



Oakwood
FRIENDS SCHOOL

OAKWOOD UPDATE!

WISHING EVERYONE
A WARM AND PEACFFUL
WINTER BREAK





Young Alumni **WINTER REUNION**

FRIDAY, JANUARY 9, 2026 ~ 12 NOON
WELCOMING CLASSES OF 2021 ~ 2025

***Are you the parent of an alumni
who graduated 2021-2025?***

Encourage your graduate to join us for our Young Alumni Reunion on Friday, January 9, beginning at 12:00 noon. This special event is a wonderful opportunity to reconnect with friends and faculty, catch up on life after Oakwood, and offer practical advice to our current juniors and seniors. Refreshments will be available all day in the Williams Lounge. We hope to see many familiar faces back on campus!



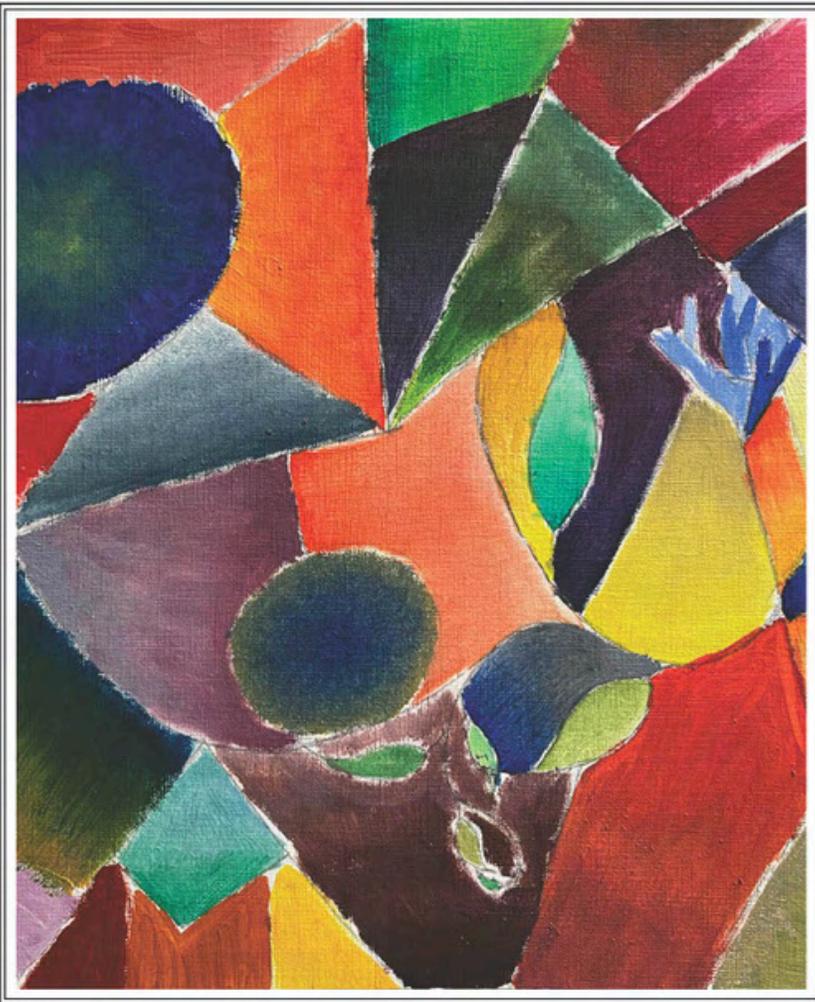
MIDDLE SCHOOL THEATER

Oakwood Friends Middle School
PRESENTS

The



NEW DATE & TIME
WEDNESDAY, JANUARY 14TH
AT 7:00PM



Art by Isaac Carter '26



You're Invited

*Apps
and
Auction!*

HONORING
TIM AND LAUREL SWEENEY (SEAN '09)
20 YEARS OF VISION & COMMUNITY

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

Alumnae House Vassar College
161 College Avenue Poughkeepsie, NY

THANK YOU TO OUR SPONSORS!



COPPER BEECH SPONSORS

CLEARWATER COUNSELING
ASSOCIATES
TREATMENT AND PSYCHOTHERAPY

Kim & Jules Canez
(Jack '25 & Matty '28)

helpspot.

Ian and Jamie Landsman
(Tyler '24, Max '28, & Mia '31)

rondack 
CONSTRUCTION INC.

J. RANDALL DETWILER '75

CYNTHIA & HENRY HIDELL



ACORN SPONSORS

 **Bottini Fuel**
We've got you covered.

JEFF & SHARON CONTELMO

(Celia '08)

F/FTH
Five Street ARCHITECTURE

Chris & Erin Berg
(Milla '23 & Finn '27)

Donate an Auction Item 2026 Apps & Auction!

***Help us support today's students and
reach our Annual Fund goal with
a donation to the auction!***

Consider Donating:

- **Getaways**: A stay at a vacation home, timeshare, or hotel (feel free to include date restrictions).
- **Own a business?**: An item or service from your business or store
- **Artistic Creations**: Paintings, ceramics, photography, drawings, books, or poetry.
- **Services or Skills**: Share your talents! Offer baked goods pet sitting, creating art
- **Gift Certificates**: Purchase a gift card to your favorite local restaurant or business, an excellent way to support both Oakwood and our wider community!

**Contact Wendy Giangrasso at wgiangrasso@oakwoodfriends.org
if you have any questions or to contribute!**

Thank You for Your Support!



COMMUNITY FRIDGE



We'd love your help to keep the fridge full!
Please consider supporting the Poughkeepsie Community Fridge
- a project founded and led by Oakwood students -
by dropping off food in the Main Office any day of the week!
(Main Building, Lower level, back corner)

Grab and go items are best, bagged sandwiches you can make at home, as well as apples, oranges, milk, eggs and non-perishables such as rice, pasta and sauce! If getting food is a barrier, monetary donations are appreciated so we can buy and deliver food.

Questions? Bringing items to Oakwood?
Email Julie Okoniewski at jokoniewski@oakwoodfriends.org
Follow us on Instagram @poughkeepsiecommunityfridge
and on [Facebook](#)

Many thanks from the Poughkeepsie Community Fridge student group
and our partner and fridge host, [Community Matters 2!](#)

Hours open to the public to get food
from the Fridge at Community Matters 2
Wednesday 3 - 5 PM

Please check each Update, this changes frequently!



IMPORTANT DATES

DECEMBER 22ND - JANUARY 5TH

Winter Break

JANUARY 6TH

Classes Resume

JANUARY 14TH

Middle School Show - 39 Steps - 7:00pm
Spencer Family Theater

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

NURSE NAOMI'S NEWS

December 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



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

HAPPYWINTERBREAK VIBES!

Dear Oakwood Community,

As we head into holiday break, I wanted to share a bit of meaningful news before we pause for the season. This month, Oakwood is beginning the work of becoming a grief sensitive school, deepening our commitment to caring for students and families through times of loss, change, and transition. The holidays can be joyful, busy, and sometimes a little overwhelming, so I hope this time offers space to slow down and lean into the Quaker values of simplicity, peace, and community that help guide us, especially when life feels full. Whether you are traveling or staying close to home, I wish you safe journeys, good health, and moments of real connection with the people who matter most. I hope you find time for rest, laughter, and whatever helps you feel recharged. I look forward to welcoming everyone back in the new year. Until then, may you hold one another in the Light and take good care. Warmly,

Naomi

NURSE NAOMI'S NEWS

December 2025

GRIEF SENSITIVE SCHOOLS INITIATIVE (GSSI) @ OAKWOOD

What is a Grief-Sensitive School?

You may notice new Grief Sensitive Schools Initiative (GSSI) stickers appearing in classroom and office windows across campus. These stickers signal Oakwood's commitment to becoming a grief sensitive school community, one that recognizes how grief and loss, in many forms, can affect learning, behavior, relationships, and overall well being.

Being a grief sensitive school does not mean that faculty are expected to become counselors or have all the right words. Rather, it reflects a shared commitment to the following principles:

- Acknowledge that many students and adults carry visible and invisible losses
- Respond with empathy, flexibility, and curiosity when grief may be present
- Create classrooms and spaces where students feel seen, safe, and supported
- Understand how grief can show up as academic struggle, withdrawal, irritability, fatigue, or changes in behavior.

The GSSI stickers simply indicate that a space is part of this supportive culture. They serve as a reminder that compassion, patience, and connection matter, especially during difficult seasons.

Please feel free to reach out with questions, ideas, or interest in shaping how this work unfolds.

GRIEF RESOURCES

The holiday season can be especially challenging for grieving students. Check out some resources for families regarding supporting your child after a loved one dies.

[Bereavement Support for Families Find Support Near you with eluna](#)

VIRTUAL CLASSROOM

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





NIKKI'S NOTE

DECEMBER
EDITION!

YOUR MONTHLY DEIB NEWSLETTER



Bodhi Day Blessings!

December 8th is Bodhi Day. Observed by Buddhists, this day celebrates the Buddha's enlightenment and invites reflection, mindfulness, and inner growth.



Happy Winter Solstice!

December 21st marks the start of the winter solstice/Yule. Observed in Pagan, Wiccan, and other spiritual traditions, this day celebrates the return of light and the promise of renewal.



Habari Gani!

Kwanzaa is celebrated from December 26th to January 1st. It honors African-American culture, heritage and the seven guiding principles known as Nguzo Saba. We celebrate the strength, wisdom and joy that these principles uplift within our community. May this season inspire us to practice community care, reflect on our shared values and move into the new year with purpose.



Chag Sameach!

Hanukkah begins at sundown on December 14th and invites us into eight nights of light, resilience and hope. Hanukkah is a time to acknowledge and celebrate the power of persistence and resilience, the importance of religious freedom and the joy in gathering with loved ones. May this season inspire us all to bring more light into the world.



Merry Christmas!

Quaker communities approach Christmas in a spirit of simplicity and reflection. Rather than focusing on elaborate traditions, many Friends emphasize quiet worship, inner light, and practices that center on peace, gratitude, and community care. At Oakwood Friends School, we honor those values by recognizing this season as a time for compassion and mindful presence with one another. May this period of stillness and hope bring warmth to all who observe.



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

POUGHKEEPSIE QUAKERS

Praying for Peace on Earth. 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**