

OAKWOOD UPDATE!

THANK YOU FOR JOINING US! FOR PARENTS' & GUARDIANS' DAY

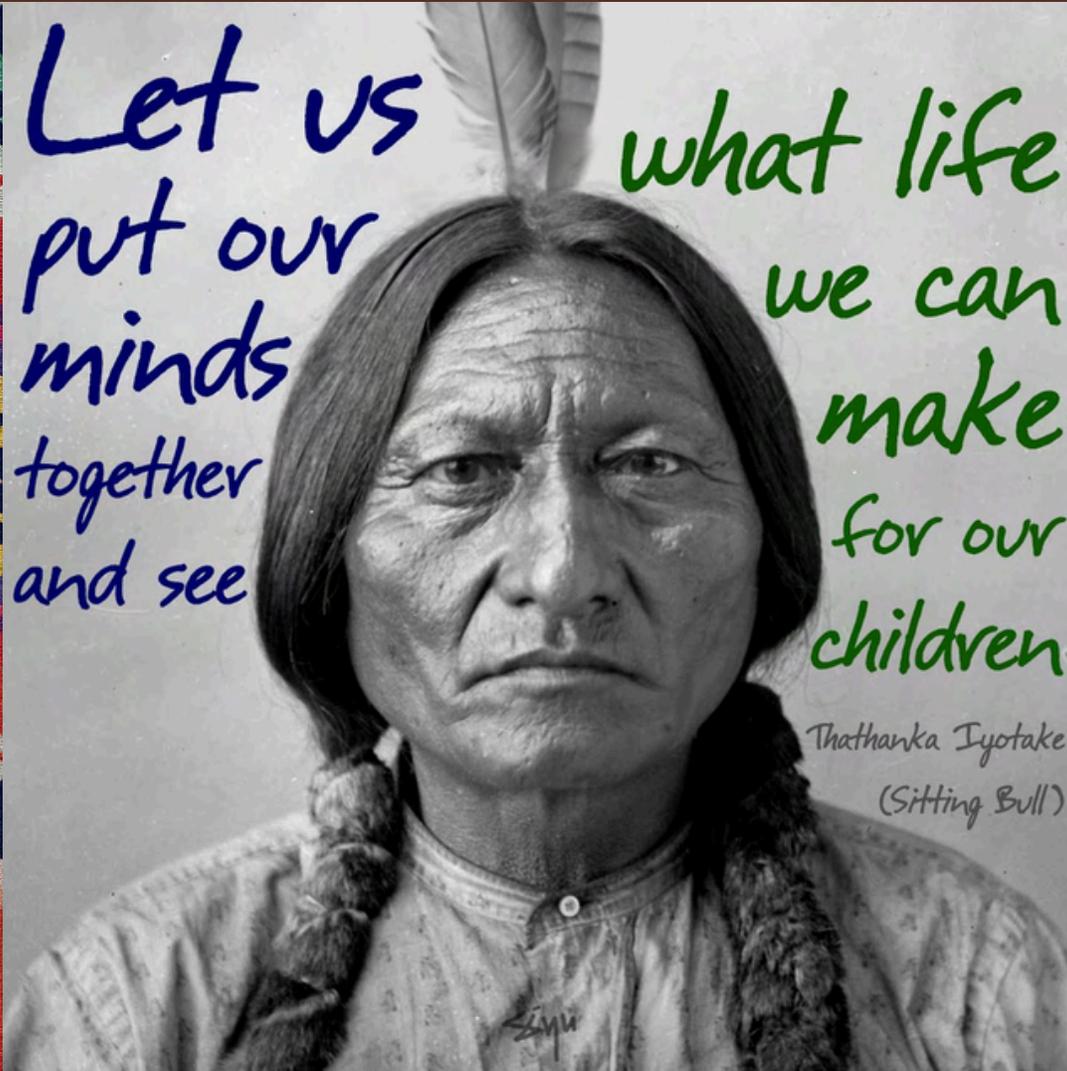








NATIVE AMERICAN HERITAGE MONTH



Happy Native American Heritage Month! This month, we strengthen our commitment to learning and understanding Native American history and how to be better allies to the Native American community today. Stay tuned for updates on how we will be learning and growing together this month as a community as we honor Native American history, heritage, culture, and language!

Thank You!

To the fabulous parents, caregivers and Oakwood Boosters for another wonderful Gratitude Goodies for Faculty & Staff! Everyone adored the tasty spread and so appreciates the love! You are the best!



**BE A BOOSTER - SIGN UP AT
OAKWOODFRIENDSBOOSTERS@GMAIL.COM**

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

COLLEGE VISITS THIS WEEK!

College visits are open to juniors and seniors with teacher approval.
Ninth and tenth graders may attend if they have a free period.
Encourage your student to attend!

Friday, November 7

Mount Saint Mary College - 9:25 - 9:45am

Offers strong programs in business, education, and health sciences within a welcoming liberal arts environment focused on personal growth and community engagement.

Post University - 2:00–2:20 PM

Career-focused university with flexible programs and strong professional connections? Post University combines hands-on learning with personalized support to prepare students for success.

T



TELL A FRIEND!



You're Invited!
to our
Virtual Open House



Oakwood
FRIENDS SCHOOL

BOARDING & DAY 9TH - 12TH
MIDDLE SCHOOL DAY 6TH - 8TH

Admissions Virtual Open House
Wednesday, November 12th 7:00pm-8:00pm

Follow here to register: <https://oakwoodfriends.org/openhouse1112/>

We welcome you to discover the difference of an Oakwood Friends School education at our Virtual Open House on Wednesday, November 12th at 7pm. Join us for conversations with both middle school and upper school faculty and administrators as we offer you a meaningful introduction to who we are and what makes our school unique and special! Bring you're questions - we're happy to answer them!



FALL THEATER NIGHT JOIN US!

OAKWOOD FRIENDS SCHOOL

VARSITY
DRAMA



*"Where angst takes
center stage!"*

JOIN US FOR THEATER NIGHT!
AN EVENING OF MONOLOGUES
NOVEMBER 19TH AT 7:00PM

PARENTS AND CAREGIVERS ARE WELCOME TO JOIN US
BEFORE THE SHOW FOR A CASUAL DINNER
IN THE DINING HALL 5:30 - 6:30PM

PLEASE RSVP TO AMY SOLIS
AT ASOLIS@OAKWOODFRIENDS.ORG
IF YOU PLAN TO ATTEND DINNER

Please check each Update, this changes frequently!



IMPORTANT DATES

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

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



IMPORTANT DATES

DECEMBER 19TH

Early Dismissal - 3:30pm

DECEMBER 22ND - JANUARY 5TH

Winter Break

JANUARY 6TH

Classes Resume



NIKKI'S NOTE

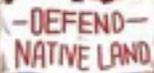
NOVEMBER EDITION!

YOUR MONTHLY DEIB NEWSLETTER

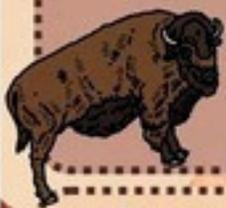
Thank you!

Thank you to all who donated their time, baked goods or cash to our fundraiser for Memorial Sloan Kettering's breast cancer research. We raised \$757, and with a triple match that's \$2, 271 going towards life saving research!

November is Native American Heritage Month!



Working alongside the Oglala Lakota community in Pine Ridge was the absolute honor of a lifetime. In November, and always, I'm reminded of the resilience of not only the Lakota people but of all Native American people. I often find inspiration in the Buffalo- a sacred species that has survived despite the government's attempt to erase them. This month, through an advisory lesson, community meeting, and community meal, we will balance the stories of resilience with the stories of joy that various Tribal nations within Turtle Island have experienced. Stay tuned for updates and photos from our gatherings this month.



Feliz Día De Los Muertos!



On November 1st and 2nd, we honor Día de los Muertos, a vibrant Mexican tradition that celebrates the lives of loved ones who have passed. Rather than a day of sadness, it is a joyful remembrance filled with music, color, food, and family. Our community is invited to reflect on the people who have shaped us, share their stories, and celebrate their lives.

November 20th is Transgender Day of Remembrance. This day honors the memory of Transgender individuals who's lives were taken by anti-Trans violence. As political tensions continue to rise, and Transgender people are blamed for the government shutdown, it is extra important for us to confront Transphobia if and when we see, hear ,or experience it.



Thank you to all who donated to the women's group period product drive! While Reunite Migrant Families happened to be full at the moment, we are donating all products to the Grace Smith House.

COMMUNITY EVENTS

- From Internment to Military Service: Veterans from Manzanar
 - Monday November 10th, 5:30-7pm
 - Adriance Memorial Library
- Aspects of Emancipation: Quakers, War and Runaways in Westchester County
 - Wednesday, November 12th 7pm
 - Philipse Manor Hall State Historic Site, Yonkers
- The Lenape People in the Hudson Valley, Mount Guilian
 - Saturday, November 15th 1pm



NURSE NAOMI'S NEWS

November 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

JOIN THE GREAT AMERICAN SMOKEOUT



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the **Great American Smokeout** event on the third Thursday in November (**11/20**) be your day to start your journey toward a smoke-free life! You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Want to help a teen stop vaping?
DropTheVape is a free, confidential text program tailored for young people. It's a great resource for people of any age seeking help to quit vaping and other nicotine and tobacco products.

NURSE NAOMI'S NEWS

November 2025

HEALTH THIS MONTH

DIABETES AWARENESS MONTH

Diabetes Awareness Month takes place in November in honor of the Nov. 14 birthday of Dr. Frederick Banting, who discovered insulin in 1921. It is a time every year to spread awareness about a very common chronic childhood condition. Whether a child has developed type 1, the most common type in children, or type 2 diabetes, the signs and symptoms of diabetes require immediate medical attention. The most common symptoms of both types overlap. Diabetes symptoms typically appear fairly quickly, within the span of a few weeks or months. Symptoms include:

- increased thirst
- increased urination
- weight loss
- increased appetite
- dehydration
- blurred vision
- persistent nausea and vomiting
- abdominal pain
- excess drowsiness or fatigue
- irritability and mood changes
- yeast infections for girls

If you have concerns about your child and diabetes, be sure to talk with your pediatrician or primary care provider.

DIABETES RESOURCES



[American Diabetes Association](#)



[Children With Diabetes](#)



[Safe at School -
Diabetes Medical
Management Plan
\(DMMP\)](#)

VIRTUAL CLASSROOM

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





ACADEMIC SUPPORT CENTER

About ASC

Helps students improve their academic performance and succeed in their studies.
Serves students with learning differences/disabilities and/or executive functioning challenges to to strengthen their study habits and get extra support outside of their classes.
Bridges the gaps in understanding, fosters independent learning skills and improves students' confidence and performance in school.

Classes

Focused Instruction - available to any student in need of support in the areas of organization, time management and work completion.
Learning Skills - Support services for students with documented learning differences and ADHD.
Both programs instill self-advocacy skills in students.

Basic info

Team:

Andrea Massi - Coordinator
Jonathan Bisson - ASC Teacher
Tim Stanson - ASC Teacher

Location:

Main Building - Third floor

Contact:

(845)462-4200X243
amassi@oakwoodfriends.org

Services

Support student learning
Test Preparation
Accommodations based on supporting documentation
Drop-in help
Mentoring
Academic Coaching
Quiet study area
Quiet testing area



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!

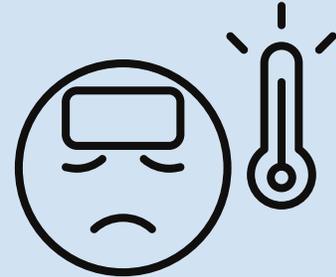
TO SEE WHAT'S AHEAD ALL YEAR!

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

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 ?**



**Oakwood**
FRIENDS SCHOOL

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)

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**POUGHKEEPSIE
QUAKERS**



**seeking Peace?
Find Comfort in Silent Worship.**

POUGHKEEPSIE QUAKERS

All Faiths Are Welcome

Here in the Hudson Valley for over 300 years

POUGHKEEPSIEQUAKERS.ORG

Silent Worship Every Sunday 10:00 am



simplicity peace integrity community equality stewardship



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



**IN PERSON
OR VIA ZOOM**

**CLICK HERE TO
VISIT THE PQM WEBSITE**