



River Valley Current

October 17, 2017 No. 488

"Every leaf speaks bliss to me, fluttering from the autumn tree."
~ Emily Bronte

School Calendar

This Week

Monday-Wednesday, Oct 16-18

4th Grade class trip to PEEC

Looking Ahead

Tuesday, Oct 24

6th Grade to Lost River Caverns

Wednesday, Oct 25

School Dentist Visit

Friday, Oct 27

Fall Assembly

6:30 pm

Saturday-Sunday, Oct 28-29

Undoing Racism Workshop at RVWS

Tuesday, Oct 31

Grades 1-3 – Halloween Harvest Festival

Grades 4-8 – Ancestor's Day

Wednesday, Nov 1

Dia Los Muertos Grade School Celebration

Thursday, Nov 2

Middle School Reading Group

7-8:00 pm

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

Parent Council Corner

The minutes from the last Parent Council Meeting are attached to this week's Current.

Kim John Payne

If you attended our evening on "Social Inclusion" with the wise and brilliant Kim John Payne last Saturday and have a moment, please send a general understanding, response or powerful message that you gathered from the talk and model presented. We can publish some in the Current next week so all can benefit. Please email responses to info@rivervalleyschool.org.

This evening arose from the hearts of servant leaders in our community with the hope that RVWS would touch many lives and for this we are grateful.

Fall Assembly Friday, October 27, 6:30 pm

Our Fall Assembly is coming up in a few weeks with students from grades 2-8 performing. Parents and families from EC and 1st grade are welcome to attend to get a preview of what's in store. Hope to see you there!

Students are asked to be at school by 6 pm wearing Festive Attire, described in the Parent Handbook as:

For assemblies and other special occasions when faculty refer to Festive Attire, the intent is neat, clean and special; in general clothing that is "nicer than everyday school clothes" and reflective of the care and effort which has led up to the occasion.

Preferred attire includes dress slacks, khakis, skirts or dresses (no more than 4" above the knee), dress shirts/blouses, button-down shirts.

Specifically, no jeans or cargo pants, no torn clothing, no pictures on clothing, no text, no glitter, no sneakers, and please be mindful of high heels vis-à-vis performance requirements.

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 \$215

Lift and Lessons \$215

Lift, Rental, Lessons \$260

Helmet Rental \$30

The dates for lessons are set for - Jan 5, 12, 19, Feb 2, 9, 16.

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.

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

<https://webstoreski bluemt.com/?groupId=cc2c5834-2c63-44ee-b7d5-a484e7795673>

Any questions, please contact Christine or Mary Aherne 267-614-5021 or cmaherne@epix.net, or Ed George 908-884-7029

The deadline for joining is OCTOBER 27th.

From Administration

Head Lice Alert

A few cases of head lice have been found at River Valley. Class teachers have informed the classes directly affected but it never hurts to check your child's head for evidence of lice.

For information and an effective treatment go to: www.liceliffers.com. Click on the contact page to find the nearest location.

Are you a thrift store shopper?

We are looking for someone to take our leftover lost and found items to a thrift store to be donated. This happens every couple of months and it involves washing the items and donating them to a good cause. If this is something you would be willing to do, please let Robbie or Tiffany know.

Yard Signs are Coming

Our Fall Open house will take place on Saturday, November 11th. Check back here for more details about ways you can help.

Bring in your Box Tops

The first deadline for submitting Box Tops for Education is in October so if you are collecting box tops at home, please bring them in and put them in the basket in the lobby.

Current Link

Last week some parents had difficulty with the link to the Current that was sent in the email. If this happens again just copy and paste the link into a new window or go to our website, www.rivervalleyschool.org and click on "Life at RVWS" to find the Current along with back issues.

After-school Homework Program

River Valley will be offering an extended section of aftercare- our new homework program for students in grades 5-8. Homework program is a great way for your older student to have dedicated time to complete homework assignments in a quiet space, held by experienced faculty members, Mary K. Till and Melanie Niemczura. Students will have a snack, time for outdoor play, and the opportunity to complete homework. Homework program is offered Mondays, Tuesdays, and Wednesdays from 3:30pm- 5:30pm. Parents may sign their children up for the program as they do for aftercare. The sign up sheet is on the bulletin board opposite the main office. Parents can pick up their children anytime before 5:30pm. Homework program will be billed in the same way and at the same rate as aftercare. The rate is \$7.00 per hour and charges will appear on your tuition invoice.

RVWS IS HIRING: PART TIME POSITION

RVWS is looking for a part-time care-giver for Afternoon Garden, our extended day program for young children. Hours are from 12:45pm until 3:45pm. Monday through Friday is desired. Can be shared 2-days & 3-days if necessary. Waldorf training and/or experience preferred. Clearances are required.

Please email a letter of interest, a short bio and resume to info@rivervalleyschool.org

Thank You

Congratulations to the sixth grade class on their 85% attendance this year for their annual work day! The following families were represented: Arnold, Brown, Brunell, Jarrett, Miles, Smith, Wesp, Willard and Kenney. Thank you to Jef Betz, 7th grade parent, who also joined us.

This was a fun and successful work day. We trimmed the bushes to the left of the drive to increase driving visibility and the bushes in front of the APR. We re-edged the flower bed outside the music room and cleared the roof drains of leaves. The rusted exterior door to the furnace was scraped and primed. The courtyard was raked and the drain was cleared. Several fluorescent light fixtures and desks were repaired. Our faculty will be pleased to find that several works of art were hung or assembled. Once again, Thank you sixth grade parents. We couldn't do it without you.

Lynne on behalf of the Building and Grounds Committee

Fall High School Open Houses

The following is a list of upcoming open houses hosted by schools where RVWS alums have enrolled after graduating.

The Putney School

The Open House on Saturday, October 21st from 10:00 - 2:00 is an opportunity for you to learn about progressive education and how that takes shape at the The Putney School. The Open House will provide a framework for your admission process and help you understand what we are seeking in an applicant. It will also be a chance to ask questions of students, faculty, and school leadership—and, you'll visit our beautiful campus during the gorgeous fall foliage season!

Abington Friends School

Our Fall Open Houses will be on Saturday, October 21st at 1:00p.m. and Tuesday, November 7th at 9:00a.m. (Election Day) Attend an Open House to meet your admission representative, hear from Head of School, Rich Nourie, and interact with current students, parents and faculty. The Saturday event is more robust in information. The Weekday event is so that you can also see classes in action. Register for one or both events.

Bethlehem Catholic

October 22, 2017, 2:00 PM - 4:00 PM

Contact: Mr. Henrich jhenrich@becahi.org

George School

Sun Oct 29, 1:30 PM - 4:00 PM

Meet teachers and students and take a close look into what George School offers for students who value academic rigor, enjoy collaboration and creativity, relish athletic and artistic pursuits, and appreciate the ideals of service, social justice, and diversity. *The program will begin promptly at 2:00 p.m. Please allow time to register at the George School Meetinghouse; registration will open at 1:30 p.m. Parking is available at the Fitness and Athletic Center on Farm Drive, across from the Meetinghouse.*

Lehigh Valley Charter Arts

Tuesday, October 24, 2017

Doors open at 5:30pm for tours. Open House Presentation in Charter Arts Theatre begins promptly at 6:30pm. (Please be sure to arrive before 6:30pm!)

Moravian Academy Upper School

10/21/2017 9:00 AM to 10/21/2017 12:00 PM

Athletic and Wellness Center, Merle-Smith Campus, 4313 Green Pond Road, Bethlehem, PA 18020

Kimberton Waldorf School

Wednesday, November 8, 2017, 8:30 to 10:30am

Discover the High School: The High School at Kimberton provides a rich, rigorous, academic experience for students in grades 9 through 12. We will visit each grade during main lesson to experience a bit of our academically diverse high school curriculum. We will have an opportunity to hear about some of the unique experiences that our students participate in, including international exchange, outdoor education, social service, college counseling, vocational practicum and electives. Please contact admissions@kimberton.org

The Lotus School of Liberal Arts

November 7, 2017 @ 5:30-7:30 pm (Re-scheduled)

Come visit our unique high school and see what a mindfulness-based education looks like.

So many of our clients and students have difficulty listening with kindness to those they disagree with. They even have difficulty listening to themselves! Find out how a brief and daily practice in yoga, martial arts, or mindfulness help all of us settle down and listen with an open mind and heart. In these contentious times, a little extra listening can make a big difference.

The Lotus School of Liberal Arts invites you join in this interesting and important discussion with its principal, Peter Ryan, M.Sc, a longtime teacher and psychotherapist. Peter holds three black belts in Zen Sword and brings a wealth of practical skill to the challenges of working with young people.

(Continued on next page.)

More High School Open Houses

Raritan Learning Cooperative

Tuesday, Oct 24th 8:30-10:00am

Do you know a teen who's bored or frustrated with school? Who wants more out of life? Who's looking for a welcoming community? Come to our open house and meet RLC staff, members and parents! Find out how self-directed learning can help teens create the education they want now, while building a path towards college, career, entrepreneurship, vocation, travel and more. Or call us for a private appointment any time. RSVPs appreciated, but not required.

info@raritanlearningcooperative.org

Solebury School

Sunday, October 22, 2017, 1:00PM - 4:00PM

Prospective students and families are invited to explore Solebury School, a co-ed, college preparatory boarding and day school for students in grades 7-12, located in charming New Hope, PA.

We are large enough to offer a full slate of AP and honors courses, dozens of innovative electives and a variety of after-school activities and sports, yet small enough to offer a close-knit community where every student feels known and heard. Whether your child desires an aggressive curriculum that provides enriching, challenging opportunities, or needs a program that will build their confidence and comfort level, our faculty will find the best fit for their individual needs.

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Language Arts

Third Grade – Math

Fourth Grade – Norse Myths

Fifth Grade – Ancient India

Sixth Grade – Minerology

Seventh Grade – Age of Exploration

Eighth Grade – Geometry

Marigold Update

Last week we asked for donations of marigolds and a volunteer to bake pan de muertos. Thank you to Felicia for bringing in marigolds and Erica for volunteering to bake 13 loaves of pan de muertos (sweet bread) for the grades classes.

Upon reflection, we have decided to ask families to bring in fresh cut marigolds Tuesday Oct. 31st (Halloween) to decorate our alter. This way, we will avoid disrupting the plants with a transplant at this point in their growth. The marigolds can be picked now before the frost, placed in freeze bags and thrown in the freezer to be kept fresh for Nov. 1st. We can't have too many marigolds! We're hoping to make a grand mosaic of fresh marigolds to decorate our alter this year.

Children are also welcome to bring a picture, drawing and/ or favorite fruit of a deceased loved one to display on the alter on Nov 1st.

Thank you!

Profesora Workman and Mrs. Goldstein

Latest News

Thanks to the incredible generosity of their donors, the Santiago's GoFundMe site raised \$5,540 of their goal of \$6500. They are almost there. If you plan to make a donation please do it right away so they can send the generators on their way to Puerto Rico. Thank you to everyone who contributed.

Dear Friends of the Santiago Family and Friends of Puerto Rico,

Almost three weeks have passed since Hurricane Maria's rampage over Puerto Rico, and because so many roads remain impassable, too many Puerto Ricans, young and old, remain cut off from the aid arriving in San Juan.

Euclides Santiago's eighty-nine year old mother, Luz Alicia Ortiz, and his brother, Wilfredo Santiago, along with Wilfredo's family, live in Juana Diaz, a town in the south of the island. Living alone, Mrs. Ortiz remains in her home of 50 plus years since Maria. As is true for everyone living in and around Juana Diaz, she is without electricity; she has no refrigeration or air conditioning, and, even more difficult, no access to her well water. Water supply in this area is sporadic. She is dependent on others to bring her potable water every day. Complete darkness at night is also a significant problem and potentially dangerous for an eighty-nine year old woman who must find her way from bedroom to bathroom multiple times each night. Euclides' brother and family are able to look in on her each day, but they, too, lack electricity, refrigeration and dependable water supply. Procuring and delivering water for the two households each day is a cumbersome, time-consuming job for son Wilfredo.

Friends of Euclides Santiago have encouraged him to seek a broader base of financial support for his family in Puerto Rico than he alone is able to provide. We friends are, therefore, seeking to raise \$6500 that will cover the cost of two small generators, necessary supplies (lanterns, batteries, etc.) and shipping fees. These purchases will make an enormous difference in the daily lives of Euclides' family in Juana Diaz. Without this support, we fear it will be months before their difficult circumstances will be relieved.

Euclides has found a way of shipping the generators through a family member in the military that will assure their safe arrival. 100% of the donations will be applied to the \$6500 goal; no donation is too small. When the \$6500 is raised, we will remove our request from this GoFundMe site. Let's join together to reach our goal quickly.

On behalf of Euclides, wife Kris, and friends of the Santiagos, a heartfelt thanks!
Laura Birdsall

<https://www.gofundme.com/santiagohurricanefund>



Winter Fair

River Valley's Parent Artisan Market

At this year's Winter Fair we would like to host an artisan market featuring the parents and families of River Valley. If you are a crafter/artist with inventory or believe you would like to participate with 10+ items, please contact ivy Berrocal at: 201-694-5166 Karunagoddess@gmail.com

More Winter Fair Info

Hey Singers

Winter Fair is Saturday December 9, and choir rehearsals will start in a few weeks! If you are interested in joining Parent Choir, email Kira Willey at kirawilley@rcn.com.

PLEASE:

- Mark your calendars for the rehearsals dates below; make arrangements now for kids, easiest if they stay home
- Share with anyone and everyone who may want to join us

REHEARSALS:

Sunday, Oct. 29, 3 PM, Sunday, Nov. 5, 3 PM, Sunday, Nov. 12, 3 PM, (tentative) Saturday, Nov. 18, 3 PM, Sunday, Dec. 3, 3 PM

From the Community

Show Your Love for Frenchtown Park!

The Borough of Frenchtown is asking its extended community - all who love and enjoy "creek" park - to consider making a donation towards our improvement project. The community has put together a wonderful design that updates our park and keeps some of our favorite older playground pieces. Thanks to a generous matching grant from the Fargo Family Foundation, your gift will be doubled. If we can raise \$7,500 by the end of October, they will give us \$7,500!

Can you make a gift today? Donations of all sizes are needed and appreciated. Gifts of \$1,000+ will receive a bench plaque. Just four benches remain for this special recognition for your family or loved one! Give online: <https://www.youcaring.com/boroughoffrenchtown-920009>

Or send a check payable to "Borough of Frenchtown" with "Park Fundraiser" in the memo to: Borough of Frenchtown, 29 Second St, Frenchtown, NJ 08825

A drawing of the new plans is attached to this week's Current. Questions? Contact Holly Low at holly.k.low@gmail.com or 732-233-4136.

News from Ottsville Traditional Arts

Old Time Duet Harmony Workshop with Suzanne & Jim Wednesday, October 18th, 6-8pm. \$15

Learn harmony styles from the Golden Age of Old Time Music!

"Old Time duets represent a bridge between the harmonies used in "Shape Note" singing and modern Bluegrass and country music. This workshop is an in depth study of the duet harmonies from recordings made in the "Golden Era" of Old Time Music, the 1920s and '30s. Students will listen to selections of original songs and then work from hand outs with the words, chords and melody and harmony intervals for each song. Students are paired off to work on their part next to a person singing the other part. We have seen that the majority of students exposed to our teaching system are able to sing harmony with another by the end of the sessions even if they have never sung with that person before."

For more than forty years, **Jim Hale** has been at the forefront of the clawhammer banjo revival. His style has been referred to as "powerful", "eloquent" and "tastefully professional". **Suzanne Jaroszynski** has a well deserved reputation for her rich, versatile voice, bringing warmth and passion to sentimental ballads, nimble range to cowgirl yodels and power to Old-Time gospel shouters. Together, Suzanne and Jim are among the rare musical artists who explore new directions by looking back into the roots of Americana music and lore. The husband and wife team blend their voices and instruments in songs of an earlier time.

Weekly Wednesday jam session

6-8pm every Wednesday: tunes and songs, \$5 suggested donation

Traditional music in a collaborative, judgement-free setting! All are welcome, even if you've never sung or been to a jam session before. If you want to come extra-prepared, check out our website www.ottsvilletradarts.weebly.com/ where we post learning materials including sheet music, videos, and recordings ahead of time. Sheet music also available at the jam, but try playing by ear if you can!

Agatha Christie's "The Hollow" – at Solebury School

RVWS Alumni in the cast: Teva Skovronek (2014), Safwa Ozair (2016), Ava Smith (2016), Dominique Wander (2016)
November 2, 3, 4 & 5 – tickets on sale now: <https://solebury-school.ticketleap.com/>

These shows sell out quickly! Check your calendar and purchase your tickets.

An unhappy game of romantic follow-the-leader explodes into murder one weekend at The Hollow, home of Sir Henry and Lucy Angkatell, arguably Christie's finest comic grande dame. Dr. Cristow, the Harley Street lothario, is at the center of the trouble when, assembled in one place, we find his dull but devoted wife Gerda, his mistress and prominent sculptor Henrietta and his former lover and Hollywood film star Veronica. Also visiting are Edward and Midge whose romantic assertions are likewise thrown into the mix. As the list of romantic associations grow so does the list of potential suspects when Cristow is shot dead. Nearly everyone has a motive but only one of them did the deed. (The play was adapted by Agatha Christie from her novel of the same title, The Hollow.)

"A genuine crowd pleaser and a worthwhile evening of entertainment."

Leah D. Frank, New York Times

From the Artyard in Frenchtown

Saturday, Nov. 4th, 8:00 PM -An Evening with Photojournalist, Cinematographer, and Survivor, Jared Moossy. Screening of his films Witness: Libya, A Lucky Man, and Chester, PA. Conversation with Moossy after the screenings

Saturday, Nov 11th - Sunday, Nov 12th, Price: \$75 for both days (Price does not include meals)

Music Workshop in the Art of Improvisation with Karl Berger and Ingrid Sertso. A hands-on two-day event.

For more information go to: artyard.org.

Artyard, 62A Trenton Ave. Frenchtown, NJ 08825

To Kill a Mockingbird presented by the Newtown Arts Company

Newtown Theatre, 120 North State Street, Newtown, PA
Thursday, Oct. 19, 7:30 pm. Friday & Saturday, October 20 & 21, 8 pm. Sunday, Oct. 22, 2 pm. Tuesday & Wednesday, Oct. 24 & 25, 7:30 pm.

Tickets: \$21 (front reserved) \$18 (rear reserved)

Tickets are available at the theatre box office or online.

Go to www.thenewtowntheatre.com for more information.

Lawn Mower for Sale

We are selling our mower (not much used) and namely: a TORO 50" TimeCutter SS5060, 23 HP 726 cc Kawasaki Engine with smart speed control system, 18" extra tall countered seat. Interested? Please contact Piergiorgio, Oscar's dad at pgv.pier@gmail.com or 646 830 9250. Interested? Please contact Piergiorgio, Oscar's dad at pgv.pier@gmail.com or 646 830 9250.

Give Kids Sight Day

Free Eye Care and Eyeglasses - Walk-in only.

Saturday, October 21, 2017 8:30 am – 1 pm. Jefferson Alumni Hall, 10th & Locust, Philadelphia, PA 19107.

Children 17 or under who have not had or have not passed an eye screening are encouraged to attend. Children must come with a parent or guardian. No health insurance, no problem – all children welcome. Please arrive early and allow for a few fun filled hours.

For more info go to: pccy.org/sightday, email:

gksd@pccy.org. Or call 215-563-5848 x 21.

The Lotus School of Liberal Arts Open House and BRAINsmART Therapies, a free workshop led by Dr. Nancy Lubow

85 Sherman Rd Ottsville PA 18077

Tuesday, November 7th, 5:30-7:30 pm – Re-scheduled

A 'cross modal' Creative Arts Problem-Solving Approach for Students and Educators, BRAINsmART is an arts-based approach to learning and healing the mind, emotions and body. The principles of a cross modal creative arts approach are organized around the principle that 'creativity integrates the brain and heals the mind'.

This workshop will help participants link the four different perceptual modalities: auditory, visual, kinesthetic and verbal to couple the learning experience with creative-receptive states of being. These skills are the tools students need to redirect scattered attention and chaotic emotions into the visual-spatial world of the right brain. This process not only improves attention and focus, but increases cognitive ability, emotion regulation, and distress tolerance. RSVP:484-312-0011 pete@lotusla.org

Growing Up in a False Reality

Kids today are out of touch with themselves, others, and the world around them.

by Cindy Eckard

Many people are focused on reducing screen time for children; I'm one of those people. The health risks are enormous for our kids, in a variety of ways, from their vulnerable, undeveloped eyes to their growing bodies and minds. And while I am the first to advocate for schools and parents to limit the amount of time our children spend on digital devices, *per se*, I am also growing increasingly convinced that our emotive relationships with these machines - which correlates to screen time - needs more exploration. What psychological needs are these digital devices filling - and what price is being paid when they dominate our lives?

Not long ago, I reluctantly signed up for a social media account, recognizing the efficacy of that medium for instantly reaching large, targeted audiences. Because I was pursuing the passage of specific statewide legislation, the timeliness of the messaging was important to me, to educate stakeholders and mobilize political support as quickly as possible.

With nearly the same speed that my messages were being sent, my own need to know how my messages were being received, emerged. It was remarkable how quickly I felt compelled to look at my hit count or check for messages. Hit that bar and get that pellet. No pellet? Hit the bar again. Ah. Pellet. Good pellet. Hit the bar. How many people reacted to my message? That's it?! Send another message. Get another pellet.

It quickly became evident that I was drawn back to the computer with growing frequency, and increased emotional investment. If my message was well received, I felt validated, vindicated, and smart. And if my message was ignored, it was certain proof that no one cared about the things that interested me most, and I felt isolated.

This, from a grown woman with a lifetime of professional communications and technology experience.

So I can hardly imagine the emotional roller-coaster that many children are now experiencing. It's very easy to see how cyber-bullying has become such a crisis, since our children's self-esteem is now hinging on uncontrollable virtual approval, and invisible, shifting, unpredictable digital feedback. The validation we all crave is now seemingly only available to our kids in an artificial way. Even their grades are impersonally emailed to them - no more dirty looks or pats on the back from their teachers.

How uncomfortable, and insecure, then, our children must feel. Whatever approval kids may receive from one another is fleeting, fickle, and unreliable. "Friends" are not real friends. And any embarrassment is amplified, shared universally, and inescapable.

What used to happen and be forgotten in a week when we were kids, now lingers and taunts. A cell phone snapshot can persist online forever, and humiliate a child for years. There is no escape, no relief, no place to hide. It's cruel. How damaged will this generation be, from the stress of performing for each other, to avoid being "unfriended"? Social media is a sneaky little medium that hurts. The girl at the lunch table doesn't yet know she's the target of criticism by the other kids at the same table.

So the need to stay on top of the latest, artificial developments becomes paramount to kids. Who's in and who's out and who said what and what picture was posted, and what replies were sent becomes a constant obsession. It gratifies immediately, defines group cohesion, quenches curiosity, excites, and motivates kids to check into their virtual experience nonstop, or be left out of everything. It's a sad situation, made sadder because their parents are doing the exact same thing, modeling the exact same obsessions.

Seeking artificial validation not only results in addictive, destructive behaviors, it also displaces the very experiences that would otherwise offer us authentic validation. Actual experiences are no longer valued over virtual ones. My family had an outdoor adventure party not long ago that featured a huge boa constrictor, hissing cockroaches, and a bearded dragon lizard. Although encouraged by the handler, none of the 11-year old kids at the party would even touch the critters. Instead, they pulled out their cell phones and took pictures of them. They didn't want to actually experience what a snake or a lizard felt like. They just wanted to show their friends the cool snake pictures.

(Continued on next page.)

Even common interactions are now being avoided because of these devices, and replaced with disingenuous placations. Technology enables us to avoid conversation, confrontation, rejection, disapproval and honesty. We can avoid any personal risk, ensuring we are always "liked." An emoticon parades as an emotion. A series of exclamation marks masquerades as enthusiasm. We LOL when we don't even think it's funny. How can a whole, healthy person of any age develop or thrive under these circumstances?

We are bankrupting our spirits, our relationships and our society. Peace and quiet are the new enemies of happiness. We need so much constant distraction these days to avoid our own realities, that gas stations now have television screens on the pumps, so that we can maintain the constant stimulation we had in our cars, in our homes, in our offices. Schools are encouraging ever more use of screens for communication among students... who are sitting next to each other in class.

With eyes on screens, we are not looking at each other. We are not noticing anything or anybody around us. So our children are losing the ability to converse or to cope with emotions, their own, or anyone else's. They require constant noise and colorful, moving pictures or they are immediately irritated, bored and - increasingly - they are anxious, depressed, suicidal. They are out of touch with their own hearts and minds, with each other, and with the natural world around them.

Limit screen time? Absolutely. We must save our children's retinas from blue light, protect them from myopia, get them a good night's sleep, and insist they go outside and play. We must make sure their growing muscles and bones aren't twisted and bent from staring into ill-fitting equipment. We must demand that schools live up to their legal obligation to provide safe and healthy classrooms.

But the price to be paid by our children because of these devices needs to be understood beyond the damage to their bodies. We need to consider our children's humanity and perspectives - their spirits. We must turn off these devices and teach our children how to build true friendships, cope with actual challenges, explore their own emotions, contribute, appreciate the natural world and enjoy the rich, meaningful experiences of real life.

For more help reducing screen-time at home and school, see [Reset Your Child's Brain: A Four Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen Time](#)

2017-18 After-school Program

Fall Semester Registration Form



Our 2017-18 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 3rd through December 14th. **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 – Games, Drama, Challenges and Puzzles, Crafts, Outdoors

(October 3, 10, 24, 31, November 7, 14, 28, December 5, 12) NOTE: NO CLASS ON 10/17

9 classes - \$190

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.

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

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

10 classes - \$210

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.

Thursday – Cooking and Crafts

October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14)

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):

Tues. 3:30-5:30 **Games, Drama, Challenges** **\$190.00**

Wed. 3:30-5:30 **Sports and Running Games** **\$210.00**

Thurs. 3:30-5:30 **Cooking and Crafts** **\$210.00**

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.