

School Calendar

This Week

Friday, March 1

8th Grade Comm. Service Presentations 8:45-10:15 am

Looking Ahead

Monday-Friday, March 11-15

3rd Grade Hawthorne Valley Farm Trip

Thursday-Friday, March 15-16

5th Grade to Penn Museum – Sleepover Field Trip

Wednesday, March 27

Grade School Assembly

Thursday-Friday, March 28-29

No-School – Parent/Teacher Conferences

How to Contact Us

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

Please join the Committee for Social Justice on Sunday, March 31

at 779 Cafferty Road in Upper Black Eddy from 1 pm to 4 pm for another book discussion! We will be talking about *Between the World and Me* by Ta-Nahisi Coates.

The Committee for Social Justice meets every 3rd Monday from 3:30 to 4:30 in the second grade classroom.

March Lunch Forms due this Thursday, February 28th.
Order forms are attached to this week's Current.

Parent Council Corner

Please join us at the next Parent Council meeting on Monday, March 4th at 2:00 pm at Homestead

Bee the Change

WALDORF 100 | LEARN TO CHANGE THE WORLD

River Valley Waldorf School

Annual Auction and Gala

Saturday, March 23rd, 2019



Please join us for a celebratory evening of dinner, dancing, live music, silent & live auctions, open beer/wine bar and more. The fun starts at 6:00 pm at the Durham Springs Event Center (formerly Cascade Lodge) 5065 Lehenburg Road, Kintnersville, PA
Cocktail Attire - Valet Parking

Tickets are \$100 per person and can be purchased online <https://rvws.ejoinme.org/2019auction> or by check made out the RVWS

Join us for our biggest fundraiser of the year as we celebrate community and 100 years of Waldorf Education

Enjoy local and seasonal cuisine by Executive Chef Francesco Martorella and dance the night away to live music by Moonshine & Millet

Whether or not you can attend, please join us by bidding in our online auction or donating auction items. Or consider a staff ticket donation. All proceeds benefit the River Valley Waldorf School.

For the Good of the Hive

At this year's auction, as we celebrate the intricate web of volunteerism, professionalism and giving that brings life to our school, we will be raising funds to revitalize the courtyard...the heart of the hive in our community.

Revitalization efforts may include

A honey bee mural
Honey bee friendly plantings
Improved habitat for turtles

As the health of our hive relies heavily on the connections within our community, our students will be part of this revitalization effort, where we intend to inspire curiosity and awareness of our diversity while celebrating the power of human connection.



Sweet Deal from Moonshine and Millet

Moonshine and Millet will once again grace the stage of our Auction!
This is reason alone to get your tickets today! But we're going to sweeten the deal...

Want to have Moonshine and Millet play your song at the auction?!

Hear your favorite tune transformed into a high energy blue grass rendition, as only our favorite Strummin', Fiddlin', Finger-pickin', Bass-thumpin' musicians can do!

Only one caveat – every now and then, there's a song that just doesn't translate well to the Moonshine and Millet style. It's not likely, but if the winning bidder's first choice fits into this rare category, the band will reach out to the winner to pick another favorite song.

Start the bidding here! (<https://rvws2019.ggo.bid/>)



Student Auction Offering

Led by local fiber artist Mallory Zondag, our 1st through 8th grade students collaborated to create a Fiber Living Wall! Students wet felted leaves, flowers, stones and vines to create this forest floor wall hanging, which is 5-feet wide and about 4-feet long. The inherent nature of this work beautifully reflects the aesthetic values of our community and incorporates one of the Waldorf100 core projects of "Bees and Trees" into its theme. Find the right place on your wall and come ready to bid at the live auction!



From Administration

Parent Handbook

LC and the Admin Team would like to make you aware of this policy, which will be added to the Parent Handbook.

Social Activism Policy -- 2019

At the foundation of every Waldorf School is the mission to equip children to grow into individuals with a strong moral compass and the will to become forces of good in the world. While we encourage our students to explore topics, causes, and ideas that resonate with them, River Valley does not condone social action or protests on school grounds. If students wish to participate in social action, they are welcome to do so with their parent's support, away from school grounds.

As an elementary school, most of our students are still young. Appropriate social activism for young students typically involves efforts such as food drives, nursing home visits, and acts of service and kindness to our community.

Middle school students are increasingly aware of the world around them and some controversial aspects of social justice and activism. Middle school teachers will steward classroom discussions to foster respect, inquiry, and desire for understanding varied perspectives.

New windows were installed over the February break!

We are feeling toasty and warm with the new windows in place, thanks to double-paned glass and well-constructed framing. The window replacement project is funded by the Capital Campaign, and we thank our generous donors and community for this gift. More Capital Campaign news coming early in March, so be on the lookout!

Governor Wolf Encourages Pennsylvanians to Donate to Their Local Food Bank

Harrisburg, PA – Even though the federal government is back to business as usual, millions of Pennsylvanians continue to feel the ramifications of the 35-day shutdown, and likely will for weeks to come. Food banks and pantries across the country also are feeling the effects of the shutdown and Governor Tom Wolf is encouraging Pennsylvanians who can to donate to their local charitable food organization.

"Food banks and pantries across Pennsylvania felt the effects of the federal government shutdown during the time of year when resources are already strained due to weather," Gov. Wolf said. "If you already donated to your food bank, thank you. If you haven't or can give more, I encourage you to do so. It can go a long way to restock shelves and make sure our community members in need do not have to go without a necessity of life – food."

Food banks say that cash donations and volunteer support are most needed, but residents should check with their local food bank or pantry to find out about any specific needs.

Do you ever shop at Giant Food Stores in PA or Stop & Shop in NJ?

PA shoppers:

- Visit www.giantfoodstore.com; click on Sign In, Manage my Account, Savings & Rewards to log on to your online account or, for **first time users**, click register to create your online account. Once you are logged in to your account, you can select up to 2 registered schools for A+ Rewards. Our school ID is: 06546
- If you have a Giant card but do not know your 12-digit Giant card number, call the Giant card hotline at 1-877-366-2668 and select Option #1. The representatives will be able to provide you your Giant card number.

NJ shoppers: visit www.stopandshop.com and follow the directions for PA

To earn points, use your registered BonusCard each time you shop at either store and you will earn cash for River Valley Waldorf School. You can confirm your school selection anytime by logging into your account. At the end of each month your points are calculated and converted to cash rewards. These cash rewards for our school are updated monthly. You can track our progress when you sign in to your online account.

Our school will receive a Cash rewards check and can use this cash for any of our educational needs. Please encourage your family members and friends to support our school!

From The Faculty

What the Children are Learning:

First Grade – Language Arts/Consonants & Blends
Second Grade – Math
Third Grade – Drama/Language Arts
Fourth Grade – Norse Mythology

Fifth Grade – Drama
Sixth Grade – Physics
Seventh Grade – Geometry
Eighth Grade – Chemistry

From The Board



Have you heard the Buzz?

We need YOU to make our Auction a success!

Share your talents, creativity or time! We need 3 auction items from each family -- Nourish a belly or soul, host a game night, offer your services or solicit gift certificates from your favorite shops. For more ideas or suggestions reach us at auktion@rivervalley.school.org



What do you love about River Valley?

Check out what our community loves about our amazing school on Facebook and Instagram and receive an auction raffle ticket for each share!

Class Fundraisers

Handcrafted River Valley Jewelry for Sale to Support the 8th Grade

Emily Langmade has handcrafted jewelry with the RVWS crest especially for an 8th grade fundraiser. Choose from pendants, earrings, beads, and attachable charms. All items are available in brass or silver, and with or without oxidation. Samples will be available in the lobby on the 8th grade fundraising table this coming Wednesday and Friday. All proceeds will benefit the 8th grade for their class trip. The jewelry has been generously provided for the cost of the materials only; learn more about the artist and visit her online store at lockandspoon.com.



From the Community

Very Special Grand Piano for Sale:

Knabe and Co, Baltimore, 1900's

- warm brown walnut, ivory keys, beautiful interior, carved legs, lovely sound
- professionally refinished 10 years ago, temperature control system
- needs tuning and a loving home, \$6500

Annie - 203-556-2162, aporter@rivervalleysschool.org
I can email pics, and you are welcome to come try it out!

Need Help?

Aaron McKay, father of Lily (Grade 2), is a local carpenter offering services ranging from home repair and renovations (drywall, framing, doors, windows, trim, built-ins, kitchen installations, crown) and made-to-order handcrafted shelving, cabinetry, and furniture (barn board dining tables, benches, cubbies, desks, bookcases, doors, bed frames, dressers, work benches). Basically, if you can imagine it, Aaron can build it. Style is clean and simple with all hidden fasteners and mortice and tenon joinery. Projects incorporate reclaimed wood, whenever possible.

Feel free to email or call Aaron to discuss your carpentry needs:
welcometothewoodshop@gmail.com,
(908) 274-0731

Introduction to 5 Element Theory

With Erin Foster of Bucks County Acupuncture Clinic
Sunday, March 3rd, 4-7 pm - \$45.00
Heart Well House, 58 East Oakland Avenue,
Doylestown, PA.

In this workshop we will introduce the ancient wisdom of the 5 elements through the lens of Chinese Medicine. Each month we will explore Water and its deep stillness. Together we will learn how the water element moves through the organs and affects our Mind, Body and Spirit and how our understanding of this ancient wisdom can support our path toward inner alchemy. We will also explore the minerals Jet and Amber through the lens of ancient Taoist texts as well as specific acupuncture points that provide healing support for the emotion of fear. Feel free to wear black – the color of the water element and to bring your stones!

Space is very limited. To register please call: 267-733-7261 HeartWellHouse.com

Lenape Chamber Ensemble Children's Concert in the Round

For children ages 4-12, featuring music by Mozart, Widor & Prokofiev for flute, violins, viola, cello, & piano.
Refreshments and Instruments demonstrations.

Saturday, March 9th, 10-11 am at Delaware Valley University Life Sciences Auditorium, 700 Butler Avenue at State Street and Rt. 611, Doylestown, PA 18901.
Children: \$2, Adults Free.

Film Screening and Discussion - I'm Not Racist...Am I?

Sunday, March 31st at 1:00PM

Location: The Newtown Theatre - 120 N. State St. Newtown, PA

Cost: Free will donation

Contact: Holly Olson. hollybqc@verizon.net, 215-860-9747

Bucks Quarterly Meeting's Outreach Committee is excited to host a screening and discussion of the feature documentary, I'm Not Racist... Am I? The film follows a diverse group of teens through a yearlong exploration to get at the heart of racism. Through some tense and painful moments, we see how these difficult conversations affect their relationships with friends and parents, and ultimately challenge them to look deep within themselves. By the end of their time together, we'll see these remarkable young people develop deeper bonds, a stronger resolve and a bigger, more significant definition of racism than any of us ever imagined. Unfortunately, our work to eradicate racism from our society will not be over any time soon. Come to this engaging event to become more enlightened.

One of the producers of the film, André Robert Lee will lead the discussion following the film. Appropriate for teens in grades 7 and up. The event is open to the general public.

Lemniscate Arts Presents Two New Plays by Peter Oswald

Steiner – Saturday, March 2, 7-9:30 pm & **The Circle Widens: The Working of the Spirit** – Sunday, March 3, 2-5:30 pm

Single Ticket: \$30, Senior or Student: \$25, Bundle (both plays) \$50, Senior or Student \$40

Threefold Education Center, 260 Hungry Hollow Road, Chestnut Ridge, NY 10977 info@lemniscatearts.org

Tickets available online or at the door – www.lemniscatearts.org

Free Film Screening - "Angst: Raising Awareness Around Anxiety"

February 27th, 2019, 7:00 pm

Join The Lotus School for a film screening (56 min.) and panel discussion about how anxiety disorders are real, common, and treatable. Delaware Valley University, Life Sciences Building, 700 East Butler Avenue, Doylestown, PA Reserve a Ticket at: <https://lotusla.org/angst-movie>

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. "Everybody needs to know that anxiety disorders are real, common and treatable instead of viewing them as a personal choice or something to be ashamed of," said Dr. Jerry Bublick, Senior Director of Anxiety Disorders Center, Child Mind Institute. "Getting help early is crucial in giving people the tools they need to feel better. We just need to start the conversation."

Sacred Harp Singing with Gregory Corbino at Artyard Alumni of Bread and Puppet and 2017 ArtYard Cranky Fest performer

Over the course of two days, singers of all abilities are welcome to join music director Gregory Corbino for a weekend of learning and singing in the tradition of the Sacred Harp, also known as shape note singing. There will be two workshops; one March 23-24 and the second April 6-7. We will also have a Sacred Harp Singing celebration and potluck in May.

Sacred Harp Singing is one of the oldest written four-part harmonies from the United States, and its technique enables singers to sight-read any music notated in the FA-SO-LA style. Workshop participants will learn the Shape Note technique, as well as the history and traditions of the Sacred Harp, which include not only singing the music in a group but leading and pitching it as well. Workshop participants will leave the weekend with a stronger sense of how to read and sing the Sacred Harp. Each of the two workshops will wrap up with an afternoon open sing, and a farewell potluck lunch.

Gregory Corbino has directed choral music for the Bread and Puppet theater productions for the past ten years, exploring baroque, improvisation, classical, and European folk traditions. His vocal style is a mixture of classical and folk, often accompanied by an accordion.

More information and tickets for the March and April workshops can be purchased on ArtYard's website.

Artyard

Exhibition: The Creative Commons: Progressive Studio Practice - January 12 – April 15

Upcoming Events:

Saturday, March 9th, 2 pm

Capturing Grace followed by a talk by Dave Leventhal from the Mark Morris Dance Group

Sunday, March 17th, 1-3 pm

Build Your Own Bird Costume for Artyard's 3rd Annual Hatch

March 23 - 24 & April 6-7

Sacred Harp Singing School Workshops with Gregory Corbino, (singing & potluck on May 19th.)

Sunday, March 30th, 7:30 pm

Crank Night – This year's theme is *Questions*.

Go to: artyard.org for tickets and more information about all of these events.

Artyard, 62A Trenton Avenue, Frenchtown, NJ 08825. Gallery Hours: Wednesday – Sunday, 11:00 AM - 5:00 PM.

Code Blue Shelter

If you're 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 8:15 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—call 267.450.5191 to request a ride:

Turkey Hill @ Ottsville/Harrow 7:45 PM

Perkasie Square Shopping Center 7.45 PM

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)

From the New York Times

U.K. Doctors Call for Caution in Children's Use of Screens and Social Media

By Palko Karasz

LONDON — With even Silicon Valley worrying about the effect of technology exposure on young people, Britain's top doctors on Thursday issued advice to families about social media and screen use. Their prescriptions: Leave phones outside the bedroom. Screen-free meals are a good idea. When in doubt, don't upload. And get more exercise.

"Technology can be a wonderful thing," Britain's chief medical officers, who hold advisory positions similar to that of the surgeon general in America, wrote in a document published on Thursday. "But too much time sitting down or using mobile devices can get in the way of important, healthy activities," they said.

The medical officers declined to set age and time limits, saying that there was not enough evidence to do so. The American Association of Pediatrics gave more specific guidelines in 2016, urging parents to keep infants under 18 months away from screens and to restrict the time young children spend using media.

Reports from Silicon Valley last year suggested that even people at the cutting edge of digital technology worried about their own children's exposure to screens. Some families there have hired nannies to keep their children offline.

There is little consensus on where the balance lies between the benefits and harmful effects of using smartphones and social media. Health experts are increasingly leaning on the side of prevention, but the lack of a substantial body of proof has prompted some authors to wonder whether limiting screen time is the right approach.

The British doctors based their advice, in part, on data from the Millennium Cohort Study, which has followed the lives of people born in Britain in 2000 and 2001. Researchers at University College London used data from nearly 11,000 young people who are taking part in the study. They published their findings on social media use and teenagers' mental health in January.

The University College London paper found that lengthy social media use could have a negative effect on sleep patterns, self-esteem and body image, and expose young people to online harassment.

"We showed that these were linked to depressive symptoms." Yvonne Kelly, a professor of Epidemiology and Public Health at University College who is an author of the study, said in a phone interview on Thursday.

According to the data in the paper, just under 40 percent of girls and 25 percent of boys were experiencing online bullying, for example.

Professor Kelly emphasized that the content and context of social media use mattered more than time spent on it. She noted that the rapid evolution of social media had made it difficult to collect evidence and to make firmer recommendations about its use.

In their guidelines, the chief medical officers said that an association had been observed between the use of social media and mental health problems, but that "cause and effect are not yet fully understood."

It may be that children and young people "who already have mental health problems are more likely to spend more time on social media," the document said.

Still, the voices urging action have grown recently. Last year Britain's health minister, Matt Hancock, issued a warning to parents about evidence on the impact of social media use on children's mental health, and the Royal College of Pediatrics published its first guidelines on the health impacts of screen time last year.

From the New York Times

How to Help Teens Weather Their Emotional Storms

A D.I.Y. snow globe full of glitter is an apt metaphor for the emotional chaos of the adolescent brain.

By Lisa Damour

Trying to help a deeply upset teenager — perhaps one undone by a social slight or flipping out about an upcoming test — is among the most common and stressful challenges in all of parenting. Amid all that stress, it's easy for well-meaning adults to make missteps.

More often than not, we jump in with earnest questions or suggestions: "Any chance you did something that hurt your friend's feelings?" or "Would it help if I quizzed you on what you've studied so far?" But, despite our best intentions, these efforts often seem to only agitate our teenagers further.

Even though I've got years of training and experience as a clinical psychologist, for a long time I more or less muddled my way through the adolescent meltdowns that inevitably arose at my practice. Lately, however, I've managed to improve my approach, and I owe it all to a fateful trip to Texas.

I was chatting with the counseling team at a Dallas girls' school a few years ago when the conversation turned to how we each handle students who become unglued during the school day.

"That," said one of the counselors in a Texas twang, "is when I get out a glitter jar." As I tried to conceal my immediate skepticism, she went off to retrieve one. While we waited for her to return, I sat there thinking that whatever she was bringing back, I hated it already.

First, as a parent with a neatness hang-up and kids who love art projects, I have come to loathe glitter. Second, if there was any psychology behind this, it seemed bound to be a little, well, poppy.

The counselor returned holding a clear jam jar. Its lid was glued on and it was filled with water plus a layer of sparkling purple glitter sitting at the bottom. "When a girl falls apart in my office, I do this," she said, while shaking the jar fiercely, like an airport snow globe. Together we beheld the dazzling glitter storm that resulted. Then she placed the jar down on the table between us and continued, "After that I say to her, 'Honey, this is your brain right now. So first ... let's settle your glitter.'"

Mesmerized, I watched the swirling glitter slowly fall to the bottom of the jar. Finally getting over myself, I was ready to acknowledge the brilliance behind this homemade device.

Sitting right there was an elegant model of the neurology of the distressed teenager. Early in adolescence, the brain gets remodeled to become more powerful and efficient, with this upgrade retracing the order of the original in utero development. The primitive regions, which are just above the back of the neck and house the emotion centers, are upgraded first — starting as early as age 10. The more sophisticated regions, located behind the forehead and giving us our ability to reason and maintain perspective, are redone last and may not reach full maturity until age 25.

While this process is underway, young people are put in a rather delicate position. Though they tend to be highly rational when calm, if they become upset, their new, high-octane emotional structures can overpower their yet-to-be upgraded reasoning capacities, crashing the entire system until it has a chance to reset.

I have enthusiastically recommended glitter jars to several parents and colleagues knowing that some teenagers will instantly benefit from having a concrete model of emotional distress. That said, I have come to appreciate that a glitter jar's main utility is in the instructions it provides to those who are caring for the overwrought: Be patient and communicate your confidence that emotions almost always rise, swirl and settle all by themselves.

(Continued on next page.)

Not long after I returned from Texas, I ran into a visibly upset sophomore in the lunchroom of the school where I consult each week. She looked stricken, and her eyes were red from crying.

Urgently she asked, "Are you free?"

"Yes," I replied, turning her toward my office.

Once there, she buried her hands in her face and broke into heaving sobs. Soon, she slowed her breathing and looked at me, even as tears continued to stream down her face. In the past, I would have taken that opening to quiz her about what had gone wrong. In retrospect, I now see this as the verbal equivalent of further shaking the mental glitter jar. Instead, I asked if she wanted a glass of water, or some time alone to let her painful feelings die down. She declined both offers, so we just sat there quietly.

Not a minute had passed before she relaxed completely. Then she volunteered that she had done poorly on a test that morning and had fallen down a rabbit hole of worries about what a bad grade might mean for her future. Now, with her glitter nearly settled and her mind more clear, she regained perspective on the situation. Within moments she decided that the low grade probably wasn't such a big deal, and if it was, she'd figure out how to make up for it in other ways.

This is not to say that letting glitter settle is the solution to all teenage problems. But I have found it to be a better first response than any other. Every time I stop myself from trying to figure out what made a teenager upset, and focus instead on her right to just be upset, I find that doing so either solves the problem or helps clear the path to dealing with it.

It's critical to recognize that when we react to psychological distress as though it's a fire that needs to be put out, we frighten our teenagers and usually make matters worse. Reacting instead with the understanding that emotions usually have their own life cycle — coming as waves that surge and fall — sends adolescents the reassuring message that they aren't broken; in fact, they're self-correcting.

So, when you next encounter a young person in full meltdown, take a deep breath and think to yourself (Dallas accent optional), "First ... let's settle your glitter."