

School Calendar

This Week

Wednesday, October 17

PC Meeting @ The Frenctown Inn 7:00pm

Wednesday-Friday, October 17-19

4th grade to PEEC (Poconos Env. Ed. Center)

Thursday, October 18

EC Parent Evening 6:30-8:00 pm

Looking Ahead

Wednesday, October 31

Ancestor's Day

Thursday, November 1

Dia de los Muertos

Friday, November 2

Moonshine & Millet Party at River Valley 6:30-9:30 pm

Thursday, November 8

Divali - in-school celebration

Friday, November 9

EC Lantern Walk

Tuesday, November 13

Garden Gate Open House 9:00-11:00 am

Friday, November 16

1st & 2nd Grade Lantern Walk

Monday & Tuesday, November 19 & 20

No School - Parent/Teacher Conferences

Wednesday-Friday, November 21-23

No-School - Thanksgiving Break

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

2018-19 Parent Handbook is on the RVWS Website

Find it under the 'Life at RVWS' tab, Parent Resources section.

The handbook is in a password-protected section. If you do not have the password, email info@rivervalleyschool.org to request it.

Parent Council Corner

Our next Parent Chair & Classroom Coordinators meeting is October 17th at Frenchtown Inn at 7pm. Anyone interested in joining us is welcome. Please RSVP to pc@rivervalleywaldorf.org or to Liz Davachi 908-397-2737.



~ Grownup Get Down ~

Join us for another fabulous River Valley fundraiser on Friday November 2nd 6:30-9:30.

We will Get Down with our favorite bluegrass band, Moonshine and Millet!

\$10 suggested donation per person includes great music, beer and wine..

3rd and 8th grade families will be selling delicious food, drinks and desserts to raise funds for their class trips.

For questions contact -Tina 610-737-1290 or Liz 908-397-2737

RVWS SKI CLUB

Come join us this winter for a great time on the slopes at Blue Mountain Ski Resort. The Ski (and Snowboard) Club is a great way to enjoy 6 weekend night visits to the mountain. You can go any weekend night, Friday, Saturday, or Sunday from 4 pm to 10 pm.

There are different packages that include rentals and/or lessons.

Prices are as follows:

Lift only \$150 - Lift and Rental \$234 - Lift and Lessons \$234

Lift, Rental, Lessons \$279

Helmets are included with the rental packages.

The dates for lessons are set for - Jan 11, 18, 25, Feb 1, 8, 15. Children any age can sign up but they must be at least 8 years old to participate in the group lessons. Parents are responsible for their children's transportation to and from the mountain and for supervision while at the mountain.

Please invite your friends and family to join us.

For those of you who are ready to hit the slopes, please use this link to join the RVWS Ski Club:

<https://webstores.kiblue.com/?groupId=0ad1487a-ad3c-48d2-ac1b-540b1fd8d602>

Any questions, please contact Ed George 908-884-7029 or edbillgeorge@yahoo.com

The deadline for joining is OCTOBER 26th.

Time to Order November Lunch

The November lunch menu is attached to this week's Current.
Deadline for ordering – Thursday, October 25th.

What is the Day of the Dead?

Before the Spaniards came to America in 1492 people in Mexico made offerings for their loved ones when they died so they could help them in their trip to the land of the dead. They included things like food, arrows and torches.

They believed in several gods, such as Micantecuhli and Mictecacihualt the god and goddess of the Mictlan, the land of the dead. Once a year for several weeks, death was celebrated around the Xocotl tree, with offerings of flowers, food, dances and all types of artifacts with images related to the dead, like flutes and rattles in the shape of a skull.

The Spaniards celebrated All Saints Day and All Souls Day. Since there was a similarity with this celebration and the ones from the indigenous people, there was a fusion of these traditions so the people would embrace Christianity more easily. Now we celebrate on November 1st, the souls of the innocent, that is the souls of the children that died, and on November 2nd, the Day of the Dead.

The Day of the Dead is celebrated by visiting the tomb of our loved ones, cleaning it and offering them food, flowers, candles, music, prayer and in some places holding a mass for the dead. Altars with offerings are displayed in houses and public places, even contests are held to see who can build the prettiest one. Market stalls cover the streets with all types of toys with images of skulls and candies to exchange in this season especially sugar skulls.

Funny poems named "Calaveritas" (that is skulls), are exchanged among friends. Concerts and contests are held. The children wear costumes and go out to the streets asking for candy and treats, they call it "calaverita." It is a season of color and happiness, where we remember our ancestors, tighten bonds with friends, where life and death are part of the same whole, where we celebrate with enthusiasm and love.

From Administration

Class Photos

It is class photo time! RVWS parent and photographer, Hilary Murphy, will be taking individual portraits and group photos over the next few weeks. We will send out information about how you can order prints online shortly, so you can be sure to have them before the winter holidays.

Here is the schedule:

Tuesday 10/16 – Acorn Room (partial) and Grades 1 through 4.

Tuesday 10/23 – Star Room

Thursday 10/25 – Grades 5 through 8.

Friday 10/26 – Acorn Room (partial) and Moon Room

Pictures are taken outside, so some dates may need to shift but Tuesday, 10/16 looks to be good weather!

Below are some tips from Hilary:

Prepping For School Picture Day

Let your child be involved in the outfit chosen for picture day (as long as it's appropriate for the school's dress code). Kids feel much better about having their picture taken if they feel comfortable (no itchy sweaters!) with what is on their body and in their own style. Let them showcase who they are and they will shine from within.

Here are some helpful guidelines:

- Solid colors work best. Stay away from busy patterns.
- Choose colors that compliment your child's features.
- Small jewelry and accessories are great, but avoid anything distracting.
- Hair should be kept as neat and simple as possible. Don't try to change your child's natural hair. You can use product to keep styles intact, but don't overdo it. (As long as it's okay with their teacher, a brush or comb can be brought to school for last minute touchups.)
- Glasses are a part of your child's personality—they should wear them! Don't worry about glass reflection, it can be avoided during and fixed in editing, if needed.

(Continued on the next page.)

Don't make a big deal out of picture day, especially for early childhood students. Sometimes children (especially little ones) can clam up and get shy when put on the spot. Please don't put a lot of emphasis on "how" they should act. I will work with the EC teachers on how to best approach each individual child for their portrait and it's best that there are no set expectations put on them ahead of time. It's okay for them to know about picture day unless you think it will cause resistance or undue self-consciousness, then please don't say anything and let the process naturally unfold.

Guidelines for preparing children for picture day:

- Please do not coach your children about specific poses, or instruct them to smile, I will work with them to help their personality to shine through!
- Please do reinforce a positive attitude by sharing with your children how much you're looking forward to seeing their portraits. Let them know you trust them to work politely with me to create a portrait they'll be proud to share.

We will have so much fun together!

Policemen on Patrol

You, or your child, may have noticed a State Police car on school grounds recently. There is a new policy requiring the State Police to visit every school in the district twice a day, once in the morning and once in the afternoon. The patrolmen do not come into the building, they simply drive down the driveway to check on us. We have been told that this is not in response to a specific incident or threat; it is just a precautionary measure. If you see them in the parking lot, just smile and say hello.

Pizza Payments

From the third grade: If you are one of the several families who have not yet paid for the delicious pizza, please send your payment in ASAP. We thank you for your cooperation and support!

Open Houses for Area Independent Schools our Alums Attend

Bethlehem Catholic – Sunday, 10/21, 2-4 pm
Parent Info Sessions – 10/2, 6:30 pm & 10/4, 9:30 am –
RSVP 610-866-0791 x340

George School – Sunday, 10/28, 1:30 pm
RSVP 215-579-6547

Kimberton Waldorf School – Sunday, 11/4, 8:30-10:30
am – RSVP 610-933-3635 x108

Lehigh Valley Charter Arts High School – Tuesdays, 11/6
& 11/20, 5:30 pm

Moravian Academy – Saturday, 10/20, 9 am – noon –
RSVP www.moravianacademy.org/openhouse

Solebury School – Sunday, 10/21, 1-4 pm
RSVP 215-862-5261

WHAT IS THAT PRETTY MAP IN THE LOBBY?

Waldorf Education turns 100 years old during the 2019-20 school-year! Work has been underway around the world to celebrate this momentous milestone – you will hear more about Waldorf100 in the months to come. The new map in the lobby was created by the 7th and 8th grades, under the guidance of Fine Arts teacher Sharon Ferguson and framed by parent, Tony Stuart. It will showcase one [Waldorf100](#) project: postcards that we are receiving from every Waldorf school all over the globe! In return, we have mailed one postcard (decorated by our students) to every Waldorf school around the world. The map integrates another Waldorf100 project: [GreenBee Wildlife](#) Web with the honeycomb structure that will hold the postcards from the various regions. Here is a video created in honor of Waldorf100, [Learn to Change the World](#). Stay tuned for more!

A very special thank you to Emily Chang for working with the children throughout last winter to write over 1000 postcards to be sent to each Waldorf School in the world from the students here at River Valley. Thank you Karen Atkinson for her organizational help with Waldorf 100, and an enormous thank you to Sharon Ferguson for her inspired and beautiful vision that has made its way through our children and onto the wall of our lobby! We are all looking forward to seeing the map come alive with the postcards that we will receive from Waldorf Schools around the world in the next year!

Thank you to Tony Stuart for hand crafting the beautiful encasement of the Waldorf 100 World Map. With the theme of this centennial anniversary of Waldorf education worldwide being Honey Bee Preservation, the watercolor map was created by the students of River Valley's upper grades and features a wire and nail honeycomb motif, illustrating the global abundance of this invaluable education movement. Tony's magnificent wooden frame showcases this great work by the students. Thank you to all who have participated and stopped to enjoy the map in its new location.

Happy Birthday Waldorf Education!

Drivers & Chaperones – ATTENTION PLEASE!

In keeping with new regulations by the Commonwealth of Pennsylvania, RVWS needs our drivers and chaperones to provide us with a criminal records check and history of child abuse clearance. Each of these can be completed online here: <https://epatch.state.pa.us/Home.jsp> and here: www.compass.state.pa.us/cwis

When you indicate that you are a volunteer, there is no fee for these clearances. The criminal records check is required every 2 years and the child abuse clearance is required every 5 years. In addition to the two clearances, if you are driving for a field trip, RVWS will need a copy of your driver's license and insurance card each trip (not just annually).

Overnight chaperones must also obtain the FBI clearance which requires fingerprinting in addition to the PA Criminal Record check and the Child Abuse History. There are many locations to obtain the FBI fingerprint check – two closest to RVWS include the Bucks County Intermediate Unit in Doylestown and the UPS Store in Hellertown (in the Giant shopping center). (This must be done in the Pennsylvania.) Details are found on the <https://www.identogo.com/> website. They will ask you for a code which is: 1KG6ZJ

Thank you for your help in our efforts to ensure that all of our children are safe.

Calling All Gardeners

Garden lovers....Melissa Goldstein will be hosting volunteers who are interested in helping slowly put our school garden to bed for the season. Come to hang out with others and participate in giving love to this beloved space. Bring your gardening questions and your gloves! We will meet on Thursdays after drop-off until Nov. 15th. Join Us!



The 5th Grade spent the morning studying botany in the field. Special thanks to former River Valley Teacher, Thea Dringus for guiding us through the Dringus Woods

Dia de los Muertos Requests

Marigolds Needed

Senora Vargas would like to have marigolds to use as decorations for Dia de los Muertos. Please bring in flowers or plants and leave them for her in the Faculty Room. Gracias.

Calling All Bakers!

Help us celebrate our schoolwide festival for El Dia de los Muertos by baking a couple of loaves of Day of the Dead bread. This was a huge hit last year and we are looking for volunteers for this year's celebration which will be held on November 1. If you are able to help, we will send you a tried and true recipe for this sweet bread. Please reach out to Erica Chick if you are interested -- (215) 850-0770 or ericadchick@gmail.com.

From Parent Council

Parent Choir

Join the awesome RVWS Parent Choir, building community one song at a time. Rehearsals are on Sundays starting October 28 at 3 pm at school. No singing experience necessary. Perform at Winter Fair, Mayfaire and Parent Stage!

Winter Fair Artisan Market

Calling all ARTISTS!

Parents and the River Valley community are gearing up for another Artisan Market! If you have some handmade items and would like to join us as part of the Winter Fair Artisan Market, please email Ivy at Karunagoddess@gmail.com

From Development

Annual Appeal Update

There are 243 days until graduation! Can you pledge one dollar a day for the remainder of the school year? Pledge cards are available in the school lobby- when you make a pledge, you can elect to have the amount divided up amongst your remaining tuition payments. Or, or you can donate now at <https://squareup.com/store/rivervalleywaldorfschool>.

Thank you for your continued commitment and generosity to RVWS!

From the Community

Hemp Oil

Why has hemp become so popular? What is the endocannabinoid system? Please join us for an informal presentation on the benefits of hemp/cbd oil for all levels of health and wellness. Wednesday, October 24th at 10:30 am. For more information and to RSVP, please contact Sara Fishkin. 908.323.9691 sarajoyfishkin@gmail.com

Lenape Chamber Ensemble Children's Concert in the Round

For children ages 4-12, featuring music by Vivaldi, LeClair, Telemann and Couperin for violin, viola, cello, bass & harpsichord. Refreshments and Instruments demonstrations.

Saturday, November 3rd, 10-11 am at Delaware Valley University Life Sciences Auditorium, 700 Butler Avenue at State Street and Rt. 611, Doylestown, PA 18901. Children: \$2, Adults Free.

Lenape Chamber Ensemble Concerts

Friday, November 2nd, 8:15 pm, Upper Tincum Lutheran Church, 188 Upper Tincum Church Rd., UBE
Sunday, November 4th, 3 pm, Delaware Valley University Life Sciences Auditorium (See above for address.) Music by Fux, LeClair, Telemann, Vivaldi, and Couperin

Open House

Raritan Learning Cooperative, a self-directed learning center for high school age kids will be hosting an Open House and Info Session on October 16, at 7PM. Located at 168 Main St. Flemington. For more information, contact Scott Gallagher: scott@raritanlearningcooperative.org

Let the Right One In at Solebury School

This chilling fairytale will be performed by many of our alumni at Solebury School. Eli is 12 years old; she's been 12 for the last 200 years and she just moved in next door. Suggested for children 13 and older. Come out and see our talented artists.

Thursday, Friday and Saturday, November 1st, 2nd & 3rd, 7:30-9:30 pm and Sunday, November 4th, 3-5 pm. To buy tickets, go to: <https://solebury-school.ticketleap.com/let-the-right-one-in/>

Gather Flower Shop in Frenchtown Turns 1!

This month we are offering a fun night out building your own Kokedama with Jamie! Workshop includes all the materials you will need to build a 4" Kokedama. Wine & Refreshments will be served Thursday November 8, 2018, 7pm - 8:30pm, \$60 per person. Seats are limited so call now to reserve your spot 908-628-3135!

Introduction to 5 Element Theory

Erin Foster (Acorn Room mom) of Bucks County Acupuncture Clinic will be leading a workshop to introduce the ancient wisdom of the 5 elements through the lens of Chinese Medicine. Each month she will explore a different element as it applies to the season.

First Session: Sunday, October 28th, 4 pm-6 pm, \$35. Space is very limited. To register, call 267-733-7261. HeartWell House, 58 East Oakland Avenue, Doylestown, PA. www.heartwellhouse.com

Help Needed

Looking for a mother's helper or doula to help with house chores and pre and post baby help around the home. Please contact Fazeela at 201-565-7162.

**Come join the fun at OTAC this Fall
Ottsville Traditional Arts Center
250 Durham Road Ottsville**

October Friday 10/19 Contra Dance with Coracree and caller Donna Hunt

Doors open 6:00pm, Family/Beginner Dance 6:30 - 7:00, Contra Dance, 8:00 - 10:00
Admission: Adults \$10 Teens 19 & under, \$7 Kids 10 & under, \$5

OPEN MIC NIGHTS

Warm, fuzzy and friendly space to step out, reach up and share what you've got or what you're working on! Open Mic sign up list plus a featured performer/musician set. Coffee House will feature 2 or more performer/musician sets plus Open Mic sign up. Sea Shanties and sing along with Grace! ***Early sign up for kids!!! OTAC is a Great Space and has the most appreciative audience :)

Saturday 10/27 Open Mic Halloween Costume Party with DJ Zoe Bonham 6:00 - 10:00 or later!!

Skits, Songs, Spooks, Murder Ballads followed by Dancing! Get dressed, dark and dramatic! Kid's corner dress up and parade

November Saturday 11/10 THE EMPTY BOWLS SUPPER 5:00 - 8:00 Open Mic/Coffee House 6:00 - 9:00

The Empty Bowls Project is an international, grassroots, crafts-based effort to fight hunger. As guests arrive they will choose one of several handmade bowls donated by local artists and art students. Volunteers will serve soups donated by local restaurants. At the end of their meal guests may take home their chosen bowl as a thank you and a reminder of hunger in our community. Proceeds from our first supper we will be donated to The Lord's Pantry in Ottsville, PA. For more information or to volunteer/donate, contact paula@focazio.com.

Artist Bowls, first come first serve! Minimum donation is \$15.

RSVP Facebook.com/ubebowls <http://tinyurl.com/ubemptybowls>

December Saturday 12/15 Open Mic/Sing Along/Coffee House for the Holidays 6:00 - 9:00

Bring a little something for the Food Pantry

OTAC Wednesday Jam and Songs 6:00-8:00 and Open Mic Nights

\$5 per person

For updates & further details check out ottsvilletradarts.weebly.com Facebook page

Questions, interest in a fundraiser, event, performance, workshop, etc. contact Grace Morgan gracefulm@aol.com

Ottsville Traditional Arts Center is a multi generational and varied community that provides service through what we all have to share.

Piano Available

There is a beautiful, old piano at Trauger's Farm in Kintnersville looking for a new home. It used to belong to the Springtown Inn and is in good condition. If you are interested, call LeeAnn at 610-847-5702.

The Gift of the Golden Nothing

A Biography and Social Art Workshop

What does it mean to give? What does it mean to receive? Through conversation and hands-on activities, we will trace the threads of giving and receiving in our lives. We will share the idea of the "golden nothing" and work to uncover our personal golden gifts.

Choose from Two Dates and Locations

Sat, Nov 3, 1-6pm, Circle of Seasons Charter School, Fogelsville, PA

Sun, Nov 4, 1-6pm, The Waldorf School of Philadelphia, Philadelphia, PA

Facilitators: Christopher Burke, Ph.D. is a psychology professor at Lehigh University in Bethlehem, PA.

Anne de Wild, T.E.N. is a naturopath and kinesiologist based in Basel, Switzerland.

Contact us at burke.dewild@gmail.com with any questions, and visit <http://biographysocialart.org> to learn more about biography and social art. Suggested donation \$40 – Register @ <http://goo.gl/gnw2PJ>

5K for Gun Safety

Sunday, October 18, 8:30-10:00 am at Solebury School, 6832 Phillips Mill Rd, New Hope, PA 18938

There will also be a 1 mile kid's fun run.

Sponsored by Everytown for Gun Safety Support Fund and Solebury School Teach2Serve

To register and learn more go to: solebury.org/teach2serve

Artyard

The Unlikely Whole – September 15-December 30 – Curated by Lucinda Warchol

ArtYard is pleased to present The Unlikely Whole, an exhibition featuring the works of Mariel Capanna, Amie Cunat, Osamu Kobayashi, Amy Pleasant, Kenny Rivero, and Rudy Shepherd. The selected works explore the landscape, the body, memory, and identity as sites of disassembly and reconstruction. Through methods of fragmentation, translation, and repetition, these artists both challenge and reimagine our conception of the whole.

Upcoming Events:

SATURDAY, NOVEMBER 10, 7:30 PM

In My Corner, an original play by film director Jeremiah Chechik that tells a universal story in a unique way.

SATURDAY, OCTOBER 20, 7:00 - 10:00 PM

Pop-up Choir with Kira Willey & Friends

SATURDAY, NOVEMBER 3, 7:30 PM

Please join us for a screening of *Kusama-Infinity*, a film chronicling the life and career of one of the worlds most iconic artists, Yayoi Kusama, who overcame countless odds to bring her radical artistic vision to the world stage.

SATURDAY & SUNDAY, NOVEMBER 17 & 18, 10:00 AM - 4:00 PM – Blizzard Fest

Renowned book artist Hedi Kyle and her daughter, Ulla Warchol teach a two-day paper folding workshop.

SATURDAY, NOVEMBER 17

SONGWRITING SESSIONS 12:00 -3:00 PM, PERFORMANCE 7:00 PM

Accomplished and nationally recognized recording artists Kira Willey, Eve Sheldon and Noah Jarrett will hold a Songwriter's Rodeo.

NOVEMBER 29 – DECEMBER 2, 2018

PoetryYard's Intensive Residential Workshop with Gabrielle Calvocoressi offers students of poetry a rare opportunity to work closely with a nationally known poet in a workshop-style format that includes only five participants.

SATURDAY, DECEMBER 1, 7:30 PM

Screening of *Amarcord*, a carnivalesque portrait of provincial Italy during the fascist period, the most personal film by Federico Fellini.

FRIDAY, JANUARY 25, 7:00 PM

Come to ArtYard to learn how to make your own crankie device from cardboard, wood, or reclaimed junk with Mike Tyksinski and Eric Fiorito.

To learn more about these events, please visit our website www.artyard.org
ArtYard, 62A Trenton Avenue, Frenchtown, NJ 08825

From: Theverge.com via Waldorf Today

A Neuroscientist Explains What Tech Does to the Reading Brain

It's not a zero-sum game.

By Angela Chen

For anyone who has ever been a reader, there's much to sympathize with in Maryanne Wolf's *Reader, Come Home*. The UCLA neuroscientist, a great lover of literature, tries to read Hermann Hesse's *Glass Bead Game*, an old favorite, only to realize that she finds him boring and too complex. She wonders why he ever won a Nobel. And Wolf, who previously wrote *Proust and the Squid: The Story and Science of the Reading Brain*, is horrified that this is what has happened to her ability to concentrate.

Reader, Come Home is about, as its subtitle states, "the reading brain in a digital world." The Verge spoke to Wolf about how technology is changing the brain, what we lose when we lose deep attention, and what to do about it. This interview has been lightly edited for clarity.

Throughout the book, you talk about the idea of "circuits" in the brain that affect how we read and process information. Can you explain this key concept?

(Continued on the next page.)

When we have any function, whether it's language or vision or cognitive functions like memory, we aren't dealing with a straight line to the brain that says "This is what I do." The brain builds a network of connections, a network of neurons that have a particular role in that function. So when we have a new cognitive function, like literacy, it doesn't have a preset network. Rather, it makes new connections among older networks, and that whole collection of networks becomes a circuit. It's a connected scaffolding of parts.

The beauty of the circuit for functions like literacy is its plasticity. You can have one for each different language, like English or Chinese or Hebrew. And then something miraculous happens: the circuit builds upon itself. The first circuits are very basic — for decoding letters as we're learning to read — but everything we read builds upon itself.

So what's changing now with technology? How is that affecting our circuits?

The fact that a circuit is plastic is both its beautiful strength and its Achilles' heel. Reading reflects our medium. And to the extent that a digital medium is going to require us to process large amounts of information very quickly, it will diminish from the time we have for slower processing work.

And these slower processes are deep learning, the ones that are more cognitively challenging. They're the basis for going beyond that initial short circuit of decoding the information and understanding it at a very basic level. The digital medium affords rewards and advantages fast processing at the cost of the slower processes that build our very important critical, analytical, and empathetic processes.

Why is it zero-sum, though? Surely it's good to be able to skim when needed. Why does one take away from the other?

This is a question that requires a very careful attempt at explanation. It's not zero-sum, but we have grown used to skimming. People like you and me who spend six to 12 hours a day on a screen are led to use the skimming mode even when we know we should use a more concentrated, focused mode of reading.

It's an idea I call "cognitive patience." I believe we are all becoming unable to take the time to be patient because skimming has bled over into most of our reading.

How long does it take to "return," so to speak? You said that after two weeks of focused reading, you felt like your old reading self. Do we have research on this?

Not yet. The research is beginning, but it's by no means able to answer that question. My very simplistic, reductionist, qualitative study of myself was of a person who had been steeped in literature and whose motivation was at the highest level. I think we need more research to understand what it would take for every person to have the ability to switch purposefully and know what they are doing when they choose to read something in different modes.

What would this look like?

My proposal is for a "bi-literate brain." We need to train children to evaluate what is before them. What is the best medium? There are certainly going to be more than two mediums, and some will be far more visual or kinesthetic. So the real goal is to figure out how to preserve what we have in deep reading and be able to exert that at will.

Focused reading is so important, and I'm just as guilty as everyone. I have to force myself to slow down, often printing things out or using print as a medium for things that are most important, or for things whose beauty would be lost if I use other modes of reading. We need to read as a bridge back to yourself, and these bridges are necessary.

What are the consequences of all of us becoming skimmers?

Skimming has led, I believe, to a tendency to go to the sources that seem the simplest, most reduced, most familiar, and least cognitively challenging. I think that leads people to accept truly false news without examining it, without being analytical. One of my major worries is that when you lose the novel, you lose the ability to go into another person's perspective. My biggest worry now is that a lot of what we're seeing in society today — this vulnerability to demagoguery in all its forms — of one unanticipated and never intended consequence of a mode of reading that doesn't allow critical analysis and empathy.

From The Washington Post

Study Links Restricting Screen Time for Kids to Higher Mental Performance

By Hamza Shaban

Parents who possess the resolve to separate their children from their smartphones may be helping their kids' brainpower, a new study suggests.

Children who use smartphones and other devices in their free time for less than two hours a day performed better on cognitive tests assessing their thinking, language and memory, according to a study published Wednesday in the *Lancet Child & Adolescent Health*.

The study assessed the behavior of 4,500 children, ages 8 to 11, by looking at their sleep schedules, how much time they spent on screens and their amount of exercise, and analyzed how those factors affected the children's mental abilities.

The researchers compared the results with national guidelines for children's health. The guidelines recommend that children in that age group get at least an hour of physical activity and no more than two hours of recreational screen time a day and nine to 11 hours of sleep each night.

The researchers found that only five percent of children met all three recommendations. Sixty-three percent of children spent more than two hours a day staring at screens, failing to meet the screen-time limit.

Children who did not meet all three criteria performed worse on thinking, language and memory tests than kids who met the recommendations, according to the study. But reduced screen time was positively linked to superior mental performance, the study found.

"We need to pay attention to how long we are on the screens for," said Jeremy Walsh, a postdoctoral fellow at the University of British Columbia and the lead author of the study. "This study is showing that less than two hours of recreational screen time is beneficial for children."

"These findings highlight the importance of limiting recreational screen time and encouraging healthy sleep to improve cognition in children," the study's authors wrote.

The findings arrive as technology companies take steps to address worries over increased use of devices such as mobile phones. In recent months, parents, consumers and technologists have called for more discussion about young people and tech addiction and whether use of such devices could harm childhood development. Apple recently released advanced parental controls and unveiled a new control system that lets users monitor how much they're using their iPhones. Google has also introduced new features to limit screen time and monitor use on Android devices.

While the observational study showed an association between reduced screen time and children's higher mental performance, it did not establish a causal link, according to the BBC. The study's authors said more research is needed to probe the links between screen time and cognition, including differentiating among the types of screen activities and what effects each has on children.

The study drew from data that's part of a larger, long-term research project on brain development and child health in the United States. The National Institutes of Health has funded researchers to track the biological and behavioral development of children through adolescence, showing how childhood experiences such as sports, sleep patterns, social media and video games influence a young person's life.

**2018-19 After-school Program
Fall Semester Registration Form**

Our 2018-19 Fall After-school Program will begin on October 3rd. Josh Laker is ready once again to challenge and entertain RVWS grade school children. Below is a description of activities that will be held on each day.

Classes will be held on Tuesdays, Wednesdays and Thursdays from October 2nd through December 19th. **Dates are listed next to each class because the program will not be held during vacations, assembly days and early dismissals.** The cost is \$20 per class with a \$10 materials fee for the session.

Tuesday – Sports and Running Games (5th grade and up)

(October 2, 9, 16, 23, 30, November 6, 13, 27, December 4, 11, 18)

11 classes - \$230

Any and all sports, indoor and out, four square, battleship, shark attack, capture the flag, flag tag, handball, wall ball (big and small), indoor Olympics, obstacle courses, etc.

Wednesday – Games, Drama, Challenges and Puzzles, Crafts, Outdoors

(October 3, 10, 17, 24, 31, November 7, 14, 28, December 5, 12, 19)

11 classes - \$230

Park bench, improv, Dinner party, dramatic reading, hunter, Mafia, storytelling, treasure and scavenger hunts, simple ball games, group challenges, nature art, cooperation puzzles, hand and nature crafts if desired, etc.

Thursday – Cooking and Crafts (Class size is limited; first come, first served.)

October 4, 11, 18, 25, November 1, 8, 15, 29, December 6, 13)

10 classes - \$210

Baking bread (especially in the outdoor wood burning oven) pasta, tomato sauce, pickling, desserts, bagels, pizza, sushi, etc. These are just some of the things that were and could be done again, it will be tailored to students' desires.

-----✂-----✂-----✂-----✂-----✂-----

Child's Name _____ Child's Teacher _____

Parent's Name _____

Parent's Phone Home: _____ Work: _____ Cell: _____

I would like to register my child for the following After School Program(s):

- | | | | | |
|--------------------------|--------|-----------|--|------------------------|
| <input type="checkbox"/> | Tues. | 3:30-5:30 | Sports and Running Games (5th & up) | <u>\$230.00</u> |
| <input type="checkbox"/> | Wed. | 3:30-5:30 | Games, Drama, Challenges | <u>\$230.00</u> |
| <input type="checkbox"/> | Thurs. | 3:30-5:30 | Cooking and Crafts | <u>\$210.00</u> |

NOTE: Materials fees are included in the prices.

TOTAL: _____

Payment in full must be attached to the registration form. Payment is non-refundable and is set regardless of the number of classes actually attended by your child. Classes will be filled on a first come first served basis.