



River Valley Current

March 1, 2016 No. 436

Children learn more from what you are than what you teach. – W.E.B. DuBois

School Calendar

This Week

Tuesday, March 1

7th Grade Parent Evening 6:30 pm

Wednesday, March 2

6th Grade Parent Evening 6:30 pm

Saturday, March 5

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

Looking Ahead

Monday, March 7 – Friday, March 11

3rd Grade Farm Trip to Hawthorne Valley Farm

Monday, March 7

Board Meeting 6:30 pm

Thursday, March 10

4th grade Parent Evening 6:30 pm

Saturday, March 12

2nd grade Workday

How to Contact Us

info@rivervalley.school.org
lc@rivervalley.school.org
bot@rivervalley.school.org
pc@rivervalley.school.org

**School will begin next year on
Tuesday, September 6, 2016**

Open House at River Valley this Saturday

March 5th, 10am – 12:30pm

Invite your friends and neighbors – and come yourself! Enjoy lively exercises and presentations from RVWS teachers - both early childhood and grade school. This is an excellent way for parents of young children to get a sense of how students learn at RVWS and a terrific introduction to the school for those considering RVWS. Contact Cindy by telephone, in person or by email with questions or to register (cschretlen@rivervalley.school.org).

Operation Helping Hand Food Drive

Every year RVWS participates in United Way of Bucks County's Food Drive to help people in need in our community. One in ten people in our community don't know where they will get their next meal.

Bring in a donation and you will help change that.

There is a box in the lobby to collect your donations.

Items will be picked up on Wednesday, March 9, 2016

All non-perishable foods are accepted,
but our local pantry really needs:

- Fruit juice (100%)
- Breakfast cereal
- Peanut butter
- Canned chicken
- Soup
- Applesauce (no sugar added)
- Canned fruit (no sugar added)
- Canned vegetables (low sodium)
- Canned tuna
- Beans (dried or canned)
- Canned salmon
- Canned pasta
- Oatmeal
- Rice
- Pasta

No time to shop? No problem! Financial contributions are welcome.
Just \$10 can feed a family of four.

Checks should be made payable to United Way of Bucks County,
memo line: Operation Helping Hand/School Name.

If you or someone in your family needs help,
call United Way of Bucks County's

First Call for Help at 215.949.1660 ext. 7 or visit www.uwbucks.org

Reminder

Josh Laker will be away next week (as reflected on the registration forms) so there will be no After-School Program

Parent Council Corner

Parent-Teacher Conferences March 23 & 24th

Our hard working faculty will be needing some sustenance during this busy time. Classroom coordinators will be organizing parents to provide food for their own class teacher.

RVWS Lecture Series will continue on Wednesday, March 30th, 6:30-8 pm with a lecture on Homeopathy by Denise Timofai, D.Hom., C.Hom. (See inside under From Parent Council for more details.)

Next PC Meeting

Wed. 3/16, 2 pm. Place TBD

Fiddler on the Roof

Rehearsals are going full steam ahead and the excitement level is rising. Ticket sales will begin in the next few days. In the meantime, we are still in need of some props. If you are able to lend us anything on this list please let Bonnie Pariser or Saba Siddiqui (8th grade parents) know:

- Old fashioned kitchen wares - pots, pans, brooms, mop.
- An old leather-bound book
- Two place settings - plate, bowl, silver ware - all oldish and not fancy at all.
- Wine goblet
- Clubs (like baseball bats) 2 or 3
- An old fashioned suitcase
- 2 silver goblets
- A little red wagon

From Administration

FOUND!

A green colored Arrow fleece adult size small was left behind at the RVWS board game night earlier this year. If it's yours call Lisa or Ed George at 908.995.4083.

'Tis the Season for High School Musicals!

Whether you're looking for a family night out, want to support talented RVWS alumni or are interested in taking a look at options for your child's high school experience, the annual flurry of musical theater presented by area high schools can be a ton of fun! There are RVWS alums attending each of these schools; when we know there are former RVWS kids in the cast or stage crew we'll list them. If there is something or someone we've missed, please let us know!

Kimberton Waldorf School Musical: The Boys From Syracuse

Thursday 3/3 7:00pm, Friday 3/4 7:30pm, Saturday 3/5 2:00pm & 7:30pm

RVWS Alums Daniel DeVan & Lauren Goodyear

Delaware Valley Regional High School Musical: Into the Woods

Thursday & Friday 3/3&4 7:00pm, Saturday 3/5 2:00 & 7:00pm

RVWS Alum Greta Bernhardt

Palisades High School Musical: The King and I

Friday & Saturday 3/4 & 5, 7:00pm, Sunday 3/6, 2:00pm, adults \$10 children \$5

Moravian Academy Musical: Big Fish

Friday & Saturday, 3/4 & 5, 7:00pm; Sunday 3/6, 2:00pm

RVWS Alum Marcella Harvi on the tech crew.

New Hope-Solebury High School Musical: How to Succeed in Business Without Really Trying

Thurs, Fri & Saturday, 3/10, 11 & 12 7:30pm

Central Bucks West High School Musical

Thurs, Fri & Saturday, 3/17, 18 & 19, 7:00pm

Lehigh Valley Charter High School for the Arts: Evita

Thurs, Fri & Sat 4/14, 14 & 16 at 7:00pm; Sunday 4/18 at 2:00pm

Outreach/Enrollment Coordinator – Immediate Opening!

River Valley Waldorf School is accepting applications to fill a part-time Enrollment Outreach Coordinator position to start immediately. This position is responsible for the development and implementation of the school's marketing and outreach plan to achieve targeted enrollment goals. This person's primary activity will be out in the community to generate enthusiasm for the school and potential enrollment leads. This person will work closely with the Admissions Coordinator, Administration, Faculty and Board of Trustees to develop and implement outreach events and activities to foster the growth of the school. This person will also develop, maintain and quantify reporting statistics on the results of enrollment and outreach activities. Compensation is commensurate with work background and experience.

Qualifications:

- Thorough understanding of Waldorf education and prior involvement in a Waldorf school; training or experience with Waldorf education preferred
- Background in private school marketing, outreach and enrollment development
- Experience in public speaking and, in general, working with the public
- Excellent interpersonal and communication skills; works closely with administrative staff, board, faculty, parents and volunteers
- BA/BS – Degree in Marketing, Business, Communications, English or related field or equivalent experience

The application deadline for this position is March 24, 2016. Interested applicants should submit resume, references and a short biographical sketch by email to info@rivervalley.school.org

If you have any questions please contact Cindy Schretlen, at (610) 982-5606 or cschretlen@rivervalley.school.org

From the Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Language Arts

Third Grade – Science/Arithmetic

Fourth Grade – Language Arts

Fifth Grade – Ancient Egypt

Sixth Grade – European Geography

Seventh Grade – Drama

Eighth Grade – Drama

The Cuttlefish

by Grade 4, RVWS

Class of 2020

How beautiful is the cuttlefish
in movement and in sleep.
How clever and how sneaky
are his motions in the deep.
His eyesight is spectacular.
His camouflage supreme.
His cuttlebone is squishy and
his tentacles extreme.

Watch out dear prey!
He's not come to play.
He'll hypnotize and grab!
Make sure you run.
(It's not that fun.)
His favorite food is crab!
And predators you too beware.
He's got a sack of ink.
He'll spray it all around you
and be gone in just a blink.

An Opportunity

Every child works at his or her own pace in Handwork and sometimes a project does not get completed by the end of the year. Miss Till is offering after-school opportunities (free of charge) for help with current or past handwork projects. She will be offering these most Tuesdays 3:30 - 4:30. Please get in touch with her to let her know to expect your child. mtill@rivervalleysschool.org

From the Leadership Council

What we are working on?

LC is working with faculty on class teacher placement for next year. This will be shared with parents as soon as the plan is complete and certainly by mid-March.

Working with TDC on teacher mentoring and evaluation.

Looking at the math curriculum in the grade school.

IAT evaluation with the Board of Trustees

The LC has open hours every Tuesday from 3:30-4 for anyone who would like to meet with us. If you have a question or a concern, please stop by. All are welcome.

Building & Grounds

School Work Days

Below is the calendar of the upcoming workdays. Please note that some changes have been made from the school calendar. Please RSVP to Mary K. Till (mtill@rivervalleysschool.org), to let us know if you will attend. This way we can plan what projects can be undertaken. Mary K. Till and Lynne Allbaugh - Building and Grounds

2015-2016 Work Days

TBD - 5th grade

March 12 - 2nd grade

April 23 - 1st grade

May 14 - Early Childhood

From Parent Council

People are talking . . . about Parent Stage!!

April 30th at 7:00 PM, at school. Adults only! Pot luck!

What's Parent Stage? Only the finest event for River Valley parents on the school calendar. A variety show that will blow your socks off — parents performing for parents. And it's free! Come show your stuff — do you sing? play? act? dance? If you don't want to sing in your own bit, come join the Parent Choir. And of course, snag your babysitter and come to the party.

Contact Chellie Bader (michelle@smorgasb.org) or Kira Willey (kirawilley@rcn.com) [parent choir] for more information.

River Valley Lecture Series Continues

Introduction to Homeopathy

When: March 30, 2016 (Wednesday) 6:30-8PM

Where: River Valley School, Upper Black Eddy, PA

Given by: Denise Timofai, D.Hom., C.Hom.

Homeopathy is not as widely practiced in the US as it is in Europe and in other parts of the world. For many people the subject of homeopathy is very unclear and many do not understand exactly what it is, how it is used and what it can do.

This lecture will cover:

- What is homeopathy
- How does homeopathy work/address issues
- What is a homeopathic remedy and what are they made from
- How do you choose and take a remedy
- What issues can homeopathy help with- its' scope
- Where do you get information – the reference books
- Alternative ways of taking a remedy-RSBs, topical, wearing it, etc.
- How to successfully practice homeopathy on your own
- We will also cover remedy suggestions for various issues including colds, flu, trauma, depression, grief, head injuries, anxiety, arthritis
- Lastly we will have a question and answer period to clarify any misconceptions or issues about homeopathy

Come join us for a fun night of learning and an eye-opening experience into a new way of addressing health issues in your life.

Alumni News

River Valley Alumni Update...where are they now, what are they doing?

Lauren Goodyear, Class of 2014, chose to continue her Waldorf education and is attending Kimberton Waldorf High School. She is particularly excited about the German exchange program she is participating in this year. During the first four months of school, the Goodyear family hosted Lisa Gralka, from Stuttgart, Germany. In addition to attending day to day classes, the girls enjoyed trips to New York, Philadelphia, Washington D.C, Hersey Park, Made in America weekend concert and the beach. Beginning March 26th, Lauren will be living with Lisa and her family for four months in Stuttgart, Germany. During that time she will go to school with Lisa, immerse herself in the language and culture of Germany, visit Italy and as many of the surrounding countries as possible....plus visit all the other German exchange students she has befriended during their stay at Kimberton. By the time she returns home Lauren will be "fluent" in German and an experienced traveler.

Lauren has also enjoyed joining the "boys" soccer team, lacrosse (for the first time), many over night field trips and her second musical at Kimberton.

Adam Mekki, Class of 2014, is a sophomore at Palisades High School this year. While the transition from River Valley to a public high school was challenging, Adam's hard work paid off both academically and in sports. He is on the soccer varsity team and does track & field. Last spring he spent three months in Hungary with his family, two of them in a Waldorf high school in Budapest, where he also joined the school's rock climbing team.

While back in Palisades HS for his sophomore year, Adam has been busy getting ready for a new adventure. In mid-January he left to spend a semester in the northern wilderness with Kroka (kroka.org/Vermont Semester). He will spend the next five months in Northern Vermont, New Hampshire, lower Canada and upstate New York, completing a 600 mile journey skiing, hiking, canoeing and biking, learning wilderness skills from native people, cultural history of the region, and sustainable agriculture while working on small family farms.



From the Community

Purely Farm

Purely Farm is back again this Friday, March 4th offering pork and turkey! Joanna and Marc Michini of Purely Farm, parents of Clover in the Star Room, have a long history of providing the best meats in the area. Their farm critters thrive on life out on pasture and a diet supplemented by mineral rich, organic grains that are locally grown and GMO free. This month Purely Pork debuts a new line of artisanal cured meats and snack sticks. The 3 varieties of snack sticks include pepperoni, portuguese chorizo and salami. Thinly sliced charcuterie is featured in coppa, filetto, lonzino and guanciale. This exciting assortment is certain to thrill connoisseurs of cured meats offering flavor profiles that range from simple and elegant to rich and bold. Stop by and check out these new products as Purely Farm continues to find fresh and innovative ways to showcase their pasture-raised pork. As always, Purely Farm is nitrate free, gluten free and antibiotic free. Farrow to Finish, Farm to Fork, Purely Perfect!

You may refer to the attached pork and turkey price lists for this week's availability. Contact them with any questions at purelyfarm@gmail.com or 215-317-0889.

Ottsville Traditional Arts Center

Every Wednesday

Open Jam with Richard Finch

6:00-8:00 pm • \$5 suggested donation

More at ottsvilletradarts.weebly.com • 250 Durham Rd. Ottsville Pa.

Roxey Ballet Fundraiser

Help our school raise money while supporting the arts in our community. Purchase one or more tickets to Roxey Ballet's production of the classic stories, The Pied Piper of Hamelin & Carnival of the Animals. Performances May 6th at 10 am, May 7th at 1pm, May 8th at 1pm, held at The College of NJ (2000 Pennington Rd. Ewing, NJ) www.roxeyballet.org -- Use code RVWS16 when purchasing.

Yoga Loka in Frenchtown

Meditation for Complete Beginners with Lori Thatch

Saturday 10:30-11:30 am 3/19, 3/26, 4/2, 4/8, 4/15

This 5-week course will introduce you to what meditation practice is (and what it isn't) and help you create and maintain your own meditation practice at home. Each week we'll learn meditation techniques and do a short practice together and discuss questions that come up. This is a beginner-friendly class, no meditation experience necessary. Recordings will be available if you need to miss a class.

TRE and Meditation with Bonnie Pariser

Wednesdays 11:00-12:00 pm, 3/16, 3/30, 4/20, 4/27 - \$15 each session

TRE is designed to rid the body of this deeply held physical tension and bring the body back to a natural balance where all the systems are working in harmony. Reported Benefits Include: Less Worry & Anxiety, Reduces Symptoms of PTSD, More Energy & Endurance, Less Workplace Stress, Better Sleep, Less Relationship Conflict, Reduced Muscle & Back Pain, Increased Flexibility, Greater Emotional Resiliency, Decreases Symptoms of Vicarious Trauma, Healing of Old Injuries, Lessened Anxiety Surrounding Serious Illness, Relief from Chronic Medical Conditions

For more information and to register visit the website at www.Yoga-Loka.com

Events with Saharra White-Wolf

Friday March 4th : Crystal Singing Bowl Meditation and Shamanic Drum Journey

Wellness Rocks, 28 Center Street, Clinton, NJ 08801, 7:30 to 9:30pm Bring journal, pen and refillable water bottle. Cost: \$ 30

Friday March 11th LEI Group in Milford NJ

Through a very specific methodology, a soul elixir and shamanic play we re-create ourselves from the inside out with the support of community. Intro Charge: \$ 75 7 pm to 11 pm. We meet once a month.

Saturday March 12th Reiki Level 1 Class in Milford, NJ

(Reiki is an easy to learn hands on healing technique) 10 am to 3 pm, \$ 50 off for the RVWS community \$ 125. This is a Certification Program.

This is a pre-requisite for parents if you wish to send your child to a future Reiki Class for children (9 years and up)

Contact Saharra in person if you have any questions: 973 902 5737 saharrawhitewolf@gmail.com

Waldorf Doll-making Class

Mary Hirsch Jones will be teaching a Waldorf doll-making class on Saturday, March 6th from 1-5:30 at the Community Educational Center, 5151 Cold Spring Creamery Road in Doylestown, PA. The cost is \$75 and participants will take home a completed doll made with all natural materials scented with lavender essential oil. To register: Google Mary Hirsch Jones Etsy and contact her through her Etsy site.

Learning Opportunities

Teens and Education - Upcoming Events

Presentation: Finding Your Path with Richard Schwab March 9th, 7-8pm, Lawrenceville, NJ Info Session: March 17th, 3pm at Princeton Learning Cooperative. Hosted by Princeton Learning Cooperative & Bucks Learning Cooperative - Personalized Learning Communities for Teens. All events are free and open to the public. Contact MaryBeth Healy @ 908-672-3455.

Reconnecting with Nature

The Bucks County Audubon Society is pleased to continue its free lecture series on the theme "Re-connecting with Nature" on the dates listed below. All of these lectures take place at the University's auditorium in the Life Sciences Building at 2:00 PM on Sunday afternoons;

March 20 -- Miles Amott, Executive Director of the Bowman's Hill Wildflower Preserve will speak on "Heralds of Spring," the often showy spring wildflowers that can be found in our natural environments in the early Spring season.

April 3 -- Deborah Cramer, author of the recently published book, "The Narrow Edge," will speak about her experiences following the migration of a medium-sized shorebird, the red knot, on its annual migration from wintering grounds at the southern end of South America, to nesting grounds in the high Canadian Arctic.

Questions about the lecture series may be directed to the Bucks County Audubon Society at 215-297-5880.

Want to play Travel Soccer? Then PYSA is looking for you!

The Palisades Youth Soccer Association is now accepting registrants for our upcoming Travel Tryout and Travel Team-Building Sessions. All ages from all areas welcome!

Youth from both PA and NJ are welcome! 2016/2017 Tryouts will be held on March 5, 6, 12 and 13.

BOYS

Sat 5th and Sat 12th
U11/U12: 9:00am - 10:30am
U13/U14: 10:30am - 12:00pm
U9/U10: 12:00pm - 1:30pm

GIRLS

Sun 6th and Sun 13th
U13/U14/U15: 9:00am - 10:30am
U11/U12: 10:30am - 12:00pm
U9/U10: 12:00pm - 1:30pm

Please register at pysanet.com to be added to the Travel Tryout distribution list.
Please note: Tryouts and registration for Tryouts are free.

PEACE-Youth.org presents the First Annual Upper Bucks Sustainable Living Expo

Connections, Education, and Encouragement for individuals or companies interested in Renewable Energy, Energy Efficiency and Independence, and Sustainable Living Practices Saturday, April 23rd (10am – 4pm) in the Palisades High School and Auditorium

Educational Presentations from notable speakers in the Auditorium throughout the day

Vendor Tables to provide consumer information on obtainable and sustainable products and services. Food and Beverages available for purchase with Organic and Vegetarian options

- Business Directory from Expo will list all Vendors plus include advertising from other suitable companies
- \$100 per Vendor: provides an 8 foot space (can bring own display or we can provide a table) Vendors will be able arrive and setup at 8am, with time to tear down at end of Expo
- Vendor business information will be listed in a Sustainable Living Directory (black ink only)
- Advertising in the Sustainable Living Directory can also be purchased
 - \$25 for Business Card Ad (1/4 page in Directory)
 - Larger ad space is available – contact Kathy Gentner

Expo Contact Information: Kathy Gentner – email: kgentner1@gmail.com phone: 267-884-2388

From Kinstantly.com

Meet the world's leading expert on why kids build forts. What he's learned is both fascinating and inspiring.

By Paula Spencer Scott

Has your kid ever built a fort out of sofa cushions and blankets? Or made a secret den from branches and bushes? A snow fort? Maybe you used to do it too. Remember how great it felt to make up your own rules and have your own secret space?

You were probably having too much fun to know how much good it was doing you.

Creating secret forts, dens, hideouts, and playhouses isn't just any random kind of play. It's a universal drive that's rooted in kids' healthy development, says educator David Sobel of Antioch University New England—the man who's studied this behavior more than anyone.

Children all over the world organize these "special places." He's found them in woods, canyons, deserts, riverbanks, hedges, snowfields, crawl spaces, and yes, suburban backyards and basements—all private little worlds-within-the-world.

(Continued on next page.)

"It used to just happen, and the best thing to do was mostly stay out of the way," he told me. "Now the impulse is still there in kids, but opportunities to act on that impulse have diminished some." Kids play outside less, and they're online more, says Sobel, who's the author of *Children's Special Places: Exploring the Role of Forts, Dens, and Bush Houses in Middle Childhood*. Younger ones are less likely to copy fort-building alongside bigger kids—an important way all kinds of play (hide-and-seek, freeze tag) get passed from generation to generation.

Why forts are so great...

The itch to create your own special spaces, Sobel says, starts around ages 5 or 6 ("around when they stop believing in Santa Claus") and ends by 12 or 13 ("when they start looking in the mirror").

At first, the play is mostly inside—making pillow fortresses, say, or walled off corners built with blocks. Around age 9, kids begin to want to branch out farther from parents' view. A clubhouse in the bushes out back? Just the thing!

Developmentally, two big things are happening during these middle-childhood years to drive this play:

- 1) They're figuring out their nearby world. Kids want to learn how all the pieces in their life fit together—the landscapes, roads, neighborhood, home...and their place in it. "They want to piece it all together, like a puzzle," Sobel says.
- 2) They're becoming more independent. Kids are also starting to create a separate self from the one defined by their family and their parents. They crave their own separate place in the world.

"The special place outside serves to symbolize the special place inside," Sobel says. "It's their own private chrysalis." This little button delivers more great stories like this to you on Facebook:

Oh, yeah, it's really fun too...

Along with satisfying these strong developmental needs, kids get plenty of other fort-building benefits:

- Maturity, independence, and confidence
- Cognitive skills, like problem solving, planning, and imagination running wild
- Social skills, like cooperating and negotiating
- Practical skills; it's like construction 101
- Lots of exercise, from all that building and play
- A love of the outdoors, and learning about the natural world
- Stress-release: A fort is, literally and figuratively, a defense against all the forces of the outside world (and a primo place to daydream).

Fort support—what we can do:

Just like you did once, your kid might grab a few sticks—or whatever is handy—and start building. If not, there are easy ways to kickstart things.

Introduce fort play early. Blanket-forts—as simple as throwing a blanket over a table to create a cozy cave—are an early form of fort play that even preschoolers love. "It starts indoors and then moves outside, and then further and further out," as kids grow, Sobel told me.

Supply materials. Anything can spark a kid's imagination, from duct tape and cardboard boxes to cast-off construction materials. Or start a building project together. A cool tool for outdoor builders: Stick-lets are plastic devices that join sticks together. Designer Christina Kazakia was inspired to create them when, as a Rhode Island School of Design student, she heard her friends reminisce about how much fun they had building forts.

Make sure they have some room to explore. "Kids need access to the natural world; it's part of the process," Sobel says. "And for that, parents need to tolerate a little bit of free-range freedom."

Consider more formalized fort play too. Classic summer camps, with lots of free play in the woods, are another way to keep the fort-impulse going. Some camps even build their curriculum around fort-building. Sobel points to European summer camp programs where kids construct whole villages that they live in. ("A bit like Burning Man," he notes.) Increasingly, independent schools are encouraging fort-building in their play spaces because they see its value, says Sobel, who's also written a book called *Nature Preschools and Forest Kindergartens*.

Private! Keep out!

I don't know about you, but after hearing from Sobel that fort-building is a bona-fide thing, I couldn't stop reminiscing: About the "house" my sister and I made by the lake every summer. About the stick forts my daughter and her friends set up just beyond the school playground. So many adventures! Out of virtually nothing! As moms and dads, we just barely need to nudge 'em...and turn 'em loose. They know what to do next.