

Friends Academy

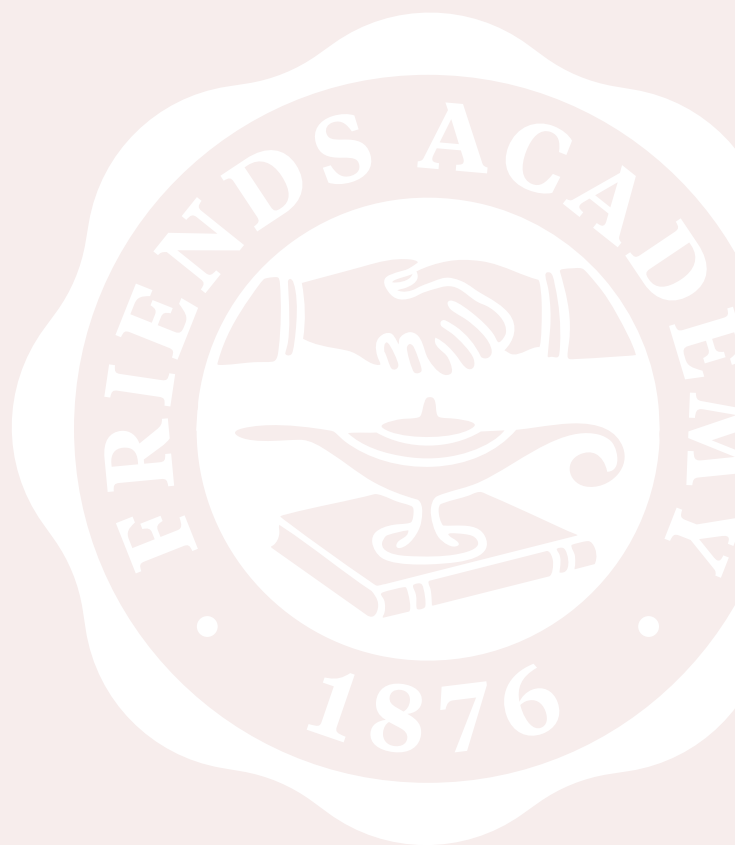
An aerial photograph of the Friends Academy campus, showing a large red running track and green field on the left, several brick academic buildings in the center, and a dense forest surrounding the campus. In the background, a body of water is visible under a clear blue sky.

This is Friends Academy

Here, learning is more than academics—it's about shaping thoughtful individuals who are curious, compassionate, and committed to making the world better.



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The future shines here.
Our campus is alive with energy:
classrooms brimming with
intellectual curiosity, teams
that rise to every challenge,
a theater that's never quiet for
long, and a community that
knows the power of connection.

But what sets us apart isn't only the visible achievements—it's the way we do everything with intention. Walk our campus, and you'll see students who aren't just learning *about* the world, but actively shaping it. Whether they're innovating in scientific research, creating groundbreaking software, performing in an all-school musical, or pushing their limits on the track, every student here has the space to discover and define their own future.

At the heart of it all is something intangible, yet powerful: the care we show one another. Here, kindness is woven into the fabric of daily life—whether through a quiet moment of reflection, a collaborative project, or the simple support that flows freely between peers. Every interaction is rooted in respect, allowing each student to truly thrive.

And when you look beyond our campus?
You'll see how the lessons learned here are carried forward into the world. Our alumni lead with purpose, applying the deep knowledge, empathy, and conviction they cultivated here to create meaningful change.

LOWER SCHOOL (EARLY CHILDHOOD–GRADE 4)

In Lower School, we lay a foundation of academic excellence and joyful learning. Focused on emergent, student-led discovery, our program nurtures young minds to observe, ask, reflect, create—all enriched by Responsive Classroom, an evidence-based approach to teaching and discipline that creates a safe and engaging learning environment. Our students become readers, writers, scientists, and good friends—all at once.

Learning that *lights* *you up*



Wonder begins here.

At Friends, our challenging, inquiry-driven curriculum prepares students for the world ahead—equipping them with the skills, knowledge, and confidence to thrive in college and beyond. With small class sizes and a commitment to personalized learning, we meet students where they are and guide them to where they can go. Our youngest learners are immersed in a nurturing yet rigorous, play-based environment that balances structure with exploration. Each day blends joy and purpose in a rhythm that builds emotional and cognitive confidence.





Our vibrant campus—replete with trails, labs, studios, and athletic facilities—serves as an open-air classroom that encourages exploration.



Choosing a school is one of the most important decisions you can make.

You're looking not only for academic rigor, but for a place where each student will be seen, known, and inspired. At Friends, our students grow into confident thinkers, empathetic leaders, and lifelong learners. They are encouraged to ask questions, to listen deeply, to engage fully, and to lead lives of integrity and purpose.





A Day in K

8:10 AM MORNING MEETING Children gather in a circle to greet each other, share news, and set intentions for the day. A moment of quiet reflection or a query rooted in Quaker values often guides the conversation.

8:30 AM LITERACY WORKSHOP Through read-alouds, phonics games, and writing practice, students build foundational reading and writing skills, with a focus on storytelling, expression, and comprehension.

9:30 AM CHOICE TIME Students explore learning centers—from building and dramatic play to puzzles and art—strengthening collaboration, creativity, and independence through guided play.

10:15 AM SNACK & OUTDOOR RECESS A healthy snack is followed by joyful time in our natural play spaces—climbing, exploring, and building friendships outdoors.

11:00 AM MATH WORKSHOP Hands-on activities with manipulatives help students develop number sense, problem-solving, and early mathematical reasoning.

12:00 PM LUNCH Students eat together in small groups, learning about nutrition, self-care, and community responsibility.

12:30 PM SPECIAL SUBJECTS Each day brings a new adventure: music, art, dance, Spanish, library, or nature walks with the Lower School Science Team.

1:15 PM QUIET TIME & READ-ALoud A calm transition invites rest and reflection. Teachers read chapter books or picture books to spark imagination and deepen listening skills.

1:45 PM INQUIRY-BASED LEARNING Students investigate a theme or question—studying butterflies, community helpers, or weather—often through experiments, journals, and group discussion.

2:30 PM CLOSING CIRCLE Children reflect on the day's learning, share appreciations, and prepare to go home with a story, a new skill, or a thoughtful question in hand.

3:10 PM DISMISSAL A warm goodbye—and eager anticipation for tomorrow's discoveries.



“A Quaker education fosters the vital inner work of reflection while nurturing the goodness within each person. In a world often shaped by chaos and injustice, it offers space to explore peace—not only as a concept, but as a lived, daily practice. Students learn to act with kindness, integrity, and openness, aiming to bring peace into their interactions and communities. The beauty of Quaker education is its power to cultivate both personal and collective transformation.”

NIKITA DESAI

Grade 3







In Grade 4, students select a historical figure to research, then team up with our Theater Department to write and perform dialogues that put these diverse figures in conversation with each other.





MIDDLE SCHOOL (GRADES 5–8)

Exploration *meets* responsibility

In Middle School, students stretch intellectually, socially, and emotionally. We guide them through these exciting years with care, challenge, and a deep respect for their emerging identities.



“Quaker principles foster a math classroom where students construct knowledge by listening to others, continuing revelation, and collaboration to discern what is reasonable and true. This allows for equity of access to all when problem-solving.”

BRIE KRASKA '93, P'26, '28
Middle School Math



A Day in Grade 6

8:10 AM ADVISORY CHECK-IN Students begin with their advisor and small group, setting intentions, reviewing goals, and sharing highs and lows—a grounding ritual that builds connection and self-awareness.

8:30 AM DESIGN THINKING STUDIO Hands-on problem-solving. Students work in teams to design solutions—accessible tools, community campaigns, and more. Creativity, empathy, and iteration drive the process.

9:15 AM MANDARIN A deeper dive into speaking, listening, reading, and writing in Mandarin Chinese, which also includes an introduction to Chinese characters and learning Pinyin. Conversation-based learning deepens fluency and cultural understanding.

10:00 AM SCIENCE LAB Today's focus: ecosystems and interdependence. Students investigate invasive species in a model environment, collecting data and sharing discoveries.

10:50 AM RECESS & SNACK On the green, students chat, play, or walk with friends—time to recharge and reconnect in the outdoors.

11:20 AM HUMANITIES English and history intertwine. Today: character motivations in *Esperanza Rising* linked to themes of migration and resilience in U.S. history.

12:10 PM LUNCH IN THE COMMONS Students gather in mixed groups to eat, laugh, and build community.

12:45 PM MATH WORKSHOP Ratios and proportions explored through interactive problems and real-world applications, with small-group support for varied learning styles.

1:30 PM ARTS BLOCK (THEATER, VISUAL ART, OR MUSIC) Depending on the day: sculpting, rehearsing, or composing nurture creativity and self-expression.

2:15 PM QUAKER MEETING (WEDNESDAYS) Silent reflection and heartfelt sharing cultivate mindfulness, empathy, and belonging.

3:00 PM INDEPENDENT READING & WRAP-UP A quiet close—reading, reflection, or brief teacher check-ins.

3:10 PM DISMISSAL OR AFTERSCHOOL Robotics, music, sports, and more extend friendships and passions beyond class.



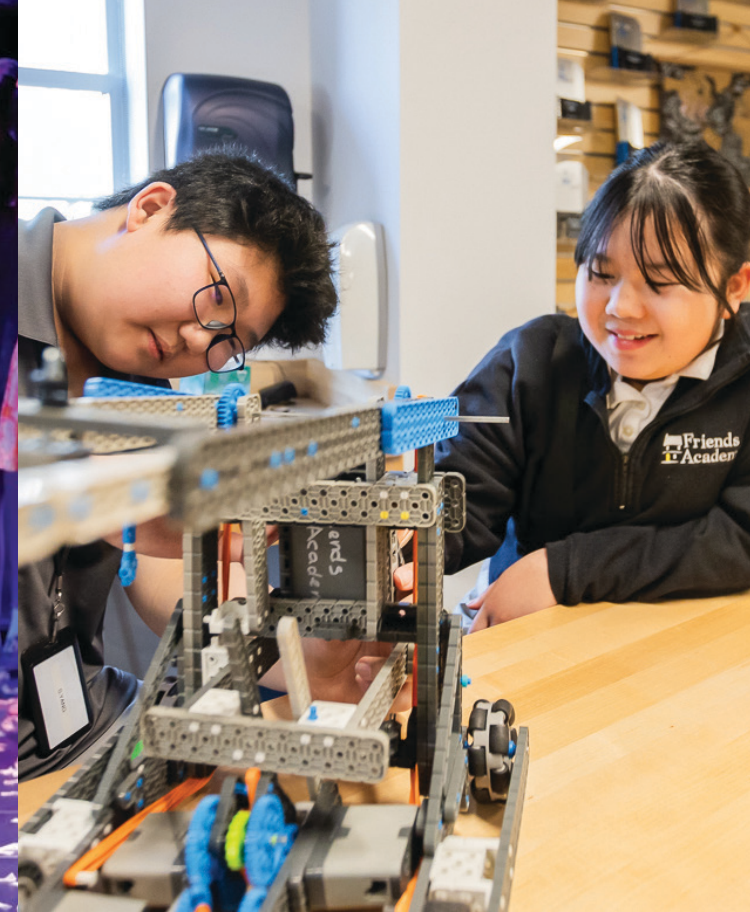




Middle School scholars tackle essential questions and weigh multiple solutions rather than chasing a single right answer. They deepen their analytical thinking, sharpen communication skills, and learn to collaborate across disciplines—hallmarks of our inquiry-based model.



Express yourself. Learning extends far beyond the classroom. Students dive into Arts Week, exploring creativity and self-expression, while competitive athletics foster teamwork and school spirit. Robotics challenges sharpen problem-solving and innovation, and a wide range of clubs invite students to discover passions, build friendships, and lead with confidence. These experiences enrich academics, nurture balance, and empower students to grow as thinkers, teammates, creators, and community members.



“At a Quaker school, English and the Humanities are more than academic disciplines—they are invitations to know oneself and to understand others. Our students learn to read with empathy, write with purpose, and speak with conviction. Across the middle school years, literature and writing are not isolated skills but springboards for reflection, dialogue, and connection. By engaging with diverse voices and timeless themes, students wrestle with big questions about identity, community, justice, and truth. Guided by Quaker values, they come to see language as a powerful tool for inquiry and action—one that can shape not only a strong argument but also a more compassionate world.”

ADRIANA BOCCHINO

Middle School English



Think *deeply* Act *boldly* Be *yourself*

Upper School empowers students to take intellectual risks and prepare for independence. With small class sizes, close faculty mentorship, and a vibrant community, students flourish academically and personally.





“The best aspect of this education? The teachers all have their own methods of preparing you for college. For instance, my macroeconomics teacher would ask really tough questions, and say, ‘I do this to prepare you for college.’ That spoke to me. In multivariable calculus, our teacher helped us establish a work ethic (she called it ‘varsity calculus’) that would enable us to survive on our own.”

CC '25

In Upper School, we give students more freedom—with guidance. They take ownership of their learning, find their rhythm, and begin to define who they want to become. Monday's 50-minute class periods ground students in every subject to start the week. Later in the week, longer blocks and fewer classes each day allow deeper exploration.



A Monday in Grade 9

8:10 AM ENGLISH DISCUSSION CIRCLES

Ninth graders begin with a seminar-style discussion, analyzing literature through a Quaker lens of integrity and empathy. Today's text: *To Kill a Mockingbird*, unpacking themes of justice and moral courage in small-group conversation.

9:00 AM ELECTIVE OR INDEPENDENT STUDY TIME Ninth graders may choose from studio art, music, theater, digital media, and other electives.

9:45 AM ALGEBRA II EXPLORATION In class, students explore quadratic functions through real-world modeling—graphing projectile motion or optimizing area design. Inquiry, collaboration, and conceptual fluency are central to mathematical thinking at Friends.

10:30 AM ASSEMBLY, BREAK & CONNECTION In Assembly, all students gather for special speakers, announcements, and presentations. Also a moment to recharge: walking with friends on wooded paths or catching up in the Commons or Campus Store before the next part of the day.

11:35 AM SCIENCE INQUIRY LAB

In biology, students investigate cellular processes such as enzyme activity through hands-on lab work, data analysis, and ethical discussion about scientific responsibility.

12:20 PM WORLD LANGUAGE (SPANISH II) Students deepen their linguistic repertoire through dialogue, cultural study, and project-based learning—building proficiency in speaking, reading, and cultural awareness.

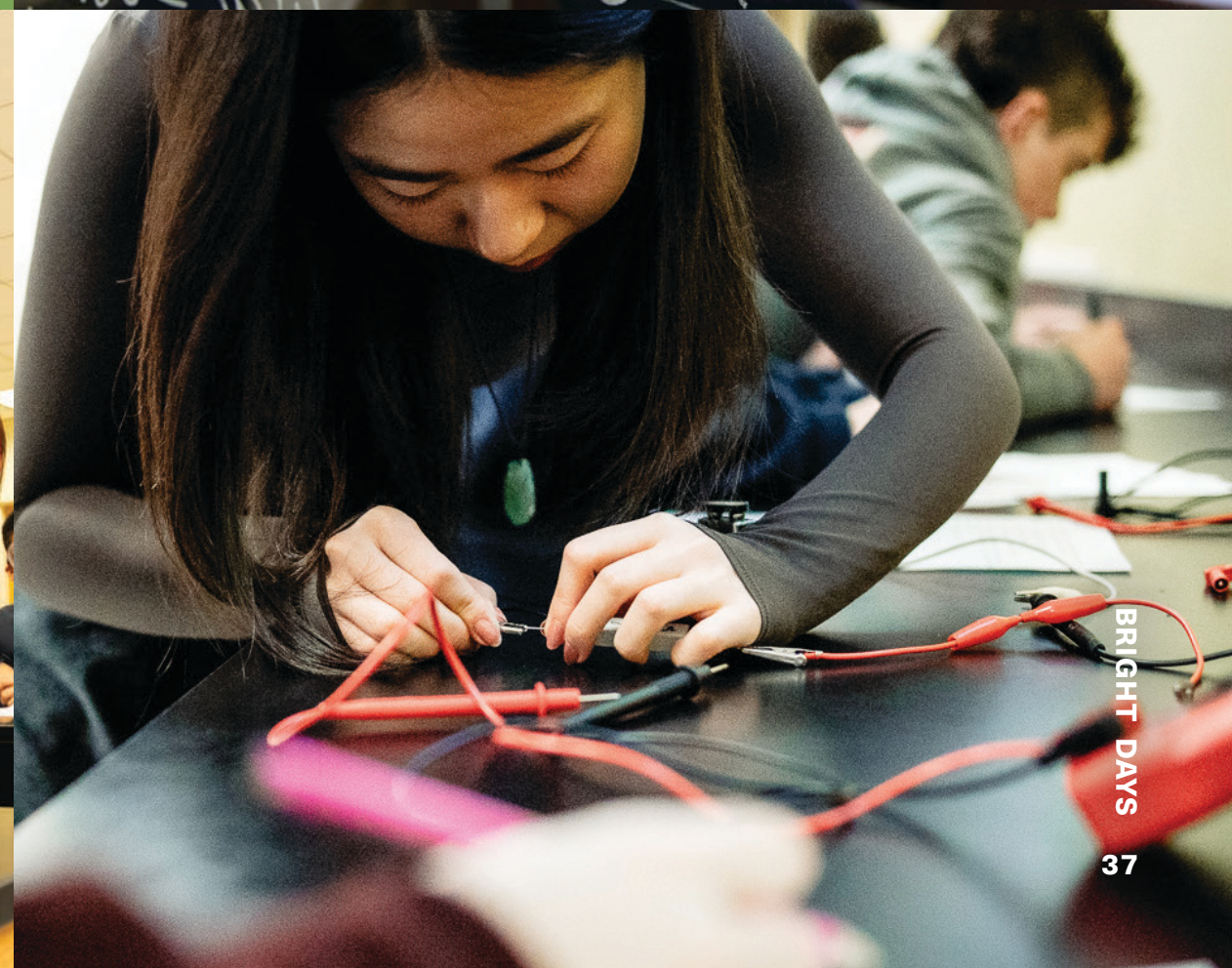
1:00 PM LUNCH Dining in mixed groups with sophomores builds cross-grade friendships.

1:45 PM WORLD HISTORY DEBATE Students engage in an evidence-based debate about the ethics of revolution. Guided by primary sources and principled discourse, they practice civil dialogue—hallmarks of our Harkness-inspired, inquiry-first approach

3:30 PM CROSS-COUNTRY PRACTICE The day ends with team spirit and stamina. On the trails, runners build endurance, resilience, and camaraderie—finishing the day grounded in movement and community.



Friends graduates are known for their critical thinking and nimble problem-solving as well as their moral courage, global mindsets, and creativity. They emerge from our program equipped for college, meaningful careers, and—perhaps most importantly—lives of purpose and principle.





“Entering the physics lab, students are jovial, buoyant, and polite. Starting class with a moment of shared silence simply grounds each of us and provides a wisp of peace before our active learning modules. The Quakers’ adherence to peaceful strategies for problem-solving also influences some small but meaningful changes to physics class content. The familiar ‘tug-of-war’ becomes a more playful tug-of-peace during Newton’s 3rd Law demonstrations.”

DON FISH

Upper School Science



Independent Service Projects, required for graduation, allow seniors to pursue a month-long, service-oriented independent study. From helping with medical research to creating original documentaries, they dive into real-world learning beyond the classroom.



“I learned how strong communities are built through empathy, teamwork, and consistent support for people of all ages.”

KELAN '25



College Counseling and Placement



Our graduates thrive at a wide array of top colleges and universities. The goal of our college counseling program is to illuminate a number of potential paths, and to support students as they find them.

Starting in Grade 9, and continuing through Grade 12, students work one-on-one with counselors to chart personalized pathways. With a rigorous academic program rooted in Quaker values, students engage in a balanced education that ensures they understand their impact on the world around them with reflection and integrity—not just for now, but for the world tomorrow.

As the college process continues, we help students maintain balance by organizing a schedule that promotes attention to academic, spiritual, and emotional well-being. Good citizenship remains paramount, as does continuing to make a positive contribution to both the Friends Academy community and the community at large.

COLLEGE MATRICULATION (CLASSES OF 2023–2025)

- Adelphi University

American University

American University of Paris

Amherst College

University of Arizona

Babson College

Barnard College

Bentley University

Binghamton University

Boston College

Boston Conservatory at Berklee

Boston University

Bowdoin College

Brandeis University

University of British Columbia

Brown University

Bucknell University

California Institute of Technology

University of California, Irvine

University of California, Santa Barbara

Carnegie Mellon University

Chapman University

University of Chicago

Chicago College of Performing Arts

Clemson University

Colby College

Colgate University

College of Charleston

College of the Holy Cross

University of Colorado Boulder

Columbia University

University of Connecticut

Cornell University

The Culinary Institute of America

Dartmouth College

Davidson College

University of Delaware

Denison University

University of Denver

Duke University

Elon University

Embry-Riddle Aeronautical University

Emerson College

Emory University

Fairfield University

Florida Atlantic University

Florida State University

Fordham University

George Washington University

Georgetown University

Georgia Institute of Technology

Hamilton College

Hampton University

Hartwick College

Harvard University

High Point University

Hobart and William Smith Colleges

Hofstra University

Howard University

University of Illinois Urbana-Champaign

Indiana University Bloomington

Johns Hopkins University

Johnson & Wales University

The Juilliard School

Kenyon College

Lafayette College
- Lehigh University

Lesley University

LIU Post

Louisiana State University

Loyola University Maryland

Manhattan School of Music

University of Maryland

Massachusetts College of Art and Design

McGill University

University of Miami

University of Michigan

Michigan State University

Middlebury College

University of Mississippi

Morehouse College

Mount Holyoke College

The New School

New York University

Northeastern University

Northwestern University

The University of Notre Dame

Occidental College

University of Pennsylvania

Pennsylvania State University

Princeton University

Providence College

Purdue University

Quinnipiac University

Rice University

University of Richmond

Rochester Institute of Technology

The Royal Central School of

Speech & Drama, University of London

Rutgers University

University of St Andrews (Scotland)

Savannah College of Art & Design

Skidmore College

University of Southern California

Southern Methodist University

Spelman College

Stony Brook University

SUNY College of Environmental

Science and Forestry

SUNY Maritime College

SUNY Plattsburgh

Syracuse University

Texas A&M University

The University of Texas at Austin

Trinity College

Tufts University

Tulane University

Union College

United States Air Force Academy

Vassar College

Villanova University

University of Virginia

Virginia Tech

Wake Forest University

Washington University in St. Louis

Wells College

Wesleyan University

West Virginia University

The College of William & Mary

Williams College

University of Wisconsin–Madison

Yale University





“Our responsibility lies in trying to take advantage of the opportunities that our Friends Academy education has provided us to make a difference in our world for good.”

WILL '25



Guided by light *Inspired to lead*

Quaker values guide every aspect of life at Friends Academy—from academics and the arts to service and community.



These values are woven into curriculum, community, service, and everyday interactions, starting in Play Group.

We pause for reflection and connection. Once a week, each of the school's three divisions crosses Duck Pond Lane to attend Meeting for Worship at the historic Matinecock Meeting House.

For the youngest students, participating in Meeting for Worship may be as simple as giving gratitude or rising to share excitement about an upcoming event. As students grow, so does their ability to share more profound observations, questions, concerns, and celebrations with their community. Visitors to Meeting for Worship are often surprised to see the trust and confidence with which our students rise to speak, and the respect and compassion with which their testimonies are received by their peers.

Spending dedicated time together in quiet reflection also gives students the space and time necessary to think about their impact on the world. This space empowers them to develop lifelong skills such as empathy, active listening, critical thinking, public speaking, and the ability to use silence as a powerful tool for discernment.







Limitless *possibility*

Outside the traditional classroom,
Friends students shine through creativity,
leadership, and service.

Studio Art



SHARING & SHOWING

Students in every division display artwork on our campus each year.

Studio art is a journey of discovery and mastery. From the earliest grades through advanced Upper School electives, students explore a broad range of media—drawing, painting, sculpture, ceramics, and digital design—guided by professional artist-educators. The curriculum emphasizes both technical skill and conceptual development, encouraging students to investigate personal identity, social justice, and global perspectives through their work. Student art is showcased across campus, in annual exhibitions, and in curated community partnerships such as gallery shows and regional competitions. Collaborative projects with science and humanities classes further elevate art as a multidisciplinary tool for storytelling, reflection, and change.

Music



Music is a vibrant, evolving part of daily life—one that nurtures discipline, joy, and shared creativity. Beginning in Early Childhood with rhythm and movement, the program expands into vocal, instrumental, and music theory instruction across all divisions. Lower and Middle School students participate in ensembles, band, orchestra, and chorus, while Upper School musicians delve deeper into jazz, chamber music, composition, and digital production. Signature events like the All-School Holiday Concert, Pops Night, and Jazz Ensemble performances highlight student talents and bring the community together. Collaborations with the theater and dance departments, as well as interdisciplinary studies, reinforce music's central place in a holistic education.

OVERHEARD

"Moonlight," William Gillock
"America the Beautiful"
"Star Wars Main Theme"
"Arabesque"
"Kites / Forest Song"
"Lavender Blues"
"Für Elise"
"Ode to Joy"
"Firefly"
"Concert Time"
"California Dreamin'"
"Brave"
"The First Snowfall" and other original student compositions

Dance



MOVING ENERGY

Students across the school encounter a diverse range of dance styles, including Broadway, Latin, Hip Hop, aerial arts, and silks, that start in Kindergarten and ballroom dancing in Lower School. Our annual OriginalWorks festival showcases Upper and Middle School student choreography.

In our dance program, students discover how movement can be both expressive and intellectually rich. Taught from Early Childhood through Grade 12, the curriculum blends technique in modern, jazz, ballet, and cultural styles with improvisation, composition, and cognitive theory. Dance is grounded in neuroscience-informed pedagogy, helping students strengthen memory, focus, and emotional intelligence through kinesthetic learning. Annual showcases, interdisciplinary projects, and featured choreography in Upper School theatrical productions give students multiple opportunities to perform, collaborate, and lead. Whether choreographing original work or studying the cultural history of dance, students learn to move with purpose.

Theater



Theater at Friends Academy is bold, inclusive, and student-centered. From imaginative role-play in Lower School to a three-show annual season in Upper School—including classics, contemporary works, all-school musicals, and student-written pieces—our program encourages students to take risks and find their voice on and off the stage. The curriculum spans acting, directing, stagecraft, and playwriting, with electives such as Advanced Theater Lab and technical theater design. Our 350-seat proscenium theater, which also gives life to our black-box-inspired productions, provides professional-level facilities, while interdisciplinary collaborations with music, dance, and visual art support dynamic, immersive productions. Every performance is an opportunity for students to think critically, work collaboratively, and celebrate the power of live storytelling.

GETTING TECHNICAL

In Upper School, Stagecraft students build sets, operate technical gear, and crew productions with our in-house professional Technical Director. Students can work behind the scenes on full-scale main-stage productions.

Quaker Athletics



Athletics are a continuum that begins in Middle School and extends through college.

Our program encourages participation, teamwork, and personal development, and we are the only private school to compete in Nassau County's prestigious Section VIII athletic league.

In recent years, our athletes have been recruited by Yale, Brown, Williams, Colby, Clemson, Columbia, William & Mary, West Virginia, Dartmouth, and Boston College (to name only a few).

“I would not have been able to achieve my goal of becoming a Division I athlete without the supportive community at Friends Academy.”

GRETCHEN WAECHTER '21

Division I Soccer
Lafayette College





Three seasons. Dozens of teams. A tradition of state and local championships—and even more personal bests that are only outshone by our sportsmanship. On the field, the court, or the sidelines, our students discover the power of resilience, teamwork, and enduring school spirit.



Travel



Global study trips broaden perspectives and deepen understanding. Upper School students participate in trips designed to provide hands-on scientific exploration in places like Iceland, Switzerland, or the Galapagos, or to experience different cultures and practice their Mandarin, French, or Spanish.

Community Service



Service learning isn't extracurricular—it's essential to our Quaker mission. Students partner with local nonprofits, lead drives, and build long-term projects rooted in justice and care.



“Friends Academy had a huge effect on my life. Among the many reasons I appreciate Friends is the way the school educates the whole person, shapes who you are to be kind, and encourages you to come to a consensus. There shouldn’t be just one perspective—we can compromise.”

RASHID WALKER '87, P'20, '24

Founder and CEO

First Street Companies



“So many of FA’s values continue to shape my work today. It taught me how to think critically, work hard, and approach challenges with curiosity and integrity. The rigor, academic excellence, and collaborative environment, from connecting with teachers to developing lifelong friendships, prepared me well for Yale and beyond. It’s a place that truly shapes the whole person, preparing students to lead with both intellect and heart.”

MARIANNA CUOMO MAIER '15

Founder

Grata Wellness





“The point of a Quaker education is that it focuses on equality, truth, integrity, peace, and community. Community stresses that we must live with all of those around us, not just those we want to live with. It is only when you meet someone as an equal that you can then open your heart and mind. Not only must we work to make the world a better place, but we must work toward a world where everyone recognizes that equality. These values have powered my own life, and I hope they will do the same for your children.”

ERIC GOODMAN MD '02

Musculoskeletal Radiologist
Northwell Health

“The curriculum at Friends set me on my path. There was a high expectation to push yourself, and to ask, ‘What’s the hardest thing I can do?’”

CARLOS VANEGAS '98

Senior Geophysical Software Developer
TGS



Uniquely Ours, Shared by All



Gideon Frost In 1876, local Quaker Gideon Frost endowed the school to provide “a useful and moral education.” His vision lives on in every student who walks through our doors. We celebrate him each year on Founder’s Day.

School Seal Designed in the early 20th century, our school seal includes even older themes. In the 17th and 18th centuries, Quakers embraced the handshake as a welcoming sign of equality and fellowship among people. Inspired by ancient Greek and Egyptian traditions, the lamp of knowledge represents the illuminating power of education. ▼



Community Groups

Students in Kindergarten through Grade 12 are organized into close-knit, multi-grade Community Groups that they stay with throughout their Friends careers. That’s how seniors and kindergarteners become best friends. ▼



“The blending of grades that happens in Community Groups opens your perspective on who we are as a school. I love seeing how the interactions change as the year unfolds.”

◀ **MORGAN '25**



Reflections Course

Seniors engage in a journey of ethical reflection and social impact, inspired by Quaker principles.

Peace Week Each year, we dedicate time to explore conflict resolution, justice, and peacebuilding—across grades and disciplines. ▶



Fall Fair A cherished tradition filled with games, music, community, and joy—bringing together past and present Friends. ▶



Meeting for Worship

Our students gather weekly at the Matinecock Meeting House. Founded in 1671, it is the oldest officially-organized Quaker meeting in the United States.

Rooted in timeless values.
*Preparing students
for a changing world.*

FOUNDED: 1876

LOCATION:

Locust Valley, Long Island, New York

CAMPUS: 65-acre wooded campus with dedicated Lower, Middle, and Upper School spaces, performing arts center, athletic facilities, and nature trails

ENROLLMENT: 645 students

GRADES: Early Childhood (ages 3–4) through Grade 12

STUDENT-TO-FACULTY RATIO: 12:1

ACCESSIBILITY: 20% of students receive some form of financial assistance

COLLEGE MATRICULATION:

100% attend 4-year colleges and universities

ATHLETICS:

45 interscholastic teams across three seasons

ARTS: Dance, music, theater, and visual arts offered in all divisions

COMMUNITY SERVICE:

100% student participation; Senior Capstone Service Project required for graduation

OFF-CAMPUS STUDY: Local, national, and international travel and exchanges

ACCREDITATIONS: NYSAIS, NAIS, Friends Council on Education

SCHOOL DISTRICTS

REPRESENTED: More than 50

STUDENTS OF COLOR: 48%

**TEACHING FACULTY WITH
ADVANCED DEGREES:** 82%



