

# FSW Parent Association Meeting

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Wednesday, Oct. 4

7-8pm

[Noted: 18 parent attendees]

# Agenda

Time	Topic	Speaker
7:00-7:15pm	Social and Gathering	All
7:15 – 7:20pm	Welcome Moment of Silence Quaker Meeting Norms	Sarah and Chelsea
7:20-7:30pm	Updates on PA Initiatives and Upcoming Fall Events	Sarah and Chelsea
7:30-7:35pm	Fall Festival	Amy McGlinn
7:35-7:40pm	Toy and Book Swap	Jeanette Philips
7:40-7:45pm	Science Olympiad	Rob Ward/Claire McCalla/Jason Zombron
7:45-7:50pm	Other Volunteer Needs	Sarah and Chelsea
7:50-7:55pm	Tony's Update	Tony
7:55-8:00pm	Sharing of Joys and Meeting Adjourned	All

# Recommended Quaker Meeting Norms

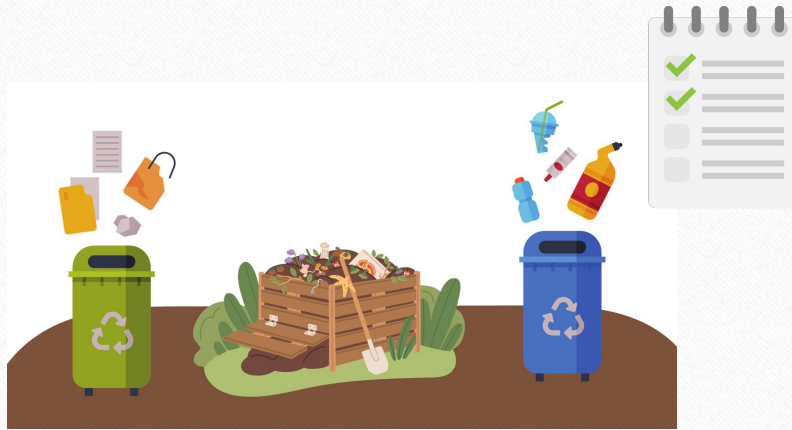
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- Come prepared to be fully present.
- If you are led to speak to an agenda item, consider thoughtfully so that you speak only once.
- Give time to allow a prior speaker's message to be absorbed, rather than contributing hastily.
- Address the group, rather than replying to an individual.
- Bring an open mind and heart, especially when you are sure you know the 'right' outcome.



# Green Team

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- FSW already does many eco-friendly and environmentally conscious things! This group will further support faculty, staff and the school with green initiatives.
- Diversion stations, compost relocation to Long Leaf, all event eco-checklist, recycling efforts including Terracycle and UNCW drop offs are all being discussed and worked on in sub-groups.
- To join Green Team, contact PA at [pa@fsow.org](mailto:pa@fsow.org)



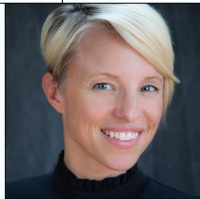
# Parent Workshops



## LUNCH BOX HACKS

### EASY WAYS TO MEET NUTRITIONAL NEEDS & OPTIMIZE DEVELOPMENT

- How does diet affect health and behavior?
- How much protein should my child be getting?
- What "superfoods" can improve focus and attention?
- What ingredients do I need to avoid?
- What are effective and efficient meals and snacks to prepare?



with Dr. Maddy Day,  
M.D., Family Physician  
& Health Coach  
**Oct 4th, 8:15-9AM**  
Longleaf Cottage



## Parents New-to-Quakerism

with Drew Smith  
*Executive Director, Friends  
Council on Education*

**OCTOBER 19TH  
7:00-8:00PM**

Virtual Workshop  
Zoom link to be sent via email



Thank you Dr. Madeleine Day for kicking off our parent education series with an interactive nutrition workshop. Recording will be available on FriendsMail this Friday.

Next up: Drew from Council on Friends Education. It's for ALL parents - new and veterans of FSW.

Upcoming: Our Whole Lives parent education workshop (OWL is the Middle School sexuality education program) and Body Image (rerun from last year by Landis in Guidance)

Be on the lookout for a survey regarding your interests for future topics!

# Upcoming Events

A poster for a Moonick Party. The background is a dark night sky with a large, bright full moon in the upper right. Below the moon, a body of water reflects the moon's light, creating a shimmering path. The title "Moonick Party" is written in a white, elegant script font. Below it, the word "Moonick" is in a smaller, sans-serif font, followed by the pronunciation "/moo-nick/" and the word "noun". A short paragraph describes the event as a monthly tradition where families gather at Wrightsville Beach Public Access #4 during each full moon to celebrate the community, pack a picnic, and socialize with friends. The dates and times are listed at the bottom: Friday, September 29th, 6-8PM and Monday, November 27th, 4-6PM.

*Moonick*  
**Party**

**Moonick**  
/moo-nick/  
noun

A PA monthly tradition in which families gather at Wrightsville Beach Public Access #4 during each full moon to celebrate the community; pack a picnic and socialize with friends!

Friday, September 29th, 6-8PM  
Monday, November 27th, 4-6PM

A poster for Trivia Night. The background is a solid blue color. In the top right corner is the Friends School of Wilmington logo, which consists of a stylized tree icon and the text "Friends School of WILMINGTON". The title "TRIVIA NIGHT" is written in large, bold, white capital letters, with "NIGHT" on a pink rectangular background. Below the title is a graphic of a person's head in profile, facing left, with a large white question mark on the face. The head is pink and has a grid of white dots on the side. To the left of the head, the text "JOIN US!" is written vertically in white. Below the head, the date and time are listed: "FRIDAY, OCT 13 FROM 6:00-8:00PM AT LONGLEAF CENTER". Below that, in smaller text, it says "WINE, BEER & hors d'oeuvres PROVIDED". Further down, it says "TEAM UP FOR THE ULTIMATE ADULTS-ONLY TRIVIA TEST". At the bottom, there are two lines of text: "4-6 person teams \$100 entry fee" and "No team? No problem! Enter as an individual or couple and we'll play matchmaker".

 Friends School of WILMINGTON

**TRIVIA NIGHT**

JOIN US!

**FRIDAY, OCT 13**  
**FROM 6:00-8:00PM**  
**AT LONGLEAF CENTER**

WINE, BEER & hors d'oeuvres PROVIDED

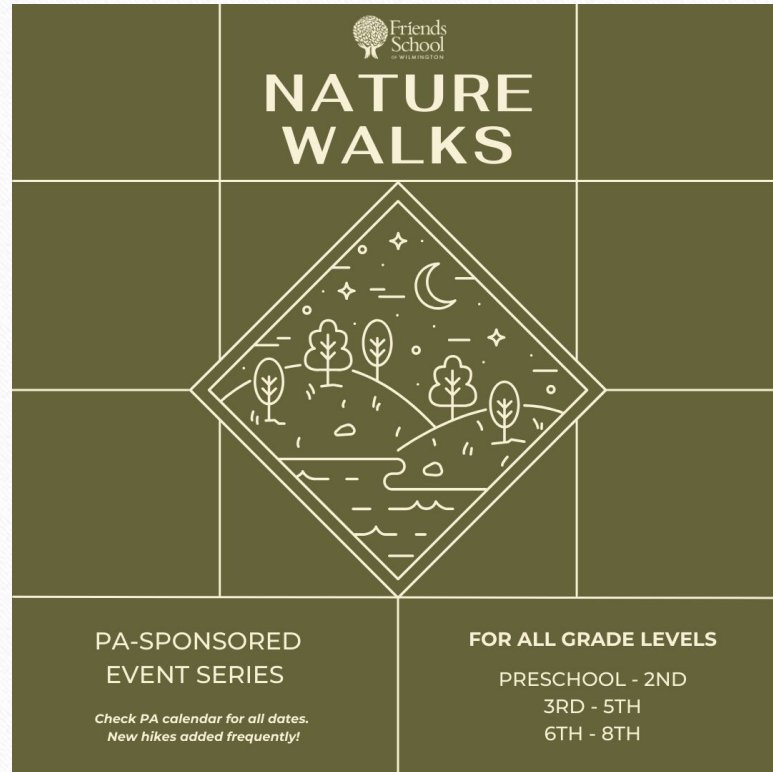
TEAM UP FOR THE ULTIMATE  
ADULTS-ONLY TRIVIA TEST

4-6 person teams  
\$100 entry fee

No team? No problem!  
Enter as an individual or couple  
and we'll play matchmaker

# Upcoming Parent-Led Hikes

- **Pre-school through 2<sup>nd</sup> grade:**
  - Wed, Oct 18, 3:30pm: Abbey Nature Preserve, hosted by Kristin Cooper-Gulak
- **3<sup>rd</sup> – 5<sup>th</sup> Grade**
  - Sat, Oct 14, 10am: Hermit Trail Fort Fisher, hosted by Ally Battle
- **Middle School**
  - Sat, Oct 7 at 10am: Sugarloaf Trail at Carolina Beach St Park, hosted by Chase Gobble





# On-Campus Community Service

- **Meet-up Location:** Longleaf Center
- **Tools to bring:** gloves, trowels, hand rakes
- **Parking:** Please park on the volleyball field on these mornings. Karen will open the gate for people to leave promptly at 9:30am so cars aren't in the way of recess. Folks can move cars to a visitor parking space (outside the front gate) if they need to stay on campus longer than 9:30am.
- **What will we do?:** Karen will direct us each morning and may put us in groups depending on the number of volunteers. First tasks will be weeding and mulching!





# Fall Festival



Amy McGlinn, Middle School Director shared this information:

- Oct. 25 during the school day (12:30 - 2:45)
- 8 stations with Fall-themed activities
- Students will progress through the activities with their buddies
- Led by middle school Student Council
- Parent volunteers are needed to support the stations during the festival and for set-up and clean-up.
- Sign-Up Genius for parent volunteers will be included in Friday's FriendsMail
- Amy is unable to be present for the Fall Festival; Tracy T. and Anna R. will be faculty point-persons that day. Sarah McIntosh will be PA point of contact

# December Toy and Book Swap

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- Date/Time/Location TBD
- Families are invited to bring in gently used toys, books, sports equipment they no longer use to share with others
- Leftover items will be donated with careful consideration
- More information to be shared at a later date.
- Organized by Jeanette Philips  
[philips.jeanette@yahoo.com](mailto:philips.jeanette@yahoo.com)



# Science Olympiad

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- Middle School Science Teacher Rob Ward and Parent Jason Zombron shared this presentation and information about Science Olympiad
- See slides for dates and further information forthcoming in FriendsMail



# **NORTH CAROLINA SCIENCE OLYMPIAD**



**Friends  
School**  
OF WILMINGTON



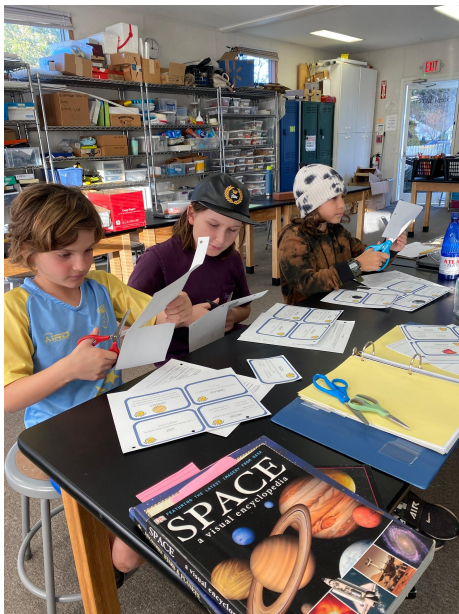


**How we started 2022!**



**How we finished 2023!**





## After school enrichment 3.00-4.30pm Thursdays

November 9, 16, 30

December 7, 14

January 4, 11, 18

February 1, 8, 15, 22, 29

















**Lower school Saturday**  
March 2nd @ Ashley High

**Middle school Saturday**  
March 9th @UNCW



## Save The Date!

Competition Days











## Other PA Initiatives/Volunteer Opportunities in Progress and Upcoming

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- Halloween Costume Drive
  - Kindergarten Class Initiative
  - Now through October 12
  - Donations requested, info in FriendsMail
- Lower School Book Character Parade
  - Oct 25, morning
  - Main Contact: Clair McCalla, signup genius forthcoming
- PA Projects
  - Off-Campus Community Service events TBD
  - Middle School Social Events (contact Rebecca Joh, 7th grade parent)
- Save the Date!
  - Nov 28 Giving Tuesday, evening gathering on campus
  - Dec 11 Night of Peace, save the date 4:45 PM peaceful gathering, 5PM start



# Tony's Update

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[omitted for this meeting]

# Sharing of Joys

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# Next Meeting

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## **PARENT ASSOCIATION NOVEMBER MEETING**

**WED, NOVEMBER 1ST**  
8:00-8:15AM, COFFEE  
8:15-9:00AM, MEETING  
**LONGLEAF COTTAGE**



Chelsea and Sarah will discuss if PA monthly meetings conflict with recent Board of Trustee calendar of meetings. May have to move PA meetings to second Wednesday. Details will always be on the school calendar and in FriendsMail!

Thanks for attending!