



River Valley Current

March 14, 2017 No. 472

"When snow falls, nature listens."
-- Antoinette van Kleef

School Calendar

This Week

Tuesday, March 14

Diversity Committee Meeting – will be re-scheduled

Saturday, March 18

All-School Open House 10:00 am

Looking Ahead

Monday, March 20

4th grade Parent Evening

Thursday & Friday, March 23 & 24

No School – Parent-Teacher Conferences

Friday, March 24

Middle School Dance

Monday, March 27

7th grade Parent Evening

Mon. March 27 - Wed March 29

4th grade to PEEC

Saturday, April 1

RVWS Gala Auction 6:00-11:00 pm

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

RVWS All School Open House

Invite a Friend & Come Yourself!

**Parent referrals are our most reliable outreach
– we need you!**

Saturday, March 18th, 10 am

This year's Open House has a whole new format. Participants will see a performance by our 5 & 6th grade chorus, meet some of our wonderful alums, alumni & current parents as well as have time to converse with our grade school, early childhood and specialty teachers, view student work and see how our program fits together as a synergistic whole.

The Open House is also an opportunity to learn more about what comes next for your children as they move up through RVWS and beyond! Please RSVP so we can plan for our group. We will have childcare. Please let us know if you are coming and if you have a need for childcare.

RSVP to the office, or info@rivervalleyschool.org

RVWS Gala Auction

Saturday, April 1, 2017, 6:00-11:00 PM

Nurture Nature Center, Easton, PA

Click this link to purchase tickets and to see a sampling of items

<https://rvws.ejoinme.org/RVWSAuction>

Final Week for Auction Donations

Are you or is someone you know an artisan willing to donate your craft to the Auction? Do you have a unique experience that would make a great auction item? We are also very grateful for donations of gift certificates for local dining, recreation, entertainment, shopping or personal care services. Contact us at

auction@rivervalleyschool.org Deadline for donations to be delivered to the collection box in the lobby is **THIS**

Friday, March 10.

Help Us Bring New Faces to the Gala and Receive a Free Ticket!

Do you have friends, family or acquaintances that could help support our mission by attending the Gala? Sell three tickets to the April 1 Gala and receive one ticket free! Make it a double date with some neighbors, co-workers or relatives and share the joy of supporting our school with those similarly generous and fun-loving people in your life!

<https://rvws.ejoinme.org/RVWSAuction>

Volunteer Opportunities at the Auction Gala

We have many important tasks needing volunteer support on Auction night. Can you help on our big night? We would be grateful. Contact us at auction@rivervalleysschool.org

The Auction Gala is one of the most anticipated school events of the year, fostering community building while raising funds that ensure the health of our school. You will find a diverse selection of quality items our guests have come to expect over the years such as handmade gifts, apparel and toys, artwork and the perennial favorite classroom items. Live music, dining, friendship and goodwill, though, are the real hallmarks of this outstanding event.

If you would like more information on any aspect of the annual auction, please contact auction@rivervalleysschool.org

From Administration

From AWSNA

Dear Friends of Waldorf Education,

Waldorf Education turns 100 years old in 2019-2020. The International Waldorf100 Planning Committee, is pleased to share our new Waldorf100 video with you (go to: https://www.youtube.com/watch?v=wfec6eF4l_4). The video celebrates 100 years of Waldorf Education around the world. We invite you to share it broadly!

Additionally, a new international website, Waldorf-100.org, has been established. It highlights shared themes and activities that will take place around the globe in 2019-2020.

Condolences

We send heartfelt condolences to the Brunell family (Carl, Clare and Lily in 5th grade) on the loss of Lily's great-grandmother, Carl's grandfather. Our thoughts and prayers are with you.

Open House Yard Signs

Yard signs are in the lobby and we have extras. Take one if you have a spot for it.

New Session of Capoeira – March 13-June 5

Leigh Robinson (Contra-Mestra Gata Brava) would really like to continue with our school – she loves our kids! She hopes to continue introducing additional instruments to our group, to bring children from another program to have a joint class at some point and she and Mr. Santiago are planning to present at a Friday assembly in the spring. However she travels a bit to come and we do need to have a minimum number of students to make the program work.

A registration form is at the end of the Current. We'll hold all checks until we know for sure that we'll be able to launch.

From the Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Math

Third Grade – Math

Fourth Grade – Human Being & Animal World

Fifth Grade – Ancient Egypt

Sixth Grade – Middle Ages

Seventh Grade – Geography

Eighth Grade – Geography

From Parent Council

Parent Stage – Saturday, April 22nd

"Lend me your ears and I'll sing you a song. And I'll try not to sing out of key." Fortunately, our friends are always supportive!

Parent Stage is April 22, at school, doors open 6:30. Get your babysitter now!

Performances for parents, by parents. Free, pot-luck. Come. You'll be glad you did.

If you'd like to perform (music, dance, comedy, poetry, juggling. . .) please contact Chellie Bader michelle@smorgasb.org /617-501-7517, or Kira Willey kirawilley@rcn.com.

From the Diversity Committee

Tonight's Diversity Committee Meeting will be re-scheduled.

Meetings are every three weeks on Tuesdays, and alternate between afternoons and evenings.

The Diversity Committee would like the RVWS community to know that any parent or faculty member is welcome to reach out with thoughts, concerns, or suggestions relating to diversity. Please contact Molly MacDonald, interim faculty co-chair, or Holly Low, interim parent co-chair. The committee would also like the RVWS community to know that we seek to make the committee itself diverse and inclusive - all are welcome to our meetings.

From the Community

Benefit at the Lovin' Oven

We are hosting a Planned Parenthood Benefit at the Lovin' Oven in Frenchtown, NJ on Sunday, April 2nd from 5pm-9pm. There will be a beautiful 4 course dinner (with guest chefs from the Golden Pheasant and The Bent Spoon!), live music, a wine tasting and a giant silent auction! Tickets are \$125.

How can you help? Please let us know if you would like to donate! Donations can be made through purchasing a ticket for the event, donating something for the silent auction, making a monetary donation or volunteering to help us spread the word!

Please contact either Julie or Leah with your donation ideas or to purchase a ticket to the Fundraiser! Email us at frenchtownppbenefit@gmail.com

Thanks for your support!
Julie Klein and Leah Cahill

Need Help in the Garden?

Interested in the help of a Garden Fairy? Offering many aspects of gardening services: spring clean-up, mulching, planting, bed preparation and design, composting, pruning, etc. Especially excited to offer biointensive/biodynamic vegetable garden planning and maintenance. Contact Sara Fishkin for more details. 908-323-9691 sarajoyfishkin@gmail.com

Car for Sale

We are selling our 2007 Toyota Prius Hybrid with about 141,000 miles and in good condition (runs well, no mechanical problems, some cosmetic scratches, dings). ~ 45MPG. With snow tires. If interested, please contact Ben, Elias' dad (Moon Room) at 917-319-2865 or ben@bgood2.com

Frenchtown Park

Did you know Frenchtown is planning to rehabilitate Frenchtown Borough Park (the "creek park") this year? The next planning meeting is Sunday, March 26, 3-5 pm, at Frenchtown Borough Hall, 29 Second Street. The community has put together an initial concept and generated a lot of feedback. We'd also like to hear from the River Valley community because we know this park is dear to you! If you'd like to see a copy of the current concept and make comments, please come to the meeting or email Holly Low this week or next at hollylow@frenchtownboro.com.

Goals of the renovation include making updates that fit the natural setting and ensuring new play equipment that encourages climbing. A perimeter path is being planned, as well as updates to the pavilion. At the 3/26 meeting we'll discuss what we can afford, play equipment specifics, our fundraising campaign, and next steps.

Ottsville Traditional Arts

Concert and Jam Workshop with Wheezer & Squeezer!

Wednesday, March 22

5:00 - 6:00 Potluck meet & greet

6:00 - 7:15 Concert (\$15)

7:30 - 8:30 Jam Workshop (\$15)

\$25 combined ticket!

Jeremiah McLane and Timothy Cummings (Wheezer & Squeezer) are an energetic Vermont-based duo who share music deeply rooted in the traditional dance repertoire of Northern Europe and North America. Wielding accordions and bagpipes - and often whistles and piano - they create a beguiling blend which utterly subverts the common stereotypes of their Old World instruments. McLane and Cummings draw from a broad repertoire that includes bourrées from Central France, gavottes from Brittany in Northwestern France, dance tunes from the Scottish Lowland & Border region, and original compositions reflecting North American influences. Their 2016 release *The Wind Among the Reeds* won the Montpelier's Times-Argus album of the year award.

Weekly Wednesday Jam Session

6-8pm every Wednesday: tunes and songs, \$5 suggested donation

Traditional music in a collaborative, judgement-free setting! All are welcome, even if you've never sung or been to a jam session before. If you want to come extra-prepared, check out our website, where we post learning materials including sheet music, videos, and recordings ahead of time. Sheet music also available at the jam, but try playing by ear if you can!

Duplex/Apartment for Rent

Scenic and quiet beauty right outside your door on the towpath of the Delaware Canal. Tucked away in the village of Upper Black Eddy, yet just a walk to Milford necessities.

1,000 sq foot duplex in a renovated historic country building. Some distinctive wood work. High ceilings, 2 bedrooms, 1.5 baths, a new washer/dryer, hardwood floors, and a porch area to the south side.

\$1,200/month. No smoking, no pets, please.

Call Karen (610)-982-9074

House Needed

Our family is looking for new home to rent in the area and would love any personal recommendations to diversify our internet search. We have a border collie mix who will be moving with us, and prefer a two to three bedroom. Ideally our home will be within 30 minutes from River Valley Waldorf. Looking to move of May/early June. Thanks! Please email ninabritz@gmail.com or call/text 203.470.3111.

Vernal Equinox Family Ritual

Join us to honor Mother Earth as she welcomes spring! Let us come together and connect with her awakening energy of renewal through song and the offering of our blessings as we stand upon her fertile farmland.

Sunday March 19, 2017, 3-4 pm. Free, family friendly ritual offered by Rebekah Barnes of Rooted Rhythms <https://www.facebook.com/groups/rootedrhythms/>
Hosted by Blooming Glen Organic Farm Perkasie, PA
<http://www.bloomingglenfarm.com>

Waldorf Family Camp Programs in Hungary

29th July – 5th August - Hamor Waldorf School, Miskolc, Hungary

For further information see the flyer on the RVWS bulletin board or contact:

waldorf.family.camp@gmail.com, or

kunosnora@gmail.com

Waldorf Family Camp Hungary on Facebook and waldorfcamp.hu

Rooster Looking for a Home

The Miles family is looking for someone to adopt a big, kindly rooster. (We have too many.) Please contact Jonny if you are interested. jonny@jonnymiles.com

Items for Sale

As part of the process of moving back to Europe, we will be selling items after items (till the house eventually). Next items, for sale, that we no longer need are:

Troy-Bilt Storm 2410 179-cc 24-in Two-Stage Electric Start

Gas Snow Blower (used in only few occasions)

A Samsung Bx2235 22" Led Monitor 1920x1080

Dvi Scratch And Dent (in excellent condition)

Garmin Nuvi 50LM Navigator (in excellent condition)

Interested? Please contact Diarrigina, Carolyn (Mason

BYRON KATIE WORKSHOP APRIL 7, 8, & 9th

There will be an introductory retreat in the work of Byron Katie, presented by Tania Tierro. The retreat will take place at the James-Lorah House in Doylestown, PA.

The work is a way to question the beliefs that underpin our stress. It's a simple, profound process of self-liberation and, consequently, self-realization. For the 2nd year, Lisa Naples, a local resident, is organizing this event. She can be reached for questions at 215-340-0964 or at lisanaplescercamics@gmail.com.

Cost for the workshop is as follows:

- Friday night only option: \$60

- Full weekend retreat: \$275 with an early bird special of \$240 if registration takes place by March 15th

Scholarships are available for those who otherwise cannot come.

From: www.chirp.org.uk via Waldorf Today

Why Singing Improves Well-being

By Kamala Katbamna

I'm sometimes asked why we use singing in our sessions. I'm not surprised – and not only because singing is, ahem, a touch unusual in leadership development. Thing is, however natural it might be, singing comes with baggage. It's always a loaded concept, whether that's with feelings of joy or outright fear, or something in between.

And actually, in our work, all of that is useful.

That element of fear and exposure can help you notice how you respond to risk and uncertainty. And do so in a way that's not only immediate, but that is all-encompassing: physically, intellectually and emotionally. In pulling you out of your comfort zone, singing can take you to a place of stretch. And that, we know from recent research, is where most of us learn best and most memorably.

It's even likely that, because it's a bit risky, singing actually increases your resilience. We're currently collaborating with neurobiologists at Ashridge Business School to find out whether public singing creates templates in your brain that help you tackle other challenges more easily. We'll keep you posted on our findings.

So I embrace that element of fear. And one of the things I find fascinating about singing is how quickly it can take you from that place of fear to one of connection, trust, and well-being. And for lots of people, it can happen within the space of a single song.

"When you sing with other people your heartbeats synchronize, which may explain why singing together can create a sense of shared perspective."

There's a growing body of research into the impact of singing on well-being. We now know, for example, that group singing raises your pain threshold. And that it releases oxytocin into your bloodstream, which helps promote feelings of trust and safety.

Singing also enables fast social bonding. It breaks the ice so you feel closer as the group, even if you don't yet know anything about each other. The team behind this research also suggest that the social bonding effect of singing may even have been vital in enabling modern humans to sustain larger social networks than their evolutionary ancestors. And that, in turn, may have helped them colonize risky environments worldwide. Those early singers were no slackers.

When you sing with other people your heartbeats synchronize – which may explain why singing together can create a sense of shared perspective. Choral singing can certainly improve mood, enhance quality of life, and lead to greater happiness, reduced stress and better emotional well-being. But, whether you sing alone or with others, the simple act of singing raises your heart rate variability, which in turn improves both your well-being and social cognition.

(Continued on next page.)

And we think that singing with someone else improves your social intelligence, with, again, an impact on well-being. We're currently developing research with neuroscientists at University College London to examine brain activity during joint singing, and its impact on interaction and well-being.

As you might have gathered, I find the science fascinating. I find it hugely exciting to understand what happens in our brains and bodies when we sing, and how we can use that to enhance our lives at work or at home.

But, in some ways, we don't need the science.

Singing is thought to be how we first communicated, even before we had speech. It's found across the world – a truly global phenomenon. It's a fundamental to the human condition. So why not give it a whirl? Even if you find it stressful you'll probably be boosting your resilience! And all you need is yourself.

RVWS After-School Capoeira Program

Open to grades 5-8

Monday afternoons from 3:30-4:30 pm

Capoeira at River Valley is taught by renowned Contra-Mestra Gata Brava (Leigh Robertson) from New Hope's Morro Verde. The art form of Capoeira combines elements of dance, acrobatics and music, all within the context of Brazilian culture. It traces its origins back to the 1600's when West African slaves in Brazil developed it as a mean of resisting oppression.

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Registration Form

Student's Name _____

Student's Teacher _____

Parent's Name _____

Parent's Phone 1: _____ Phone 2: _____

Email 1: _____

Email 2: _____

I would like to register my child for Capoeira:

_____ Mondays, 3:30-4:30 \$15/class, 3/13 through 6/5/2017 **\$150**

Payment in full must be attached to the registration form. Payment is non-refundable and is set regardless of the number of classes actually attended by your child. Classes will be filled on a first come first served basis.

ADULTS ARE ALSO WELCOME TO ENROLL