

# SPICES

Connecticut Friends School is built on these **Six Quaker Values**. The way we apply and weave the "spices" into our curriculum follows each description in *green*.

# S

## Simplicity

Careful use of financial and natural resources

*We make use of our existing rich offerings such as public libraries, museums, nature centers, and historical sites.*

Value the spirit over material objects *We celebrate acts of kindness and generosity instead of bringing toys or electronics for show and tell*

Keep popular culture in perspective at school to avoid distraction from what is truly important

*We attune students to the wonders of nature and a sense of competence through hands-on crafts such as weaving*

Keep life simple so we are free to live in harmony and alignment with soul's purpose *Service learning is a priority*

# I

## Integrity

Let your life speak: your outer life reflects your inner life *Nurture each student's inner moral compass, cultivating inner motivation not driven by externals such as grades*

Treat others with respect and honesty *Set tone of high expectations of student's work and behavior, guiding students in process of self-assessment*

Acknowledge interconnectedness and essential oneness *Anchor academics in thematic studies and integrated curriculum*

Draw out the teacher within *Mirror students' gifts and interests, giving them choice in projects and assignments*

# P

## Peace

Build conflict resolution skills *Foster effective communication and alternatives to violence*

See conflict as a springboard to moral growth *Use the conflict at hand as part of curriculum, asking each person involved to take responsibility for their part in escalating tension*

Seek elegant, simple solutions to problems or disagreements *Encourage creative problem solving and assume students have worthy, practical ideas*

Make decisions by consensus or the "sense of the meeting" *Empower students to share responsibility for the school culture, using the idea of voting sparingly*

# C

## Community

Connect with all members of the community *Plan school activities that enable students to bridge differences and create a close, working group*

Be our authentic selves *Create a safe, nurturing atmosphere in which children can share all sides of themselves, asking questions or making mistakes*

Balance needs of the individual with needs of the group *Address and bring to surface this seeming paradox while trying to lift up those in emotional turmoil*

Teach respect for everyone and the idea that everyone has a piece of the truth *Gather in silent meeting for worship and listen to other people's thoughts without judgment or comment*

Stretch beyond the school day to support a fellowship of parenting *Organize events such as overnight trips to Powell House, all school potlucks, or the intergenerational grandfriend's day*

# E

## Equality

Respect different people and different ideas *Encourage families of diverse race, socio-economic, family structure, and faith backgrounds to apply*

Honor all faiths *We do not try to convert students to Quakerism*

Celebrate a rich community made up of many cultures *Invite members of various nationalities to share their stories in the classroom*

Reflect a broad, inclusive spectrum of the global family *Ensure resources, books, and units of study reflect this goal*

# S

## Stewardship

Protect and care for the earth in a sacred trust *Walk lightly on the earth, recycle and reuse whenever possible, and reduce the amount of energy we consume*

Promote environmental, economic, and social sustainability *Teach students to appreciate their world via scientific inquiry, artistic expression, outdoor education adventures, and a thorough exposure to natural resources.*

Teach social justice and equal access to resources *Begin in youngest classroom to instill a sense of social responsibility and service work such as coat drives, fundraisers, partnerships with outside organizations, and many more initiatives*

