

HARVEY SPEAKS

Students, Parents,
Education, Awareness
& Knowledge Seminar

Featuring Dr. Todd Kashdan, author of *Curious?*
Discover the Missing Ingredient to a Fulfilling Life and
Professor of Psychology at George Mason University/ Senior Scientist at
the Center for Consciousness and Transformation at George Mason University.

With special contributions from students in the Harvey School Performing
and Fine Arts Programs, and Superb Cuisine by Chef Lee Robinson.

Join our Harvey community – students, teachers, staff and parents –
for dinner and informational workshops designed to dive deeply into our
curiosity. Harvey families, including siblings ages 11 and up who are
not currently enrolled at the school, are welcome to attend (registration is
necessary for all participants). Make this a special family evening of
learning and discovery. And remember, this is a HOMEWORK-FREE
NIGHT! Pick a workshop that will bring you out of your comfort zone –
try something new! Several workshops involve movement, so be sure to
dress comfortably. Most of the workshops are designed for all ages, with
a few exceptions.

The *HarveySpeaks* program begins with afterschool community service
workshops for students only. A separate flyer with choices for the after-
noon program will be given to students in their advisor groups.

Donations from *HarveySpeaks Relaxed Dress Day*, on Friday, November
4, proceeds will benefit the HarveySpeaks community service programs.
Community Service Workshops include: building bluebird houses for
Harvey and meeting and learning about the East Coast Assistance Dogs.

BRING AN UNWRAPPED TOY to HarveySpeaks, to help kick off
the senior class toy drive. A 26 year tradition, toys collected by the senior
class are brought to the Bedford Women's Prison, for incarcerated mothers
to have gifts for their children during the holidays.

AGENDA

- 3:15 - 5:00 community service workshops for students
- 5:00 - 5:45 dinner
- 5:45 - 6:30 workshop preview entertainment
- 6:30 - 7:00 Dr. Todd Kashdan on Curiosity and Happiness
- 7:15 - 8:15 Workshops
- 8:15 - 8:45 Coffee and Dessert

ONLINE REGISTRATION

moodle.harveyschool.org

This is a free event, sponsored by The Harvey School Parents' Asso-
ciation. Registration is limited, so please register, for your family and
yourself, EARLY. To sign up for your selection, go to harveyschool.org.
If you have questions, please contact Ingrid Wittmann at 914-400-7083
or chinadolls2x@yahoo.com.

Registration Deadline: November 10, 2011

The Harvey School
260 Jay Street
Katonah, NY 10536
www.harveyschool.org

HARVEY SPEAKS

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Got Curiosity?

November 29, 2011



The Walker Center For The Arts
November 29, 2011
3:15 to 8:45 pm

Registration Deadline: November 10, 2011

AFRICAN DRUMMING - Beginners Welcome

High energy, authentic rhythms are brought together as you have fun and let loose in the exploration of rhythms of African Drumming, and learn about the origins of this unique and vibrant music.

West African Drummer/Performer/Teacher/Director of the DMC African Drumming Program – Ase-AmenRa Kariamou (Brother Ase), began his drumming in Harlem, NY. He teaches West African Drum workshops throughout Connecticut.

UNDER THE BIG TOP – “Ladies and Gentlemen...Step right up!” This fun and fast-paced circus skills workshop will have you juggling, using Chinese yo-yos, and spinning plates in no time! Learn from the pros and have fun doing it!!

BFA (Bachelor of Fun Arts) – Chris Allison is a multi-faceted performer who combines the wonders of the sideshow with old-fashioned physical comedy. He attended Ringling Bros. and Barnum and Bailey’s Clown College where he received his BFA (Bachelor of Fun Arts). Allison toured with Ringling Bros. for 11 years. He was a semi-finalist on 2009’s America’s Got Talent.

INTRO TO ZUMBA

Dance your cares and calories away in this high-energy, highly-enjoyable class, as you tone and sculpt your body, mind, and spirit!

Zumba is a dance-fitness program based on international rhythms, and it’s also a party! This Latin-inspired dance fitness program created by dancer and choreographer Alberto “Beto” Perez in Colombia during the 1990’s. Zumba’s red-hot choreography typically incorporates hip-hop, samba, salsa, meringue, mambo, martial arts, and some Bollywood and belly dance moves.

Instructor/Professional Dancer/Actor - Suzi Myers is a professional dancer and Zumba instructor who teaches Latin, International Dance, and Zumba for SUNY Purchase and is certified in Group Fitness by the American Council of Exercise. Also an actress, her credits include: Law and Order, Sex and the City, Ed, and numerous other films and television shows.

YOGA FOR BEGINNERS

Join this gentle and playful teaching style for a beginners look at YOGA. This one-hour workshop is the perfect opportunity to try out this ancient form of physical movement, that is good for both your body and your mind.

Advanced Certified Yoga Instructor – Sarah Kashdan has been teaching yoga for the past ten years. She received her Interdisciplinary yoga teacher certification in 1998 at Omega Institute in Rhinebeck N.Y. She teaches people of all ages, including children, and prenatal, and postnatal women-even the staff at the Supreme Court in Washington DC!

INTERNATIONAL YEAR OF THE BAT

The United Nations has declared 2011-2012 as the International Year of the Bat. This program will explore the truths and misconceptions about these mysterious flying mammals.

Learn about the importance of bats for humans and ecosystems, and the white-nose fungus that is a threat to world bat populations. In addition, each participant will construct a wooden bat house to provide shelter for our local bat species.

Environmental Education Programs/Naturalist/Environmental Education Program – Adam Zorn has been conducting environmental education programs for audiences of all ages since 2002. He holds a BS in Environmental Biology, and has been the naturalist at Westmoreland Sanctuary since 2005. Adam is an avid birder, amateur photographer, and loves exploring the great outdoors.

WHAT’S ‘NEW IN ‘NEW’TRITION FOR OUR TEENS

Susan Cooper, our FLIK nutritionist, will talk about the nutritional needs for teens, and inform us about foods that are especially good for them to eat. She'll show us some easy and healthy meals for busy Harvey families. Come and taste some of these healthy recipes, that are delicious too!

Susan Cooper, MS, RD, CDN, is the Nutrition Specialist for Flik Independent School Dining, where she develops and oversees nutrition programming. She creates nutrition education materials, speaks with students and parents about nutrition, trains staff, and develops new nutrition initiatives.

Open to Adults and Upper School Students Only
BECOMING A CURIOUS EXPLORER

A blueprint for building lasting, meaningful relationships, improving health, increasing creativity, and boosting productivity.

The greatest opportunities for joy, purpose, and personal growth don’t happen when we’re searching for happiness. They happen when we are mindful, when we explore what’s novel, and when we live in the moment and embrace uncertainty. This session will use science, story, and practical exercises to show you how to become a curious explorer – a person who is comfortable with risk and challenge and who functions optimally in an unstable, unpredictable world.

Lecturer/ Professor/Author – Todd Kashdan, Ph.D, has been the recipient of many awards for his research on curiosity, happiness, meaning of life, social relationships, trauma, depression, and social anxiety. His work has been featured in the New York Times, the Wall Street Journal, the Washington Post and on NPR and PBS, among others. He lives with his wife and twin daughters in Fairfax, VA.

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THE BUZZ ON BEEKEEPING

Learn about the many remarkable qualities of honeybees and witness the dramatic contribution they provide to plants of all kinds.

Who knows? if you love nature in its purest form, and if you like the idea of “farming” on a small scale, or you’re intrigued by the prospect of harvesting your own all-natural honey, you may just discover the joy of becoming a beekeeper!

Beekeeper/Author/Lecturer – Howland Blackiston has been a backyard beekeeper for 26 years. He is the author of the number one selling book on the topic of backyard beekeeping – Beekeeping for Dummies (Second Edition 2009, John Wiley & Sons).

Open to Adults Only

WORKING IT OUT: COLLABORATIVE PROBLEM SOLVING

The core belief of this program is that kids do well, if they can and that some kids lack the skills, not the will, to behave well.

Collaborative Problem Solving is a three- step method used to help teach kids the skills they need to succeed. The program is designed to improve the ability to tolerate frustration, problem solve, and improve flexibility. Parents able to sustain both empathy and curiosity can leave the power struggles behind and establish a cooperative partnership that works. Come to hear learn about this alternative parenting paradigm!

Family Therapist/Lecturer– Linda Seaver, MPS/LCAT is a family therapist in private practice in Bedford. Linda works most often with parents & kids together and has taught STEP parenting classes at The Harvey School for the past five years.

Open to junior and senior girls and their moms

GIRL POWER: BE CONFIDENT, BE SAFE, BE AWARE

Women who have the confidence to follow their intuitive instincts have a 'street-smart' wisdom – they know how to stay safe and to protect themselves. Be empowered as you go forward into young adulthood; bring your moms and, together, learn new strategies that will keep you both out of harm's way.

Instructor/Harvey Parent – Eric Zohar has been teaching Martial Arts and Self Defense courses for over 25 years, and has been featured on Good Morning America, Eyewitness News, World and News, and Spot Light Magazine. He is also a Rape Awareness and Prevention Instructor.