

A Faithful Trip– As part of their studies of world religions, Teacher Barbara arranged for the 7/8 grade class to go on a field trip to the Pasquerilla Spiritual Center for a tour and to have our students meet a panel of PSU students of different faiths. After a short talk from panel members, our students were allowed to ask questions. I was very impressed with the caliber of questions asked by our students. They were interested and engaged in what these college students had to say about their religion and faith. They especially enjoyed hearing about the concept of reincarnation. I also think they found some comfort in knowing that their slightly older peers have struggled with and found comfort in their faith as they grow into adulthood.

From Farm to Table – The school's first crop of lettuce was harvested on Thursday. Students from the k/1, 2/3 and 4<sup>th</sup> grade classrooms took turns picking lettuce, kale and radishes. Then, they washed the produce and it was used in today's salad. What a great lesson for all of students about food and a great introduction for our upcoming theme week study of food.

Thanks – Our attendance numbers are back up this week and the flu seems to have taken a vacation from Friends. Let's hope it is a long one. Thanks to all for your vigilance in this matter.

### Reminders

Conference Days – If you have not done so already, please take the time to sign up for a conference with your child's teacher next Thursday and Friday. This is an important meeting for you to talk about your child's progress, share concerns, and make plans. In addition to teacher conferences, I will be available for conferences with parents. These meetings are open ended and can include whatever is on your mind about the school. I would be very interested in hearing about what you have to say. Please call the school to arrange an appointment. Remember, there is no school on conference days. If you want your child to participate in our child care program on either of those days, please let us know as soon as possible.

BMX Day at Woodward– There are still a few tickets left for this very cool tour. Camp Woodward is nationally renowned for gymnastics and extreme sports. This will be a great opportunity to see the facility and meet some of the professionals and instructors. A demonstration show from champion BMX rider Kevin Robinson will be featured. Saturday Nov. 14<sup>th</sup> at 1pm.

Developing Self-Regulation in Children –Join us on Tuesday evening, December 1st at 7:00 pm in the Community Room for a presentation and discussion on the development of self-regulation in young children with Dr. Karen Bierman. Self-regulation is an important developmental process for children and acquiring these skills can have dramatic effects on learning and emotional development. Find out more about this process and learn some strategies for helping your child to acquire these skills. Dr. Karen Bierman is a Friends School parent and a Distinguished Professor of Psychology at Penn State University with research

interests in social-emotional development and peer relations. This event is offered free of charge to all who wish to attend. Please make time to attend and bring a friend. Refreshments will be served.

SPICES - We're starting to plan for our SPICES Gala coming up on Friday, February 26, 2010. Our SPICES Gala is a fun, community-oriented fundraiser that raises money for our scholarship fund. It's theme is based on our Quaker SPICES, Simplicity, Peace, Integrity, Community, Equality and Stewardship. Last year's event featured fresh, local and organic foods; beverages introduced by local connoisseurs; live music by local musicians; a silent auction featuring local artists, artisans and businesses; and showcase vignettes of eco-friendly lifestyles. There is lots of room for creativity and ideas as we begin to plan for this year's event. If you are interested in joining in the planning process, please contact Beth Giles, [bgiles@scfriends.org](mailto:bgiles@scfriends.org), 237-8386. Thank you!

Have a safe and healthy weekend.

Dan