



The River Valley Current

September 16, 2014 No. 386

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."
— Nathaniel Hawthorne

School Calendar

This Week

Wednesday, Sept 17	
Board Meeting	6:30 pm
Thursday, Sept 18	
School Tour	9:00 am
Back-to-School Night	5:30 pm

Looking Ahead

Thursday, Sept 25	
No School – Rosh Hashanah	
Friday, Sept 26	
4 th grade to Hawk Mountain	
Saturday, Sept 27	
20 th Anniversary Celebration	11:30 am-3:00 pm
Monday, Sept 29	
Michaelmas In-school Celebration	
Tuesday, Sept 30	
Michaelmas In-school Celebration at Morning Glory	
Friday, Oct 10	
Middle School Study Group	7-8:30 pm
Monday, Oct 13	
No School – Columbus Day	

How to Contact Us

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

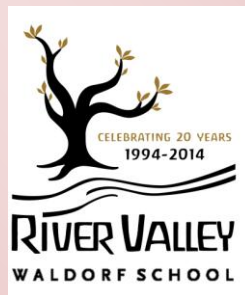
Back to School Night Fun!

Thursday, September 18th, 5:30 pm

**Potluck with your fellow parents!
Information you won't want to miss!**

Meet the Teachers, Board, Admin and various committee members. Come hear what the school may look like in 5 years from the Strategic Planning Committee. Learn about various volunteer opportunities like the Lunch Bunch.

5:30-6:00 arrival and potluck
 6:00-6:15 introductions of Faculty and Admin.
 6:15-7:00 Strategic Planning Committee presentation and PC presentations
 7:00-7:45 take a tour through the grades. Short Faculty presentations of curriculum through the grades.



**RIVER VALLEY WALDORF SCHOOL
20th ANNIVERSARY CELEBRATION
SATURDAY SEPTEMBER 27,
11:30 am – 3:00 pm**

Join us for the River Valley Waldorf School 20th Anniversary Celebration. Our school community will gather to honor this milestone, share a potluck picnic lunch and enjoy presentations from school leadership, faculty and our students.

What to bring?
 -Potluck dish to share
 -Plates/utensils/drinks/napkins and a picnic blanket for your family
 -Your singing voice and your laughter

Please come and share this very special day with us.
After all, we only turn 20 once!

RAIN DATE SUNDAY the 28th

From the Editor

If you have something you would like to submit to the Current, please email it to: info@rivervalleyschool.org. The deadline is Monday at 5 pm for the next day.

After-School Program

The After-school Program with Josh Laker will begin in October. Keep checking the Current for full details.

From Administration

Welcome Friends!

It is always great to see so many new faces in the hallways at the start of the school year! Everyone's complete contact information will be included in our new directory, out shortly!!

Join us in a warm RVWS welcome for the following students/families:

Maggie(G3) & Kyle Arnold (G1) – Welcome back Arnolds – we've missed you! Phil & Rebecca Arnold rharnold13@yahoo.com

Barrie Ashby (G3) Hollis Ashby, hollisrashby@yahoo.com Easton, PA

Ora Avila (Morning Glory) Allegra & Nawi Avila allegralavila@gmail.com Doylestown, PA

Loie Gallagher (G2) Christine Bodwitch & Scott Gallagher cbodwitch@gmail.com address TBD
Jeweleon Gawronski (Star Room) Jacqueline

Gawronski jgawr138@live.kutztown.edu Kutztown, PA
Adelaide Gustavson (Star Room) Erika & Peter Gustavson eagustavson@gmail.com Pennsburg, PA
Sofia Henwood (Moon Room) Dayana & Thomas Henwood Dayana@dayanahenwood.com

Plumsteadville, PA

Maia (G3) & Laila Jarrett (Moon Room) Joy & Noah Jarrett joy.jarrett@hotmail.com Buckingham, PA
Ridge Lederer (Star Room)sibling of Zane (4) & Annika (G1)

Oliver MacDonald (Star Room) Molly & David MacDonald mollyandollie@gmail.com Ottsville, PA
Eleanor Markowitz (Moon Room) sibling of Sarah(G6), Davion(G3), Zyair(G2), and Alannah(G1) Julie Smith & Jesse Markowitz house@jesseandjulie.com Easton, PA
Colin McLaughlin (Morning Glory) Lauren Ercole & Tim McLaughlin laurenercole@gmail.com New Britain, PA

Alexa Nichols (G1) Erica & JR Nichols ericakellyr@yahoo.com Asbury, NJ
Maybelle Sheldon (Star Room) Carrie Nordlund & Ike Sheldon nordlund@ptd.net Kutztown, PA
Sadie Shubert (Star Room) Melody Birdsong & Eric Shubert mbirdsong1975@yahoo.com Danielsville, PA
Carys Smith (Star Room)sibling of Dylan (G5), Julia (2014), St.John (2012)

Eden Stuart (G2) Jane & Tony Stuart janehaddadslp@yahoo.com Kintnersville, PA
Sienna Teufel (Morning Glory) sibling of Ashton (Morning Glory)

Isaiah Tousignant (Moon Room) Sara Fishkin & Matthew Tousignant sarajoyfishkin@gmail.com Stockton, NJ
Georgia Tynan (G2) sibling of Logan (G3)

Van Driver Course

Anyone who would like to drive the school vans but has not taken the defensive driving course should contact James. This includes parents and teachers. You may email him at: james@adminsvice.com

Free to Anyone

The fourth grade is offering our excess building materials for free to a good home if you can pick them up by the end of this week: cedar shingles (new), sand, stone (under blue tarp), partial bag of mortar brick scraps. Please contact Annie Porter or Tom Bell if you are interested. All will be removed next weekend.

Free Boots

An anonymous former River Valley parent dropped off three practically new pairs of rubber galoshes for anyone who can use them. One pair is size 5 and two are size 6. Stop in the office if you are interested.

SHOP AT GIANT FOOD STORE?

There's a really easy way to raise funds for RVWS, every time you shop at Giant and use your Giant member card. Just register your member card on their website. Here is the link:

<http://www.giantfoodstores.com/aplus/>
Our school ID number is: 06546

If you registered last year you do not have to re-register this year.

This is an easy way to earn money for RVWS without any cost to you, so please register right away!

Box Tops for Education

We collect Box Tops for Education to benefit our school. You will find "Box Tops" on many of the products you use. Each box top is worth at least ten cents. Participating companies include: General Mills, Cascadian Farms, Pillsbury, Yoplait, Betty Crocker, Huggies, Cottonelle, Kotex, Pepend, Ziploc, Hefty, Kleenex, Scott, Viva, Saran and more. Look for specially marked boxes and drop-off the box tops in the basket in the lobby. If you don't use these products, perhaps a relative or friend does. Thank you for your support.

Thank You

Thank you, Elena Valta, for taking on the daunting task of ordering our books and materials for Act 195 through the PA Department of Education website. Your perseverance is most appreciated.

Thank you to Nerice Kendter for stopping by the office with willing hands and a few minutes to spare!

Thank you, Rebecca DiCandia, for generously taking on Current duties again this year. We are grateful for your help.

Thank you to all of the 8th grade parents and Ed George for all of the great work you did around the school weeding and clearing out the brush. The grounds look so much better!

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Farming

Fourth Grade: Language Arts/Norse Mythology

Fifth Grade: Ancient Civilizations

Sixth Grade: Physics

Seventh Grade: Middle Ages

Eighth Grade: History

From the Leadership Council

As promised last week, these are the LC goals for the coming year. We thought everyone would like to see them as an example of where we are headed.

- 1.) Commit to greater transparency between the LC and the broader community by posting in the Current, topics of discussion and creating LC open hours for the community at the LC meeting on Friday afternoons from 3:30 to 4:00 pm.
- 2.) Give more thought to the way announcements are being made so that the community feels that they have time to digest the information and give input. It is our desire to work on supporting everyone to feel that they are a valued member of the community.
- 3.) Improve our regular reporting to Faculty. An on-going question will be, when do we move forward on the recommendations of other bodies of the school and when do we bring it into a larger discussion with the faculty.
- 4.) Clarify with the Board and the Faculty our process of collaborative decision making so that the community holds a greater understanding of how the LC and the TDC function.
- 5.) Identify HR consultant as resource for potential personnel issues .
- 6.) Find creative ways to engage with Parent Council.
- 7.) Complete our 2014-15 self-eval by May 15th.

From the Community

Kimberton 5K/10K Trail Run

Sunday, Oct. 12th, 2014

Tired of running on the roads? Come run with us in the woods along the beautiful French Creek!

The Kimberton Waldorf School is looking for fellow 'Waldorf' Teams to compete in the 5k/10k Trail Run this year ... please wear your 'Waldorf' school colors and try to beat KWS if you can!! You can sign-up individually or with a team. Additionally, we are hosting an incredible Health & Wellness Expo with free breakfast, free post race massages and acupuncture, and freshly made 'smoothies'!!

Please support & enjoy our exciting "Fundraiser"!! We are expecting at least 300+ participants ... let's show the local communities how 'Waldorf' schools support each other!!

For Sale - Soft Star Slippers

Great for indoor shoes, approx. size 4-5 child. Brown Never worn, best offer. Lynn 267-784-2152

Rummage and Bake Sale

St. Luke's U.C.C., Durham Road, Ottsville, PA

Thursday and Friday, October 2 & 3, 10 am-8 pm,

Saturday, October 4 Bag Sale All Day 9 am – 4 pm.

Donated Items Welcome! Drop items off at the building at the intersection of Routes 412 & 611 from September 22-27. Any other days, drop off items on porch at schoolhouse of St. Luke's Church on Durham Road. Clothing, Jewelry, Books, Housewares, Plants, Toys, & Small Furniture. No Computers or TVs accepted.

For more information call: 610-847-5013 or 484-357-5274.

Cub Scouts

Anyone interested in Cub Scouts, please join us for our Welcome Back Night at Durham Nockamixon Elementary School Sept 17, 2014 from 7-8. We meet each Wednesday, Grades Kindergarten through 5th grades. Any questions, please call Lynn Freeman 267-784-2152. Gabe hopes to see some of his RVWS buddies there!

Cambridge Baby

What's afoot this Autumn?

Clothe Kindergarten children in natural wool for their well-being - wool's ability to regulate the body's temperature means children are equally comfortable listening to a story or running around in the woods. We believe boiled wool slippers are the very best for children. Boiled wool is sturdy yet flexible, allowing the foot to expand and contract in comfort. Boiled wool is naturally breathable, anti-bacterial and dirt-resistant too! We also have Merino wool vests, leggings and coats, wool socks wool tights, and wool hats to keep children warm on wonderful chilly days.

Go to: www.cambridgebaby.co.uk/catalog/ for more information and to place an order.

Yoga Loka

Retreat Weekend with Bonnie at Mount Eden in Washington NJ

October 10 -12. Full weekend and daytime rates are discounted until 9/10.

If you have ever asked yourself "how can I achieve higher consciousness?" the answer can be found in the chapter of the Yoga Sutras called Sadhana Pada. This second of four chapters in The Yoga Sutras by Patanjali has many suggestions for the student pursuing liberation. During this retreat we will investigate these suggestions, the yamas and niyamas, the Ashtanga 8-fold path, and including the use of asana, pranayama, and kumbaka.

We will explore effort and steadfastness through asana, self-inquiry through meditation and discussion, and surrender through chanting and ritual practice. These elements are paramount, according to Patanjali as well as ancient and contemporary followers of yoga. How we can direct these practices in the most beneficial way is a worthy inquiry that will inevitably lead to higher consciousness.

For more information and to register see our website at www.Yoga-Loka.com

Handcrafted Classroom Shoes from Soft Star Shoes

15% Discount for Waldorf Families and Teachers
We are offering Waldorf schools a special discount for Soft Star classroom shoes through the end of September. Use the special discount code: Waldorf2014 when purchasing on line to save 15% on classroom shoes at www.softstarshoes.com, or call us (toll free) at 866-763-2525. Good for 15% off now through September on classroom moccasins and rambles

About Soft Star

Soft Star Shoes has been handcrafted by our family business for 29 years. Our soft, durable classroom shoes stay on securely while providing comfort, protection and "barefoot-like" mobility. Children can design their own colors and motifs, too! If you have any questions, please give us a ring—we'd love to hear from you!

On the Road Again!

The Bowers family continues our school orbit. In case you're following our story, on each step of our ongoing journey we've been very fortunate to find some wonderful living spaces to rent and caretake and, perhaps most rewarding, some beautiful heart-full people and sustaining friendships. Tara Bowers and Alice Bowers (First grade) are currently looking for a rental or/and home caretaking opportunity as close to RVWS as possible. We would love to hear if you know of any! Thank you for sharing our story.
bowersbetara@gmail.com 908-674-2772

Hobson Family in need of Housing

Possibility by Oct. 1st for Pamela and her 3 daughters. Oldest is in college so just need 2-3 bedrooms. Ideal would be a house with possible studio where Pamela can do sound healing/ massage therapy. Palisades School District. Close to Waldorf. Shared Housing with another Waldorf Family/Single Mother would be a welcomed opportunity if it were a good fit. Non Smoking/ Health Conscious/ Organized/ Clean and tidy! I AM a Highly Sensitive/ Light worker / Intravert so Ideal would be also very sensitive. Contact Pamela 609-792-8225.

House Available

A house for rent in Holland Township!!! It will be available on November 1st, 2014. Walkable to Riegelsville, Pa and ez walking River access. This house has 3 bedrooms, 2 downstairs, and one very large bedroom/finished attic upstairs, one full bathroom with a bathtub, Living Room, Kitchen, Dining room, Office, dry and totally usable very large basement (with a washer and dryer for your use), a sweet sun room, 2 car garage with an attached workshop, fenced in vegetable garden, private fenced in backyard, driveway. It has an electric Hot water heater, and oil heat for the winter months - wood floors and high ceilings. Service Electric has its Transfer Station across the road and a little bit north, so the internet is amazing. I would prefer no pets, but am open to talking about it. There is a school bus stop a simple walk to the corner for Holland Township Elementary School and Del Val High School. Also, there is absolutley NO SMOKING anywhere in the house. Shown by appointment only. \$1400.00 a month + utilities.

To see a picture of the house go to:

<http://newjersey.craigslist.org/apa/4651765941.html>

For Sale

2006 Nissan Altima 2.5S, 174,573 miles, 36 mpg, AC, Power windows, CD Player/ Stereo, Manual Transmission (stick shift). Black, sporty. Runs Great! Currently at Tom's Garage in Milford where it has just had \$1,500.00 worth of up to date repairs. Asking \$ 4,250.00. Call Pamela Hobson 609-792-8225.

Ottsville Traditional Arts Center

Cello Lessons at OTAC

While Daniel Hawkins is ensconced in an academic Masters program in St. John's, New Foundland, he has secured the cello program by collaborating with another amazing cellist.

Daniel will continue his vision of OTAC through continued virtual interaction of the lessons, jams, events, dances, workshops and personal appearances!

Mirjam Ingolfsson... was hailed as "a young poet of the cello". Born in Reykjavik, Iceland to a family of musicians and artists. Mirjam Ingolfsson started the cello at the age of four and began touring Europe and the United States at age seven. She is an artist with her own distinct musical voice who has established herself as an important performer and pedagogue in the Philadelphia region. As a dedicated teacher, Mirjam Ingolfsson co-founded The Leopold Mozart Academy in 2001, where she teaches cello, Music Theory and Solfeggio. Her Masters degree in Music includes graduate work at the Cleveland Institute of Music and Temple University. She is a winner of top prizes in numerous competitions such as the ASTA Pennsylvania State Competition and the Graham Stahl Cello Competition. She has participated in the Piatigorsky Seminar in Los Angeles and festivals such as the Bach Festival of Philadelphia, the Schleswig Holstein Festival in Germany and the Jeunesse Musicales Festival in Switzerland. Her major teachers include Orlando Cole, Alan Harris, Jeffrey Solow and Nathaniel Rosen.

For lesson information contact mirjam.ingolfsson@gmail.com.

Monday September 15

Afternoon Lessons with Jane Rothfield

Fiddle, Guitar, Banjo beginners and advanced students welcome. For lesson information contact janerothfield@gmail.com

Wednesday Jams / Song swaps 6:00-8:00

Please join the Jam! All levels welcome. Bring strings, pipes, squeezebox whatever you got!

Community potluck, tunes and songs. \$5 suggested donation. ottsvilletradarts.weebly.com for song and tunes selections.

OTAC AUTUMN EVENTS!!!

Friday September 19th 7:30 - 9:30pm

Swing and Sway Dance / Workshop with our wonderful Mostly Waltz instructors Peggy Leiby and Ret Turner. Great for all ages!! \$12 adults, \$8 kids under 12

Saturday September 27th 1 - 4:30pm

Workshop and Jam with Donna Hébert and Max Cohen, \$15 adults \$10 kids under 12. To registration contact danielhhawkins.com

Check out our Ottsville Tradarts Calendar of events: ottsvilletradarts.weebly.com, danielhhawkins.com
OTAC 250 Durham Road, Ottsville, across from Kimberton Whole Foods

PALISADES HIGH SCHOOL FITNESS CENTER

OPEN IN THE EVENINGS FOR COMMUNITY USE BEGINNING MONDAY, SEPTEMBER 15TH!

Once again this year, we will be opening the Fitness Center at the high school - enter from the doors on the Route 412 side during the week and in the back of the building on Saturdays. The Fitness Center is open Monday through Thursday, from 6 to 8:30PM and on Saturdays from 9AM until noon. The fee is minimal for the community - \$100 for the entire school year; \$15/month or \$3/visit. An attendant is stationed in the Fitness Center during those hours. The Center is closed when there is no school for students. Please go to the Fitness Center page on this site for more information. Make a commitment to stay healthy this year!

Adult Volleyball

Beginning on 9/23

Tuesday and Thursday Evenings, 7:30-9:30PM, Palisades Middle School. All are Welcome to Walk in! \$5/night to play Any Skill Level - Great Fun!

From the New York Times

Steve Jobs Was a Low-Tech Parent

By [NICK BILTON](#) SEPT. 10, 2014

(Ms. Niemczura did some research and found out that the conversation with Steve Jobs mentioned in this article took place when his children were 12 and 15 years old.)

When [Steve Jobs](#) was running Apple, he was known to call journalists to either pat them on the back for a recent article or, more often than not, explain how they got it wrong. I was on the receiving end of a few [of those calls](#). But nothing shocked me more than something Mr. Jobs said to me in late 2010 after he had finished chewing me out for something I had written about an iPad shortcoming.

"So, your kids must love the iPad?" I asked Mr. Jobs, trying to change the subject. The company's first tablet was just hitting the shelves. "They haven't used it," he told me. "We limit how much technology our kids use at home."

I'm sure I responded with a gasp and dumbfounded silence. I had imagined the Jobs's household was like a nerd's paradise: that the walls were giant touch screens, the dining table was made from tiles of iPads and that iPods were handed out to guests like chocolates on a pillow.

Nope, Mr. Jobs told me, not even close.

Since then, I've met a number of technology chief executives and venture capitalists who say similar things: they strictly limit their children's screen time, often banning all gadgets on school nights, and allocating ascetic time limits on weekends.

I was perplexed by this parenting style. After all, most parents seem to take the opposite approach, letting their children bathe in the glow of tablets, smartphones and computers, day and night.

Yet these tech C.E.O.'s seem to know something that the rest of us don't.

Chris Anderson, the former editor of Wired and now chief executive of 3D Robotics, a drone maker, has instituted time limits and parental controls on every device in his home. "My kids accuse me and my wife of being fascists and overly concerned about tech, and they say that none of their friends have the same rules," he said of his five children, 6 to 17. "That's because we have seen the dangers of technology firsthand. I've seen it in myself, I don't want to see that happen to my kids."

The [dangers](#) he is referring to include exposure to [harmful content](#) like pornography, [bullying from other kids](#), and perhaps worse of all, becoming addicted to their devices, just like their parents.

Alex Constantinople, the chief executive of the OutCast Agency, a tech-focused communications and marketing firm, said her youngest son, who is 5, is never allowed to use gadgets during the week, and her older children, 10 to 13, are allowed only 30 minutes a day on school nights.

[Evan Williams](#), a founder of Blogger, Twitter and Medium, and his wife, Sara Williams, said that in lieu of iPads, their two young boys have hundreds of books (yes, physical ones) that they can pick up and read anytime.

So how do tech moms and dads determine the proper boundary for their children? In general, it is set by age.

Children under 10 seem to be most susceptible to becoming addicted, so these parents draw the line at not allowing any gadgets during the week. On weekends, there are limits of 30 minutes to two hours on iPad and smartphone use. And 10- to 14-year-olds are allowed to use computers on school nights, but only for homework.

"We have a strict no screen time during the week rule for our kids," said Lesley Gold, founder and chief executive of the SutherlandGold Group, a tech media relations and analytics company. "But you have to make allowances as they get older and need a computer for school."

Some parents also forbid teenagers from using social networks, except for services like Snapchat, [which deletes messages](#) after they have been sent. This way they don't have to worry about saying something online that will haunt them later in life, one executive told me.

Although some non-tech parents I know give smartphones to children as young as 8, many who work in tech wait until their child is 14. While these teenagers can make calls and text, they are not given a data plan until 16. But there is one rule that is universal among the tech parents I polled.

"This is rule No. 1: There are no screens in the bedroom. Period. Ever," Mr. Anderson said.

While some tech parents assign limits based on time, others are much stricter about what their children are allowed to do with screens.

[Ali Partovi](#), a founder of iLike and adviser to Facebook, Dropbox and Zappos, said there should be a strong distinction between time spent "consuming," like watching YouTube or playing video games, and time spent "creating" on screens.

"Just as I wouldn't dream of limiting how much time a kid can spend with her paintbrushes, or playing her piano, or writing, I think it's absurd to limit her time spent creating computer art, editing video, or computer programming," he said.

Others said that outright bans could backfire and create a digital monster.

[Dick Costolo](#), chief executive of Twitter, told me he and his wife approved of unlimited gadget use as long as their two teenage children were in the living room. They believe that too many time limits could have adverse effects on their children.

"When I was at the University of Michigan, there was this guy who lived in the dorm next to me and he had cases and cases of Coca-Cola and other sodas in his room," Mr. Costolo said. "I later found out that it was because his parents had never let him have soda when he was growing up. If you don't let your kids have some exposure to this stuff, what problems does it cause later?"

I never asked Mr. Jobs what his children did instead of using the gadgets he built, so I reached out to Walter Isaacson, the author of "Steve Jobs," who spent a lot of time at their home.

"Every evening Steve made a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things," he said. "No one ever pulled out an iPad or computer. The kids did not seem addicted at all to devices."