



River Valley Current

October 28, 2014 No. 391

"There are stars whose radiance is visible on Earth though they have long been extinct. There are people whose brilliance continues to light the world though they are no longer among the living. These lights are particularly bright when the night is dark. They light the way for humankind." - Hannah Senesh

School Calendar

This Week

Tues, Wed, Thurs, Oct 28-30

Child Development Workshop 8:45-10:30 am

Thursday, Oct 30

Talk: "Adolescence and Beyond" 7:00 pm

Friday, Oct 31

Ancestor's Day – In-school celebration
Morning Glory Pumpkin Festival (EC-G2) 4-6 pm

Saturday, Nov 1

Biography Workshop 9:00 am-4 pm

Looking Ahead

Monday, Nov 3

No School – Institute Day

Thursday, Nov 6

3rd grade Parent Evening 7:00-8:00 pm
Middle School Study Group 7:00-8:30 pm

Monday, Nov 10

Martinmas Lantern Walk – Grades 1 & 2 4:45 pm

Tuesday, Nov 11

Martinmas Lantern Walk – Kindergarten 4:45 pm

Saturday, Nov 15

6th grade Workday

Friday, Nov 21

Fall Assembly 6:30 pm

Saturday, Nov 22

Bridgeton Hill Holiday Bazaar 11:00 am-4:00 pm

How to Contact Us

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

Adult Education with Guus Antonie This Week!

Workshop: "Stages of Child Development: Parenting and the Waldorf Curriculum"

Wednesday & Thursday, October 29th & 30th from 8:45 to 10:30 am
Cost: \$20

This workshop is designed to provide parents with a greater understanding of child development and how to effectively work with children during each phase. This series will also offer glimpses into the Waldorf classroom and illustrate how the Waldorf curriculum supports each stage of a child's growth, physically, intellectually and emotionally.

Wednesday - The Heart of Childhood/ Crossing the Rubicon
Thursday - The Summit of Childhood and pre-puberty

Evening Talk: "Adolescence and Beyond: The Birth and Nurturing of the Astral Body"

Thursday, October 30th, 7 pm

Cost: \$10

We can recognize several landmarks in our biography, one of which occurs during adolescence when the Astral body is born. What does this mean? What do we mean by Astral body? What is happening in the life of a child at this age and how can we support this? How does it develop further as we grow into adulthood? This evening talk will introduce the biography work that will be done on Saturday.

Workshop: The Rhythms of a Biography

Saturday, November 1st, 9 am - 4 pm

Cost: \$45 (This price includes the Thursday evening lecture.)

Biography work can help us find answers to the questions we have concerning our life. By exploring our past experiences our life story gradually will unfold: Rhythms and patterns will become visible and we will recognize the themes, challenges and opportunities in our life. This may give us the insights, confidence, courage and new perspectives for future developments on our journey through life. This workshop will explore biographical threads, cycles and rhythms and how they manifest in our own life and in other people's biographies.

Registration forms are on the rack opposite the office. Hope to see you there!

Parent Council Update

The next Parent Council meeting will take place on November 19th at 6:30 pm at the Ship Inn in Milford

Ancestors' Day on Friday, October 31

The grade school will be celebrating Ancestors' Day again this year with an assembly at 8:45 am on Friday. Parents are welcome to attend. This is not an event to be photographed, so please ask your child's teacher if you would like information about the most appropriate time for pictures.

Join us THIS FRIDAY for the Pumpkin Festival!!

The festival will take place at our Doylestown Campus on Friday, October 31st from 4-6 pm. This festival is for children in Early Childhood through 2nd Grade.

This is a potluck event - please bring your own utensils, plates and cups to help reduce our carbon footprint.

Children may dress in costume and bring a pumpkin for decorating. Let your class teacher know if you and your child will be able to attend.



From Administration

Welcome Phoebe!

Phoebe Magnolia Bost was born on October 12th and we already announced her arrival in the Current, but we wanted to share with you this beautiful picture of her with her mother, Diana Stoycheva. Congratulations to Diana, Justin and Phoebe; we can't wait to see all of you.



Crafters Welcome

The 2014 Bridgeton Hill Holiday Bazaar will take place on Saturday, November 22nd and there are booths available for craftspeople. Please see forms attached to this week's Current for more information.

WELCOME FRIENDS

Please join the 3rd and 5th grade classes in welcoming new friends – and be sure to update your directories as well!

Grade 3: William Gonzalez (brother Michael is currently in grade 7)

Autumn Saunders – 908-397-4703 (family contact info is already in the directory)

Grade 5: Annabelle Corwin

Tami & Bruce Corwin, 610-346-6712 – h 115 Meadows Lane, Riegelsville, PA 18077
tamiboorthcorwin@gmail.com
brucedcorwin@gmail.com

RIVER VALLEY SKI CLUB

We will ski on 6 Fridays evenings, from 4 pm to 10 pm starting Jan 9th through February 13th at Blue Mountain. Rates are on the forms attached to this week's Current. PLEASE MAKE OUT CHECKS TO Christine Aherne, RVWS 7th and 5th grade parent a long-time Ski Club member! She will be the main ski club manager this year. Stephanie Smith will be helping collect forms and answer any questions!!!! Fun Times, Friends!

Please fill out the Liability Release/Group Membership Form for every skier and One Sign-up Form per family.

Forms and Payment due by Wednesday, October 28th!

2nd Grade Parent Meeting Postponed

The 2nd grade Parent Meeting originally scheduled for Thursday evening has been cancelled so that everyone is free to attend the talk by Guus Antonie that night. It will be re-scheduled soon and parents will be informed of the new date.

Condolences

Our heartfelt condolences go out to Amelia Sayers (4th grade) and her family for the loss of her father, David. Our thoughts and prayers are with you all.

Welcome, Elizabeth McCracken

We are pleased to welcome Elizabeth McCracken, our new Aftercare teacher. Elizabeth lives in Milford and has worked with children at the Frenchtown Elementary School and in the Lebanon School District. She is an artist and mother of two teenage children. She is enjoying her time at River Valley and we are happy to have her as part of our community.

A Comparison of Waldorf and Public School Education

Please take a moment to check out this blog-post of a chart compiled by our friends at Spring Garden Waldorf School...by way of Philly Waldorf's blog:

<http://lovinglearning.org/blog/comparison-waldorf-mainstream-education/>

It is succinct and well done!

God and Other Men

One of our past teachers and Stephanie Smith's mother, Myrna Smith, has written a book!!! *God and Other Men: Religion, Romance, and the Search for Self-Love* has just been published and is available on Amazon.

Elizabeth Gilbert writes, "Myrna J Smith writes with lucidity and intelligence about a subject which — all too often — can be marked by blurriness and vacuousness: the search for God in a human life. Her lifetime of seeking is as impressive as is thorough. Tirelessly, honestly, and with clear eyes, Smith has spent decades exploring Christianity, Yoga, the Guru system, Buddhism, mind-body healing, and the modern American self-empowerment movement."

Myrna began writing her memoir when she was teaching language arts to our middle schoolers. Maybe they provided the inspiration for the book!

Thank you

On Friday, October 24th, RVWS hosted twenty-seven Mid-Atlantic delegates from the Association of Waldorf Schools of North America (AWSNA). It was a fruitful meeting that included reports from area Waldorf Schools and a deeper discussion of Waldorf School core principles. Many thanks to Lynne Allbaugh (Grandy), Joanna Allbaugh, Michelle Berrong, Kathy Bernhardt, Amanda Blanco, Christine Boston, Carol Diven, Ken Friedman, Christina Hummel, William Kendter, Melanie Niemczura, Tiffany Robinson, Cindy Schretlen, Dawn Taylor, Mary Kay Till, Jean Tuma, Deb Vincent, Rebecca West, Brian Wolff and the children of the 3rd Grade Class for supporting this very special event.

Your kindness was greatly appreciated!
RVWS Delegates, Lisa Sweeney and Karen Atkinson

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Arithmetic

Third Grade: Language Arts/Hebrew Stories

Fourth Grade: Math

Fifth Grade: Ancient Civilizations

Sixth Grade: Mineralogy

Seventh Grade: Physiology

Eighth Grade: Geometry

I Hear America Singing

Spreading messages of beauty and hope, The American Boychoir's inspirational program includes classical and world music. The choir is an icon of American musical excellence, dazzling audiences throughout the nation and the world with its unique blend of musical sophistication, spirited presentation and ensemble virtuosity. The renowned American Boychoir School is the inspiration for "Boychoir", a film directed by Francois Girard and starring Dustin Hoffman and Kathy Bates (currently in production).

Saturday, November 1, 2014 at 8 PM

Central Moravian Church, Bethlehem, PA

Carol Diven has two free tickets for this wonderful concert. Please call Mrs. Diven at (530) 209-2711 if you would like these tickets - first call gets them!!

After-School German

A new six week round of after-school German and Schuhplattler will start the first week of Nov. The classes are:

Monday—Schuhplattler (gr. 3 & up)

Tuesday—Advanced Conversation (gr. 3+)

Wednesday—German Club (best for gr. 3 & up, but may be okay for some 2nd graders)

Thursday—Songs/Tutoring/Schuhplattler (for new kids, plus 2nd graders who want a little of everything!)

Contact Peter Ray, peter.ray@comcast.net, 215-794-5816. Please sign up early to make planning the classes easier.

Get Ready for Winter Fair Secret Garden and Learn New Crafts!

Get your Secret Garden treasures finished early. Join Miss Till in the Handwork room Friday mornings after drop off, 9 am-10:15 am on October 24 and November 7th, then again on Saturday, November 22nd, 9:30-11 before the Holiday Bazaar. Cost is \$10 for materials. Please RSVP to Miss Till (MKT4160@yahoo.com) or leave her a note at the Handwork Room.

Class Fundraisers

Bulk Orders of Samosa!

The grade school Samosa Fridays have been such a hit with the kids that parents have requested we offer bulk orders for families to take home and serve or freeze....so we are offering: Bulk Samosa Orders the 1st Monday of every month for 7 months (Nov-May). The first day will be Monday, November 10 (because we have no school on Mon, Nov 3). Sign up for 7 Mondays through the rest of the year (Nov 10, Dec 1, Jan 5, Feb 2, Mar 2, Apr 13, May 4). We can either send them home with a designated student or you can pick them up in the morning or afternoon. These are vegetarian, LARGE samosas prepared from scratch by "Aromas of India" of Easton, PA – fried in peanut-free oil and offered with a tangy-sweet tamarind dipping sauce and homemade.

Parent Council

PC Festival Table Drive

Have you ever found yourself carrying a 20 pound table up the stairs to the Upper Black Eddy Firehouse cursing the fact that we have to lug tables around each time we have a festival? Well, we may have a solution for you. Parent Council is sponsoring a Festival Table Drive asking parents to donate tables to store at the school eliminating the need to rent them and transport them.....a dream come true! We need about 25 lightweight tables that could be either 8' or 6' in size (preferably 8'). Please contact Clare Brunell if you would like to donate a table or a few. clare28@live.com or (908) 713-1030.

From the Community

Yoga Loka

Your Mysterious Body, Muscle Testing and Range of Motion

November 1st, Saturday, 1-5:00 pm with Bonnie
Find out more about your body, why it doesn't do what you want it to, and maybe how to change that!

Restore and Renew

November 9th, Sunday, 4:30-6:00 with Carole
A very gentle yoga class with props and TLC.

Happy Hip Openers!

November 14th, Friday, 6:30-8:30 pm

A class devoted to increasing your mobility. Change the way you sit, walk, stand, dance and more!

The Transformative Power of Fire

November 15th, Saturday, 11:30-5:30

A full day retreat exploring how to use fire to transform our lives. We will learn a healing fire ceremony you can do on your own, cooking, and breathing practices to increase your digestive fire.

See www.Yoga-Loka.com for more details and to

"You are a child of the universe, no less than the trees or the stars...."

Is there anything more lovely than time-honored words of wisdom lettered beautifully by hand? Catherine Lent is delighted to offer a new limited-edition calligraphic print of Max Ehrmann's "Desiderata," or desired things. Chock full of good advice ("Be on good terms with all persons. Speak your truth quietly and clearly; and listen to others..." as well as "Beyond a wholesome discipline, be gentle with yourself."), this poem has been cherished and shared by many for generations, and is now rendered in full-color calligraphy in a palette of watercolor blue, green, purple, and burgundy hues. Each print is embellished by hand with gold accents, signed and numbered by the artist, and accompanied with a certificate of authenticity. Available alone, matted, or framed, the artwork is 13 by 15 inches, 16 by 20 matted or framed. The regular prices are \$60, matted \$78, and framed \$165. Order by November 1st for the introductory offer of 20% off: print \$48, matted \$62, fully framed \$132. Contact Catherine at 908-328-4460 or catherine@calligraphybycatherine.com for images of the artwork, mat and frame options, and any other information you might need.

For Rent

3 story townhouse with 3 bedrooms and 4 baths. Finished walk-out basement with brick flooring. Large backyard with wooden deck and patio. Spectacular views of the Lehigh River and 4th of July fireworks. 5 minutes from downtown Bethlehem and 25 minutes from River Valley.

For more information, please contact Katherine Schilling at 347-724-8724 or katubela211@yahoo.com

Calligraphy Classes

Local artist Catherine Lent is happy to be offering Beginner Calligraphy courses, both in broad-pen Italic (three Tuesdays, Nov. 4, 11, and 18 from 6:15 to 9 p.m.) and pointed-pen Copperplate (two Thursdays, Nov. 6 and 13, same time) right in Frenchtown. A one-night class called Introduction to Calligraphy is THIS Thursday, October 30th, and is a prerequisite to either of the other Beginner Courses. She is also teaching a workshop weekend November 14-15-16, full of second-level calligraphy classes like Layout & Design and Swash Flourishing as well as family-friendly general courses that require NO calligraphy experience like Module Origami and Illuminated Monograms. For more information or to register, contact Catherine ASAP at either 908-328-4460 or catherine@calligraphybycatherine.com.

Heal yourself, heal the world!

Take some time to nourish yourself. You will learn simple techniques to decrease stress and increase well-being. I will be offering classes in Gendai Reiki Ho, Japanese reiki direct from Japan. Classes will be held in Emmaus. Everyone has the innate ability to share reiki- join us and open or deepen your connection! Call or email Molly Watson for prerequisites and pricing. 484-241-5343 or mwatson416@gmail.com.
Reiki 1 Thursday Nov 13, 6:30-8 pm, Friday Nov. 13, 9 am-12 pm
Reiki 2 Friday Nov. 14 1-7 pm
Reiki 3 Saturday Nov. 15, 9 am- 4 pm
Reiki 4 Sunday, Nov. 16, 9 am- 4 pm

Ottsville Traditional Arts Center Events

Saturday November 1st

Contradance with Perpetual e-Motion

2nd Annual Gypsy Dance - RVWS Class trip FUNDRAISER

Wednesdays

Mirjam Ingolfsson...Cello lessons in collaboration with Daniel Hawkins

For lesson information contact mirjam.ingolfsson@gmail.com

Mondays

Afternoon Lessons with Jane Rothfield - Fiddle, Guitar, Banjo beginners and advanced students welcome. For lesson information contact janerothfield@gmail.com

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

Please join the Jam! All levels welcome. Bring strings, pipes, squeezebox whatever you got! Tunes and songs, \$5 suggested donation. ottsvilletradarts.weebly.com for song and tunes selections.

Check out our Ottsville Tradarts Calendar of events for more Information. ottsvilletradarts.weebly.com
danielhhawkins.com

OTAC 250 Durham Road Ottsville across from Kimberton Whole Foods

Friday December 19

House Concert with Lissa, Glen and Bethany

Saturday December 20th

Workshop/Concert with Daniel Hawkins

Introducing a Naturopath/Homeopath in our Community

Julie Lachman, ND is a Naturopath and homeopath in Doylestown, PA. Homeopathy and Naturopathy have both shown to resolve symptoms ranging from ADHD and Autism to constipation and headaches, without the side effects of drugs. Individualized care is best.

267-895-1733. www.drlachman.com 196 W. Ashland St. Ste. 301, Doylestown, PA 18901.

Looking for a new house in a great neighborhood?

We are selling our house in Hellertown! Some highlights are a fabulous new kitchen, beautiful back patio and backyard, and a Waldorf family across the street!

Call or email Molly for more information. 484-241-5343
mwatson416@gmail.com

Homeopathy Classes in Upper Black Eddy

Homeopathy Made Simple Classes - Cost is \$100 for the 4 week session.

The Homeopathy Made Simple series is a 4 week class series designed to teach you homeopathy from the ground up. If you are a total novice or just someone who has dabbled it will help you to have a solid foundation where you can continue to build your knowledge and skills in using homeopathy. If you are someone who uses it on an ongoing basis you are sure to learn new things as well. Wednesday classes start on October 29th 7-9PM held in The Homeopathic Classroom, 1438 Lonely Cottage Road, Upper Black Eddy, PA.

Family Homeopathy Classes - Cost is \$125 for the 4 week session

The Family Homeopathy series teaches homeopathic remedies for common health issues along with ADD/ADHD and remedies for epidemic diseases-a strong suite of homeopathy. If you are not vaccinating you might want to think about taking this class. Since we are building on the information being taught, the Homeopathy Made Simple series is a prerequisite to this class. Tuesday Classes start on November 4th 7-9PM held in The Homeopathic Classroom, 1438 Lonely Cottage Road, Upper Black Eddy, PA.

Medical Astrology Class - Cost is \$35 for the 1 night class

This class will teach you the ancient system of Medical Astrology which is based on the science of Rasavidya. We will discuss the 7 chakras, 7 days of the week and the planetary influence with being born on that specific day. This system is a tool to help you learn about yourself so that you can live a happy, healthy and long life. You will learn ways to balance yourself and to keep yourself healthy from homeopathic remedies, herbal tonics, sounds and even medical QiGong postures.

An additional series will be taught taking into consideration the entire 9 box system and how to create and analyze this chart. Thursday Class November 20th 7-9PM held in The Homeopathic Classroom, 1438 Lonely Cottage Road, Upper Black Eddy, PA.

To reserve a spot call Denise Timofai at 610 982 5012 or email homeopathiceducation@yahoo.com Our facebook group -Homeopathy Made Simple lists additional information on the classes and other upcoming classes. Everyone is welcome. For those of you not able to attend- the audio recordings and class notes are available for purchase. Email me if interested at homeopathiceducation@yahoo.com

Used Book Sale

November 7th, 10 am - 8pm, November 8th, 9 am - 3 pm
Christ Lutheran Church, 353 East Dark Hollow Road,
Pipersville, PA 18947
Sponsored by the Pipersville Free Library (proceeds
support the library).
For more information call 215-766-7880

Childcare Sought

RVWS family is looking for creative soul to watch our 2 1/2 year old son, Cedar (in GG) on Saturday OR Sunday, possibly both if you are interested, from 9:15 - 2:30, while we work. Love of play and the outdoors needed, sense of humor required, juggling ability optional. We need someone that can drive. If you need to bring a child of your own, that may work out fine. We live in Kintnersville by Rick's Egg Farm/ O Wow Cow. Contact Brooke if you are interested: 215-500-5769, or flypeterfly@hotmail.com.

Girl Scouts

The Girl Scouts of Eastern Pa and the Palisades Service Unit offers programs for girls from K-12. Currently Palisades has 13 Troops – 2 Daisy Troops (Grade K-1), 2 Brownie Troops (Grade 2-3), 3 Junior Troops (Grade 4-5), 3 Cadette Troops (Grade 6-8), 1 Senior Troop (Grade 9-10) and 2 Ambassador Troops (Grade 11-12). The Troops meet at places such as Tinicum Elementary, Springtown Firehouse, Durham Nockamixon School, Christ Lutheran Church – Springtown and Springfield Elementary

If any girl from grade K-12 is interested in joining a current Troop, please contact Kimberly Antonioli at 610-791-2411 Ext. 1514 or at kantonioli@gsep.org. We are always looking for parents to lead new Troops as well.

Super Sitter's Certification

Sponsored by the Saucon Valley 12th grade Girls Scouts from Troop 8948

Boys and Girls, \$50 / person 9 -15 years old \$50 / person
November 1, 2014, 9:00 am-3:00 pm

Pizza and punch will be provided for lunch
CPR Instruction, CPR- Adult, Child, Infant, CHOKING -
Adult, Child, Infant, AED

Babysitting Skills, Play it Safe, Picking up and Holding a
Baby or Toddler, Feeding an Infant or Toddler,
Diapering, Decisions, Decisions- Discipline, Temptation
and Responsibility, Finding Work, First Aid Topics.

Attention Scouts!

You can earn all or part of your first aid badge
requirements!!

For information call or email 484-995-0092

mflanagan7@msn.com

Kissimmee River Pottery Fall Student Sale

November 7, 8, 9
Reception Friday, November 7, 6-9
Open Saturday, November 8, 10-6, Sunday November 9,
10-5
Great Gifts for the Holidays
50 Mine Street, Flemington, NJ, 908-237-0671
For more information: www.riverpots.com

Summer and Smoke at Solebury School

The Solebury School Theater department is pleased to present this fall's dramatic production of Tennessee Williams' Summer and Smoke. The show will run from Thursday, November 6 Through Saturday, November 8 with a 7:30 p.m. curtain. On Sunday, November 9, curtain is at 3 p.m. Cost is \$5 for students, \$10 for adults. Call 215-862-5261 for reservations. Our very own Teva Rose Skovronek (RVWS class of 2013) is in the cast!

Roxey Ballet Nutcracker Production

Gunna Christensen (7th grade) and Sven Christensen (3rd grade) are very excited to be in this year's performance of The Nutcracker by the Roxey Ballet. Gunna and Sven will be in the 1st act party scene and Gunna will be a Chinese dancer and Sven a Russian paige in the 2nd act in Saturday performances. Ainsley Mulligan will be in the party scene on Saturdays and a Sugar Plum paige on Sundays. Former student Gabe Blaikie will be Fritz and Gabe's dad Tim will be Drosselmeyer (not sure which performance).

Tickets are on sale now and can be purchased on www.roxeyballet.org or discount tickets at: www.spinsaver.com.

Hope to see some of our RV friends, Leah Christensen

Sabine Rahman aka Saharra White Wolf would love to invite you to her upcoming events:

Shamanic Journeying - Mondays for adults and teens
Nov. 17th and Dec. 8th, 7 to 9 pm

Find her business AWAKYA on www.meetup.com – it will give you more information about all this events and many more dates for her ongoing Reiki Healing Circles for all different Reiki Degrees. All Events happen at 5 Cynthia Court, Annandale, NJ 08801. Contact info: saharrawhitewolf@gmail.com

We live in a time of big changes. It is up to you if you want to choose easy or if you want to resist and struggle. Change will happen if you want it or not – it is up to you how. Choose easy, with peace and grace. YOU are the creator of your life and you chose to be here at this exciting time! Enjoy!

Bucks County Tennis Association

Indoor Tennis—Three 5-week seasons. Plus special 6-week seasons!

Preregistration is required. Register online at: www.buckscountytennis.usta.com. (Registration closes 1 wk. before program start.)

SEASON 1: November 1 – December 7 (No tennis Thanksgiving weekend), SEASON 2: January 11 – February 8

SEASON 3: February 21 – March 22

Pee Wees (ages 4–6) Juniors (ages 10–13), Little Aces (ages 7–9) Adults (ages 14+)

LEARN, PRACTICE & PLAY Learn tennis quickly through FUNDamentals—kids and adults will enjoy the games-based approach to learning and playing tennis implementing the QuickStart format (age appropriate equipment and courts). Loaner racquets are available. Class size is limited.

DOYLE ELEMENTARY SCHOOL GYMNASIUM: SUNDAYS \$70, 260 North West Street, Doylestown

HILLCREST ELEMENTARY SCHOOL MULTI-PURPOSE ROOM: SATURDAYS \$70, 240 E. Holland Road, Southampton

PPAFF ELEMENTARY SCHOOL GYMNASIUM: SATURDAYS \$70, 1600 Sleepy Hollow Road, Quakertown



3rd Grade Harvesting their Broom Crop



Schuhplattler at Quakertown Alive



From The Huffington Post

Children May Be Losing Their Ability To Read Emotions, But There's A Fix

By Jacqueline Howard

Sure, your child can read emoticons. But a provocative new study suggests that all that screen time is making it hard for children to interpret real-life emotions. It shows that the more kids use digital media, the more their social skills decline.

"Decreased sensitivity to emotional cues — losing the ability to understand the emotions of other people — is one of the costs" of heavy use of cell phones and computers, study co-author Dr. Patricia Greenfield, a psychology professor at the University of California, Los Angeles, said in a written statement.

But the study suggests a possible fix: just a few days of unplugging and having more face-to-face interactions can boost social skills, the researchers said.

For their study, the researchers administered tests to two groups of sixth-graders. One group included 51 sixth-graders who were attending a five-day nature camp that forbids the use of electronic devices. The other group included 54 sixth-graders who were not attending the camp and, therefore, allowed to use their devices.

The tests -- which were given both before and after the five-day period -- required the kids to identify the emotions portrayed in photos of facial expressions and in videos of actors acting out dramatic scenes.

What did the researchers find?

Over the five-day period, the children who attended camp proved to be much better than the other kids at reading facial expressions. In fact, the kids in the camp group went from making an average of 14 errors in the photo tests before camp to an average of nine errors after camp. For the video test, the campers went from getting an average of 26 percent of the emotions correct to getting 31 percent correct, the Los Angeles Times reported.

How do the researchers know that it was time away from electronic devices that improved the campers' social skills -- and not the kids' participation in camp activities and time outdoors?

"We can't be certain it was the time away from their electronic devices and state that as a limitation of the study," study co-author Yalda Uhls, a senior researcher with the UCLA's Children's Digital Media Center, told The Huffington Post in an email. "However, we do believe that the time away from devices meant they [the campers] had more time face-to-face and that this most likely contributed to their improvement... The study seemed to underscore many parent's intuitions."

Uhls added that, in light of the finding, parents of technology-obsessed preteens might want to get their kids to cut back on their device time and to make sure everyone in the family spends enough time unplugged.

The study was published online in the journal *Computers in Human Behavior* on August 15, 2014.

Stages of Child Development: Parenting and the Waldorf Curriculum

A Series of Workshops with Guus Antonie
Tuesday, Wednesday and Thursday, October 28th, 29th and 30th
8:45 to 10:30 am Cost: \$30

These workshops are designed to provide parents with a greater understanding of child development and how to effectively work with children during each phase. This series will also offer glimpses into the Waldorf classroom and illustrate how the Waldorf curriculum supports each stage of a child's growth, physically, intellectually and emotionally.



Tuesday
The Wondrous Years of Early



Wednesday
The Heart of Childhood



Thursday
The Summit of Childhood and Pre-puberty

Guus Antonie has been a Waldorf teacher for many years. He began his career in Holland and has taught in England and Belgium in addition to Upper Black Eddy. He has also mentored teachers all over the world.
To Register call: 610-982-5606 or email: info@rivervalleysschool.org





Where Do I Come From and Where Am I Going?

A Biography Workshop with Guus Antonie

Saturday, November 1st 9 am – 4 pm Cost: \$45

Location: River Valley Waldorf School, Upper Black Eddy, PA

Why biography work?

Biography work can help us find answers to the questions we have concerning our life. By exploring our past experiences, our life story gradually will unfold; rhythms and patterns will become visible and we will recognize the themes, challenges and opportunities in our life.

This may give us the insights, confidence, courage and new perspectives for future developments on our journey through life.

In this workshop we will explore biographical threads, cycles and rhythms and how they manifest in our own life and in other people's biographies.

Guus Antonie has been a Waldorf teacher for many years. He began his career in Holland and has taught in England and Belgium in addition to Upper Black Eddy. He has also mentored teachers all over the world. One of the areas he enjoys most is Adult Education and he has led many inspiring workshops at our school over the years. We are fortunate to have him back again.

To Register call: 610-982-5606 or email: info@rivervalleyschool.org River Valley Waldorf School,
1395 Bridgeton Hill Road, Upper Black Eddy, PA 18972