

## School Calendar

### This Week

#### Thursday, November 15

Board Meeting 6:15 pm

#### Friday, November 16

1st & 2nd Grade Lantern Walk 4:30 – 5:30pm

### Looking Ahead

#### 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

#### Tuesday, December 4

Grades 1, 2, 3 Parent Evening 6:30-8:30 pm

#### Friday, December 7

Early Dismissal – Winter Fair Set-up 1:00 pm

#### Saturday, December 8

River Valley Open House 9:45-11:00 am  
Winter Fair 11:00 am-3:00 pm

### How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org



Celebrate the whimsy of the holiday season at River Valley Waldorf School's most magical festival of the year.

Featuring activities & crafts for all ages, food & desserts, live music, an artisan market and King Winter, himself!

And before Winter Fair, join us for our

**OPEN HOUSE | 9:45AM-11AM**

(Nursery, pre-k, kindergarten & grades 1-8)

Learn about our programs, meet teachers, alumni and parents past & present.

RSVP to 610-982-5606 or [info@rivervalleyschool.org](mailto:info@rivervalleyschool.org)



1395 Bridgeton Hill Road • Upper Black Eddy, PA • [rivervalleyschool.org](http://rivervalleyschool.org)

### Yard Signs for Winter Fair and The RVWS Open House

Stop by the lobby to pick up yard signs for the RVWS Open House and Winter Fair which are both taking place on December 8<sup>th</sup>. There are also cards and posters to be distributed. We appreciate your help in spreading the word.

### 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 [Karunagoddess@gmail.com](mailto:Karunagoddess@gmail.com)

Let the 8<sup>th</sup> Grade make your Secret Garden Items  
\$25 for 20 handmade giftable items

Order by 11/28 at: [RVWS.8thGrade@gmail.com](mailto:RVWS.8thGrade@gmail.com)

Pay online at: <https://squareup.com/store/rivervalleywaldorfschoo>

Checks payable to RVWS with "8<sup>th</sup> Grade Fundraiser" in the memo



## From Administration

### **OPEN HOUSE – We need your help!**

At 9:45 am on December 8th, (before Winter Fair) RVWS is holding an Open House. Please invite your friends and family who might like to learn more about our school to attend. If you have a young child and would like to learn more about the grade school program – please plan to attend. The morning will segue perfectly into Winter Fair for ongoing family fun. Faculty and staff will continue to be present in the Open House/Model Classroom space during Winter Fair, so questions and conversations can happen throughout the day.

RSVP to [info@rivervalleyschool.org](mailto:info@rivervalleyschool.org).

- Share the event on social media
- Distribute flyers and postcards in your community
- Take a set of yard signs to display
- Invite family and friends

Thank you and see you there!

### **Special Offer from Primary.com**

PRIMARY SCHOOL SPIRIT WEEK SALE is here - the easiest, best fundraiser ever! It's simple: you shop, our school earns money! (Told you it was easy.) Stock up and save 25% off premium basics for kids without logos, slogans or sequins at Primary while earning 10% back for our school! Shop November 7th through November 14th and use our unique URL:

[www.primary.com/school/rivervalleywith](http://www.primary.com/school/rivervalleywith) promo code: RIVERVALLEYWEEK. (Oh, and tell everyone and their grandma! Everyone who shops this link will help earn \$\$\$ for our school!)

### **RVWS is hiring**

Kindergarten/Nursery assistant position open for the 2018/2019 school year. We are taking applications now, to start as soon as we find the right candidate. Hours are from 11:30 am until 3:30 pm, Monday through Friday. No teaching experience is necessary, however a love for children, interest in and appreciation for Waldorf education and willingness to learn and take direction from the lead teachers are absolute requirements! Experience working with young children is a plus. Please send a letter of interest and resume to: [lc@rivervalleyschool.org](mailto:lc@rivervalleyschool.org).

### **Substitute Cleaner Needed**

We are looking for a substitute evening cleaner to pitch in every once in a while if one of our regular cleaning team is out. The cleaning shift is typically from 5:30 pm-8:30 pm, but the times can be flexible. If you or someone you know is interested, please contact Pat Janssen at (610) 982-5606 or by email at [pjanssen@rivervalleyschool.org](mailto:pjanssen@rivervalleyschool.org).

### **Lost and Found**

It's time once again to empty our Lost and Found basket. Please take what is yours on Wednesday and Thursday and whatever you can use on Friday. Over Thanksgiving Break the items will be donated to foster children who need them.

### **Home Heating Help is now Available for Pennsylvania Families**

Colder weather is quickly approaching, and the PA Department of Human Services wants to let Pennsylvanians know that there is assistance available if they cannot afford to keep their homes warm.

LIHEAP, which stands for the Low-Income Home Energy Assistance Program, helps families living on low incomes pay their heating bills in the form of a cash grant. Crisis grants also are available for households in immediate danger of being without heat.

To find out more about the program go to:  
<http://www.dhs.pa.gov/citizens/heatingassistanceliheap/>

### **Garden Update \*\* no gathering this Thursday\*\***

The garlic is in. Thanks to the 4th grade! Just in time for some snow which is in the forecast for Thursday!

Thanks to all who pitched in to tidy our sweet space. Special thanks to Justin who was there faithfully each week! Until Spring.....All Blessings!!

### **Lehigh Valley Charter Arts High School Open House**

Tuesday 11/20, 5:30 pm

### **Thank You**

The faculty would like to thank all of the parents who have prepared food and will be preparing food for our weekly meetings. A grateful faculty appreciates your generosity. Special thanks to Melissa Goldstein for organizing this effort.

## **Weather Related School Closings and Delays**

Ready or not, here it comes! The possibility of snowy and icy road conditions will be here before we know it. Here is what you need to know about how RVWS manages weather-related early dismissals, school closures and delayed openings:

99% of the time, we follow the lead set by the Palisades School District as that is where our school is physically located. However, since our 'sending district' is so broad, conditions can vary greatly from one end to the other. If roads in your area are unsafe and you need to call a personal delay due to road conditions when the school has not – please do.

Public school buses will always follow the decision of their district – if your child receives transportation, be sure to sign up for your district alerts or check the media sources for your district's information.

### **EARLY CLOSURE –**

Phone calls, texts and emails will be sent out with our automated systems. This usually means a 1pm dismissal time although the time can vary if Palisades calls for a different time due to a quickly developing weather system. They give us as much notice as possible, which we immediately pass along to you all. When there are weather closures, all students must either be picked up or go home on the public school buses. RVWS staff will stay with students for one hour beyond the school closure time, but when weather conditions call for a closure, we all need to get home and off the roads as soon as possible. RVWS is not equipped to function as a shelter. If you know that picking up your child may be difficult, please make arrangements ahead of time with friends or family who can host your child until you are able to pick them up.

### **FULL-DAY CLOSURE –**

Phone calls, texts and emails will be sent out with our automated systems; a new message is made on the school's voicemail system. Sometimes the decision is made the evening before, other times in the very early morning hours. Communication is often initiated by 6:30am and almost always before 7am.

### **DELAYED OPENING –**

Phone calls, texts and emails will be sent out with our automated systems; a new message is made on the school's voicemail system. Sometimes the decision is made the evening before, other times not until early that morning. The communication is often initiated before 6:30am, almost always before 7am. If there is a possibility of changing from delay to full closure, that will be communicated in the messaging about the delay. Delay options: 2-hour and 3-hour. Early childhood and grade school classes will be in session following an abbreviated schedule. Please have your children bring all work and instruments unless otherwise instructed by their class teacher.

There are 4 emergency closures built into the 2018-19 calendar. If we go above that number, additional days will be added by announcement. If we do not lose much class time due to delays and closures, we may add a report-writing in-service day for the faculty (school would be closed) in the late spring. Feel free to reach out to Cindy, or to your class teacher with any questions.

## **From The Faculty**

### **What the Children are Learning:**

First Grade – The Wonder of Numbers

Second Grade – Language Arts

Third Grade – Language Arts

Fourth Grade – Local Geography

Fifth Grade – North American Geography

Sixth Grade – Geology

Seventh Grade – Physics

Eighth Grade – Algebra

## **Class Fundraisers**

### **Turkey Raffle Winner**

Third grade would like to congratulate the winner of their turkey raffle to benefit their farm trip. The lucky winner is Melissa Goldstein. Thank you to everyone who bought tickets to support this fundraiser.

## 8<sup>th</sup> Grade Class Fundraising

The 8th grade students will have a table in the lobby on Monday, Wednesday and Friday afternoons where you can sign up for these services to help raise money for their 8th grade trip:

- Hire the 8th grade to complete your Secret Garden items – 20 items for \$25 - deadline for orders 11/28. Sign up in the lobby OR email RVWS.8thgrade@gmail.com. Payment can be made in person at the 8th grade fundraising table, OR through our website [rivervalleywaldorfschool.org](http://rivervalleywaldorfschool.org) through the Give Now!
- Baked goods for sale on Fridays or pre-order holiday breads and pies and cookies.
- Hire an 8th grader for babysitting! The class is offering in-school babysitting during parent/teacher conferences - \$5 per child per conference, 8 children max at a time, both conference days, sign up at the 8th grade fundraising table.
- Hire an 8th grader - or two - for odd jobs - leaf raking, cleaning a closet, assisting with a party!

Thank you,  
RVWS 8th grade class

## From the Board

### RVWS Board of Trustees Meeting this Thursday

November 15 at 6:15 PM (Please note the EARLY start time)

This Thursday is a special board meeting which will include the full faculty and the administrative team from 6:15 until 7:45. The agenda for this joint meeting will include a session to discuss the recent community survey results and brainstorming for the RVWS strategic plan; the sole focus of the strategic plan for this year is enrollment. Thank you to everyone who took the time to complete the survey. The information is very rich and the results are invaluable for the work of the Strategic Planning Committee.

Another similar session will be scheduled with Parent Council to allow for maximum input from the community.

In addition to the strategic plan, the following agenda will be discussed:

1. Safety and Security
2. Building and Grounds review
3. 2017-18 Audited Financial Report
4. Committee Updates

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

## From the Community

### Thanksgiving Community Yoga and Meditation

In the spirit of Thanksgiving, we welcome ALL to join together in the Bhagti Barn as a community to offer love and support to each other. Teachers and musicians will share the powerful teachings of Kundalini Yoga and Meditation to take you deep into a sacred space of healing. We will share home cooked meals and enjoy the warmth of each others' company by the fire. JOIN LOCAL YOGIS FOR A DAY OF COMMUNITY, PRACTICE AND JOY!

Saturday November 24, 2018,  
Bhagti Barn (home of Holtz family), 7360 Tohickon Hill Rd, Pipersville, PA 18947  
<https://www.eventbrite.com/e/thanksgiving-yoga-and-meditation-tickets-52497051093>

### Handyman Needed

Mary K Till is looking for a handyman who can give her about two days of work for assorted small jobs around her house. If are such a person or have a recommendation for such a person, please call her at 267-897-0225.

### Looking for Storage Space

Looking for indoor space to rent to store a 22' pontoon boat. Will pay cash up-front for 6 months of storage. If interested, please contact Stacy at [srobustelli3@comcast.net](mailto:srobustelli3@comcast.net) or 908-625-6023.

### **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.

### **STUDENT POTTERY SALE PRESENTED BY KISSIMMEE RIVER POTTERY**

Don't miss a chance to shop for unique and beautiful hand-made pottery just in time for Christmas. Friday Dec. 7<sup>th</sup> - Reception 6-9 pm, Saturday Dec. 8<sup>th</sup> & Sunday Dec. 9<sup>th</sup> 10am - 5pm.



### **Deck the h... la la la...**

Having a Christmas or holiday party, or know someone who is? Spread the holiday spirit with THE COUNTRY CAROLERS, accapella vocal trio, available now for bookings in your area! Allow these three lovely ladies, Eve Sheldon, Kira Willey and Gina Ricci to spread some holiday cheer and fill your event, restaurant, store or meeting with the harmonious musical sounds of the season. Contact Gina at [ginaricci@live.com](mailto:ginaricci@live.com) for bookings and more info!

### **Give Kids Sight Day-Free Eye Care and Eyeglasses**

Saturday, Nov. 17, 2018 8:30am – 1:00pm, walk-ins only  
Jefferson Alumni Hall, 10<sup>th</sup> & Locust Philadelphia, PA 19107

### **Getting to Know You:**

#### **An Afternoon of Syrian Food, Culture and Fun.**

Celebrating two Syrian families who have settled in Bucks County. Saturday, December 1st, 4:30-6:30  
Congregation Kol Emet, 1360 Oxford Valley Road, Morrisville, PA

Order tickets online:

<https://celebratesyrianfamilies.eventbrite.com>

Sponsored by Bucks County Interfaith Coalition for Refugee Resettlement For further information, contact [BCICRR@gmail.com](mailto:BCICRR@gmail.com) or phone 978-621-7297

### **Riegelsville Public Library Fall Used Book Sale**

Riegelsville Borough Community Room  
615 Easton Road, Riegelsville, PA  
Early Bird Sale – Friday, Nov. 16<sup>th</sup> 7:00pm – 9:00pm, \$5 donation at the door. Book Sale – Saturdays Nov. 17<sup>th</sup> and Nov. 24<sup>th</sup> 9:00am – 4:00pm. \$5 Bag Sale Nov. 17<sup>th</sup> 3:00pm – 4:00pm Nov. 24<sup>th</sup> 2:00pm – 4:00pm  
Questions? Call the Library at 610.749.2357

### **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.

### **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](mailto:hilarymurphyphotography@gmail.com) or 908-674-0455.

**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

**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.

**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.

**Poetry Confessionals – on view until December 30<sup>th</sup>**

Currently on view in our project gallery are ArtYard's Poetry Confessionals which – besides playfully inverting the term confessional poetry – are spaces where a person can sit down and tell a story to a live poet who is listening on the other side, and who will make of your struggles, sorrows, and memories a little poem. Stop by our gallery to test the Confessionals out yourself or to enter our drawing for a free live session with a poet! Confessionals are open for use during our normal gallery hours.

**Upcoming Events:**

**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.

**SUNDAY, NOVEMBER 18<sup>th</sup>, 5-7 PM**

**The Art of the Fold Book Party**

Featuring paper structures, collaborations and tactile models by Hedi Kyle and Ulla Warchol from their recently released book, The Art of the Fold.

**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

**JANUARY 31- FEBRUARY 3<sup>rd</sup>, 2019**

**Poetryyard's Intensive Residential Workshop**

with Ross Gay

A rare opportunity for a small group of only five participants to work closely with a nationally known poet in a workshop-style format.

From the New York Times

## Why You Should Stop Yelling at Your Kids

By Stephen Marche

The use of spanking to discipline children has been in decline for 50 years. But yelling? Almost everybody still yells at their kids sometimes, even the parents who know it doesn't work. Yelling may be the most widespread parental stupidity around today.

Households with regular shouting incidents tend to have children with lower self-esteem and higher rates of depression. A 2014 study in *The Journal of Child Development* demonstrated that yelling produces results similar to physical punishment in children: increased levels of anxiety, stress and depression along with an increase in behavioral problems.

How many times in your parenting life have you thought to yourself, after yelling at your kids, "Well, that was a good decision..."?

It doesn't make you look authoritative. It makes you look out of control to your kids. It makes you look weak. And you're yelling, let's be honest, because you are weak. Yelling, even more than spanking, is the response of a person who doesn't know what else to do.

But most parents — myself included — find it hard to imagine how to get through the day without yelling. The new research on yelling presents parents with twin problems: What do I do instead? And how do I stop?

Yelling to stop your kids from running into traffic is not what we're talking about here. We're talking about yelling as a form of correction. Yelling for correction is ineffective as a tool and merely imprints the habit of yelling onto the children. We yell at our kids over the same stuff every day, and we yell at them some more because the original yelling doesn't work. Put your clothes away. Come down for dinner. Don't ride the dog. Stop hitting your brother.

The mere knowledge that yelling is bad, in itself, won't help, said Alan Kazdin, a professor of psychology and child psychiatry at Yale. Yelling is not a strategy, it's a release.

"If the goal of the parent is catharsis, I want to get this out of my system and show you how mad I am, well, yelling is probably perfect," Dr. Kazdin said. "If the goal here is to change something in the child or develop a positive habit in the child, yelling is not the way to do that." There are other strategies, and they don't involve screaming like a maniac.

Many think of positivity as a form of laziness, as if parents who are positive aren't disciplining their children. But not yelling requires advance planning and discipline for the parents, which yelling doesn't.

Dr. Kazdin promotes a program called the ABCs, which stands for antecedents, behaviors and consequences. The antecedent is the setup, telling a child, specifically, what you want them to do before you want them to do it. Behaviors are where the behavior is defined and shaped, modeled by the parent. And the consequence involves an expression of approval when that behavior is performed, an over-the-top Broadway-style belt-it-to-the-back-row expression of praise with an accompanying physical gesture of approval.

So instead of yelling at your kid every night for the shoes strewn across the floor, ask him in the morning if he can put his shoes away when he comes home. Make sure when you come home that you put your own shoes away. And if your child puts his shoes away, or even puts them closer to where they're supposed to be, tell him that he did a great job and then hug him.

The ABC method of praise is a highly specific technique. You have to be effusive, so you actually have to put a big dumb smile on your face and even wave your hands in the air. Next thing is you have to say, in a very high, cheerful voice, exactly what you're praising. And then the third part is you have to touch the child and give him some kind of nonverbal praise. The silliness is a feature, not a bug. It makes the kid notice the praise that accompanies correct behavior. And that's the point.

(Continued on next page.)

"We want to build habits," Dr. Kazdin said. "The practice actually changes the brain, and in the process of that, the behaviors that you want to get rid of, having all kinds of temper tantrums and all the fights, all that just disappears." Furthermore, he noted, "as a side effect, when you do these things, the parents' depression and stress in fact go down and family relations pick up."

If our kids behave better, then we won't feel like yelling. And if we don't yell, our kids will behave better. Read more on discipline.

Which Is Better, Rewards or Punishments? Neither Aug. 21, 2018

The beauty of having a system is that instead of reacting after your kids do something bad, instead of waiting for them to mess up and then getting angry, you have a conscious plan. But planning requires discipline on the part of the parent, and it's tough. "We know that humans have what's called a negativity bias," Dr. Kazdin says. "The technical term for that in psychology is 'normal.' This is something in the brain, in which through evolution we are very much sensitive to negative things in the environment."

We are hard-wired to yell. It's an evolutionary survival instinct that has turned on those it was meant to protect. It's hard to abandon yelling, because it gives us the impression that we're parenting.

In the 1960s, 94 percent of parents used physical punishment. A poll in 2010 found the number had declined to 22 percent. There are probably many reasons, including the influence of a number of childhood development educators. But surely one reason has to be that the reason to spank your kids evaporates if there's a more effective way to change their behavior that doesn't involve violence. Why spank if it doesn't work? The same applies to yelling: Why are you yelling? It isn't for the kids' sake.

Ultimately, techniques of discipline have to be about effectiveness, about getting through the day while trying to get your kids to do what you want and not do what you don't want. Praise works. Punishment doesn't.

Stephen Marche is a novelist and the host of a parenting podcast available on Audible.