

OAKWOOD UPDATE!



CONGRATS TO OUR
FALL SPORTS AWARD
RECIPIENTS!

THANK YOU TO ALL OUR PARENTS AND
CAREGIVERS FOR SUPPORTING OAKWOOD
SPORTS THIS SEASON!



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!

OAKWOOD FRIENDS SCHOOL
PRESENTS

Theater Night!

NOVEMBER 19TH - 7:00PM
SPENCER FAMILY THEATER

Featuring Intro to Drama and Acting class monologues,
and special guest appearances by theater-loving seniors.

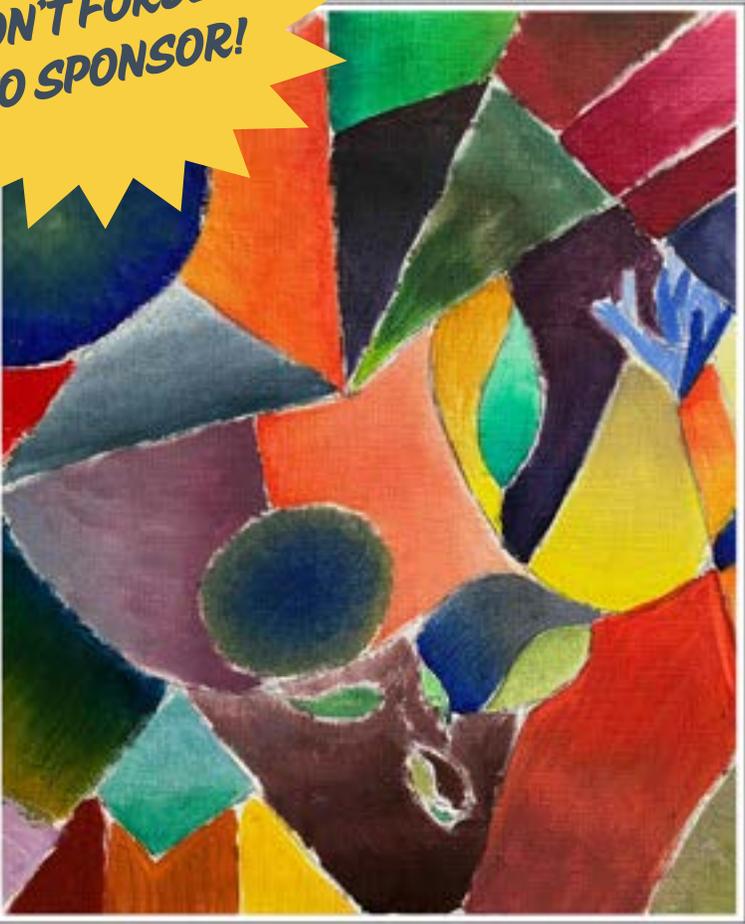
JOIN US!
November 19th at 7:00PM

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

OAKWOOD UPDATE!

DON'T FORGET
TO SPONSOR!



Art by Isaac Carter.

Save the Date

*Apps
and
Auction!*

To Support Oakwood's Annual Fund

**Friday, January 23, 2026
7:00 pm - 9:00 pm**

**Alumnae House Vassar College
161 College Avenue
Poughkeepsie, NY**

Mark your calendar for our reimagined annual fundraiser and auction in support of the Oakwood Annual Fund! Join us on our new date and time - Friday, January 23, 2026, from 7:00–9:00 p.m. at the beautiful Alumnae House at Vassar College. Enjoy delicious appetizers from Twisted Soul, sip, mingle, and bid on a delightful selection of items and experiences - all while catching up with friends and supporting Oakwood students.

Tickets will be available soon, but now is the perfect time to get involved! Become an **event sponsor** or **contribute** by donating an item, gift certificate, artwork, escape, or service to the auction. To participate, please contact Wendy Giangrasso at wgiangrasso@oakwoodfriends.org.

Your support makes this event possible, your presence makes it an unforgettable evening of community and celebration!

Sponsorship Information ***2026 Apps & Auction!***

Your support means the world to us and
helps make this a wonderful event!

Sponsorship Levels



Acorn \$500



Oak Leaf \$750



Copper Beech Tree \$1,000

All Sponsorships Include:

Your business name and logo prominently featured on -

- **Event Materials:** Printed materials distributed before and during the event, with a designation of your sponsorship level.
- **Digital Communications:** The event's digital invitation and all related email correspondence.
- **Online Platforms:** Our website, Facebook page, Instagram, and other social media channels promoting the event.
- **Auction Website:** The dedicated online auction platform.

Additional Benefits:

- **Oak Leaf Sponsors:** Receive one complimentary ticket to the event.
- **Copper Beech Tree Sponsors:** Receive two complimentary tickets to the event.

Do you know of an individual or corporation who might be interested in sponsoring the event? Contact Wendy Giangrosso at wgiangrosso@oakwoodfriends.org for a letter that can be sent from our office or from you!

Join Us Weekly for Light Conversation and Friendship

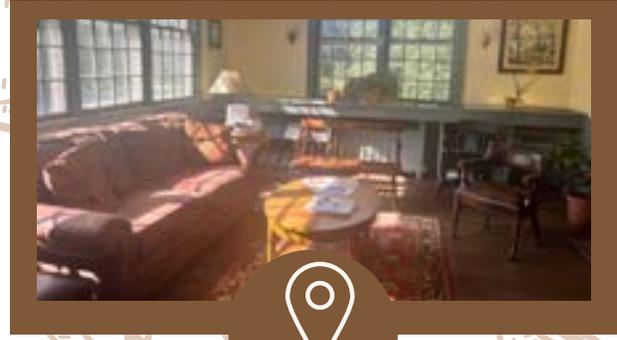
You're invited



EVERY WEEK ALTERNATING BETWEEN TUESDAYS AND THURSDAYS



THURSDAY
NOVEMBER
20TH
8:30 AM



MAIN BUILDING
WILLIAMS LOUNGE

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

COMMUNITY EVENT!



OAKWOOD FRIENDS SCHOOL
ANNUAL

FALL FESTIVAL

THURSDAY,
NOV. 20TH

MEET BEHIND
THE LIBRARY!

3:30PM-
5:00PM

JOIN US FOR FUN, FOOD, AND FESTIVITIES AS WE
CELEBRATE THE END OF FIRST TERM!

EVENT HIGHLIGHTS

- ALPACAS
- FUN GAMES
- MINI PIE EATING CONTEST
- GRATITUDE BRACELET MAKING
- BONFIRE & MARSHMALLOWS ROAST
- DINING HALL SWEET TREATS
- MUSIC & PHOTO BOOTH
- EL AZTECA FOOD TRUCK
- ... AND MORE!



OAKWOOD FRIENDS MIDDLE SCHOOL FOR MICHA'S MEAL

Thanksgiving

Turkey Drive

Let's Share & Care



**Join us helping
community in need!**

Our Goal:

25 Gift Cards of \$20-25.00 each to be able to donate a complete Thanksgiving meal to 25 families



November

3-18

Drop-off location:

Ricci's Office Stokes 100

For more information:

Call 917-796-6511





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!

Monday, November 17

Dominican University New York - 2:00 - 2:20pm

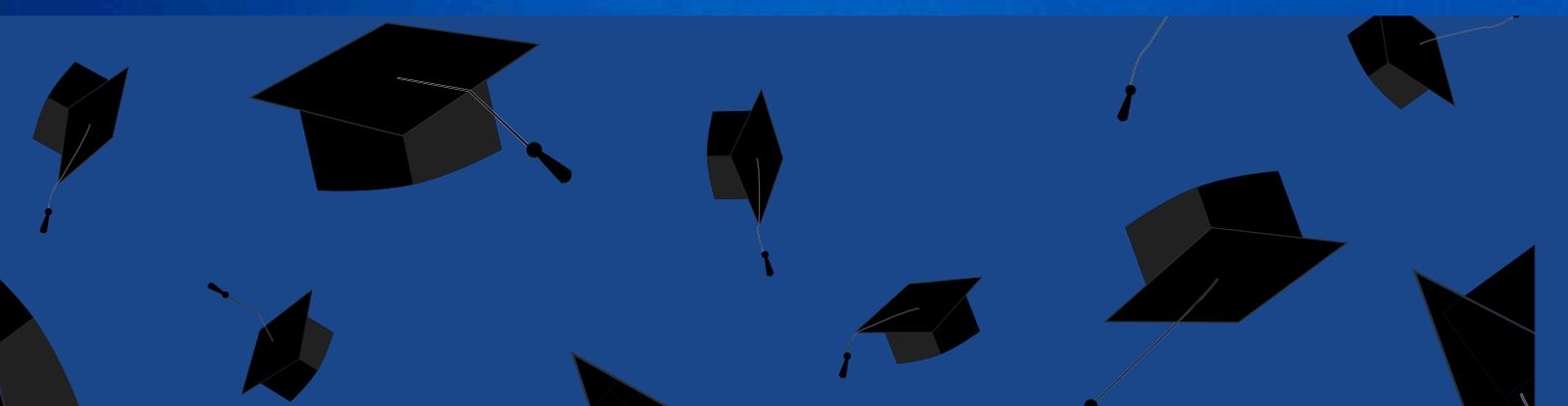
Interested in a supportive campus with a strong sense of community and career preparation? Dominican University New York offers small classes, personalized attention, and a commitment to success beyond graduation.

Popular Majors: Nursing • Criminal Justice • Education • Business Administration • Social Work • Psychology

What makes Dominican unique?

- Known for strong Nursing and Health Science programs
- Located just 17 miles from New York City in Orangeburg, NY
- Affordable, values-based education in a welcoming environment

For more info visit: [Dominican University New York Website](#)



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

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



COMMUNITY GROUPS

UAKWOOD FRIENDS SCHOOL

A DISCUSSION AND PEER SUPPORT GROUP FOR
PARENTS OF LGBTQ+ CHILDREN OF ANY AGE



PROUD PARENT

SECOND WEDNESDAYS | 7:00PM | THE GREAT
ROOM AT THE PRIDE CENTER



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!

DEFEND NATIVE LAND

How are we celebrating and learning?

- Middle School advisory lesson on Native American Veterans!
- Traditional meal in the dining hall!
- Upper School advisory lesson on Missing and Murdered Indigenous Women (MMIW).
- Liana Shewey (Muscogee Creek) will be joining us on December 2nd from 3-4pm to speak about Indigenous futurism in a post-apocalyptic society.



Feliz Dia 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 Guillan
 - 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](#)



**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



**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**

