

LWA NEWSLETTER



VOL: 3

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MISSION STATEMENT

LWA teaches and motivates students to seek, discover, embrace, and apply knowledge while exploring their personal, artistic, and academic talents in order to engage in life with a culturally respectful, civically responsible, and innovative entrepreneurial spirit for success in higher education and the careers of an increasingly global society.

MESSAGE FROM HEAD OF SCHOOL

Dear LWA Families,

It's hard to believe that January has come to an end, and we somehow already find ourselves in February, that slip of a month between winter and spring, a good time perhaps to reflect on what was and envision what is yet to come.

January, as most months here at LWA, was full of events that deepened our sense of community and reinforced our commitment to creating a school culture that values integrity, creativity, and empathy. Whether it was the Holocaust Remembrance Day Assembly, Middle and Lower School Jazz Night, or the Senior Night basketball game, the LWA family came together many times during this chilly month to honor one another.

January also marked the end of the first semester. Students will have the opportunity to review their report cards and discuss their accomplishments as well as craft a plan for growth during individual conferences with their advisors. It is this feedback loop that encourages reflection, authentic learning experiences, and meaningful growth. It fosters the value of tenacity and resilience. The foremost researcher on grit, Angela Duckworth, wrote, "Kaizen is Japanese for resisting the plateau of arrested development. Its literal translation is: 'continuous improvement.' After interviewing dozens and dozens of grit paragons, I can tell you that they all exude kaizen. There are no exceptions."

So, as students, parents, leaders, and a community, let us too reflect, assess, and exude kaizen as we recommit ourselves to continued growth and transformation. According to Duckworth, "We can all learn to be grittier, and we should be teaching our kids to be grittier." Good advice to heed as we prepare to head into this final stretch of the winter season.

Best,
Hank Williams



At Home with
the World



MESSAGE FROM ADMISSIONS

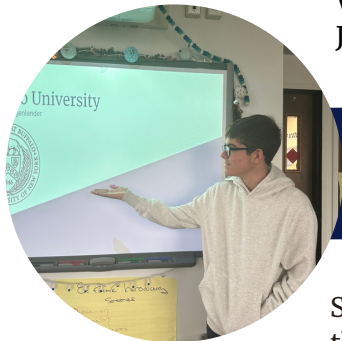
Dear Lawrence Woodmere Academy Families,

It has been a busy few weeks for our admissions team, and I'm thrilled to announce that in January alone, we welcomed six new students across a range of grades, from Preschool through 12th. The warm reception these newcomers received from both our dedicated faculty and our wonderful student body has been truly heartwarming. It serves as a reminder of the inclusive and vibrant community that defines LWA.

Did you know that each year, we proudly open our doors to students not only from various parts of Long Island but also from Brooklyn, Queens, and even different countries abroad? It's a testament to the diverse and enriching educational experience we offer here at Lawrence Woodmere Academy.

As you know, our school's growth and success are greatly influenced by wonderful families like yours who introduce us to new students. We are excited to remind you about our Student Referral Program, a fantastic opportunity for you to get involved and earn \$1,000 tuition credit! [LWA Referral Program](#)

Warm regards,
Jane Kim, Director of Admissions



COLLEGE CORNER

Seniors are officially done with college applications, and Junior Seminar has begun! During these small-group sessions, the juniors and Marina Rabinovich, Director of College Guidance, work on setting up a Naviance account, crafting an activities list for the Common App., filling out brag sheets for teacher and counselor recommendation letters, building a balanced college list, and maybe, just maybe, completing a very rough draft of their essays! Send our juniors some love as they head into this very exciting part of their journeys.



KUDOS

Congratulations to Lauren Mitchell, one of our amazing seniors! She is a runner-up for *The New York Times* mini-memoir writing contest. Her entry is titled "Vanilla Voices."



LOWER SCHOOL

STUDENT SPOTLIGHT



For our February Student Spotlight, we bring you Everett Hopkins, a 6-year-old student in the 1st grade.

What is your favorite color?
Blue.

What do you like most about LWA?
I like gym the most because we can play new games like Fishy Fishy.

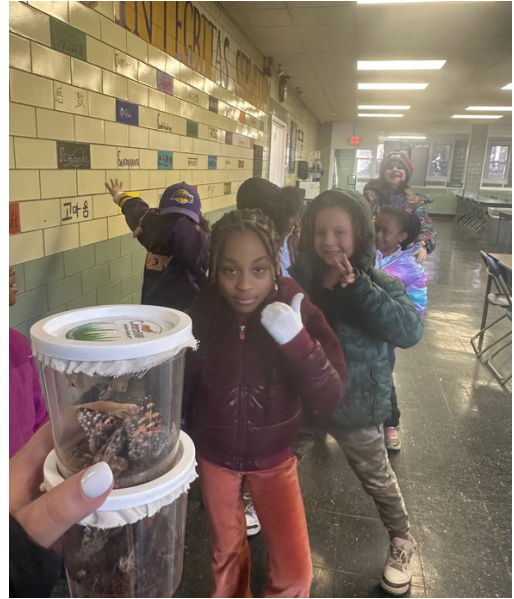
What do you like to do for fun?
I like to go to the beach and the pool. In the winter, I like to play in the snow. Also, I like to watch TV, play with my brother, and play football.

What are you grateful for?
I am grateful for my little brother helping me. He helps me pick up my toys and put them in the bin but not in the trash.

CURRICULAR HIGHLIGHT

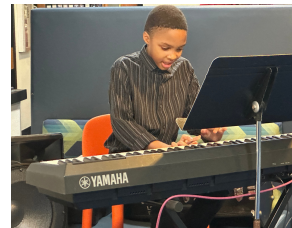
This past month, the students in second grade took a closer look at the living things around us and their life cycle. Students were introduced to 10 caterpillars, one for each student, and had to hypothesize through observing and examining each caterpillar's stage. Students were eager each and every day to check on their furry friends' metamorphosis! What is more, second grade has taken a "hands-on" approach to foster students' curiosity through experimentation. At the end of the unit, students will make a craft that demonstrates their new knowledge of caterpillars and have a butterfly release party!

-Ms. Lindsey Dana



SPECIAL EVENTS

JAZZ NIGHT



Our Lower School pianists and dancers, led by Jason Cafaro and Kamil Lowe, enthralled the audience with their musical talents.



MIDDLE SCHOOL

STUDENT SPOTLIGHT



For our January Student Spotlight, we bring you Isaiah Macena, an 11-year-old student in the 6th grade.

What are your hobbies?

Video games and sports.

What is your favorite class, and why?

My favorite class is PE because it makes me stronger.

What are your plans for the future?

To see if I can achieve becoming an engineer and a video game pro.

What are you grateful for?

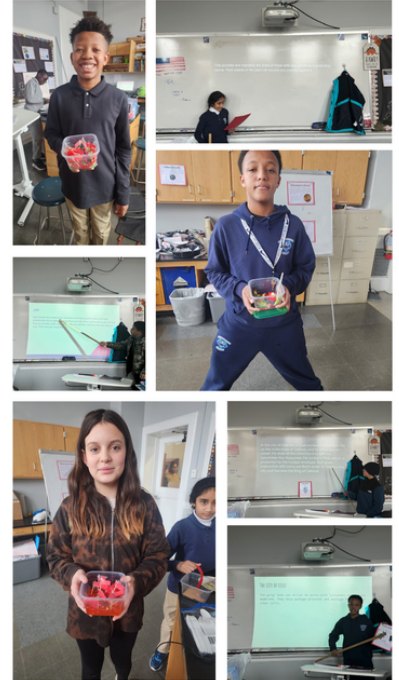
I am grateful for my parents, for the school, for the classes, and for everything that my school and my home provide for me.

What advice do you have for younger students?

Make sure you study hard and follow your dreams.

CURRICULAR HIGHLIGHT

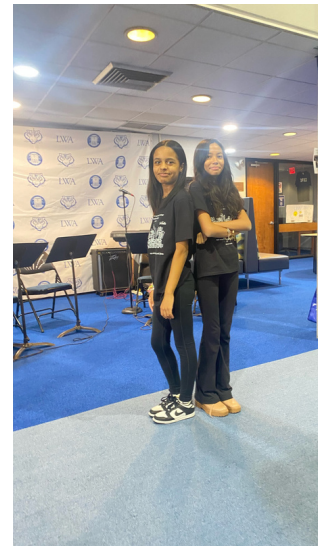
For our "Cell'ebriety Movie Poster Project," the students were asked to approach a technical aspect of Middle School biology with creativity and innovation. To begin, they had to choose a cell organelle to study and personify as a celebrity movie star. Then, they needed to devise a movie plot that conveys their chosen organelle's "role" or function. The students had to choose a movie genre, and they even had to choose supporting actors and actresses. This was a way of personifying the cellular structures that work most closely with their chosen organelle of study. In my 6th and 7th grade classes, some of the students decided to place their imagined movies in the same universe, and most of their stories took place in "Cellsius." The students created a movie poster that conveyed their knowledge of the organelle's cellular structure and function and its role in maintaining homeostasis for the cell overall. Some notable "cell"ebrities were "Lisa-Some" the Lysosome by Maya Zakaria, "Bod the Mobster" Nucleus by Oliver Huml, and the Cell Membrane by Lexi Callen. After completing their posters, all of the students gave oral presentations about their cellular structures. These presentations were like the movie trailers for their hypothetical films. After we had our presentations, we had a "cell"ebration. The students all brought in food items that could be used to make an edible model of the cell. The students had to make structurally accurate representations of eukaryotic cells. I'd like to give a shout out to Avantika Sud for being the only student who chose to make a eukaryotic plant cell! -Ms. Charles



"Cell"ebriety Movie Poster Project

SPECIAL EVENT

The Middle School Theatre Club put on their annual production on Friday, January 26. The students recited and performed various Shel Silverstein poems, recreating a world full of wonder, play, and innocence. Thank you to Mr. McDaniel, Mr. Ellis, Mrs. Longo, and Mr. Altieri for guiding the students and encouraging them to tap into their inner thespians.



UPPER SCHOOL

STUDENT SPOTLIGHT



For our January Student Spotlight, we bring you Lamiyass Chen, a 17-year-old senior.

What are your hobbies?

My hobbies include photography, philosophy, writing, speech & debate, learning languages, and playing piano - to name but a few.

What is your favorite class, and why?

My favorite class is Senior Seminar because I get to spend time with Ms. R and write all my college essays.

What are your plans for the future?

I would like to be a tenured professor and fluent in ten languages. I would also like to be proficient in six instruments.

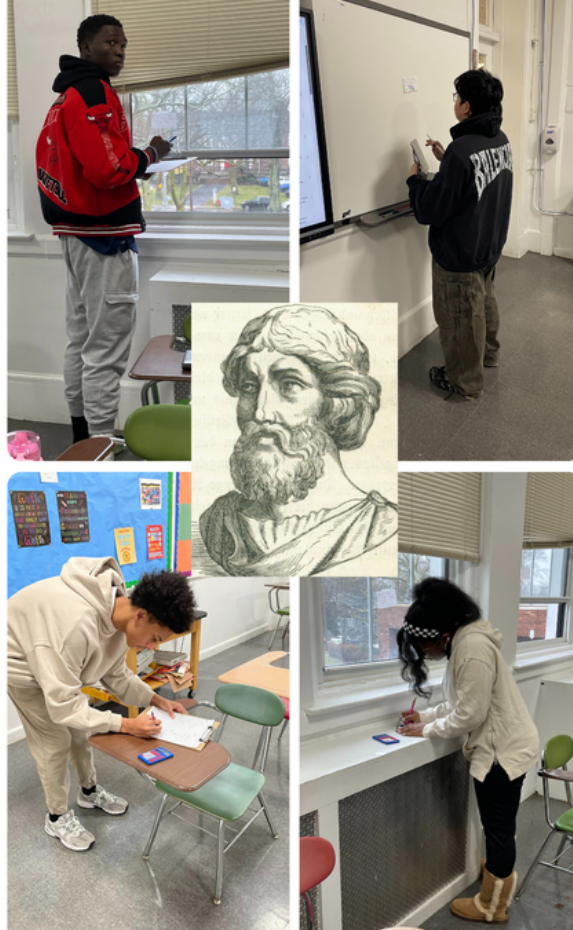
What are you grateful for?

I am grateful for being alive, for my senior classmates, and for all the LWA faculty, especially Ms. R.

What advice do you have for younger students?

Be diligent, have good time management, and embrace your sentimentality.

CURRICULAR HIGHLIGHT



This week, most of my classes have been focusing on right triangles, the Pythagorean Theorem, and my Precalculus class has started learning about radians: a new way to measure angles and help us solve questions about objects moving in a circle. To review what we've done, all my students worked on a "Scavenger Hunt": solving questions placed around the room in small groups or individually. It got students moving and talking, and the pictures show them working on it!

-Mr. Zach

SPECIAL EVENTS



Three of our talented Upper Schoolers joined the Middle and Lower School students on January 26, with Chris Ford singing "My Cherie Amour," Gabi Pierre rocking out on the drums, and Elinor Radomsky soloing on the flute.



Upper School Student Council hosted a hot cocoa fundraiser to bring some warmth and sweetness to the chill of this winter season.



CROSS-DIVISIONAL EVENTS



The assembly, led by Chloe Albuquer, began with Mr. Altieri playing Hatikvah, the National Anthem of Israel. Holocaust survivor, Professor Asher Matathias shared his story with our student body. He is a frequent lecturer and commentator on the Holocaust and Greek Jewry.

Following Professor Matathias, Middle and Upper School students read classic Holocaust poetry, such as “Lost Innocence,” “Butterly,” and LWA sophomore, Elinor Radomsky, read “Never Shall I Forget” both in English and Hebrew.

At the end of the assembly, Albuquer shared, “And, one more thing to close, the Holocaust might be a memory, becoming ever more distant. But we live in a day and age where antisemitism is at an ultimate high. Please remember this, and remember us. Thank you.”

SENIOR NIGHT



Lawrence Woodmere Academy Boys Basketball team captured a huge win on Tuesday night at LWA. Josh Smith's 24 points helped the Tigers gain a massive win over the 2nd seeded LuHi Crusaders. It was a fantastic team performance. It was also Senior Night at LWA, and Chris Williams led the scoring for the seniors with a very impressive 17 points.

The team is currently in first place with three games left in the season. LWA (12-1 PSAA, 15-5 overall) will look to continue their impressive run for the remainder of the regular season, which will help them gain momentum as they get ready for playoff season, which begins February 12. As results stand, LWA will host both a quarter-final and semifinal match.

The Tigers were given a once-in-a-lifetime opportunity last week to play at Nassau Coliseum against Friends Academy. Friends won the game by 6 points, but it was still a great experience for Coach Williams and his young team.

Lastly, congratulations to our five seniors who played their final home game of their high school basketball career. Those seniors are Christian Ford, Swasmir Joseph, Chris Clark, Chris Williams, and Nil Rahola.

Go, Tigers!!

-Mr. O'Keefe

AT HOME WITH THE WORLD



Lawrence Woodmere Academy is a global community of learners of diverse backgrounds. We embrace world cultures, seek unique perspectives, and foster innovation.

Our dynamic international program is built around celebration of cultures, student engagement in class activities, school clubs, sports, and other memorable events. We provide a transformative experience for both our international and domestic students, creating a sense of community and lifelong friendships as a foundation for current and future success.

We are LWA - At Home with the World!

-Dr. Olga Pagieva

GOAL-SETTING WORKSHOP



On Wednesday, January 17, Warren Levi from Martial Arts & Fitness visited LWA to work with our students on Goal Setting and Self-Defense.

Sensei Richie had a fantastic time teaching our LS/MS students the fundamentals of SMART (smart, measurable, achievable, relevant, timely) goals.

Students got to work with punch bags, and some even got the opportunity to chop some wood with their bare hands!

-Mr. O'Keeffe



NEW YEAR'S RESOLUTIONS



"I want to eat healthier"
-Mr. Hank Williams



"To come to school on time"
-Chris, Grade 12



"To do more nice things for Ms. R"
-Tino



"I want to be more productive and spend less time on my phone. I also want to read 30 books"
-Elinor, Grade 10



"I want to help my mom with the dishes"
-Marli, Kindergarten



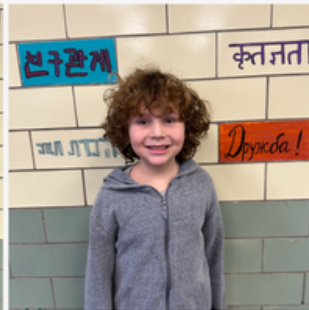
"To read 100 books this year. I have already read three books since the start of the year!"
-Elias, Grade 5



"To be more patient and to read more books"
-Mr. Schaefer



"I want to be more consistent with reading my Bible"
-Chris, Grade 12



"I want to do a backflip"
-Bodhi, Grade 2



"Eat less meat to better the environment"
-Gabi, Grade 10

NEW YEAR'S RESOLUTIONS



"To teach my little brother the ABCs and to read every day after school"
-Kaitlyn, Grade 1



"To give myself more grace. I can be very hard on myself, so I want to give myself more credit"
-Mr. Zach



"To ride my bicycle without training wheels"
-Alianna, Kindergarten



"To make better choices"
-Gifti, Grade 10



"I have decided to eat healthier! I will try to avoid the main office when there are pastries...or maybe I'll just have one"
-Mrs. Nicenboim



"I want to be more active, read more books, and focus on what's really important in life"
-Mrs. Daidone



"Be a better student and work harder instead of slacking off"
-Jackson, Grade 10



"We want to do our Edgenuity work on time"
-Chloe, Lami, and Xavi, Grade 12



"I want to improve my diet by eating a lot more fruits and vegetables"
-Mr. Clark



"To drink more water"
-Maya, Grade 6

NEW YEAR'S RESOLUTIONS



"To cook more"
-Mrs. Pomerantz

"To do better academically, to get closer to God, and to do three workouts a day"
-Caleb, Grade 10

"To eat better and to become more fluent in Spanish"
-Josh, Grade 8

"To be a better person"
-Youshmere, Grade 10

"I want to flourish in my career"
-Ms. Gilbert



"I want to get better grades"
-Sylvanus, Grade 10

"To exercise more"
-Oscar, Grade 12

"I will be practicing my art skills. I will also practice my flute and writing more"
-Eliya, Grade 4

"I want to be more self-aware"
-Destiny, Grade 12

"To make cursive letters more easy and fun. I want to accomplish working faster in school and in general, and be more responsible"
-Zaharahlee, Grade 3

NEW YEAR'S RESOLUTIONS



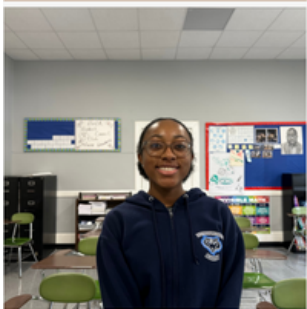
"To start studying more"
-Kennedy,
Grade 9

"To get better grades by studying more"
-Santana,
Grade 8

"To be a better person and a better friend to everyone I am friends with"
-Hank Jr.,
Grade 9

"To improve my time management"
-Charlé,
Grade 10

"I would like to be more productive academically"
-Jonathan, Grade 10



"I want to get on a better sleep schedule"
-Cayla, Grade 12

"I want to read more books and get better at sports"
-Ben, Grade 5

"I want to read more books"
-Ms. Dana

"I want to try going camping with my cousins, and I will try to be healthier by eating rice and chicken"
-Felix, Preschool

"I want to be more optimistic"
-Adam, Grade 11

SPECIAL ANNOUNCEMENT



On Thursday, January 25, a huge announcement was made by our alumnus Andrew Barth Feldman who will be returning to his alma mater to host and perform songs from *13: The Musical* on Sunday, March 3, at 7:00 PM.

Lawrence Woodmere Academy is thrilled to welcome Andrew back to the Barbra Barth Feldman Performing Arts Center at Hessel Hall, which was named for his beloved mother who was a longtime friend, WA alumni ('82), Camp Director (2010-2019), and the Head of School at LWA prior to her passing in August 2019.

This event is open to the public. Proceeds raised from the benefit concert will be used to support the performing arts program at Lawrence Woodmere Academy. Below is the link to purchase tickets.
<https://www.eventbrite.com/e/13-in-concert-tickets-805268017317>

A very special thank you to Mr. McDaniel for organizing this amazing event!



COMMUNITY OUTREACH



Senator Addabbo Jr. and Gifti Bravo (Grade 10)

NYS Senator Joseph P. Addabbo Jr., 15th Senatorial District, visited and toured Lawrence Woodmere Academy and met with Mr. Hank Williams and members of the LWA Public Relations Team to discuss our school and how LWA serves the children of his district.

On the tour, Senator Joseph P. Addabbo Jr. said: "Quality education is the foundation of a prosperous society and the key to unlocking the potential of our future generations. That is why I truly appreciate the high standards and educational environment at Lawrence Woodmere Academy...I look forward to working with my colleagues in government to ensure the pathway to a bright and sustainable future for Lawrence Woodmere Academy can be obtained. "

"It is important that the elected officials from everywhere our students reside know the good work we are doing here at LWA. Knowledge is power. Our student body deserves to be represented in every branch of government," stated Mr. Hank Williams.



Assemblywoman Stacey Pheffer Amato and Mr. Hank Williams

Assemblywoman Stacey Pheffer Amato, Assembly District 23, met with Mr. Hank Williams and members of the LWA Public Relations Team.

"It was my pleasure to meet with the administration and parent advocates from Lawrence Woodmere Academy and hear how the students from my district are thriving at this fantastic school. As a fighter for school choice, and a supporter of non-public schools, I am happy to secure additional State resources to ensure that children are getting the best education they can," said Assemblywoman Pheffer Amato.

"Outreach to the community is essential to make sure we work together to foster the best environment and education for our students," stated Mr. Hank Williams.

TIPS, TRIVIA, AND COMMUNITY CHALLENGE

TIPS

It should come as no surprise that there is a connection between screen time and well-being. While social media does allow self-expression and could potentially strengthen the sense of personal identity, there is also growing evidence that social media usage increases anxiety, jealousy, depression, distractibility, and, perhaps counterintuitively, loneliness. Too much screen time, whether on social media, gaming, or binge watching a show, results in negative academic, behavioral, and physical consequences. The American Academy of Pediatrics recommends that screen time should be avoided for children under the age of 2 and that parents of older children develop a strategy for minimizing exposure to media to around 1 to 2 hours per day. Limiting screen time is obviously even more difficult during the winter months, but there are a few classic alternatives to being glued to the screen during a cold day.

1. **Read a Book:** Yes, this is definitely an obvious one, but we believe it deserves a top spot on this list. According to a [Gallup Poll](#) published in 2022, in 2021 Americans read roughly 12 books a year. That number is the lowest it's been since Gallup began tracking Americans' reading habits in 1990. Whether this is linked to an increase in screen time is outside the scope of this article, but what remains unambiguous are the many benefits of reading: increase in empathy, decrease in cognitive decline, reduction of stress, improvement of verbal fluency, deepening of sleep, and even a longer lifespan! According to [Today.com](#), "A 2016 study published in the journal *Social Science & Medicine* found reading books can reduce mortality by up to 20%. According to the researchers, 'any level of book reading gave a significantly stronger survival advantage,' particularly for adults 65 and older who 'redirect leisure time' from watching TV into reading books. The study also found that reading alone isn't enough — it's reading books that makes the difference. Books contributed to a 'survival advantage that was significantly greater than that observed for reading newspapers or magazines,' the authors noted." Here is a link to some book options: [Resources for Finding Children's Books](#)

2. **Exercise:** One of the negative byproducts of screen time is the sedentary lifestyle it often encourages. While the diet debates continue to rage on (Team Keto or Vegan? Go Carnivore or Mediterranean?), what everyone agrees on is the importance of daily exercise. Generally, 60 minutes or more of moderate to vigorous physical activity daily is recommended for children ages 6 to 17. For preschoolers, active playing throughout the day for approximately three hours is recommended. However, even ten minutes a day of light movement is beneficial. Remember the power of atomic habits! Exercise statistically improves mental health, emotional self-regulation, attention span, and executive functioning. According to APA.org, "On average, young people who exercise more have lower levels of depression, stress and psychological distress, and higher levels of positive self-image, life satisfaction and psychological well-being (Rodriguez-Ayllon, M., et. al., [Sports Medicine](#), Vol. 49, No. 9, 2019). Exercise may also protect children's mental health over time: One study found that 6- to 8-year-olds who got more exercise had fewer symptoms of major depressive disorder two years later (Zahl, T., et. al., [Pediatrics](#), Vol. 139, No. 2, 2017)." There are a myriad of ways to make exercise part of a daily routine: light yoga in the morning, a long walk before or after dinner, and/or a dance party in the evening. Have fun, let loose, and get moving! Here is a link with exercise ideas: [8 Fun Ways To Exercise as a Family](#)

3. **Cook Together:** While it is tempting to just do the cooking solo while the kids are engrossed in their devices, there is much joy to be found in cooking as a family. Yes, it will take more time and likely cause a mess, but it will also encourage collaboration, creativity, and tangible evidence of effort yielding fruitful results. Here is a link to some family-friendly recipes: <https://www.culinarynutrition.com/family-friendly-recipes-to-cook-together/>

TRIVIA

GUESS WHO

...was taught by four current LWA teachers and is now an LWA teacher herself! First three students to find this teacher will receive a treat!

PLAY

FEBRUARY COMMUNITY CHALLENGE

Tell us what love means to you and/or take a picture with your loved one(s) in honor of Valentine's Day.

Email to

Iwanewsletter@lawrencewoodmere.org

Please be sure to indicate the name and grade of the student.

Faculty and staff are welcome to participate!



UPCOMING EVENTS IN FEBRUARY

February 9

Outstanding Tiger Award Ceremony

7:30 AM

Lunar New Year Celebration

10:30 AM

(Lunar New Year is on February 10)

February 12

Lunar New Year: No School for Students

February 16

International Day

February 19- February 23

Mid-winter Recess: School Closed (School Resumes on Monday, February 26)

February 28

PA Meeting

6:30 PM

February 29

Black History Month Assembly

12:30 PM

A FEW OTHER SUPER DUPER IMPORTANT JANUARY DATES:

February 2: Groundhog Day

February 3: Eat Ice Cream for Breakfast Day

February 9: National Pizza Day

February 11: Super Bowl Sunday

February 14: Valentine's Day

February 16: Do a Grouch a Favor Day

February 17: Random Acts of Kindness Day

February 19: Presidents' Day

February 20: Love Your Pet Day

February 26: Tell a Fairy Tale Day

February 29: Leap Day

