

September 19, 2014

### **International Day of Peace**

In every belief system of the world, in every culture, a virtue held up as paramount is peace. At Lansdowne Friends School, one of our goals is to create another generation of peace-makers, hoping that they find peace within themselves, and make peace in their classrooms, in the school, in their families and communities and to preach peace the rest of their lives throughout the world. In a world with violence in so many places, the importance of this cannot be overemphasized.

Today the school had its annual observation of International Day of Peace. We gathered in the auditorium for a moment of silence. We were welcomed by the 5<sup>th</sup> and 6<sup>th</sup> grade, who read their inspiring proclamation reciting why our observation is so important. We were then lead in song by T. Jill's class, singing two LFS favorites, "Trees of the Wild" and "Vine & Fig Tree." The Kindergarten shared a video where the students described what peace looks, feels, tastes, sounds and smells like. (You can see this video on the website.) Next, T. Susie's class shared pictures of their peaceful places, such as the library, nature, the reading area of the classroom, their backyards and gardens, the playground, and their homes. We ended our observation with our traditional parade behind the 6<sup>th</sup> grade, who carried a giant Peace Dove and sang *Dona Nobis Pacem* and other peace songs. Finally, as part of observations everywhere of this day, we planted pinwheels, a symbol of childhood and the simplicity, joyfulness and peace that we all associate with children. Please, when you come to campus today, enjoy the pinwheels. A special thanks goes out to T. Deb and her class for their leadership in our celebration, and to T. Narissa in helping to organize the day.

### **Cross Country**

It was an exciting day on Wednesday, when we had our first cross-country meet of the season. Eight of our runners went to Friends Central to run against Friends Central, Westtown and Haddonfield Friends. This was the first time that any of these runners would be running a full two miles for the school, so it is a challenge. In my experience, the first hurdle one clears in running is to be able to run a distance without walking. That was the goal for this meet. I am pleased to say that not only did all of them run the entire race, they all did the two miles under 20 minutes, and all of them ran better than lots of other runners, a great feat when one considers that the other runners were mostly 7<sup>th</sup> and 8<sup>th</sup> graders. This first hurdle is important, because it helps teach and learn resilience. Many people do not know how much strength they have within. Running such a race teaches this important life lesson and can be used to extend to so many other things. The next hurdle that these students will clear is to improve on their first time, also an important life lesson.

We are looking forward to our next meet on October 6, when the entire team may run. Have a great weekend.

Sincerely,

John McKinstry  
Head of School