

FRIENDSHIP DAY SCHOOL FOR THE SCIENCES AND THE ARTS



MERRY CHRISTMAS

DECEMBER 2020 NEWSLETTER

CALENDAR

- Monday, Nov. 30th – Return from Thanksgiving Holiday
- Sunday, Dec. 6th – Book Fair ends
- Thursday, Dec. 10th – School Picture Day (see Schedule attached)
- Thursday, Dec. 17th – “THIS CHRISTMAS” Program, 7:00PM (Virtual)
- Friday, Dec. 18th – Winter Solstice, (9:30 AM – 2:00 PM) Kindergarten
(9:30 AM – 3:30 PM) Grades 1-3
- Monday, Dec. 21 – Christmas Break begins (No School)
- Friday, December 25, 2020 – **MERRY CHRISTMAS** to all FDS families
- Friday, January 1, 2021 – Happy New Year all!
- Monday, January 4, 2021 – Friendship Day School resumes (Virtual)

Dear FDS Parents,

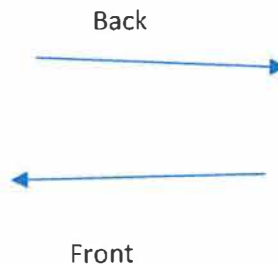
Thanksgiving has just ended, and we hope you enjoyed a wonderfully blessed and relaxing Holiday. Now Christmas is almost here which could bring Christmas lists, shopping, Christmas cards and decorations, visitors of family and friends, and did I say shopping? As we get closer to Christmas, we might even start making Christmas cookies or Red Velvet cake, putting up Christmas lights, wrapping gifts and tree trimming. Whew!!!

As families and individuals, we have a lot going on this Holiday season that could bring us to the point of dealing with stress and anxiety. Someone once told me, “Stress ain’t nothing but a down payment for trouble.” It can do more than just ruin a good day. Stress and anxiety can affect your mind, body, and spirit. This holiday season can be fabulous, but it can also move us to a place of over working and dealing with a difficult time. The book by Holden and Renshaw, Balancing Work and Life, shares practical techniques to deal with our emotions. Now I believe when feeling stressful, begin with a strong belief in our faith; think positive thoughts with a

positive attitude; be courageous; keep a positive mood and put one foot in front of the other moving forward, relax and love. Remember, it is true, stress can be a down payment on trouble, but don't you make that down payment. We know our reason for celebrating Christmas ... the birth of Christ. Have a joyous and very Merry Christmas and a Happy New Year!

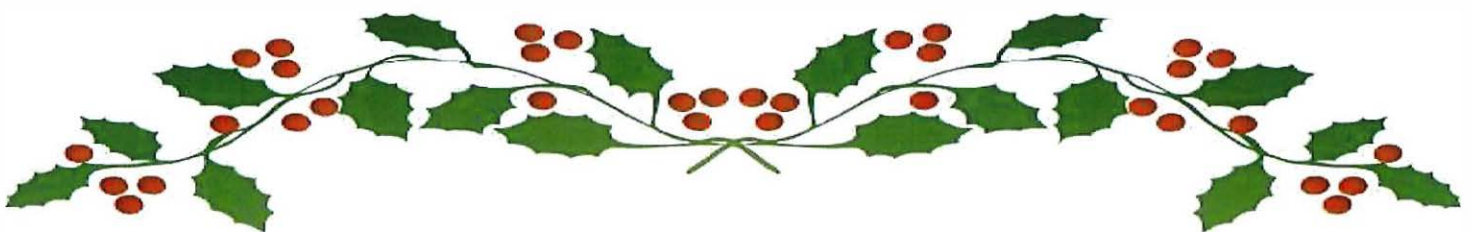
Blessings, joy & love to all, *M&Comer*

VISUAL ARTS IN NOVEMBER - Scholars learned about the characteristics and qualities of Native Americans during November. They discussed the Pueblo, Woodland and Plains Native Americans. Mrs. Bostick, visual arts instructor, taught the scholars how Native Americans made their clothing from animal skins (see below), primarily the buffalo. Looking good McKenzie!



JINGLE...JINGLE – FDS families will gather to celebrate the Christmas spirit with songs, caroling and lots of smiles at our **“THIS CHRISTMAS” Holiday Program**. Our program is Thursday, December 17th at 7:00 PM. **The ZOOM ID is 83164117246 and the passcode is FDSXmas**. We would love to see our families and friends tune in for this program featuring our amazing scholars. Much appreciation to Mrs. Ivory for directing our Christmas program, Mr. Frank McGinnis as our musician and Mrs. Lash for her filming and editing skills to help make this program a success. So, tune in and share the delight. Remember to join us in singing!

WINTER SOLSTICE – Our Parent Group has planned a Winter Solstice “fun day” for our scholars on Friday, December 18th. This day includes a Pajama Fashion Show, Crafts, Christmas stories, Christmas games, Christmas movie and popcorn. We thank Mrs. Baker, our FDSPG president for her tireless work and the many parents who have volunteered to help make this a spectacular day for our scholars. The Christmas Program and Winter Solstice have become our annual traditions during this time of year. It takes all of us working together to make it happen.



HAPPY HOLIDAY SEASON TO YOU FROM THE FDS STAFF!