

Thank You!

Warm thanks to our families who decorated campus for fall! What an uplifting change for the season! Everyone is enjoying the beautiful flowers and displays!





Join Us Weekly for Light Conversation and Friendship

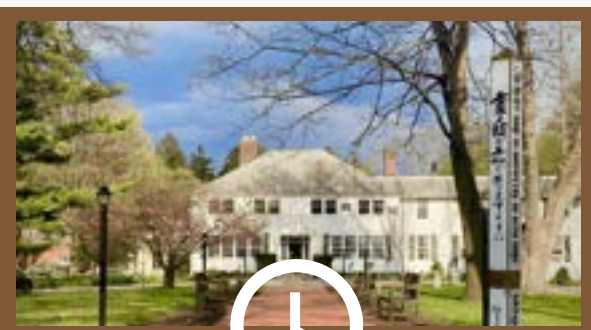
*You're
invited*

**Special Guest!
Meet Andrea Massi
our Academic
Support Center
Coordinator!**

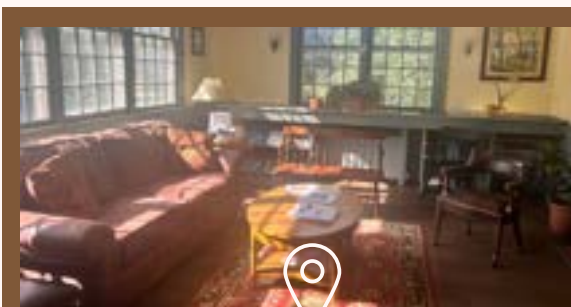
***She'll be hanging out with
us to answer your questions!***

PARENT & GUARDIAN COFFEE

EVERY WEEK ALTERNATING BETWEEN TUESDAYS AND THURSDAYS



**TUESDAY
OCTOBER 7TH
8:30 AM**



**MAIN BUILDING
WILLIAMS
LOUNGE**

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



Community Campfire

Share a fun fall evening!

Thursday
October
16

6:30pm - 8:00pm
behind the library

Sign Up
Here
for
Open
Mic!

Open Mic
Marshmallows
Cider

*Families - Please Bring if
you are able:*

*Camp Chair/Blanket
Marshmallow Stick
Item for S'Mores Potluck -
grahams, favorite cookies,
chocolates, sliced fruits,
or candy*



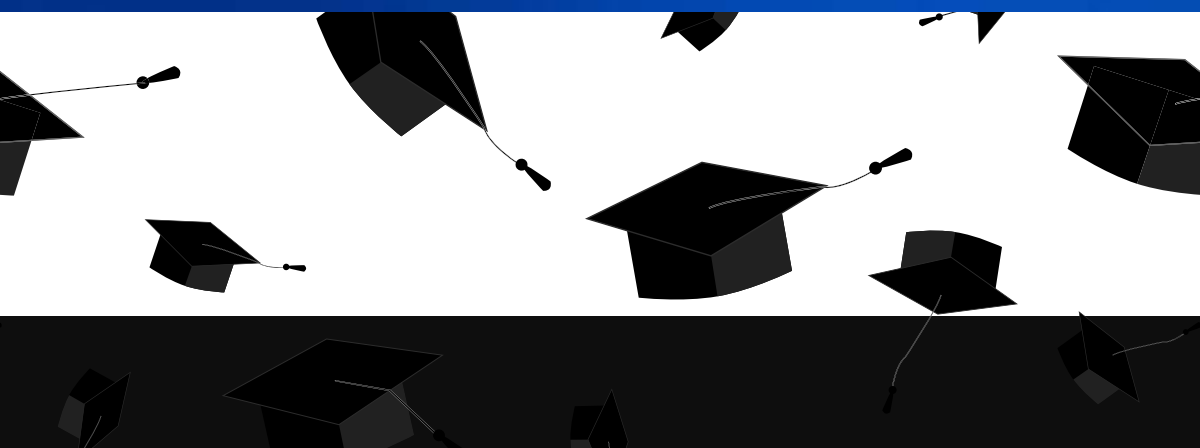


COLLEGE COUNSELING EVENTS!

**Save the Date and join our very own
College Counselor Haniya Mee for
these upcoming opportunities!**

Friday, October 17th -
Digital ACT Practice Test

Students in all grades can try out the new,
shorter test format from home, and receive a
free detailed score report!





FELIZ LATINE HERITAGE MONTH!

Oakwood
FRIENDS SCHOOL



SEPTEMBER
15TH -
OCTOBER
15TH!

HAPPY LATINE HERITAGE MONTH!

Each year from September 15th to October 15th, we celebrate the histories, cultures and contributions of those who identify as Latine.

Latine Heritage Month begins on the 15th because September 15th marks the independence of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Tomorrow, Mexico celebrates their independence, and on September 18th, Chile does too!

At Oakwood, we use the term Latine because it is gender-inclusive word in Spanish that honors the diversity of identities across the community.

Stay tuned to see photos from our various community celebrations throughout the month!



Oakwood
FRIENDS SCHOOL
Middle School

Affinity Groups! (Trimester 1)



9/18
10/16
11/13

BIPOC!

10/2
10/30



Eye to Eye!

10/9
11/6



Adopted!



9/25
10/23

Pride!

Each of these groups meets with
Nikki on Thursdays from 10:55-
11:25. You may join at any time.



MIDDLE SCHOOL
AFFINITY GROUPS



Oakwood
FRIENDS SCHOOL

Upper School Affinity Groups!



*Women's
Group:
Wednesdays!



*BIPOC:
Thursdays!



*International:
Mondays!

*Jewish
Affinity:
Fridays!



Each of these groups is run by a student leader and meets every other week during upper school lunch. You may join at any time.



UPPER SCHOOL AFFINITY GROUPS





NIKKI'S NOTE



OCTOBER EDITION!



Oakwood
PASTORAL CARE

YOUR MONTHLY DEIB NEWSLETTER

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!



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!



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!



HAPPY INDIGENOUS PEOPLE'S DAY!

On Monday, October 13th, Oakwood Friends School will be closed to acknowledge and celebrate Indigenous Peoples' Day, an important occasion to honor the histories, cultures, and contributions of Indigenous peoples worldwide.

This day serves as a necessary alternative to the historical celebration of Columbus Day, which has often glorified colonization and the erasure of Native American and Indigenous histories. Indigenous Peoples' Day was created as an alternative to highlight the resilience, knowledge, and diverse cultural heritage of Indigenous communities globally.

To honor Indigenous Peoples' Day, we will be having a special lunch in the dining hall on Tuesday, October 14th. We will be having a meal centered around the three sisters. The three sisters are corn, beans, and squash. While many Tribes have cultivated corn, beans, and squash, the term "Three Sisters" was and is primarily used by the Iroquois.

Likewise, we will also be having Wojapi & Frybread as a sweet treat. Frybread is a commonly loved food that is rooted in Native American history, particularly during times of displacement. Originally made from simple government-issued ingredients, Frybread became a staple in many Indigenous communities. Wojapi is a traditional Native American berry sauce that is typically made from chokecherries and is a sacred dish for the Lakota people. Combining frybread with wojapi represents both the hardships and the resilience of Native peoples.

As we observe Indigenous Peoples' Day, let us commit to continual reflection and action, honoring Indigenous rights, cultures, and contributions at both local and global levels.

INDIGENOUS PEOPLE'S DAY



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 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)





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!



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](#)



Please check each Update, this changes frequently!



IMPORTANT DATES

OCTOBER 8TH
Freshman Retreat

OCTOBER 9TH
Junior Class Parent Meeting with College Counselor - 7:00
Spencer Family Theater

OCTOBER 10TH
3:30pm Dismissal
(no sports or afterschool)

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

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!



**CONNECT WITH OUR
SPORTS CALENDAR!**

TO SEE WHAT'S AHEAD ALL YEAR!

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



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)**

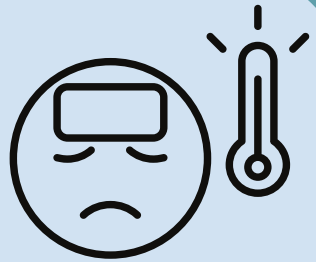
**Spiritwear is delivered direct to your door,
Oakwood does not receive income on any sales.**



LET US KNOW WHERE YOUR STUDENT IS!



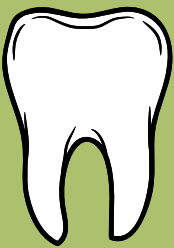
**COMING IN
LATE?**



**NOT COMING TO
SCHOOL?**

WHO DO YOU EMAIL?

ATTENDANCE@OAKWOODFRIENDS.ORG



LEAVING EARLY?



**NOT TAKING THE
BUS HOME ?**



JOIN THE OAKWOOD BOOSTERS

Volunteer to help in any way you choose!

Your Time

Your Cooking Your Experience

Picking up supplies

Small cash donations

To Support - Cultural events

Monthly Faculty & Staff Appreciation

Prom

Campus displays

Fundraising for student events

**100% Voluntary You can participate
whenever & however you wish!**

Join the List!

Sign Up at

oakwoodfriendsboosters@gmail.com



An abstract artwork featuring a central face with dark skin and large, expressive eyes. The face is surrounded by vibrant, layered colors including yellow, orange, red, and green, creating a sense of depth and movement. The overall style is expressive and somewhat cubist.

LOCAL EVENT

RESISTING ERASURE

**Join Oakwood
Photography Teacher
Dan Goldman and many
talented Artist's for the
Opening of
*Resisting Erasure.***

2025

This exhibition gives voice to those working at the intersection of creativity, resistance, and healing. Featuring multi-disciplinary artists who reflect cultural, and social traditions, Resisting Erasure is more than an art exhibition—it is a call to community dialogue and collective reflection. The exhibition will showcase visual, audio, and verbal narratives that offer resolutions to conflict and expressions of resilience. Artists will also present on their lived experiences navigating censorship, suppression, and the struggle to maintain individuality in increasingly challenging political climates. All events are open to the public. Community dialogue is encouraged. Participating artist will donate a percentage of any sales to a social justice centered organization.

Dan serves as both a co-curator and a participating artist in the show.

**For more information, visit
<https://goodworkinstitute.org/>**



RESISTING ERASURE

2025

Show Dates:

Friday September 12th - November 22nd, 2025

Opening Reception: September 19th
4 - 7 pm

★ Closing Reception: November 14th ★
4 - 7 pm

SPECIAL EVENT:

November 8th 5 - 7 pm

Bettina Poet Gold Wilkerson

Presentation:

Be the Poem - Living Beyond Our
Fears

CURATED BY:

ONAJE BENJAMIN, SHIRLEY PARKER-BENJAMIN,
MAUREEN GATES, DAN GOLDMAN

Good Work Institute

65 St James Street, Kingston, NY, 12401



Exhibiting Artists:

Gülнар Babayeva

Onaje Benjamin

Shirley Parker-Benjamin

Jess Blaustein

Gerardo Castro

Chong Kang

Ted Dixon

Richard Franklin

Poet Gold

Dan Goldman

Maureen Gates

Judit Germain Heins

Yoko Izu

Karen Jaimes

Norm Magnusson

Lala Montoya

Sandi Morales

Julia Santos Solomon

Christina Siu

Suprina Troche

GOOD WORK INSTITUTE



**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**



**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**