



River Valley Current

January 27, 2015 No. 401

*"In seed-time learn, in harvest teach, in winter enjoy".
~William Blake*

School Calendar

This Week

Thursday, Jan. 29

EC Parent Evening 7:00-8:30 pm
4th grade Play 9 & 11 am

Friday, Jan. 30

4th grade Play 8:45 am & 6:30 pm

Saturday, Jan. 31

EC Open House 10:00-11:30 am

Looking Ahead

Thursday, Feb. 5

School Tour 9:00 am
8th grade project presentations 6:30 pm
3rd & 5th grade Parent Evenings 7:00 pm

Friday, Feb. 6

EC In-service – No School for Early Childhood
8th grade project presentations 11:00 am

Wednesday, Feb. 11

Winter Assembly 6:30 pm

Thursday, Feb. 12

Grades – Ice Skating
EC – in-school Valentine's celebration
Board Meeting 6:30 pm

Friday, Feb. 13

No School – Faculty In-Service

Monday, Feb. 16- Friday, Feb. 20

No School – Winter Break

How to Contact Us

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

February Lunch Menu

The lunch menu for February is attached to this week's Current. **Deadline is Wednesday, January 28th.**

School Closings and Delays

Our Alert Now automated calling system usually works well, but sometimes there is a glitch. If you ever get a garbled message or no message at all, there are several other ways to find out whether school is closed or delayed. We always send a follow up email and post the information on wfmz.com and Channel 6 Action News as well as update the recorded message on the phone at school.

Parking Lot Safety

In order to make our parking lot as safe as possible we ask that you adhere to the follow guidelines:

- Please do not park along the curb in front of the school **at any time**. If you are dropping off in the morning, stop to let the children out and then keep moving, do not leave your car even for a minute. **In the afternoon during pick-up, no stopping along the curb is allowed;** buses and vans are having a hard time getting through.
- No parking is allowed (even on the grass) opposite the parking lot entrance where cars need to turn and buses need to get by.
- If you park along the driveway leading up to the school, please park on a diagonal and make sure your vehicle is fully off the macadam and that you and your children walk along the grass, not in the driveway.
- Parking across from the front door, and down toward the circle is for small cars only.

There is no parking allowed in the circle near the playground during the day because that area is used during recess.

If we all follow these guidelines, we will stop receiving complaints from bus and van drivers and everyone will be a lot safer. Thank you.

Join us in the month of February for TWO Parent Education Evenings!

We are excited to welcome back Louise deForest! We always enjoy having Louise visit our Early Childhood Program offering her years of experience and insight. Please join us for a free lecture at Morning Glory Preschool in Doylestown on February 24 at 7 pm. Louise's lecture is titled "Simplifying Life for the Young Child." Louise will speak about the importance of allowing our children to move and grow at their own pace and how we adults can adapt ourselves to living a simpler life for the relatively short time our children are so young.

We have just found out that bestselling author of "Heaven on Earth", Sharifa Oppenheimer, will be in town - and that she has time to come see us while she's in the area. Sharifa will be at RVWS for an evening talk on 'Creating the Star of Your Own Family Culture' on February 13th at 7pm. "We are fashioning our family's culture with each decision, so let us bring as much consciousness to this process as we can." We are offering Sharifa's lecture for \$10 per person or \$15 per couple.

Please call us at 610-982-5606 to register for these wonderful educational experiences!

From Administration

ATTENTION SKI CLUB FAMILIES

Please notify the office and your child's teacher of their transportation plans each Friday of Ski Club, if it is not you who will be picking them up at the end of the school day. If your child typically rides the bus or van, please notify your child's teacher and the office that they will not be riding – and who will be picking them up each Friday.

ADDITIONALLY: Kindly help our oversaturated memories and let your child's teachers as well as the folks in the office know when the time comes to put your child back on the bus/van schedule at the conclusion of the ski season. Thanks!

8th Grade Project Presentations

On Thursday, February 5th at 6:30 pm the 8th graders will be presenting their 8th grade projects to the community. Projects will also be presented in school on Friday, February 6th at 11am.

Every 8th grader has chosen a subject of interest to explore along with the biography of someone related to the subject. They will describe what they have learned as well as present the artistic component of their project.

Projects will be on display in the lobby for a few weeks. The presentations are always a joy to watch, so come if you can. And be sure to keep your eye out in the lobby for the display boards, they will be hard to miss!

SEPTEMBER 2015 ENROLLMENT

Everyone should have received an email last week, outlining the important dates for enrolling your children for the next school year, as well as information about applying for tuition assistance for the upcoming year. Paper intention forms went into pockets today.

Here are the dates, in a nutshell:

- Intention forms are due 1/23/2015
- Tuition figures and contracts will be out mid-late February
- Tuition assistance paperwork (including 2013 and 2014 tax returns) is due 2/27/2015
- Contracts are due 3/30/2015

If you did not receive the email or have any questions or concerns, please see Cindy Schretlen or Brian Wolff – we're happy to help!

EARLY CHILDHOOD OPEN HOUSE

Saturday, January 31 from 10:00 - 11:30am

Please help to spread the word about River Valley's amazing early childhood programs!

From the gentle, nurturing Garden Gate classes, the soon-to-launch nursery (April 15, 2015), the sweet Morning Glory class located in Doylestown, to our engaging mixed-age kindergarten classrooms, the Waldorf early childhood experience brooks no comparison!

This Open House is the perfect way to introduce parent and child alike to our school – or deepen the connection for someone who may be already considering RVWS. Participants will be able to meet our teachers and learn about our programs while enjoying quintessential Waldorf EC experiences with their children: free play, bread baking and a puppet story. Suitable for prospective parents, together with their children 6 and under. Current RVWS folks are welcome when they bring a friend who is considering RVWS! Registration is required

New!

3-day Early Childhood Class begins April 15, 2015

This 8-week program is designed especially for children 2 years, 9 months to 4 years who are ready to come to school independently.

8-10 children will enjoy a morning of interactive play, both indoors and out, as well as special activities such as simple crafts, painting, circle activities, singing and story time in the thoughtfully simple classroom environment. Large and small motor skills, oral and receptive language skills, social awareness, love for the natural world and the beginnings of self-care abilities are some of what is developed as the children play and work with one another under the respectful guidance of their teacher. Children are expected to be reliably toilet trained.

Class hours are from 8:30 am until 1:00 pm; children 3 and older can opt for a 3:15 pm dismissal time. This class is the perfect way to transition easily into a full school year program in September of 2015!

Please contact Cindy Schretlen with any questions, or to receive an application. Time is of the essence if you or someone you know would like to reserve a place in this terrific little class.

Immediate Opening for Development Coordinator (Part-time)

River Valley Waldorf School is accepting applications to fill a part-time Development Coordinator position. Responsibilities include leading and managing all fundraising activities, including the annual appeal and the yearly auction event. This person will work closely with the Board and Administrator to develop both short and long term organizational fundraising strategies for the school. This person will coordinate all efforts of the Development Committee and report to the Board on a monthly basis. The Development Coordinator manages the tracking of all contributions, sending of thank you letters and creating a simple annual report. This position will be approximately 10 hours per week.

Qualifications:

- A good understanding of the benefits of Waldorf education
- Bachelor's degree and three years' experience in annual fundraising and some experience in raising major gifts or high-end annual appeal gifts
- Solid communication skills, including writing, editing and proofreading
- Ability to manage multiple projects, priorities and deadlines
- Ability to work collaboratively and creatively with parent volunteers
- Proficiency with eTapestry or other fundraising software is desirable

Interested applicants should submit cover letter, resume and three references to: bwolff@rivervalleyschool.org

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Math/Hebrew Stories

Fourth Grade: Language Arts/Class Play

Fifth Grade: Geometry

Sixth Grade: Physics

Seventh Grade: Geometry

Eighth Grade: 8th Grade Projects

Grade School Ice Skating Trip

On Thursday, February 12th, the grade school will have their annual Ice Skating Party. This is a field trip for grade school students. We ask families who have early childhood children, to please send them to school as usual and not bring them on the ice skating trip.

There are many reasons for this. Most importantly, it is not safe for little children to be skating in between older, faster, more experienced skaters. Also, it is not fair to early childhood children who don't get to go, while some of their friends are off skating and they are not invited.

In an effort to avoid hurt feelings and hurt bodies and to give the younger ones something to look forward to when they are in the grade school, we ask that only grade school children come to the skating rink on the 12th.

EC will be having an in-school Valentine's celebration that day so this is another reason that the little ones won't want to miss school.

After-School German and Schuhplattler

A new 6-week round of after-school German activities begins this Wednesday, consisting of Schuhplattler on Mondays (3:15-4:15) and German Club on Wednesdays (3:15-4:15). Second graders and up may sign up for either class. German Club offers songs, conversation, games and a German-style snack, while the Schuhplattler class will focus on two new dances especially created for River Valley for performance this spring and/or summer. Contact Peter Ray at peter.ray@comcast.net, or 215-794-5816.

Circus Club is Back

The RVWS Circus Club is meeting again every Saturday, 10:30-12. All skill levels are welcome. Fee: by donation. Call Mr. Friedman (610-847-8749) with questions or to let him know you will be there.

From the Leadership Council

An Invitation

Last year the faculty worked during the course of the school year to develop and improve our movement curriculum in the grade school. A new curriculum, taught in blocks, began this school year. We see that many of the changes that were made have improved your child's experience. Games have a stronger pedagogical significance, and the children's afterschool and recess activities are aligned with their experience in school.

We also see that many of the changes that were endorsed were not communicated by faculty to parents at the end of last year, which has led to questions and concerns in the parent body and from children. In addition, we have heard from many parents and children who take issue with some of the decisions that were made restricting particular activities that have been part of recess and afterschool in previous years.

The LC would like to invite you to a community conversation about our movement and games curriculum. This conversation will be held at the school on Tuesday evening, February 3rd from 6:30-8 pm. We see this as an opportunity to listen to your thoughts regarding the new curriculum, and to share with you some of the pedagogical reasons why some of the changes were made. We acknowledge that the school should have done this much earlier, and hope that in creating a forum for active listening, we find a way towards an improved curriculum that has community support.

Thank you, and we hope to see you on the 3rd!

Sincerely,
the LC
on behalf of the faculty

From the Community

Looking for temporary housing

Miss Amanda, Hannah and Ishmael are looking for temporary housing until we find a place. We are willing to pay rent or do some trade or a combination. Please call Amanda 267.733.8005 or catch me in the hall.

Ottsville Traditional Arts

Wed the 28th: Workshop, Potluck & Jam with Sarah Gowan & Bill Quern, 6pm: \$10 suggested

For more information go to: Ottsvilletrarts.weebly.com

2 Female Black Cats (litter mates) need a new home.

Litter trained, spayed, lovable and well loved, indoor/outdoor, excellent mousers (not de-clawed) , 1.5 yrs old. Would do just fine as barn cats. We are moving and cannot take them with us. Please call Amanda 267.733.8005 or email amandablanc@gmail.com

Wanted: Stokke Tripp Trapp Chair

The Low Family is looking to purchase a used Stokke Tripp Trapp chair, preferably with seat straps. Little Dennis has outgrown his high chair and would love to have a Tripp Trapp like his big brother Carter. Please contact Holly at holly.k.low@gmail.com if you have one you'd like to sell.

LifeWays Training Starting in Kimberton, PA

LifeWays North America is bringing its year-long training course for parents and early childhood professionals to the Mid-Atlantic states in 2015. LifeWays Early Childhood Training and Certification is based on the work of Rudolf Steiner. With its emphasis on "The Living Arts" the training is ideal for parents, childcare providers, and early childhood teachers and their assistants.

The training will be held at Kimberton Waldorf School in Pennsylvania starting March 28-April 3, 2015. The three other sessions will take place over the course of a year, supplemented by guided study with a mentor in between the sessions. There is a discount for early registration by January 31.

To learn more, visit www.lifewaysnorthamerica.org and click on the Pennsylvania listing or request an information packet from Chinyelu Kunz at 610-933-3635 X109 or ChinyeluK@LifeWaysNorthAmerica.org.

Yoga Loka

Back Care Class with Amarjyothi

Sunday February 1st, 8:30-9:45 am

Prenatal Yoga with Deb Kline

Begins Sunday 2/1, 5 week session

Men's Yoga with Ken Doyle

For complete beginners who happen to be male

Begins 2/8, 3 week session

Shyama Puja and TRE- a Healing Session

For Cancer survivors, caregivers and people currently undergoing treatment

2/15 with Bonnie (not listed on the website- please email Bonnie directly for more information)

Emotional Freedom and Healing through Meditation With Parvathi Nanda Nath Saraswati

2/28, This is a rare opportunity to study with Parvathi.

Her public appearances are very rare.

Space is limited, register early!

Register on line at www.Yoga-Loka.com

or call 908-268-7430

2015 Bridgeton Athletic Association's Baseball, Softball, & T-ball Sign-ups

Boys' & Girls' T-Ball for ages 4-6, Boys' Baseball for Ages 7-12, Girls' Softball for Ages 7-14

Contact: Kerri L. Scheetz @ 484.325.1816

Mailing Address: 1577 Chestnut Ridge Rd Upper Black Eddy, PA 18972. Street Address: 1340 Bridgeton Hill Road, bridgetonaa@gmail.com

Register Online:

<http://www.signupgenius.com/go/20f0e45a9ab2aabfd0-bridgeton/22925807>. Registration forms can also be emailed to: bridgetonaa@gmail.com

T-Ball (Ages 4-6) \$50 pp, Softball & Baseball \$65 pp, Sibling Discount \$50 ps. Work Bond Check \$50 (non-deposited) per family. Mandatory Raffle Ticket Participation \$50pp All players must live in Bridgeton Township.

A copy of player birth certificate is required for new players

You can also sign-up at Bridgeton AA Hall Jan. 29, 6-8.

An invitation from Heidi Breier

Please join us for an evening of new and wonderful original instrumental music!!! My new album Letters From Far Away will be released, celebrated and performed by me and fellow musicians, Eugene Friesen and Premik Russell Tubbs!!

We'll also venture into the realm of the unknown...(the seas of uncharted music)...namely, improvisation!! It will be an amazing evening!! So set aside February 7th, 7pm at South Ridge Community Church in Clinton, NJ.

Tickets will be on sale through my website:

www.heidibreyer.com.

REVERE (Nockamixon Township)

Baseball/Softball/T-Ball Sign-ups

Palisades High School Main Entrance - Tuesday, January 27th, Thursday, January 29th, Wednesday, February 4th and 11th. All sign-ups are 6:00 to 8:00 PM Please bring a copy of birth certificate for all first time Revere baseball and softball players (not for T-Ball).

1st player-\$50, 2nd player-\$30, T-Ball-\$40

T-Ball (Boys and Girls), Boys Baseball, Girls Softball

All players will be REQUIRED to participate in a raffle fundraiser. The money for raffle tickets is due at sign ups: 1st player-\$25, \$50 family cap. Raffle drawing will be held in May during the annual "Revere Home-Run Derby".

All players must complete the Revere Baseball/Softball Registration Form. Softball players must also complete the UBSL registration form

For questions contact- Tom/Kathy Keebler @ 610-847-5177 or e-mail: kathyakeebler@gmail.com

Sunbridge Institute Waldorf Weekend

Friday, February 13 - Saturday, February 14

This Valentine's Day, take your date to a lively, experiential workshop exploring the basis and the basics of Waldorf Education! Open to all, but especially relevant for current, new, and prospective members of Waldorf communities, including parents, grandparents, teachers, staff, and board members, our Waldorf Weekends are designed to provide an in-depth and experiential survey of the foundations and fundamentals of Waldorf Education.

In addition to exploring the Waldorf curriculum from early childhood through high school, you'll learn about the anthroposophical underpinnings of the Waldorf impulse, discover Rudolf Steiner's insights in human development, try your hand at artistic activities such as music, movement, and drawing, and have plenty of time for questions and discussion. Come discover why Waldorf Weekend participants have described this workshop experience as "life-changing."

Schedule:

7 pm-9 pm, Friday, February 13, 9 am-6 pm, Saturday, February 14

Fee: \$175 with online registration (includes \$25 non-refundable registration fee)

Online registration closes 7pm, Thursday, February 12. Walk-ins are welcome; walk-in fee is \$190, payable at the door via cash, credit card, or check

Questions? Contact Ayla Dunn, Admissions & Summer Series Coordinator:

Benefits of Nature for Children

Access to nature contributes to the health and well-being of young people, and helps to form a foundation for the development of responsible environmental behavior. The following studies identify some of the benefits that children can gain from connections with nature.

Concentration and School Achievement

A study following 17 seven through 12 year olds as they moved from rundown urban housing into better homes in better neighborhoods found that the amount of improvement in natural views and more natural yards best predicted which children would show the highest levels of concentration after the move. In a Swedish study comparing preschool children using a traditional playground with others whose play area contained a field and orchard, the children with the field and orchard showed significantly greater powers of concentration at the end of the year. Teenage girls with green views outside their windows performed significantly better on tests of concentration, inhibiting impulses, and delaying gratification than those with barren views. High school students with more natural features like trees outside classroom and cafeteria windows showed higher standardized test scores, graduation rates and intention to attend college, after controlling for socioeconomic status and other factors.

Emotional Coping and Stress Reduction

A study with Finnish adolescents found that they often went to natural areas after upsetting events. They said they could relax there, clear their minds, gain perspective on things, and sort out whatever troubled them. Natural areas appear to function this way for younger children as well. A study of 337 rural eight-through-11-year-olds revealed that even when there was a relative abundance of natural surroundings in their lives, more exposure to nature was still better. The study found that regardless of a family's socioeconomic status, the greener the home surroundings, the more resilient children appeared to be against stress and adversity. The protective effect of nature was strongest for the most vulnerable children who experienced the highest levels of stressful life events.

More Creative Play

In a Chicago study, children observed in green outdoor spaces engaged in more play and more creative forms of play than children in barren spaces. Preschoolers with access to a natural yard developed more varied and elaborate patterns of play, including complex make believe stories with a beginning and an end. Observations of preschool play in a schoolyard in Seattle, Washington showed similar results. Children who played in vegetated edges of the yard with trees and shrubbery engaged in more creative social play than those on the built equipment, and these areas attracted more balanced groups of boys and girls.

A Foundation for Stewardship

When people who demonstrate a commitment to protect the natural world reflect on the sources of their actions, they most frequently mention positive experiences of nature in childhood and parents or other role models who show nature's value. By itself, childhood play in nature is associated with recycling, buying green products, voting green, and the choice of natural areas for recreation in adulthood. The results of a Swiss study suggest that outdoor investigations of nature (rather than indoor study) are the most effective and most popular approach to increase children's knowledge of biodiversity, especially in easily accessible settings such as school grounds and the local neighborhood.

Reduced Symptoms of ADD and ADHD

Children diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) function better with nature. Children exhibited fewer ADD symptoms after they walked through a park or played outdoors in green settings, and the greener their surroundings, the fewer symptoms they showed. According to a web-based survey of 525 parents of children with ADHD their children's symptoms were relieved by leisure activities (other than TV viewing), but especially by leisure in green outdoor settings.

Motor Coordination

Comparisons of preschool children in Norway and Sweden show physical gains from play in nature. Studies in Norway and Sweden compared preschool children who played everyday among the trees, rocks and uneven topography of natural school grounds with other preschoolers who played in conventional playgrounds. On tests of motor fitness, children with opportunities for nature play at school showed greater gains over the course of the year, especially in balance and agility.

For links to the studies mentioned in this article go to:

http://www.childrenandnature.org/downloads/chawla1_Benefitsofnature_6.13.pdf