



# River Valley Current

December 13, 2016 No. 463

"If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people I've known are those who devoted themselves to something bigger and more profound than merely their own self-interest." ~ John Glenn

## School Calendar

### This Week

**Friday, December 16**

*Winter Concert*

6:30 pm

### Looking Ahead

**Tuesday, December 20**

*6<sup>th</sup> grade to Planetarium*

*Shepherds Play*

7:00 pm

**Wednesday, December 21**

*Winter Clothing Swap In parking lot*

8:30 am

*Shepherds Play*

1:30 pm

**Thursday, Dec. 22 – Tuesday, Jan. 3**

*No School – Holiday Vacation*

**Wednesday, January 4**

*School Resumes*

### How to Contact Us

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

[lc@rivervalleyschool.org](mailto:lc@rivervalleyschool.org)

[bot@rivervalleyschool.org](mailto:bot@rivervalleyschool.org)

[pc@rivervalleyschool.org](mailto:pc@rivervalleyschool.org)

### Winter Clothing Swap

Bring your outgrown winter clothes and gear to school on our last day,

**Wednesday 12/21**, so they can find new homes. Our swap will be outside from the trunk of your car. Just set your clothes out in your trunk and folks can browse from car to car. Swap will take place **after drop off**, weather permitting. If you can RSVP and let us know you are participating that would be great! [Pc@rivervalleyschool.org](mailto:Pc@rivervalleyschool.org).

### Happy Holidays

This will be the last edition of the Current before our Holiday Break. A menu for January lunches and a registration form for Mr. Laker's Winter/Spring session of the Afterschool Program will be sent out by email shortly.

We wish you all a happy, peaceful, inspiring holiday season.

### Holiday Candlelight Concert Friday, December 16th 6:30 pm



Please join us for River Valley's annual Holiday Concert. Children in grades 4 through 8 will perform

as the audience is bathed in candlelight, songs and good cheer.

Children who are performing need to be in their classrooms by 6 pm dressed in concert attire (see below).

If your child is not performing, please plan to bring your family for an inspirational holiday celebration.

#### Concert Attire

*(From the Parent Handbook)*

*For both the Holiday Concert and the Grandparent's Assembly, in keeping with traditional concert attire, the dress is as follows:*

*Girls: White Blouse, black skirt no shorter than two inches above the knee, or black dress pants, black tights or socks, black dress shoes with maximum 1 inch heel.*

*Boys: White button down shirt tucked in to black dress pants, black socks, black dress shoes.*



### Come See the Shepherds Play at RVWS Tuesday, Dec. 20<sup>th</sup> at 7 pm and Wed, Dec. 21<sup>st</sup> at 1:30 pm

Every year members of the faculty, staff, and parent body perform the Oberufer Shepherds Play as a gift for the children. The play dates back to the 16th century when it was performed on the island of Oberufer in the Danube River near the borders of Germany, Austria, and Hungary. Please plan to bring family and friends to experience this humorous, magical play.

## From Administration

### Part-time Cleaning Help Wanted:

Two people needed for a 3-hour shift M-Fri (evenings). Please contact Lynne Allbaugh if you know anyone who may be interested in a part time position cleaning for RVWS.

### 1 Week Left to Try Capoeira for 5<sup>th</sup>-8<sup>th</sup> Graders – New Session Starts in January

The trial period for Capoeira lasts until our holiday break so there is one more class left to sample. Word has it that they are lively and lots of fun. Classes cost \$15 each and the registration form can be found on the wall next to the office.

After our holiday break Capoeira will begin again on Monday, January 9<sup>th</sup> and the session will run for 5 weeks until February 6<sup>th</sup>. A registration form for the winter session is attached to this week's Current.

### Thank you

Three Cheers to the 3rd grade pizza coordinators (and Galassos!) Way to save the day!

### Many Thanks to So Many for a Wonderful Winter Fair!

The Winter Fair committee would like to thank everyone in the community for supporting this important event with such enthusiasm and joy. Special thanks to Kristyn Lederer for being our trouble-shooting guardian angel, Tom Bell for reviving two lost activities- Secret Garden and Apple Baking, Brendan Lederer and Lydia George for a magical Secret Garden entrance, to Katherine Schilling and Yasmin Candelo for your eternally warm spirits, Kira Willey, Noah Jarrett and Carol Diven for leading the music program, Rich Kroth and Andy Wander for sound production, Grandy's Kitchen for the great cafe, Mary K Till, Sharon Ferguson and Addy Skovronek for all the support from our Fine Arts and Handwork Depts, Admin/Outreach for the great flyers and postcards, Patrick Janssen and Greg LaRosa for providing greens and setting up King Winter's Courtyard, the Wesp family, Nick Thompson, Cat and McCaslin Miles, Clare Brunell, Sahara White Wolf, Joy Jarrett, Lisette Tynan and Kymm Phibbs and the students of the upper grades for exceptional support and to our car parkers extraordinaire for fitting even more cars than we thought possible onto our grounds. Thank you to our wonderful Faculty for your support and finally, thank you once again to all of our parents and students for helping to make this event so special.

With Much Gratitude, Brenda Schaufele, Stephanie and Paul Smith and Ron Ferguson

And special thanks to our Winter Fair co-chairs Brenda, Stephanie, Paul and Ron without whose leadership and commitment this wonderful event would not have happened.

### High School Open Houses

Many high schools in our area and beyond are holding Open Houses. Here is a list for parents and students who are interested.

**Lehigh Valley Charter High School for the Arts** Open House: Tuesday, Jan. 5 at 5:45 pm. The program begins promptly at 6:30 pm.

## From the Faculty

### What the Children are Learning:

First Grade – Language Arts

Second Grade – Language Arts - Fables

Third Grade – Language Arts

Fourth Grade – Human Being & Animal World

Fifth Grade – North American Studies

Sixth Grade – Astronomy

Seventh Grade – Chemistry

Eighth Grade – Algebra

## From the Community

### A Toy Garden

As some may already know, Erika and Pete Gustavson are the new owners of A Toy Garden, the well-loved online store for Waldorf toys and games, woolens, and outdoor gear. The site is now open in time for the holiday season, and River Valley families are encouraged to use the coupon code "LOCAL" on their orders at [www.atoygarden.com](http://www.atoygarden.com) to save shipping costs and arrange local pickup of their orders at the school. Feel free to contact [pete@atoygarden.com](mailto:pete@atoygarden.com) with any questions.

### At Yoga Loka

#### Winter Solstice Celebration

**Wednesday December 21<sup>st</sup>, 6:30-8:30 pm. Cost is \$25.**

The Winter Solstice marks the shortest, darkest day of the year - it is a time to draw inward and nurture ourselves. Join us for a special night of inner exploration. Asana, meditation and intention setting will be a part of the experience. A deep relaxation accompanied by the soothing sounds from John Muraco will close the practice. Appropriate for all levels. Stay for tea after. Reservations are required by 12/19. [www.Yoga-Loka.com](http://www.Yoga-Loka.com)

#### Yoga Lounge

Now that the weather is getting chilly come in early for a cup of hot tea and warm conversation. Yoga Loka is opening its doors early for the community to gather and come together. For over a decade Yoga Loka has been the place where neighbors exchange ideas and thoughts, where advice is sought and given, and where life-long friendships have been created. We are nurturing that tradition with an official gathering time before selected classes. Come by early- before you need to run off to start the errands or the work day, or come in right after you drop the kids off at school.

The small room will be open for peaceful meditation or contemplation. The large room will be available for pre-class savasana, and the comfy couch will be yours to sit on and enjoy a hot beverage from our selection of teas and spices and to connect with like-minded people.

**8:35 am Wednesdays and Fridays**

\*\*\*For a limited time we are offering River Valley families a 20% discount on class blocks. Use code RV2016 if booking online or at the studio. Discount applies to all classes on the schedule except workshops. [www.Yoga-loka.com](http://www.Yoga-loka.com)

### Squeek Goes Adventuring

Hello Waldorf Friends, Christmas is just around the corner. If you have a child or grandchild between the ages of 3 and 8, please consider giving this enchanting picture book as a gift – SQUEEK GOES ADVENTURING is a beautifully illustrated picture book that shares the adventures of a little mouse named Squeek. This young mouse has an insatiable curiosity about the world around him. Through a series of thrilling adventures tied to the four elements of fire, water, air, and earth, Squeek begins the journey of self discovery. Both the author and the illustrator have strong backgrounds in Waldorf Education, and would love to have Squeek share his adventures with your family. It will be a book that your child or grandchild will want to read (or have read to them) again and again.

For more information about the book, please visit our website [www.squeekgoesadventuring.com](http://www.squeekgoesadventuring.com). You can order the book from Amazon ([https://www.amazon.com/Squeek-Goes-Adventuring-Olga-Wierbicki/dp/0970895461/ref=sr\\_1\\_1?s=instant-video&ie=UTF8&qid=1471884970&sr=8-1&keywords=Squeek+Goes+Adventuring+book](https://www.amazon.com/Squeek-Goes-Adventuring-Olga-Wierbicki/dp/0970895461/ref=sr_1_1?s=instant-video&ie=UTF8&qid=1471884970&sr=8-1&keywords=Squeek+Goes+Adventuring+book)) or send me an email at [oewflw@icx.net](mailto:oewflw@icx.net) and place your order directly with me. I'll be happy to send you an autographed copy. Olga Weirbicki, Emerson Waldorf School, author.

### HOMEOPATHIC STUDY GROUP FORMING

If you are interested, contact Lois Dribin, d.hom.  
215-297-0203 lois.dribin@gmail.com (aka lolo)

### Looking for a Play Kitchen

Has your child outgrown their wooden play kitchen? If so the Berrocal's will happily purchase it from you! Contact Ivy @ Karunagoddess@gmail.com OR 201-694-5166.

### 2017 Waldorf Arts Calendar

The special place art enjoys in the Waldorf curriculum is beautifully illustrated in this gorgeous Waldorf Arts Wall Calendar. The 15 month calendar runs from January 2017-March 2018, and is printed in full color, on FSC-certified, 30% post-consumer waste recycled paper; size is 12"x9" (opens to 12"x18").

See sample pages here:

[http://www.summerfieldws.org/fileadmin/messenger/2016-2017/2017calendar/2017sfsfWallCalendar\\_LowResSample\\_Cover.pdf](http://www.summerfieldws.org/fileadmin/messenger/2016-2017/2017calendar/2017sfsfWallCalendar_LowResSample_Cover.pdf)

### Whimsical Rhyming Picture Books by two Steiner Alumni

Steiner parent and Early Childhood teacher collaborate on children's picture books in rhyme. Matt McFlack and His Flyaway Kite is a children's story written in rhyme about a young boy who buys a kite, loses it and then spends the entire day trying to retrieve it. Dance of the Seasons is a lyrical romp in rhyme through the seasons of the year. An ideal holiday gift for new readers! Ideal holiday gifts for young readers. Available on Amazon.com or at KyraRobinov.com.

### Travel Opportunities

Sophia Services Presents...

#### A Goethean Safari in Kenya – Aug. 6<sup>th</sup> – 20<sup>th</sup>, 2017

We will try to imagine, and even emulate, how Goethe would have experienced nature in East Africa. This trip will be especially valuable to Waldorf teachers and anyone who has an interest in holistic science.

#### In Search of Saint Francis of Assisi – July 20<sup>th</sup> – 29<sup>th</sup>, 2017

Rudolf Steiner held St. Francis in great esteem. During our visit to Francis' home, the Umbrian hillside town of Assisi, we will spend time exploring why he felt the life of Francis was so important to human development, while at the same time, we will examine the works of others who have also had particular insights into the life of Francis.

For more info, cost and complete itinerary: Sarnia Guiton at [sarnia@sophiaservices.ca](mailto:sarnia@sophiaservices.ca) -- 604.740.0676  
[www.sophiaservices.ca](http://www.sophiaservices.ca)

### Upper Bucks Code Blue Shelters

If you or anyone you know is lacking inside shelter in Upper Bucks County during periods of extreme, life-threatening weather (temperature or wind chill of 26°F or below) between November 15 and April 15, your neighbors and friends are ready with an Upper Bucks Code Blue Shelter at the Quakertown Masonic Lodge (501 W Broad St, Quakertown, PA 18951) from 9:00 PM to 7:00 AM the following morning. We'll have a hot meal and breakfast for you as well as shelter. Car rides will be provided from the following stops:

- Turkey Hill @ Ottsville/Harrow 8:20 PM
  - Perkasie Square Shopping Center 8:30 PM
- Call 267.450.5191 to request a ride

To find out if the shelter is open, contact the Code Blue Status Line: 267.450.5191 after 1:00 PM

The Upper Bucks Code Blue Shelter is a ministry of Advocates for the Homeless of Upper Bucks (AHUB)

### Wooden Dresser FREE to a good home

If you are interested, I can email/txt you photos. The dresser can be picked up at our home in Erwinna. Tara Bowers: [bowersbetara@gmail.com](mailto:bowersbetara@gmail.com); 908-674-2772

### AQUARIUM hand-me-down request...

...for our accidentally won carnival gold fish, who I am told will live up to 20 years and easily grow over one foot! If you have a 30+ gallon aquarium that could use a home, we would be happy for one. Tara Bowers (Alice's mom, grade 3). [bowersbetara@gmail.com](mailto:bowersbetara@gmail.com); 908-674-2772

### Poinsettias for Sale

6" Red 5 Bloom \$8, 8" Red - 3 Plants per pot w/ 10+ Blooms \$20, 8" Tricolor - 3 Plants per pot w/ 10+ Blooms \$20, 7" Tricolor 4 Blooms \$15. Also available by the case at lower prices.

To order or for more information, contact: [parksideroots@gmail.com](mailto:parksideroots@gmail.com), John 267-261-9977, Mark 215-932-5436. Plants available for pick up Saturday December 3rd and 10th. Pick up location at former Parkside Orchids, 2503 Mountainview Dr Ottsville PA 18942, Delivery available by appointment. Cash or check preferred.

## Riegelsville Library Upcoming Events

Story Times are weekly on Tuesday @ 10:30 AM and Thursday @ 1:30 PM.

### Winter Wonderland

December 27<sup>th</sup>

Puppet shows will be held instead of story time on these dates. Shows will be held at 10:30am on Tuesday and 1:30pm on Thursday. No registration required, free to attend.

### Eyes of the Wild and Wallaby Tales Traveling Zoo

Tuesday, December 29<sup>th</sup> at 11am

Riegelsville Borough Community Room

Join us for a free program to learn about Chinchillas, Artic Fox and more during this exciting and educational show featuring LIVE wildlife!

For more than a decade, Eyes of the Wild has operated as a wildlife rescue and educational facility. *\*\*Live animals will be present. If you are allergic to animal fur or hair, please take appropriate precautions. Absolutely no food or drink may be present during the program.*

For info call: 610-749-2357 [www.riegelsvillelibrary.com](http://www.riegelsvillelibrary.com)

## HELPING HANDS FOR HIRE

Do you need a hand with something?

I enjoy the following:

Cleaning ("green"); sorting and organizing (even the messes!); Care-taking: land, home, people, animals; companionship; nourishing cooking/meal preparation; shopping; gardening and yard work (hand-based); personal assistant/helper; event preparation; and, I'm up for trying something not on this list too.

Available on an as-needed basis many weekdays 9:30-2:30. Sliding scale (pay what you can) or baseline hourly rate. Email [bowersbetara@gmail.com](mailto:bowersbetara@gmail.com) Phone/Text: 908-674-2772 (Tara Bowers, mother of Alice, grade 3)



**Winter Fair!**





## What Happens When Parents Limit Screens?

By Dr. Screen-free Mom

We have written plenty on what happens when parents do not limit screens sufficiently. Avoiding sleep problems, rigid gender stereotypes and consumerism may be reason enough to monitor your child's screen time. But, are there any positive effects to the sometimes isolating work that is raising screen-limited kids? Recent research published by the American Medical Association says yes! There are some positive effects associated with parental monitoring of screen-time. Unfortunately, the majority of parents do not monitor or limit children's screen-time. Perhaps they feel it is a losing battle. This article explains exactly what type of screen-monitoring is associated with positive outcomes and how to do it.

### The Research

Researchers collected data from 1,323 third-, fourth-, and fifth-grade students. Data was also collected from their parents and teachers. The researchers wanted to determine if parental monitoring of screen-use was associated with any positive outcomes 6-months later. Not surprisingly, more screen-time at time 1 predicted less sleep, poorer school performance, lower prosocial behavior and higher aggressive behavior at time 2.

The good news for Screen-Free-ers (and Screen-limiters) is that there were wide and far-reaching positive effects of monitoring and limiting screen-time. The researchers summarize their results, "Parental monitoring of media has protective effects on a wide variety of academic, social, and physical child outcomes." Specifically, they noted that parental monitoring influences children's sleep, school performance and prosocial behavior.

Previous research has found that when parents restrict media, children spend less time with screens, read more and exhibit more prosocial behaviors (sharing, helpful behavior). However, this study demonstrated positive outcomes across several important outcomes, demonstrating that parental monitoring of screen-time is a far-reaching parental activity. Additionally, the present study used a longitudinal design and included other reporters (teachers) which bolsters the strength of the results.

### What is Parental Monitoring?

Parental monitoring was linked to better sleep, better academic performance and more prosocial behavior. So, how do researchers define parental monitoring? There are four key things you can do monitor your child's screen-use:

1. Co-view media with your child.

The American Academy of Pediatrics recommends that parents co-view all media with children 2- to 5-years of age. This research conducted on middle-school children suggest that the positive effects of co-viewing continue as children age.

2. Restrict the amount of time children spend with media.

Restricting the total amount of time children spend with media is one of the easiest forms of parental monitoring. We recommend you keep your child screen-free as long as is feasible for your family and then closely limit and monitor your child's screen-time. For older children, separating their screen-time into categories of passive consumption, active-social and creative time can be helpful, since not all screen-time is equal.

3. Restrict the types of content your child accesses.

Violent content is the most problematic form. Violent content is prevalent in everything from games, to movies, to cartoons and has been associated with a host of problems, including sleep, attention and aggressive behavior. Just because there is no blood and perhaps the victim pops right back up, doesn't mean the violence isn't sending a message.

4. Actively discuss the meaning and effects of media content with children.

This is often referred to as active-mediation. Without active-mediation, co-viewing can be a problem. This is because children may assume that if a parent does not question or object to on-screen behavior, they are passively condoning that behavior. Active mediation is the step in parental monitoring that involves the most work on your part. This includes discussing the values and behaviors you see on the screen while watching with your child. Don't be afraid to slow things down by hitting pause to discuss what you are seeing or experiencing.

*(Continued on next page.)*

Active Mediation also includes having conversations with your child about screens when you are not actively watching them. Topics to discuss include things like violence and the effects of online gaming, advertising and gender roles.

#### Final Word

There are few things that parents can do that will have as far-reaching effects as monitoring your child's screen-use. While it may seem overwhelming at first, there are numerous resources to help you develop a Family Media Plan and appropriately limit and monitor your child's screen-time. Connect with other parents who are working to limit their child's screen-time at the Screen-Free Parenting Community. And, remember, while tech and media companies would like to convince you otherwise, the basics of parenting have not changed: warm, empathic parents who enforce firm limits and high expectations continue to raise the healthiest children, regardless of what issue you are facing.

Dr. Screen-Free Mom <http://www.screenfreeparenting.com/meet-screen-free-mom-and-dad/>

Dr. Screen-Free Mom is a psychologist, writer, university instructor and mom. She is raising her young kids (mostly) screen-free and committed to helping other parents make informed screen decisions. She works to summarize all the world's screen-time research and provide helpful alternative activities.