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Parent Post

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A NEWSLETTER FOR PARENTS AND FRIENDS OF FOX RIVER COUNTRY DAY SCHOOL

Opening Day 2005 Abuzz with Activity

One by one carloads of families rolled through the familiar Fox River entrance and down the tree lined drive to attend Opening Day 2005. Once again Fox River Country Day was buzzing with activity.

Wide-eyed preschoolers and their parents toured classrooms and met teachers, who had carefully prepared the way for each preschool boy and girl. Lower School students were busily engaged in projects at their new desks and chatted happily with new and old friends.

Arm in arm, Middle School students flooded into Cox, sharing summer vacation highlights and discovering what adventures were in store for their school year. An orientation meeting revealed exciting art and music projects, introduced teachers and coaches, and previewed the Leelanau Outdoor Education week. An ice cream social, sponsored by the PSA, was the perfect end to the day.

Many thanks go to those who worked so hard to provide this wonderful day for our Fox River families. 🍁



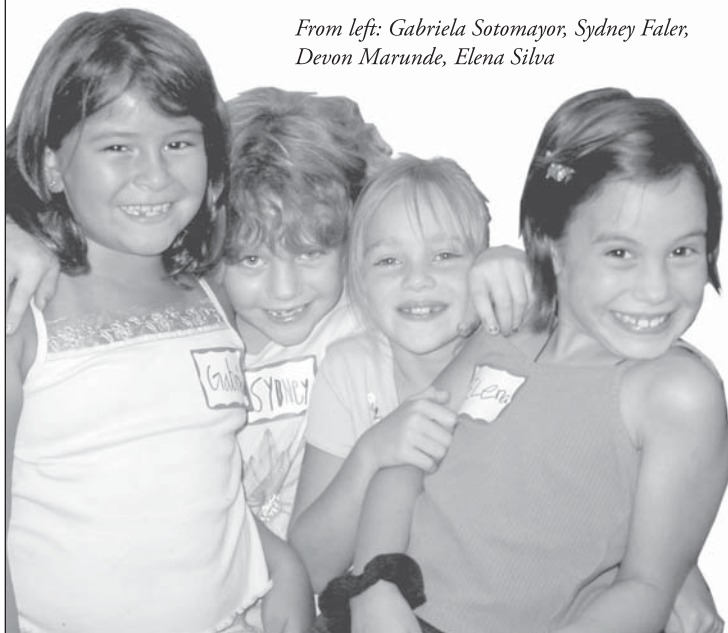
From left: Elinor Davies, Mackenzie Greene, Malik Pauldon, Jeanne Davies



Diane Schael



From left: Blake Snider, Rebecca Pennel, Aleah Malik



From left: Gabriela Sotomayor, Sydney Faler, Devon Marunde, Elena Silva



The Acevedo Family

∞
From the Head of School
∞



In early August, with the grass parched brown from lack of water and leaves curled up against the heat, it felt and looked as though life had left campus. And then, suddenly, with one long rain-storm the green reappeared with bursting vigor. This is similar to the cycles at school. Without the children and their teachers on campus, the life-force of the school lays almost dormant, thirsty, awaiting the soaking rains of love, laughter, and learning. And then suddenly the children arrive, and we are green once again!

It promises to be an eventful first half of the school year. To the normal bustle and wonder of our school days, we'll add the ISACS accreditation team visit in mid-October, Fall Festival, and a tentative Grand Unveiling of the new building just before the Christmas holidays.

We very much hope to see all of you at these community activities.

May this be the best year yet.

Warmly,

John Friborg

New Faculty and Staff

Fox River welcomes several new faculty and staff members. These individuals bring a wealth of education, enthusiasm, and a shared commitment to the students and the school.

Maria Asconape is the new Spanish teacher (K-8). She is from Buenos Aires, Argentina but has been living the United States for fifteen years. She has taught in several private schools across the country, including Lake Forest Country Day School. **Lesley Brand** is the new kindergarten teacher. Lesley recently graduated with a BA in Elementary Education from Roosevelt University. Lesley is newly married, so we wish her congratulations and a warm welcome. **Jessica Lund** joins Mary Fehlman as a third grade teacher. She is a recent graduate of Principia College with a degree in Education and Business. She has so much to share with her students, including a story or two about her travels in Japan last year.

Rob Waller, **Crystal Allen**, **Samantha McCarthy**, and **Paul Otieno** are the new interns. Rob and Crystal are recent graduates of Principia College. Rob is teaching sixth grade social studies and language arts and also assisting in the Athletic Department. Crystal joins naturalist Ryan White, increasing the depth of our students' exposure to environmental education. Samantha McCarthy, a recent graduate of Kenyon College and an accomplished Division III swimmer, is directing the Swimming Program. Originally from Kenya, Paul Otieno graduated from Middlebury College in Vermont. He joined the Fox River staff this summer and will continue his work in the Development Office this year. Joining the Advancement Team are **Jami Switzer**, overseeing the Annual Fund; **Migdalia Trudrung**, working in the Admissions Office; and **Lisa Marunde**, producing publications for the school with **Joel Davies**. 🍁



From left: Lisa Marunde, Rob Waller, Maria Asconape, Lesley Brand, Paul Otieno. Seated: Samantha McCarthy, Crystal Allen, Jami Switzer, Jessica Lund.

Bon Appétit!

The Dining Hall has been transformed!! Gone are the tile floors and white walls. In their place are amber and sage hues on the walls, wood grained flooring, comfy couches, and colorful rugs. A new dishwasher and ice machine were installed and other appliances were refurbished. It's the perfect balance of beauty and function.

Special recognition and thanks go to **Carla Kaizen**, Director of Food Services and Residential Director and **John Broere**, Technology Director, who spent their summer designing and refreshing the Dining Hall and kitchen.

Thanks also to **Bethany Whitaker**, **Ryan White**, and the **Kelgard**, **Johansen**, and **Broere** families who also assisted in this effort. The Dining Hall has become a beautiful classroom in which to teach and practice grace, cooperation, and courtesy. 🍁



Carla Kaizen

Parents' Support Association News

Are you looking for ways to get involved? The Parents' Support Association (PSA) can provide you those opportunities. All Fox River parents and guardians are automatically members of the PSA, and we encourage your participation.

Are you a born organizer or natural host? Perhaps the Family Fun, Fall Festival, or Auction Committee is for you. For those wanting to promote reading, the Library and Literacy Committee would be a nice fit. Do you love the arts and cultural events? The Arts Council would love your help.

Our school community will be enriched by your time and talent. A complete list of committees can be found on page 29 of the Parent-Student Handbook. To join a committee and become involved with PSA, please contact our current president, **Julie Kelgard** (Peyton, Grade 2 and Jonathon, PS4), at 847-697-1980. Your child's Room Parent can also provide information or come join us at one of the monthly meetings. There is an opportunity waiting for you. Upcoming activities of the PSA are listed in Nuts and Bolts each Friday and can also be found on the FRCDS website at www.FRCDS.org. 🍁



Julie Kelgard

The Arts

Roger Honey had fun this summer exhibiting some of our Fox River students' work at the Gail Borden Library in Elgin. The show was viewed and admired by many visitors to the library.

This year Mr. Honey and **Miss Mack** have lots in store for our young artists. Students will enjoy projects in both the 2D and 3D realm. Younger students will tackle big questions like, "What is art?" by turning a found object into something artful. Each child has constructed a portfolio to protect and preserve these special projects. Art history will be interwoven to compliment some of the principles being learned. Artists such as, Mondrian, Matisse, Monet, and Van Gogh will be part of this study.

Of course, brainstorming has already begun for creative auction items at all class levels. Artwork will be on display primarily in the gym and the main buildings!



Stacey Spears covers general music in grades K-8. For younger students, this means learning about steady beat and moving appropriately (marching, swaying, spinning, stomping), and of course, preparing for productions. In the middle grades, students learn to read notes and work more with theory, playing percussion, recorders, and chimes. Upper grades continue to study music theory, as well as music appreciation.

Units include a round style song writing project, a study of jazz and musical theatre, as well as an overview of historical periods. Choir, hand chime choir, and drama are Middle School programs. Chimes and choir represent the school off campus at festivals and graduation. The drama program offers a technique class in the fall and a Broadway musical in the spring. Volunteers are always appreciated, especially at production time. 🍁

Athletics

Reid Charlston, Athletic Director, is enthusiastic about the fall sports program. Middle School boys soccer, coached by **Roger Honey** and **Ryan White** and girls volleyball games, coached by Reid Charlston and **Bethany Whitaker** are scheduled throughout the fall.

Put on your spiritwear, practice your Fox River cheers, and come out for a game. Consult the website for detail (www.frcds.org). In addition, Mr. Charlston and **Samantha McCarthy** maintain their lively physical education and swimming program for the Early Education and Lower School students. 🍁



Swimmers... Take your mark... Get set... GO!!



Lower School boys practice their skills in a lively basketball game.

Environmental Ed

Bug hunting, bird watching, animal stalking, worm composting, and prairie planting—these are some of the projects that Fox River students look forward to in Environmental Education with **Ryan White** and **Crystal Allen**. Lower School will be building animal houses and sowing wild seeds, while Middle School students will help to restore the native communities and habitats on campus. All students will grow in their personal awareness of the outdoors. Come join us for a buckthorn bonfire on one of our Fen Days. Details can be found on the website and in Nuts and Bolts. 🍁

A Naturalist's Walk to the Pond:

1. Immediately looking down the trail in the forest, you will notice a difference from left and right. The plants on the right side are being choked by invasive species and the native plants on the left side are happily enjoying the sunlight, created from the controlled fire that top killed many invasive trees.
2. If you are to amble down any trails to your left, please enjoy the new trail maintenance from the summer stewardship crew during summer camp.
3. When continuing down the road, keep an eye out for the white cedars. Here you are looking at some of the southern-most white cedar stands in our country. The white cedars, growing amid blue ash and skunk cabbage, are primary indicators of the rare community called the Forested Fen.
4. At this time of year, pond observers should put on their hawk eyes and owl ears if they are to notice the leopard frogs and belted king fisher that frequently visit these areas.

Graduation 2005



Barbara Switzer

Graduation took place on a beautiful Saturday morning in June. The Fox River Country Day School Class of 2005 filed through rows of proud parents and took their places on the stage. Each graduate shared memorable highlights of their school experience and shook hands with the Head of School as he presented their diplomas. Barbara Switzer, member of the Board of Trustees, spoke to the graduates and their parents. Here are some excerpts from her talk.

My hope for you now is that you will continue to radiate your vision, action, and spirit of goodness wherever you are, as faithfully as the sun radiates its light, heat, and color for our earth. Be good citizens and, by this, I mean—be leaders for good every day. I firmly believe that the world needs you and me and everyone to prove that there is a higher authority or higher law of good always at work and governing.....

Of course you expect to be true to your high ideals. But as clouds attempt to hide the sun, I have noticed over the years that all sorts of fears, misdirected thinking, and ignorance try to hide what is good and true in character at times. But, you see, each of us are lawyers in our own right. Perhaps not licensed to practice law as we think of it, but each day we make choices that either prosecute, condemn and imprison our thinking—or else defend our goodness and secure freedom and peace for ourselves and others. So please, be your own best defense lawyer.

Defend your innocence and set yourself free from any false claim against your character. Don't allow any witnesses for selfishness, self-will, resentment, jealousy, temper, self-pity, self-righteousness, criticism, hate, dissatisfaction, loneliness, fear, or a witness that make you believe that you are lacking something or are not good enough in some way. Instead, I encourage you to argue in favor of your enduring qualities such as unselfishness, goodness, honesty, mercy, justice, patience, tolerance, and love. Hold to the highest ideals—such as those reflected in the mission of Fox River and support those ideals with qualities such as the CBQs. In this way, as a ray of light is one with the sun, you will be true to your goodness, and true leaders if you convert your ideals into action.

Nurture your good qualities, appreciate them, be willing to take the training that develops them, actively watch for them, in yourself and in those around you, smile, say "thank you," and please do not deprive the world of the goodness that you have to give. And I bet you will find that every place you go will be good—and full of light, YOUR light! 🍁



FRCDS 2005 Graduates (from left): Joon Yong Choi, Jonathan Yalcin, Daniel Paez, JR Vanko, Amber Rodgers, Christina Galor

Leelanau Outdoor Experience

Middle School students spent their first week of school at the *Leelanau Outdoor Center*, near Traverse City, Michigan. Here, the students climbed a forty foot rock wall, negotiated a ropes course twenty feet in the air, hiked at night through the woods, and learned canoeing skills. What better way to jumpstart the year and connect with the people who will be part of the Middle School community for the next ten months! **Karen Morse**, Director of Middle School, shares these thoughts:

“Through structured outdoor activities students developed a greater understanding and appreciation for the natural environment while gently learning lessons of consideration, kindness, selfless giving, perseverance, trust, and friendship. Students and faculty had life changing experiences with personal successes and group triumphs that will long remain among their fondest memories of the Middle School experience.”

The whole trip was beautifully orchestrated by our very own **Reid Charlston** with flawless support from a stellar middle school faculty: **Ryan White, Bethany Whitaker, Nathan Bowen, Rob Waller, Peter Mikulak**, and **Lauren Bierman**. 🍁



Student Reflections:



“My favorite outdoor experience was the night hike. I liked the night hike because we really used teamwork when we couldn’t see.”

“I learned that there are a lot more things to do than watch T.V.”

“I loved the peace and beauty of the canoeing trip. We saw fish, herons, and lots of birds.”

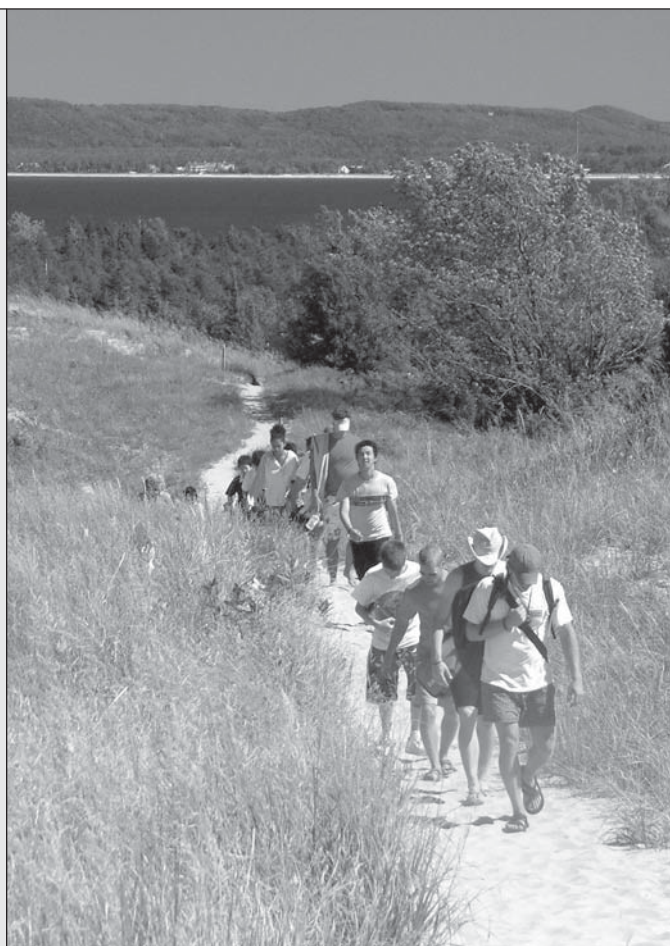
“I enjoyed running down the sand dunes because I’ve never ran so fast in my life.”

“I enjoyed the lessons we learned, like the Indian tree and the echo. The Indian tree taught us that you need to lead by example and the echo taught that whatever you do to someone may come back to you.”

“I enjoyed learning about the constellations and sitting on the beach looking at them.”

“I learned about where my comfort zone is and that I could step out of it a little bit and it will make it easier in the future.”

“It was the most awesome way to start a school year that I can imagine. Instead of feeling nervous about the start of the year, I feel confident and energized. I can’t wait for next year.”



Pictures of Summer Fun: FRCDS Summer Program 2005



Clockwise from left: Preschool campers review blueprints of the new building with foreman John O'Shea. Instructor Elliot Griffin teaches chess fundamentals and strategies. Magician Frank Kay fine tunes a balloon animal in his Magic, Ballooning, and Puppetry class.



Clockwise from above: Young artists try their hand at the potter's wheel in Roger Honey's pottery class. Campers inspect the pond. A clay creature comes to life in Mary Fehlman's claymation and computer animation class. Campers gather together in the Forested Fen.

