



River Valley Current

February 24, 2015 No. 403

"If there's a book you really want to read but it hasn't been written yet, then you must write it."
-Toni Morrison

School Calendar

This Week

Tuesday, Feb. 24

Louise deForest Lecture at Morning Glory 6:30 pm

Saturday, Feb. 28

3rd Grade Workday

Looking Ahead

Saturday, Mar. 7

RVWS Open House 10:00 am-12:30 pm

Monday, Mar. 9 – Friday, Mar. 13

3rd Grade Farm Trip

4th Grade Local History Walkabout

Wednesday, Mar. 18

School Tour 9:00 am

Thursday, Mar. 19

MS Musical, "The Sound of Music" 7:00 pm

Friday, Mar. 20

MS Musical, "The Sound of Music" 7:00 pm

Saturday, Mar. 21

MS Musical, "The Sound of Music" 2:00 pm

How to Contact Us

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

Parent Council Meeting Tomorrow Wednesday, Feb. 25th

We will meet at
Becker's in Quakertown at 6:30 pm.
Contact pc@rivervalleyschool.org
with any questions.

March Lunch Menu

The lunch menu for March is
attached to this week's Current.
Please return forms to Grandy by
Friday, February 27.

Reminder:
**Tuition Assistance Paperwork
Due
This Friday, Feb. 27th**

Join us Tonight!

"Simplifying Life for the Young Child"

We are excited to welcome back **Louise deForest!** We always enjoy having Louise visit our Early Childhood Program offering her years of experience and insight. Please join us for a free lecture **at Morning Glory Preschool in Doylestown, Tuesday, February 24 at 7 pm.** Louise's lecture is titled **"Simplifying Life for the Young Child."** Louise will speak about the importance of allowing our children to move and grow at their own pace and how we adults can adapt ourselves to living a simpler life for the relatively short time our children are so young.

New! 3-day Mixed-age Early Childhood class to begin April 15, 2015

It is so exciting to see this class filling up with a great mix of children from new Garden Gate graduates to kindergarten-ready young ones. What a rich class experience they will have! 12 children is the most we can accommodate, and right now only a few spots remain, so if you or someone you know is interested – now is the time. This class is also a nice way for children to get familiar with RVWS and with some other students before jumping in, in September.

Amanda Blanco will lead the class through a morning of interactive play, both indoors and out, as well as special activities such as crafts, watercolor painting, circle activities, singing and story time in the thoughtfully simple classroom environment. Large and small motor skills and receptive language skills, social awareness, love for the natural world, self-care are some of what is developed as the children play and work with one another under the respectful guidance of their teacher. Children must be at least 2 years, 9 months of age and reliably toilet-trained.

Class will meet Wednesday, Thursday and Friday from 8:30am until 1:00pm. Children 3 and older may be able to extend their day until 3:15pm with our Afternoon Garden program (as space allows).

Please contact Cindy Schretlen with any questions, or to receive an application. 610-982-5606 x 203
admissions@rivervalleyschool.org

Summer Camp Registration Has Begun!

If you register before March 25th, you will receive a discount. A brochure with more details and registration forms are attached to this week's Current.

From Administration

Before School Policy

The faculty has been focusing on our Before School Policy with an eye towards safety. In order to avoid having children unattended in the hallways before school we plan to implement this policy next Fall. For the next few weeks we will be giving it a trial run.

In the past, children walked to school and so arrived having exercised in the morning air. Since their bodies had been vigorously engaged, their minds were fresher and ready to work when the school day began. As this is not possible for our students, we offer all grade school students supervised before school care on the back playground at no additional charge.

Children may be dropped off at the cul-de-sac between 8:00-8:20. Cars may not park here for any length of time as the buses use this drop off area as well. Musical instruments will be placed inside the hallway by the teacher as protection against the weather. In cases of extreme weather, the teacher will hold before school care in the All Purpose Room.

As teachers are occupied with preparing for classes, all children inside the school building before 8:20 must be accompanied by an adult. Please stay with your child at all times. We encourage you to see them to the back playground for a healthy dose of fresh air and exercise before their school day begins.

Parking Lot Safety

In order to make our parking lot as safe as possible we ask that you adhere to the follow guidelines:

- Please do not park along the curb in front of the school at any time. If you are dropping off in the morning, stop to let the children out and then keep moving, do not leave your car even for a minute. In the afternoon during pick-up, no stopping along the curb is allowed; buses and vans are having a hard time getting through.
- No parking is allowed (even on the grass) on the main driveway in the area of the stop signs, opposite the parking lot entrance where cars need to turn and buses need to get by.
- If you park along the driveway leading up to the school, please park on a diagonal and make sure your vehicle is fully off the macadam and that you and your children walk along the grass, not in the driveway.
- Parking across from the front door, and down toward the circle is for small cars only.

There is no parking allowed in the circle near the playground during the day because that area is used during recess.

If we all follow these guidelines, we will stop receiving complaints from bus and van drivers and everyone will be a lot safer. Thank you.

AFTERNOON GARDEN

Afternoon Garden (1:00 – 3:15pm) for early childhood students is a busy place this year! Tuesdays and Thursdays have a few spaces open, but from now, through the end of March the rest of the week is full. If you would like to reserve a spot, please call, or contact Cindy Schretlen cschretlen@rivalvalleyschool.org by email to check availability.

Immediate Opening for Development Coordinator (Part-time)

River Valley Waldorf School is accepting applications to fill a part-time Development Coordinator position. Responsibilities include leading and managing all fundraising activities, including the annual appeal and the yearly auction event. This person will work closely with the Board and Administrator to develop both short and long term organizational fundraising strategies for the school. This person will coordinate all efforts of the Development Committee and report to the Board on a monthly basis. The Development Coordinator manages the tracking of all contributions, sending of thank you letters and creating a simple annual report. This position will be approximately 10 hours per week.

Qualifications:

- A good understanding of the benefits of Waldorf education
- Bachelor's degree and three years' experience in annual fundraising and some experience in raising major gifts or high-end annual appeal gifts
- Solid communication skills, including writing, editing and proofreading
- Ability to manage multiple projects, priorities and deadlines
- Ability to work collaboratively and creatively with parent volunteers
- Proficiency with eTapestry or other fundraising software is desirable

Interested applicants should submit cover letter, resume and three references to: bwolff@rivalvalleyschool.org

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Language Arts

Second Grade: Arithmetic

Third Grade: Language Arts/Farming

Fourth Grade: Language Arts/Science/Study of Animals

Fifth Grade: North American History and Geography

Sixth Grade: Geography of Africa

Seventh Grade: Physics

Eighth Grade: History/Industrial Revolution

Circus Club is Going on the Road

For the next 4 Saturdays (2/28, 3/7, 3/14, & 3/21), the RVWS Circus Club will meet in Hopewell, NJ from 10:30 am-12 pm. The middle school play has taken over the All-Purpose Room so we are temporarily re-locating. All skill levels are welcome. Fee: by donation. Call Mr. Friedman (610-847-8749) for more details.

From the Leadership Council

What LC is Working On

Input from community on the grade school movement curriculum

Teacher evaluations with TDC

Faculty hiring for next year with the faculty

Program development with EC

Remember, we have open hours every Friday from 3:30-4. Please stop by if you have any questions or concerns.

Class Fundraisers

RVWS Seasonal Cookbook and Local Directory

As a fundraiser for their farm trip, the rising 3rd grade plans to publish a cookbook. In addition to recipes, it will also have seasonal games, crafts, and activities, as well as an area directory. Recipes have been submitted from faculty, alumnae and the rising 3rd grade, and we would love for every family to be represented to make this book truly inclusive of our whole, wonderful school. Please consider submitting your child's/family's favorite recipe. If your children would enjoy submitting an accompanying illustration, we hope to include those as well on their recipe page.

This book will also feature an area directory of recommended summer camps, museums, seasonal outdoor destinations, craft stores, health practitioners, etc. We hope that this will make our book a useful resource to families, especially those new to RVWS.

See attachment for more details, and please respond by Friday March 13th. If you have any questions, feel free to contact Jean Tuma or Tracy Fly. Thank you for your consideration!

8th Grade Class Fundraiser

8th Grade is so very grateful for all the support you've lent to our class trip -- from buying sweatshirts (contact Miss Hummel if you haven't purchased yours yet!) to eating heartily at Winter Fair. We thank you also for ordering samosas every week and for stocking up on them on the first Monday of each month. (If you haven't tried them yet, we urge you to do so--it's not too late to email Renell with a bulk order and have an easy meal at the ready!)

As we approach our fundraising goal, we are continuing our snack (and coffee!) sales in the lobby every Monday and Wednesday. Isn't it nice to know that you can send your child in with a couple of bucks to pick up a healthy snack to drop in their lunch box on their way into school? Our popular morning snack offerings currently include:

- Organic Popcorn with butter and salt \$1.50 (quart bag)
- Cheese Cubes \$1.50
- Organic non-GMO Corn Chips & Salsa \$1.75
- Homemade Beef Jerky \$2.00

In the afternoons we offer sweet breads, warm, ready-to-eat baby burritos, hot dogs kebabs (intriguing, no?), and other inspired, nutritious creations by Grandy.

Alumni News

Former River Valley Students are Performing Everywhere!

It's that time of year! Music and fun to get us through these cold, sun deprived days.

At Kimberton Waldorf School

Lauren Goodyear (RVWS Class of 2014) will be performing in the Kimberton musical, "Joseph and the Technicolor Dream Coat." She would love to see some RVWS friends in the audience. Dates are: Thurs, March 5th, 7pm, Friday, March 6th, 7:30pm, Saturday, March 7th, 2pm and 7:30pm. Tickets sold general admission at the door. \$15 adult, \$10 student and \$12 senior.

At Solebury School

Teva Skovronek (Class of 2014), Izzy Blasucci (Class of 2012) and Cornelia Pierce (Class of 2012) will be performing in the musical, "Curtains." Solebury requires advance purchase of tickets due to limited theater size. Call the main desk at 215.862.5261 during business hours to get tickets. Show dates are Feb. 26, 27, 28, and Mar 1 at 7:30 pm, matinee on Sat. Feb 28, 2 pm & Sun. Mar. 1, 3 pm. Tickets are \$5 students, \$10 adults. Note: Fri. and Sat. evening performances are sold out.

At Palisades High School

River Valley isn't the only school in our area performing "The Sound of Music." At Palisades HS, Tobey Riffle (Class of 2011), will be portraying Captain Von Trapp! Performances are on March 13, 14 at 7 p.m. and March 15 @ 2 p.m.

From the Community

Items for Sale

The Divens are moving and downsizing and have some lovely furniture for sale including a Twin Captain's Bed with Firm Mattress, 2 sets of sheets, and Rolling Drawers; several bookshelves; a stereo cabinet; a stereo system with speakers; armoires; a rocking chair; a papasan chair; and a stand alone freezer. If any of this sounds of interest please contact Mrs. Diven in the music room or at (530) 209-2711.

Do you or someone you know have an iPod you are not using anymore?

Lloyd & Lydia George of the 4th Grade are working on a charity/community service project. They are collecting gently used iPods of any year, any model (including Shuffles) to benefit Music and Memory. This is a program that distributes them to Alzheimer's/dementia facilities in order help patients remember music from their younger years. Studies have shown that listening to music helps with brain activity. We will also collect iTunes gift cards. You can learn more about this program at <http://www.musicandmemory.org>. Chargers appreciated, but not necessary. You can keep your earbuds as the organization will provide sturdy headphones.

There will be a collection basket to receive the iPods (which will be emptied at the end of each day). If you have any questions, please email Lisa George at allothersnj@yahoo.com.

Concert in the Round

Saturday, March 7, 10 -11 am

For children ages 4-12

Lenape Chamber Ensemble

Featuring music by Schumann, Tovey, and Dvorak for Flute, Violins, Viola, Cello and Piano.

Refreshments and Instrument Demonstrations too!

Delaware Valley College Life Sciences Auditorium on East Butler Avenue at State Street exit off Route 611.

Children \$2, Adults free!

For more information call 610-294-9361

A non-profit organization supported by the Philadelphia Cultural Alliance

Pulp Vegetarian Café in Frenchtown

Dear Friends!

My new cafe, Pulp Vegetarian Café and Juice Bar, has been open nearly a month and a wild month it's been! While we've seen many RVWS faces we of course would love to see more--come on down for some good healthy vegetarian food, gluten-free, dairy free baked goods, juices, green smoothies--it's all delicious! Also, I wanted to share a nice piece from the Hunterdon County Democrat/NJ.com: http://www.nj.com/hunterdon-county-democrat/index.ssf/2015/01/pulp_frenchtowns_new_vegetarian_cafe_beckons_to_to.html.

I miss RVWS but love being at PULP!
Stephanie Smith

Yoga Loka

Shyama Puja and TRE- a Healing Session

For Cancer survivors, caregivers and people currently undergoing treatment

Group session held at Yoga Loka in Frenchtown - Friday 2/27, 6:30-7:30 pm, \$15 per session. Space is limited

Private sessions are also available by appointment with Bonnie

www.Yoga-Therapy-can-heal.me 908-268-7430

TRE has come to town!

TRE® (Tension, Stress & Trauma Release Exercise) is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. Created by Dr. David Berceli, PhD, TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension and calms down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is able to return to a state of balance. After doing TRE®, many people report feelings of peace and well-being.

TRE® is based on the fundamental idea, backed by recent research, that stress, tension and trauma are both psychological and physical. The shaking of the muscles increases the resiliency of the body as it causes a deep relaxation that naturally reduces stress levels. It can release emotions ranging from mild upset to severe anxiety, whether caused by work stress, excessive worry, conflict in relationships, physical stresses or traumas from accidents. A built in benefit to the TRE process is the physiological states associated with a trauma are often able to be released without having to actually relive, remember, or talk about the actual traumatic event itself.

This is a self-regulating process- the tremors can be immediately stopped by simply straightening the legs or rolling onto their side if one becomes uncomfortable. Amarjyothi will assist you in this process. When you are comfortable doing so, you can practice it at home on your own, without having to rely on a therapist to continue your healing process. However, working in a group is a very powerful experience, so come to as many sessions as you can! No previous experience in anything necessary!

Emotional Freedom and Healing through Meditation

With Parvathi Nanda Nath Saraswati

2/28, This is a rare opportunity to study with Parvathi. Her public appearances are very rare.

Space is limited, register early!

Register on line at www.Yoga-Loka.com or call 908-268-7430

Breema Bodywork

Matthew Tousignant, M.A., CMT (father of Isaiah, Moon Room) is offering \$40 Introductory Breema Bodywork sessions for the month of February.

Breema bodywork catalyzes the body's self-healing processes, promoting a higher level of physical flexibility, increased vitality, mental clarity, and emotional balance. Breema uses rhythmic movements, dynamic stretches, tapping, and tension-releasing postures to dissolve stress, create structural realignment, eliminate chronic pain and restore a natural state of harmony and balance. Receiving Breema bodywork loosens identification with conditioned, self-limiting patterns and opens the possibility of having new thoughts, feelings, and movements. Support yourself to enter the aliveness of the present moment! Breema sessions take place on a padded floor with the practitioner and recipient comfortably dressed.

For more information contact Matthew: 267.864.8608 matthewtousignant@hotmail.com

www.breema.com

Help us support the youth of our community!

Bridgeton Athletic Association's Beef & Beer Benefit DJ, Dancing, Raffles, Silent Auctions, Fun & Fellowship for a great cause!

Saturday March 28th from 7-12pm, Bridgeton AA Banquet Hall, 1340 Bridgeton Hill Rd Upper Black Eddy, PA 18972

Adults 21 or older Only! Tickets: \$25 each/Door or \$40 couple. Call Ahead to Reserve Tickets & Tables. Please Contact: Kerri Scheetz @ bridgetonaa@gmail.com or 484.325.1816

Tours to France

Travel with an experienced guide to France! Great itineraries, small groups, relaxed pace.

Lorey Johnson has taught French for over 30 years in a Waldorf school and is running tours that will take you to Provence, Normandy and Brittany or the Perigord in 2015. Please look at the website for details and contact information: www.franceinesence.travel.com. Register by February 15th.

LifeWays Training Starting in Kimberton, PA

LifeWays North America is bringing its year-long training course for parents and early childhood professionals to the Mid-Atlantic states in 2015.

LifeWays Early Childhood Training and Certification is based on the work of Rudolf Steiner. With its emphasis on "The Living Arts" the training is ideal for parents, childcare providers, and early childhood teachers and their assistants.

The training will be held at Kimberton Waldorf School in Pennsylvania starting March 28-April 3, 2015. The three other sessions will take place over the course of a year, supplemented by guided study with a mentor in between the sessions.

To learn more, visit www.lifewaysnorthamerica.org and click on the Pennsylvania listing or request an information packet from Chinyelu Kunz at 610-933-3635 X109 or ChinyeluK@LifeWaysNorthAmerica.org.

Get a HANDLE® on Learning Disabilities: Root Causes and Effective Treatment

HANDLE Introductory Course Levels I&II
March 6 6-9:30 pm & March 7-8, 9-5, 2015

A 12-hour workshop for Parents and Professionals

- Understand what behaviors can reveal about neurological irregularities using the HANDLE paradigm
- Recognize subtle signs of stress and learn how to use Gentle Enhancement® to prevent crises and foster resilience
- Learn activities that enhance focus, reduce stress, and support learning

For more information: www.handlebythebay.com

To Register: <http://tinyurl.com/HANDLE-workshop>

Contact: Nancy Dill Miller, nancy@parzivalacademy.org 610-574-7626

Location: Kimberton Waldorf School, 410 W Seven Stars Rd, Kimberton

About the Instructors:

Nancy Dill Miller is a HANDLE Screener and founder of Parzival Academy.

Dror Schneider is a HANDLE Practitioner and Instructor and mother of a young man with ASD.

From Lilipoh Magazine

Who's Idea Is Your Child Thinking?

The Effects of Media on Your Child's Context for Life

By Nancy Blanning

It is our fondest hope as parents and teachers that our children will be allowed to encounter the world directly through the freshness and unprejudiced vision of their own eyes, ears, and hands. I think of our grandson's dedication to snail-watching last spring and summer. Nothing was more interesting to him. And through his devotion to watching these small creatures, he began to form his own personal image of "snail-ness." Another child has a special attentiveness to sounds: bird song, bug buzz, and the carefully articulated speech in nursery rhymes that invite her interest in the spoken word. She loves to sing and echoes back the simple, sweet sounds of her mother's voice. At the very beginning of life, touching (and, of course, tasting) are the avenues for learning about the world. This begins with the warmth of the parent's nestling chest, the sweet taste of milk. Then the child learns so much about the texture and character of different materials: wood with its slivers and splinters, pine cones with their pungent smell and rough surface, and the softness of the favorite blanket that one cannot sleep without. These are all firsthand experiences and they resonate deeply into the child.

We want these impressions to be good ones. We know that first impressions are often lasting ones. The first time we experience something, we tend to assume that this is what a particular experience is like. How things are portrayed makes a huge impression upon us, especially on young children. Rudolf Steiner, the founder of Waldorf education, described young children as "total sense organ[s]." The little child has no filters and no capacity to discriminate as adults are able to do through years of experience; and to know if something is desirable and true or untrue. Little children accept all experiences equally. They are quite defenseless.

These simple experiences are available to our children, but it is getting harder and harder to find them in unadulterated or unexaggerated form. Children and adults alike are bombarded with media imaginations of how the originator of the video, toy, song, or advertising piece wants us to view the product. These products are usually loud, with stylized speech, stereotyped with unrealistic and distorted body parts and facial features. They show exaggerated behavior, louder, faster, and more clever and slick than we know real people to be; and more importantly, than we want our children to be. These impressions are taken in deeply where they lodge in the child's memory collection of "this is what the world is like."

There are many good reasons to reduce children's screen time and other media exposure. Without the distraction of media, children have richer opportunity for free, creative play; for exploration of the world; for developing social play with others; for developing healthy sensory systems through lots of unstructured movement; for helping with practical life in the home to learn how real people live their lives. In these ways, children can experience life actively rather than by passively sitting and taking in someone else's ideas of the world.

As a Waldorf educator I have shared all of these points with families over many years. But recently it has struck me strongly that a most compelling reason to shelter our children from media is to protect them from other people's representations of the world that we know are not true. These impressions are difficult to erase. Waldorf education is all about supporting the development of free and independent thinkers, who have the capacity to chart their own course in the world. Our media-dominated society is working hard to saturate our minds with ideas of how they would like us to think about the world. Speaking personally, I do not want these people (whose motives probably have more to do with profit than the welfare of our children) to form the children's view of the world and their view of human relationships. The next time you consider letting your child see media, please ponder: Whose idea will my child be thinking? Does it have worth that will guide my child well in life? Will it add to the foundation upon which an upright life can grow?

There are so many things in life we cannot control. Our children's media exposure is something we can.

Nancy Blanning has been a Waldorf early childhood educator for nearly thirty years, emphasizing therapeutic and developmental support with young children. She also serves on the board of the Waldorf Early Childhood Association (WECAN) and is co-author with Laurie Clark of Movement Journeys and Circle Adventures, a therapeutic movement resource book for teachers.

Submission Form – Rising 3rd Grade Fundraiser

Name: _____

Kindly respond by Friday March 13th via email (tumas@rcn.com) or return form to folder on table outside Mrs. Atkinson's classroom. If there are any questions, please get in touch with Tracy Fly or Jean Tuma.

I. Please consider sharing a favorite seasonal recipe in any of the following categories: breakfast, lunch, dinner, snacks, deserts, beverages (e.g. smoothies, teas). Feel free to include gluten-free, vegan, dairy-free, raw, quick and easy dishes, potluck favorites, etc.

* Recipes in electronic format (e.g. word document, url/web address) would be greatly preferred, but if it's easier to bring a bookmarked cookbook or magazine to school, we can make a photocopy and return the publication to you. Please make sure your name is clearly marked.

* If your child/children would be interested in creating an illustration to accompany their recipe, we will try to have it printed on their recipe page.

II. Recommendations for area directory (within 1 hour drive from the school, share as many as you can). Please include town/city. Add additional sheets if necessary.

Favorite activity for each season or general (e.g. parks, bike rentals, where to go tubing in summer, pumpkin picking or hiking in fall, berry farms, museums, local sites, etc): _____

Recommended summer camps: _____

Favorite arts/crafts/fabric/yarn store: _____

Farmers' markets (what makes your favorite stand out?): _____

Coffee/tea shops: _____

Healthy restaurants: _____

Health food stores (include town): _____

Instrument rentals: _____

Clothing stores (eg resale, specialty, etc): _____

Health providers (dentist, doctor, acupuncture, chiropractor, nutritionist, etc): _____

Online resources (clothes, gear, arts and crafts, etc): _____
