

## School Calendar

### This Week

#### Friday, Dec 1

*Spiral of Light – in-school celebration*

### Looking Ahead

#### Thursday, Dec 7

*Middle School Reading Group 7:00 am-8:00 pm*

#### Friday, Dec 8

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

#### Saturday, Dec 9

*Winter Fair 11:00 am-4:00 pm*

#### Friday, Dec 15

*Holiday Concert 6:30 pm*

#### Monday, Dec 18

*Shepherds Play Evening Performance*

#### Wednesday, Dec 20

*Shepherds Play 1:30 pm*

### How to Contact Us

info@rivervalleyschool.org  
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## Spiral of Light

With quiet anticipation we mark the longest nights of the year and the approaching holiday season with a candle-lit journey inward at the Spiral of Light.

The Spiral is a peaceful, meditative experience for children (and adults). The elements of this festival and the theme of light growing and expanding within darkness speaks to us on many levels and is found in most cultures around the world.

The Spiral of Light is a simple, yet reverent tradition at River Valley Waldorf School.

We will be celebrating it this year as an in-school festival on Friday, December 1<sup>st</sup> with time for the kindergartens and all eight grades to participate.

Families are welcome to attend their child's session.

### Spiral Schedule

9:00 am - 6th, 7th, and 8th grades

9:55 am - Star Rooms

10:30 am - Moon Room

11:05 am - Second Grade

11:40 am - First Grade

12:45 pm - Fifth Grade

1:30 pm - Third Grade

2:15 pm - Fourth Grade

### Crystals Needed

If you have any crystals or beautiful stones that you would be willing to lend us for the spiral, please put your name on them and leave them in the faculty room. They will be returned to you after the festival. Thank you.

## Winter Fair News

### Secret Garden Items

We are expecting 20 Secret Garden items from every family. There is a green box in the lobby to collect your items. You will also find a binder in the office and photos below with some possible ideas.

### The Gingerbread Tea Room needs Gingerbread Cookies!

We are asking each family to please bake 2 batches of small gingerbread people. You will find a recipe on the last page of the Current. Cookies can be left in the kitchen on Friday, Dec. 9th.

### Winter Fair Stage

If you or your child would like to perform during Winter Fair, please sign up outside of your classroom with your name and the length of your act.



*Save the Date*  
THE RIVER VALLEY WALDORF SCHOOL  
*Annual Auction Gala*

MARCH 24, 2018  
ARTYARD FRENCHTOWN, NJ + CATERING BY LOVIN OVEN

The Genius of Play:  
The Importance of Play in Waldorf Education

## Ideas for Secret Garden Items

Examples include beeswax candles, pot holders, gnomes, animals, sachets, bracelets, wooden stars, painted rocks, magic wands, little soaps, origami figures, etc...



*These Magic Wands are made with dowels, glue gun, spray paint and clear coat.*



*A simple lip balm makes a great Secret Garden treasure*

## From Administration

### Support River Valley by Shopping with Amazon

The holiday shopping season is here! If you make an Amazon purchase, follow the steps below to earn .5% of your purchase total for a donation to the school. There is no charge to you, Amazon pays the school!

Go to Amazon Smile by visiting <http://smile.amazon.com/> and login with your existing credentials. After you are logged in, look for the box called "select your own charity." Type "River Valley Waldorf School" into the box. After the search is complete, click "select." A line will appear at the top of the Amazon page that says you are supporting River Valley Waldorf School. Shop as you normally would and RVWS will benefit each time you shop by earning .5% of your purchase total. You have to login using the smile address each time.

Please use this link <http://www.rivervalleyschool.org/amazon> to visit the school website for complete information and additional links. Thank you for your support. Happy Holidays!

### Lawn Signs

Thank you to everyone who took Open House lawn signs. Please bring them back to school so we can re-use them next year.

## Parent Handbook

If you would like a printed copy of the 2017-18 Parent Handbook, in addition to being able to refer to the digital copy that is posted on River Valley's website, please let Robbie or Tiffany know, or add your name to the clipboard at the front desk by 11/21/2017. We will make a limited print run. On the website, the most up-to-date version of the directory and the parent handbook are located in the Parent Resources section.

## Winter Farm Week at Hawthorne Valley!

GREAT NEWS! The talented children's program staff at Hawthorne Valley Place Based Learning Center is offering a WINTER FARM WEEK! When Mother Nature shares the beauty of winter's snow and ice with the farm, activities are endless – sledding, making ice candles, building igloos, ice skating, Winter Olympics – to name a few! Come JOIN US! This is a residential program for ages 9 to 16. It is held during Hawthorne Valley School's President's Week Break!

Ages 9 to 16 ~ Feb. 19 to Feb. 23, 2018 ~ Cost: \$650

Mornings bring animal feeding chores and eating a delicious hot breakfast with old and new friends. By mid-morning, we settle around the crackling wood stove of the Main House to learn the art of felting, juggling, puppetry, candle making, and baking. Afternoons are for cooking, exploring the hills, riding horses, outside snow activities, animal tracking, and bird watching. Our evenings are for star-gazing and sipping hot chocolate while listening to winter tales. And the food will be amazing, Michele, our Dining Hall manager, is already trying out new recipes for our winter guests!

Since there is a limited amount of spaces available, please email Helen if your child would be interested in this opportunity. Please let her know your child's name and the name of their school. We are also offering a \$50 sibling discount! Our online Applications will be emailed near the end of November 2017! We look forward to sharing our Winter Wonderland with your child this February!

## Thank you

Thank you Aaron McKay (father of Lily in 1<sup>st</sup> grade) for volunteering to move office furniture that was donated by alumni parents Barbara Fordyce and Bob Dahl. We are grateful to you, Aaron, for picking it up on short notice and making it possible for us to acquire these beautiful pieces of furniture.

## A Big Thank You from The Garden

Dear River Valley Family,

What an abundant fall season we all had in the garden! We harvested apples, sunflowers, corn, fresh beans, dried beans, 3 types of squash, broomcorn, garlic, luffa, annual flowers, medicinal and culinary herbs, leeks, carrots, cherry tomatoes, potatoes, lettuces, cabbages, radishes, beets and dark greens!! We ate yummy weeds-chickweed, lemon clover and mustard and even tried apple butter from our own apples and fermented garlic scapes from our own garlic!

The children have successfully put their planting beds to sleep for the winter, but I am already happily making the plans for our spring planting! The season would not be complete without thanking the children and the elementals who work so beautifully with me to create a place of delight. Thank you to our AMAZING assistants who help to hold a safe space for us all! - Liz Davachi, Gina Ricci and Karen Saffian. I feel so very Blessed to have your support!

All Blessings as we, like the Earth, turn inward for the winter,

Love,

Mrs. Goldstein

## From the Faculty

### What the Children are Learning:

First Grade – Arithmetic

Second Grade – Math

Third Grade – Old Testament Stories

Fourth Grade – Human and Animal

Fifth Grade –North America

Sixth Grade – Roman History

Seventh Grade – Chemistry

Eighth Grade – History

## From the Community

### **Benefit Variety Concert for Puerto Rico Hurricane Relief and Our Local Food Pantry**

Saturday December 2<sup>nd</sup>, 3:00 - 6:00 at the Ottsville Traditional Arts Center, 250 Durham Road Ottsville Pa.

Ottsville Community Sponsors: Kimberton Whole Foods, Ottsville Inn, Sweet Creek Studio, Dark Hollow Dulcimers, "Boxes of Love - Cajitas De Amor" Facebook boxesoflovecares@gmail.com

Music and performances generously provided by: Blue Wave Ramblers, Timothy Juvenal Fitzpatrick School of Irish Dance, Oak, Ash and Thorn, Bronwyn Bird and Justin Nawn, Grace Morgan and Mick Choder, Coracree

\* \* \* Please join us for hearty appetizers and beverages. Suggested Donations Adults \$10 Children \$5 . Plus a Food Pantry item accepted at the door

For more info go to: [ottsvilletradarts.weebly.com](http://ottsvilletradarts.weebly.com)

### **A Chef at Work**

Bill Murphy (father of Ashton in the Acorn Room and chef at Earl's New American Restaurant in Peddler's Village) was recently spotted by CBS local news creating one of his delicacies. Go here to see him in action:

<http://philadelphia.cbslocal.com/2017/11/16/taste-with-tori-earls-new-american/>

### **Four Kitties Need Loving Homes**

Liliana Cortelyou and her family from the Star Room are looking for homes for some kittens that were born on their porch. The kittens have a Facebook page called A Family of Cats – <https://www.facebook.com/fourcatfamily>. Email: [The\\_Sage\\_Cottage@yahoo.co](mailto:The_Sage_Cottage@yahoo.co), for inquiries and to set up a meet and greet with the kittens.

### **A Celebration of Jazz at the Artyard**

This weekend Artyard in Frenchtown will be hosting a celebration of the great American art form, Jazz.

On Friday night, December 1st at 7:30 pm, we have a movie screening of the beautiful documentary *Jazz On A Summer's Day*, a rare treat to see on the big screen, featuring performances of Louis Armstrong, Mahalia Jackson, Thelonious Monk, and others, gloriously captured at the 1959 Newport Jazz Festival.

Saturday afternoon, December 2nd at 4 pm, we have a FREE art opening, a new exhibit of portraits of famous and should-be-famous jazz musicians. By the way, the artist behind this art show is our FilmYard curator William Horberg. The same man that you have seen presenting our FilmYard movies and music events. For a couple years he's had a secret hobby: drawing jazz musicians. Now he's sharing those special drawings with us. Isn't it fascinating how it's never too late to try something new?

And on Saturday night at 8 pm, we are presenting a live concert performance of spoken word artist Raymond Nat Turner and Upsurge!, his jazz ensemble of top New York musicians. His timely and urgent poetry has been hailed as "An ensemble that earns its exclamation point with dynamic performances that capture the soul, humor and off-the-cuff inventiveness of a cascading saxophone solo."

### **House for Rent in Kintnersville**

For Rent, Beautiful log cabin home in Kintnersville, PA. 2/3 bedrooms, 2 bathrooms, nestled on a farm in the woods. Very private. \$1500.00 per month. Inquiries call Gosia at 646-431-8281. Available February 1, 2018.

### **Kissimmee River Pottery Student Sale**

Opening Reception Friday, Dec. 1<sup>st</sup>, 6-9 pm.  
Sale continues on Saturday and Sunday, Dec. 2<sup>nd</sup> and 3<sup>rd</sup>, 10 am-5 pm.

50 Mine Street, Flemington, NJ 08822 - 908-237-0671

### **Looking for an Apartment in UBE?**

A 1.5 bedroom apartment is available on River Road in Upper Black Eddy, PA, with access to tow path and hard wood floors. No dogs. \$1050 month includes heat. For more information call Clover Michini's (Grade 2) Aunt Kelly at 908-392-5653.

Winter Session Registration is now open. Classes start Monday, January 8<sup>th</sup> go to: [www.riverpots.com](http://www.riverpots.com) for more information.

From Business Insider

## **An MIT Psychologist Explains Why so Many Tech Moguls Send their Kids to Anti-tech Schools**

By Chris Weller

Many titans of the tech world have said they don't allow their kids to spend a lot of time around technology. MIT psychologist and professor Sherry Turkle says it's because those who spend the most time with tech fully grasp its dark side. Kids who spend more time on their phones and on social media tend to face higher risks for depression and suicide.

Technology moguls like Bill Gates, Steve Jobs, and other high-powered entrepreneurs tend to share similar qualities: persistence, ingenuity, grit, just to name a few. But one of the more surprising traits is the philosophy that kids ought to be raised tech-free.

Gates, for example, didn't let his kids use cellphones until they were 14. Jobs, the inventor of the iPad, prohibited his own kids from using the tech. "We limit how much technology our kids use at home," Jobs told the New York Times in 2011.

"When people are very sophisticated, they know what not to do," Turkle told Business Insider.

It's in these circles, she said, that people more often understand the damage smartphones, social media, and other forms of tech can do, especially to young minds.

### **Smartphones and other devices can be dangerous in excess**

Research has found that an eighth-grader's risk for depression jumps 27% when he or she frequently uses social media. Kids who use their phones for at least three hours a day are much more likely to be suicidal. Recent research has even found the teen suicide rate in the US now eclipses the homicide rate, with smartphones as the driving force.

In Turkle's experiences, people who work in Silicon Valley know these risks well. To safeguard their kids, tech worker parents often send their kids to Montessori schools — elite schools that focus less on tech and more on building a child's emotional, social, and intellectual wellbeing all at once.

Others send their kids to Waldorf schools, which take a similar anti-tech philosophy. In Los Altos, California, Waldorf of the Peninsula still uses pen and paper and sometimes even mud to mold young minds. Meanwhile, other Silicon Valley schools have upgraded to Chromebooks and iPads.

"Here I am at MIT, surrounded by super techies, and same story here," said Turkle, who's based out of Cambridge, Massachusetts. "Everybody's at a Montessori school and has rules about no computers at the dinner table, no computers at breakfast, no computers here, no computers there, no computers in the classroom. I mean, same story."

Tristan Harris is an example of one of these techies. He's talked at length — from blog posts on Medium to talks on the TED stage — about the ways tech companies design their apps to maximize the time people spend using them.

Harris now runs a nonprofit called Time Well Spent, which calls for companies to design their apps in ways that allow people to regain control of their screen time.

### **Parents should recognize when and where kids should use technology**

Turkle may be an ardent supporter of both parents and kids putting down their phones to talk with one another, but she doesn't believe tech is necessarily bad. She said she still adores her computer when it comes to writing — both for creative purposes and quick emails.

But of the growing trend of "personalized education," in which schools use digital devices to cater lesson plans to individual kids' needs, she said the reliance on tech is "Too much. Too much. Too much." Instead, she thinks kids should collaborate face-to-face.

"The way to protect yourself is not to bring [a device] into your classroom," Turkle said, "and not bring it in your kitchen, and not issue it to your five-year-old as standard operating procedure."

## Gingerbread Cookies

Makes 5-7 dozen depending on size

4 Cups all purpose flour  
2TBS unsweetened cocoa powder  
5 tsp ground ginger  
2 tsp cinnamon  
1 tsp ground cloves  
1 tsp baking soda  
1 tsp salt  
2 sticks unsalted butter, softened  
1 cup sugar  
1 egg, at room temperature lightly beaten  
½ cup unsulphured molasses

1. In large bowl, sift together the flour, cocoa powder, spices, baking soda, and salt.
2. In large bowl, using electric mixer (or stand mixer), cream the butter with the sugar until fluffy. Beat in egg until incorporated, then gradually beat in molasses. Scrape down bowl and mix again for a few seconds. On low speed, gradually mix in dry ingredients until thoroughly combined.
3. Turn out dough onto a lightly floured surface and knead gently a few times. Divide dough into 4 equal pieces and flatten into a 6-inch disc. Cover each piece with plastic wrap and refrigerate for at least 4 hours or overnight.
4. Preheat oven to 350°. Line cookie sheets with parchment paper. On lightly floured surface, using a floured rolling pin, roll out 1 piece of the dough 1/8 inch thick for cookies or ½ inch thick for ornaments. Cut out with cookie cutters. Transfer to cookie sheets. Scraps may be kneaded together, rolled out and cut out.
5. Bake cookies 10 minutes, ornaments 20 minutes or until edges slightly browned. Let cookies cool until firm to make transfer to cooling racks easier.

Note: cookies will keep up to a week in an air tight container and up to month in freezer. These freeze really well.