

GUILFORD COUNTY

FREE!

Women's Journal

October/November 2017



New Garden Friends School Putting Passion into Action



Cervical
Radiculopathy
Page 6



Everything Is
Not Normal
Page 7



Liver Cleansing
Leaves You
Feeling Better
Than Ever
Page 9

A Bi-monthly Resource for the Women of Guilford County

Putting *Passion* into *Action*

By Katie Wahal, Director of Communications at New Garden Friends School

Ask a parent of a young child what values they hope to instill in their children and it's no surprise to hear that kindness and empathy come out on top. The responsibility of teaching young people to truly care about others falls on parents, care givers, and educators alike. In schools, focusing on social and emotional development typically revolves around children recognizing and understanding their feelings, emotions, and outcomes.

"For most of us, it's not hard to have empathy for our family members and close friends. It's also human nature to have empathy for people who are like us in some way. But the real issue is whether

children (and adults) have empathy outside that circle. As parents and caretakers, it's important that we guide children in understanding and caring for many kinds of people who are different from them and who may be facing challenges very different from their own challenges." (Making Caring Common Project, Harvard Graduate School of Education).

It is this concept, empathy outside the circle, that has been embodied in the individual efforts of five young people, all students at New Garden Friends School in Greensboro. Service learning is nothing new to these students. A cornerstone of Quaker education, service toward others is part of the curriculum. In daily practice, beginning as early

as preschool, students practice empathy by learning to listen and see the concerns of others. Every Friday in the Lower School, and once/month in the Middle and Upper School, students give back to the communities they are a part of through on and off-campus service learning. Totalling upwards of 5,000 hours of service each year, the integration of service into everyday life becomes something that is taught early on. Students come to own these skills and become aware of the needs of the community. Daniel, Honour An, Hope, Nova, and Sam were no longer content to simply learn about social issues, they took initiative and became active participants in the solution. Here are their stories.



Nova Douglas, age 8, 3rd grade student at NGFS

"I thought it was really unfair that this [the hurricane] happened to people, and there's nothing they can do about it. I kept thinking how terrible it would be to lose all your stuff."

After the extent of Hurricane Harvey became known, the 3rd and 4th grade teachers at New Garden Friends School talked with their students about the flooding and people and pets affected in Houston. That evening when Nova came home from school, the hurricane was still heavy on her mind. "I was really upset all night and in a grumpy mood. It's important to me that people have what they need." Her older brother

suggested a bake sale to raise money, and with the help of her parents, she wrote up a proposal of what her class could do to help. The School loved the student-initiated idea and Nova's class set out to collect baked goods, make posters, hang up flyers, and even stand out in car line to advertise the fundraiser. The bake sale ended up raising \$541.37 which was donated to the Red Cross for Hurricane Harvey relief efforts. Nova's advice to other kids wanting to make a difference is, "Even if you think it might not do that much, you can help so many people."



Hope and Honour An Davis, ages 10 and 11, 5th and 6th grade students at NGFS

Honour An's interest in the violin began when she was just a toddler. "She would pretend everything was a bow", says her mother Robin Carter. Now accomplished violinists who perform with the Greensboro Youth Symphony, both girls use the gift of music to give back to children across the U.S. and around the world waiting for adoption. Hope and Honour An were adopted from Vietnam as infants and know there are children still waiting for their forever families in orphanages. Every year since 2012 to celebrate their "Gotcha Day" the sisters perform a violin concert with the proceeds benefitting children in need. The girls have collectively raised over \$3,000 for Carolina Adoption Services. Carter says, "We believe it's important to introduce giving back beginning at an early age. When you share your heart, that's the joy of giving."





Photo by Cindy Hodnett

Daniel Hudgins, age 17, 12th grade student at NGFS

When Daniel first heard about the Music and Memory program being used at the Williams Adult Day Center he knew he wanted to be involved. Daniel, who would like to study nursing and has spent time with seniors through home visits with his church, says, "I love helping others in any way I can." Music and Memory

is a nationally known program developed especially for men and women with dementia. It uses music, specifically individually tailored playlists saved on iPods, to awaken lost memories and restore a sense of identity and personhood. The music also lessens anxiety.

Daniel decided that his Eagle Scout project would be an iPod drive to benefit the program. He thought he might get a few. After recruiting, training, and leading a team of more than a dozen volunteers to spread the word about the Music and Memory Program, Daniel collected and raised funds for 68 new and used iPods, 11 headsets, and over \$500 in iTunes gift cards. The drive was so successful that Senior Services is now expanding its Music and Memory Program beyond the Williams Adult Day Center to its in-home services and programs. Daniel was honored and recognized by the Old Hickory Council at the annual Distinguished Citizen Award Dinner and his project has been featured by a local television station. NGFS faculty members attest, "Daniel is an amazing kid. He is truly a hardworking and kind soul."



Sam Ringel, age 9, 4th grade student at NGFS

"No one deserves to be homeless." Sam has spent almost half his life helping those in need through the Interactive Resource Center. Over the years, whenever he and his older sister Julia wanted to have a lemonade stand or sidewalk art sale, the proceeds would go to support the IRC. Michelle Kennedy, Executive

Director of the IRC, fondly remembers Sam dropping off Ziploc bags full of dollar bills and change when he was in first and second grade. Sam

continues to consistently give to the IRC, an initiative he's taken on his own. Whenever the IRC posts that it needs something, like toiletries or blankets, Sam is active in trying to organize a drive for it. His initiative stood out to the IRC and they honored his efforts last year as the first ever recipient of the Emerging Youth Leader Award at the Interactive Resource Center Dignity Awards Dinner.

"Sam is extremely committed and takes seriously the responsibility of helping others. For an 8-year-old this is pretty significant. We have seen from Sam, and all students at New Garden, their involvement with service at a young age really gives children the ability to speak about complex issues such as poverty and homelessness in a way that we don't typically see, even from high school age students", says Kennedy. When asked about the work he's done Sam states that he believes it's just the right thing to do and simply explains, "I don't think it's anyone's fault they became homeless. If it happened to you, you would want someone to help."



About Our School

New Garden Friends School is a preschool-12th grade school with two campuses in Greensboro, N.C. Students are part of a community built on Quaker principles of equality, inclusivity, peace, simplicity, and social justice. Students learn these values in every day practice through a purposeful social curriculum aimed at teaching children the importance of cooperating with others, responsibility, self-control, self-advocacy, empathy, and understanding that every voice matters. This is evident in small moments. Children of all ages are encouraged to speak out of the silence in Meeting for Worship if they feel moved to do so; students address teachers by their first names, which stems from the belief that every person deserves respect; all members of the community are challenged to both see themselves as agents of change and to actively engage in the world around them. Contact us at **336-299-0964** or visit our website **www.ngfs.org** to learn more.



New Garden
FRIENDS SCHOOL

New Garden Friends School seeks to be an inclusive, innovative educational community guided by Quaker beliefs and committed to honoring and developing each person's gifts.