

**Food Theme Week** – This week, we took some time off from our regular academic program to join together as a whole school in the study of food. While the workshops were about tea ceremonies, edible insects, recipe measurement and bread making, students were also learning about working in mixed groups and getting to know all the students in the school. In addition, we enjoyed visits from members of the Penn State Community Food Security Club and Friends Meeting to talk with our students about a healthy diet and sharing resources. This has been a great lead-in to the Thanksgiving holiday and our food drive.

**Woodward Tour** - Last Saturday a group from Friends School had the opportunity to visit Camp Woodward for a tour of this impressive facility. We were also treated to watching school parent, Kevin Robinson, perform some stunts on a half pipe. Never have I seen so many interesting ways to get hurt in one place. There were many different types and shapes of tracks, numerous jumps and large bowls. Also, you could choose between skateboards, roller blades or BMX bicycles as your carrier to destruction. I also came away with a new-found appreciation of the X games and extreme sport athletes. I invite you to watch Kevin (in person or on youtube) and see for yourself.

**Friends School News** - Our school newsletter is out this week (in backpacks and on the web). There is a wonderful article from Teacher Mary and it is packed with information about upcoming events. Look for information on Thankful Tuesday, our food drive, and the annual fund.

**A Book for Every Child** – Thanks to all the parents who helped us fill our collection box twice during the Book Fair. We are still taking donations here for your new or slightly used books. This Sunday, November 22<sup>nd</sup> from 10 AM to 8 PM, Barnes and Noble will donate 15% of every purchase (coupon available at store) to the Book for Every Child Program.

## **Reminders**

**Phone it in** – We are looking for a few parent volunteers to answer phones during the upcoming WPSU-TV pledge drive. This should be an evening of fun and the school will get some free publicity on WPSU. We are hoping to have a Friends School night on Wednesday, December 2. We need about 3- 5 people to cover the phones from 7 to 11 PM. Please let us know by Thankful Tuesday if you are interested.

**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. Find out more about this process and learn some strategies for helping your child acquire these skills. Karen is a Friends School parent and a Distinguished Professor of Psychology at Penn State University. 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.

Have a safe and healthy weekend.

Dan