



Miquon Matters, 4.2.19

Your Action Items

1. Remember that the Celebration of Life for Sherry Moman is this Sunday, April 7 from 1:00 - 4:00 pm. Please wear a scarf in her memory, and carpool if possible.

Event Details

2. Consider attending the Diversity, Equity, and Action (DEA) Committee's next film screening at a Miquon family home. Due to LIMITED SPACE, we can only accommodate the first 10 guests to RSVP to Frances Sayers, 646.641.4350.

Film Details

3. Bring in your gently used toys and books for prizes and the used book sale at Spring Fair! If you have questions, contact Charlotte.

Email Charlotte

4. Remember to submit your nominations to the Board of Directors by April 15. More info, below.

Call for Nominations to the Board

The Board of Directors Nominating Committee invites nominations from the community to fill four vacancies for the 2019-2020 school year.

Miquon By-Laws provide that any parent, as a member of the Miquon Corporation, may submit candidates for election to the Board in writing with least four parent member signatures. Nominations with signatures should be submitted

one of two ways no later than April 15, 2019:

- Post mail to The Miquon School, 2025 Harts Lane, Conshohocken, 19428, Attn: Nominations Committee
- Email including a PDF scan of the nomination with signatures to Sarah Endriss, Nominations Chair

[Read full details](#)

[Email Sarah Endriss](#)

Thank You Outgoing Members!

We wish to extend our most sincere thanks to outgoing members **Rick Moses, Chet Thompson, Skip Coon, and Lisa Zahren** for your dedication, time, and wisdom over the past several years. We have accomplished many great things with your help!

Kids and Digital Devices: Event Recap

On Tuesday, March 12, our social worker Miranda Featherstone met with parents to talk about Kids and Digital Devices.

Topics covered included:

- Discussion of the [Wait Until 8th Campaign](#), which promotes the idea of waiting until at least 8th grade to give kids a smartphone.
- How to set up a Family Screen Time contract in order to set boundaries and encourage healthy use of screen time, an example of which can be found [here](#).
- The difference between Creativity vs. Consumption in thinking about kids' screen time, as explored by Devorah Heitner [here](#).
- Increasing the mindfulness with which you yourself use digital devices, if that's a personal goal. The book [How to Break Up with Your Phone](#) comes highly recommended.

Please reach out to [Miranda](#) if you have any questions.

Calendar

Fri, Apr 5, 8:30 am

Coffee Chat with Susannah in the Library | [RSVP](#)

Sun, Apr 7, 1:00 pm

Celebration of the Life of Sherry Moman | [Details](#)

Fri, Apr 12, 6:00 pm

DEA Film Screening of Queen of Katwe | [Details](#)

Sat, Apr 13

Elementary School Diversity Day | [Details](#)

Wed, Apr 17, 7:00 pm

Board Meeting

Sat, Apr 20, 9:00 am

All-school Work Party | Information forthcoming

Fri, Apr 26

School Closed for In-service | [Register for Vacation Care](#)

Tues, Apr 30, 5:30 pm

Art and Science Show

Community Bulletin Board



Children's Tribe: A dance movement class for children with live drumming

Ages 4-6:

This movement class is interactive, creative and fun! Children arrive to soft music and the invitation to enter with curiosity. We offer a safe environment so they can explore inner rhythms through authentic self expression. Grounded by the heartbeat of live drumming, children naturally create a tribe and experience a connection to Mother Earth. World music is infused to further extend our reach as human beings. Class begins with free movement and ends with grounded breathing at closing. The tribe that you create with us builds a world of well-being.
10:00 am-10:50 am; \$10

Ages 7 & up:

Ages 7 & up will focus on movement as a creative expression. We begin building self-image, self-expression and self-direction through the body, mind and

feelings. These are essential to our sacred existence and well-being on the earth. Live drumming, world music and breathing practices will support the process of exploration and growth. They will enjoy a sense of diverse community, creating a Tribe! With access to play live drums and percussions, the children will end in a celebration.

11:00 am-12:00 pm; \$12

Classes held the 2nd and 4th Sunday of each month at The Common Room, Downstairs @ Summit Presbyterian Church, 6757 Greene St., Philadelphia, PA 19119 (Mt Airy). Enter through Greene St. door.

Mishkan Shalom Hebrew School

Consider joining several Miquon families at the Open House for Mishkan Shalom's diverse, energetic and inclusive Hebrew school. Come for the entire time, or drop in on April 14th from 9:30 - 11:45. Bagels, coffee, a welcoming assembly and classroom visits await. You will enjoy a dynamic community of kids and teachers, parents and Rabbis.

Contact [Gari Weilbacher](#) for more information.

Healthy Kids Running Series

Check out Healthy Kids Running Series for kids in preschool through eighth grade, which meets at Pachella Fields in Roxborough on Sundays at 4:00 pm through May 5.

Learn more at Healthykidsrunningseries.org.

www.miquon.org

