson, Director of Diversity and Multicultural Affairs | (516) 393-4284

“When those who have power to name and to socially construct reality choose not to see you or hear you, whether you are dark-skinned, old, disabled, female, or speak with a different accent or dialect than theirs, when someone with the authority of a teacher, say, describes the world and you are not in it, there is a moment of psychic disequilibrium, as if you looked into a mirror and saw nothing.

Yet you know you exist and others like you, that this is a game with mirrors. It takes some strength of soul – and not just individual strength, but collective understanding – to resist this void, this nonbeing, into which you are thrust, and to stand up, demanding to be seen and heard.”

– ADRIENNE RICH, INVISIBILITY IN ACADEME

“When you know better, you do better.” Growing up, my stepfather recited poet Maya Angelou’s words to me often. Although he did not graduate from college, that was never an option for me. The value my stepfather placed on education was paramount.



SHANELLE ROBINSON

I grew up in a working-class family in Brooklyn, where I attended co-ed public schools before entering Smith College at the age of 16. A college “of and for the world,” my Smith education ranged far beyond the classroom. The combination of community, culture and climate (both on-campus and in greater Northampton) transformed my life in ways unimaginable and unbeknownst to me at the time. Though uncompromising in its defense of and concern for the rights, education and privileges of women, the Smith I experienced was not a level playing field for women living in the margins. Intersections of race, class, gender identity and expression, sexual orientation, religion, culture and customs divided our community.

As a young Black woman, I experienced

the “double consciousness” that W. E. B. Du Bois penned more than a century ago. However, instead of being deterred, it motivated me to want to do something about it. My undergraduate years at Smith helped me develop my leadership qualities, find and articulate my voice, and define my character. I have always been passionate about education and I appreciate the opportunity I get each day to engage students in courageous conversations about diversity before they get to college.

As a Quaker school, our ethos drives us to strive to foster the ideals of community, equality, responsibility and stewardship. The ideal that students’ quality of character – what kind of people they are becoming – is as important to their lives and to the world as their intellectual growth and exploration, is our educational foundation. To that end, the FA Strategic Plan for Equity, Inclusion and Diversity calls upon us to continue to examine our best efforts to be fully reflective and inclusive in seven areas across the school: students, parents, faculty and staff, curriculum, training, school culture and leadership.

As Dr. Freeman A. Hrabowski, III, President of the University of Maryland, Baltimore County, stated, “Diversity and inclusion are more than just who is in the

Our school theme, “Deepening awareness to embrace differences,” is a call to action to think deeply, openly and critically about each member of our community.

room; it involves the richness and authenticity of that experience.” My experiences at Smith, and later as a graduate student in the Social Justice Education Program at the University of Massachusetts Amherst, remind me of the importance and necessity of working with the school community on issues of authenticity, belonging, power and privilege.

Our school theme, “Deepening awareness to embrace differences,” is a call to action to think deeply, openly and critically about each member of our community. My joy for teaching and learning, and passion for equity and inclusion work, have been greatly influenced by my own educational background and upbringing. In my students’ eyes, I see glimpses of myself and hope for our future.

FA SUMMER CAMPS

Enroll in FA Summer Camps!!

"We have something for EVERYONE"

We believe it's important that every family takes the time to find the **BEST** camp for their child and it's never too early to explore your summer camp options here at Friends Academy Summer Camps.

Take a look at why so many families choose FA Summer Camps.

Call our office (516) 393-4207 or visit our website at WWW.FASUMMERCAMP.ORG for more details on over 30 camp programs for campers ages 3-15yrs. We offer programs and clinics all year around!! Check out our **NEW Mini-camps** and expanded programs in **STEAM**. Visit our website to view more details and SIGN UP!! Look for our 2017 forms coming out this month via email, website or mailing. Take advantage of our early enrollment rates and secure your spot and SAVE!! Spend the Summer with FRIENDS!! We have something for EVERYONE!

ENROLL EARLY TO SECURE YOUR SPOT AND SAVE!



ASK ABOUT
OUR FA
STUDENT
DISCOUNT!

TOP 10 REASONS WHY FAMILIES CHOOSE FA SUMMER CAMPS:

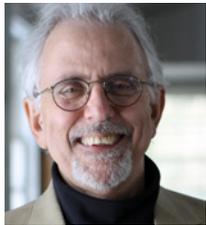
- 1. WE LISTEN:** Our yearly evaluations are based on camper family feedback. It's important for us that families choose what is best for their child based on his/her needs and interests. We listen to your ideas/thoughts to improve our programs each year.
- 2. BEST CAMPER TO STAFF RATIO:** Means more individual attention and less waiting to participate in the many activities throughout the day. Our staff gets to know your child and helps build lasting connections. We maximize participation!!
- 3. BEST FACILITIES:** Our FA students and families are familiar with our beautiful 65 acre campus and we continue to improve our campus & facilities each year. Add 3 pools, some GAGA pits and outdoor adventures & it doesn't get any better than this!!
- 4. "POWER OF CHOICE":** Our older campers (8-15yrs) choose their activities and schedule. They are grouped by age & ability and have the option of selecting week long camps throughout the summer. You choose the weeks and camp programs!!
- 5. BEST STAFF:** Experienced professional teachers and coaches work directly with your children. An excellent staff retention rate paired with a long list of NEW staff applicants allows us to hire the BEST STAFF because we expect the BEST!!
- 6. FLEXIBLE SCHEDULE:** We understand the challenges of every family's summer calendar so we have a schedule that allows families to choose the weeks that best fit their needs. We work hard to accommodate our families as best as we can.
- 7. FOOD PROGRAM:** Voted one of the BEST things at camp by our campers each summer. Our Food Service Company works with us to provide a variety of choices that are both healthy and popular plus campers eat in our air-conditioned dining hall.
- 8. QUALITY PROGRAMS/COMPETITIVE PRICING!!** We beat many of our competitors pricing without sacrificing quality. Why spend more when you don't have to! We offer weekly options as well as many discounts: Early enrollment, sibling, groups.
- 9. PROGRAM VARIETY:** With over 30 choices in sports, arts, computers, science, travel and academic enrichment, you are sure to find a program of interest. Campers have the options of choosing familiar programs that they love, as well as new interests.
- 10. ENOUGH TIME FOR EACH ACTIVITY:** We schedule enough time to teach, learn, play and have fun. We don't believe in rushing from one activity to the next. Our goal is to make sure every camper has time to fully engage in each activity.

THINK. LAUGH. LEARN.

John Scardina, Quaker-in-Residence, john_scardina@fa.org

Anxious Parents, Anxious Kids – Five Ways to Cope with Anxiety in Times of Uncertainty and Civil Disagreement

This election season seems especially filled with anxiety – how can we remain calm and civil when the issues are so polarizing and the attacks so personal? Here are some tips for you - which you can share with your children



JOHN SCARDINA

– to help us all find some serenity and sanctuary amidst the daily cycles of election news drama.

1) Realize that some anxiousness is necessary: evolutionary biology tells us

that our body needs to be put on alert to deal with a situation that might be dangerous. (There are no more saber-toothed tigers, but sometimes we react as if one is about to attack us!)

I want my child to be anxious about crossing City Island Avenue when there is a lot of traffic – that heightened state of awareness is a good tool for keeping safe and vigilant. Then, when we reach the other side, we can take a breath and resume our usual level of awareness.

2) Anxiousness becomes a problem when everyday situations begin to be perceived as dangerous, thus creating a “fight or flight or freeze” response that doesn’t need to be engaged. Take time for yourself to sort out whether a situation – real or imagined or anticipated – warrants a sense of danger and hypervigilance or just “keeping an eye” on things.

Practice thinking through a potential difficulty until the end when your child feels anxious – “if I don’t know whom to sit with at lunch, I will feel some stress, but I can sit by myself and bring a book to read

QUAKER LIFE AT FRIENDS ACADEMY

CALENDAR OF EVENTS FALL 2016

QUAKER EDUCATION FOR PARENTS 101

Monday, Nov. 24, 7:30 p.m. – (KW Library)

Learn about the Quaker foundations of Friends with other new parents.

“WISDOM SHARING” WITH THOSE WHO KNOW FA BEST (SPONSORED BY THE PARENT QUAKER LIFE COMMITTEE)

Hear from alumni and former faculty, including former Lower School art teacher Margaret Lindner and others.

Wednesday, November 2 at 8:15 a.m.

Matinecock Hospitality Room

(located next to the Meeting House)

For more information, contact co-clerk Suzanne McCooley at sgmccooley@gmail.com or Irem Konur at iremkonur@gmail.com.

BREAKFAST WITH TEACHER JOHN

“Why talking about race with your children matters.”

Bring your coffee or tea cup and spend an hour sharing thoughts on Quakerism.

Thursday, Nov. 3 at 8:15 a.m. – Frost Hall Conference Room

Rescheduled from Glossy Calendar

THANKSGIVING “BREAKING BREAD” PARENT MEETING FOR WORSHIP

Monday, Nov. 21, 2:00 p.m.

(Meeting House, followed by a short reception & gathering for all parents)

FAMILY COMMUNITY SERVICE SATURDAYS

Sandwich Making in the Dolan Center Commons at 10 a.m.

Dec. 3

(Bring a loaf of white bread and pound of lunchmeat or cheese.

Donations will be given to Part of the Solution in the Bronx.)



and see if anyone joins me... next time I can plan ahead and invite a friend to sit with me at lunch..." Rarely do our worst fears become realities – as Mark Twain said, "I've had a lot of worries in my life, most of which have never happened."

3) Maintain the important family activities that settle us down and relieve our stress and anxiousness: eat dinner as a family; have family game nights; worship and play together; visit with relatives and friends. The simple relationship-based comforts that families and friends can provide are a powerful antidote to stress and anxiety.

4) Get physical exercise – for yourself and with your children. Our bodies are primed to release "feel good" endorphins when we exercise – take advantage of this simple way to relieve stress. We all have access to nature – there is true healing available in watching a sunset, taking a walk to the beach, and riding a bike through the woods.

5) Maintain an attitude of gratitude for what you do have – be it health, family, a home, or a friend. Always focusing on what you are missing will leave you miserable – and it will be your own fault!

SO – turn off the news, be with those you love, practice the gift of democracy as an informed citizen and voter, and keep that anxiety in check.

DEVELOPMENT

A message from the Development Office

Fall Fair and Homecoming was a wonderful day on campus for all who attended the festivities and another example of the amazing Friends Academy spirit in action! We extend our sincere



2016 Fall Fair co-Chairs
Michelle Statfeld
and Nicky Pratt

appreciation to our Chair **Michelle Statfeld** and Co-Chair **Nicky Pratt** and to all the parents who rolled up their sleeves and donated their time and energy to ensure a memorable experience for our children.

The Annual Fund

This is the time of year we focus on the school's largest yearly fundraiser – the Annual Fund. Annual Fund Chair, **Marc Hudak** said it best in his recent letter to parents:

"On behalf of the 2016-2017 Annual Fund Committee, we would like to wish you and your family all the best this school year!

I would also like to thank, all of

our parents who participated in last year's Annual Fund. We set an all-time participation record with 83% of our parents making a gift to the 2015-2016 Annual Fund. Quite an accomplishment!

On the heels of Head of School Andrea Kelly's recent Annual Fund letter, I want to share a few points that I feel will be helpful. This year, working closely with the Development Office and the FA Community, we have decided to stress the timing of our Annual Fund Campaign as follows:

The Annual Fund is our largest and most significant yearly fundraiser, providing unrestricted financial support to Friends Academy wherever it is needed. We will focus on the Annual Fund in the Fall and ask all of our parents to please return your Annual Fund gift commitment form before 12/31/16. Gift commitments can be funded any time before the close of the FA fiscal year on 6/30/17.

It is our hope, by letting you know when and where your help is needed, that you will be able to plan accordingly and fully support our fund raising efforts at Friends Academy."

Tuition gives us a school ... the **Annual Fund** gives us Friends Academy! It is impossible to overestimate the importance of your donation. Every gift matters.



PLEASE MAKE YOUR GIFT COMMITMENT BY 12/31/16!
ALL GIFTS CAN BE FUNDED ANY TIME BEFORE 6/30/17.

FROM THE MIDDLE SCHOOL

Deborah Schoman, Middle School Principal | Divisional Assistant: Marian Tobia, 393-4239

Recognizing the importance of words and actions

Is it teasing or bullying? Given the maturity level of pre-adolescent middle schoolers and their undeveloped ability to make good decisions, this may leave them open to saying or doing something



DEBORAH SCHOMAN

before they recognize the potential implications of their actions.

“But I was just joking!” is the most common response from a student who has engaged in teasing a classmate. They don’t

recognize that the recipient is likely feeling embarrassed or humiliated by what was just said or done and reluctant to report this to an adult.

[Rosalind Wiseman](#) writes in her recent book *Owning Up: Empowering Adolescents to Confront Social Cruelty, Bullying, and Injustice*, “People have different ideas of what they think is funny. No one has the right to make someone feel stupid, sensitive, or weird if they don’t think something is funny that you do. Everyone has their own definition of what’s funny, and all are valid, as long as they don’t hurt someone else.” Between two close friends, joking and teasing can be welcomed and fun, but when someone gets teased who does not feel the remarks are coming from a trusted friend, the results can be devastating to the child.

It is especially bad if the teasing focuses on something that is very sensitive to that child, for example their height, weight or their gender preference or ethnicity. Wiseman states, “People have their own concepts of what good teasing is. Some people are more sensitive than others, and it’s really important to respect people’s feelings. And everyone has the right to say when they think someone has gone over the line when teasing them or someone else.”

Wed.	2	MS Winter Sports begin
Fri.	4	MS First Quarter Ends Middle School Sports Night – 6:00-8:00 p.m. (FA Field House) National French Week starts on November 4th and ends on November 10th
Tues.	8	MS/US Admissions Open House – 8:30 a.m. (KW Library) Election Day! MS voting in Main Level Collab Space 7th Grade Outdoor Ed Trip to Ashokan/Leaving – 2:30 p.m.
Wed.	9	FA Parent Book Club – 8:15 a.m. (Jackson House)
Thurs.	10	7th Grade Returns from Ashokan
Fri.	11	Veterans Day/School & Offices Closed
Mon.	14	Lower and Middle School ERB Week
Tues.	15	AMC Math Test
Thurs.	17	**Rescheduled** MS Parents Meeting – 8:15 a.m. (Jackson House)
Fri.	18	MS Trip to LIU Tilles Center to see “Out of Bounds” – 8:30-11:30 a.m.
Wed.	23	School & Offices Closed
Thurs.	24	Thanksgiving/School & Offices Closed
Fri.	25	School & Offices Closed
Mon.	28	Faculty/Staff In-Service Day/No Classes
Tues.	29	Classes Resume – 8:05 a.m.

When does teasing become bullying? “Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.” ([Stopbullying.gov](http://stopbullying.gov))

Teasing can quickly turn to bullying when the teasing is repeated over time. Social media apps, such as Snapchat and Instagram, in the hands of the pre-adoles-

cent child have been instrumental in yet another form of bullying – cyberbullying.

From my experience, teasing and bullying behaviors occur between two students when teachers or another adult are not present. The lunchroom, recess, the locker room, the bus and the computer are all places where middle schoolers feel they can engage in this undesirable behavior. There are often bystanders who witness this behavior and often feel powerless to stop it or who fear getting involved because they may become the new target of the teasing or bullying.

[CLICK HERE: UP-TO-DATE WEB CALENDAR](#)

NOVEMBER HIGHLIGHTS

RSVP TO AN OPEN HOUSE



{INVITE A FRIEND TO FRIENDS!}

FRIENDS ACADEMY

OPEN HOUSES



TUESDAY, NOVEMBER 8TH

MIDDLE/UPPER SCHOOL

GRADES 6-12

BEGINS PROMPTLY AT 8:30 AM

KUMAR WANG LIBRARY



THURSDAY, NOVEMBER 10TH

LOWER SCHOOL

EARLY CHILDHOOD - GRADE 5

BEGINS PROMPTLY AT 8:30 AM

LOWER SCHOOL LIBRARY

KINDLY RSVP AT 516-393-4244



STRONG MINDS.
KIND HEARTS.

It is important for all schools to engage in direct discussion regularly with the children around this important topic. A child who is preoccupied by teasing or fearful of being bullied is not able to focus on learning and often avoids going to school at all.

At Friends Academy, one of the most important [fundamental standards](#) is “respect and kindness.” Our school mission and Quaker testimonies guide the work we do with our children every day. In the middle school, we are committed to growing a caring community and helping our middle schoolers “grow into goodness.” Direct discussions, guidance and activities related to treating each other with respect are embedded in the curriculum of our advisory, health, Quakerism, diversity and HOPE (Natural Helpers) programs.

When teachers hear inappropriate conversations or become aware of a child who is feeling like the victim of unkindness, they do not hesitate to intervene.

On November 18th, the entire Middle School will be traveling to the Tilles Center at LIU to view the 90-minute play *Out of Bounds*.

Working Group Theater writes, “Out of Bounds is a play about bullying with a particular emphasis on cyberbullying. It was developed in 2013 using several research methods, including interviews with students, administrators, teachers, and parents; data and input from the Injury Prevention Research Center in the University of Iowa College of Public Health; and an analysis of relevant academic and news articles. The research was brought to life through a series of developmental workshops that focused on improvisation and imagination that helped to form the characters, stories, and ideas that are in the play.”

We will take time in small learning groups before and after the viewing of this play to discuss the main ideas and continue to help our students recognize the importance of their words and actions.

FROM THE UPPER SCHOOL

Mark Schoeffel, Upper School Principal | Divisional Assistant: Cathy Philipakos, 393-4215

Stopping to breathe in a “taste” of nature

Lately I've come to realize how vital it is for me to have time alone in nature. Or, perhaps more accurately, next to nature but not quite lost in it. I am someone who increasingly believes in separation from the laptops, phones, screens, and sounds of electronics. I don't think this makes me a Luddite, or a reactionary, because my stance is really pretty non-political. I just try to find more time to find some more silence in my world, replete with some bird calls and sunsets, too. I have found that the peace it gives me is an elixir.



MARK SCHOEFFEL

It's pretty hard to get away entirely from the “fever and the fret” that Keats speaks of in *Ode to a Nightingale* and we feel after our busy days gone by often like the voice in the beginning like *A Day in the Life*, a dreamy semi-consciousness Lennon and McCartney captured so brilliantly in those immortal *Sgt. Pepper* lines of song:

*Woke up, fell out of bed,
Dragged a comb across my head
Found my way downstairs and drank a cup,
And looking up I noticed I was late.
Found my coat and grabbed my hat
Made the bus in seconds flat
Found my way upstairs and had a smoke,
Somebody spoke and I went into a dream.*

There it is, in a way, the feeling of life passing in a blur, no matter how we try to stop it and hold onto it, just so. And yet, for me, I have found this not to be a permanent state at all. No, there is right in front of us great beauty to be found in the smallest of things, such pleasure to be found in making sure when you can find a moment, if you can, to feel the breeze on

Thurs-Sat 3-5	Upper School Fall Production: <i>The Imaginary Invalid</i> – 7:30 p.m. (Theater)
Fri. 4	11th grade Parent Coffee – 8:15 a.m. (Jackson House) Upper School Mid-Semester 1 Ends
Sat. 5	SAT & Subject Tests – Local Test Centers
Wed. 9	Upper School Parents Meeting – 8:15 a.m. (Jackson House)
Fri. 11	Veteran's Day – School & Offices Closed
Sat. 12	SSAT @ FA – 8:30 a.m.
Mon. 14	Upper School Winter Sports Begin
Thurs. 17	10th grade YSOP trip to NYC (Leaves 2pm, returns Fri. 11/18 approx 6 p.m.)
Sun-Tues 20-22	Junior Class Trip to D.C. (Returns Tuesday, 11/22 approx. 5:00 p.m.)
Wed. 23 - 25	School and Offices Closed for Thanksgiving Recess
Mon. 28	No Classes – Faculty In-Service Day
Tues. 29	Classes resume – 8:05 a.m.

AHEAD IN DECEMBER/JANUARY

Dec. 8	Grades 9 & 12th ONLY: Parent/Teacher Conference Evening – 4:00 to 9:00PM
Dec. 9	Grades 9 & 12th ONLY: Parent Conference Day – 8:00 a.m. to 3:00 p.m. NO CLASSES
Dec 21-Jan 2	School Closed for holiday break (NOTE: Fri. Dec 20th is a FULL day of school)
Jan. 3	Classes Resume – 8:05 a.m.
Jan. 13	Upper School Sem 1 Ends
Jan. 26	Grades 10 & 11TH ONLY: Parent/Teacher Conference Evening 4:00 to 9:00 p.m.

your face, and hear the wind's song, perhaps as you walk the dog in the early morning. I feel this when I am not quite awake in my sleepy strides, the dog sniffing away in front of me. Then, I have learned these days to so appreciate the little sounds of the

day as it opens up: perhaps a blackbird in a tree I pass, or the branches of the tree itself swaying slightly, leaves lightly hissing or shushing in the morning air as the wind moves through them.

And then I perceive and seek the quiet,

after I pass the busy road where cars fly by, their lights sharp and full of direction and intensity: that quiet that soon resumes as I walk further away from the road again, down a little street not quite awake yet, and I can soon hear my shoes on the little rocks now, and so, I begin to feel what it is to feel alive, and well, as the edge of sunlight breaks over the trees once dark against the sky, and in turn the auburn, ochre and faded burnt red colors of the leaves now come alight, and right then, all seems, well, new, and just there for me, at that time, now.

Something in me knows in the early morning that walking a dog, his jolly black self sniffing and reveling in the morning air, is one best path to serenity and balance, to first principles and what it is like to be human and open to the world as it is meant for us, and beyond us. And that the truth of nature as capital “N” Nature is very different than the small “n” nature that I touch for a moment in my suburban bliss this morn.

Big Nature, Darwin’s world, was for Shakespeare, as it was for Gordon Hamilton (the 50-year-old climate scientist who died last week after plunging unexpectedly down a 100-foot crevasse), a giant, untameable force, whirling like a gyre from Yeats, unstoppable, even unnamable. Those lightening blots and flashes King Lear watches on the storm-tossed heath, he calls “suphorous and thought-executing fires;” and rightly so – and thus, as I stop with my dog in the morning’s soft light as it graces the lapping water down by the Long Island sand, I know full well that a taste of nature now is not the storm-tossed heath of Lear nor the raging seas of Melville and his white whale, so vast and terrifying, defying frames or even compasses.

My little nature is just the tonic for a groggy city-bound soul. The sounds of the small waves on the shore, and the peach light of the sun across the Sound, are what I need, and with my dog, Char-

I take it all in, breathe it to become it, and the worries of our time and my mind are no more.

ley, I take it all in, breathe it to become it, and the worries of our time and my mind are no more. The heath is for later, and so is the stormy sea, with its teeming fish and furies. I have the golden water and its light this morning.

What, then, is the job of schools? To let our students see this window into truth and a world beyond our mere selves – to give them time to see, have them feel it, and try to fathom the unfathomable, to become open to looking beyond the immediate and the here and now, to transcend the fever and the fret. We can do better at this, I believe. We need to help them to find for themselves what Thoreau learned to see beyond and in himself in *Walden* and in America, too.

Sometimes, in a summer morning, having taken my accustomed bath, I sat in my sunny doorway from sunrise till noon, rapt in a reverie, amidst the pines and hickories and sumachs, in undisturbed solitude and stillness, while the birds sing around or flitted noiseless through the house, until by the sun falling in at my west window, or the noise of some traveller’s wagon on the distant highway, I was reminded of the lapse of time. I grew in those seasons like corn in the night, and they were far better than any work of the hands would have been.

Corn in the night: Thoreau’s words from *Walden* feel so right, and the sounds, smells, and sights, all, of our nature, in Nature and even small “n” nature here in our civilized lives, must be more with us, and we must seek them intently, especially when we are ever more away from them. Only going back to this nature can we, I think, move forward into the light.

SUSTAINABILITY AT FA

Dan Kriesberg,
MS Science teacher



Sustainable Eating – alive and well at Friends

As the Friends Academy community enjoys their lunch, they may not realize all the work being done to create a more environmentally sustainable food service system.

All leftover coffee grinds, vegetable & fruit peels are collected and composted in the school garden. Instead of plastic, compostable plates and plant-based cups are used. All of the the cleaning products are green friendly. There are low flow faucets throughout the kitchen that conserve water. Paper, plastic and cardboard used in the kitchen is recycled. Herbs for the kitchen are grown and harvested from the herb garden donated by the Class of 2016.

We eat every day and by making good choices we can lower our environmental impact when we do.

Everything does not have to change at once. Some steps are better than no steps. Eating less meat, being mindful of over packaging, buying organic are three simple ways to make a difference.



Flik Dining composts leftover coffee grinds, vegetable and fruit peels in the FA Edible Garden.

THE ARTS AT FRIENDS

Tracey Foster, Director of Arts | Divisional Assistant: Pia Fleischmann, 393-4289

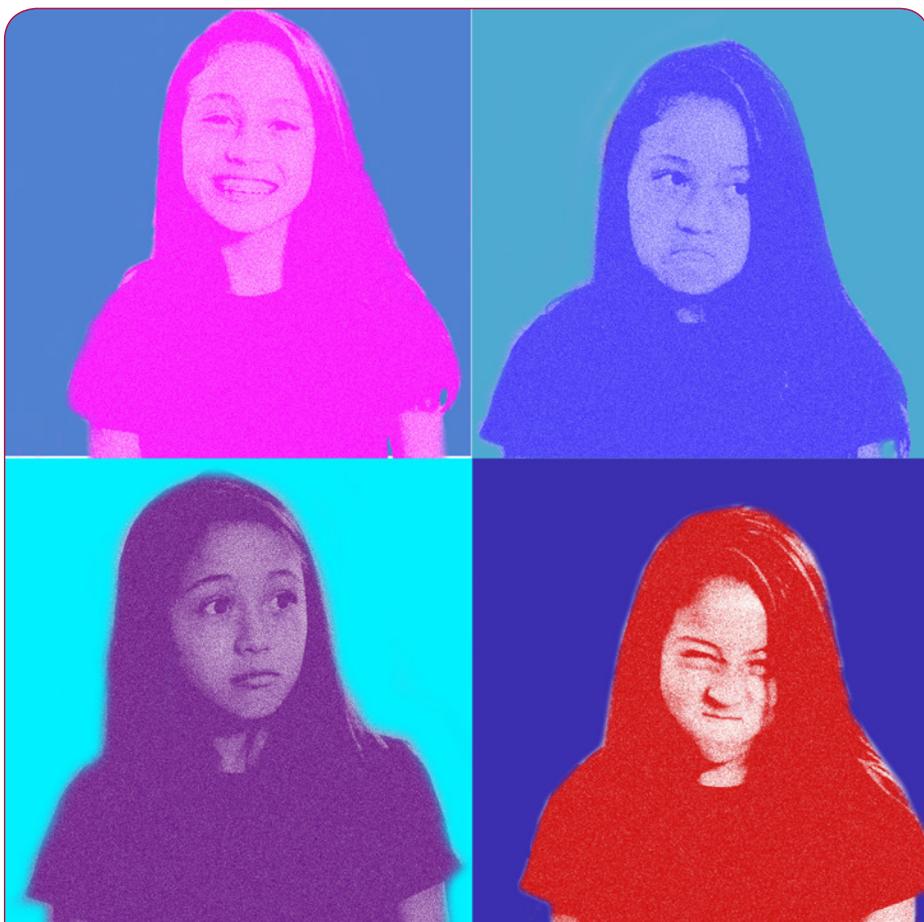
Welcome to The Arts page, where each month we will be sharing updates and musings from our studios and stage to keep creativity alive at Friends!

THE LANGUAGE OF LEARNING: TALKING TO YOUR CHILD ABOUT THEIR ART

For young children, art making is a primary means of expression. It is how they are able to share stories and it is how they reflect on their experiences to better understand their world. As a parent and teacher, it is often the adult's responsibility to foster their interest as an artist and help them to grow as a well-rounded, happy individual. Let's explore ways to make art experiences enjoyable and productive.

Observe and listen without judgment: When engaging in art activities with your child, study how they work and look for strategic placement of lines, shapes and objects. Look for gestural strokes of the brush and how they chose to use tools and materials. Notice their working habits and talk to them about it as they work. This builds their vocabulary and also helps them to be a mindful and reflective artist.

Engage a discussion based on your observations: When you notice specific colors or shapes in your child's art, tell them what you see: "I notice straight lines connecting to your circle." Or "This blue line travels up and across your page and ends in the opposite corner." Trace your finger over the object you are describing. This will not only give them vocabulary to use but will also let them know that you value their art, which is an important component in building self-efficacy. If you are ever unsure as to what your child's art represents, simply say "Tell me about your drawing/painting/clay sculpture, etc.". You should avoid asking "What is that?" because, for a young child, it may not BE anything but an expression of a kinesthetic experience of paint, brush and paper. Furthermore, and also with older children, this question has the potential to infer that their attempt at clearly express-



STUDENT-ARTIST OF THE MONTH

Our artist of the month, 8th grader Lauren Stewart, expresses enthusiasm in the Digital Arts Lab, which is contagious and inspiring. As a great listener and a focused Digital Artist, Lauren is able to take on technical challenges with ease, allowing for dynamic creative choices. Lauren is able to learn from her mistakes and gets real enjoyment from re-working a piece, a true asset for any artist in any medium! Lauren motivates those around her and is eager to help her fellow students when they get stuck. Brava, Lauren, on your great work and for being our Artist Of The Month!

ing a story has failed. Again, if you are unsure, look for marks, colors and/or figures and construct a question that is focused around what stands out to you: "I see many energetic green lines in the center of your page. Can you tell me more about that?"

Process and product: When your older child brings home a finished work of art, engage them in a discussion about the goals they had while developing

their idea, if it changed throughout the process and if they believe they met their goal in the end. Ask them if they faced any challenges and, if so, what strategies they used to work through them. Talking through the art process allows the artist to reflect on their actions which has many benefits. The act of reflecting gives us perspective, helps us to learn from our mistakes, allows us to generate new ideas and also makes us aware

THE FRIENDS ACADEMY THEATER & DANCE DEPARTMENT PRESENTS

THE IMAGINARY INVALID



NOVEMBER 3RD, 4TH AND 5TH, 2016 AT 7:30PM

\$12 STUDENTS

IN THE HELEN A. DOLAN CENTER

\$15 ADULTS

of our strengths and how we may share them with others. At times, we may place too much emphasis on the end product and what it looks like. Yes, the visual arts are well known for beautifying our living spaces. However, for the artist, the process, or the act of dreaming, designing and creating, is what they are most passionate about and why they persevere. "Every picture tells a story, don't it?" Let's discover what each work of art holds inside.

ATTENTION ALL PRINTMAKERS!

In February 2017, an exhibit in the art gallery will focus on Printmaking. Featuring works by artists engaged in print exchanges (right), the show will also include print work by faculty and students. We are also interested in exhibiting print work that may be in your personal collections! If you have a print that you would feel comfortable lending to the show, please contact Allison_Doherty@fa.org with details.



1/10 Sunburst Ellie Schoeffel



1/10 Dark Eden Gabrielle Scordio



1/10 Coming out of my shell Leila Baadarani



1/10 Woodcutter Caroline Miller

Art teacher Allison Doherty, along with students Leila Baadarani, Caroline Miller, Ellie Schoeffel and Gabrielle Scordio are currently participating in an International Print Exchange! Their work is on exhibit at Green Door Printmaking Studio, in Derby, England until 2 November and can also be viewed [here](#).

In exchange, the artists received a package of prints from artists around the world, all of which will be part of an upcoming exhibition of prints in the Dolan Center Gallery!

MARK YOUR
CALENDAR!



AMANDA FISK | FRIENDS ACADEMY

FRIENDS ACADEMY THEATER & ARTS HOLIDAY HAPPENINGS

Middle School Winter Concert: Tues. December 6 – 7:00 p.m. (Theater)

Middle School reception and Art Exhibit - 6:00 p.m. (Art Gallery)

Upper School Winter Concert: Tues. December 12 – 7:30 p.m. (Theater)

Upper School reception and Art Exhibit - 6:00 p.m. (Art Gallery)

Early Childhood Holiday Sing-along: Tues. December 20 – 9 a.m. (Classroom)

Lower School Winter Concert: Tues. December 20 – 10 a.m. (Theater)

Lower School reception and Art Exhibit - 9:00 a.m. (Art Gallery)

