

School Calendar

This Week

Friday, Oct 10

Middle School Study Group 7-8:30 pm

Looking Ahead

Monday, Oct 13

No School – Columbus Day

Tuesday, Oct 14

4th grade trip to PEEC
EC Parent Evening 7-8:30 pm

Saturday, Oct 18

EC Open House
7th grade workday

Thursday, Oct 23

School Tour 9:00 am

Friday, Oct 24

AWSNA Regional Conference at RVWS

Thursday, Oct 30

2nd grade Parent Meeting

Friday, Oct 31

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

How to Contact Us

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

Circus Club Starts Saturday

The RVWS Circus Club will reconvene on Saturday, October 11th at 10:30 am.

All skill levels are welcome.

Fee: by donation.

After School Program

There is still time to sign up for Josh Laker's Afterschool program. Forms are on the wall opposite the office door.

Next Parent Council Meeting

Parent Council will meet on Wednesday 10/15 from 2:00-3:00 at

Homestead General store.

The main agenda items are: Food for Parent-Teacher Conferences and Winter Fair. We hope to have a more detailed agenda next week.

Michaelmas Celebration



The grade school celebrated Michaelmas last Monday, September 29th, with singing, a pageant and games of courage.

See more delightful photos of the festivities at the end of this week's Current

It's the 2nd Annual Board of Trustees Swing Dance!

Join us as we swing in the season at our masquerade swing dance on Saturday, October 11.

Creative attire welcome but not necessary. If you missed your opportunity to buy tickets for this event at the auction in June, it's not too late! RSVP to Molly Watson at mwatson416@gmail.com or just show up!

Everyone had a great time last year, dancing the night away.

Doors open at 6 pm for light snacks and drinks. Swing lesson with Peggy and Ret from 6:30-7:30 pm, followed by two hours of dancing. \$25 per person includes light fare and beverages and a dance lesson. OTAC - Ottsville Traditional Arts Center, almost across the street from Kimberton Whole Foods.

Guus Antonie is Coming for a Visit!

We are pleased to announce that former RVWS teacher, Guus Antonie, will be coming to RVWS the last week in October. These will be his offerings:

"Stages of Child Development: Parenting and the Waldorf Curriculum" - A 3-day workshop for parents on Tuesday, Wednesday and Thursday, October 28th, 29th and 30th from 8:45 to 10:30. 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.

On **Thursday evening, October 30th** - Guus will give a talk for the community expanding the stages of child development into adulthood and introducing the biography work he will be doing on Saturday with adults.

Saturday, November 1st - A Biography workshop will focus on the archetypal developmental phases of life and how they create patterns that shape our biographies. This work can be very powerful and provides an opportunity for personal growth and enrichment.

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.

If you are interested in attending any of these events, please let Robbie know so we have an idea of how many people to expect. You may either tell her if you see her or respond to the Current email. There will be a minimal cost for the events so that we can cover our expenses. We are working out the details and will have more information in next week's Current.

From Administration

Early Childhood Open House

Saturday, October 18th 10 am to 11:30 am
Children 5 and younger are welcome to attend, together with their parent/s. Registration is requested - call the office or email info@rivervalley.school.org. What an excellent way to introduce your friends & family to River Valley!

Please share the attached flyer with anyone you may know who is thinking about nursery, preschool or kindergarten for their child. Our guests will experience a lovely morning with bread baking, a puppet show, play time and conversation with our wonderful EC teachers: Ms. Kathy, Ms. Rebecca, Ms. Amanda and Ms. Shana.

Please contact Cindy Schretlen, Admissions Coordinator with any questions about the event: 610-982-5606 x203, admissions@rivervalley.school.org.

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.

PA CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

With the 2014-15 school year under way, it's important for students to have access to the health care they need. The Pennsylvania Children's Health Insurance Program (CHIP) can help.

For many Pennsylvania families, CHIP is free or offered at a low cost. Coverage is provided by private health insurance carriers with a generous benefits package and robust medical provider networks. Last year, Governor Corbett eliminated the waiting period so that no uninsured child would need to wait to apply. Parents, teachers, families and school nurses can access CHIP information via the links below. CHIP's Main Website: <http://www.chipcoverspakids.com/>

Downloadable Materials and Handouts for Schools and Parents: <http://www.chipcoverspakids.com/chip-resources/resources-for-organizations-community-partners-and-school-districts/e-toolkit/downloads/>
What is CHIP:

<http://www.chipcoverspakids.com/about-chip/what-is-chip/>

Eligibility and Benefits:

<http://www.chipcoverspakids.com/eligibility-and-requirements/>

Apply for and/or Renew CHIP Coverage:

<http://www.chipcoverspakids.com/apply-and-renew/>

Interesting Events Coming Up at Waldorf School of Princeton

Waldorf 101: Meeting the Adolescent Tuesdays, October 7 & 21, 7 p.m. at The Waldorf School of Princeton

Signe Motter, WSP 7th grade teacher and instructor at Antioch Waldorf Teacher Training Program in New Hampshire, discusses the 12-year-old change. The two evenings will include both a lecture and an experiential component.

These adult enrichment evenings continue to be open to the wider community and are free of charge. Please invite any friends, colleagues, or family members that you think would be interested in our series. For info, contact pshafer@princetonwaldorf.org

"Waldorf Education: An Uncommon Core," a Talk with Patrice Maynard Friday, October 24, 7-9 p.m.

Hagens Hall – at the Waldorf School of Princeton, 1062 Cherry Hill Road, Princeton, NJ 08540

In this talk, veteran Waldorf educator, parent, and advocate Patrice Maynard will address common core standards, and what Waldorf Education offers in response: a low-stress, non-testing environment for early elementary students that takes a different approach to academics, based on a different picture of child development. She will also discuss what is core in Waldorf standards: meeting a variety of individual learning styles with respect for each child's gifts, and encouraging a lifelong love of learning without labeling.

<http://www.edutopia.org/blog/writing-by-hand-benefits-brain-ainissa-ramirez>

<http://www.vox.com/2014/6/4/5776804/note-taking-by-hand-versus-laptop>

SHOP AT GIANT FOOD STORE?

There's a really easy way to raise funds for RVWS, every time you shop at Giant and use your Giant member card. Just register your member card on their website.

Here is the link:

<http://www.giantfoodstores.com/aplus/>

Our school ID number is: 06546

If you registered last year you do not have to re-register this year.

This is an easy way to earn money for RVWS without any cost to you, so please register right away!

Box Tops for Education

We collect Box Tops for Education to benefit our school. You will find "Box Tops" on many of the products you use. Each box top is worth at least ten cents.

Participating companies include: General Mills, Cascadian Farms, Pillsbury, Yoplait, Betty Crocker, Huggies, Cottonelle, Kotex, Pepend, Ziploc, Hefty, Kleenex, Scott, Viva, Saran and more. Look for specially marked boxes and drop-off the box tops in the basket in the lobby. If you don't use these products, perhaps a relative or friend does. Thank you for your support.

Help us by Recycling your old Cellphones and Ink Cartridges

We collect old cellphones and ink cartridges to recycle and raise money for RVWS. Please bring yours to school and put them in the box on Robbie's desk.

Thank You!

Thank you

Thank you Mary Beth Healy for your offer of Admin support. We appreciate the time you spent helping us in the office. We got so much done!

Thank you Violetta Goedtel for taking a "home" work project to do for outreach. You saved us hours of time to be spent on other things. Admin is grateful.

Thank you Jacqueline Gawronski (first grade assistant and mother of Jeweleon in the Star Room) for creating a new body for our Michaelmas dragon. Your hard work contributed to the success of our pageant!

Thank you Mrs. Sweeney and Mrs Diven for organizing our first ever Michaelmas pageant. It was a wonderful day.

Thank you Tiffany Robinson for the beautiful pictures in the Current last week of our 20th Anniversary Celebration and this week of our Michaelmas Festival. We always appreciate and enjoy your chronicling of our school events.

Another thank you to Tiffany and the Robinson/Wesp family for the woodworking tools that you donated to our middle school arts program.

Thank you Michelle Henkin for all of the beautiful, biodynamic compost. We will put it to good use in the garden.

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Form Drawing
Second Grade: Arithmetic
Third Grade: Language Arts/Hebrew Stories
Fourth Grade: Language Arts/Norse Mythology

Fifth Grade: Ancient Civilizations
Sixth Grade: History
Seventh Grade: Chemistry
Eighth Grade: Meteorology

From the Leadership Council

What are we working on?

Strategic Planning and Site Planning with Board and Faculty
Foreign Language Program with Faculty
Review of Back to School Night with Parent Council
Guus Antonie's Visit

Alumni News

WHERE ARE THEY NOW?

We thought you might like to hear where River Valley's class of 2014 matriculated, so here's the list:

Nathan Anchinsko – Tincum Art & Science – Ottsville, PA
Kira Atkinson – Hopewell Valley Central High School – Hopewell, NJ
Storey Deerhake – George School – Newtown, PA
Lauren Goodyear – Kimberton Waldorf School – Kimberton, PA
Jake Johnson – Nazareth Area High School – Nazareth, PA
Adam Mekki – Palisades High School – Kintnersville, PA
Teva Skovronek – Solebury School – New Hope, PA
Julia Smith – George School – Newtown, PA
Georgia Smith-Christopher – Delaware Valley Regional High School – Frenchtown, NJ
Zachary Wander – George School – Newtown, PA
Nathaniel Weis – Solebury School – New Hope, PA

Another milestone that is always fun to hear about is what RVWS alums are doing after graduating from high school. Here's what we know so far, about River Valley's class of 2010:

Luke Bernhardt – Franklin Pierce University
Leah Frantz – Delaware Valley College
Jackson Harvi – Penn State University
Peter Ryan – Penn State University
Rosalie Schumann – Temple University, Tyler School of Art

Class Fundraisers

Did you hear about the samosas yet??

If not, ask your child what s/he thought about the samosa tasting on Monday! 8th Grade is trying to help fill in for our beloved Grandy while she heals, and raise money for our 8th Grade trip by offering Samosa Fridays! These are vegetarian, non-spicy, kid-friendly, 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.

You may purchase 1 for \$3, or 2 for \$5 (some older kids will likely want 2 – probably those who order 2 slices of pizza). Sign-up for the semester (10 Fridays: Oct 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12, 19) OR if you're not quite sure yet....Sign up for a trial the first Friday, Oct 10 (with the option to sign up for the remainder) Order forms (attached) are due Tues Oct 7. 8th Grade thanks you for your support!

From the Community

Join us at Sunbridge for this year's Waldorf Weekend!

October 17-18, Friday evening - Saturday afternoon

Sunbridge's Waldorf Weekend is an experiential workshop on the foundations and fundamentals of Waldorf Education designed especially for: Current or prospective Waldorf parents, new or prospective Waldorf teachers, Waldorf school staffers and board members, students of anthroposophy, anyone interested in education and exploration.

If you're new to Waldorf Education, are considering a career as a Waldorf educator, or are already a Waldorf parent or community member and would like to learn more, our Waldorf Weekend is the perfect way for you to gain a greater understanding of the Waldorf pedagogy and classroom experience. Through discussions, presentations, and artistic activities, you'll be thoroughly immersed in everything Waldorf, from its underpinnings in anthroposophy and Rudolf Steiner's insights into human development, to highlights of the Early Childhood, Lower and High School curricula, with a special emphasis on the elementary school years.

Begins Friday, October 17, 7-9pm and runs through Saturday, October 18, 9am-6pm. Cost - \$175

Questions? Contact Ayla Dunn, Admissions and Summer Series Coordinator, info@sunbridge.edu, 845-425-0055 x20

Kimberton 5K/10K Trail Run

Sunday, Oct. 12th, 2014

Tired of running on the roads? Come run with us in the woods along the beautiful French Creek!

The Kimberton Waldorf School is looking for fellow 'Waldorf' Teams to compete in the 5k/10k Trail Run this year ... please wear your 'Waldorf' school colors and try to beat KWS if you can!!

You can sign-up individually or with a team. Additionally, we are hosting an incredible Health & Wellness Expo with free breakfast, free post race massages and acupuncture, and freshly made 'smoothies'!! Please support & enjoy our exciting 'Fundraiser'!! We are expecting at least 300+ participants ... let's show the local communities how 'Waldorf' schools support each other!!

For sale

Solid wood (walnut) dining room set - trestle base table (74" x 40") with 2 leaves (12" each), 2 arm chairs, 4 side chairs, and china cabinet (60" w x 74" h x 19" d; top comes off for easier moving). A few small blemishes, but in great condition for being 35+ years old. I'm the second owner; it's been in a smoke-free home for the last 23 years. Pick up in Clinton Twp. \$500 OBO - email Pat at pwarnerproctor@starcastproduction.com if you'd like to see pictures!

Still seeking . . .

Afterschool care for the Lederer children (Zane -G4, Annika - G1, and Ridge - EC). Mom, Kristyn, works in Doylestown at Delaware Valley College and we live in Quakertown. I'm hoping to find someone who can pick up the children from school and take them to your home or ours. I finish work at 5 p.m. and can pick up shortly thereafter. My preference is to find someone in/near/between Doylestown & Quakertown. If you know someone who might be interested please email 1134zar@gmail.com or text 267-471-2751. Thanks!

Desperately Seeking Affordable Childcare

Wednesday and Thursday mornings for my easygoing 2 ½ year old daughter while I assist in the kindergarten. Please call Molly MacDonald at 610-349-3536

Help Needed

RVWS family of 5 is looking for a helper during the after school/dinner hours with our three children, ages 5 and 16 months (twins). Right now the days/ hours most needed are Tuesdays and Wednesdays, 3:30-7 p.m., but we can possibly shift the days if necessary. Prior experience with children and babies is desirable...love of children a must! Must be able to provide own transportation. Contact Sara for more information: 609-566-3144 sarajoyfishkin@gmail.com

Snowboard, bindings, and boots for sale

This Flow snowboard has bindings that fit both pairs of boots (Burton Invaders - men's size 6 and 8). Snowboard is 144 cm, white with neon splashes of color. I can send pictures if you like. It can be used by preteen, teen or small adult, perhaps in the 5'-5'5" range or so, but my child started much shorter on this board. I prefer to sell altogether for \$300 OBO, but will split if necessary. Call Melanie 215.280.3154.

Ottsville Traditional Arts Center

Cello Lessons at OTAC

While Daniel Hawkins is ensconced in an academic Masters program in St. John's, New Foundland, he has secured the cello program by collaborating with another amazing cellist. Daniel will continue his vision of OTAC through continued virtual interaction of the lessons, jams, events, dances, workshops and personal appearances!

Wednesdays

Mirjam Ingolfsson... was hailed as "a young poet of the cello". Born in Reykjavik, Iceland to a family of musicians and artists. Mirjam Ingolfsson started the cello at the age of four and began touring Europe and the United States at age seven. She is an artist with her own distinct musical voice who has established herself as an important performer and pedagogue in the Philadelphia region. As a dedicated teacher, Mirjam Ingolfsson co-founded The Leopold Mozart Academy in 2001, where she teaches cello, Music Theory and Solfeggio.

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.

OTAC AUTUMN EVENTS!!!

Wednesday October 22

House Concert with Ari and Mia

Friday October 24th

House Concert & Family CHEILIDH Dance
with Party of Three!

Saturday November 1st

Contradance with Perpetual e-Motion

2nd Annual Gypsy Dance

RVWS Class trip FUNDRAISER

Check out our Ottsville Tradarts Calendar of events for more Information.

ottsvilletradarts.weebly.com, danielhhawkins.com

250 Durham Road Ottsville (across from Kimberton Whole Foods)

Palisades Youth Basketball Signups

PYBA is for boys and girls, ages 7 through 15. We'll have in-person signups at PALMS on Saturday, Oct 11, 9-11am. The cost is \$100 for the first child, and \$75 for each sibling.

You can also sign up online at:

<https://docs.google.com/forms/d/149cy0zJobeyC81dnvgQvODF6GYTJhDPfyB0SGJCj8J4/viewform?c=0&w=1>

Home page for all things PYBA: www.palisadesyouthbasketball.com

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

Shamanic Journeying - Mondays for adults and teens Oct. 6th, & 27th, Nov 17th and Dec. 8th from 7 to 9 pm

Children/Family Fire Full Moon Ceremony - October 10th 4.15pm – for children of all ages

Adult Level II Reiki Class - October 12th: 10am – 6.30 pm. Only 2 spots left (children Reiki classes will start in spring 2015)

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!

Yoga Loka

Retreat Weekend with Bonnie at Mount Eden in Washington NJ

October 10 -12. Full weekend and daytime rates are discounted until 9/10.

If you have ever asked yourself "how can I achieve higher consciousness?" the answer can be found in the chapter of the Yoga Sutras called Sadhana Pada. This second of four chapters in The Yoga Sutras by Patanjali has many suggestions for the student pursuing liberation.

During this retreat we will investigate these suggestions, the yamas and niyamas, the Ashtanga 8-fold path, and including the use of asana, pranayama, and kumbaka. We will explore effort and steadfastness through asana, self-inquiry through meditation and discussion, and surrender through chanting and ritual practice. How we can direct these practices in the most beneficial way is a worthy inquiry that will inevitably lead to higher consciousness.

For more information and to register see our website at www.Yoga-Loka.com

Bridgeton AA will be hosting a Trunk or Treat October 31 from 6-7:30.

Great trick or treating fun for kids in one safe, family friendly location! Come deck out your car's trunk, tailgate, or hatch (optional) & have fun handing out treats to our area youth. Call/email to reserve your spot today! 484.325.1816 or bridgetonaa@gmail.com

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.

You will receive a 30% discount if you order before October 12th and use the discount code "30off" at the Roxey Ballet website.

Hope to see some of our RV friends, Leah Christensen

Boost your family's immunity this winter with delicious Elderberry syrup!

Children LOVE this simple, yet potent homemade tonic made from certified organic elderberries and local raw honey. Elderberries are traditionally renowned for preventing and speeding recovery from common cold and flu symptoms. My son Isaiah (Moon Room) always asks for his "special syrup"! Contact Sara for prices and orders. sarajoyfishkin@gmail.com 609-566-3144

Painting the Still Life in Oil with George Thompson

October 20 and 27 6:00pm – 9:00pm

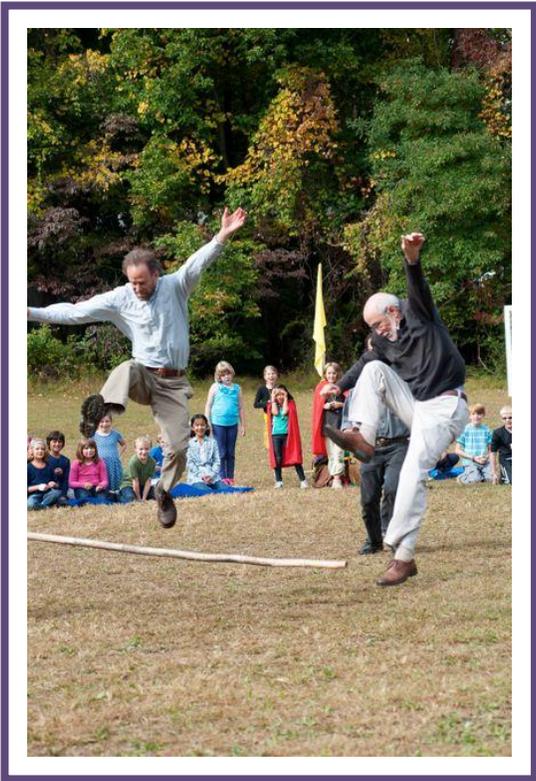
All levels welcome. Open to ages 16 – adult

Painting the still life is a wonderful way to learn how to paint, to be creative and expressive. We will discuss all the academic skills you need to create a life-like painting and explore how to paint using your own personal style. We will discuss drawing, color, composition, value, handling the materials, and will also challenge you about what a still life should be—from the academic to the more modern approach. Oils or acrylics suggested. Please bring your own materials; if you not have any, please let us know prior to the workshop so they can be provided.

George Thompson is a nationally recognized, award-winning artist specializing in figure/portrait, landscape, and still life. He has been teaching workshops and conducting life-drawing and painting sessions for the last 25 years. Thompson has a Bachelor of Fine Arts Degree from Pratt Institute, and has studied figure drawing and painting at The Art Students League, and The Brooklyn Museum. www.georgethompsongallery.com

Art in the Library is made possible with a generous grant through the Erwin J. and Gertrude K. Neusch Fund. This program offers classes and workshops for beginner, intermediate, and established artists—from children to adults. The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road. To sign up, please contact the Riegelsville Library 610-749-2357 or 610-749-2158 or riegelsvillelibrary.info

Michaelmas Celebration



This interesting tidbit is too long to use as this week's quote and too short to use as this week's article. So we share it with you here:

"The brain is not like a muscle, at least not in any straightforward way. It is something else altogether, sensitive to mood, to timing, to circadian rhythms, as well as to location, environment. It registers far more than we're conscious of and often adds previously unnoticed details when revisiting a memory or learned fact. It works hard at night, during sleep, searching for hidden links and deeper significance in the day's events. It has a strong preference for meaning over randomness, and finds nonsense offensive. It doesn't take orders so well, either, as we all know—forgetting precious facts needed for an exam while somehow remembering entire scenes from *The Godfather* or the lineup of the 1986 Boston Red Sox. If the brain is a learning machine, then it's an eccentric one. And it performs best when its quirks are exploited."

-- *Benedict Carey, How We Learn: The Surprising Truth About When, Where, and Why It Happens*

Editors note: This article is geared toward families with older children, but parents of young ones can learn from it too.

From The Huffington Post

The Screen Time Rules You Really Should Enforce This Year

By Rebecca Adams

While parents grapple with how much screen time is too much for children, new research now supports their suspicions: An excess amount of time in front of screens is bad for kids.

The Learning Habit study, published this month in the *American Journal of Family Therapy* and in a book titled *The Learning Habit*, examined family routines in 46,000 U.S. homes of children in grades K-12 via an online survey. Conducted by a research team from Brown University School of Medicine, Brandeis University, Children's National Medical Center and New England Center for Pediatric Psychology, the three-year study worked with WebMD, The Huffington Post/AOL, The National PTA and Parents Magazine to assist with national outreach.

The key findings shed light on how all of these smartphones, tablets, televisions and computers are affecting kids:

Children feel the effects of screen time in all aspects of their lives.

After just 30 minutes of screen time a day, researchers saw that children's grades began a steady decline. After two hours of it, researchers observed a dramatic drop in grades, and after four hours a day, the average GPA fell an entire grade level. This effect was seen particularly in middle schoolers, who weren't able to achieve A's in mathematics or English language arts after four hours of screen time.

Even if more screen time led to more time spent on homework (many kids used computers and other devices to help complete homework assignments), children still suffered a decline in grades. Plus, all of that time spent consuming media led children to have trouble falling asleep -- those who spent four hours of screen time a day took an average of 20 minutes longer to fall asleep than children who had more limited screen time. More time on devices also led to increased social-emotional volatility in kids.

Many parents have inklings of these effects, Rebecca Jackson, co-author of *The Learning Habit* book, told The Huffington Post. However, there seems to be a "disconnect" between this generalized intuition and parents' own children.

"There's a difference between knowing something and suspecting something," Jackson said. "We are aware that the average American child spends eight hours in front of a screen, but we often don't associate those numbers with our own children. Those numbers tend to be about somebody else's child."

Despite what kids think, less screen time and more time doing chores makes them happier.

One thing that parents often overlook when it comes to screen time is grit, said Jackson. The researchers found that grit -- defined in the study as the ability to perform a strenuous or difficult task without giving up -- decreased as children's screen times increased. When children in the study had limited screen time and were given chores to do, they performed better academically, socially and emotionally. Household tasks, like laundry, cooking or taking out garbage, made children feel a sense of self-worth and responsibility.

"It's exciting because this is something that parents and educators can build," Jackson said. "They can develop it, and it is directly related to the amount of screen time, or media use, a child has."

Make sure kids aren't spending too much time on homework if that's screen time, too.

All work and no play isn't the answer, though. While 10 minutes of homework per grade in school was positively correlated with children's GPAs, more time than that spent doing homework showed nearly no benefits. (This is something researchers have seen in the past.)

Jackson said that excessive homework can even harm children, especially as "homework" becomes increasingly synonymous with "screen time," a trend that the researchers noticed. But since homework is still an important part of a child's routine, she also suggested that parents not make it a punitive activity.

"The goal for parents is to help our children have a balanced life," Jackson said. "It's not a child coming home and a parent having to enforce homework one night and then a child doesn't have homework another night so they're allowed to do all kinds of fun things. There should be a time for fun things every single night and a time for academics every single night. But none of those things are more important than any other."

Your parenting style can factor in your kids' devices.

"This generation is so saturated by media that we actually needed a parenting style that gave parents a framework to manage these devices," Jackson said.

That parenting style is "empowerment parenting," according to the study. Researchers found that style to be more effective than traditional, disciplinary parenting styles, which focus on consequences for poor behavior. Empowerment parenting uses "thoughtful rules and effort-based praise to reward desired behavior," which can help develop social skills and the aforementioned grit, the study noted. The positive reinforcement empowerment parenting employs helped children manage their screen time and tended to result in higher grades, better sleep and social as well as emotional benefits.

By creating awareness about device use in the home through empowerment parenting, parents can set up routines and consistent guidelines surrounding screen time that are easy for children to follow, Jackson said.

"It's just like life," Jackson explained. "First we work and then we get paid. First we do our household chores and then we get the media use. Parents who are waking up in the morning and letting their children watch TV first thing before school are really missing the boat here."

Bottom line: All of that screen time is taking away from family time, which is crucial for healthy child development.

Luckily, Jackson and the researchers have an antidote to all of these screens: family time, which can include anything from family dinners to playing board games to walking the dog together. They found that the more time children spent doing these things, the less time they spent on their devices. Kids who spent more time with family had better socialization skills, focus and ability to handle emotions. They also had higher grades and an easier time falling asleep.

The best way to start in your own home, said Jackson, is to track your child's screen time for 24 hours, which will give you a hard number that you can then use to take action. Lessening screen time often starts by simply becoming aware of how much your child is actually engaged in media.

As for fitting family time into parents' increasingly busy schedules, Jackson suggests scheduling it "just like you would schedule a really important doctor's appointment." And don't get discouraged if you can't always make it home for a nightly family dinner. Family time encompasses a whole range of activities, and one-on-one time with your kid counts, too.

"It's really any time that you're unplugged and engaged with your child," Jackson said. "It's about having a conversation with them."