



NOTES TO PARENTS

February 2008

A Community of Hope

When the vision committee of board members, administrators, and teachers met to create a new vision statement, the core ingredients of FSMH were expressed. **Hope** was foremost.

Hope is defined by Wikipedia as “a belief in a positive outcome related to events and circumstances in one’s life.”

Emily Dickinson writes “**Hope** is the thing with feathers that perches in the soul, and sings the tunes without the words and never stops at all.”

In the Bible, Paul lists **hope** as one of the three central virtues (faith, hope, and love) of Christianity.

During a Meeting for Worship, fourth grade student Gianna Campanelli spoke about the importance of serving others. She concluded with, “When we help other people, we give them **hope.**” Although Gianna is of a young age, she recognizes the despair in those less fortunate. She understands the significance of **hope** in our lives.

Children are a natural expression of **hope**. They seem to come packaged with a positive outlook on life; filled with anticipation of greater things. Parents also dream of great accomplishments of their offspring - an impressive piano recital, a homerun to win the Little League game, or an exemplary report card with glowing teacher comments. Teachers see potential in their students and guide them as the students discover it in themselves. Inspiring children to believe that everything is possible and to pursue their dreams are central components of a Friends School education.

I conclude with a short, perhaps familiar, story of The Two Wolves.

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two “wolves” inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, **hope**, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The grandson thought about it for a minute and then asked his grandfather, “Which wolf wins?”

The old Cherokee simply replied, “The one you feed.”

—Patti Sanderson
Principal
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Community Service News

MLK Jr. Day of Service

On January 21st, Friends School celebrated the Martin Luther King Jr. Day with 115 volunteers giving their precious time and energy to be of service. On a day where school was not required, teachers, students, parents, grandparents and friends gathered in the Meetinghouse. After a brief Meeting for Worship and reflections on MLK Jr.'s call to service, the gathering was divided into three specific project groups. One group bagged and decorated over 600 snack bags for the Ronald McDonald House. Another group traveled to a local church to donate items and to volunteer for the Family Promise Network, a homeless shelter/system for Gloucester County. The third group remained on campus and spectacularly cleaned all three buildings, raked/bagged many leaves, and prepared a trail at the Friends School Woodland Preserve. We are grateful for everyone's donations and for the energetic and awesome response to our MLK Jr. Day of Service. It was a meaningful and positive experience. Thank you.

Green Club Announces Reusable Water Bottle Day – Every Friday

The Green Club is challenging our school community to think about our use of plastic bottles. Throughout the week we find unused or half used plastic bottles on the floor. Also the recycling boxes fill up quickly with the many new bottles that are brought to school daily. We have learned that the landfills are filled with plastic bottles that take thousands of years to decompose. It takes millions and millions of gallons of water and oil to produce and to recycle these plastic bottles. The Green Club is challenging students, faculty, and parents to use a reusable bottle every Friday. The use of a reusable bottle every day would be better for the earth but let's start with just Friday. This is not a rule or a law but a plea to help our ailing planet. Thank you for your support.

Pennies for Peace

The Green Club also wants to promote peace. Middle School students recently learned about an American mountain climber who literally stumbled upon a small village in northern Pakistan while returning from an unsuccessful attempt on K 2, the world's 2nd highest mountain. After recuperating in this village he noticed there was no school for the children of the village. He made a promise to help this community construct a school. He fulfilled that promise and successfully helped build the first school in this remote Himalayan valley. The *Pennies for Peace* Program helps educate our students about peace, about the regions of Pakistan and Afghanistan and shows them that they can make a positive impact on a global scale, one penny at a time. A penny to us is virtually worthless, but in this region of the world a penny buys a pencil and opens the door to literacy. Literacy and education opens the door to peace. As we all learn more about Pakistan and Afghanistan, this cross-cultural understanding encourages our students, your children, our future leaders, to be active participants in the creation of global peace.

The Green Club will be visiting classrooms to discuss the *Pennies for Peace* Program and will be placing containers throughout the school and in classrooms to collect pennies. Thank you for your support and interest in this exciting new student led project.

Used Cell Phones and Batteries Collection

The Green Club is sponsoring a used cell phone and used battery collection. Club members encourage our school community to not throw away used batteries and old cell phones. We have learned that these items contain metals that when deposited into the landfills leak into the soil and eventually into the groundwater. The metals are dangerous and toxic to the earth and to us.

Bring these items to school and the Green Club will safely discard them in an environmentally safe manner. There is a box for these items near the reception desk in the Hanshi Building. The Green Club thanks

MLK, Jr. Voluntary Day of Service 2008



Volunteers pack snack bags for the Ronald McDonald House.



Volunteers rake leaves on school grounds and at the Woodland Preserve while others tidy the classrooms and hallways.



What I Learned in Yoga Class

A few weeks ago I announced to one of my younger classes that I would be missing school to attend a class for yoga teachers. A roomful of puzzled faces stared back at me. Some students wondered aloud, "How can you be going to a class, you *are* a teacher!" It was a wonderful opportunity to have a group discussion on learning being a lifelong process. Many children were able to contribute their own observations from their family life; older brothers and sisters in college and their own parents who were continuing their education in some way.

Attending the *Tools for Schools* class provided me with methods and curriculum that will enhance and improve my current yoga teaching practice. This program was created specifically for children and how they learn, using the Multiple Intelligences Theory of Harvard educator Howard Gardner as its foundation. Learning activities that explore health, science, math, language, music and art are integrated in playful ways. Children love to talk, move, and play- all of which can happen in yoga. They like to bark in down dog pose, meow in cat stretch, and hiss in cobra pose. When poses are presented to children in a way they can relate and respond to, yoga can help activate their brains and get them ready to learn.

In this hurry-up world we live in, life can be stressful for even our youngest members of society. The bustling pace of children's lives can leave them feeling pressured. Yoga teaches students techniques for self-health, relaxation and inner peace. It fosters cooperation and is not competitive. I feel fortunate to be able to spend time each day practicing yoga with your children; sharing my joy and receiving their joy in return. It is a great gift for all of us.

-Rhonda Pennington

In the 2007-2008 school year, all students receive yoga instruction for one trimester, meeting one period per week.

Lower School News

Pre-Kindergarten Mitten Tree



To introduce the PreK children to their community service project, T. Nancy read the story *The Mitten Tree*. This is a wonderful story about an older woman who knits mittens and leaves them for children to find. Following

the story, the class created pairs of paper mittens for a mitten tree. Real mittens that would later be donated to needy children were added to this tree. The children also decorated bags to hold the real mittens. Finally after collecting many sets of mittens and hats, the children packed the bags which were delivered to homeless families on Martin Luther King, Jr. Voluntary Day of Service. What a wonderful way for the children to learn about helping others.

Fifth Grade Peace Fair

On February 1st, one hundred fifth graders from Haddonfield Friends, Moorestown Friends, Friends Academy in Westampton, and Westfield Friends joined our fifth graders here at FSMH. The students were entertained by *Quiet Riot*, two brothers who promote peaceful living through drama and storytelling. The students then branched into eight mixed groups to discuss "How to Conduct Yourself Peacefully" and to create banners to express their ideas. The morning culminated with a presentation of each group's banner to the entire group of Friends School fifth graders. A special acknowledgment goes to Eddie Denzler as he was selected as a spokesperson for his group. After saying goodbye to new friends, the fifth graders set out to make this world a more peaceful place.

Kindergarten Riddle

After discussing Martin Luther King, Jr., kindergarten student Max Rayborn popped up and asked, "What do you get when you put *peace* and *love* together?" "Plove!"

Fourth Grade Kaleidoscopes

A cross-curricular project of science and art culminated in the making of kaleidoscopes. After the fourth grade students studied light and sound in science class, they met with a kaleidoscope maker, Carolyn Bennett, in art class. She



explained the history of kaleidoscopes and showed many different styles of kaleidoscopes. Students then set out to make their

own scopes. An equilateral triangle of mirrors was inserted into a tube and a clear plastic cap was secured at the end. Students enjoyed selecting many translucent beads, pebbles, and shapes to place in the cap. After being cautioned not to add too many objects that were opaque, a student replied, "Hey! We talked about that word in science class!"



A picture was taken of the students and their works of art. On her computer Ms. Bennett then transformed this photograph into a kaleidoscope-like design. The fourth graders were fascinated at seeing their image repeated in a triangular display.

Fifth Grade Parents

Please be sure to read the information about D.A.R.E graduation and MS Transition Night located on the Middle School Update page.

Middle School Update

February Trips

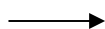
The Middle School students have a variety of trips coming up in the month of February. All events should be enriching experiences for our Middle School students.

- ◆ On the 7th of February, the eighth grade will travel to Princeton Friends School in Princeton, NJ. They will eat dinner with the eighth graders at Princeton Friends School and attend a lecture with them afterwards. The lecture will be given by Dr. Art Caplan of the University of Penn Center for Bioethics. The talk, entitled "What's All the Squawking? Bioethics and the Avian Flu Pandemic Threat," will be his first given on this subject.
- ◆ On the morning of February 14th, the sixth grade will be visiting the Mannington RDS as part of their service learning experience.
- ◆ On February 19th, the seventh and eighth graders will travel to Moorestown Friends School in order to attend a program that addresses issues of race, discrimination, violence, personality identity, and gender equity. It is a one man show entitled "You Don't Know Me 'Til You Know Me" performed by Dr. Michael Fowlin.
- ◆ And on the 28th, the seventh and eighth graders will go to Cherry Hill's Goodwin Holocaust Center in order to watch a play about the Holocaust. The students will be studying the Holocaust with T. Joe and T. Peter prior to this trip.

FSMH Geography Bee Winner

Congratulations to 6th grader, Daniel Leone, for winning the 2008 National Geogrpahy Bee Friends School competition. Around this time of year, students around the world compete in the National Geographic Society's school competitions to answer challenging questions pertaining to geographical places, features, natural resources, etc. Both of T. Peter's 6th grade geography and 7th grade world history students participated in this year's competition.

Daniel and runner-up Ali McCardell exhibited knowledge and steady nerves as they engaged in an exciting tiebreaker championship round during the morning Middle School collection. Can you name the two landlocked countries north of India?



FSMH Geography Bee Winner continued—

Daniel will now complete a written exam in hope of qualifying for the state competition. Last year, current 8th grader and sister of Daniel, Claire Leone, won our school competition and traveled to northern New Jersey to compete in the state competition. We are proud of both Daniel's and Claire's achievements. Good luck, Daniel!

D.A.R.E Graduation For Fifth and Seventh Graders

The fifth and seventh graders have done an outstanding job in their D.A.R.E classes with Sgt. Ed Selb of the Harrison Township Police Department. The students will graduate from the program on February 27th at 9:00AM. The ceremony will be held in the gym and last approximately one hour. We hope to see all the friends and family of the fifth and seventh graders!

Boys and Girls Basketball

The girls basketball team had a rough start to the season losing both games in our own holiday tournament and the first three regular season games. To their credit, they practiced hard, persevered, and have won four of their last five games, including three straight. They are led by a strong core of eighth graders.

The boys jumped out of the gates and won our holiday tournament. They have not looked back since. They are currently undefeated, winning all 9 games they have played this season. The "B" team suffered a crushing defeat in their first game of the season, but has worked hard to win five of their last six games. The "B" team players are developing into great players. The boys team is also led by a solid core of 8th grade boys.

Middle School Transition Night

On February 21st a MS Transition Night will be held for parents of next year's 5th-8th graders. We will begin in the Meetinghouse with a presentation about the Middle School academic program and service projects. This will be followed by an opportunity to meet the teachers. Come out and see what lies in store for your children in the Middle School!



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Friends School Mullica Hill will be hosting—

**Gloucester County
Youth Art Month Exhibition
Sponsored by the Art Educators of NJ**

March 3—13, 2008

Open to the public: Monday—Friday, 3-7 pm
Closing Reception: Thursday, March 13, 2008



Youth Art Month is a national annual observance each March to emphasize the value of K-12 art education for all children and to encourage support for quality school art programs.

Art Educators of New Jersey was conceived in 1939 by art educators interested in the promotion of visual arts education in the state. It is their purpose to promote and maintain the highest degree of quality instruction in visual arts programs throughout New Jersey.



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FSMH 4th Grade Student Self-Portraits in Graphite and Colored Pencils