



# Building Habits *of Inquiry*

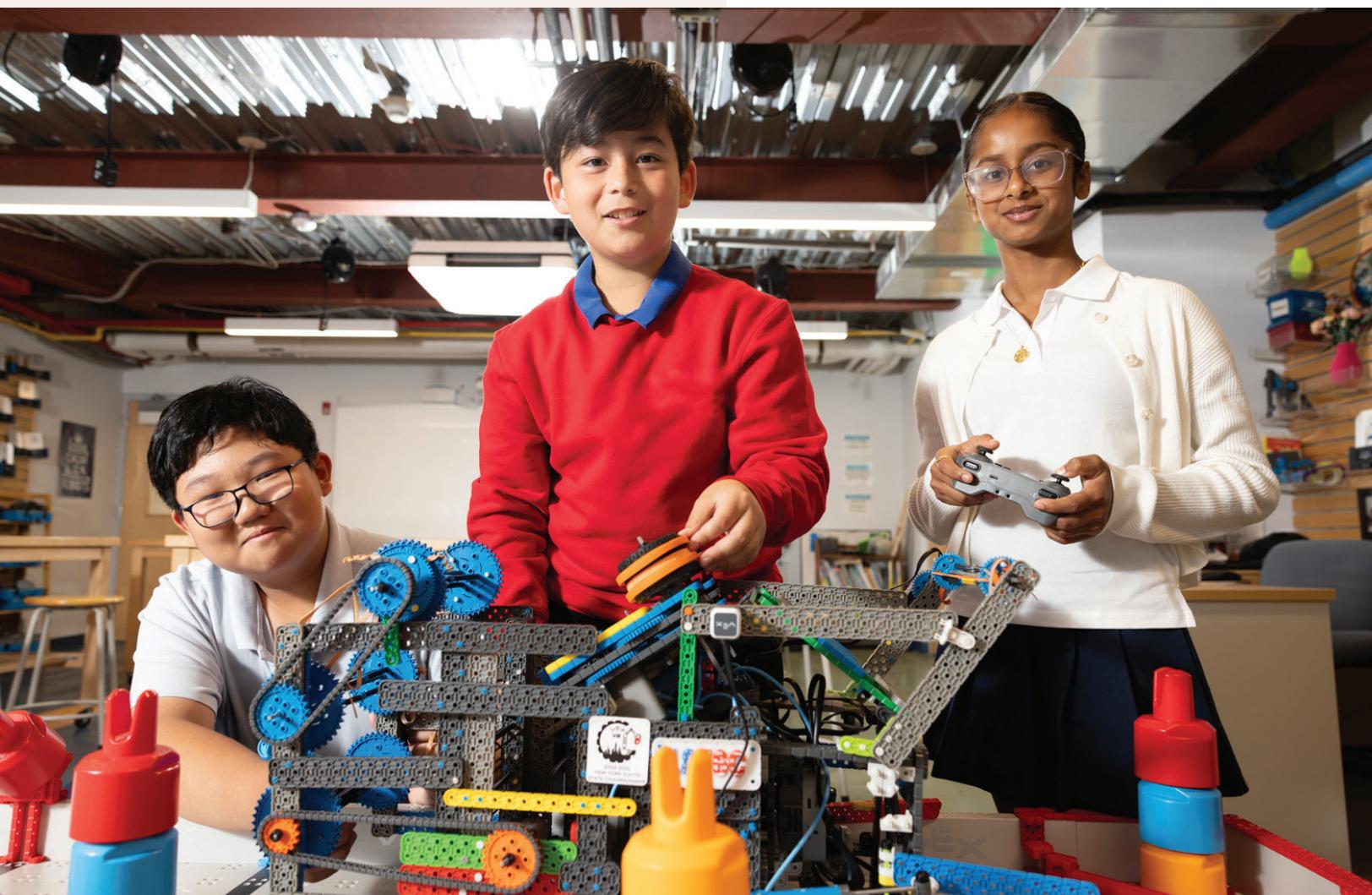
MIDDLE SCHOOL GRADES 5-8



Our combination of dynamic experiential learning and real-world collaboration is strengthened by our Quaker pedagogy, which allows each student to uncover their passions while preparing them for a successful career in Upper School (Grades 9–12) and beyond.

## What Sets Us Apart

- Quaker principles of peace, integrity, and simplicity shape all that we do
- Every student is seen, heard, and valued
- A community where reflection and purpose thrive
- 12:1 student-teacher ratio
- Daily Advisory for mentorship
- Learning in an Early Childhood through Grade 12 community





Middle School is a time of remarkable transformation, and at Friends Academy we approach it with intention, care, and joy. Rooted in Quaker values—integrity, peace, equity, community, stewardship, and service—our program emphasizes strong relationships, thoughtful challenge, and meaningful growth.

Students engage in a rigorous, inquiry-driven curriculum that sparks creativity, critical thinking, and real-world problem-solving. From interdisciplinary projects and outdoor education to student-led conferences and service opportunities, learning here extends well beyond traditional classrooms.

Just as importantly, Friends Academy is a place where students feel truly known. They are encouraged to bring their full, authentic selves, supported by a community that celebrates their gifts and inspires them to discover their purpose.

Whether you are beginning your Middle School journey or joining us midstream, you are warmly welcome. We look forward to sharing what makes Friends Academy extraordinary.



## **A Curriculum That Asks More of Students—and Gives More in Return**

At Friends Academy, students are guided to develop their inner voice, their purpose, and their intellect in equal measure. Small class sizes and deep relationships allow us to truly know each student—as thinkers, creators, and individuals. Students graduate ready for a competitive world, with the moral compass and empathy to navigate it with integrity and service.

## **Teachers and Mentors**

Here, Middle School teachers are more than educators—they are expert guides in one of the most transformative chapters of a student's life. Passionate about both their academic disciplines and the developmental journey of early adolescence, our faculty combine deep subject knowledge with a nuanced understanding of what it means to be ten, eleven, twelve, or thirteen. They create classrooms grounded in curiosity, empathy, and high expectations, where students feel safe to take risks, ask bold questions, and grow through reflection. Known for building strong, lasting relationships, our teachers partner with families, mentor students, and model the values of integrity, resilience, and care. It's this blend of expertise and heart that makes the Middle School experience at Friends Academy so distinctive—and so deeply impactful.

## **Daily Advisory**

In Advisory, students learn how to exchange ideas and pose questions in a supportive small-group environment led by a dedicated Middle School faculty member. Advisors facilitate communication among students, parents/caregivers, and others in the school community. They provide guidance and personally follow each student's academic progress and social-emotional growth. Our Middle School uses programs such as Responsive Classroom and Yale RULER, an evidence-based approach to social and emotional learning (SEL) developed at the Yale Center for Emotional Intelligence, to develop critical skills of self-advocacy and interpersonal communication.



## Academic Excellence

Our inquiry-based approach encourages students to ask bold questions, collaborate thoughtfully, and make meaning of what they learn. From humanities to STEM, every class is infused with rigor, reflection, and critical thinking. Students don't just memorize—they analyze, innovate, and apply their learning to real-world contexts. They grow into scholars with curiosity, clarity, and compassion.

Our curriculum is intentionally interdisciplinary, immersive, and inquiry-driven. In language arts, rich texts spark discussion, debate, and sophisticated writing. Math comes alive through Eureka Math's Concrete-Pictorial-Abstract model, which turns numbers into narratives and problems into possibilities. In science and social studies, students conduct experiments, analyze historical patterns, and connect their findings to their lives and their environment. Spanish, French, and Chinese courses not only teach language but cultivate cultural appreciation.

Regular Quaker Meetings for Worship, full of thought and silence, invite reflection on both personal values and shared purpose. The academic journey is one of question-asking, problem-solving, and meaning-making.





## Cultivating Community

In Middle School, students gain more than content knowledge—they learn to belong. With small classes and intentional advisory groups, each student is known as a thinker and a person. Parents often remark, “My child is truly seen here.” Our thoughtfully structured Community Groups include students from every grade and meet throughout the year, allowing Middle Schoolers to imagine what their futures hold, while they reflect upon where they have come from.

## Innovation & Real-World Problem Solving

From fifth grade on, students dive into themes of innovation, entrepreneurship, and science research: robotics, financial literacy, community service, debate & speech, and even medical design become part of day-to-day learning. By Grades 7 and 8, students are consulting with real clients—nonprofits, hospitals, or civic organizations—to research needs and recommend solutions. This isn’t hypothetical learning—it’s purposeful action, grounded in design thinking, collaboration, and public presentation.



## The Learning Landscape

Our 65-acre campus is a living classroom. The Middle School building, close to the heart of campus, houses designed spaces for gathering and collaboration. Middle School students have access to a full complement of campus resources, including varsity playing fields, a state-of-the-art theater, STEM research library facilities, and outdoor areas that serve as a learning lab. Access to and care for our campus home help our students to bridge knowledge with stewardship.



## Express Yourself

Every Middle School student participates in visual art, music, and drama. Our spring Arts Week offers a one-week creative deep dive—complete with collaboration across grade levels and mentorship from visiting artists in all fields. Frequent exhibitions and performances celebrate student exploration, craft, and courage.





From the soccer field to the stage, every student is encouraged to find their voice and their stride.



## Play, Compete, Grow

Middle School athletics at Friends Academy emphasize personal growth, sportsmanship, and fun. With ten sports available—from soccer to basketball to lacrosse—every student is encouraged to join, to experiment, and to grow. Within this supportive structure, students learn about perseverance, health, and shared achievement. In Grades 5 and 6, our youngest students play a full schedule against peer independent schools. In Grades 7 and 8, our teams compete in our highly ranked and competitive local public school league.

### FALL

- Coed Cross Country
- Girls Field Hockey
- Boys Football
- Boys Soccer
- Girls Soccer

### SPRING

- Boys Baseball
- Boys Lacrosse
- Girls Lacrosse
- Girls Softball
- Track & Field

### WINTER

- Grade 8 Boys Basketball
- Grade 8 Girls Basketball
- Grade 7 Boys Basketball
- Grade 7 Girls Basketball
- Boys Volleyball
- Girls Volleyball



## A Quaker Frame for Growth

Quaker values aren't an add-on—they shape who we are and how we learn. Concepts like simplicity, peace, integrity, community, equality/equity, service, and stewardship hum through daily life. Meeting for Worship brings communal stillness and personal reflection. Service projects—both in school and in our local communities—frame civic responsibility not as an assignment, but as a lived commitment.

Middle Schoolers at Friends Academy learn to ask big questions:

**How do I show up ready to learn?**

**How do I make space for others?**

**How do I honor everyone's inner light?**

These queries—and the culture of stillness, reflection, and spiritual growth—set us apart. We offer more than academic excellence; we offer a path to deep self-understanding.

As students transition to Upper School, they carry with them not just knowledge—but purpose, empathy, and confidence.

### **Middle School graduates emerge:**

- Academically confident and spiritually grounded.
- Part of a 4,300+ alumni community with 100% college matriculation.
- Equipped to thrive in Upper School and beyond on a foundation of service, integrity, and intellectual curiosity.





## **LET'S CONNECT**

We invite you to walk our grounds,  
talk with our community, and discover  
the kind of education that engages  
heart, mind, and spirit.

**Friends Academy**

270 Duck Pond Road    Locust Valley, NY 11560    516.676.0393    [FriendsAcademy.org](http://FriendsAcademy.org)