



River Valley Current

March 31, 2015 No. 407

*"Spring has returned. The earth is like a child that knows poems."
– Rainer Maria Rilke*

School Calendar

This Week

Tuesday, Mar. 31

3rd grade Parent Evening 7:00 pm

Thursday, Apr. 2

Sun Room Parent Evening 6:30 pm

Friday, Apr. 3

No School – Good Friday

Looking Ahead

Monday, Apr. 6-Friday, Apr. 10

No School – Spring Break

Tuesday, Apr. 14

5th grade Parent Evening

Thursday, Apr. 16

School Tour 9:30 am
Board Meeting – Please join us! 6:30 pm

Friday, Apr. 17

Middle School Dance

Saturday, Apr. 18

Workday – First Grade

Friday, Apr. 24

Spring Festival/Open House – Morning Glory

How to Contact Us

info@rivervalley.school.org
lc@rivervalley.school.org
bot@rivervalley.school.org
pc@rivervalley.school.org

Save the Date

Mayfaire – May 9th
RVWS Auction – May 30th

Please join us for the next
Parent Council Meeting
Wednesday, April 22nd
at 6:30 pm at the Ship Inn in Milford.
(Re-scheduled from April 15 due to the
Community Board Meeting)

An Invitation from the Board of Trustees

On Thursday, April 16 at 6:30 p.m. you are invited to join the Board of Trustees, Leadership Council, Teacher Development Committee, Parent Council, and the Administration of River Valley for an open meeting. Each of the five leadership bodies will provide a brief state of the school from their own perspective as well as a glimpse of what lies ahead. There will also be time to ask questions of each of the five bodies.

The agenda for the meeting will follow in a future issue of the Current. Please plan to join us if you are able.

Grandparent's and Special Friends Day Invitations

Postcards are being distributed to teachers and students and there are extra cards in the lobby on the front desk. Please take as many as you need and mail them to grandparents and friends.

This year's Grandparents and Special Friends Day is on Friday, May 8th. All are welcome.

The 2015 Auction Parent Packet is Here

Last week all families should have received a hard copy of this year's auction Parent Packet in their student's classroom pocket; a digital version is included with today's Current. Everything our fellow parents need to know about supporting this year's event is included. A couple of key points:

- Please begin bringing your auction item donations to school as soon as they become available to you.
- We are looking for parents from specific areas to canvas your local area for auction donations from businesses. If you can help, please contact Tracy Fly tlkf@me.com
- Please save the date of Saturday, May 30; we plan to bring you a terrific event featuring the gourmet creations of Nellie Rae's, entertainment by the Kira Willey Band and many, many great items to support our great school.

Thank you to all.
The Auction Committee

Seedling Sale

It's finally time to starting thinking about planting seeds and once again we will be selling seedlings to help support our garden.

Order forms are attached to the Current and due back by Thursday, April 2nd at school or Monday, April 6th by email to Christine Boston: masnieve@hotmail.com. Starts will be available after May 8th.

From Administration

The IT Committee wants YOU!

If you have technical skills including maintenance, management, or troubleshooting of hardware (Windows desktops and laptops, Windows Servers, printers, etc.), software (Office 365, Quickbooks, various SaaS programs), networks, or wifi, the IT committee needs you. We are a group of diverse and dedicated parents who need your HELP! If you've offered before, please offer again. You can contact Kristyn Lederer by email or phone - 267-471-2751.

Nursery/Preschool/Kindergarten, 2015

If you or someone you know is considering RVWS in Upper Black Eddy, or our Morning Glory preschool class in Doylestown, NOW is the time to begin the enrollment process for September 2015. Space is filling quickly and we were so disappointed to not have room for several families in September 2014 – we'd hate to see that happen again.

Please speak to Cindy or Hilary, or send an email to admissions@rivervalleysschool.org The next School Tour Morning is April 16th at 9am (adults only) and we are happy to schedule a private tour by appointment if needed.

SEPTEMBER 2015 ENROLLMENT

Enrollment contracts are due before we leave for April break to take advantage of the on-time discount (\$100 for grade school and \$50 for early childhood) as well as the reduced commitment deposit of \$250, rather than the full \$500 deposit.

SPRING CELEBRATION & OPEN HOUSE AT MORNING GLORY PRESCHOOL – Doylestown

We invite you to join us for our Spring Festival at Morning Glory Kindergarten, our Doylestown location. Let's celebrate spring with a potluck meal, spring activities, stories and springtime merriment.

Mark your calendars! Bring a friend! Friday April 24, 2015 from 4:00 until 5:30 pm. Children from Early Childhood through 3rd grade are welcome. Bring a pot-luck dish to share. Staff members will be on-hand for informal tours and discussion for new families.

Lost and Found

Lost and Found will be donated on Thursday before the break. Wednesday, please take what's yours; Thursday, take what you can use.

AWSNA Invites you to Participate in the Conversation

The Human Encounter: Parent-Teacher Relationships in a Waldorf School Community. A Conversation with Torin M. Finser, PhD. Join us for a webinar on Apr 21, 2015 at 2:00 PM EDT.

Register now! <https://attendee.gotowebinar.com/register/8854050843730207746>

A school is a community, and like all communities its health depends upon the quality of its relationships. Join us as Torin speaks to the parent-teacher relationship in all its dimensions offering both practical advice and deeper, spiritual insights. This webinar is co-sponsored by AWSNA and the Anthroposophical Society in America. After registering, you will receive a confirmation email containing information about joining the webinar.

Thank you

Thank you to the Moon Room families for the delicious food during the conferences! Recipes, please! Miss Kathy

Thank you to all of the parents who fed our grateful teachers. Your bountiful offerings were appreciated and enjoyed.

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Language Arts/Class Play

Fourth Grade: Language Arts/Science/Local History

Fifth Grade: North American History and Geography

Sixth Grade: Geography

Seventh Grade: Physics

Eighth Grade: History/American Revolution

Circus Club is on Hiatus

Circus Club will resume again in a few weeks. Check here for more details as soon as we have them.

German Club & Schuhplattler

Our last full round of German Club will begin tomorrow (4/1). The club runs from 3:15-4:15 and includes songs, games, questions and answers in German, a German style snack and a little Schuhplattler at the end. The last full round of Monday Schuhplattler classes will begin the first Monday after vacation (4/13), and if your child wants to participate in our June-September public performances (Tinicum Arts Festival, Peace Fair, etc.), this is the one to attend since two new dances are being learned, which we'll perform along with the original River Valley Plattler. Contact Peter Ray (peter.ray@comcast.net).

From the Leadership Council

What LC is Working On

Faculty hiring for next year
Program development with EC
Pedagogical Chair position with Faculty
Site Planning with Board

Remember, we have open hours every Friday from 3:30-4. Please stop by if you have any questions or concerns.

From Parent Council

MayFaire is on Saturday, May 9th, 11am to 3pm

Spring break is the perfect time to start working on your Pocket Fairy items! Please remember to make or acquire 20 special items to fill the Fairy's pockets for our children's delight. These items need to be small, and can be handmade or not. Shells, stones, jewels, ladybugs and butterflies are just some ideas. Have fun!! And thank you for your help creating the Magic of MayFaire.

Class Fundraisers

RVWS Seasonal Cookbook and Local Directory - Still time to submit!

We are thrilled that people continue to express interest in contributing recipes and information for our local directory, so we've extended the deadline for submission. Please email (tumas@rcn.com) or bring in your information and/or artwork ASAP. There is a manilla envelope on the table outside the 2nd grade classroom. See attachment for more details. If you have any questions, feel free to contact Jean Tuma or Tracy Fly. Thank you for your consideration!

8th Grade Class Fundraiser

8th Grade is so very grateful for all the support you've lent to our class trip -- from buying sweatshirts (contact Miss Hummel if you haven't purchased yours yet!) to eating heartily at Winter Fair. We thank you also for ordering samosas every week and for stocking up on them on the first Monday of each month. (If you haven't tried them yet, we urge you to do so--it's not too late to email Renell with a bulk order and have an easy meal at the ready!)

As we approach our fundraising goal, we are continuing our snack (and coffee!) sales in the lobby every Monday and Wednesday. Isn't it nice to know that you can send your child in with a couple of bucks to pick up a healthy snack to drop in their lunch box on their way into school? Our popular morning snack offerings currently include:

- Organic Popcorn with butter and salt \$1.50 (quart bag)
- Cheese Cubes \$1.50
- Organic non-GMO Corn Chips & Salsa \$1.75
- Homemade Beef Jerky \$2.00

In the afternoons we offer sweet breads, warm, ready-to-eat baby burritos, hot dogs kebabs (intriguing, no?), and other inspired, nutritious creations by Grandy.

From the Community

Purely Farm

On Thursday, April 2nd, just in time for Easter, Purely Farm's pork and turkey will once again be available for purchase at River Valley. Easter brunch, no problem; try an assortment of our artisanal sausages as the perfect hors d'oeuvres platter. Nitrate-free smoked ham roasts ranging from 3 to 6 pounds are the perfect centerpiece for this Sunday's dinner (please consider ordering so you are not disappointed when they sell out). The farmers will be set up outside the front entrance from 8 to 9 am, so take a moment and check out what's on hand, ask questions and grab some turkey london broil to surprise your family.

Joanna and Marc Michini of Purely Farm, parents of Clover in the Star Room, have a long history of providing the best meats in the area. Their farm critters thrive on life out on pasture and a diet supplemented by mineral rich, organic grains that are locally grown and GMO free. Joanna and Marc will be at RVWS monthly with your orders all ready to take home--saving you shopping time and providing you with quality and wholesome, naturally pasture-raised meats. Equally, if you'd rather organize a buying club in your own town, they will drop at a central location. If this appeals, please contact them at purelyfarm@gmail.com. Please email them also for advance information about availability. See attached price lists for current offerings from Purely Farm.

Yoga Loka

4/7, Tuesdays, 11:45 am-12:45 pm
Yoga sutras study group, 5 sessions

4/12, Sunday, 4:00 pm
Restore and Renew with Carole

4/13, Mondays, for 6 weeks 7:00 pm
Yoga Basics with Deb Kline

4/19, Sundays, 5 sessions 8:30 am
Practical Meditation with Amarjyothi-

TRE at Yoga Loka

Tension and Trauma Releasing Exercises were originally developed to address the impacts of traumatic experiences on the body; however, it is now recognized that TRE can benefit all people. TRE is designed to rid the body of this deeply held physical tension and bring the body back to a natural balance where all the systems are working in harmony. Reported Benefits Include: Less Worry & Anxiety, Reduces Symptoms of PTSD, More Energy & Endurance, Improved Marital Relationships, Less Workplace Stress, Better Sleep, Less Relationship Conflict, Reduced Muscle & Back Pain, Increased Flexibility, Greater Emotional Resiliency, Decreases Symptoms of Vicarious Trauma, Healing of Old Injuries, Lessened Anxiety Surrounding Serious Illness, Relief from Chronic Medical Conditions
Working in a group is a very powerful experience, so come to as many sessions as you can. No previous experience in anything necessary! \$15 per session. Space is limited. Registration is required

April sessions:

Wednesdays, 4/1, 8, 15, 22, 11:00 am-12:00 pm

Saturday, 4/11 at 10:30 am

Sunday, 4/19 at 5:00 pm

register on line at www.yoga-loka.com

Beauty and Strength: Empowering Young Children to Talk About Race and Ending the Cycle of Colorblind Racism

Saturday, May 2, 2:00 pm, Flemington DIY, 90 Main St, Flemington, New Jersey 08822

A workshop for parents, guardians, educators, and anyone who works with or lives with young children.

Have you found it difficult to talk to your children about race? Hunterdon County Anti-Racism Coalition (HCARC) is pleased to announce this very special event during which Jennifer Burke will offer assistance with these conversations. Jennifer Burke has taught for 11 eleven years at Van Derveer Elementary school in Somerville, New Jersey. She is currently a doctoral student at Rutgers University investigating how young children construct their understanding of race, ethnicity, and gender in the context of a first grade classroom.

Moving sale

Almost everything must go, fast! Indoor and outdoor furniture, housewares, clothing, rugs, books, etc. Also selling the remaining contents of the Healthy Habit. I have an abundance of homeopathic remedies, vitamins and supplements, Bob's red mill products, bath and body products, herbs and herbal tinctures, essential oils, teas, gluten free foods and flours, cleaning supplies, art supplies, crystals, organic seeds, plants and pots, jewelry and clothing, displays and shelving. Call May at 570-404-0917 or email at maybeslater@gmail.com with any questions or requests. I will have everything out this week through Sunday at 143 Byram Lane, Stockton, NJ 08559.

Script Classes with Catherine Lent

Beginner Copperplate script class opportunity!

We will meet Wednesdays in Frenchtown starting as follows:

April 1st: 10 a.m. - 11 a.m. for beginners...and

11:30 a.m. - 1:30 p.m. for those who have taken Intro/Italic

April 8th: 11:30 a.m. - 1:30 p.m.

April 15th: 11:30 a.m. - 1:30 p.m.

Full course: \$95 plus \$25 materials

(\$13 materials for those who've taken Italic with me)

Includes three days' instruction, pen nibs, holders, ink, parchments, and practice papers, necessary vocabulary, technical and tool differences between pointed and broad pen calligraphy, basic strokes for pointed pen, full lower and upper case alphabet ductus work, numerals, and guaranteed methods to apply in practice to ensure beautiful progress making gorgeous letters.

Registration closes Sunday March 29th....RSVP TODAY!

Quick & Fun Trendy Scripts!

Don't want a formal calligrapher's education..but DO want to create fun, loopy letters that grab the eye? Join this SMALL, semi-private group (class size will be limited to protect teacher-student time) to learn the basics of pointed pen work and how to apply it to create a modern, bouncy script style!

We will meet Thursdays in Frenchtown as follows:

April 9th: 4:30 p.m. - 6:15 p.m.

April 16th: 4:30 p.m. - 6:15 p.m.

April 23rd: 4:30 p.m. - 6:15 p.m.

Full course: \$135, including materials.

Includes three sessions of small-group instruction, pen nib & holder, ink, samples & practice papers, quick overview of basic strokes for pointed-pen/Copperplate, a survey of modern scripts and why they are so popular, and steps/methods for developing a pleasing and legible personal style and steady home practice.

Registration closes next week on April 1st...RSVP TODAY!

Bridgeton Athletic Association's Annual Easter Egg Hunt

Saturday April 4, 2015 @ 10am sharp!

Bridgeton Athletic Association, 1340 Bridgeton Hill Road, Upper Black Eddy, PA 18972

Lawn Mowing Available

Aaron's Mowing (Aaron Dringus), 267-987-9904 / afd8073@hotmail.com. Call, text, or email for pricing and availability. Serving Upper Bucks County.

Do you Have a Sweet Ride?

Palisades High School is having its 2nd annual Car Show, Sunday, April 12, 9 am-2 pm (Rain Date: April 19). At Palisades High School, corner of Route 412 and Churchill Road. Admission is free and food will be sold. There will be prizes for cars and a 50/50 raffle. If you are interested in registering, please contact Jim from East Penn Modifiers at coachjimh@comcast.net. There is a registration fee of \$10 beforehand and \$15 at the event.

Parzival Academy

THE GREAT ESCAPE!

Wine Tasting, Dinner Buffet and Auction, Sunday April 12th 5 - 9pm.

All auction items represent a great escape. (spas, dining, beach houses....)benefiting Parzival Academy. Auction Items will be posted on the Parzival Academy Facebook Page as well as our website www.ParzivalAcademy.org as they become available.

Riegelsville Easter Egg Hunt

Sponsored by Riegelsville Public Library and Reigelsville Recreation Board

Friday, April 3, 2015, Riegelsville Borough Park.

1:00 Preschool and younger

1:05 Kindergarten through Grade 2

1:10 Grades 3 through 5

Egg Hunt will take place rain or shine. For information call: 610-346-7698.

CALLING ALL ARTISTS

Welcome All Adults to an ongoing weekly gathering of artists who would like to individually pursue their craft in the company of other creative people in a friendly, supportive, and relaxing atmosphere. These are not lessons. You will be working independently within the group for your own enjoyment.

We will meet in the main floor Community Meeting Room of the Riegelsville Borough Hall every Thursday morning from 10 - 12 am, except the first Thursday of the month. All mediums are welcome. Please bring a sheet of plastic to cover the table and please leave your workspace clean. Any questions? Call Karen on 973.876.0401.

Join us for the 2015 Philadelphia International Children's Festival, May 7-9!

Theater, dance and music performances for the whole family. Plus, a free outdoor FUN ZONE with interactive activities!

Pilobolus (Dance) What happens when contemporary dance, gymnastics, technology and playful props combine? Find out when the wildly creative troupe Pilobolus Dance Theater takes the stage.

Playing By Air (Circus) Traditional theatricality meets absurd comedy in this joyful fusion of music, juggling and circus. Playing By Air captivates their audiences with their playfulness, high energy, creativity, and breathtaking feats.

Lifeboat (Theatre) An extraordinary true tale of survival told with humor and adventure. A moving and uplifting play about two teenage girls who board a ship to escape the dangers of World War II.

Orchestra of Life (Music) Rock star violinist and composer Daniel Bernard Roumain pays tribute to Bob Marley. The audience will join together to create "An Orchestra of Life" using their hands, feet and voices to express themselves musically.

Circo Comedia (Circus) Following in the tradition of the Quebec Circus, duo Jean Saucier and Patrick Côté perform acrobatic tricks, daredevil stunts and magic, offering thrills and comedy.

Watermelon Magic (Movie) The charming story of Sylvie and her garden as she watches a patch of watermelons grow from seed to fruit. Audiences will enjoy the science and marvel of plant life.

Tickets for individual shows are \$10 and include access to the FUN ZONE.

Performances will take place at the Annenberg Center, 3680 Walnut Street, Philadelphia, PA 19104 //

AnnenbergCenter.org // 215.898.3900

2015 LPGA-USGA Girls Golf of the Lehigh Valley

Want to learn a new sport while having fun and making friends? Join Girls Golf of the Lehigh Valley! Golf lessons take place Saturday mornings from April through August at two convenient locations. All lessons are taught by PGA professionals. The Girls Golf program is open to girls ages 7-17 of all skill levels. Scholarships are available for those in need of financial assistance.

Bethlehem Golf Club 400 Illicks Mill Road, Bethlehem PA. Lessons taught by PGA Professional, Mark Csencsits. They take place from 10-11:30am Saturday mornings. There will be 3 separate sessions of Girls Golf at Bethlehem GC. Each session will go over putting, chipping, full swing, etiquette and rules. There are also some fun events throughout the summer. Any individual session costs \$90. Register for any two sessions for \$180. Register for the entire summer for \$260. Session 1: April 18, 25, May 2, 9, 16; Session 2: May 30, June 6, 13, 20, 27; Session 3: July 11, 18, 25, August 1, 8. For more information and to register, contact the YWCA of Bethlehem at 610-867-4669 (Ext.109) or GirlsGolf@ywcabethlehem.org

VOLUNTEERS NEEDED!

TaKE Center, LLC

Outpatient Rehabilitation Services and Equine Therapy Program in Kintnersville, PA

Are you looking for an opportunity to learn more about horses and work with people with a disability? TaKE Center Outpatient Rehabilitative Services provides physical therapy with the use of a horse. Hippotherapy, as it is called, is used to treat people with various disabilities including physical and cognitive challenges. By putting the patient on the horse, the horse's movement is transferred to the patient, which helps improve strength, posture, balance and gait. There are many ways to help!

Working as a leader or a side aide in the riding ring, grooming the horses, cleaning tack, tacking up the horses for riders, leading horses to and from the riding ring, feeding the horses and making sure they have fresh water, cleaning the stalls and barn, riding ring maintenance, making light repairs...and more

We are looking for volunteers of all ages to help. Prior experience working with horses is not required – training is offered. Minimum age to assist in the riding ring is 13. We do ask that youth under the age of 10 are accompanied by an adult.

Our comprehensive volunteer training sessions will begin in mid-March and go through April. Please visit us at www.takecenter.com for more details. Without you, we cannot provide the quality services we strive to achieve. By volunteering at TaKE Center, you are sure to walk away with unforgettable, valuable experiences from your connections with amazing people – and horses, too! Please contact us with any questions or interest. We'd love to hear from you!

Terri K. Long, MPT ph: 610-346-9446 e: tklong63@verizon.net

web: www.takecenter.com 1300 Woodcock Lane, Kintnersville, PA 18930

From the Wall Street Journal

Why Children Need Chores

Doing household chores has many benefits—academically, emotionally and even professionally.

Giving children household chores at an early age helps to build a lasting sense of mastery, responsibility and self-reliance, according to research by Marty Rossmann, professor emeritus at the University of Minnesota.

By Jennifer Breheny Wallace

March 13, 2015

Today's demands for measurable childhood success—from the Common Core to college placement—have chased household chores from the to-do lists of many young people. In a survey of 1,001 U.S. adults released last fall by Braun Research, 82% reported having regular chores growing up, but only 28% said that they require their own children to do them. With students under pressure to learn Mandarin, run the chess club or get a varsity letter, chores have fallen victim to the imperatives of resume-building—though it is hardly clear that such activities are a better use of their time.

"Parents today want their kids spending time on things that can bring them success, but ironically, we've stopped doing one thing that's actually been a proven predictor of success—and that's household chores," says Richard Rende, a developmental psychologist in Paradise Valley, Ariz., and co-author of the forthcoming book "Raising Can-Do Kids." Decades of studies show the benefits of chores—academically, emotionally and even professionally.

Giving children household chores at an early age helps to build a lasting sense of mastery, responsibility and self-reliance, according to research by Marty Rossmann, professor emeritus at the University of Minnesota. In 2002, Dr. Rossmann analyzed data from a longitudinal study that followed 84 children across four periods in their lives—in preschool, around ages 10 and 15, and in their mid-20s. She found that young adults who began chores at ages 3 and 4 were more likely to have good relationships with family and friends, to achieve academic and early career success and to be self-sufficient, as compared with those who didn't have chores or who started them as teens.

Chores also teach children how to be empathetic and responsive to others' needs, notes psychologist Richard Weissbourd of the Harvard Graduate School of Education. In research published last year, he and his team surveyed 10,000 middle- and high-school students and asked them to rank what they valued more: achievement, happiness or caring for others.

Almost 80% chose either achievement or happiness over caring for others. As he points out, however, research suggests that personal happiness comes most reliably not from high achievement but from strong relationships. "We're out of balance," says Dr. Weissbourd. A good way to start readjusting priorities, he suggests, is by learning to be kind and helpful at home.

Advertisement

The next time that your child asks to skip chores to do homework, resist the urge to let him or her off the hook, says psychologist Madeline Levine, author of "Teach Your Children Well." Being slack about chores when they compete with school sends your child the message that grades and achievement are more important than caring about others. "What may seem like small messages in the moment," she says, "add up to big ones over time."

Here are some of the best ways to get your children properly motivated to do chores:

Watch your language. In a study of 149 3-to-6-year-olds in the journal *Child Development* last year, researchers found that thanking young children for "being a helper," as opposed to "helping," significantly increased their desire to pitch in. They were motivated by the idea of creating a positive identity—being known as someone who helps.

Schedule chore time. Write chores into the calendar, right next to the piano lesson and soccer practice, to maintain consistency.

(Continued on next page)

Game it. Like a videogame, start small and have young children earn new "levels" of responsibilities, like going from sorting clothes to earning the right to use the washing machine.

Keep allowances and chores separate. Research suggests that external rewards can actually lower intrinsic motivation and performance. With chores, psychologists say that money can lessen a child's motivation to help, turning an altruistic act into a business transaction.

Types of tasks matter. To build prosocial behavior like empathy, chores should be routine and focused on taking care of the family (like dusting the living room or doing everyone's laundry), not self-care (tidying one's bedroom or doing personal laundry). Psychologists add that involving children in choosing the tasks makes them more likely to buy in.

Talk about chores differently. For better cooperation, instead of saying, "Do your chores," Dr. Rende suggests saying, "Let's do our chores." This underscores that chores are not just a duty but a way of taking care of each other.

Give chores a PR boost. Don't tie chores to punishments. Keep any talk about chores, including your own, positive or at least neutral. If you complain about doing the dishes, so will your children.

Ms. Wallace is a freelance writer in New York and contributing editor to EmpoweringParents.com.