



River Valley Current

October 9, 2018 No. 521

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."
~ John Lennon

School Calendar

This Week

Thursday, October 11

Board Meeting

6:30 pm

Looking Ahead

Wednesday-Friday, October 17-19

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

Thursday, October 18

EC Parent Evening

6:30-8:00 pm

Friday, November 2

Moonshine & Millet Party at River Valley

Thursday, November 8

Divali – in-school celebration

Friday, November 9

EC Lantern Walk

Tuesday, November 13

Garden Gate Open House

Thursday, November 15

EC Parent Evening

6:30-8:00 pm

Friday, November 16

1st & 2nd Grade Lantern Walk

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

RVWS Video

If you haven't seen the video that Hilary Murphy created for the Open Community Meeting, go to:

<https://video214.com/play/yxPxHdL514NZ3XBX84Wi0g/s/dark> .

You won't want to miss it.

It's not too late to order Hoagies.

The deadline for ordering is the Friday before the Thursday pick up of the hoagies.

Make checks payable to RVWS with 8th Grade Fundraiser in the memo and place your order in the folder on the office door. An order form is at the back of the Current.

After-school Program

The registration form for Mr. Laker's after-school program is on the last page of this week's Current.

2018-19 Parent Handbook is on the RVWS Website

Find it under the 'Life at RVWS' tab, Parent Resources section. The handbook is in a password-protected section. If you do not have the password, email info@rivervalleyschool.org to request it.

Drivers & Chaperones – ATTENTION PLEASE!

In keeping with new regulations by the Commonwealth of Pennsylvania, RVWS needs our drivers and chaperones to provide us with a criminal records check and history of child abuse clearance.

Each of these can be completed online here:

<https://epatch.state.pa.us/Home.jsp> and here:

www.compass.state.pa.us/cwis

When you indicate that you are a volunteer, there is no fee for these clearances. The criminal records check is required every 2 years and the child abuse clearance is required every 5 years.

In addition to the two clearances, if you are driving for a field trip, RVWS will need a copy of your driver's license and insurance card each trip (not just annually).

Overnight chaperones must also obtain the FBI clearance which requires fingerprinting in addition to the PA Criminal Record check and the Child Abuse History. There are many locations to obtain the FBI fingerprint check – two closest to RVWS include the Bucks County Intermediate Unit in Doylestown and the UPS Store in Hellertown (in the Giant shopping center). (This must be done in the Pennsylvania.) Details are found on the <https://www.identogo.com/> website. They will ask you for a code which is: 1KG756

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

RVWS Board of Trustees Meeting this Thursday, October 11 at 6:30PM

The board meets this Thursday and will discuss the following agenda:

1. Leadership Council and pedagogical update from Annie Porter, Pedagogical Chair
2. Field trip policy review
3. 2018-2019 Strategic Plan focusing on enrollment
4. Building expansion plan
5. Financial update
6. School administrative, financial, and board committee reports

All board meetings are open and anyone from the community interested in participating in the meeting is welcome to attend. A summary will be posted in the Current following the meeting and complete minutes are always available in the office.

RVWS SKI CLUB

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

There are different packages that include rentals and/or lessons. Prices are as follows:
Lift only \$150 - Lift and Rental \$234 - Lift and Lessons \$234 - Lift, Rental, Lessons \$279
Helmets are included with the rental packages.

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

For those of you who are ready to hit the slopes, please use this link to join the RVWS Ski Club:
<https://webstoreski bluemt.com/?groupid=0ad1487a-ad3c-48d2-ac1b-540b1fd8d602>
Any questions, please contact Ed George 908-884-7029 or edbillgeorge@yahoo.com
The deadline for joining is OCTOBER 26th.

From Administration

Student Dress Code - General

Clothing for students at River Valley Waldorf School should be modest, comfortable, and clean. The dress code supports safe and unrestricted movement indoors and outdoors in all weather. The class teacher will always have the option to ask a parent to eliminate clothing from a child's school wardrobe if the clothing in some way limits healthy movement or healthy body image. Children should have a change of clothing in their cubbies at all times, and proper footwear for inclement weather and outdoor sports. They also need clean, supportive, indoor shoes.

- No bare-midribs.
- No ripped clothing
- No pajamas
- Clothing should not reveal underwear – including during climbing & play.
- No flip-flops
- No writing and no pictures

If the class teacher observes that a student is not appropriately dressed, the teacher will speak with the parent rather than to the student. In middle school, this conversation may happen with the parent and/or student. Class teachers can ultimately determine what is appropriate for their own class based on the dress code guidelines.

Sports and Games

Grade school children need clothing appropriate for games. Please leave a set of gym clothes, including sneakers, for your child to change into.

Other

Students third grade and older should bring a school bag to carry items back and forth between home and school.

Open Houses for Area Independent Schools our Alums Attend

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

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

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

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

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

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

Calling All Gardeners

Garden lovers, or any folks who always wanted to know more about our garden or gardening....

Melissa Goldstein will be hosting volunteers who are interested in helping slowly put our school garden to bed for the season. Come to hang out with others who have a similar interest, and participate in giving love to this beloved space. Bring your gardening questions and your gloves!

We will meet on Thursdays directly after drop-off for an hour starting OCTOBER 4th until NOVEMBER 15th. Join Us!

Join us in the Garden!

Thank you so much to Liz Davachi, Lorrissa Lock, Hilary Murphy, Grace Morgan, Justin Howard and Mimi and Jude McKay for buzzing around the garden and getting such a great head start on putting the garden to bed for the season! Next, I will be sharing what I know about no fill gardening as we prep planting beds for our lunch and kindergarten programs for Spring, as well as everything you need to know about garlic! We worked, we laughed and we learned a bit about gardening and each other.... Join Us!



Thank you

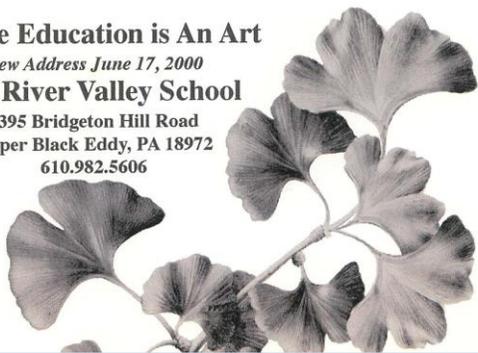
A special thank you to Helen Grundmann, a founder and the very first kindergarten teacher of what is now River Valley Waldorf School. Helen donated a loom and lots of wool and felt and other crafting supplies to us that will be put to good use in the grades and in Early Childhood. Amongst the items she brought we found this bit of memorabilia that we thought our readers would enjoy. Thank you, Helen, for your donations and so much more.

Where Education is An Art

New Address June 17, 2000

The River Valley School

1395 Bridgeton Hill Road
Upper Black Eddy, PA 18972
610.982.5606



Bucks County Opportunity Council

The Bucks County Opportunity Council is the leading anti-poverty organization in Bucks County with many programs for low income families. To volunteer or make use of their services, go to their website: <http://www.bcoc.org>

From the Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Math

Third Grade – Arithmetic

Fourth Grade – Norse Mythology

Fifth Grade – Botany

Sixth Grade –History/Rome

Seventh Grade – History/Middle Ages to Renaissance

Eighth Grade – Geometry

Dia los Muertos Requests

Marigolds Needed

Senora Vargas would like to have marigolds to use as decorations for Dia 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.

Flannel Sheets to Donate?

Miss Molly in the Acorn Room is getting ready to make some cozy blankets for nap time in the nursery. Might you have an old set of flannel sheets that could be donated for this project? Solid colors are preferred.

From the Community

Help Needed

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

Open House

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

Becoming American: A Documentary Film Discussion Series

Pearl S. Buck International is excited and proud to offer to the public an important national program featuring films and discussions about becoming American. The series is designed to engage audiences through viewing and discussion of documentary films that represent diverse immigration experiences. Each discussion will be moderated by distinguished professors from Delaware Valley University. Programs will be held on the second Sunday of each month from October through April.

The first event in the series will be held on Sunday, October 14 from 3-5 PM in the Cultural Center at Pearl S. Buck International. The theme of the October event is "The Century of Immigration: 1820-1924" and will feature selections from the films, New York: A Documentary Film, The Power and the People by Ric Burns as well as The Jewish Americans, A World of Their Own by David Grubin. The discussion will be moderated by David Snyder, PhD and Craig Stutman, PhD of Delaware Valley University.

Admission is complementary but registration is requested. To register go to www.pearlsbuck.org/becomingamerican/.

Introduction to 5 Element Theory

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

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

5K for Gun Safety

Sunday, October 18, 8:30-10:00 am at Solebury School, 6832 Phillips Mill Rd, New Hope, PA 18938
There will also be a 1 mile kid's fun run.
Sponsored by Everytown for Gun Safety Support Fund and Solebury School Teach2Serve
To register and learn more go to: solebury.org/teach2serve

St. Luke's UCC Rummage and Bake Sale

Thursday, October 11, 9 am-8 pm; Friday October 12, 10 am-7 pm; Saturday, October 13 – Bag Sale All Day 9 am-4 pm. Lunch available.
Sale will take place at the building located at the intersection of Routes 412 & 611 in Ottsville.

Donated items welcome there from Sept. 11 to October 5. Or drop off items on the porch at the schoolhouse of St. Luke's UCC Church on Durham Road. No computers, fax machines, printers, TVs, cribs, car seats, mattresses, encyclopedias, used paint cans, or items needing repair please.

For info call: 484-357-5247 or 215-479-2724.

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

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

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

OPEN MIC NIGHTS

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

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

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

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

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

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

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

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

Bring a little something for the Food Pantry

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

\$5 per person

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

Questions, interest in a fundraiser, event, performance, workshop, etc. contact Grace Morgan gracefulm@aol.com
Ottsville Traditional Arts Center is a multi generational and varied community that provides service through what we all have to share.

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>

Tire Recycling

Drop off your tires, support a great cause and help us keep Bucks County beautiful!

Saturday, October 13th 9:00am - 1:00pm

Car, Pick-up & SUV Tires - \$2.00 each. Tractor Trailer Tires - \$10.00 each Please note: Tires must be rinsed clean and no tires on rims. We cannot accept Tractor Tires, Motorcycle, ATV, Mini Bike, Bicycle or Wheelbarrow Tires.

Tire Recycling Located at: 2320 Township Road, Quakertown, PA 18951

Questions? Contact EAC at eac@springfieldbucks.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, OCTOBER 13, 7:30 - 8:30 PM

Healing Music for a Troubled World,
a special evening with artist Rudy Shepherd.

SATURDAY, NOVEMBER 10, 7:30 PM

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

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

Pop-up Choir with Kira Willey & Friends

SATURDAY, NOVEMBER 3, 7:30 PM

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

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

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

SATURDAY, NOVEMBER 17

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

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

NOVEMBER 29 – DECEMBER 2, 2018

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

SATURDAY, DECEMBER 1, 7:30 PM

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

FRIDAY, JANUARY 25, 7:00 PM

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

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

From NPR

Why Children Aren't Behaving, And What You Can Do About It

By Michelle Kondrich

Childhood — and parenting — have radically changed in the past few decades, to the point where far more children today struggle to manage their behavior. That's the argument Katherine Reynolds Lewis makes in her new parenting book, *The Good News About Bad Behavior*.

"We face a crisis of self-regulation," Lewis writes. And by "we," she means parents and teachers who struggle daily with difficult behavior from the children in their lives. Lewis, a journalist, certified parent educator and mother of three, asks why so many kids today are having trouble managing their behavior and emotions. Three factors, she says, have contributed mightily to this crisis.

First: Where, how and how much kids are allowed to play has changed. Second, their access to technology and social media has exploded. Finally, Lewis suggests, children today are too "unemployed." She doesn't simply mean the occasional summer job for a high school teen. The term is a big tent, and she uses it to include household jobs that can help even toddlers build confidence and a sense of community.

"They're not asked to do anything to contribute to a neighborhood or family or community," Lewis tells NPR in a recent interview. "And that really erodes their sense of self-worth — just as it would with an adult being unemployed."

What sorts of tasks are children and parents prioritizing instead of household responsibilities? To be straight-A students and athletic superstars, gifted musicians and artists — which are all wonderful goals, but they are long-term and pretty narcissistic. They don't have that sense of contribution and belonging in a family the way that a simple household chore does, like helping a parent prepare a meal. Anyone who loves to cook knows it's so satisfying to feed someone you love and to see that gratitude and enjoyment on their faces. And kids today are robbed of that.

It's part of the work of the family. We all do it, and when it's more of a social compact than an adult in charge of doling out a reward, that's much more powerful. They can see that everyone around them is doing jobs. So it seems only fair that they should also. Kids are so driven by what's fair and what's unfair. And that's why the more power you give kids, the more control you give them, the more they will step up.

You also argue that play has changed dramatically. How so? Two or three decades ago, children were roaming neighborhoods in mixed-age groups, playing pretty unsupervised or lightly supervised. They were able to resolve disputes, which they had a strong motivation to because they wanted to keep playing. They also planned their time and managed their games. They had a lot of autonomy, which also feeds self-esteem and mental health.

Nowadays, kids, including my own, are in child care pretty much from morning until they fall into bed — or they're under the supervision of their parents. So they aren't taking small risks. They aren't managing their time. They aren't making decisions and resolving disputes with their playmates the way that kids were 20 or 30 years ago. And those are really important social and emotional skills for kids to learn, and play is how all young mammals learn them.

While we're on the subject of play and the importance of letting kids take risks, even physical risks, you mention a remarkable study out of New Zealand — about phobias. Can you tell us about it? This study dates back to when psychologists believed that if you had a phobia as an adult, you must have had some traumatic experience as a child. So they started looking at people who had phobias and what their childhood experiences were like. In fact, they found the opposite relationship.

People who had a fall from heights were less likely to have an adult phobia of heights. People who had an early experience with near-drowning had zero correlation with a phobia of water, and children who were separated from their parents briefly at an early age actually had less separation anxiety later in life.

We need to help kids to develop tolerance against anxiety, and the best way to do that, this research suggests, is to take small risks — to have falls and scrapes and tumbles and discover that they're capable and that they can survive being hurt. Let them play with sticks or fall off a tree. And yeah, maybe they break their arm, but that's how they learn how high they can climb.

You say in the book that "we face a crisis of self-regulation." What does that look like at home and in the classroom? It's the behavior in our homes that keeps us from getting out the door in the morning and keeps us from getting our kids to sleep at night.

In schools, it's kids jumping out of seats because they can't control their behavior or their impulses, getting into shoving matches on the playground, being frozen during tests because they have such high rates of anxiety. Really, I lump under this umbrella of self-regulation the increase in anxiety, depression, ADHD, substance addiction and all of these really big challenges that are ways kids are trying to manage their thoughts, behavior and emotions because they don't have the other skills to do it in healthy ways.

You write a lot about the importance of giving kids a sense of control. My 6-year-old resists our morning schedule, from waking up to putting on his shoes. Where is the middle ground between giving him control over his choices and making sure he's ready when it's time to go? It's a really tough balance. We start off, when our kids are babies, being in charge of everything. And our goal by the time they're 18 is to be in charge of nothing — to work ourselves out of the job of being that controlling parent. So we have to constantly be widening the circle of things that they're in charge of, and shrinking our own responsibility.

It's a bit of a dance for a 6-year-old, really. They love power. So give him as much power as you can stand and really try to save your direction for the things that you don't think he can do. He knows how to put on his shoes. So if you walk out the door, he will put on his shoes and follow you. It may not feel like it, but eventually he will. And if you spend five or 10 minutes outside that door waiting for him — not threatening or nagging — he'll be more likely to do it quickly. It's one of these things that takes a leap of faith, but it really works.

Kids also love to be part of that discussion of, what does the morning look like. Does he want to draw a visual calendar of the things that he wants to get done in the morning? Does he want to set times, or, if he's done by a certain time, does he get to do something fun before you leave the house? All those things that are his ideas will pull him into the routine and make him more willing to cooperate.

Whether you're trying to get your child to dress, do homework or practice piano, it's tempting to use rewards that we know our kids love, especially sweets and screen time. You argue in the book: Be careful. Why? Yes. The research on rewards is pretty powerful, and it suggests that the more we reward behavior, the less desirable that behavior becomes to children and adults alike. If the child is coming up with, "Oh, I'd really like to do this," and it stems from his intrinsic interests and he's more in charge of it, then it becomes less of a bribe and more of a way that he's structuring his own morning.

The adult doling out rewards is really counterproductive in the long term — even though they may seem to work in the short term. The way parents or teachers discover this is that they stop working. At some point, the kid says, "I don't really care about your reward. I'm going to do what I want." And then we have no tools. Instead, we use strategies that are built on mutual respect and a mutual desire to get through the day smoothly.

You offer pretty simple guidance for parents when they're confronted with misbehavior and feel they need to dole out consequences. You call them the four R's. Can you walk me through them? The four R's will keep a consequence from becoming a punishment. So it's important to avoid power struggles and to win the kid's cooperation. They are: Any consequence should be revealed in advance, respectful, related to the decision the child made, and reasonable in scope.

Generally, by the time they're 6 or 7 years old, kids know the rules of society and politeness, and we don't need to give them a lecture in that moment of misbehavior to drill it into their heads. In fact, acting in that moment can sometimes be counterproductive if they are amped up, their amygdala's activated, they're in a tantrum or excited state, and they can't really learn very well because they can't access the problem-solving part of their brain, the prefrontal cortex, where they're really making decisions and thinking rationally. So every misbehavior doesn't need an immediate consequence.

You even tell parents, in the heat of the moment, it's OK to just mumble and walk away. What do you mean? That's when you are looking at your child, they are not doing what you want, and you cannot think of what to do. Instead of jumping in with a bribe or a punishment or yelling, you give yourself some space. Pretend you had something on the stove you need to grab or that you hear something ringing in the other room and walk away. That gives you just a little space to gather your thoughts and maybe calm down a little bit so you can respond to their behavior from the best place in you — from your best intentions as a parent.

I can imagine skeptics out there, who say, "But kids need to figure out how to live in a world that really doesn't care what they want. You're pampering them!" In fact, you admit your own mother sometimes feels this way. What do you say to that? I would never tell someone who's using a discipline strategy that they feel really works that they're wrong. What I say to my mom is, "The tools and strategies that you used and our grandparents used weren't wrong, they just don't work with modern kids." Ultimately, we want to instill self-discipline in our children, which will never happen if we're always controlling them.

If we respond to our kids' misbehavior instead of reacting, we'll get the results we want. I want to take a little of the pressure off of parenting; each instance is not life or death. We can let our kids struggle a little bit. We can let them fail. In fact, that is the process of childhood when children misbehave. It's not a sign of our failure as parents. It's normal.

Hoagies



Hoagies

8th Grade Fundraiser

Support the 8th Grade as they strive to raise money for their much anticipated 8th Grade Class Trip!

Order delicious hoagies to take home every Thursday from October 4th through December 20th.

Hoagies will be a rotation of a meat hoagie each week, with a cheese hoagie available as an option.

Each hoagie will have lettuce & tomato. Condiments on the side are aioli or oil & vinegar.

Hoagies are \$8 a piece with add ons of **Pesto \$1** and **Hot Peppers (HP) \$.50** on the side.

October 4th

Italian Cheese

Pesto HP

October 11

Grilled Veggie Cheese

Pesto HP

October 18th

Roast Beef Cheese

Pesto HP

October 25th

Turkey Cheese

Pesto HP

November 1st

Italian Cheese

Pesto HP

November 8th

Grilled Veggie Cheese

Pesto HP

November 15th

Roast Beef Cheese

Pesto HP

November 29th

Turkey Cheese

Pesto HP

December 6th

Italian Cheese

Pesto HP

December 13th

Grilled Veggie Cheese

Pesto HP

December 20th

Roast Beef Cheese

Pesto HP

Name: _____

Grade: _____

Phone: _____

Amt. Encl. \$ _____

Please make checks payable to RVWS with 8th Grade Fundraiser in the memo.

Order forms due the Friday before pick up, ie, Sept. 28th for Oct. 4th

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

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

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

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

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

11 classes - \$230

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

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

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

11 classes - \$230

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

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

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

10 classes - \$210

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

-----✂-----✂-----✂-----✂-----✂-----

Child's Name _____ Child's Teacher _____

Parent's Name _____

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

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

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

NOTE: Materials fees are included in the prices.

TOTAL: _____

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