

## School Calendar

### This Week

**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

### Looking Ahead

**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

**Thursday, November 15**

Board Meeting 6:30 pm

**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

**Friday, November 30**

Spiral of Light – In-school festival

### How to Contact Us

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



### ~ Grownup Get Down ~

Join us for another fabulous River Valley fundraiser on

**This 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

### 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 Karunagoddes@gmail.com

### 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!

### 8th Grade Babysitters

Help the 8th grade fund their class trip while you enjoy the RVWS Moonshine & Millet Party on Friday. Your children will receive care in the comfort and familiarity of your own home, and you get to have a fun night out!

- Sitting is \$8/hr for the 1st child and \$4/hr for each additional child, up to 4 children.
- Children MUST be potty-trained.
- Babysitters can serve prepared foods, follow bedtime routines, and provide bedtime stories.
- Babysitting window is 6-10 pm.
- Babysitters may be assigned singly or in pairs, depending on circumstances, but the rate is the same regardless of the number of sitters.

Sign up via our babysitting Survey Monkey:

<https://www.surveymonkey.com/r/7ZVD2BD> which asks a few quick questions to help the 8th Graders prepare in caring for your children. Space is limited, so sign up now!

## Winter Fair is Around the Corner

Here at the school every room is transformed by the spirit of holiday magic into a place of childhood wonder. This year the festival will be held on December 8 from 11-3.

### What's the role of RVWS parents in the Winter Fair?

Participation! Collaboration! Fun! Parents are the engine of this event and we all participate heartily in class and community activities. With assistance from administration and faculty, parents organize and host the Winter Fair as a community-collaborative event for all to experience and enjoy.

Winter Fair is an opportunity for parents to shine by sharing their time, talents and special skills, have fun together, feel purpose and belonging and experience the pulse of the school's heart and soul.

The children witness our example of joyful, collaborative creation and have seeds planted for the desire to work in this way themselves. They learn through observation their own sense of what is possible in a community.

### How do parents participate?

- Families are asked to participate in four important ways:
- Volunteer to run an activity shift, set up, decorate or clean up shift!
- Bake a treat!
- Donate homemade Secret Garden Gifts
- Promote Winter Fair in these ways
- Hang posters – physically place posters and postcards in unique locations.
- Online promo – forward invitations and flyers to personal networks, blogs, online lists, groups, friends and family.
- Put out one or more lawn signs in your yard or community.
- Six degrees of separation / word of mouth – invite everyone you know and everyone they know.

Class activity sign ups are organized by class reps in conjunction with the Winter Fair Coordinator, Jamie Iapalucci and Co-Chair, Rebecca Di Candia. Your classroom coordinator will communicate the requirements and timing of this work in the weeks to come via email! PC welcomes any questions or feedback. Please see Liz or Lorrisa or email [PC@rivalvalleyschool.org](mailto:PC@rivalvalleyschool.org). Thank you!

## From Administration

### Pet Policy

We love all our animal friends, but during dismissal is not the best time for them to visit. The hallways are crowded and for children navigating to buses, aftercare, the snack stand, or simply needing to remember their homework or musical instruments, adorable animals are quite a distraction. Please arrange indoor furry-friend visits with your child's teacher or invite students to interact with pets outdoors on grassy areas well away from the bus loading zones.

Pets are welcome during school hours by arrangement with teachers. All pets should be on leashes on the grounds and common areas of the building. Service dogs on duty are always welcome. Please remember to clean up after your animal, indoors or out!

Thank you,  
The Leadership Council



Before

### News from the Garden

Amazing what can happen in just 40 minutes when you have willing hands helping! Thank you Justin, Lorrisa, MiMi and Liz for creating such beautiful planting beds for our garlic!

This week the weather looks perfect for wintering over the planting rows and putting the rest of the garden to bed! Imagine how much and fast we could accomplish our tasks if more friends came! Please consider joining us this Thursday after drop off!



After

## Special Donation Rate at Amazon Smile until November 2nd

AmazonSmile is increasing its donation rate to 5%, **ten times the usual rate**, for purchases made on smile.amazon.com through Nov 2. If you shop at Amazon, we hope this inspires you to do some early holiday shopping. Remember to go to smile.amazon.com to login. The offer ends this Friday.

## Introducing the Sunbridge Institute Diversity Fund

Diversity. Equity. Inclusion. These social justice goals — widely discussed across today's society — also sit at the forefront of an important dialogue currently taking place inside the Waldorf movement. Nationwide, schools, teacher education centers, and affiliated organizations are examining the social and demographic climate of North American Waldorf schools, exploring what it means to create a diverse, equitable, and inclusive Waldorf classroom and community culture that reflects and honors the broad diversity of our nation.

Established for the purpose of expanding and promoting racial awareness and representation in our teacher education programs, this fund will be used to deepen and broaden the representation of diverse voices and perspectives that enrich the quality of a Sunbridge education, and to prepare more Waldorf teachers and leaders who reflect the broad demographic diversity of our world. Through an application process, the Diversity Fund will provide scholarship awards to people of color -- an underrepresented segment of our teacher education students - and will also finance projects aimed at promoting awareness of racial differences and viewpoints for all within our classroom settings.

Applications for Diversity Fund scholarships for 2019-20 teacher education students will be available this winter. Go to [www.sunbridge.edu](http://www.sunbridge.edu) for more information.

## YOU MAY BE SELECTED!

The National Association of Independent Schools (NAIS) is launching a 15-minute survey this week designed to explore how parents pay for private school tuition, what resources they use and generally how they make it work. NAIS will select 6,000 parents at random, who have completed a Parent Financial Statement (what RVWS uses to evaluate Tuition Assistance requests) for the 2018-19 school year. If you have been selected, you will receive an invitation from a research firm called Insightlink. The invitation will reference the fact that they are working with NAIS to conduct the study. Independent schools all over the country will be appreciative of your participation! We are all doing what we can to keep tuition within reach for as many families as we can and your responses will help schools know better how to help their families! Thank you, in advance, for your help.

## Open Houses for Area Independent Schools our Alums Attend

**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

**The Lotus School for Liberal Arts** - Thursday, 11/17 Wednesday, 12/12, 3:00-5:00  
RSVP 484.312.0011 [www.lotusla.org](http://www.lotusla.org)

## 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!

## 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](http://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.

## From The Faculty

### **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](mailto:ericadchick@gmail.com).

## From Development

ANNUAL APPEAL 2018

Our sustainability depends on our  
**SOLIDARITY.**

Please pledge to help River Valley  
reach its \$40,000 goal.

**RIVER VALLEY**  
waldorf school

[rivervalleyschool.org](http://rivervalleyschool.org)

## From the Community

### **Purely Farm's Thanksgiving Turkey**

Purely Farm is officially ready to talk turkey and begin taking reservations for their famed Thanksgiving Turkeys. These wonderful birds are raised by the Michini Family themselves and offer legendary flavor and an exciting alternative to the antibiotic pumped, factory farmed conventional turkeys that are sadly pushed onto so many Americans' tables. Purely Turkey is organically fed, pasture-raised, super local and amazingly fresh. How fresh you ask??? Any fresher you'd take home the gobbler! No need to freeze these birds, they will be processed Monday and available for pick-up the very next day, Tuesday, November 20th, at their farm in Ottsville or 3 other convenient locations. It really can't get much fresher than that. Get your order in while supplies last! An order form is attached to this week's Current.

### **Cello Needed**

We are looking for a 3/4 size cello for our 6th Grader. If you have a used one you would like to sell, please contact Molly at 484 523 8566. Thank you!

### **Photo Sessions with Hilary**

Last chance for family photos! Hilary is offering half hour family photography sessions on November 3 and November 10. Contact her for details and times. Discounted rate for RVWS families! Guaranteed 10 high resolution images delivered within two weeks of your session via secure online gallery. Please email Hilary at [hilarymurphyphotography@gmail.com](mailto:hilarymurphyphotography@gmail.com) for booking! To learn more about Hilary and her photography services visit her website at [www.hilarymurphyphotography.com](http://www.hilarymurphyphotography.com)

### **Don't Discard your Pumpkins or Gourds**

The Murphy Farm will take any unwanted pumpkins, jack-o-lanterns or gourds off your hands. Their pigs and goats love them! Find Hilary at pick up or drop off or contact her at 908-674-0455 or [hilarymurphyphotography@gmail.com](mailto:hilarymurphyphotography@gmail.com) to arrange pick up at the school.



**Deck the halls with holiday carolers! Fa la la la la...** Having a holiday party, or know someone who is? Spread the holiday spirit with THE COUNTRY CAROLERS, a cappella vocal trio, available now for bookings in your area! Allow these three lovely ladies: Eve Sheldon, Kira Willey and Gina Ricci to fill your event or meeting with holiday cheer... in style!

### **Eat, Drink & Connect**

Are you a professional in one of the following industries: Accounting, Law, Property & Casualty or Real Estate? Please join us for a Business Builder Networking Event! Be our guest to connect with local business partners at Juniper Hill Restaurant and Bar, 73 Beaver Avenue, Annandale, NJ 08801 on Thursday, Nov. 1st 6:00-8:00

Please RSVP to attend:

smanoussakis@stonehillfinancial.net Hope to see you there!

Sponsored By: Stonehill Financial Wealth Management

### **KuneKune Pigs For Sale**

Anna Murphy, 2nd grader has raised her first litter of KuneKune pigs and now has 8 week old piglets ready to go their new homes. KuneKune pigs are a dual purpose slow-growing grazing breed. They make wonderful pets, are extremely intelligent, friendly, child safe and easy keepers. Perfect for your homestead or farm! They are very social animals and need companionship, either by other animals or from their own kind. Being offered in pairs for \$400. Individuals for \$250. These are purebred KuneKune's, unregistered. Three piglets available immediately. For more information, contact Anna (through Hilary) at hilarymurphyphotography@gmail.com or 908-674-0455.

### **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>

### **2018-2019 HOLY NIGHTS JOURNALS NOW AVAILABLE**

During this darkest time of the year, when the outer world appears to sleep, our inner life awakens. Working with the Holy Nights, or "Time Between the Years" as it is sometimes called, is a potent way to connect more deeply with your awakening True Self.

We're pleased to let you know about a Holy Nights journal called the Sacred Nights of Winter, designed to support you in not only cultivating your inner life, but also in creating a personalized map to guide you through the coming year's opportunities and challenges.

For those interested in gaining clarity and direction, deepening your soul life, and having quality stillness, reflection and restoration during the holiday season, this journal will be a very helpful tool. You'll receive a discount when you order by November 12th.

Please direct any questions about the journal to Kim@KimMarieCoaching.com. We hope you find this resource helpful in bringing joy, peace and reflection to your Holy Nights and the holiday season. To order go to: [www.KimMarieCoaching.com/SacredNights](http://www.KimMarieCoaching.com/SacredNights)

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

**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

**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](http://ottsvilletradarts.weebly.com) Facebook page

Questions, interest in a fundraiser, event, performance, workshop, etc. contact Grace Morgan [gracefulm@aol.com](mailto:gracefulm@aol.com)

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

**VOLUNTEERS NEEDED FOR THE UPPER BUCKS EMPTY BOWLS SUPPER**

*November 10th, 5-8pm, Ottsville Traditional Arts, Durham Road, Ottsville PA*

*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](mailto:paula@focazio.com).*

*RSVP Facebook.com/ubebowls. Minimum donation is \$15*

**Let the Right One In at Solebury School**

This chilling fairytale will be performed by many of River Valley alumni who are attending 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/>

**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

Adults \$18, Students and Seniors \$15, Children \$5 For information: 610-294-9361 or [www.lenapechamberensemble.org](http://www.lenapechamberensemble.org)

## 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 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, 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, 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](http://www.artyard.org)

ArtYard, 62A Trenton Avenue, Frenchtown, NJ 08825

From Parenttoolkit.com

## Debunking the Belief That Sitting Equals Learning

By Rae Pica

With another school year beginning, children all over the country are entering classrooms where they'll be expected to sit for long minutes and hours at a stretch and absorb information through their eyes, their ears, and the seat of their pants. But is that really the best way for your child to learn? Is it even fair to ask young kids, who by nature's design are the most energetic among us, to stay still for what must seem like an eternity?

Whether we're talking about preschool, elementary through secondary school, college, or even adult learners, schools – and policymakers – have for too long accepted the belief that learning best occurs while students are seated (and quiet, of course). The theory may have been understandable back when they didn't have the research to prove otherwise. But today we do and it's important that you know about it.

Today we have research showing that the more senses used in the learning process the higher the percentage of retention. That means that if your child has the chance to experience a concept by seeing it, hearing it, and perhaps also touching it, that concept will have much greater relevance to your child and will stay with her much longer than if she's simply reading or being told about it. As an example, brain-based learning expert Eric Jensen asks, if you hadn't ridden a bike in five years, would you still be able to do it? And, if you hadn't heard the name of capital of Peru for five years, would you still remember what it was? The answer to the bike challenge is probably yes, but the answer to the Peru capital question (Lima) is probably no. Yet, despite the wisdom in this, many schools still insist on pumping data through the eyes or ears only and expect students to retain it anyway.

Additionally, we have research showing that the brain is far more active during physical activity than while one is seated. Eric Jensen has told me, "The brain is constantly responding to environmental input. Compared to a baseline of sitting in a chair, walking, moving and active learning bumps up blood flow and key chemicals for focus and long-term memory (norepinephrine) as well as for effort and mood (dopamine)." Yet schools and policymakers cling to the belief that the body has nothing to do with how the brain functions.

(Continued on next page.)

Finally – and this is the big one, from my perspective – we have research demonstrating that sitting in a chair increases fatigue and reduces concentration (our bodies are designed to move, not sit). Yet policymakers and schools implement policies (more testing; no recess; even fewer bathroom breaks) that require students to do more sitting. What sense can that possibly make?

Think back to a day when you were forced to sit for endless minutes and hours at a conference, in a meeting, or perhaps on a plane. Did you find yourself exhausted at the end of that day? Were you perplexed as to the reason, since all you did was sit? Well, given the research, exhaustion is a completely understandable outcome.

In a BAM Radio segment on the subject of sitting in the classroom, pediatric occupational therapist Christy Isbell proclaimed:

“Who’s to say we have to sit down to learn? Why can’t we stand to learn? Why can’t we lay on the floor on our tummies to learn? Why can’t we sit in the rocking chair to learn? There are lots of other simple movement strategies. Just changing the position can make a big difference.”

Indeed!

Fortunately there are teachers – and even some schools – that allow students to sit on exercise balls or to work at tables or standing desks, or to get up and move around when they feel the need. And the results have been more than encouraging.

In one study, researchers equipped four first-grade classrooms in Texas with standing desks. What they found was that, even though the desks were equipped with stools of the appropriate height for sitting, 70 percent of the students never used their stools, and the other 30 percent stood the majority of the time. Moreover, the researchers discovered that standing increased attention, alertness, engagement, and on-task behavior among the students – a dream come true for any teacher!

Not long ago I tweeted the image of two brain scans published by the University of Illinois’ Dr. Chuck Hillman. One scan showed the brain after sitting quietly and the other following a 20-minute walk. The difference was remarkable, with the latter far more “lit up” than the former. The tweet took off. I absolutely adored the response of one teacher, Dee Kalman, who said the images offered scientific proof for her teaching mantra: “When the bum is numb, the mind is dumb.”

I couldn’t have said it better myself.

So, what’s a parent to do? My advice:

- Given what you now know, try not to worry or feel bad if a teacher mentions your child’s inability to sit still. It is unnatural and unhealthy for children to sit for lengthy periods – and it certainly isn’t conducive to learning. (Personally, I’d be more worried about a child – typically a girl – whose desire to please causes a high level of compliance and an abnormal level of stillness.)

- If your child is struggling as a result of being forced to sit still, gather as much research as possible before talking with the teacher about alternate possibilities (for example, brain breaks, students being allowed to stand or move as needed, sitting on a bouncy ball). Remember that the research applies to the vast majority of children so you’re not asking for special consideration for your child only.

- Take inspiration from the Starretts, who raised money to bring standing desks to their daughter’s fourth-grade classroom – and later to the whole elementary school.

- If your child’s is one of the 40% of U.S. elementary schools that have eliminated recess, fight to have it returned! Children’s brains and bodies require frequent breaks (more on this in a future post). You can learn more about becoming a recess advocate at the website of the American Association for the Child’s Right to Play ([www.ipausa.org](http://www.ipausa.org)).

- Counterbalance time spent sitting in school with time spent moving at home! Limit screen time – television and digital devices – and encourage your child to go out to play. Children encouraged to play outside and get active are more likely to do so. If they need additional encouragement, go outside and play with them!

Rae Pica has brought her messages about the development and education of the whole child to parents and educators throughout North America. Her latest book is *What If Everybody Understood Child Development?: Straight Talk About Bettering Education and Children’s Lives*. You can learn more about her at [www.raepica.com](http://www.raepica.com) and follow her at @raepica1.