



# REFLECTIONS

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CENTER

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Cover: Nora Smith and Andrik Swan-Doxey enjoy a fun afternoon of bonding activities with their 6th grade classmates.  
Above: Red and black was very popular on Pajama Day during Sprit Week in December.



# A Note from the Head of School

Nancy Foy

What a wonderful fall we have had here at TNCS! We are focusing on community, culture, and belonging this school year. Although we kept our academics strong and our students made great academic progress during Covid, it was harder to make strong personal connections the past couple years, especially if you were new to TNCS. Wearing a mask isn't very conducive to making new friends or building community. We're so happy to once again be hosting in-person events and activities for both our students and parents. Our parents are enjoying their grade level parent socials, in-person Parents Association meetings, and our hybrid offering of our Parent Speaker Series. We have parents who have had their student enrolled for three years but never experienced any of these opportunities to connect with other parents.

Our student community is strong. Our House System, with about 20 students in each house ranging from 5th – 12th grade, has been very active. They have weekly gatherings for bonding, community service, and good old-fashioned fun and competition. Our students have been able to go on their grade level bonding trips, including our Senior Leadership Retreat in Sandbridge, VA and our 11th grade College Tour trip. We have had movie nights, an Upper School Fall Dance, and a return of field trips to enhance our students' learning. Both arts and athletics had busy fall seasons with full dockets of performances and games.

A highlight of this fall was the completion and dedication of our new Wellness Center. This space is game changing for us. Each space is designed to help our students be Saber Strong both emotionally and physically, be Saber Steady housing our health and social/emotional wellness programs, and to develop Saber Spirit. The pride our students have for this space and our school has been evident each day since the Wellness Center opened. They feel valued to have this beautiful space - the well-outfitted weight room, the branded locker rooms, and more classroom space. We couldn't host home games until very late in the fall season due to construction. When we did open the building and were able to have home games, the school spirit and support was incredible. On their own, a group of students organized theme nights for our student cheering section. We now have three Spirit Captains for the basketball season.

The Wellness Center is a living, vibrant space. If you walk in anytime between 5:30am and 6:30pm you will see faculty and students alike using the weight and fitness rooms. At the close of school for Winter Break, we had logged 688 faculty/staff workouts since school started.

It seems as if our culture and community have had a revitalization this fall. In addition to intentional activities, our focus on belonging has included assemblies and connection mapping. We believe it is critical that each person on this campus feels respected and valued with a sense of connection and belonging to this community.

I wish you each a happy 2023 and I look forward to our second semester of impact here at TNCS. •





# THE WELLNESS CENTER

a historic campaign with transformational results for mind, body, and spirit



When Founders Hall was dedicated in 2017, it was the biggest fundraising and building project in the school's history and greatly expanded the school's ability to foster the academic growth of our students. No sooner was that project completed than the board of trustees and school leadership began conversations about what area of the school needed the next phase of planning and building.

Even as we were building capacity for academics, we knew that the healthy growth of our students and faculty was just as important to their future success. With the publication of the school's strategic plan in 2019, we announced our intention to build a wellness program that would help keep our students resilient and healthy in mind, body, and spirit. In the years since, Director of Athletics and Wellness Eric Gobble has developed just such a program. New faculty were added including Wellness Coach Shannon Elkins, Athletic Trainer Kelly Lundquist, and Social-Emotional Counselor Ashlyn Hudson. Health and Wellness teacher Jim Morgan revised and expanded our health curriculum inside and outside his classroom, while Saber Sports continued to expand with new sports opportunities and record participation.

It was time for our health and wellness program to have the facilities to accommodate this current and future growth and in the fall of 2019, the Saber Strong campaign was born. Saber Strong would help us build and endow an expansion of our existing Activities Center into a true Wellness Center. Additional classrooms, sorely needed new locker rooms, a dedicated athletic training room, new Clinic and Social-Emotional Counseling office, and new Fitness and Weight Rooms were designed to give our students what they need to thrive. Renovations to existing spaces, including the gymnasium, locker rooms, and lobby, were included to bring the whole facility up to modern standards.

In March of 2020, less than a year into planning and fundraising for our Wellness Center, the COVID-19 pandemic forced us to pause to reevaluate every aspect of the project. Could we continue fundraising? Would changes to the building be needed with the advent of the pandemic? Fortunately, after a few months pause, the school was able to return to active development and fundraising. During that time, refinements to the original design were added, including a new entrance to the lobby and an additional classroom on the field level.

With the help of our KBS Construction partners, our team at



Poole and Poole Architects, and a generous community of investors, the school was able to stay on schedule for construction and broke ground on the Wellness Center in December of 2021. Even with cost increases and delays in obtaining materials caused by the pandemic, we were able to begin the 2022-23 school year with the Wellness Center open and ready to welcome our students.

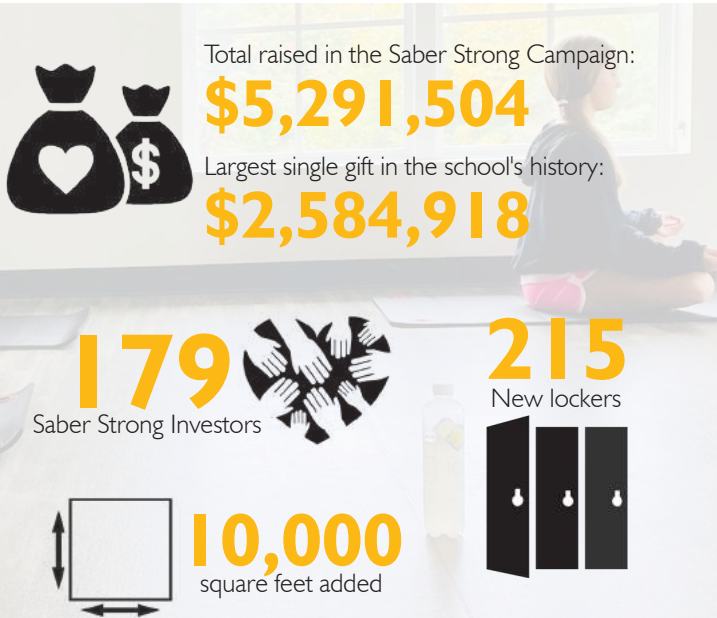
Today, every inch of the Wellness Center is abuzz with activity. Students are in and out all day, whether in class, working out in the fitness center, or just finding some time to throw some practice shots at the basketball hoops. During the pandemic, attendance at sporting events such as basketball and volleyball games was severely limited. Today, the stands are full of students and families once again. Student Saber Spirit chairs organize theme nights for the cheering sections, such as Hawaiian, “white out,” and camouflage nights. The energy in the gym on game nights is electric!

One of the unexpected positive impacts of the Wellness Center has been on our faculty and staff. Since the opening of the Center, Wellness Coach Shannon Elkins has seen a dramatic increase in TNCS employees participating in Wellness Activities. Personal coaching, group exercise classes, nutrition planning, and more have helped our teachers build healthy habits that they carry with them back into the classroom. Every day, teachers can be found in the Weight Room before school, after school, or during a planning period.

"None of this would have been possible without the extraordinary generosity of our investors to the Saber Strong campaign," says Saber Strong campaign chair Wilson Friend. “Students, parents, faculty, alumni families, foundations, and friends from around the country came together to help this project succeed. Even in the middle of a pandemic, our community understood the need for this project and never wavered in their support.” This generosity allowed us to continue our commitment to never use tuition money to construct new facilities.

Even as costs increased and additions to the project saw the initial goal of \$3.7 million rise to a total of \$5.2 million, our community came through for us every step of the way. Remarkably, one donor was so passionate about this project and the potential it had for our school that they made a gift of over \$2.6 million, the largest single gift in the school’s history.

“The Wellness Center is yet another way that we are investing in the potential of our students,” says Head of School Nancy Foy. “I am so very grateful to everyone who helped make this project a reality. This new Wellness Center embodies our school’s vision of launching students with the knowledge, skills, and resilience to pursue their passions, navigate the opportunities and challenges of their world, and live their lives with courage, compassion, and purpose.” •



# What the Wellness Center Means To Me

Alexander Aghdami, Class of 2023



To me, the Wellness Center means opportunity. It’s an opportunity for me to get better every day, to achieve excellence. One of the big pillars of the school is health and wellness. I think the school is really prioritizing that with the new Wellness Center. It makes it possible for students to have the best resources available. I think this Wellness Center is not just good for athletes, but for all students who want to be at 100% of their performance.

Giving kids an outlet to perform at their best and be at their best is so important. Having an outlet to work out stress if something is bothering them, in a place that is well designed for us, is really big. Not to mention having more faculty and staff to help us achieve our best.

I’m a big fan of the new weight room. The old weight room was literally a storage closet. I loved that storage closet; it was all we had at the time. But the new weight room is state of the art. It’s one of the nicest weight rooms I’ve been in. The fact that it’s at our disposal every day is probably my favorite part.

It really strikes me that our community and the donors to the school really care about the students. They really want the best for us, academically and athletically. This Wellness Center is a big statement for our school. It puts us out there and says that we can compete with other schools, not just academically, but athletically, too. TNCS is really becoming a place where students don’t say “Oh, I have to go here”, but “I get to go here and I am excited to be here.” •







The impact of the Saber Strong campaign on our entire school community is astounding. Thanks to nearly 200 donors, the mind, body, and spirit of every student and faculty/staff member from here on will forever be stronger. Stronger as we benefit from this amazing space here on this campus. Stronger as the knowledge and habits formed here will set a firm foundation for bright, healthy, resilient futures out in the world. **We are Saber Strong.**

In addition to the building, the endowment created by the campaign is ensuring that the Wellness Center will remain in good condition for decades to come. Thank you to the following investors who contributed to this campaign.

Ms. Stella Alexander  
Mr. and Mrs. R. Patrick Alridge  
Altria Group Matching Gifts Program  
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Corynne and Bob Arnett  
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The Sharp Foundation, Mrs. Sherry Sharp  
Ms. Cynthia K. Smith  
Dr. and Mrs. Michael D. Smith  
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Mr. Daniel Stackhouse and Mr. Jim Morgan  
Mr. and Mrs. Brude D. Stoevers

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Mr. and Mrs. J. Richard Telfian  
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Ms. Nancy L. Thompson  
Mr. Richard Tisdale and Dr. Carolyn Tisdale  
TNCS Parents Association  
Ms. Terry Starke Tosh  
Mrs. Maggie Ward

Wells Fargo Matching Gifts Program  
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Mr. and Mrs. D. Calloway Whitehead, III, G'93  
Mr. and Mrs. Clif Williams  
Windsor Foundation  
Mr. and Mrs. Daniel Wise  
Mrs. Polly P. Wood  
The Wood Family  
The Zalesiak Family  
Mr. and Mrs. C. David Zyglocke  
Anonymous (4)

Gifts received as of Dec. 31, 2022. If you believe any of this information is in error, please contact the Development Office at 804.266.2494 x2295.

WELLNESS CENTER DEDICATION

In early November, Saber Strong Campaign investors and our project partners were invited to the newly renovated gymnasium to formally mark the completion of the new Wellness Center. Head of School Nancy Foy and Director of Athletics and Wellness Eric Gobble shared with guests the impact of the Wellness Center on our school. Saber Strong Campaign chair Wilson Friend expressed our profound gratitude to everyone who helped the campaign reach and exceed its fundraising goals, even during a global pandemic. Tours of the new facility were led by athletics and Saber Spirit captains, and senior Julie Conn joined Mr. Gobble in conversation on stage to share his excitement about the Center and his thoughts on how it will benefit our students and faculty. It was a fun filled night of celebration. •



Left: Saber Spirit Captains Haley Moore, Maggie Davis, Julie Conn, Alex Aghdami, and Nate Gobble join Director of Athletics and Welless Eric Gobble after giving tours of the new Wellness Center.



Right: The Saber Strong leadership team join together to celebrate three years of envisioning, planning, and fundraising together. L-R: Director of Athletics and Wellness Eric Gobble, Director of Finance and Operations Joy Buzzard, Board Member and Saber Strong Campaign Chair Wilson Friend, Board of Trustees President Amanda Surgner, Head of School Nancy Foy, Board of Trustees Immediate Past President Janet Peyton, and Director of Development Dan Stackhouse.

Honorary & Memorial Gifts

- In Honor of Mr. Benjamin G. Arnett, G'19

Corynne and Bob Arnett

In Honor of Mr. Charles W. Cuttino, G'22

Ms. Stella Alexander

In Honor of Mr. Michael G. Bland

Mr. and Mrs. Waddy G. Bland  
Mr. and Mrs. L. Clarke Miller  
Mr. and Mrs. Ludlow A. Miller

In Memory of Ralph R. Crosby, III

Mrs. Barbara Crosby

In Honor of Mr. Joseph M. DeShazo, G'20

Manuel\* and Carol Loupassi

In Memory of Mr. R. Carl Fields

Mrs. Kay Fields

In Honor of Mr. Colin Ferguson

Ms. Summer Ferguson

In honor of Mrs. Nancy Foy

The Zalesiak Family

In Honor of Ms. Rachel E. Garrett, G'19

Mr. and Mrs. John W. Garrett, IV

In Honor of Mr. Eric M. Gobble

Mr. and Mrs. R. Patrick Alridge  
Mr. and Mrs. Martin Conn  
Mr. H. Benson Dendy, III  
Ms. Abbie DiMatteo  
Mrs. Betty S. Elliott  
Mr. and Mrs. Stanley S. Elliott  
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Mrs. Bonnie D. Gobble  
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Mr. Nathaniel M. Gobble '24  
GoneGirl RVA  
Mr. and Mrs. Steelman Ketchum

In Memory of Mr. Bruce C. Gottwald, Jr.

Mr. Mark Gottwald
- In Memory of Dr. Donn M. Lancaster

Dr. Carol Lancaster  
Ms. Carolyn Latta  
Mrs. Julie Oliver  
Mr. and Mrs. John W. M. Schmidt

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Mr. and Mrs. Charles Whitaker

In Memory of Mr. John Arthur Mahle

Ms. Amanda Benson  
Ms. Shirley Mahle

In Honor of Ms. Janet Peyton

Mrs. Marjorie Bribitzer

In Honor of Mr. Daniel Stackhouse

Ms. Margaret Georgiadis

In Honor of the TNCS Class of 2025

Mr. and Mrs. Jason D. Bass  
Mr. T. Christopher Cox and Ms. Elsa Woodaman  
Mr. and Mrs. Jeff W. Fender  
Mr. and Mrs. J. Richard Telfian

In Honor of the TNCS Faculty

Mr. and Mrs. Mark Valeri

In Memory of Mr. Patrick W. Vines

Anonymous

In Honor of Mr. William Wesley, '27

Mr.\* and Mrs. Henry O'Connor, Jr.

In Honor of Mr. J. Lucian Williams, '24

Mrs. Erwin P. Boyd

In Honor of Mr. Eric C. Zyglocke, '23

Mr. and Mrs. George A. Hann
- \*Deceased
- 10
- 11





with **Tobin Herringshaw,**  
**Innovation Coordinator**

The new school year saw two important additions to The New Community School: our first-ever Innovation Coordinator, Mr. Tobin Herringshaw, and a brand-new Makerspace in the Wellness Center for him to call home. Mr. Herringshaw is a veteran teacher of 17 years, having taught everything from history and language arts to graphic design, animation, and woodworking. He came to us from the Adelson Educational Campus in Las Vegas, where he served as the ACE Program Coordinator, a creative producer for the marketing team, and a digital media and makerspace instructor. We asked Mr. Herringshaw to share with us a bit about himself, his new role helping students and faculty, and his hopes and dreams for this new program.

### How would you describe your role at TNCS?

My role at TNCS is split into three areas. The first role is as the woodshop teacher and manager of the woodshop. Here I teach fundamental woodworking skills in a project-based curriculum that encourages students to explore a more kinesthetic learning style while creating high quality products. My second role is focused on managing the new Makerspace, including teaching some upcoming classes, maintaining our new technology such as 3D printers and a laser cutter, and helping other teachers learn about and use these new technologies in their classrooms. My third role is as the Innovation Coordinator. This role is focused on overseeing the scope and sequence of STEAM learning and initiatives and training teachers on new technologies, teaching pedagogies, and project-based learning.

### How can our faculty benefit from having an Innovation Coordinator?

The benefit of the Innovation Coordinator for teachers is having a resource to help them explore, learn, and integrate data-based, innovative teaching strategies and technologies. For a school such as TNCS, it is vital that teachers have an array of approaches to help every child learn in their own way and the Innovation Coordinator helps equip the teachers for this important task.

### The Makerspace is a brand-new facility for us. What has been happening in there so far?

The students have been very excited to see the Makerspace on campus. They are eager to get into the space and use the fantastic technology. In the space this year, we have our robotics program, taught by TNCS alum Mr. Boland, and a filmmaking elective in the second semester. We have also introduced the Makerspace to the fifth grade, where they used the VR headset as part of their Mars Community project in Ms. Lendrim's class to drive a copy of the Perseverance rover that is currently on a mission on Mars. We've also had teachers check out some amazing 3D pens to design shapes instantly, SnapCircuits sets to learn about electricity and how to write specific directions, and we recently had the 6th grade explore a writing prompt using the VR Headset. This is just the beginning of what the makerspace will offer.

### What excites you about the future of the program?

I am excited about the future of innovation at TNCS. The faculty is open to and eager for innovative technology and teaching methods. There is so much positivity about the new possibilities. I am also excited for the students who will greatly benefit from the new Makerspace and all that it and innovation will bring to TNCS.

### Any favorite experiences so far?

I've had so many great experiences with students and the faculty already. One of my favorite experiences with the teachers was watching them explore the new Makerspace technologies during a recent professional development program. While all my students in woodworking have been so creative and skilled, my experience working with a senior, Dylan, who is building his first computer desk for college has been so rewarding as a teacher. His dedication, skill, and resourcefulness have been wonderful to watch blossom and grow.

### What drew you to TNCS?

When I saw the position and researched the school and its mission, I knew I wanted to teach at TNCS. I'd be able to help teachers bring amazing experiences to students through the 21st century skills. I liked the unique challenges that come from working with diverse learners and starting new programs at a school. When I met Nancy Foy and the leadership team, they were so warm and welcoming. I knew that TNCS was a special place and I wanted to be a part of it!

I'm so happy to have found such a unique and loving community. Working with the students and the teachers has been so fun and fulfilling that I often joke with my wife that I'm not "off to work" in the mornings, but instead, "I'm off to play!" •





# 3 Men and a School

## alumni spotlight

Trè Ellis, G'17 • Gray Boland, G'18 • Henry Schofield, G'12



It is said that you can never go home again. Yet three men - Trè Ellis, Gray Boland, and Henry Schofield graduated from TNCS and have come back to their alma mater to help others just as they were helped.

Trè Ellis, G'17 left Brookland Middle School at the end of 7th grade to attend TNCS. He remembers fondly his years at TNCS. He was a standout on both the JV and Varsity basketball teams and served on the Student Advisory Board and Yearbook staff. It can be said that Trè never really left TNCS. During the summers of his junior and senior year

he helped facilities get ready for the next school year. When a position became available in the facilities department, he jumped at the opportunity and has been here ever since. Additionally, Trè has taken his passion for basketball to the next level, having coached various TNCS teams since 2017.

Trè says that it is through basketball that he sees students differently than he would in a classroom. Just as TNCS has had an impact on him, he likes having an influence on the students and knowing that he is a part of something bigger. He tells his teams to remember this is a very special place and to remember your roots. He wants other alumni to see the good work that has continued through the years and know that they will always be welcomed back home.

When Gray Boland, G'18 came to TNCS from Luther Memorial School, he did not know how to read. Through his years at TNCS, he gained confidence, came out of his shell, and began to feel better about himself academically and socially. Gray graduated from Mary Washington University and is now attending the University of Richmond to receive his teaching certification in Social Studies. Now in his first year of teaching at TNCS, Gray serves as an advisor, teaches Robotics, and fills in where needed in other classrooms.

Gray proudly admits that he loves to read now. He loves teaching at TNCS because he is passionate about helping students who struggle. He knows what they are going through and feeling, and by teaching at TNCS he can give back.

Henry Schofield, G12 is a "lifer," coming to TNCS in the sixth grade from New Kent Public Schools. While attending Christopher Newport University, he completed his student teaching here at TNCS. After graduating from CNU, Henry was hired to provide additional support for our students. TNCS had always brought him positive memories and when a Social Studies position became available, he applied and became TNCS's first alumni faculty member.

As a student, Henry built strong relationships with his teachers and these bonds carried over when they became his colleagues. He believes that these strong, positive relationships with his colleagues translate to a better, trusting community for the students. Gray and Trè agree that they too have developed these relationships. Each of them could name their many mentors who also became their friends. The hardest thing for them was calling these mentors/friends by their first name!

Trè, Gray, and Henry believe you can go home again to TNCS and are proud to help others who are struggling become successful. •



SILENT AUCTION  
March 3-17

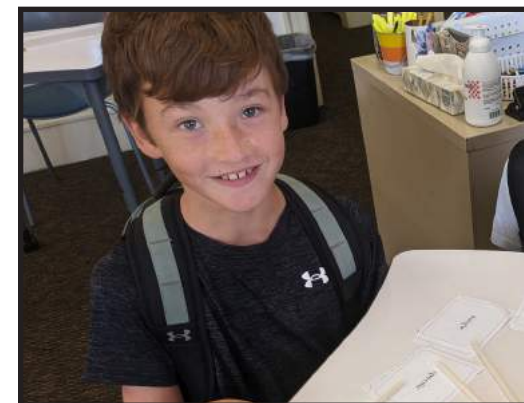
IN-PERSON EVENT  
March 17, 6:30pm

For the first time, we are excited to hold the 3rd annual Saber Soirée IN PERSON! Mark your calendar now for this evening of merriment to benefit the students and programs of TNCS.

Tickets are \$100, or upgrade by becoming a Patron for \$250 and receive 2 tickets, recognition in the program and on the website, and 2 TNCS lowball souvenir glasses (while supplies last).

For more information and to purchase tickets visit:

[tncs.org/support/soiree2023](https://tncs.org/support/soiree2023)



Now accepting applications  
for the 2023-24 school year!

Learn more at [tncs.org](https://tncs.org) or contact Dr. Carolyn Tisdale,  
Director of Admission and Enrollment Management.  
[admissions@tncs.org](mailto:admissions@tncs.org)



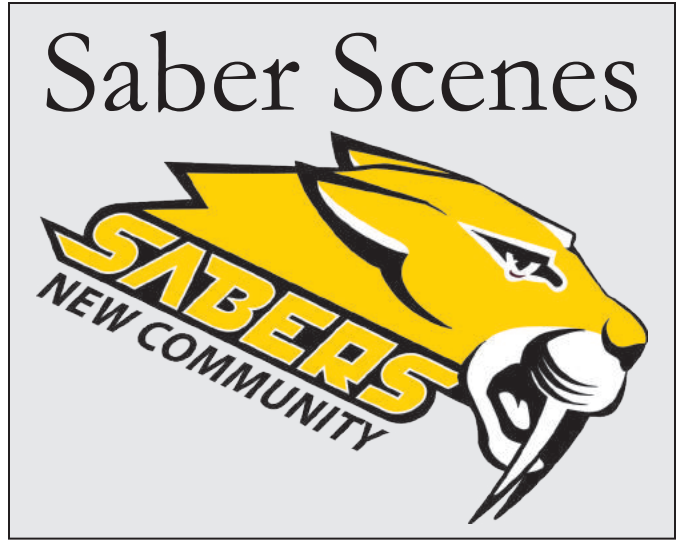
**ALUMNI:**

We want to hear from you!

Do you have updates to share?

Send them to [alumni@tncs.org](mailto:alumni@tncs.org).





During teacher inservice week in August, team building activities were fun breaks from meetings where faculty and staff got to know each other better.

The TNCS community collected and donated 2,293 items to Daily Planet Health Services. Here, Porter Hudgins, Wesley McElroy, and Alex Grasser help Mr. Howard load the items to be taken to Daily Planet.

Cady Haines, Reagan Brittle, Anna Telfian, CJ Brown, and Seven Hawkins with House Bison give their best effort in the annual tug-of-war competition during Field Day.



Travis Johnstone makes some feathery friends in the aviary at the Metro Richmond Zoo during a 6th grade field trip.

This year's new Maintenance Club has taken on the task of restoring the pond. They spent 6 hours pulling out an estimated 20 years of water lily roots and temporarily relocated about 90 fish until the restoration is complete.

Paxton Chou and Sage Powell work together to build a historically accurate castle out of cardboard boxes in World History 8. They had to include 4 towers and 5 of the defense features they learned about in class.

Near Halloween, Olivia Homoroc, Margo Downey, and Caroline Rice work on a spooky math mystery activity in IMPACT Math.







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