



# River Valley Current

April 25, 2017 No. 477

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love." ~ -Sitting Bull

## School Calendar

### This Week

**Tuesday, April 25**

Diversity Committee 3:30-4:30 pm

**Thursday, April 27**

5<sup>th</sup> grade Class Play 9:00 am  
6<sup>th</sup> grade Field Trip to Sterling Hill

**Friday, April 28**

5<sup>th</sup> grade Class Play 9:00 am & 6:30 pm

**Saturday, April 29**

1<sup>st</sup> grade Workday

### Looking Ahead

**Thursday, May 4**

6<sup>th</sup> grade to Ringing Rocks  
4<sup>th</sup> grade to Pennsbury Manor  
1<sup>st</sup> grade Parent Evening 6:30-8:00 pm

**Saturday, May 6**

Mayfaire 11:00 am – 3:00 pm

**Monday, May 8**

4<sup>th</sup> grade to Delaware Canal Museum

**Thursday, May 11**

Parent Council Meeting 6:30 pm

**Friday, May 12**

Grandparents Day Assembly 1:15 pm

**Saturday, May 13**

Spring Fling Dance at OTA 6:00-9:00 pm

**How to Contact Us**

info@rivervalleyschool.org  
lc@rivervalleyschool.org  
bot@rivervalleyschool.org  
pc@rivervalleyschool.org

### Ticks are Back

Be sure to check your children carefully every night for ticks. The woods and grass are full of them and the children spend much of their time outside.

Please be vigilant.

### Reminder:

#### Last Week for the After-school Program

Josh Laker's After-school Program ends in April so this is the last week of classes.

## Mayfaire is just around the corner! Join us on Saturday, May 6<sup>th</sup> 11am – 3pm

Your classroom coordinators will be contacting you with details of class responsibilities for this event.

Parents in all classes are asked to make Pocket Fairy items (20 items per family) and donate any extra synthetic yarn that you may have so that the children can make jump ropes.

The Yarn Box and Pocket Fairy Box are located in the lobby. We will also be collecting bouquets of flowers 2 days before the festival. If each family donates a bouquet we will have plenty for the children to make flower garland headbands the day of festival.

Please contact your classroom coordinators with any questions.

### Do you have extra garden starts?

We are collecting plants to have for sale at Mayfaire with all the proceeds going to the Garden.

Please email pc@rivervalleyschool.org if you have seedlings you can donate.



## SPRING FLING DANCE PARTY

Saturday, May 13<sup>th</sup>, 6:00 - 9:00

For Family Friends Neighbors and Alumni  
A River Valley Waldorf School 7th and 8th Grade Fundraiser!  
DJ Andrew Macintosh

\$5.00 per person. Free for children under 5 years old

At the Ottsville Traditional Arts Center, 250 Durham Road, Ottsville, Pa  
across from Kimberton Whole Foods.  
RSVP gracefulm@aol.com

### May Lunch Menu

The lunch menu for May is attached to this week's Current.  
Forms are due back this Friday, April 28<sup>th</sup>.

## From Administration

### **LifeWays Early Childhood Certification Training will begin in Kimberton, June 2017**

This is a great opportunity for Early childhood educators, parents of young children and caregivers to delve deeper into the development of the young child. The training will focus on how to nourish and strengthen children while creating an environment which fosters health and peace for caregiver and child. Join us this summer in a soulful retreat that offers a respite from your day-to-day, rushed-life routine, in surroundings that allow for learning, inspiration and community. Enrich your family life or find a new career in early childhood.

Upon completion of the Certification training, you are eligible to enroll in the new LifeWays Continuation Training for Early Childhood Teaching also offered at Kimberton in summer 2018. The Continuation Training will prepare you for a lead early childhood teaching position. Please feel free to look at our website [lifewaysnorthamerica.org](http://lifewaysnorthamerica.org) or contact Chinyelu Kunz at; [ChinyeluK@LifeWaysNorthAmerica.org](mailto:ChinyeluK@LifeWaysNorthAmerica.org) or 610-933-3635 X109 with questions.

### **2017-18 ENROLLMENT TIME!**

2017-28 Enrollment contracts and \$500 commitment deposits are due at this time. Materials, trip and TAP fees will be invoiced and are due May 15, 2017.

Printed contracts are located in the PARENT FORMS bin just outside the main office. If you have any questions or concerns, please contact Cindy Schretlen in the office or: [cschretlen@rivervalleyschool.org](mailto:cschretlen@rivervalleyschool.org).

### **A Message from Building and Grounds**

Parents who are at school on weekends for any reason are respectfully asked to please keep their children with them at all times. Once the building is cleaned on Friday, the cleaners do not return before Monday morning to mop up mud that has been tracked in over the weekend.

### **We Need Boxes**

In preparation for summer packing and classroom cleaning our teachers need lots of empty boxes. Please save up your boxes and bring them in during the last week of school. Please do not bring them now.

### **Recycle Car Seats and Save**

From April 17th to April 30th, Target stores across the country will be hosting Target Take Back, a recycling initiative for old baby and child car seats. If you're interested in recycling a car seat, simply drop it off at any Target store. In return, you'll earn a 20% discount on a new car seat!

Know anyone who might be interested in this recycling initiative? Be sure to share this information with them! For more information about this recycling initiative, go to [Target.com](http://Target.com).

### **RVWS SIGNS**

Thank you so much to everyone who displayed one (or more) of our yard signs! Please return them to school as we will be able to update them to use again next year. If you still have a sign at home, please bring it to school by this Friday, April 28<sup>th</sup>.

## From the Faculty

### What the Children are Learning:

First Grade – Language Arts

Second Grade – Math

Third Grade – Clothing and Shelter

Fourth Grade – Norse Myths

Fifth Grade – Class Play

Sixth Grade – Geology

Seventh Grade – History - Reformation

Eighth Grade – Physiology

### News from our School Garden

Spring is in full force and with it comes transformation. Take a look in the garden and you will find things changing. The 1st through 5th grades have transformed the small, raised beds into fun, long rows. These new garden beds align with the flow of water through our space. With long rows to plant in - we can have whole classes planting together, growing more food to share with our community. Thank you children, for your hard working, yet lighthearted spirits with which you made this change possible!

## From Development

### Support the Annual Fund and Watch our Giving Tree Grow!

Did you know that your tuition only accounts for a portion of the funds needed to operate our beloved school? Because we are a tuition-based school, we are not eligible for most grants and subsidies for which other schools may qualify. Additionally, we offer financial assistance for many of our families. Our ability to invest in our programming, support our faculty, serve our students, and maintain our facilities depends upon additional funding from events, gifts and sponsorships. This is why we ask our community to support the Annual Fund each year.

In the next several weeks, you may receive a letter, note, email or call asking for your support of the Annual Fund. Please give what you are able so we may provide all the wonderful things that enrich your children's education. When you give, your generosity will be recognized as a leaf on a *Giving Tree* in the lobby. Each class will be represented by its own leaf color. Watch our tree bloom, from the roots to the canopy, as our Annual Fund grows!

The Development Committee would like to thank the following individuals for their support and generosity:

Kimberton Whole Foods, Inc.

MaryBeth Healy

Colin and Christine Aherne

Alfred Bader

Allen M. Solomon and Syril S. Solomon

David and Kira Willey

Stephanie Spencer

Judith B. Huey

Craig Keemer and Geri Huey

Noah and Joy Jarrett

Kamran Ozair and Saba Siddiqui

Joshua and Felicia Holtz

Kristian Summerer and Lorissa Lock

Ron and Sharon Ferguson

Edward and Lisa George

Thomas Rush and Jennifer Saltmarsh

Chuck and Judy Cohen

Sally Rich Designs

Cindy Eberts

Gene Fox and Joan Yax-Fox

Richard and Patricia Kroth

Melanie Niemczura

Larry and Betsy Willey

## From the Community

### Salsa & Merengue Classes

"As easy as one step forward and one back"

May 18 6:00 to 8:00 PM & May 25 6:00 to 8:00PM

This is an introductory class to Salsa and Merengue where we will give you the tools to be able to launch yourself on the dance floor and explore the basics. We want it to be more like a get together to learn something new type of experience rather than a strict "one, two, and three" type of class. And we will bring some Latino treats.

No Fancy moves... Well... One or two fancy moves...  
No special clothing required. Come alone or with a partner.

- Let's talk about Salsa
- Just follow the rhythm
- Let's get in touch with our hips... Yea they exist!
- Finding out we have two feet!!!
- Face your partner
- Let's dance!!!

### Milford Public Library to Celebrate International Tabletop Game Day

In celebration of International Tabletop Day, the Milford Public Library will be hosting a morning of board game playing from 10 am to 1 pm on Saturday April 29, 2017. Easy-to-learn games will be provided such as Ticket to Ride, Dixit, Tsuro, and Apples to Apples, Jr., as well as classics Chess, Sorry, and Spot It. The games are geared for ages 8 – Adult, but younger children are highly encouraged to attend provided they bring their own age appropriate games. Attendees are also encouraged to bring games as well. For more information, contact the Milford Public Library at 908.995.4072. The library is located at 40 Frenchtown Road, in Milford, approximately five minutes from the school.

### Happenings at Yoga Loka

#### We are moving!

Yoga Loka is moving to 23 Race Street in the heart of Frenchtown. Classes will begin operating at the new location starting Monday, 4/24. An opening reception and open house is being planned for Memorial Day weekend. (Please check the website for details).

A special for new students will be offered from opening day until the open house. If you have never attended classes at Yoga Loka before you can purchase a class block for 10% less than listed prices. If you come in with a friend to purchase, each of you can take an additional 5% off your block.

With the new first floor location Yoga Loka will be offering more classes for people with limitations such as chair yoga and therapeutic yoga. Also watch for the opportunity to purchase yoga related items at the yoga boutique.

Yoga Loka has been offering yoga classes in Frenchtown since 1999.

#### Free Introduction to Yoga Class

Interested in Yoga but don't know how to start? Begin with this free introduction class! Bring your bodies, just as they are, your curiosity and a bottle of water. Wear comfortable clothing. We have everything else you need.

Sunday 5/7 and Sunday 6/4, 1:00-2:00 pm, no charge! Bring a friend!

#### Other events at Yoga Loka:

Yin Yoga with Sally Saenz - Sunday May 21<sup>st</sup>, 3:00-5:00 pm

Stress Management Series with TRE (Tension and Trauma Reducing Exercises) will be held on Thursday evenings, 6:00-6:45 pm with Bonnie on 5/11, 18 and 25th.

Facebook: <https://www.facebook.com/YogaLokaNJ/> Website: <http://www.yoga-loka.com/>

### THAT – The Hunterdon Art Tour

First annual self-guided tour of Hunterdon County Artists' Studios!

Saturday, May 6<sup>th</sup> & Sunday, May 7<sup>th</sup> 10 am- 6 pm

Benefit Exhibition and Party Friday, May 5<sup>th</sup> 7-9 pm at the Hunterdon Art Museum

For more information, maps, etc. go to: [www.thehunterdonarttour.com](http://www.thehunterdonarttour.com)

## Classes at Dig Yoga

Kundalini Yoga

This series will meet for six Thursday evenings from 6:15-7:30PM (through May 25).

Also coming up:

Gendai Reiki Level 3 Master Practitioner

Friday, June 8 from 3PM - 9PM dinner included

Saturday, June 9 from 9AM - 1PM plus optional 7-9AM yoga and breakfast, optional 1-2:30 fire ceremony and lunch

Sunday, June 10 OPTION for two hour Reiki practice session to be scheduled with participants.

Memorial Day Weekend

Friday eve, May 26 Kundalini Yoga at DIG 6:30-8PM

Yoga for Recovery - Memorial Day Weekend - TBA

Grounded Kids Yoga Teacher Training Step 1 at Calm Waters, Robbinsville PA May 5-7

Grounded Kids Yoga Teacher Training Step 1 at Dig Yoga, Lambertville, NJ July 7-9

Dig Yoga, 202 N. Union, Lambertville, NJ. For more information contact Felicia Holtz, [felicialom@gmail.com](mailto:felicialom@gmail.com)

## Easton Farmer's Market – Kids' Market this Summer

Who can apply? Kids ages 5-12 with an adult chaperone.

When will it take place? 10am -12 noon in Centre Square at EFM

What can I sell? Anything handmade or grown by you!

Due to health department restrictions, homemade food/drinks and certain agricultural products (honey, eggs) are not allowed, but plants, cut flowers, vegetables that you've grown, and crafts made by you are all allowed.

DEADLINE TO SUBMIT - May 1, 2017

Application and more information are attached to the Current.

## Student Pottery Sale at Kissimmee River Pottery

Great Pottery - Great Prices!!!

Saturday and Sunday, May 6th & 7th, 10 am - 5 pm

Don't miss a chance to shop for unique and beautiful handmade pottery. Just in time for Mother's Day.

Upcoming Events –

Pottery Classes for Adults - Registration for the Summer 1 session opens April 24th. Sign up online and come join the fun!!

Summer Pottery Camp for Kids. Registration is now open. Camp Dates are, July 24-28. Glaze Day, August 14th

Kissimmee River Pottery | 908-237-0671

[riverpots@earthlink.net](mailto:riverpots@earthlink.net) | <http://www.riverpots.com>

## Fresh Connect Bucks County – Mobile Farmer's Market

Fresh Produce at NO COST. Two pick-up locations in Bucks County, same time and place RAIN or SHINE

Pick-up Time and Place:

Every Friday in Bristol, beginning April 21 at 12pm

Bristol Campus of Bucks Co. Comm. College

1304 Veterans Hwy, Bristol, PA 19007

Every Thursday in Ottsville, beginning May 18 at 11am

Intersection of 611 & 412

Ottsville, PA 18942

For more info visit [BCOC.org](http://BCOC.org) or call 215.345.8175

## Rummage and Bake Sale

Thursday and Friday, May 4 & 5 9 am–8 pm and Saturday, May 6 Bag Sale All Day – 9 am–4pm

Sponsored by St Luke's U.C.C. in Ottsville, located at building at the intersection of Routes 412 & 611.

Donations are welcome. Drop items off at the building at the intersection of Routes 412 & 611 from April 4-30. Any other days, drop off items on the porch at the schoolhouse of St. Luke's U.C.C. Church on Durham Road in Ottsville.

Clothing, jewelry, books, housewares, plants, toys, and small furniture. No computers, TV's Cribs or Car Seats accepted. For more information call: 484-357-5274 or 215-479-2724.

### **Pasta Luncheon at Quakertown, NJ Friends Meeting**

Sixth Grader Lydia George, as part of her Community Service Project, is organizing a Pasta Luncheon with Quakertown (NJ) Friends Meeting in support of the Camper Aid Fund at Camp Onas on May 7, 2017 at 11:30AM.

Camp Onas is a Quaker overnight camp located in Ottsville, PA. Rooted in the Quaker values of simplicity, peace, equality and community, Camp Onas is a place where all kids can take part and feel at home. Many kids want to go to summer camp but sometimes the cost is too great for some families. Join the Quakertown Quakers for this event and help send kids to camp. This event is open to the public with a free will offering. Camp alumni, future campers and their families are highly encouraged to attend!

The meetinghouse is located at 290 White Bridge Road (at the intersection of Route 579) in Quakertown, New Jersey. The pasta luncheon is wheelchair accessible. For more information and to RSVP, call 908-735-0353 or visit the Facebook page: <http://on.fb.me/1Rk4rl9>

#### **ABOUT THE MEETING**

The Quakertown Friends Meeting, founded in 1729, is a faith community welcoming all ages, religious backgrounds, races, education, sexual orientations, gender identities, and classes. Meeting for Worship is held every Sunday at 10:30 AM. All are welcome. 908-735-0353

<http://www.pym.org/meetings/meeting/quakertown-friends-meeting/>

### **More Items for Sale**

On the occasion of our move to Europe, the next items we would like to sell are:

- A complete set of Stokke baby stroller in great condition
- Kid bikes (0-5 years)
- Christmas tree (used only once): Holiday Living 7.5 ft Pre-Lit Englewood Pine Tree
- House gates for babies
- A complete indoor wooden Play set (Cedarworks)
- A Samsung Bx2235 22" Led Monitor 1920x1080 Dvi Scratch And Dent (in excellent condition)

Interested? Please contact Piergiorgio, Oscar's dad (Moon Room) at 646 830 9250 or [pgv.pier@gmail.com](mailto:pgv.pier@gmail.com)

### **Rieglesville Public Library**

#### **GSK Science in the Summer – Free Summer Program for Kids**

June 26 & 27 – Level 1 (Grades 2 & 3) 10:00 – 12:15, Level 2 (Grades 4-6) 1:00 – 3:15

Science of Sports – Students explore the science behind their favorite sports through fun, hands-on activities. They'll discover why athletes need to stay physically fit, mentally fit and properly equipped. Students will also learn about the teams of professionals who use science to help athletes improve their performance. They'll experiment with sports equipment materials and health drink recipes just like real engineers.

Visit [www.scienceinthesummer.com](http://www.scienceinthesummer.com) for details and registration

#### **\*\* VOLUNTEERS NEEDED \*\***

Volunteers must meet the following criteria: Be a student entering grades 8-12, be less than 18 years old, complete a GSK Science in the Summer volunteer form signed by a legal guardian, wear close-toed shoes for the duration of volunteer hours. Anyone interested in volunteering should speak to a librarian to obtain a copy of the volunteer form. Forms must be returned to the Library by Thursday, June 8<sup>th</sup>.

### **Childcare Help Needed**

We are looking for extra hands to help with our littles (ages 1.5 & 3.5). Our home is located in Perkasio (about 20 minutes from RVWS). We are hoping to find someone who can help us as our schedule transitions and mom is out of the house 2 days a week starting in the Fall. Hours would be 15 - 20 hours per week, 2 days per week. Monday: 5:30A - 1:30P; Friday 7A- 4P.

Support would include: preparing meals and snacks, helping with diapering and toilet-ing, assisting with dressing, overseeing safety during play (preferably outdoors) and transitioning to naps. \*This person DOES NOT have to drive our children - we have plenty within walking distance\*

If possible, this person could also assist with on call hours (mom is a birth doula), able to assist with potentially little notice. If you or anyone you know would be interested in helping, please have them email me at: [bkvolpe@hotmail.com](mailto:bkvolpe@hotmail.com).

3<sup>rd</sup> Grade Visit to Tinicum CSA  
The children were treated to a tour of the farm and happily got their hands dirty helping the farmers plant potatoes.



From Inc.com

## Kids Who Do Chores Are More Successful Adults

When your kids balk, science is on your side.

By Bill Murphy Jr.

Want your kids to grow up to be successful? Make them do chores. When they balk (and trust me: they will probably balk), you can tell them that scientific research supports you.

It sounds great, and it's true--but there is a catch. (We'll get to that in a minute.) For now, the science.

In the Harvard Grant Study, the longest running longitudinal study in history, (spanning 75 years and counting--from 1938 to the present), researchers identified two things that people need in order to be happy and successful:

The first? Love.

The second? Work ethic.

And what's the best way to develop work ethic in young people? Based on the experiences of the 724 high-achievers who were part of the study (including people like future-President Kennedy and Ben Bradlee, the Watergate-era editor of The Washington Post) there's a consensus.

A "pitch-in" mindset

"[The study] found that professional success in life, which is what we want for our kids ... comes from having done chores as a kid," says Julie Lythcott-Haims, in her 20XX TED talk.

(Lythcott-Haims is the author of *How to Raise an Adult*, and the former dean of freshman at Stanford University. You can read more about her advice in my free-ebook, *How to Raise Successful Kids*.)

"The earlier you started, the better," Lythcott-Haims continued. (You can see her whole TED talk here.) "[A] roll-up-your-sleeves- and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me ... that that's what gets you ahead in the workplace."

The catch

Okay, here's the drawback. It's that having your kids do chores doesn't necessarily wind up being less work for you as a parent. My colleague Valerie Williams at Scary Mommy recently put it succinctly and memorably:

"That's cool, research lady. It really does make sense. But do you have any idea how much [stuff] we already have to beg our kids to do any given day?"

I called today a victory because both of my kids brushed their teeth the first time I asked and haven't killed each other yet on this, the fifth day of their week off from school. If I asked them to do chores, they'd listen, but they'd whine. And they'd do a shoddy job. Ain't no momma got time for that noise. ... Have you seen the results when a child sweeps the floor?"

Yes, it's tougher than it seems at first glance. But--and here's an analogy I'll probably never get to make again--it reminds me of my days writing about military counterinsurgency and the U.S. occupation of Iraq.

Sometimes, even if you could do a job perfectly, you have to let someone else do it just-barely-passably, if you want the other person learn from the experience. It's the same principle whether we're talking about U.S. soldiers training the Iraqi Army, or parents letting their kids empty the dishwasher.

Because, as Lythcott-Haims told Tech Insider: "By making them do chores -- taking out the garbage, doing their own laundry -- they realize I have to do the work of life in order to be part of life. It's not just about me and what I need in this moment."



From NPR

## For The Children's Sake, Put Down That Smartphone

Heard on Morning Edition

Patricia Neighmond

It's not just kids who are overdoing screen time. Parents are often just as guilty of spending too much time checking smartphones and e-mail — and the consequences for their children can be troubling.

Dr. Jenny Radesky is a pediatrician specializing in child development. When she worked at a clinic in a high-tech savvy Seattle neighborhood, Radesky started noticing how often parents ignored their kids in favor of a mobile device. She remembers a mother placing her phone in the stroller between herself and the baby. "The baby was making faces and smiling at the mom," Radesky says, "and the mom wasn't picking up any of it; she was just watching a YouTube video."

Radesky was so concerned she decided to study the behavior. After relocating to Boston Medical Center, she and two other researchers spent one summer observing 55 different groups of parents and young children eating at fast food restaurants. Many of the caregivers pulled out a mobile device right away, she says. "They looked at it, scrolled on it and typed for most of the meal, only putting it down intermittently."

This was not a scientific study, Radesky is quick to point out. It was more like anthropological observation, complete with detailed field notes. Forty of the 55 parents used a mobile device during the meal, and many, she says, were more absorbed in the device than in the kids.

Radesky says that's a big mistake, because face-to-face interactions are the primary way children learn. "They learn language, they learn about their own emotions, they learn how to regulate them," she says. "They learn by watching us how to have a conversation, how to read other people's facial expressions. And if that's not happening, children are missing out on important development milestones."

And, perhaps not surprisingly, when Radesky looked at the patterns in what she and the other researchers observed, she found that kids with parents who were most absorbed in their devices were more likely to act out, in an effort to get their parents' attention. She recalls one group of three boys and their father: The father was on his cellphone, and the boys were singing a song repetitively and acting silly. When the boys got too loud, the father looked up from his phone and shouted at them to stop. But that only made the boys sing louder and act sillier.

Psychologist Catherine Steiner-Adair wrote a book about parenting, called *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. She sees lots of parents, teens and younger kids in her clinical practice in Massachusetts. The father's reaction to his three silly boys might be expected, she says, because "when you're texting or answering email, the part of your brain that is engaged is the 'to do' part, where there's also a sense of urgency to get the task accomplished, a sense of time pressure. So we're much more irritable when interrupted."

And when parents focus on their digital world first — ahead of their children — there can be deep emotional consequences for the child, Steiner-Adair says. "We are behaving in ways that certainly tell children they don't matter, they're not interesting to us, they're not as compelling as anybody, anything, any ping that may interrupt our time with them," she says.

In research for her book, Steiner-Adair interviewed 1,000 children between the ages of 4 and 18, asking them about their parents' use of mobile devices. The language that came up over and over and over again, she says, was "sad, mad, angry and lonely." One 4-year-old called his dad's smartphone a "stupid phone." Others recalled joyfully throwing their parent's phone into the toilet, putting it in the oven or hiding it. There was one girl who said, "I feel like I'm just boring. I'm boring my dad because he will take any text, any call, anytime — even on the ski lift!"

Steiner-Adair says we don't know exactly how much these mini moments of disconnect between a parent and child affect the child in the long term. But based on the stories she hears, she suggests that parents think twice before picking up a mobile device when they're with their kids.