

# Happy Holidays

Weekly Bulletin  
December 11, 2009

## Friends Community School

### **A MESSAGE FROM THE HEAD. . .**

Within the past week, winter weather hit our region; another reminder that the holiday season is upon us. Our children have been busy with holiday program preparations, and several classes have engaged in service projects. Gwynne's kindergarten and Melanie Cobb's 5/6 graders again traveled to the Heartland Health Care facility to share holiday greetings and activities. Our children sang Christmas carols and some of our Meeting songs, and worked with the residents to make holiday ornaments. James's advisory group of 7/8 students delivered many donated blankets to So Others May Eat (SOME), a shelter in DC. With the significant help of school parent, Jeanne Cloughley, James and Michelle's classes are completing a quilt that will be auctioned off at the holiday concert to benefit a local organization.

Parents, grandparents, alumni and friends are encouraged to join us at 9:00 on Friday morning, December 18, in the multi-purpose room prior to the holiday program. Crafts, food, fresh bread from Upper Crust bakery and FCS items will be available as our community gathers to celebrate the holiday spirit. All profits will go to the FCS Annual Giving Fund. Stacy has revealed that the upcoming holiday program (10:30 am) "Winter Wonder Lands", is a musical tour of the world through songs (in a variety of languages), instrumental music, and dance from around the world. I hope to see you there.

Best wishes for a joyous holiday season to you and your family.

In Peace,

Larry

### **Dates To Remember**

Dec. 15 - Parent Association (PA) Meeting

Dec. 18 - Holiday Performance - Noon Dismissal, No PM X-Day

Dec. 21-Jan 1- Winter Break, No School

### **FCS Holiday Show**

The Holiday Show will begin at 10:30 AM on Friday, December 18th. All students have received notes

regarding appropriate attire for the performance. Students should come to school dressed for the performance (except when otherwise indicated). Students should be practicing their class songs (lyrics can be found on the Music class websites), and all students taking instrumental lessons should also be practicing their performance pieces at home for 10-15 minutes each day.

### **Meeting Partners' Auction for the Homeless**

The students from James and Michelle's classes have been working hard the past two months on a quilt to benefit the homeless. Some of the material used to make the quilt is recycled from past 7th and 8th grade projects. Our quilt "Circles of Change" will be on display in the front hallway beginning Tuesday afternoon.

A silent auction will take place on Friday, December 18. The bidding will be open during the coffee gathering in the multi-purpose room from 8:30 A.M. to 10:30 A.M. The winner will be announced following the show.

A very special thank you to Jeanne (Jim's mom in James class) for all she has taught us about quilting, her hard work, and time! We would also like to thank Ruth (Isaac's mom in Michelle's class) for coming in each week to assist the children.

### **ENRICHMENT ACTIVITIES**

Both students and instructors seemed to have a fabulous time with fall enrichment activities. From math games to cookie making to drama, students left their classes each week looking happy and satisfied with what they had experienced. Although our fall semester has ended, we are looking forward to the spring semester which will begin the week of February 1st. Some of the fabulous new classes that will be offered include art, critter creations, ballet, debate, sewing, clay, old time radio, and an outdoors club!! More information coming soon!!!

### **Extended Day - Winter Break**

Extended Day will be providing all day camps on Monday, December 21; Tuesday, December 22; and Wednesday, December 23. We will be playing interactive games, creating unique arts & crafts, participating in a service project, and much more! Information and the registration form was sent via email earlier today. Please fill out the registration form and submit to the Front Office with a check attached no later than Wednesday, December 16, 2009. If you have any questions please contact the Director of Extended Day by phone (301-441-2100) or email ([erin@friendscommunityschool.org](mailto:erin@friendscommunityschool.org))

### **PHILANTHROPY MATTERS**

#### **ANNUAL GIVING FUND**

This year, we have a very special opportunity to raise funds for the AGF through a matching gift challenge to parents worth \$10,000!

Please accept the challenge and give to the best of your family's ability. Your gift really does matter - always! It is especially powerful with the availability of the matching gift. Thank you - always! from the bottom of my heart and all of us at FCS

### **Building a Path to the Playground**

Help FCS continue work on the beautiful playground by contributing to a brick pathway that will lead from the play structures to the gate. The pathway will be constructed with locally made bricks that can be inscribed with special messages and will become an enduring part of the FCS community. So far 35 families have ordered an inscribed brick or paver. We need 20 additional families to buy a brick before we can order our first shipment! To learn more about this project, please stop our table during the morning gathering prior to the Holiday performance on Friday, December 18th between 8:30am-10:30am. The forms will be available there, or you can get one from the main FCS website.



### **Pre-Holiday Show Parent Coffee/Gathering**

Relax and socialize...meet friends old and new... at the holiday gathering /coffee between 8:30am and 10:30am on Friday Dec 18 in the FCS multipurpose room. Peruse:

- ...crafts...a selection of FCS items (surprise your FCSer!)
- ...breakfast fare/pastries/bread from the Upper Crust bakery...
- ...gourmet coffee and tea... all to benefit the FCS Annual Giving Fund.

Followed by the FCS Holiday Show 10:30am - 12:00pm. Questions? Please call Christine at 301-441-2100.

### **GREEN TIP OF THE WEEK**

In recognition of the 3/4s' exploration of nutrition and healthy living, I offer: FISH!

Fish is a great way to get much needed protein and vitamins without the extra fat and calories. But how are parents to make sense of the different costs and benefits? On the one hand, fish contain valuable omega-3 fatty acids, and, therefore, are synonymous with decreased risk of heart disease, low blood pressure, increased eye and brain development in babies and young children, decreased risk of diabetes and decreased risk of psychological illnesses such as depression. Some fish are better than others in this regard, particularly salmon, herring and sardines. On the other hand, due to pollutants in the waterways, some fish have been found to contain unsafe levels of methylmercury, contributing to increased risk of heart disease as well as neurodevelopmental problems in young children and the elderly. These are mostly large fish like swordfish, shark and tuna. For a simplified sense of what's risky and what's not, check out The Physicians for Social Responsibility's handy fish shopping guide at [http://www.psr.org/assets/pdfs/hfhf\\_english.pdf](http://www.psr.org/assets/pdfs/hfhf_english.pdf)

