

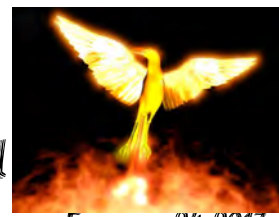


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We Bring News From FCS Lower School

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The Light of the Lab

By Nora-Simone Thorne, Phoebe Davidson and Avery Lewis

It's new, it's bold, it's... the **Light Lab**, our new makerspace! It is a place for kids to build, learn and experience the world of creativity. It opened in October 2016 and all classes, grades N-5, can access it. Here are some projects the classes are doing.

KB is studying the rainforest and each kid is studying their own individual animal. They made a rainforest mural with their animals on it. 5A helped their KB book buddies make a sound pad in a coding app. The sound pad goes behind each animal hanging on the mural. When somebody touches the animal, it plays a recording of the child talking about the animal!

Fifth grade is making a hydroponic tower and are growing plants without soil. They are using three chemicals, (NPK): Nitrogen, Phosphorus, and Potassium. The word hydroponic is a Latin word that means working water. The water from the bottom basin, comes up through a pump that's connected to a pipe which showers out water onto all the plants.

The Light Lab building has four studios and you can do different things in each. There is a design studio, fabrication studio, media and computing studio, and natural science studio. There is also a greenhouse. In the design studio you can design, create, invent and prototype projects.

We interviewed the light lab director, Brie Daley. "I think the spaces are beautiful and spacious. I like how bright the rooms are. I also think the builders did a good job by keeping certain architectural features," said Mrs. Daley. "The fabrication studio is my favorite because I feel so at home with all the tools. I like that I can grab almost anything I need in that room."

We asked why she chose to work in the light lab. "I was interested in the job because it gives me the chance to work with all the grades in the lower school, and to teach projects that incorporate different subjects and allows children to use fun tools," she replied.

If she could do one experiment in the light lab, it would be a design thinking project. "I would love to help students design an invention that would make the world better," she said.

This Light Lab is an amazing place for kids to express their true inner makers. It is just one of the amazing spaces here at Friends' Central Lower School.



Making a Swish and a Splash

By Jey Brown and An Huynh

Saturday Morning Basketball, an FCS program that runs from January to February, 9:00 am-12:00 pm, is a chance for inexperienced and experienced athletes from 3rd - 5th grade to strengthen their skills in the game of basketball. It is run by Coach Latifah, Mr. Tozer, and the one, the only, Mr. Ovalle. The program has been going on for over 40 years and is filled with fun and excitement. It's a great chance to learn and to get some cardio while having fun. Coach Latifah is the fitness/conditioning coach. She keeps you moving while motivating you at the same time. Coach Tozer is the skills coach. He'll train you on your personal skills while keeping you encouraged.

Saturday Afternoon Swimming is directed by Mrs. Tedesco and Nolan McGrann for inexperienced and experienced swimmers. It runs from 12:30-3:00 January to February, for kids in 3rd - 5th grade. The program has been going on for 17 years. It is a way to practice and learn how to swim and to work on different strokes and technique. Saturday Afternoon Swimming is a really fun way to swim with your friends and to make new friends.



Photo Credit: Jey Brown

An Inside Look at 4B

By Benedict Tessler and Michael Crutchlow

Does your class have a government? 4B does! Our class has a class President, a Vice President, a class Representative, and a Treasurer.

On November 8th, 2016, which was the day of the country's election, Ms. Tedesco announced the results of our class election: Benedict is President, Michael is Vice President, Parker is Treasurer and Sarah is Class Rep.

Here are some of the things our leaders have done: They brought in donuts to make everyone happy. They brought in paper and pencils to make sure there were enough supplies. Our treasurer, who handles our \$5.00 budget that our teacher Ms. Tedesco gave us, bought us a new case of markers.

So there you have it. That's how 4B works. But we still have a teacher!



Fresh Food at the Lower School

By Savina Copas and Sevren Fahr

"I think this lunch program is better than other school's because it provides fresh, organic foods that are grown here," says Chef Wadiya Gooden, our new FCS Lower School Food Leader. This year we have a new lunch program run by Chef Wadiya and Assistant Chef Maggie Bertonazzi. Much of the food is home grown from our lower school garden.

Chef Wadiya has loved cooking since she was young. She made her first full Thanksgiving dinner when she was 13 years old. When she was 14 she took her first job making waffle cones in an ice cream parlor. As her love of cooking grew, she took on many professional jobs. Most recently, she trained chefs at the Vetri Foundation for Kids, teaching them how to cook healthy, delicious foods for schools. Now she is here cooking for us with Maggie, an extraordinary baker who used to be a caterer and sous chef.

We surveyed some of the kids who get school lunch. Three of their favorite new lunches are the grilled cheese sandwich and soup, the hamburger sliders, and the rosemary chicken.

"I love everything about the kitchen from the heat to the smells," says Chef Wadiya. "I hope everyone here enjoys eating the food I make as much as I enjoy making it."



Bonus - a special recipe straight from the kitchen!

PUMPKIN BREAD

YIELD: 2 loaves

INGREDIENTS

1 cups raw sugar

1/2 cup oil, safflower, sunflower, or melted unrefined coconut oil

3 large cage free, organic eggs

16-ounce solid pack pumpkin

3 cups unbleached all purpose flour

1 teaspoon each; ground cloves, ground cinnamon, ground nutmeg, & ground ginger

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 cup add-ins; walnuts, pecans, or pepitas

Preheat oven to 350°F. Line two 9x5x3 inch loaf pans with parchment paper. Combine sugar and oil in large bowl to blend. Mix in eggs and pumpkin. Sift flour, spices, baking soda, baking powder, and salt into another large bowl. Stir into pumpkin mixture in 2 batches. Add in nuts, if desired.

Divide batter equally between prepared pans. Bake until tester inserted into center comes out clean, about 1 hour. Transfer to racks and cool 10 minutes. Using sharp knife, cut around edge of loaves. Turn loaves out onto racks and cool completely.

A Friend From the Past

By Sevren Fahr and Jacques Pierre

On January 20th, John Woolman, a Quaker preacher and abolitionist from the 1700's, came back from the dead to tell FCS students his life story. He visited each class and started by sharing a story about when he was a little boy and he threw a rock at a group of birds. When he walked over, he discovered that he had taken a bird's life. That moment really shaped him and who he was to become. "Throughout my life, I never forgot that memory," said Mr. Woolman (aka Craig Sellers!).

John was an energetic kid who grew up on a farm in NJ with his Quaker parents who had immigrated to New Jersey from England. He worked every day and had a very hard life. When he was about 18 years old, he decided to leave the farm, become a tailor, and work as an abolitionist. Throughout his life he tried to live simply. His room was simple with a candle and a bed. He dressed simply and never wore brightly colored clothes or even clothes with buttons. He used the money he made as a tailor to travel and talk with slave owners to try and convince them to free their slaves. John always made sure that nothing he used was made by slaves. He made sure the food he ate didn't come from a farm where there were slaves, and that the clothes he wore didn't have dyes in them that were made by slaves.

He later traveled to England and got very sick and died of smallpox. He was buried in York, UK.

After telling his story, the 5th graders asked very intelligent questions. It was very informative and interesting.



Photo Credit: Jey Brown