



# River Valley Current

January 12 2016 No. 430

*"To survive, you must tell stories." - Umberto Eco*

## School Calendar

### This Week

**Tuesday, January 12**  
4<sup>th</sup> grade Parent Evening 7:00 pm

**Thursday, January 14**  
School Tour 9-11:30 am  
EC Parent Enrichment Evening 6:30-8:00 pm

### Looking Ahead

**Monday, January 18**  
M.L. King Day In-school Celebration

**Thursday, January 21**  
Board Meeting 6:30 pm

**Saturday, January 23**  
Workday – 4<sup>th</sup> Grade

**Monday, January 25**  
Tea & Play at Morning Glory

**Wednesday, January 27**  
1<sup>st</sup> and 2<sup>nd</sup> grade Parent Evenings 6:30 pm

**Thursday, January 28**  
3<sup>rd</sup> grade Play 9:00 am & 6:00 pm

**Monday, February 1**  
Faculty In-Service - School Closed

**Tuesday, February 2**  
5<sup>th</sup> grade Parent Evening 6:30 pm

**Monday, February 8**  
EC In-Service – NO EC CLASSES

### How to Contact Us

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

## Eurythmy Starts This Week

For the next seven weeks students from kindergarten through eighth grade will have Eurythmy classes with our new teacher, Lisa Meisinger.

Please look inside in "From the Faculty" to learn more about her.

## Family Game Night

Join the 5<sup>th</sup> grade class for an evening of board games on Saturday, January 16<sup>th</sup> from 6pm - 9pm.

Food/Non-Alcoholic beverages provided, \$25 for a family of four (max limit 4 families).

Funds go to the 2016 RVWS Auction.

Contact Lisa George at rasvanj@gmail.com for more info.

## Martin Luther King, Jr. Day

Next Monday, January 18<sup>th</sup>, is Martin Luther King, Jr. Day and our students will be spending the day in service to others. First grade will be finding helpful things to do around the school and cooking soup for one of our families; second grade will be making fleece blankets for the Linus Project; third grade will be beautifying our school building and grounds; fourth grade will be writing pen pal letters to children at the Children's Hospital of Philadelphia; fifth grade will visit Wesley Enhanced Living in Doylestown, performing for the residents and helping them with a crafts project and students in grades 6-8 will once again go to the Easton Community Center to work on service projects with students from other schools in the area.

One of the things they will be doing is making care packages for the homeless and they are requesting donations of the following items to bring with them.

### Donations Needed:

There is a box in the lobby to collect the following items: Toothpaste, toothbrushes, lotion, shaving cream, disposable razors, shampoo, deodorant, soap, Advil, tissue, small packs of pretzels and other snacks.

Keep an eye out in a future Current for photos.

## Parent Council Corner

The next Parent Council meeting will be on Wednesday afternoon January 20<sup>th</sup> at 2:00 at Homestead.

Anyone who has Winter Fair feedback is welcome and encouraged to send it to pc@rivervalleyschool.org. We appreciate any kind of feedback! Please place your comments in the box in the lobby.

## Parent Council Study Group

Biography work is a wonderful way to explore and gain insight into the unique experiences and events that make us who we are. Come join us, Tuesday, January 19<sup>th</sup> @ 6:30 pm to begin to study the phases of development as expressed in Anthroposophy. This will be an invigorating opportunity for self-reflection in addition to learning more about your child's development. We'll be using the book, Why on Earth? The Practice of Human Becoming, by Signe Eklund Schaefer. Photocopies will be available, but we encourage you to obtain a copy of the book.

This will be a recurring event lead by TreeAnne McEnery, RVWS Pedagogical Chair. The group will meet once each month, alternating between the 3<sup>rd</sup> Tuesday at 6:30 & the 3<sup>rd</sup> Wednesday in the afternoon. Registration is helpful, but not required. Contact Tiffany Robinson or TreeAnne with questions, or if you'd like to participate. Watch the Current for notices each month.

We hope to see you on the 19<sup>th</sup>!

## From Administration

### SPRING GARDEN GATE REGISTRATION NOW OPEN

Registration for the Spring Session of our lovely parent-child class is now open! Bring your little one – tell a friend or two! Relax and refresh yourself in a supportive environment with other parents of young children. Bring your parenting joys and dilemmas to share. Quietly observe how your child navigates, what it means to explore playing in a group, perhaps learn a new craft, song or story to bring into your life at home.

Monday's class is held at Morning Glory Preschool in Doylestown, Tuesday through Friday classes are here at RVWS. This session begins the week of February 8th and finishes up the week of June 6th. Garden Gate is not just for mommies! Dads, grandparents or caregivers are welcome to attend with children under 3 ('new' 3's are also welcome). A registration form is attached to this week's Current. You can also find it on our website. Contact Molly MacDonald or Cindy Schretlen in person, by phone or email with any questions ([mmacdonald@rivervalleysschool.org](mailto:mmacdonald@rivervalleysschool.org), [cschretlen@rivervalleysschool.org](mailto:cschretlen@rivervalleysschool.org)).

### Box Tops for Education

We raise money for our school by collecting Box Tops for Education. We earn 10 cents per box top and our goal is to raise \$1000 this year. They can be found on many products that you buy at the grocery store. Please bring in your Box Top coupons and place them in the basket in the lobby. For more information and a list of participating products, the website is: <http://www.boxtops4education.com/>

There is also a program with ShopRite whereby the school can earn eBoxTops. If you have a ShopRite Price Plus card, please register at: <https://www.shopriteformyschool.com/> Every bit helps!

### Mending Help Needed

Several costumes from the Shepherds Play are in need of loving care. They need minor mending, nothing requiring a great deal of skill. If you have the time and the inclination, please let Robbie know.

### Missing Clothes

Tierra Venini (G-3) lost a bag of clothes right before Winter Fair. If you took them home by mistake, please email her mother at: [tinavenini@msn.com](mailto:tinavenini@msn.com).

### Amazon.com and RVWS

Right now, RVWS is part of the Amazon Smile program – you can designate RVWS as your beneficiary of choice.

Tis the season for online holiday shopping...If you shop through Amazon you may designate River Valley Waldorf School to receive .5% from your purchase. There is no extra cost to you on your purchase. Simply place your Amazon orders through Amazon Smile, and designate RVWS as your chosen charity. The site will remember your preference, so you only need to do this once. In order to register for this program, please follow these instructions: Sign in to <http://smile.amazon.com> on your desktop or mobile browser.

From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity.

From your mobile browser, select Change your Charity from the options at the bottom of the page. Type in River Valley Waldorf School and our name should appear for you to select.

We are also in the process of becoming an Amazon Associate – which will mean a much larger percentage of everyone's shopping will be paid to RVWS. That part is a bit more complicated and we are in the process of getting the proper links set up on our website and arranging the necessary routing. Stay tuned for this part!

## From the Faculty

### What the Children are Learning:

First Grade – Math

Second Grade – Language Arts

Third Grade – Drama/Language Arts

Fourth Grade – Math

Fifth Grade – Mesopotamia

Sixth Grade – Business Math

Seventh Grade – Wish, Wonder and Surprise

Eighth Grade – Physics

### **Introducing Our New Eurythmy Teacher**

This year, eurythmy will be taught by Lisa Meisinger. A native Kansan, Lisa resides in upstate New York half the year where she teaches social dance and movement in the Spacial Dynamics Training and eurythmy blocks in nearby Waldorf schools. The other half, she lives in her home state of Kansas on the horse farm where she grew up helping to convert it to a sanctuary for bees, butterflies, and birds.

Ms. Meisinger began teaching as a riding instructor at the age of fifteen. The horses she trained for her students taught her as much about educating as teaching people to ride. About a decade later, she embarked on a new teaching career as a eurythmist. Starting out as a practice teacher in Vancouver, B.C. followed by a solo block in Minneapolis, she set her sights on Australia. She taught Down Under over several years while developing an artistic career as well. When immigration wouldn't let her extend her visa anymore, she came back to the States. That afforded the opportunity to begin training in spacial dynamics, which led to a dual career as a teacher and therapist. Registered with ISMETA, Lisa offers private sessions in spacial dynamics therapy, Touch for Health and Brain Gym when she is not busy teaching.

She has visited Waldorf schools as a teacher or performer across the US, UK, Australia, New Zealand, Europe and Canada driven mostly by curiosity to see Waldorf in all its manifestations. For the last eight years, her journeys have included her two dogs, Henry and Lucy. The white Fit with Kansas plates out in the parking lot is their travelling dog house.

### **After School German and Schuhplattler**

A new six-week round of After School German begins tomorrow (Wednesday) with songs, games, and conversation. The next round of Monday afternoon Schuhplattler will start in a few weeks. Both classes run from 3:20-4:20. Contact Peter Ray at peter.ray@comcast.net.

### **A New Opportunity**

Every child works at his or her own pace in Handwork and sometimes a project does not get completed by the end of the year. Miss Till is offering after-school opportunities (free of charge) for help with current or past handwork projects. She will be offering these most Tuesdays 3:30 - 4:30. Please get in touch with her to let her know to expect your child. mtill@rivervalleysschool.org

## **From the Leadership Council**

### **What we are working on?**

What are we working on?

Working with TDC on teacher mentoring and evaluation.

Looking at the math curriculum in the grade school.

IAT evaluation with the Board of Trustees

The LC has open hours every Tuesday from 3:30-4 for anyone who would like to meet with us. If you have a question or a concern, please stop by. All are welcome.

## **Building & Grounds**

### **School Work Days**

Below is the calendar of the upcoming workdays. Please note that some changes have been made from the school calendar. Please RSVP to Mary K. Till (mtill@rivervalleysschool.org), to let us know if you will attend. This way we can plan what projects can be undertaken. Mary K. Till and Lynne Allbaugh - Building and Grounds

#### **2015-2016 Work Days**

TBD - 5th grade

January 23 - 4th grade

February 27 - 3rd grade

March 12 - 2nd grade

April 23 - 1st grade

May 14 - Early Childhood

## Class Fundraisers

### RVWS Hats

The first order of RVWS hats sold in a flash. 8th grade parents would be happy to order more, but there is a minimum required for the order. If you would like to buy a hat (or hats) please email Josh Holtz at: [josh@cecassociates.biz](mailto:josh@cecassociates.biz) and let him know. If he receives requests for 48 hats, the order will be placed. Please respond to Josh immediately if you are interested.

### Planning your child's birthday party?

Let the energetic, fun-loving eighth graders help — and help them raise the funds they need for their class trip! We'll make your child's party one they won't soon forget! Now booking dates for October, November, and December— Limited dates available so email Renell Carpenter ([renell@rcn.com](mailto:renell@rcn.com)) or Kira Willey ([kira@kira.net](mailto:kira@kira.net)) to reserve your party now!

## From the Community

### Shakespeare and the Mystery of the Human Being

Waldorf School of Princeton Hosts Actor Michael Burton Jan. 22

Waldorf School of Princeton welcomes actor Michael Burton on Friday, January 22, at 7:30 p.m. for a unique performance. The event is co-sponsored by the Princeton Group of the Anthroposophical Society.

"Shakespeare and the Mystery of the Human Being" revolves around the dilemma spoken aloud by Hamlet when he says, "To be or not to be?" The question means so much more than just does one go on living-it means HOW is a person going to live? With truth, with authenticity, or in a manner that turns their life into a lie? Through seventeen different excerpts from Shakespeare's plays (with Hamlet the most used) actor Michael Burton unfolds this meditation on what it means to be a human being. Join us for this entertaining and thoughtful presentation, and celebrate the 400th year since Shakespeare's death.

A donation of \$10 per person is suggested at the door.

*Michael Burton has worked with artistic speech and drama in various ways for over 35 years-as a writer, speech performer, actor, speech therapist, and voice teacher. He is the author of In the Light of a Child (Anthroposophic Press, 1988), Steiner's Soul Calendar turned into poems for children. He has written and performed one-man plays about Rembrandt, Beethoven, and Dag Hammarskjold. He is based in Sydney, where he practices speech therapy and chiophonetics (a form of speech and soul therapy in which sounds are brought into contact with the body). Go to: [www.princetonwaldorf.org](http://www.princetonwaldorf.org) to learn more.*

### Coming to Yoga Loka

Meditation for Complete Beginners with Lori Thatch

Saturday 10:30-11:30 am begins 1/23

Stress Clinic with Bonnie Pariser

Fridays 6:30-8:30 pm - 2/19, 3/4

Yoga for Back Care with Bonnie Pariser

Sundays 11:45-12:45 pm Begins 1/24

TRE (Tension and Trauma Reducing Exercises) with Bonnie Pariser

Sundays 7:00-8:00 pm 1/17, 2/7, 2/21

Wednesdays 11:00 am-12:00 pm - 1/27, 2/10, 3/16

For more information and to register visit the website at [www.Yoga-Loka.com](http://www.Yoga-Loka.com)

### Piano Lessons

Daytime, afternoon, evening lesson times available for Private Piano Instruction in Frenchtown.

Adults and children.

MaryBeth (mom to Jaida - 1st grade) 908-672-3455

## Ottsville Traditional Arts Center

Musicians' Workshop and Dance Party!  
with Andrew & Noah VanNorstrand, Julie Vallimont, and Rachel Bell

Sunday, Jan. 31st

3 - 4:30: Musicians' Workshop (\$15)

4:30 - 6:30 French Bal Folk Dance Party (\$15)  
\$25 combined ticket!

### Musician's Workshop

Come discover the captivating, energizing world of French dance tunes! Get an overview of the different kinds of tunes that are used for dances in the current French bal folk scene. Then learn to play a couple of the tunes-- we'll play something trancey and mysterious, like a hanter dro, and something zippy and fun, like a bourree. We'll work on how to play those tunes in a French style and how to match them up with the dances. Be sure to stick around for the dance party and get a chance to play the tunes that we worked on for a portion of the dance! At least intermediate proficiency on an instrument is helpful for this workshop, although beginners are welcome to sit in and glean as much as they can.

### French bal folk dance party

Join dance teacher Rachel Bell along with musicians Andrew & Noah VanNorstrand (of Great Bear Trio) and Julie Vallimont (of Nor'Easter) for an exciting French bal folk dance party! No experience necessary, and no need to bring a partner. All dances will be accessible, and all steps will be taught. We'll do beautiful, trancey dances from Brittany in circles and spirals. We'll do raucously fun dances from Central France like bourree and chapelloise, and more! Come immerse yourself in the European bal folk experience! RSVP [ottsvilletradarts.weebly.com](http://ottsvilletradarts.weebly.com).

### Every Wednesday

#### Open Jam with Richard Finch

6:00-8:00 pm • \$5 suggested donation

More at [ottsvilletradarts.weebly.com](http://ottsvilletradarts.weebly.com) • 250 Durham Rd. Ottsville Pa.

## Waldorf Weekend at Sunbridge Institute

Foundations and Fundamentals of Waldorf Education

January 29-30

Presentation, discussion, and hands-on activities to explore the basis and basics of Waldorf Education, for new and prospective Waldorf teachers, staff, parents, and all lovers of education.

Instructors:

Anna Silber (Early Childhood Years and Elementary Curriculum)

Harlan Gilbert (High School Curriculum)

Laura Radefeld (Eurythmy)

Friday, January 29, 7pm-9pm

Saturday, January 30: 9am-5:30pm

\$185 in advance / \$200 at the door (space permitting); includes lunch & snacks

To register go to: [https://sunbridge.formstack.com/forms/waldorf\\_weekend\\_jan\\_2016](https://sunbridge.formstack.com/forms/waldorf_weekend_jan_2016)

NOTE: This is our last Waldorf Weekend of this school year.

## Travel Opportunities

MAR 30 – APR 14: Centro de Terapia Antroposófica, Lanzarote, Canary Islands, Spain. In Search of Self-Renewal: Eurythmy Retreat and Nature Drawing with therapeutic eurythmist & artist Jason Yates and arranged by Sarnia Guiton. 604-740-0676 [sarnia@sophiaservices.ca](mailto:sarnia@sophiaservices.ca) [www.sophiaservices.ca](http://www.sophiaservices.ca)

AUG 4 – 20: A Kenyan Eco-Safari -Through Goethe's Eyes with naturalists Mark Riegner & Anthony Mwaura, arranged by Sarnia Guiton. 604-740-0676 [sarnia@sophiaservices.ca](mailto:sarnia@sophiaservices.ca) [www.prestigeholidayskenya.com](http://www.prestigeholidayskenya.com)

[www.sophiaservices.ca](http://www.sophiaservices.ca)

For more information go to their website or call 604-740-0676.

### **PAGSL SOFTBALL SIGNUPS (1/4/2016 to 2/14/2016)**

Palisades Area Girls Softball League has open registration from now until February 14th for the Spring 2016 season. Please check out our new website for more information about the league:

<http://www.palisadessoftball.org/>

For online registration and additional details go to:

<http://www.palisadessoftball.org/registration.html>

Email questions to [pagsl@palisadessoftball.com](mailto:pagsl@palisadessoftball.com)

### **COMMUNITY SCHOOL PROGRAMS**

\* Adult Volleyball will be held on Thursdays, beginning on January 7th at PALMS @ 7:30PM! See you then!

Walk in's welcome! Cost is \$5/night

\* Warrior Workout is held every Tuesday and Thursday evening in the High School's Chris Creveling Fitness Center beginning at 6:30PM. Walk in next week! Cost is \$8/night

\* Men's Pick Up Basketball continues through the winter - Mondays 6PM and Saturdays 3PM in PHS Purple Gym (Route 412 side). No fee

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\* Country Line Dancing is held each Friday night from 7-10PM in the high school cafeteria! Walk in and join the fun! Cost is \$6/night

### **GIRLS' FASTPITCH SOFTBALL PITCHING CLINICS**

Girls 10+ years old, Thursdays - Feb. 11, 18, 25, and March 3, 2016. 6-7 p.m. PHS Gold Gym, \$10 per night.

Instructor: Donna M. Reiss

Students must provide a catcher (preferably a parent who will work with them at home). Students should also bring something to kneel on as some drills are done from a kneeling position. Basic mechanics will be reviewed and instruction will be individually based on each student's ability.

\*\*\*If you are interested in having your daughter participate in these clinics, ADVANCED REGISTRATION IS REQUIRED. Please contact Donna Reiss with registration information (name, daughter's age, contact phone number) or any questions or concerns at [atdmr1@lehigh.edu](mailto:atdmr1@lehigh.edu) or by phone at 484-239-8655.

VISIT SILVER CREEK ATHLETIC ASSOCIATION SITE FOR BASEBALL/SOFTBALL REGISTRATION

<http://silvercreekaa.weebly.com/registration.html>

### **Upper Bucks Code Blue Shelter**

If you or someone you know is lacking indoor shelter in Upper Bucks County during periods of extreme, life-threatening weather (temperature or wind chill of 26F or below between 12/1 and 3/31 your neighbors and friends are ready to help at the Quakertown Masonic Lodge, 501 W. Broad Street, Quakertown, PA 18951 from 9 pm to 7 am the following morning. We'll have hot meals and breakfast as well as shelter.

Car rides will be provided from Turkey Hill on Rt. 611 in Ottsville at 8:20 pm and Perkasio Square Shopping Center at 8:30 pm. Call 267-450-5191 to request a ride. To find out if the shelter is open contact the Code Blue Status Line: 215-274-5241 or 267-450-5191 after 1 pm.

### **Knife Sharpening**

I am McCaslin Miles, an RVWS student. I will sharpen all of your blades - hatchets, chef knives, pocket and hunting knives and many more. (The only knives I cannot sharpen are Asian style, 15-degree cooking knives; sorry).

Prices are \$5 per knife, \$4 for four or more knives, \$3 per knife for repeat customers. Satisfaction guaranteed. Email me at: [edgsharp2003@gmail.com](mailto:edgsharp2003@gmail.com)

### **Muck and Gold**

Third grade parents, Chris Bodwitch and Scott Gallagher, have started their new (re)learning lab to offer unique classes, workshops and performances rooted in experimentation, collaboration and self-discovery.

Please visit [muckandgold.com](http://muckandgold.com) to learn more about them and register for classes beginning January 20<sup>th</sup>

### **Protecting Our Children**

#### **Joining Together to Prevent Substance Abuse in Our Community**

Monday, February 1, 2016 | 7:00 pm

Palisades High School Audion

35 Church Hill Road | Kintnersville

Palisades School District's PACT Coalition has partnered with St. Luke's University Health Network and Penn Foundation to offer education, awareness, and prevention strategies to address substance abuse in our community.

Presenters

Dr. Keith Baker, Emergency Medicine Resident at St. Luke's University Health Network. Dr. Baker will speak about synthetic drugs, including signs and symptoms of someone who is under the influence as well as prevention strategies.

Gordon Hornig, MSW, LSW, Coordinator of Penn Foundation's Mobile Engagement Services. Gordon will speak about underage drinking and the abuse of prescription painkillers and heroin.

From: [theconversation.com](http://theconversation.com)

## **Regular Bedtimes as Important for Kids as Getting Enough Sleep**

By Sarah Biggs

Children with widely varying bedtimes are more likely to have problems controlling their emotions. We've long known that children need a certain amount of sleep: nine to 11 hours per night for older kids, and up to 14 hours in 24 for toddlers. There's no doubt that getting enough sleep is paramount to a child's healthy development, but recent research has shown that a regular routine – going to bed the same time every night and waking the same time every morning – is just as important to a child's daytime functioning.

An Australian study of almost 2,000 school-aged children recently showed that, when compared to a child with the same bedtime (less than a 30 minutes difference across the week), a child with a 60-minute difference was twice as likely to display hyperactive behaviors and have problems controlling their emotions.

Children who had a two-hour difference in bedtime across the week were six times as likely to display hyperactive behaviors. This association was seen even when the children were getting the recommended amount of ten hours of sleep per night.

Irregular bedtime schedules have a similar impact in teenagers, with an older study in adolescents reporting that inconsistent sleep schedules were associated with increased anxiety and depression, again, regardless of the total amount of sleep obtained. So, are the irregular routines driving the poor behavior or are the behavioral problems resulting in poor routines?

A recent study of more than 10,000 children in the UK suggests the former. The researchers found that if a child went from having a regular bedtime schedule when a toddler (three years) to an irregular schedule when they started school (five years), their behavior worsened over time. This study also showed that behavior problems improved if the child went from an irregular schedule to a regular one.

If your child or teen is getting the right amount of sleep, why should it matter that they go to bed at different times? The answer lies in the way sleep is regulated within the body. The need for sleep is a biological process and is regulated, in part, by a circadian rhythm which stems from the brain. The circadian rhythm is the body's internal clock and regulates sleep and wake by producing hormones at certain times of the day, based on the cycle of light and dark, to trigger alertness or tiredness.

Most people are familiar with, and may have even experienced, jetlag. When we move quickly from one time zone to another, the circadian rhythm falls out of sync with the environmental clock or activities. This leaves us with feelings of extreme tiredness, fuzzy headedness, poor concentration, irritability and even nausea.

These same feelings can arise when the circadian is forced out of sync by our everyday activities, such as when bedtimes change night to night, or even when bed and wake times shift later on weekends. This phenomenon is termed social jetlag.

Social jetlag is often most obvious in teenagers. During puberty, the circadian rhythm shifts so that the biological cues for sleep and wake occur later than at other stages of the life cycle. This results in teenagers not wanting to go to sleep until late into the night and wanting to sleep through to late morning, early afternoon. The use of electronic devices at night will intensify this shift.

As a result of study, family and work or sporting commitments, many teenagers have highly irregular schedules and chronic sleep deprivation. This leaves them experiencing all the physical and mental consequences of flying across to the other side of the world.

Research shows social jetlag can affect younger children too. The problem is that, unlike jetlag which resolves after the circadian system adjusts to the new time zone, social jetlag can be ongoing.

The good news is that social jetlag is relatively easy to fix. Here are some simple tips that will help your child or teenager maintain a regular sleep routine:

- Set a regular, non-negotiable, bedtime each night
- Turn off all electronic devices at least 30 minutes to an hour before the child's bedtime
- Have a sleep preparation routine (for example, get pyjamas on, brush teeth, read a story, and so on)
- Don't allow your child to have any caffeinated foods or beverages at least three to four hours before bedtime
- Keep light levels low in the bedroom.

Setting up a new sleep routine for your child can be tough and may take some time to become a habit, much like starting a new exercise program. However, healthy sleep practices are not only about getting enough and making the effort to establish a regular sleep routine will be well worth it for both you and your child.