

OAKWOOD UPDATE!

GRATITUDE GOODIES

OCTOBER 22

HELP US CONJURE UP SOME SPOOKY TREATS AND PUMPKIN SPICE MAGIC AS WE SHOWER OUR FACULTY AND STAFF WITH HEAPS OF GRATITUDE!

DROP OFF IN THE WILLIAM'S LOUNGE AREA. VEGAN, GLUTEN-FREE, AND NUT-FREE OPTIONS ARE ALWAYS WELCOME!

DON'T HAVE TIME TO BAKE OR SHOP BUT WOULD LIKE TO MAKE A SMALL DONATION? VENMO @RACHELLE-REIS-LARSON; PLEASE INCLUDE "GRATITUDE GOODIES" IN THE MEMO. AS ALWAYS, PARTICIPATION IS VOLUNTARY!





Join Us Weekly for Light Conversation and Friendship

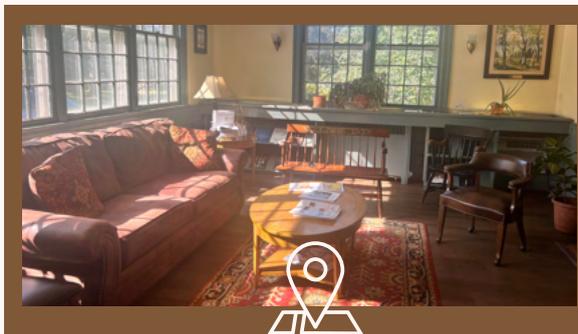
You're invited



EVERY WEEK ALTERNATING BETWEEN TUESDAYS AND THURSDAYS



TUESDAY
OCTOBER 21ST
8:30 AM



MAIN BUILDING
WILLIAMS
LOUNGE

IN MAIN BUILDING, THROUGH THE GREEN DOOR AND TO THE LEFT



Pink Out Fundraiser Volleyball Game!



Join us this October 22nd during the Varsity Volleyball game to support Breast Cancer Research

22 October
2025 | 3:30PM

Hosted by Oakwood
Women's Group

Bake Sale: Please drop off
donations in Williams Lounge!

If you'd like to drop off a baked item for the sale, please drop off in Williams Lounge Conference Room CLEARLY LABELED for this event Tuesday or Wednesday. Thank you!



TELL A FRIEND!



Join Us!

in person
Open House
October 26th 1:00pm

Meet Our Faculty,
Take a Student Tour,
Ask Questions

Inspiring minds, uplifting
justice, and shaping a
brighter world together.



Learn Outside the Box
6th - 12th Boarding and Day
www.oakwoodfriends.org

Do you know someone who would benefit from an Oakwood education? Share this flyer and let them know what Oakwood has meant for your student - personal stories make the greatest impact! We love welcoming new families to experience Oakwood for themselves.

If a friend can't attend the Open House, private tours are available by appointment, and our Virtual Open House will be held on Wednesday, November 12th at 7:00 p.m.



SAY HELLO TO OUR DINING HALL TEAM

Our Executive Chef of Dining Services, Bob Kraus, and his dedicated team prepare delicious meals for more than 200 students and faculty each weekday, and provide breakfast and dinner for those living on campus evenings and weekends.

If your student has any food allergies, dietary needs, or preferences - including vegetarian or vegan - please reach out to Bob. He and his team are always happy to work with families to ensure every student feels cared for and well-fed. You can contact Bob at 845-462-4200 x248, bkraus@oakwoodfriends.org, or stop by to say hello!

Thank you to our Dining Hall team for taking good care of all of us each day! L-R: Erica, Marlene, Stanley, Kasondra, & Corey





Please check each Update, this changes frequently!



IMPORTANT DATES

OCTOBER 13TH

Indigenous Peoples' Day - No Classes

OCTOBER 16TH

Community Campfire - 6:30 - 8:00pm Behind Collins Library

OCTOBER 17TH

Fall Midterm Faculty Meetings - No Classes

OCTOBER 21ST

Workshare Day - students should dress accordingly!

OCTOBER 31ST

Parents' Day! Spend the day at School with your Student
9:00am - 3:30pm

Please plan now to clear your calendar and join us for this very special peek into your student's life at Oakwood!

NOVEMBER 19TH

Fall Theater Night - 7:00pm
Spencer Family Theater

Casual Pre-Show Dinner in the Dining Hall for Families - 5:30 - 6:30pm
Please RSVP to Amy Solis @ asolis@oakwoodfriends.org to attend



Please check each Update, this changes frequently!



IMPORTANT DATES

NOVEMBER 21ST

Early Dismissal - 3:30pm

NOVEMBER 24 - 28

No Classes

DECEMBER 9TH

Winter Concert - 7:00pm

Spencer Family Theater

Casual Pre-Show Dinner in the Dining Hall for Families - 5:30 - 6:30pm

Please RSVP to Amy Solis @ asolis@oakwoodfriends.org to attend

DECEMBER 19TH

Early Dismissal - 3:30pm

DECEMBER 22ND - JANUARY 5TH

Winter Break

JANUARY 6TH

Classes Resume



NIKKI'S NOTE

OCTOBER EDITION!

YOUR MONTHLY DEIB NEWSLETTER

Pink Out Volleyball Game - 10/22

Come cheer on Girls Volleyball and wear pink to raise awareness for breast cancer! The Women's Affinity Group will be selling snacks to fundraise for breast cancer research.



Celebrating the Mid-Autumn Moon Festival!

The Mid-Autumn Moon Festival is celebrated across East & Southeast Asia. This year it is held on October 6th. It is a time for family, gratitude, and gathering under the full moon. This holiday honors the harvest season and reminds us of the importance of connection, reflection, and community. Shout out to Julie Zhang, who will be providing some mooncakes (which symbolize unity and good fortune) for our students to enjoy!



Did you know? There are a few cultures that have designated October as their heritage month!

Check out the list below:

- Italian-American
- Filipino-American
- German-American
- Polish-American

Likewise, October is also Breast Cancer Awareness Month & Domestic Violence Awareness Month.

And! October 11th is National Coming Out Day!



The Women's Affinity Group is collecting pads and tampons to support Reunite Migrant Families. If you're able, please drop off donations in the main building. All items will be delivered on November 1st.



Happy Diwali!

Diwali, celebrated by Hindus, Sikhs, Jains, and Buddhists worldwide, is a joyous holiday that symbolizes the triumph of light over darkness and good over evil.

Families gather to light lamps (diyas), decorate with rangoli, share sweets, and exchange gifts. This is a time for reflection, gratitude, and hope for the year ahead.

Shout out to Binita Metha, who will be leading us in an activity to create rangolis around campus!



G'mar Chatima Tovah!

We extend our wishes for a meaningful Yom Kippur to all who observe. May it be a day of deep introspection, healing and renewal.

Feliz Latine Heritage Month!

We have a few more celebrations planned this month:

- Social Justice Talk from Alumni Abigail Golden Vasquez ('86) 10/3
- Latine Experiences at Oakwood Panel 10/3
- Latine Culture Festival on Thursday, 10/9 during sports time/ after school



NIKKI'S NOTE!



Cultures Aren't Costumes Checklist!



By @little_kotos_words, Ethnic Studies Teacher on Special Assignment, Bay Area Educator

Many people in our community love Halloween and the magic of dressing up. Part of creating a safe school community for ALL students on Halloween is making sure racially, ethnically, and culturally based costumes are NOT part of our festivities.

We invite families to consider the Cultures are not Costumes checklist below:

✓ RESEARCH

Learn about anti-racist practices by reading, watching, and listening to testimonials created by people from communities impacted by cultural appropriation and racism. To get started, a few resources are shared on pg 2.



✓ REFLECT



Think about how your family can be a part of ending racism and the cycle of harm caused by cultural appropriation. While some people might not be offended by a racially or ethnically based costume, some people are. Raising empathetic humans means we do not ignore harm when it is present; instead we encourage curiosity, asking questions, and understanding another perspective more fully.

✓ DISCUSS

Talk with your family about what kind of creative costumes you can make or purchase that will avoid cultural appropriation and still feel fun and respectful to wear!

✓ ACT

Interrupt cultural appropriation by committing to anti-racist practices in your home. Appreciating cultures, not appropriating them takes time, humility, and openness. There are many other ways to appreciate cultures that do not involve borrowing another person's heritage or special cultural garments for a day of dress-up.

Building an anti-racist world includes all of us taking action in our homes, our schools, and our communities.

Let's not get stuck in the sticky web of racism this Halloween!

Cultures are NOT costumes!

COSTUME GUIDELINES



ASC MEMO
ACADEMIC SUPPORT CENTER
ANDREA MASSI, ASC COORDINATOR
September 2025



About Us

- We work hard to ensure that students are getting the accommodations that they need.
- Our role is to support students by carefully coordinating accommodations through doctor notes, IEPs and updated testing documentation.
- We are working on connecting with you more to offer support and guidance.
- Learning Profiles/504s have been created and updated. You all should have access to them.

Reminders

Student Profiles are confidential.
Please do not single students out.
Treat students like any other student.
Talk to students privately.

Updates

Our space on the third floor has been renovated. We have new work spaces and classrooms. Jonathan and Tim have moved to the third floor. Come see us in our new space!

Coming Up

- Student Observations
- Class Visits to support you with Differentiated Instruction.
- Look out for emails by me.

Contact Information

Andrea Massi
Phone: (845) 462-4200 X243
Email:
amassi@oakwoodfriends.org

ANDREA'S MEMO



NURSE NAOMI'S NEWS

October 2025

HEALTH FORMS CHECKLIST

- [Updated Physical Exam](#)
- [Immunization Record](#)
- [RX Med. Authorization Form](#)
- [Emergency Consent Form](#)
- [OTC Meds Permission Form](#)
- [Interval Health History Form*](#)
*Each new sports season
- [Copy of Health Insurance Card](#)

NEED HELP?

If you have any health-related questions or concerns, please feel free to reach out to me directly. I'm here to support you and your child throughout the school year!

Phone: 845-462-4200 X 235 or 845-453-5928

Fax: 845-462-4251

Email: nflinchum-marquez@oakwoodfriends.org

REMINDERS

FLU VACCINE - AAP GUIDANCE



- Learn how the immune system responds to the flu vaccine so it can respond right away and resist the virus.
- The best thing you can do to protect your children from the flu is to get them vaccinated. The AAP recommends that all children aged 6 months and older get their flu vaccine.
- [Learn about the flu, common symptoms, and why pediatricians recommend flu vaccines for babies, children and teens.](#)
- [Don't let the flu stop you! Did you know that children 6 months and older should get a flu vaccine each year? Learn more about the flu vaccine.](#)



NURSE NAOMI'S NEWS

September 2025

HEALTH THIS MONTH

ADHD AWARENESS MONTH

October is ADHD Awareness Month. Check out this common ADHD Myth below:

ADHD Myth below:

"ADHD is just an excuse for laziness."

ADHD symptoms are the result of neural messages in their brain not being effectively transmitted.



When a task interests someone with ADHD, neural messages tend to be strong, which intensifies motivation.

When tasks are not perceived as interesting, the neural messages tend to be much weaker, insufficient to activate needed actions.



For 80 - 90% of those with ADHD, medication can significantly improve such problems.

SPREAD ADHD AWARENESS

NEED HELP?



VIRTUAL CLASSROOM

For helpful links and information, check out Nurse Naomi's Virtual Classroom [Here](#)





IN-PERSON
AND
VIRTUALLY

Book Clubs

In the
student lounge

*Our first book:
Anxious kids,
anxious parents*

1ST THURSDAY
OF THE
MONTH
4:00-5:00 PM

10/2, 11/6, 12/4, 1/8, 2/5, 3/5, 4/2, 5/7



Can't make it on one of these days? No problem!
We will have an open document where I will
mention the key points we discussed and any
ideas that were shared!

For more information

[gflocco-
quinn@oakwoodfriends.org](mailto:gflocco-quinn@oakwoodfriends.org)





Please check each Update, this changes frequently!



CONNECT WITH OUR MAIN CALENDAR!

TO SEE WHAT'S HAPPENING
ALL YEAR!

[CLICK HERE TO CONNECT
TO THE GOOGLE CALENDAR](#)



**CONNECT WITH OUR
SPORTS CALENDAR!**

TO SEE WHAT'S AHEAD ALL YEAR!

**[CLICK HERE TO CONNECT
TO THE GOOGLE CALENDAR](#)**



WHO'S WHO?

CHECK OUT THIS LIST TO HELP
YOU FIND THE RIGHT PERSON
TO HELP YOU!

Description	Name	Emails	Location	Phone
Head of School	Chad Cianfrani	ccianfrani@oakwoodfriends.org	Front Entrance Main Building	332
CFO	Allison Berger	business@oakwoodfriends.org	2nd Floor Main Building	212
Associate Business Manager - Tuition Management Payment Plans Administrator	Denise Eagan	deagan@oakwoodfriends.org	2nd Floor Main Building	214
Associate Head of School Head of Upper School	Anna Bertucci	abertucci@oakwoodfriends.org	Side Entrance Main Building	221
Head of Middle School	Ricci Alma-Bueno	ralmabueno@oakwoodfriends.org	Middle School Stokes	241
Director of Development	Amy Solis	asolis@oakwoodfriends.org	3rd Floor Main Building	445
Director of Admissions	Anne Mongillo	amongillo@oakwoodfriends.org	Front Entrance Main Building	245
Director of Community Inclusion and Social Justice	Nikki Winans	nwinans@oakwoodfriends.org	Side Entrance Main Building	353
Dean of Students & Community Wellness	Willow Joffee	wjoffee@oakwoodfriends.org	Side Entrance Main Building	260
Director of College Counseling	Haniya Mee	hmee@oakwoodfriends.org	2nd Floor Main Building	247
Director of Technology	Jeff Stark	jstark@oakwoodfriends.org	Collins Library Lower Level	460
Director of Residential Life Middle School Music & Drama	Teresa Gasparini	tgasparini@oakwoodfriends.org	Side Entrance Main Building	239
Academic Support Center (ASC) Academic Coordinator	Andrea Massi	amassi@oakwoodfriends.org	3rd Floor Main	243
Athletic Director	Saddan Alma-Bueno	salmabueno@oakwoodfriends.org	Gym	
Academic Programs Assistant - Upper School Scheduling	Matt Voorhees	mvoorhees@oakwoodfriends.org	Side Entrance Main Building	220
Associate Director of Admissions SEVIS DSO Rentals Coordinator	Grace Obee	gobee@oakwoodfriends.org rentals@oakwoodfriends.org	Front Entrance Main Building	251
School Counselor	Giana Flacco-Quinn	gflacco-quinn@oakwoodfriends.org	2nd Floor Main Building	257
School Nurse	Naomi Flinchum-Marquez	nflinchum-marquez@oakwoodfriends.org	2nd Floor Main Building	235
Attendance		attendance@oakwoodfriends.org		
Main Office Bus & Book Coordinator	Michelle Dancey	mdancey@oakwoodfriends.org general@oakwoodfriends.org	Side Entrance Main Building - turn left to end, then turn right, office is at the end on the right	845-462-4200
Executive Chef - Dining Services	Robert (Bob) Kraus	bkraus@oakwoodfriends.org	Dining Hall	248
Residential Life Contacts				
Dorm Parent	845-518-6353			
Administrator on Duty (AOD)	845-518-6355			
Night Watchman	845-518-6359			

Still not sure? Email Amy Solis at asolis@oakwoodfriends.org!



MERCH

BSN Sideline Store offers a choice of Oakwood logos on a wide array of merch including hats and tumblers. Remember to click the banner, choose your own design logo and sort by Price to see items under \$50.



https://sideline.bsnsports.com/schools/new_york/poughkeepsie/oakwood-friends-school

Spiritwear is delivered direct to your door,
Oakwood does not receive income on any sales.



MERCH

Oakwood merch is also available on Land's End!

Please note - you will not see our logo online on the merch. Your order will include our usual logo in brown with green leaf on light colored clothing and white with a green leaf on dark colored clothing.

All items are embroidered.

Please disregard the uniform/dresscode option



[https://www.landsend.com/co/account/school-uniforms?
selectedSchoolNum=900204900](https://www.landsend.com/co/account/school-uniforms?selectedSchoolNum=900204900)

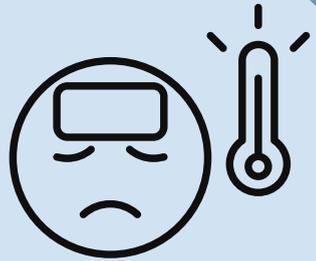
Spiritwear is delivered direct to your door,
Oakwood does not receive income on any sales.



LET US KNOW WHERE YOUR STUDENT IS!



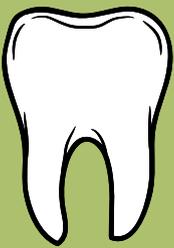
**COMING IN
LATE?**



**NOT COMING TO
SCHOOL?**

WHO DO YOU EMAIL?

ATTENDANCE@OAKWOODFRIENDS.ORG



LEAVING EARLY?



**NOT TAKING THE
BUS HOME ?**



**Press pause. Sit in silence.
Discover what matters.
All Faiths Are Welcome
Meet Friends Engaged in Social Justice**

POUGHKEEPSIE QUAKERS

Here in the Hudson Valley for over 300 years

POUGHKEEPSIEQUAKERS.ORG

Silent Worship Every Sunday 10:00 am
In-Person Virtually Welcome



simplicity peace integrity community equality stewardsh

**JOIN US SUNDAYS
MEETING FOR WORSHIP
10:00-11:00AM
IN OAKWOOD FRIENDS
MEETING ROOM**



[CLICK HERE TO VISIT THE PQM WEBSITE](#)



**IN PERSON
OR VIA ZOOM**