

About U.S.



A Publishing Tradition
of The Unquowa School

A Message From the Head of School

The warmth and laziness of summer has hopefully been a balm for the extra anxiety and distraction that children and adults in our area felt this past year. If something positive came from the natural disaster and human tragedy of our last fall, it was that they lent clarity to an existing truth. While investigating generators for producing electricity and installing electronic door locks and surveillance cameras for protection this past year put us all a bit more at ease, we know that creating a safer learning environment must go beyond physical protection because anxiety and the lack of focus it can produce stand in the way of learning. Beyond the locks and emergency plans, we must provide our children with emotional resiliency that they can pull from their own pockets when life offers challenges, be they ordinary or extraordinary.

Science has confirmed that the brain's emotional and executive areas are interconnected physiologically, especially as these areas relate to learning, leaving few people to argue that teaching academic skills well is predicated on also teaching social and emotional skills to children. Self-awareness and management, responsible decision-making, and relationship skills are essential if children are to be confident and capable. Whether we are talking about young children whose natural curiosity is still at hyper-speed and whose neural connections are growing just as fast, children in the middle grades whose social behavior has begun to stabilize, or emerging adolescents who are facing both physical and social changes as they begin to discover their own sense of purpose - all stages of development require kids to acquire the attending emotional skills that support their ability to successfully navigate academic and social life.

Last October, weeks before the hurricane hit the Northeast, our faculty spent its professional development day participating in an in-house workshop on mindfulness, a practice that provides tools for children and adults alike to manage their own emotions and focus. This workshop was prompted by mindfulness practices already being used by our learning specialist and counselor JoAn Sabatini with

her Upper School classes and the eagerness she saw in students to use these skills to reduce their anxiety and to help them focus. Having had an equally positive response to their workshop, faculty formed a taskforce to explore various mindfulness curricula, with the goal of possibly adopting one for use throughout the school. Little did our faculty suspect in mid-October how heightened that need would become.

This August, Ms. Sabatini and colleagues Cam Ross-MacCormack and Mary Faulkner will participate in a weeklong mindfulness training for educators at The Omega Institute in New York, and I

will attend a related weekend conference that follows. In late August, our entire faculty will spend two days on retreat to familiarize themselves with the Inner Resilience Program, the curriculum that our taskforce has chosen for our school. Linda Lantieri, Director of The Inner Resilience Program and author of *Techniques to Cultivate Inner Strength in Children: Building Emotional Intelligence*, will visit Unquowa on September 26th to follow up with faculty



Field experiences during Farm Camp included many opportunities to explore and learn about the environment. More photos on page 8.

and to speak with parents about how this program will be integrated into our school life and consequently support the emotional and social components of our children's lives, both in and out of school.

Teachers and parents alike know that true emotional resilience is embedded in children when they have the genuine support of one or more adults who honestly believe in their worth. Unquowa's culture has always acknowledged the importance of both the academic and social-emotional needs of our children, and teachers here know that each small act in their relationships with students contributes to forging their "unafraid spirit." Acquiring deeper understanding of how we can teach children these emotional skills will be a true gift to our faculty and parents. Working together to go beyond protecting our children's emotional well-being to giving them the tools to better manage their own emotional lives will be a powerful journey for us all.

Sharon Lauer, Head of School

Trimester III Honor Roll

Unquowa Honors

(no grade below A and no effort grade below 3)

Grade 5

Paul Blanco
Sophia Fitzsimonds
Zelle Halloran
Ann McNeela
Lucille Panagos
Karli Vare
Ava Vinton
Miriana Wasserman

Grade 7

Claire Abate
Conner Calzone
Elizabeth Halas
Kailey Lauter
Marissa Proto
Madelaine Register
Olivia Seymour

Grade 6

Benjamin Chapin
Akash Jyothish
Gianna Pinto
Siddharth Sunder

Grade 8

Ian Chapin
Grace Haviland
Colin Spadinger

Honors

(B+ average and no grade below B, no effort below 3)

Grade 5

Chloe Coseglia
Anne Marie Dooher
Tess Haskell
Carolyn Kokias
Dylan McCormick
Jessica Price
Zachary Sherman
Maxwell Victor
Charlotte Yin

Grade 7

Sara Adriani
Devin Blanchette
Elysse Cadoux
Kyra Inston
Maria Katsetos
Ayana Klein
Alexander Morse
Delaney Murray
Jackson Stalowir
Alexander Stein
Jared Sullivan
Patrick Watson
Daniel Wisdom

Grade 6

Rachel Albenze
Nora Brennan
Hannah Calzone
Mary Crooks
Alexandra Deutsch
Gabi Dick
Walter Erenhouse
Clara Horton
Hailey Hughes
Olivia Hughes
Zander Jehle
Carson Solaz
Anna Uman
Charlie Waghorne

Grade 8

Sydnee Blanco
Michael Brennan
Abigail Knopf
Tristan Murray
Katherine Phelan
James Roland
Rebecca Ryan
Evangeline Scianna
Annie Lyn Sheketoff
Brienne Simmonds
Spencer Solaz
Lily Stumpf
Max Waghorne

Picnic in Monet's Garden



PreK-3 students enjoyed their end of year picnic in "Monet's Garden." The students walked to a neighboring home with beautiful gardens and a Japanese bridge similar to the one at Giverny that Monet painted. They celebrated the end of the year with a picnic of cheeses, baguette bread and juice. The paintings of the bridge that each of them did will provide a lasting memory of their PreK-3 year.

*Mrs. Shannon
PreK-3 Teacher*

Bienvenido Gavin

Gavin Gosselin Brenna was born on Sunday, June 23 at 5:18 a.m. He weighed 7 pounds and measured 22 inches. Gavin was born to Señora Brenna, our Spanish teacher, and her husband, Richard, our after-school karate teacher. Congratulations to the new parents and welcome to a future Unquowan!!



A Food Revolution

Unquowa participated in the world-wide Food Revolution Day — a global movement to raise awareness of the importance of healthy food and cooking. Chef David, Chef John Turenne (Sustainable Food Systems) and Patti Popp (Sport Hill Farm) gave a cooking demonstration of several of our kitchen's favorite recipes after school in the courtyard. Yummy samples!



We Exceeded the Greenberg & Panagos Challenge and Passed the Halfway Mark!

Thanks to the incredibly generous support of the Greenberg and Panagos families, \$300,000 in new donations were matched this year. Having now raised over \$1.6 million and completed the first two phases of campus projects (on time and under budget!) we are making great progress towards The Campaign for Unquowa's \$3 million goal.

Our Final Phase of campus projects is a big one...and we need your support to get there. We hope you will consider joining the many other donors who have come together to strengthen Unquowa's endowment and to bring our small campus up to the same level of excellence as our program.



Campus Improvements - Final Phase



Dining Room Renovations



New Performing Arts Space

Thanks again to those who have already supported the campaign with a gift or three year pledge - some of you multiple times!

Watch our progress and learn how to make your 3-year campaign pledge today at

www.unquowa.org/the-campaign

Sports Update

A big thank you is in order to everyone who helped make our 2012-13 athletics season such a huge success. We had more participants and some of our strongest squads ever — our White Soccer team was undefeated and our Cross Country team dominated the northern division of The Fairchester Athletic League!



Our dedicated coaches stressed fair play, team unity and competition in a fun-filled and respectful atmosphere. Finally, thanks again to all of our fans. Your support was an inspiration to us all. Go Gators and enjoy the summer!

Al Boccamazzo, Athletic Director



Our players could always be counted on for their best effort and a competitive spirit that was balanced with good sportsmanship.

Celebrating our Athletes

The Athletics Dessert in May was an opportunity to recognize those students who participated in the spring sports season. In addition, our annual Athletics Awards were presented to a few students in recognition of their skill and overall accomplishments in athletics.

Gator Bowls were awarded to those eighth graders who participated on an Unquowa team every season from sixth through eighth grade.

Congratulations to all our athletes for a great year and especially to those listed below who received special awards this year!

Athletics Awards

Elizabeth Curtis Award

Sydnee Blanco

John F. Turlick Award

Ian Chapin

Margaret Travers Award

Lucille Panagos

Gator Bowl

Sydnee Blanco

Tristan Murray

Brandon Omisore

James Roland

Michael Roland

Brienne Simmonds



Museum Collaboration

Kindergartners Go Ponding

Our Kindergarten explorers headed to the **Connecticut Audubon** this spring to investigate the pond and marshes. Although the weather was chilly, they found life springing up everywhere! Armed with field guides and nets, they took to the pond, scooping out water and making observations. They identified eggs of all shapes and sizes as well as many insect larvae. With the help of experienced ponder, Ms. Colleen, they caught two fish, two tadpoles and even a newt!

Faith Barbuto, Kindergarten Teacher



First Graders Study Artistic Elements

First graders continued their series of workshops on the Elements of Art at the **Aldrich Museum of Contemporary**. In this workshop, the class discussed “shape.” After studying geometric and organic shapes, students went on a shape hunt and designed shape sculptures. Using body socks they also created happy, sad, excited, and wild shapes!

Maureen Becker, Grade 1 Teacher



Heirloom Lettuce on the Menu

Have you ever heard of Grandpa Admire’s lettuce? Fourth graders started this heirloom variety in the Grow Lab in the spring. It is a beautiful bronze-tinged leaf lettuce that was named after George Admire, a Civil War veteran born in 1822. Students also transplanted many varieties of lettuces including Amish Deer Tongue, Red Rosie and Tennis Ball into the Unquowa garden. In May, the fourth graders harvested these delicious heirlooms for Chef Dave to use in the salad bar!

Mary Curran, Environmental Science Teacher



Oreo Moon Phases



What better way to diagram the phases of the moon than to use Oreo cookies? Third graders learned about the phases of the moon and, after studying each phase in a 29 day cycle, they were asked to recreate the phases on a paper plate. Once the phases were correctly diagrammed and labeled, mini Oreos were handed out. Third graders found great inspiration in

this medium and quickly recreated each phase. From the new moon to waxing and waning gibbous, they can now explain them all!

Carlene Gordon, Grade 3 Teacher



How many exhibits have our eighth graders created and curated for the Fairfield Museum and History Center through our Museum Collaboration?

Answer on page 11

Student Art Show & Art Room Dedication to Alison Gray

This year's art show was a departure from the traditional format of viewing and included an interactive component that allowed the audience to participate in making art themselves. The eighth graders developed different stations that focused on collaborative and sensory experiences. Students learned how to marble paper, tie-dye cloth, simulate melting glass and even use marbles as a paint delivery method. In addition to these interactive stations, the art show featured a broad assortment of student work, reflecting a year-long process of learning and experimentation in a wide variety of media.

In addition, the show provided the perfect opportunity to dedicate the art room to Alison Gray, Unquowa art teacher from 1971 to 2008. The wording on the plaque outside of the art room reads: "whose passion for the arts brought out the artist in each child." I met Ms. Gray when I was a student at Unquowa and she became my mentor when I began working here. Her passion for art and for her students was a factor in my decision to become an art teacher. Ms. Gray's legacy can be clearly seen in the students' high quality work as well as their excitement and love of art.

Krissy Ponden, Art Teacher



Batik by Lily Stumpf, grade 8.



Diversity Conference 2013



A group of upper school Unquowa students again attended the CAIS Annual Diversity Leadership Conference. The program is attended by students from Connecticut Independent Schools in grades 7-12. The energizing and powerful day-long experiences included networking and dialogue, facilitating cross-cultural understanding through conversation, dynamic small group work, and student performances.

Museum Making



After reading about Claudia and Jamie Kincaid's adventures at the New York's Metropolitan Museum of Art in the book *From the Mixed-up Files of Mrs. Basil E. Frankweiler*, our fourth graders created their own personal museums. Each student chose

a high interest topic, built their own desktop museum and prepared a short presentation. Throughout the day students, parents and faculty attended the Museum Open House. The students enjoyed sharing their knowledge and engaging with the visitors.

Pat Bruno, Grade 4 Teacher

May Day Celebration with Grandparents & Special Friends



Grandparents and special friends joined us for our annual May Day celebration. After visiting classrooms and enjoying a special snack together the entire school gathered for performances by our students. The weather cooperated and our guests joined us on the playing field to watch our fourth and fifth graders dance the traditional Maypole dance ... including a more modern version with a Michael Jackson twist.

Closing Ceremonies

On the morning of June 11, Unquowa's 95th year came to an end with the school's traditional Closing Ceremonies. This gathering of the entire school is filled with traditions including the recognition of summer birthdays and the reading by faculty of tributes they wrote collaboratively about each member of the graduating class - wonderful bittersweet and personal recollections.

Awards announced at the Closing Ceremony included the Unquowa Parents Association Award for a seventh grader who "has shown the most significant growth in intellectual discipline" which was given to Sara Adriani. The



Costume Closet Key was presented to two seventh graders who showed a particular dedication to the performing arts - Delaney Murray and Alex Morse. Upper School Science teacher, Craig Knebel, received the Virginia F. Birdsall Faculty Award to support his summer travels to the Galapagos

Islands where he will study biodiversity. Finally, PreK-3 teacher Janice Shannon presented the Ultimate Unquowan Awards to the three graduates who began at the school eleven years ago in PreK-3: Victoria Giacobbe, Paul Pinto and Rebecca Ryan.

After watching a funny yet tearful video tribute to the Class of 2013, eighth graders formed a receiving line and Ms. Lauer invited the seventh graders to "take the eighth grade seats". This symbolic move marked the passing of the mantle of school leadership from the outgoing class to next year's eighth graders, the Class of 2014.

The morning ceremony ended with the fifth grade instrumental ensemble playing "Edelweiss" as every student and teacher in the school passed by the line of graduates to wish each one a personal goodbye - ending the ceremony with tearful high fives, handshakes and hugs.



2013 Awards

The William J. Grippin Award
Grace Haviland

The Unquowa Award
Michael Brennan & Tristan Murray

The Headmaster's Cup
Brandon Omisore & Ian Chapin

The Board of Governors' Cup
Lily Stumpf

The John P. Blassington Award
Grace Haviland

The Robert L. Cleveland Award
Katherine Phelan

Unquowa Parents Association Award
Sara Adriani

Class Agent
Abigail Knopf & Paul Pinto

The Ultimate Unquowan Award
**Victoria Giacobbe, Paul Pinto
& Rebecca Ryan**

Costume Closet Key
Delaney Murray & Alex Morse

The Virginia F. Birdsall Faculty Award
Craig Knebel

The Jean Carpenter Winton
Distinguished Alumni Award
Bradley Topar '99

95th Unquowa Commencement



Unquowa's 95th graduating class gathered in the evening of June 11th with family, friends, alumni, the Board of Governors and the faculty and staff for a final ceremony of closure and to mark the start of their transition to high school.

The Rabbi Colin Brodie offered the invocation and Salutatorian Tristan Murray welcomed everyone to the celebration.

The ceremony included the announcement of several awards. Valedictorian Grace Haviland received The William J. Grippin Award for the highest academic average. Michael Brennan and Tristan Murray were both given The Unquowa Award for significant growth in intellectual discipline. The Board of Governors' Cup for outstanding school citizenship was given to Lily Stumpf and The Headmaster's Cup was awarded to two graduates - Brandon Omisore and Ian Chapin. The John P. Blessington Award for steadfast concern for classmates and the school was given to Grace Haviland and the Robert L. Cleveland Award for a keen mind, sound body and unafraid spirit was awarded to Katie Phelan. Eighth graders Abigail Knopf and Paul Pinto were named Class Agents. The Jean Carpenter Winton Distinguished Alumni Award was given to Bradley Topar '99 in recognition of his incredible dedication, connection and steady support of the school over the years.

After receiving their diplomas, the graduates heard from guest speaker, Patti Popp - owner of Sport Hill Farm. Having collaborated extensively with Unquowa over the years, Patti knows our school community and mission well. She emphasized the importance of perseverance and patience in all aspects of life and work and reminded the graduates that the habits and values they've learned at Unquowa of working hard and maintaining an unafraid spirit will guide them well in the future.



Valedictorian Grace Haviland described her nine years at Unquowa as a time when she and her classmates became a second family to each other. "Over time, we have become less of a class and more of a family...As we leave here, we're going our separate ways; but not really leaving each other. These friendships are lifelong and priceless." On behalf of all of the graduates, she thanked all their amazing Unquowa teachers for believing in each of them.

With a closing benediction from Reverend Michael F. Dogali, we said a final good-bye to the Class of 2013.

Our graduates will be attending the following high schools:

Chase Collegiate School
Cheshire Academy
Fairchild Wheeler Magnet High School
Fairfield College Preparatory School
Fairfield Ludlowe High School
Fairfield Warde High School
Greens Farms Academy
Hopkins School
Joel Barlow High School
Lauralton Hall
Stratton Mountain School

Summer at Unquowa

Our campus was buzzing with activity this summer as children attended our four-week Farm Camp and week-long clinics in robotics, basketball and musical theater. We also hosted Chamber Music Central once again and enjoyed their glorious performances.

"I am thrilled to see children enjoy being outside with their hands in the dirt, so far away from buttons and gadgets," said Farm Camp Director Mary Faulkner. From our preschool "sweet pea" campers who work in Unquowa's curricular garden to the older campers who work at Sport Hill Farm, spending this time exploring and enjoying the outdoors is an invaluable experience.

For more photos and stories see the Summer News section of Unquowa's website Bulletin Board.



From the UPA

Our annual *Celebrate Unquowa* auction was a spectacular finale to our school year. Held at the Fairfield Museum and History Center, the theme this year was the Kentucky Derby - an evening of food, fun, music, floppy hats and mint juleps! A variety of items and one-of-a-kind experiences were up for bid. A special thank you to our live auctioneers, Fifth Grade Teacher Mary Faulkner and Chef David Brann.

The event was also a tribute to Suellen Hansen who retired in December after over 30 years of service. Suellen began at Unquowa as a parent, moved on to her role as a teacher and for the last decade was our Director of Admissions and Dean of Faculty.

We are so grateful to all the parents, faculty, administration, staff and local business who supported this year's auction with donations of items and time.

We are looking forward to the upcoming 2013-2014 school year and are pleased to welcome our new UPA President, Marianna Erenhouse. We are also excited to see many parents returning to volunteer their time and talents. If you have not yet found a place to volunteer, we encourage you to do so - it's sure to be another great year! We hope everyone is enjoying the summer.

Mindee Blanco, UPA President



7th Graders Video Chat with Students in Russia & Jordan



Seventh graders participated in two video chats this year as part of the Art Links program through Creative Connections. They "met" with students in St. Petersburg, Russia and Amman, Jordan.

While students learned that they shopped in some of the same stores, enjoyed the same sports and liked many of the same foods, they also learned about the importance of family, education and religion in each other's cultures. They shared artwork, songs and dances and learned just how similar our cultures are. It was interesting for students to share what they had learned about each other's countries and to engage in conversations. This was a great learning experience for the students in all three global locations!

Mrs. Leidlein, History Teacher

Upper School Students Write & Perform a Musical

What a great show! Upper School students in chorus and drama came together for a unit on musical theater. It all started in the classroom with lessons on the history of musical theater and what goes into making a musical - choreography, vocal techniques, acting, and so much more! Students then used improvisation to create different scenes for our Unquowa musical. Using what they learned in class, they chose songs that fit into their scenes. After rehearsing the choreography and perfecting their lines and music, the students performed their short musical for their families and the school. Each grade performed a "number" and the show ended with a finale by the full cast.

Megan Kirk & Alyson Cahill, Performing Arts Teachers



1940s and 1950s Reunion



Continuing the celebration of Unquowa's 95th year, alumni from the 1940s and 1950s gathered at their first alma mater to reconnect with each other and with the school. They arrived throughout the day for tours and to feel the energy of visiting while classes were in session. While the last sixty or seventy years have brought changes to the program and curriculum, many alumni commented on the fact that our approach of teaching students through hands-on activities reminded them of their days



at Unquowa when they spent time in the wood-working shop with Mr. Cleveland, wading in the brooks with science teachers and performing plays and skits.

At a Q & A session with a few faculty, students and Sharon Lauer, alumni asked about athletics, foreign language, the curriculum, community partnerships and more. In talking about his grade's year long service learning project with Giant Steps, a local school for children with severe autism, eighth grader Brandon explained how his friendship with a Giant Steps student moved from one of concern to one of respect and helped changed his perspective on his own life. This is a poignant example of the incredible impact of providing students with a combination of robust classroom experiences and connected real world experiences, something that remains at the core of every activity and class at Unquowa.

More alumni arrived as we gathered in the dining room for a delicious dinner prepared by Unquowa's Chef David and the stories really began to flow! Some former classmates hadn't seen one another in sixty years, and watching their warm and heartfelt reunion was a wonderful testimony to the intensity of those early friendships. To show the school's appreciation, every alumnus was given a 95th anniversary Unquowa t-shirt, a copy of their graduating class photo and an herb plant potted for them by our fourth grade students during their environmental education class.



A special thank you to the alumni who helped organize this wonderful event - **Wendy Friedman Brest '53, Coverly Roche Rees '52, Carol Gaines Ruckle '53, George Seeley '53, Bill Shelton '55 and Jerry Stagg '53.**

Bequest to Carl Churchill Planned Giving Society

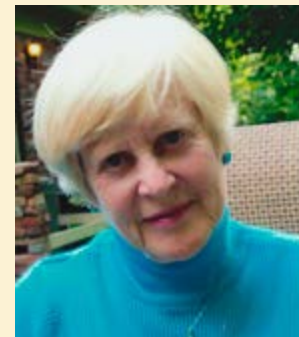
It wasn't until one of my oldest friends, Ellen Leeds Sturges, died that I reconnected with Unquowa after almost sixty years. Six of us from the Class of 1953 decided to plant a tree in her memory at the school since that was where most of us met and formed life-long friendships.

On a sunny Sunday morning in May of 2012, we met in the front of the school to dedicate our memorial dogwood to Ellen. Kate Haviland from the development office made all the arrangements and gave us an outstanding tour of the school after our dedication. We were all extremely impressed with the direction the school has taken over the years. In fact, I was so excited by what I saw and learned that I decided not only to increase my gifts to the school but to include a bequest to Unquowa in my will.

At a time when all schools and colleges are desperately seeking help from their alumni, I feel, as one of my classmates wisely put it, that I can have a greater impact on the future of this small school than on the larger institutions I have supported through the years.

Unquowa will be celebrating its 100th anniversary in five years and I urge all of you who profited from the education we received here to come back and see for yourself how the school has grown and thrived in the ensuing years. I also encourage you to consider remembering Unquowa in your wills so that the school can continue long into the future.

Carol Gaines Ruckle, '53



Alumni News

Julia Kecko '90 joined the fun at the UPA Gala this spring to help honor Suellen Hansen in her retirement. Julia lives in Oxford with her husband Mark and two young sons - Brandon and Chase. She works at GE headquarters and is a certified massage therapist. Julia is currently working on her degree in corporate finance at Post University.



In May, **Liz Bruno '99** was married to Jamie in Westport. Aside from being an alumna, Liz is the daughter of fourth grade teacher Pat Bruno. Liz is pictured here at her waterfront reception with Unquowa friends **Eric Haseltine '99**, **Reagan Sayles '99** and **Brad Topar '99**. Liz is a veterinarian and lives in London.



Catherine McNeela '09 graduated from Lauralton Hall where she was co-captain of the cross country team and a member of the National Honor Society. She is excited to be headed to Furman University in South Carolina. Catherine is pictured here with her younger sister Annie '16 during a recent stop at Unquowa.



Kai Burton '10 and **Kamau Burton '09** were among the presenters at the CAIS Annual Diversity Leadership Conference this spring. They both continue to compose and perform their own music. Kai will be a senior at St. Luke's in New Canaan and Kamau will enter Boston College in the fall.



Class of 2009 is Off to College!

Rajane Brown
Spelman College

Kamau Burton
Boston College

Javante Cameron-Sheffield
Quinnipiac University

Brandon Hylton
Xavier University of Louisiana

Josh Knopf
Trinity College

Matthew Kresch
Northwestern University

Marissa Leggiadro
High Point University

Taylor Lopez-Balboa
Hobart and William Smith

Nadia Makhraz
Fairfield University

Max Martone
University of Connecticut

Rachel McDermott
Union College

Catherine McNeela
Furman University

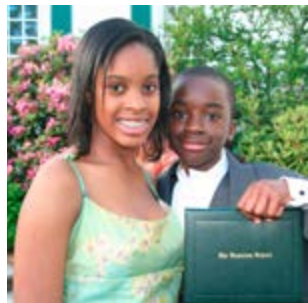
Seth Samowitz
Syracuse University

Mark Watson
Boston College

IQ answer:

5 — one exhibit each year since 2009

Alumni at Commencement





THE UNQUOWA SCHOOL

981 Stratfield Road, Fairfield, CT 06825-1697

*Cura Futuri Nobis ~
The Future is in Our Care*

“Gator Aid from Unquowa” Team Raises \$6,700 for the American Cancer Society Relay for Life



Over forty Unquowans participated in this year's Relay for Life to raise money for the American Cancer Society. The \$6,700 they raised earned them a place in the Gold Team level. In addition to getting sponsors for the team's all-night walk, the students held two bake sales and sold Gator Aid bracelets at the event. Thanks to the seventh and eighth graders and their families who were so very generous with their time and donations. And a special thank you to our parent captains, Maureen Watson and Lisa Knopf. Go Gators!