

School Calendar

This Week

Friday, Dec 8

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

Saturday, Dec 9

Winter Fair 11:00 am-4:00 pm

Looking Ahead

Thursday, Dec 14

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

Friday, Dec 15

Holiday Concert 6:30 pm

Monday, Dec 18

Shepherds Play Evening Performance 7:00 pm

Wednesday, Dec 20

Shepherds Play 1:30 pm

Thursday, Dec 21-Tuesday, Jan 2

Holiday Break – No School

Wednesday, Jan 3

School Resumes

How to Contact Us

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



1395 Bridgeton Hill Road • Upper Black Eddy, PA 18972
610.982.5606 • rivervalleyschool.org

Winter Fair News

Credit Card Machine Training

There will be two trainings for people using the credit card machine - once on Friday before setup at 12:30 and once on Saturday at 10:00 am. If you are working in ticketing or the café, please come at one of these times to learn how to handle credit card sales.

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 at the back of of the Current. Cookies can be left in the kitchen on Friday, Dec. 9th.

There will be Poinsettias and Christmas Trees for sale at the end of Winter Fair.

Save the Date
THE RIVER VALLEY WALDORF SCHOOL
Annual Auction Gala

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



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

Holiday Concert – Friday, December 15th, 6:30 pm

Grades 4-8 will present a concert of Holiday music on December 15th for all to enjoy. Families of younger grades and early childhood children are invited to come share in the festivities. Students in grades 4 and up are asked to arrive at 6 pm dressed in Concert Attire (see the Parent Handbook for details).

Come See the Shepherds Play at RVWS Monday, Dec. 18th at 7 pm and Wed, Dec. 20th 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

MS Reading Group Schedule Change

The parent reading group discussion of Betty Staley's book, *Between Form and Freedom* scheduled for the first Thursday of each month will next be held on **December 14th** from 7-8 pm. **There will be no meeting on the 7th.**

It's Time to Order Hoagies

If your child would like to participate in the 8th grade Hoagie Fundraiser when we get back to school in January, please fill out the order form at the end of this week's Current and put it in the folder on the office door with payment by December 14th.

A Bulletin Board Question

A flyer advertising Sheepadoodle puppies appeared on our bulletin board. If you know who placed it there please talk to Cindy or Robbie. While it is usually fine to post a flyer or business card, we prefer that you check with someone at the front desk or in the office first. We have some questions about this particular flyer – so do see one of us if you know how it came to be on the board! Thanks for your help.

Condolences

We send condolences to Kristyn Lederer and her family (Zane in grade 7, Annika in grade 4 and Ridge in grade 1) on the loss of Kristyn's brother, Derek Huey.

And to Patrick Temples, Barbi Fury and their family (Imojin in grade 8, Odin in grade 3 and Emerson in the Acorn Room) on the loss of Patrick's father.

Our thoughts and prayers are with you all.

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.

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!

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Language Arts

Third Grade – Old Testament Stories

Fourth Grade – Human and Animal

Fifth Grade –North America

Sixth Grade – Astronomy

Seventh Grade – Renaissance Biographies

Eighth Grade – Algebra

"The Soul of Discipline" Reading Group

After New Year's, 6th grade teacher Genevieve Solomon will be leading a study group about Social Inclusion. The group will meet on Mondays after pick-up once per month from 3:30 to 4:30 or 5. The first three will be January 8th, February 5th, and March 5th. Attendees will read and discuss "The Soul of Discipline" by Kim John Payne. Staff, faculty, and parents are welcome. The purpose will be to build toward a group that can help integrate this work into our school culture.

From Development

Support River Valley at Bowman's North

Every Monday in December, James Seward of Bowman's North Restaurant in Riegelsville will be donating 10% of the receipts to River Valley.

As it says on their website, "Mondays Matter at Bowman's because 10% of food sales each Monday are donated to a local family or organization. At Bowman's we strive to give back and be active in our community. This is possible through the patrons and staff, who share in our vision and support our efforts.

So check them out...and make it on a Monday.

Bowman's North, 1274 Easton Road, Riegelsville, PA 18077

<http://www.bowmansnorth.com/>

Thank you,
Stephanie Spencer,
Development Coordinator

From the Community

FAMILY YOGA

The Lotus School of Liberal Arts and Grounded Kids Yoga Teachers invite you for Community Family Yoga and a vegan potluck on Sunday, December 10th.

Share the gifts of yoga and laughter as the holidays draw near. Come and see one of the only mindfulness-based high schools in North America. Class begins at 4 and is open to all levels ages 7 and up. Feel free to join the vegan potluck at 5. Salads, simple dishes and desserts will be thoroughly enjoyed by all.

Sunday December 10th - Family Yoga 4-5 - Vegan Potluck 5-6
At The Lotus School of Liberal Arts, 85 Sherman Rd. Ottsville, PA
This event is free. Registration required, as space is limited.
Email: felicia@lighteducator.com

Wednesday Morning Coffee Gatherings at BRIGADOON Coffeehouse in Ottsville.

After drop off a few moms decided to gather for coffee and found it upbeat and inspiring to sip and chat with no agenda. We felt a weekly meet up in the middle of the week gave us a little lift. It also allowed us to really connect instead of passing in the halls for just a quick hello as we rushed to drop off and pick up our little ones. Please feel free to join even if you have only 5 minutes to spare. All we ask is that you bring positiv joy and light into this precious time that we rarely have. Oh, and please bring your little ones.

German Club in Milford

A new round of German Club begins Monday, December 11, 3:30-4:30 pm, at the Presbyterian Church in Milford. The cost is \$150 for ten Monday afternoon classes, (\$15 per class). Car pooling from RVWS to Milford may be available.

German Club provides an opportunity for kids to continue their enthusiasm for the German language, discover the excitement of speaking a foreign language and learn about European culture. There are songs, stories, games and activities that have delighted Bucks area kids for years. Tutoring is also available for kids who want to prepare for high school German or families who are planning a trip to Europe. Contact: Peter Ray, peter.ray@comcast.net, or 215-794-5816.

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.

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.

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, for inquiries and to set up a meet and greet with the kittens.

21 Ways to Reach a Child's Heart

by Rebecca Eanes

"We were never meant to take care of children whose hearts we did not have, and that includes our teenagers. When they are not in right relationship with us, their instincts are to resist us, to oppose us, to shy away from us." – Dr. Gordon Neufeld

Dr. Neufeld's work in attachment theory has been instrumental in the way I now view children, childhood, and my role as a parent. Specifically, my understanding that children are not meant to follow those to whom they are not attached was a pivotal point in my journey as a mom. What does it mean to have your child's heart? Let's clear up the misconceptions first.

First, being in right relationship, or securely attached, does not mean that you must always do what makes your child happy. There will be times when your parental decisions do not please your children, yet you know your decision is in their best interest. They are not yet mature enough to understand this, but you are, and this is why they are entrusted to you. Attached parenting is not about walking on eggshells so as not to upset your kid, but rather it's about standing confident in the truth that you are your child's best bet, the one who knows what they need and how to take care of them, and you do so with a quiet strength and assured gentleness.

Secondly, having your child's heart does not mean you are peers or are on level playing field. It does not require you to give up your authority as a parent, and in fact enables you to have true, genuine authority rather than forced authority. When you have your child's heart, they trust you. They look up to you. They follow your lead intuitively and this is how parenting was meant to work. Unfortunately, many of today's parenting practices sabotage this in favor of a false or forced authority. We threaten to take away the things that mean the most to them or we withdraw the invitation for them to be around us until they do what we want them to do, and this power play gets results but breaks the heart ties.

Lastly, having your child's heart does not mean that there is never any conflict. Even a parent and child who is connected at the heart will have moments of disconnection. Troubles will still arise from time to time because such is the case when two or more imperfect humans are in relationship with one another. However, having your child's heart does greatly improve cooperation and peace.

21 ways to reach a child's heart:

Listen with the intent to understand their point of view and feelings.

Speak to them respectfully, even when you issue requests or correct them.

Believe in their goodness and tell them that you believe.

Put away your devices and distractions and spend time focused on them.

Read to them.

Hug them often.

Ask "How can I help?"

Correct without criticism.

Speak life-giving, encouraging, affirming words to them daily.

Play what they want to play.

Show them that their opinions are valuable.

Thank them for their contributions to the family.

Let them hear you speak kindly of them to others.

Empathize with their emotions, even the tough ones.

Be silly with them. Laugh a lot. Let them remember your smile.

Greet them warmly.

Allow room for mistakes.

Call them by a special nickname.

Be generous with your "yes" and confident with your "no."

Tell them stories from your youth so they'll know you better.

Show interest in the things they care about.

From Psychology Today

Build Routines Early, Build Skills for the Future

Research suggests link between family routines, time management, and attention.

"Mama! We forgot favorite parts of the day!"— In our home, bedtime routine includes a series of steps: brush teeth, bath, pajamas, books, and bed. During a back rub to help our little guy fall asleep, we talk quietly about our favorite parts of the day. As most parents can relate, my four-year-old will notice when I skip a part of our bedtime routine because I'm tired or distracted or (full disclosure) trying to rush through Acts I and II of bedtime to get to the finale—sleep! As a parent and as a psychologist, I know both how important it is (and how hard it can be) to maintain a routine.

It isn't breaking news that children seem to thrive on routine. Knowing what to expect day-to-day seems to provide children with a sense of predictability and security. But why are routines so important and what benefit might they have? At the University at Albany, we are exploring the relationship between the stability of the family environment and adjustment in children, adolescents and emerging adults. Our research, which was originated by U Albany Professor Emeritus Allen Israel, suggests consistency and predictability of family routines, such as meal or bedtime routines, spending time with extended family or friends, or participating in extracurricular activities, are associated with a wide range of outcomes—from fewer symptoms of depression and anxiety and fewer behavioral problems, to better self-control and health behaviors, like sleep quality and habits.

I am particularly interested in how aspects of family stability may be related to the development of self-regulation, or our ability to monitor and control our emotions, thoughts, and behaviors and alter them to meet our individual goals and respond to life's demands. In a collaborative study recently published in the *Journal of Applied Developmental Psychology*, we explored the relationship between family routines, attention problems, and time management (<http://www.sciencedirect.com/science/article/pii/S0193397316301241>). We asked 292 undergraduate students, including 157 women and 135 men, to rate the level of regularity in which a variety of activities and routines occurred during their childhood and adolescence, as well as to report on their current time management skills and attention problems. We found that a more stable family environment is associated with better time management and, in turn, with fewer attention problems in emerging adulthood.

So, what does this mean? While certainly preliminary and correlational in nature, our study contributes to the understanding that regularity in daily routines may promote skills important for self-regulation—in particular, time management—and that these skills may help to reduce attention problems in adulthood. As we continue to build on research highlighting the importance of predictability and consistency in daily routines, it is important to recognize the complexity of child development and the multiple influences that affect a child's developmental trajectory and impact the family environment.

Importantly, like any parenting behavior, there are individual differences in the ways in which families achieve stability—while one family may create stability by having regular meal- and bedtime routines, another may attend soccer league on Saturdays and have dinner at Grandma's every Sunday. Maintaining stability also requires flexibility and responsiveness to developmental stage and family demands, and families may create stability differently over time. As my son often reminds me, children like stable routines when they are young, and they very well may benefit from them long after you're no longer putting them to bed every night.

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.

!Hoagies on Thursdays!

****8th Grade Fundraiser****

"You alarm me!" said the King. 'I feel faint --give me a ham sandwich!"
-Lewis Carroll, Through the Looking-Glass, and What Alice Found There

DATES: Jan. 4 – June 14 ****EXCLUDES HOLIDAYS****

COST: \$120/Hoagie only ---- \$140/Hoagie & Seltzer

DEADLINE TO TURN IN ORDERS: December 14

******Please make checks payable to RVWS!******

THE ORDER:

- Whole semester of hoagies! **(20 Thursdays)** (\$120)
- Whole semester of hoagies and a can of seltzer (\$140)

THE HOAGIE (PLEASE CIRCLE CHOICE):

Turkey Only

Cheese Only (Cheddar & Provolone)

Turkey & Provolone

Ham Only

Ham & Provolone

THE EXTRAS (PLEASE CIRCLE CHOICES):

Lettuce

Tomato

Mayo

Oil & Vinegar

Name _____ Grade _____

Phone _____ Amount Included _____