



River Valley Current

February 3, 2015 No. 401

"In the depth of winter I finally learned that there was in me an invincible summer."
- Albert Camus

School Calendar

This Week

Thursday, Feb. 5

School Tour	9:00 am
8 th grade project presentations	6:30 pm
3 rd & 5 th grade Parent Evenings	7:00 pm

Friday, Feb. 6

EC In-service – No School for Early Childhood	
8 th grade project presentations	11:00 am

Looking Ahead

Wednesday, Feb. 11

Winter Assembly	6:30 pm
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Thursday, Feb. 12

Grades – Ice Skating	
EC – in-school Valentine's celebration	
Board Meeting	6:30 pm

Friday, Feb. 13

No School – Faculty In-Service	
Sharifa Oppenheimer Lecture	7:00 pm

Monday, Feb. 16- Friday, Feb. 20

No School – Winter Break

Tuesday, Feb. 24

Louise deForest Lecture at Morning Glory	6:30 pm
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Wednesday, Feb. 25

EC Parent Meeting at Morning Glory	6:30 pm
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Saturday, Feb. 28

3rd Grade Workday

How to Contact Us

info@rivervalleysschool.org
lc@rivervalleysschool.org
bot@rivervalleysschool.org
pc@rivervalleysschool.org

The next Parent Council Meeting will be Wednesday, Feb. 25th

(instead of 2/18 because of the break)

We will meet at

Becker's in Quakertown at 6:30 pm.

Contact pc@rivervalleysschool.org
with any questions.

The Auction is Coming Home Save the Date- Saturday, May 30th

The Auction Committee is bringing the big event back to school and this year's Gala will be yet another fantastic night out!

Coming in two weeks: the Parent Packet with all you need to know about the River Valley Auction Gala. Until then, stay warm.

8th Grade Project Presentations This Week

The 8th graders will be presenting their 8th grade projects to the community on Thursday, February 5th at 6:30 pm and on Friday, February 6th at 11 am. Everyone is invited to come to one or both presentations.

Every 8th grader has chosen a subject of interest to explore along with the biography of someone related to the subject. They will describe what they have learned as well as present an artistic component of their project.

Projects will be on display in the lobby for a few weeks. The presentations are always a joy to watch, so come if you can. And be sure to keep your eye out in the lobby for the display boards.

Join us in the month of February for TWO Parent Education Evenings!

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.

We have just found out that bestselling author of "Heaven on Earth", Sharifa Oppenheimer, will be in town - and that she has time to come see us while she's in the area. Sharifa will be at RVWS for an evening talk on 'Creating the Star of Your Own Family Culture' on February 13th at 7pm. "We are fashioning our family's culture with each decision, so let us bring as much consciousness to this process as we can." We are offering Sharifa's lecture for \$10 per person or \$15 per couple.

Please call us at 610-982-5606 to register for these wonderful educational experiences!

Grade School Ice Skating Trip

On Thursday, February 12th, the grade school will have their annual Ice Skating Party. This is a field trip for grade school students. We ask families who have early childhood children, to please send them to school as usual and not bring them on the ice skating trip.

There are many reasons for this. Most importantly, it is not safe for little children to be skating in between older, faster, more experienced skaters. Also, it is not fair to early childhood children who don't get to go, while some of their friends are off skating and they are not invited.

In an effort to avoid hurt feelings and hurt bodies and to give the younger ones something to look forward to when they are in the grade school, we ask that only grade school children come to the skating rink on the 12th.

EC will be having an in-school Valentine's celebration that day so this is another reason that the little ones won't want to miss school.

From Administration

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) 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.

ATTENTION SKI CLUB FAMILIES

Please notify the office and your child's teacher of their transportation plans each Friday of Ski Club, if it is not you who will be picking them up at the end of the school day. If your child typically rides the bus or van, please notify your child's teacher and the office that they will not be riding – and who will be picking them up each Friday.

ADDITIONALLY: Kindly help our oversaturated memories and let your child's teachers as well as the folks in the office know when the time comes to put your child back on the bus/van schedule at the conclusion of the ski season. Thanks!

SEPTEMBER 2015 ENROLLMENT

Everyone should have received an email last week, outlining the important dates for enrolling your children for the next school year, as well as information about applying for tuition assistance for the upcoming year. Paper intention forms went into pockets today.

Here are the dates, in a nutshell:

- Intention forms are due 1/23/2015
- Tuition figures and contracts will be out mid-late February
- Tuition assistance paperwork (including 2013 and 2014 tax returns) is due 2/27/2015
- Contracts are due 3/30/2015

If you did not receive the email or have any questions or concerns, please see Cindy Schretlen or Brian Wolff – we're happy to help!

School Closings and Delays

Our Alert Now automated calling system usually works well, but sometimes there is a glitch. If you ever get a garbled message or no message at all, there are several other ways to find out whether school is closed or delayed. We always send a follow up email and post the information on wfmz.com and Channel 6 Action News as well as update the recorded message on the phone at school.

Thank you

To Tracy Fly for helping Cindy to hold down the fort in the office for a few hours.

To Marybeth Healy for ongoing help with student files.

And to Rebecca DiCandia for her ongoing Current support.

New!

3-day Early Childhood Class begins April 15, 2015

This 8-week program is designed especially for children 2 years, 9 months to 4 years who are ready to come to school independently.

8-10 children will enjoy a morning of interactive play, both indoors and out, as well as special activities such as simple crafts, painting, circle activities, singing and story time in the thoughtfully simple classroom environment. Large and small motor skills, oral and receptive language skills, social awareness, love for the natural world and the beginnings of self-care abilities are some of what is developed as the children play and work with one another under the respectful guidance of their teacher. Children are expected to be reliably toilet trained.

Class hours are from 8:30 am until 1:00 pm; children 3 and older can opt for a 3:15 pm dismissal time. This class is the perfect way to transition easily into a full school year program in September of 2015!

Please contact Cindy Schretlen with any questions, or to receive an application. Time is of the essence if you or someone you know would like to reserve a place in this terrific little class.

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@rivervalleyschool.org

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Math/Hebrew Stories

Fourth Grade: Language Arts/Class Play

Fifth Grade: Geometry

Sixth Grade: Physics

Seventh Grade: Geometry

Eighth Grade: 8th Grade Projects

Circus Club is Back

The RVWS Circus Club is meeting again every Saturday, 10:30-12. All skill levels are welcome. Fee: by donation. Call Mr. Friedman (610-847-8749) with questions or to let him know you will be there.

From the Leadership Council

Community Meeting Tonight

Last year the faculty worked during the course of the school year to develop and improve our movement curriculum in the grade school. A new curriculum, taught in blocks, began this school year. We see that many of the changes that were made have improved your child's experience. Games have a stronger pedagogical significance, and the children's afterschool and recess activities are aligned with their experience in school.

We also see that many of the changes that were endorsed were not communicated by faculty to parents at the end of last year, which has led to questions and concerns in the parent body and from children. In addition, we have heard from many parents and children who take issue with some of the decisions that were made restricting particular activities that have been part of recess and afterschool in previous years.

The LC would like to invite you to a community conversation about our movement and games curriculum. This conversation will be held at the school on Tuesday evening, February 3rd from 6:30-8 pm. We see this as an opportunity to listen to your thoughts regarding the new curriculum, and to share with you some of the pedagogical reasons why some of the changes were made. We acknowledge that the school should have done this much earlier, and hope that in creating a forum for active listening, we find a way towards an improved curriculum that has community support.

Thank you, and we hope to see you on the 3rd!

Sincerely,

The LC, on behalf of the faculty

Class Fundraisers

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.

From the Community

Yoga Loka

Men's Yoga with Ken Doyle

For complete beginners who happen to be male
Begins 2/8, 3 week session

Shyama Puja and TRE- a Healing Session For Cancer survivors, caregivers and people currently undergoing treatment

2/15 with Bonnie (not listed on the website- please
email Bonnie directly for more information)

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

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

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

Palisades High School Fitness Center

Thanks to the generosity of the Palisades Community Foundation and several private donors and sponsors, Palisades High School's Chris Creveling Fitness Center is getting a facelift! The NEWLY outfitted Chris Creveling Fitness Center will be open starting on Wednesday, January 28th. The Center is open to the public throughout the school year on Monday through Thursday from 6PM - 8:30PM and on Saturdays from 9AM until Noon. Look for more information about expanded hours and additional classes coming soon!!! Warrior Workout continues in the Fitness Center on Tuesdays and Thursdays from 6:30-7:30PM and on Saturdays from 8-9AM-get in and get fit! Hope to see you there!

An invitation from Heidi Breier

Please join us for an evening of new and wonderful original instrumental music!!! My new album Letters From Far Away will be released, celebrated and performed by me and fellow musicians, Eugene Friesen and Premik Russell Tubbs!!

We'll also venture into the realm of the unknown...(the seas of uncharted music)...namely, improvisation!! It will be an amazing evening!! So set aside February 7th, 7pm at South Ridge Community Church in Clinton, NJ. Tickets will be on sale through my website: www.heidibreyer.com.

Looking for temporary housing

Miss Amanda, Hannah and Ishmael are looking for temporary housing until we find a place. We are willing to pay rent or do some trade or a combination. Please call Amanda 267.733.8005 or catch me in the hall.

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. There is a discount for early registration by January 31.

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.

Sunbridge Institute Waldorf Weekend

Friday, February 13 - Saturday, February 14

This Valentine's Day, take your date to a lively, experiential workshop exploring the basis and the basics of Waldorf Education! Open to all, but especially relevant for current, new, and prospective members of Waldorf communities, including parents, grandparents, teachers, staff, and board members, our Waldorf Weekends are designed to provide an in-depth and experiential survey of the foundations and fundamentals of Waldorf Education.

In addition to exploring the Waldorf curriculum from early childhood through high school, you'll learn about the anthroposophical underpinnings of the Waldorf impulse, discover Rudolf Steiner's insights in human development, try your hand at artistic activities such as music, movement, and drawing, and have plenty of time for questions and discussion. Come discover why Waldorf Weekend participants have described this workshop experience as "life-changing."

Schedule:

7 pm-9 pm, Friday, February 13, 9 am-6 pm, Saturday, February 14

Fee: \$175 with online registration (includes \$25 non-refundable registration fee)

Online registration closes 7pm, Thursday, February 12. Walk-ins are welcome; walk-in fee is \$190, payable at the door via cash, credit card, or check

Questions? Contact Ayla Dunn, Admissions & Summer Series Coordinator:

REVERE (Nockamixon Township) Baseball/Softball/T-Ball Sign-ups

Palisades High School Main Entrance - Tuesday, January 27th, Thursday, January 29th, Wednesday, February 4th and 11th. All sign-ups are 6:00 to 8:00 PM Please bring a copy of birth certificate for all first time Revere baseball and softball players (not for T-Ball).

1st player-\$50, 2nd player-\$30, T-Ball-\$40

T-Ball (Boys and Girls), Boys Baseball, Girls Softball All players will be REQUIRED to participate in a raffle fundraiser. The money for raffle tickets is due at sign ups: 1st player-\$25, \$50 family cap. Raffle drawing will be held in May during the annual "Revere Home-Run Derby".

All players must complete the Revere Baseball/Softball Registration Form. Softball players must also complete the UBSL registration form

For questions contact- Tom/Kathy Keebler @ 610-847-5177 or e-mail: kathyakeebler@gmail.com

2 Female Black Cats (litter mates) need a new home.

Litter trained, spayed, lovable and well loved, indoor/outdoor, excellent mousers (not de-clawed) , 1.5 yrs old. Would do just fine as barn cats. We are moving and cannot take them with us. Please call Amanda 267.733.8005 or email amandablanc@gmail.com

2015 Bridgeton Athletic Association's Baseball, Softball, & T-ball Sign-ups

Boys' & Girls' T-Ball for ages 4-6, Boys' Baseball for Ages 7-12, Girls' Softball for Ages 7-14

Contact: Kerri L. Scheetz @ 484.325.1816

Mailing Address: 1577 Chestnut Ridge Rd Upper Black Eddy, PA 18972. Street Address: 1340 Bridgeton Hill Road, bridgetonaa@gmail.com

Register Online:

<http://www.signupgenius.com/go/20f0e45a9ab2aabfd0-bridgeton/22925807>. Registration forms can also be emailed to: Bridgetonaa@gmail.com

T-Ball (Ages 4-6)\$50 pp, Softball & Baseball \$65 pp, Sibling Discount \$50 ps. Work Bond Check \$50 (non-deposited) per family. Mandatory Raffle Ticket Participation \$50pp All players must live in Bridgeton Township.

A copy of player birth certificate is required for new players You can also sign-up at Bridgeton AA Hall Jan. 29, 6-8.

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.

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.franceinssencetravel.com. Register by February 15th.

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

A Granny as Nanny

Granny Aupair connects people worldwide. Granny Aupair is based on the au pair principle and emphasizes on cultural exchange. Since 2010 roundabout 500 Grannies have travelled to 40 countries

THIS IS HOW IT WORKS: Register free of charge; browse the profiles of our Grannies; become a member, contact Grannies and resolve any details. Our experienced and young at heart au pair Grannies have much to offer what a young au pair or a professional nanny do not bring along. They have often raised their own children, have time to play, craft, bake and are loving temporary Grannies.

Questions? Go to: www.Granny-Aupair.com or contact: Info@Granny-Aupair.com or call: +49-40-23 51 77 54 (Germany)

The 4th grade class visits Wesley Enhanced Living in Doylestown on Martin Luther King Day



From the New York Times

Thirteen in Years, but 10 or 15 in Thoughts and Action

By [ANNIE MURPHY PAUL](#)

Gather together a random assortment of 13-year-olds, and you'll likely find yourself looking at a group of people who have only their age in common. Some will be way into teenage culture, into hanging out and hooking up, even into alcohol and drugs; others will be little changed from the children they were at 12, 11, even 10 years of age, still singing the songs and playing the games of children.

The wide spread in young people's rates of social and psychological maturation has led some researchers to propose that we think about adolescents not just in terms of their chronological age, but also their subjective age: how old they feel and act. Looking at teenagers in this light can give parents, teachers and other adults a more accurate way to understand the experience of young people — and to spot the signs of trouble in the making.

Nancy Galambos, a professor of psychology at the University of Alberta in Canada, [writes](#) that subjective age "has at least as much import as chronological age and pubertal status for understanding adolescents' passage to adulthood." Her [2003 study](#) of students in the sixth and ninth grades classified 44 percent as mature — meaning that "they were engaged in age-appropriate activity and felt comfortable with themselves" — 30 percent as immature and 25 percent as "pseudo mature."

It's this last group that most concerns researchers. A [study](#) to be published in the July issue of the journal *Child Development* reports that a constellation of pseudo-mature behaviors in early adolescence — minor forms of delinquency, early romantic behavior and a focus on physical appearance in seeking out friends — predicts "significant difficulties in social functioning" up to 10 years later. Individuals who act "old" for their age as young teenagers tend to have trouble forming friendships and romantic attachments as young adults.

Why would this be? Joseph Allen, a professor of psychology at the University of Virginia and the lead author of the study, suggests that pseudo-mature behaviors may take the place of some teenagers' efforts to develop positive social skills and meaningful friendships, leaving them less developmentally mature and socially competent later. Early pseudo-mature behavior may also change the nature of the social situations adolescents encounter, leading them to engage in ever-more extreme actions.

But wait a minute, you may be thinking: Hasn't every teenager ever tried to act older than her age? Yes, these researchers acknowledge, trying on adult roles and behaviors is characteristic of adolescence. Two factors make this behavior a potential warning sign: when it starts, and what motivates it. The individuals Professor Allen's study who developed psychosocial problems as young adults were those who started acting prematurely mature at age 13 and 14, and who were motivated to do so by a desire to impress their peers. For a while, Professor Allen notes, their gambit works: Pseudo-mature young teenagers are perceived as "cooler" than their less-advanced classmates. This initial status gives way, however, to declining popularity as adolescence progresses.

By mid- to late adolescence, slower-to-mature teenagers are trying on adult roles and behaviors in a more age-appropriate way, and are doing so for the right reasons: to exercise their growing competence and autonomy, and to prepare themselves for their future lives. In adolescence, as in the rest of life, timing is everything — all the more reason to help our tweens and early teenagers stay "young" while they still can.

Read more about the latest research on young people's development, like "[Is Adult Life 'Nothing But High School'?](#)" and "[Turning Teenagers' Peers Into A Positive Influence](#)" on Annie Murphy Paul's Brilliant Blog. Ms. Paul is the author of "Origins," a book about the science of prenatal influences, and "Brilliant: The Science of How We Get Smarter," to be published by Crown in 2015.