



The River Valley Current

April 15, 2014 No. 377

"The hardest thing in the world to understand is income tax."
-Albert Einstein

School Calendar

This Week

Tuesday, April 15

Parent Council Meeting - Quakertown 7:00 pm

Thursday, April 17

School Tour 9:00 am
Board Meeting 6:30 pm
4th grade Class Play 6:45 pm

Looking Ahead

Mon. & Tues., April 21, 22

No School - Spring Break

Wed., Thurs. & Fri., April 23, 24, 25

Snow Make-up Days

Saturday, April 26

WECAN Regional Conference at RVWS

Tuesday, April 29

Acorn Room Class Meeting 7:00 pm
6th grade Parent Evening

Friday, April 30

3rd Grade Parent Evening 6:45 pm

Friday, May 9

Grandparents Day - Music Assembly

Saturday, May 10

Mayfaire

Monday, May 26

No School - Memorial Day

Saturday, May 31

RVWS Auction

How to Contact Us

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

Summer Camp Reminder

If you would like to enroll your child in camp this summer, now is the time. Our camp brochure and registration form are attached to this week's Current.

Good Friday Bus Information

There will be no Quakertown or Palisades buses this Friday because of the holiday. Please make arrangements for your children's transportation. The Pennridge bus is available; parents who will be using the bus need to call the school district.

Parent Council Meeting

Please join us on TONIGHT, April 15th

At Becker's Corner,

110 Old Bethlehem Rd, Quakertown, PA 18951

Saturday May 10th is Mayfaire!

Mayfaire is our spring festival, open to the wider community, as well as an outreach event for River Valley. The festival relies on the resources and the helping hands of the RVWS community for its success!

Mayfaire Activities

Each class holds a specific craft or activity in addition to some school wide participation in some general tasks like flower gathering.

In addition to the grades dancing around the Maypole and the EC puppet show, many activities will be held.

Folks from Acorn Room and Sun Room are not holding an activity but we invite you to sign up for a work shift if you can. Morning Glory parents are invited to help out too!

We will be having 2 jump rope machines to help reduce the long line that always forms at this popular activity. So we are asking those classes that have a surplus of people to help us man the extra machine as the 4th grade won't have enough people.

Grandy is vending the main course and will need servers.

Got Yarn?

We will need lots and lots of yarn so if you have any to spare please bring it to school. We will be using it to make jump ropes. Since we will be having 2 machines we will need more than usual. Look for the basket in the lobby or outside the 4th grade.

The sign up board will be in the lobby by April 28th.

If you can't make it to school then email your classroom coordinator with your shift choice. Set up is Friday night and/or Saturday morning at 9:00. Festival opens for Garland making at 10:30.

Please see "From Parent Council" for more Mayfaire info.

AUCTION GALA MAY 31

Parent Information Packets and Invitations Are On Their Way!

Dear Friends- As our Auction Gala will soon be upon us, this week you will be receiving your auction parent information packet. Inside you will find all of the information needed to support a most successful Auction Gala. Likewise, Gala invitations will be mailed this week; please be on the lookout for yours and RSVP as soon as possible. With your help in generating two item donations per family and your attendance at the May 31 Gala, we will certainly enjoy a wonderful evening of music, friendship and fundraising, all of which will benefit our special school. The Auction Team thanks you!

From Administration

Screen Free Week

On May 5 - 11, 2014 people around the country (and world!) will turn OFF TV, video and mobile games, and other screens they use for entertainment, and turn ON the world around them! Join the fun!

Lost & Found

Once again the Lost & Found is overflowing. Wednesday and Thursday, take what is yours; Friday, take what you can use, and at the end of the day remaining items will be donated to the shelter.

Grandparents Day

Before you know it May will be here. The birds are already starting to sing and the days are growing longer. If you would like to ensure that your child's grandparents or special friends are invited to this year's Grandparents Day, please share their contact information with us. We will need their name and address. If interested, we can also send the Current weekly as well. Please give information to Robbie at the front desk or email info@rivervalleysschool.org.

Help Needed Spreading Stone this Saturday

This coming Saturday morning (4/19) a huge load of stone will be coming for the area outside the back of school. If anyone is available to help spread it any time between 8 and 12 please contact Ona at onauf@gmail.com. Thank you!

Opening for Marketing and Outreach Support

River Valley Waldorf School is accepting applications to fill a part-time Marketing and Outreach Support position starting in July or August 2014. This person is responsible to research, design, prepare and place display ads, press releases and postings of upcoming events in calendars and to distribute event postcards and flyers. This person provides logistical support to the Outreach Enrollment Coordinator's initiatives in the community; assists the Admission Coordinator with parent teas and school tours and provides internal support for school-wide events such as the Holiday Bazaar, Winter Fair and Mayfaire. The position is approximately 20 hour per week.

If you are interested, please contact Brian Wolff

Another Great Workday at RVWS!

In a wonderful effort by the 1st and 2nd grade this past hot, spring Saturday, bushes around the school building were trimmed; brush, leaves, debris, and Winter Fair leftovers (!) were cleared, burned and composted; rotting logs were cleared and replaced; additional logs were placed at the back sandbox; the courtyard was cleaned (baby turtles were found!); the monkey bridge, a swing, a bouncing board, wheel barrows, and a gutter were fixed; lots of lights and windows were cleaned; and an additional four square was painted!

Enormous gratitude to everyone who came early and stayed late bringing tools, their children, and great spirit: the Wesp Family, Carl and Lily Brunell, Rebecca Brown, Lizette Tynan, Jill McMullen, Sebnem Ozer, John (a helpful Boy Scout), Matt Goedtel, Lisa Sweeney, Matt Watson with Amelia and Charlotte, Jesse Markowitz with his two littlest girls, Paul Kovach with Arianna and Peyton, Andrea Smith and Patrick Janssen, Rowan and Ciara O'Hara, Kevin O'Hara, Ron and Olive Ferguson, and Christine Boston. - Ona (on behalf of Building and Grounds)

Thank you....

Thank you, Josh Holtz, for your generous offer of support. From the Hiring Committee.

Thank you, Mary Beth Healy, for your continuing help in the office. You are greatly appreciated.

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Arithmetic

Second Grade: Language Arts

Third Grade: Grammar

Fourth Grade: Norse Mythology/Class Play

Fifth Grade: Ancient Civilizations – Greece & Persia

Sixth Grade: European Geography

Seventh Grade: Geometry

Eighth Grade: Chemistry

Saturday Circus Club

The River Valley Circus Club meets Saturday mornings from 10:30 to 12:00 in the All-Purpose Room for children in 1st grade and up. Parents may participate or drop off their children and leave. Come any week. Suggested donation is \$5 to \$10. Open to those totally new to circus and those with experience. Call Mr. Friedman at 610-847-8749 or just come.

WECAN Regional Conference Coming to RVWS

RVWS is honored to be hosting the Waldorf Early Childhood Teachers Regional Conference this Spring. On April 26th, teachers from numerous Waldorf schools in the Mid-Atlantic states will converge upon our community. If you would like to offer a visitor a place in your home for a small fee (\$20-\$50?) or even for free, please let Melanie in the Star Room know.

From the Sustainability Committee

Earth Day is next Tuesday, April 22.

Here are some suggestions from the [Zero Waste Home website](#) to bring more earth awareness into your life.

10 tips for celebrating Earth with your kids, everyday:

1. **Educate your kids about environment issues.** Read books with environmental themes
2. **Turn down freebies.** In our consumerist society we're pounded with free goods. But every time we accept a freebie, such as a plastic party favor from a birthday celebration, we create a demand to rig more oil and make more plastic party favors. Once home, these items quickly break (making kids cry) and clutter our space and then landfills. Teach your kids to think twice about bringing things into your home and graciously say no to favors that they don't need and won't last.
3. **Declutter their wardrobes and toy chests.** It seems natural to want to spoil our kids with stuff. Yet, decluttering their space is a more environmentally sound thing to do, as it puts precious resources back on the market for others to enjoy while decreasing the depletion of natural resources. Teach them the benefits of decluttering vs. accumulating. Living with less allows them to pick up their room quickly so they have more time to play!
4. **Give them the gift of experiences.** Experiences don't break and last forever. They also teach our kids that *being* is more important than *having*. Consider activities instead of stuff as presents. Examples include tickets to a show or a museum, gift certificates to the local ice cream or pizza parlor, registration to a skateboarding or dancing class etc.
5. **Shop the bulk aisle with them.** Eliminating food packaging does not just make obvious environmental sense, it makes financial sense (Did you know that when you purchase a packaged good 15% of the price covers the packaging? That money could be used to fund an experience). And it's better for our kids' health too - reducing their exposure to processed foods and plastic packaging's toxic leaching. Let your kids fall in love with unpackaged food by letting them explore the bulk aisles and choose their favorite cereal and snack with you.
6. **Pack Zero Waste lunches.** Disposables are not only a waste of resources; they're a waste of your time and money shopping for them. Keep your money out of the landfill (save it for a family trip) and pack a waste free lunch for them: You probably already have all the reusables you need! A reusable bottle and container, and a dish towel to wrap them in [Furoshiki](#) style. The cloth becomes a carrier, a placemat, and a napkin all in one!
7. **Take them on a tour of your local sorting center.** Not only will they learn about what happens to their recyclables once they leave the curb, but so will you. You'll get to see firsthand why plastic bags and shredded paper are a sorting facility's nightmare.
8. **Include them in composting activities.** There is a composting system out there for every family's living condition (whether you are an urban, suburban, or rural dweller) and diet (whether you produce meat or veggies scraps). The worm bin in particular, is a great way for kids to witness the cycle of nature: feed the worms and watch them transform scraps into a rich soil amendment, which they can then feed to your plants.
9. **Get out.** What better way to teach the importance of conservation than going outside to enjoy nature and understand the reason behind being green! Let your kids connect with the outdoors through hiking, biking, picnicking, [camping](#), etc. They can also participate in litter picking events or habitat restoration projects: Their energy is always welcome!

Have Fun! Environmental awareness should not make our kids feel scared about their future, but give them the strength to want to do their bit for the Earth. Kids respond best to our "lessons" through humor and play. We found that experiences provide a great opportunity for both.

From the Board

MAY 17 - DAY OF SHINING LIGHT ON RIVER VALLEY WALDORF SCHOOL

Please join us for our first ever Wellness Event at RVWS! Part of this year's auction, all proceeds go directly to support our school. Please join us for this pioneering event. These wonderful sessions come at outstanding prices and are investments not only in the wellness of our school but in the wellness of you and your family.

The Three Reiki Masters 10:00am-1:00pm

-Our three Reiki Masters Felicia Holtz, Sabine Rahman and Molly Watson channel energy to inspire the self-healing of your body, mind and spirit. \$25 for a 30 minutes session.

River Valley Circus Clinic 10:00am-1:00pm

-Our gifted teachers Ken Friedman and Christine Boston share their love of the circus arts to bring the joy and skills of the circus to your children. \$10 per child.

Musical Family Yoga- 1st Grade and Older 3.00pm

-Yoga teachers Kira Willey and Felicia Holtz deliver this yoga event based on Horton Hears a Who by Dr Seuss and grounded kids yoga. Learn how to best align yourself for deep listening. Come share your Light! \$15 includes one parent and one child; \$25 includes whole family.

To reserve your spot in any part of the day, please sign up by contacting auction@rivervalleyschool.org

From Parent Council

Breakdown of Activities Each Class will "hold" for Mayfaire:

Moon - Garland Making

Star - Parking

1st Grade - Scavenger Hunt

2nd Grade - Cafe: Dessert, Drinks and Smoothies

3rd Grade - Silk Dying

4th Grade - Jump Rope Making

5th Grade - Ticketing

6th Grade - Music Stage and Sound; Trash too

7th Grade - Cafe (Desserts, Drinks and Smoothies) & Pocket Fairies

8th Grade - Pocket Fairy and Volley Ball game

There will be pony rides too!

Family checklist for Mayfaire:

- 20 Pocket Fairy items
- Yarn for Jump Rope making
- Having lots of fun!
- Help to prepare your class craft or activity
- Sign up for work shift
- Sign up for a Set up OR Clean up shift
- Bread dough for the outdoor oven
- 3 bouquets of flowers. These may be wildcrafted like ferns or flowering bushes or purchased
- BYO plates and utensils and water bottle.
- picnic blanket if desired

Flowers Needed

The flowers are for Garland Making and can be anything from daisies to roses to ferns and any flower growing around your property. The grocery store can be an easy and relatively inexpensive place to get flowers...usually \$12 for 3 bunches. If you are inspired, you can see if your local florist/grocer may donate on their throw out day. They are to be dropped off in front of school the Friday before the festival (5/9).

Bread Oven

Mr Santiago has graciously agreed to start the oven for Mayfaire and we are inviting the whole school to make dough for buns to place in the oven for baking. If any parent is curious about the oven and would like to learn how to start it, let Clare Brunell (mother of Lily, G-2) know and come early (about 7:00-7:30 am).

B.Y.O.P (Bring your own plates!)

In an effort to cut down on garbage we are asking the community to supply their own plates and utensils. Café will have some on hand in case someone forgets or it's inconvenient but let's do our best to make a difference in the amount of waste we create!

From the Community

The Healthy Habit

Kombucha Workshop
May's Healthy Habit, 17 Bridge St., Milford NJ
Wednesday, April 23th 10:30am - 11:30am
\$15. (materials included!)

Do you LOVE Kombucha (but not the price?) Discover how easy it is to make Kombucha at home for about 50 cents a gallon. This tasty beverage has a 2000 year old reputation for health benefits that include detoxification, immune boosting and joint care. In this 1 hour workshop you will learn by doing and tasting. You will take home your own bottled starter batch to keep you in Kombucha for life! Please email madlavenderfarm@gmail.com to register for the workshop. Space is limited. You may prepay at Healthy Habit to secure your spot.

Kombucha Workshop & Artisan Lunch
May's Healthy Habit, 17 Bridge St., Milford NJ
Sunday, May 4th 10:30am - 12:30pm
\$15. for the workshop without lunch (materials included)
\$25. for the workshop plus artisan lunch served with Kombucha

Babysitter Available

My name is Marcella Harvi. I am in 7th grade and 13 years old. I have taken the American Red Cross babysitters course. I am available for babysitting or mother's helper work on most weekdays and some weekends. I charge \$5 an hour for 1 child and \$1 per additional child per hour. You can reach me at 203-343-2500.

Yoga Loka

Interested in the upcoming Teacher Training/Yoga Immersion? Come to the informational meeting on 4/26 at 10:20 am

Happy Hip Openers- 4/27 at 4:00 pm

Free Brand-new-to-Yoga class- 4/27 at 6:30 pm

Please see the website at Yoga-Loka.com for more information and to register

FIT Frenchtown!

Adult softball teams are forming in both Frenchtown and Milford! First game will be played Sunday, May 4th at 2:00 pm. Spectators will be asked to bring non-perishable food to donate to the Frenchtown Food Bank.

There will be a non-competitive family softball game played on Saturday, May 10th at 2:00 pm. All are welcome to come with their gloves and bats. Please bring a picnic lunch and donation for the food bank.

The games will be played on Old Frenchtown Field at Harrison and 12th street. These games are part of the Frenchtown Mayors Council on Wellness.

For more information email Amarjyothi108@gmail.com

Ipad for Sale

iPad 3, 32GB storage space, iPad 3 WiFi, 2048x1536 pixels screen resolution, Color: white, Screen protector pre-installed, Green rotating case included, \$300, iOS 7.0.4, Jailbroken- can be restored to default if desired, AirDrop enabled

Contact Amarjyothi108@gmail.com if interested

Lettuce & Basil For Sale

Dennis Riling, father of Ceara Riling 1st grade, has been growing lettuce and basil hydroponically with his business Doylestown Fresh. With our abundant harvest we would love to offer a weekly sale to our River Valley community each Wednesday afternoon at pick up. You can purchase our 5oz lettuce spring mix for \$4 each as well as our 1/2oz basil package \$2 each.

If you are interested in preordering or have questions please give us a call 267-337-2355

The Hummingbird's Tour (an end of life comedy)

Bucks County Playhouse - April 16 to 20, 2014

1970, Northern California. Three aging siblings are thrown into a comic philosophical frenzy by an unexpected guest bearing unsettling mystical predictions. This "end of life comedy" takes a playful look at life, more life, and life after life with wit and more than a few surprises... with a talented ensemble cast from NYC and LA, written by Margaret Dulaney Balitsaris and directed by John Augustine.

Wed, April 16th, 2:30; Thurs, April 17th, 2:30 & 7:00; Fri, April 18th, 7:00; Sat, April 19th, 2:30 & 7:00;
Sun, April 20th, 2:30

Ticket prices - \$40, \$25 for those 25 and youngeurchased in person at the Box Office)
BOX OFFICE (215)862-2121. Call soon for best seats.

All proceeds from ticket sales will go to support the Haitian microfinance institution Fonkoze, committed to lifting Haiti's rural poor out of poverty since 1994.

Ottsville Traditional Arts Center

Wednesday Jams/Song Swaps

6 pm community potluck, 6:30 - 8ish tunes and songs

\$5 donation or bring a dish to share!

We meet to share a meal and traditional music in a collaborative, judgment-free setting. All are welcome, even if you've never sung or been to a jam session before! If you want to come extra-prepared, check out our website, where we post learning materials including sheet music, videos, and recordings ahead of time. At the Ottsville Traditional Arts Center, 250 Durham Rd. Ottsville, PA 18972 Learn more at ottsvilletradarts.weebly.com

BUCKS COUNTY Regional Household Hazardous Waste or Electronic Collection Program

All collections are held on Saturday's from 9:00 a.m. to 3:00 p.m. unless noted otherwise, rain or shine.

Your waste hauler does not want hazardous waste mixed in with your household trash. Therefore, the Southeastern Pennsylvania Regional Household Hazardous Waste Collection Program is for you. The intent of the program is to provide an environmentally responsible way to dispose of hazardous materials and to provide residents with information on how to produce less hazardous waste in the future.

ELECTRONICS ONLY - June 28, 2014

Palisades Middle School (4710 Durham Road, Nockamixon Township)

ELECTRONICS ONLY - July 26, 2014

Central Bucks South High School (1100 Folly Road, Warrington Township)

At the ELECTRONICS ONLY events residents are encouraged to bring All Sizes and Types of TVs, Answering Machines, Blenders, Camcorders, Cell Phones, Copiers, CPUs, Electric Typewriters, Fax Machines, Gaming Consoles/Controllers, Keyboards, Laptop Computers (All makes, models, and peripherals), Mice, Microwaves, Monitors, Peripherals (Including cords, power supplies and cables), Printers, Radios, Rechargeable Batteries, Remote Controls, Scanners, Stereo/Tape/CD Players, Telephones, Toasters, Vacuums, and VCR/DVD Players. If you are unsure of an item please call (215) 345- 3400.

HAZARDOUS WASTE ONLY - June 21, 2014

Upper Bucks County Area Vo-Tech School (3115 Ridge Road, Bedminster Township)

HAZARDOUS WASTE ONLY - July 19, 2014

Central Bucks South High School (1100 Folly Road, Warrington Township)

At the HAZARDOUS WASTE ONLY events we will accept Household Batteries- All Button Types, Lithium and Rechargeable; Lead-Acid Batteries from Car, Marine, Motorcycle, and Truck; Caustics like Ammonia-Based Cleaners, Household Lye, Oven Cleaner, Drain Cleaner, and Metal Cleaner; Flammables such as Oil-based Paint, Spot Removers, Gasoline, Kerosene, Gas/Oil mixture, and Heating Oil (in nothing larger than a 5 gal container and not more than 220 lbs.); Pesticides such as Chlordane, DDT, Malathion, Sevin, and Rodent Poison; Common Household Toxics like Photographic Chemicals, Pool Chemicals, Weed Killer, Antifreeze, Rust/Paint Remover, Mercury, and CFLs (fluorescent lamps). If you are unsure of an item please call (215) 345- 3400.

The COMBINATION events will accept any item from either list above, and are:

Hazardous Waste and Electronics - August 16, 2014

Quakertown Community High School, 600 Park Avenue (Rear Lot)

Residents may bring a maximum of 25 gallons or 225 pounds of material to the appropriate collection event accepting that specific item. Do not bring: large appliances, biological waste, explosives, radioactive waste, or tires.

Guidelines for safely transporting household hazardous waste to the collection sites include:

- Place all materials securely in a box, to prevent spilling.
- Keep all products in their original containers with labels intact.
- Keep all caps and lids on tight.
- Wrap leaking containers in newspaper and place in a plastic container for transport.
- Do not mix materials.
- Do not leave loaded vehicle in a hot unventilated area for prolonged periods.
- Do not smoke near the chemicals.

If you have LATEX PAINT avoid the lines at the collection and dry it solid and place in your regular trash. LATEX PAINT is not hazardous and can be disposed of normally once dried.

The program is for residents only; no material will be accepted from businesses, industry or institutions. This is a regional program as the counties of Bucks, Chester, Delaware, Montgomery and Philadelphia are working together to make the program more convenient to the residents in southeastern Pennsylvania. As a result, the residents of Bucks County are welcome to take their household hazardous waste or electronics to one of the neighboring county collection events if that date or location is more convenient. Please verify the details of the Non-Bucks events; some will also only be taking paints or only be taking TVs and electronics. All collections are held on Saturday's from 9:00 a.m. to 3:00 p.m. unless noted otherwise, rain or shine.

American Red Cross Blood Drive

Plumstead Township Police Explorers
Wednesday, April 30th, 2pm – 7pm
Plumstead Township Building, 5186 Stump Road
APPOINTMENTS ARE PREFERRED
For an appointment or info please contact:
1-800-RED CROSS or Nancy.Taylor@redcross.org
Or sign-up online at: redcrossblood.org
Enter sponsor code: plumstead township

Easter Egg Hunt

Sponsored by Rieglesville Public Library and Rieglesville Recreation Board
Friday, April 18th @ Rieglesville Borough Park
1:00pm – Preschool and younger
1:05pm – Kindergarten – Grade 2
1:10pm – Grades 3 – 5
Egg hunt will be held rain or shine. For more info please call 610.346.7986

Volunteers Needed

Are you looking for an opportunity to learn more about horses and work with people with a disability? TaKE Center Outpatient Rehabilitative Services, located in Kintnersville, PA provides physical therapy with the use of a horse. Hippotherapy, as it is called, is used to treat people with various disabilities including physical and cognitive challenges. By putting the patient on the horse, the horse's movement is transferred to the patient, which helps improve strength, posture, balance and gait.

Although TaKE Center is run and supervised by a qualified, licensed physical therapist, it would be impossible for us to provide this clinical setting for our patients without the assistance of volunteers, who play a key role in supporting the efforts of TaKE Center.

We are looking for individuals and groups to help with a variety of needs. Depending on interest and experience, roles can range from working directly with the horses and patients, to maintaining equipment, the barn, property or trails. Minimum age to volunteer in the riding ring is 13. We do ask that youth under the age of 10 are accompanied by an adult.

Cleaning the barn, tack and horses is as important to us as providing therapeutic session. Without you, we cannot provide the quality services we strive to achieve. By volunteering at TaKE Center, you are sure to walk away with unforgettable, valuable experiences from your connections with amazing people – and horses, too! Please do not hesitate to contact us with any questions or interest. We'd love to hear from you!

Terri K. Long, MPT - ph: 610-346-9446 email: tklong63@verizon.net
web: www.takecenter.com 1300 Woodcock Lane, Kintnersville, PA 18930

From Waldorf Today.com

Celebrate Easter Naturally

Dyeing Eggs with Plants and Spices

Comprised of only naturally dyed eggs, and with nothing more than beets, spinach, onion skins, turmeric, coffee and other vegetables, spices and things from the kitchen, all of these eggs were dyed in beautiful colors to celebrate Easter naturally.

All the recipes are there to create all the eggs you see here and more. Go to:

<http://www.waldorftoday.com/2013/03/celebrate-easter-naturally-dyeing-eggs-with-plants-and-spices/>



From the Huffington Post

Making Room for Wonder in Children's Lives

By Anna Murphey Paul

In her new book *Thrive*, Arianna Huffington writes of the importance of "making room" for wonder -- a change in how we measure success that would have an especially great impact on the lives of our children.

Right now, parents and teachers expend a lot of energy getting kids to pay attention, concentrate, and focus on the task in front of them. What we adults don't do, according to University of Southern California education professor Mary Helen Immordino-Yang, is teach children the value of the more diffuse mental activity that characterizes our inner lives: wondering, remembering, reflecting.

Yet this kind of introspection is crucial to our mental health, to our relationships, and to our emotional and moral development. And it promotes the skill parents and teachers care so much about: the capacity to focus on the world outside our heads.

Our brains have two operating systems, Immordino-Yang and her coauthors explain in an article [here] published in the journal *Perspectives on Psychological Science*. The first, which they call the "looking out system," orients our attention to the external environment, allowing us to get stuff done. The other, which they term the "looking in system," directs us inward, setting our thoughts free to wander. By scanning the brains of study subjects asked simply to rest and relax, scientists have discovered that our minds are anything but inactive in these moments. Relieved of the obligation to pay attention to what's going on around us, we engage instead with a rich internal environment: recalling the past, imagining the future, replaying recent interactions and sorting out our feelings. It's when we engage our brains' "looking in" mode, notes Immordino-Yang, that we make meaning out of the mass of experiences and information we encounter when we're "looking out."

Young people may have fewer opportunities these days to exercise the vital capacity of introspection. Immordino-Yang fingers two culprits: educational practices that demand constant attentiveness, even from young children, and a hyper-connected world that insistently draws attention away from the world inside. "If youths overuse social media, if they spend very little waking time free from the possibility that a text will interrupt them," the authors write, "we would expect that these conditions might predispose youths toward focusing on the concrete, physical and immediate aspects of situation and self, with less inclination toward considering the abstract, longer-term, moral and emotional implications of their and others' actions."

Ironically, a lack of time to daydream may even hamper kids' capacity to pay attention when they need to. The ability to become absorbed in our own thoughts is linked to our ability to focus intently on the world outside, research indicates. In one recent neuro-imaging study, for example, participants alternated periods of mental rest with periods of looking at images and listening to sounds. The more effectively the neural regions associated with "looking in" were activated during rest and deactivated while attending to the visual and auditory stimuli, the more engaged were the brain's sensory cortices in response to sights and sounds.

Focus and concentration are essential, of course, but so are introspection and reflection. Immordino-Yang and her colleagues recommend that adults help children find a balance between the two modes: by regularly unplugging our kids' blinking, buzzing devices, and by providing time and space for a quieter, more inward kind of entertainment. By making room for wonder in our children's lives, we'll help them develop a more genuine and gratifying definition of success.