



River Valley Current

March 21, 2017 No. 473

*"Every child is an artist. The problem is how to remain an artist once we grow up."
~ Pablo Picasso*

School Calendar

This Week

Monday, March 20

4th grade Parent Evening

Thursday & Friday, March 23 & 24

No School – Parent-Teacher Conferences

Friday, March 24

Middle School Dance

Looking Ahead

Monday, March 27

7th grade Parent Evening

Mon. March 27 - Wed March 29

4th grade to PEEC

Tuesday, March 28

Diversity Committee Meeting 6:30-8:30 pm

Saturday, April 1

RVWS Gala Auction 6:00-11:00 pm

Wednesday, April 5

School Tour 9:00 am

Monday-Friday, April 10-14

No School – Spring Break

Monday, April 17

Make up day for snow cancellation

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

Less Than Two Weeks Until Our Auction Gala!

Please register today for the April 1 Auction Gala. Space is limited and we want you to celebrate with us! Visit

<https://rvws.ejoinme.org/RVWSAuction> now to register for our big night!

Mobile Bidding At This Year's Gala!

This year's Gala will feature all-paperless bidding from your mobile device. See registration instructions on the back page of the Current.

Help Us Bring New Faces to the Gala and Receive a Free Ticket!

Do you have friends, family or acquaintances that could help support our mission by attending the Gala? Sell three tickets to the April 1 Gala and receive one ticket free! Make it a double date with some neighbors, co-workers or relatives and share the joy of supporting our school with those similarly generous and fun-loving people in your life! <https://rvws.ejoinme.org/RVWSAuction>

If you would like more information on any aspect of the annual auction, please contact auction@rivervalleyschool.org We are so looking forward to seeing you on the 1st!

Many Thanks from the Auction Committee!

April Lunch Menu is attached to this week's Current.

River Valley Waldorf School Presents

Geoff Kaufman, Acoustic Music with a Pinch of Salt

Wednesday, April 19th @ 7pm. Tickets \$10 per person/ \$25 per family

River Valley Waldorf School is proud to welcome Geoff Kaufman for an evening performance of new and old songs in the folk tradition, presented a cappella or accompanied with guitar, anglo concertina, tin whistle, or percussion.

Geoff Kaufman leads audiences to find truth, humor, and beauty in folk music. Whether singing sailor songs with his quartet, Forebitter; environmental songs on board the Sloop Clearwater in the Hudson River; or performing at venues throughout the Northeastern United States or festivals in Europe, Geoff entertains and touches each audience he encounters. Songs of the sea, songs of the earth, songs of the heart and the spirit—all of these are in Geoff Kaufman's ditty bag. Ancient ballads, work songs, songs of love; poignant songs of people in struggle, humorous glimpses of human foibles, and insights into history—all are likely to be woven into one of Geoff's concerts.

Join us for a very special evening!

For over 30 years, Geoff Kaufman has found answers for an imperfect world in the truth, humor and beauty of folk music. In concerts, festivals and coffeehouses from here to Europe, Geoff has entertained and enriched audiences near and far.

Calendar Update

Because of the recent snowdays we need to add Monday, April 17th as a school day. This and two other dates can be found at the bottom of the school calendar to let you know which dates will be added if we need them.

From Administration

Help Wanted

Because of some needed repairs to windows in the All-Purpose Room, the bushes on the outside wall of the building need to be cut. If you are able to offer your services, please speak to Lynne Allbaugh.

Lost and Found

Our lost and found basket is overflowing. On Thursday and Friday during Parent-Teacher Conferences the items will be displayed in the lobby. Please go through them and take anything that belongs to you.

A Video From AWSNA

Dear Friends of Waldorf Education,

Waldorf Education turns 100 years old in 2019-2020. The International Waldorf100 Planning Committee, is pleased to share our new Waldorf100 video with you (go to: https://www.youtube.com/watch?v=wfec6eF4l_4). The video celebrates 100 years of Waldorf Education around the world. We invite you to share it broadly!

Additionally, a new international website, Waldorf-100.org, has been established. It highlights shared themes and activities that will take place around the globe in 2019-2020.

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Math

Third Grade – Drama

Fourth Grade – Human Being & Animal World

Fifth Grade – Ancient Egypt

Sixth Grade – Physics

Seventh Grade – Renaissance History

Eighth Grade – US History

Spring Blessing Flags Surround our School Garden!

Dear Friends, the children have been working throughout the Winter months delving more deeply into the meanings of the four elements that bring life to the garden. Each child in the 1st through 5th grade has created one flag for each direction. East (sun/air), South (fire), West (water) and North (earth).

Each grade has its own color. {1st grade (pink), 2nd grade (orange), 3rd grade (yellow), 4th grade (green), 5th grade (blue).} You will find one flag in each direction, for every child. You may need to travel fully around the perimeter of the garden to find them all. I am confident that the children can tell you where each direction is located, and a bit about the symbolism of each element. Enjoy!

From Parent Council

Parent Stage – Saturday, April 22nd

"Lend me your ears and I'll sing you a song. And I'll try not to sing out of key." Fortunately, our friends are always supportive!

Parent Stage is April 22, at school, doors open 6:30. Get your babysitter now!

Performances for parents, by parents. Free, pot-luck. Come. You'll be glad you did.

If you'd like to perform (music, dance, comedy, poetry, juggling. . .) please contact Chellie Bader michelle@smorgasb.org /617-501-7517, or Kira Willey kirawilley@rcn.com.

From the Community

Benefit at the Lovin' Oven

We are hosting a Planned Parenthood Benefit at the Lovin' Oven in Frenchtown, NJ on Sunday, April 2nd from 5pm-9pm. There will be a beautiful 4 course dinner (with guest chefs from the Golden Pheasant and The Bent Spoon!), live music, a wine tasting and a giant silent auction! Tickets are \$125.

How can you help? Please let us know if you would like to donate! Donations can be made through purchasing a ticket for the event, donating something for the silent auction, making a monetary donation or volunteering to help us spread the word!

Please contact either Julie or Leah with your donation ideas or to purchase a ticket to the Fundraiser! Email us at frenchtownppbenefit@gmail.com

Thanks for your support!
Julie Klein and Leah Cahill

Need Help in the Garden?

Interested in the help of a Garden Fairy? Offering many aspects of gardening services: spring clean-up, mulching, planting, bed preparation and design, composting, pruning, etc. Especially excited to offer biointensive/biodynamic vegetable garden planning and maintenance. Contact Sara Fishkin for more details. 908-323-9691 sarajoyfishkin@gmail.com

Car for Sale

We are selling our 2007 Toyota Prius Hybrid with about 141,000 miles and in good condition (runs well, no mechanical problems, some cosmetic scratches, dings). ~ 45MPG. With snow tires. If interested, please contact Ben, Elias' dad (Moon Room) at 917-319-2865 or ben@bgood2.com

Frenchtown Park

Did you know Frenchtown is planning to rehabilitate Frenchtown Borough Park (the "creek park") this year? The next planning meeting is Sunday, March 26, 3-5 pm, at Frenchtown Borough Hall, 29 Second Street. The community has put together an initial concept and generated a lot of feedback. We'd also like to hear from the River Valley community because we know this park is dear to you! If you'd like to see a copy of the current concept and make comments, please come to the meeting or email Holly Low this week or next at hollylow@frenchtownboro.com.

Goals of the renovation include making updates that fit the natural setting and ensuring new play equipment that encourages climbing. A perimeter path is being planned, as well as updates to the pavilion. At the 3/26 meeting we'll discuss what we can afford, play equipment specifics, our fundraising campaign, and next steps.

Ottsville Traditional Arts

Concert and Jam Workshop with Wheezer & Squeezer!

Wednesday, March 22

5:00 - 6:00 Potluck meet & greet

6:00 - 7:15 Concert (\$15)

7:30 - 8:30 Jam Workshop (\$15)

\$25 combined ticket!

Jeremiah McLane and Timothy Cummings (Wheezer & Squeezer) are an energetic Vermont-based duo who share music deeply rooted in the traditional dance repertoire of Northern Europe and North America. Wielding accordions and bagpipes - and often whistles and piano - they create a beguiling blend which utterly subverts the common stereotypes of their Old World instruments. McLane and Cummings draw from a broad repertoire that includes bourrées from Central France, gavottes from Brittany in Northwestern France, dance tunes from the Scottish Lowland & Border region, and original compositions reflecting North American influences. Their 2016 release *The Wind Among the Reeds* won the Montpelier's Times-Argus album of the year award.

Weekly Wednesday Jam Session

6-8pm every Wednesday: tunes and songs, \$5 suggested donation

Traditional music in a collaborative, judgement-free setting! All are welcome, even if you've never sung or been to a jam session before. If you want to come extra-prepared, check out our website, where we post learning materials including sheet music, videos, and recordings ahead of time. Sheet music also available at the jam, but try playing by ear if you can!

Duplex/Apartment for Rent

Scenic and quiet beauty right outside your door on the towpath of the Delaware Canal. Tucked away in the village of Upper Black Eddy, yet just a walk to Milford necessities.

1,000 sq foot duplex in a renovated historic country building. Some distinctive wood work. High ceilings, 2 bedrooms, 1.5 baths, a new washer/dryer, hardwood floors, and a porch area to the south side.

\$1,200/month. No smoking, no pets, please.

Call Karen (610)-982-9074

House Needed

Our family is looking for new home to rent in the area and would love any personal recommendations to diversify our internet search. We have a border collie mix who will be moving with us, and prefer a two to three bedroom. Ideally our home will be within 30 minutes from River Valley Waldorf. Looking to move of May/early June. Thanks! Please email ninabritz@gmail.com or call/text 203.470.3111.

BYRON KATIE WORKSHOP APRIL 7, 8, & 9th

There will be an introductory retreat in the work of Byron Katie, presented by Tania Tierro. The retreat will take place at the James-Lorah House in Doylestown, PA.

The work is a way to question the beliefs that underpin our stress. It's a simple, profound process of self-liberation and, consequently, self-realization. For the 2nd year, Lisa Naples, a local resident, is organizing this event. She can be reached for questions at 215-340-0964 or at lisanaplesceramics@gmail.com.

Cost for the workshop is as follows:

- Friday night only option: \$60

- Full weekend retreat: \$275 with an early bird special of \$240 if registration takes place by March 15th

Scholarships are available for those who otherwise cannot come.

Rummage and Bake Sale

Thursday and Friday, May 4 & 5 9 am–8 pm and Saturday, May 6 Bag Sale All Day – 9 am-4pm
Sponsored by St Luke's U.C.C. in Ottsville, located at building at the intersection of Routes 412 & 611.

Donations are welcome. Drop items off at the building at the intersection of Routes 412 & 611 from April 4-30. Any other days, drop off items on the porch at the schoolhouse of St. Luke's U.C.C. Church on Durham Road in Ottsville. Clothing, jewelry, books, housewares, plants, toys, and small furniture. No computers, TV's Cribs or Car Seats accepted. For more information call: 484-357-5274 or 215-479-2724.

Items for Sale

As part of the process of moving back to Europe, we will be selling items after items (till the house eventually). Next items, for sale, that we no longer need are:

Troy-Bilt Storm 2410 179-cc 24-in Two-Stage Electric Start Gas Snow Blower (used in only few occasions)
A Samsung Bx2235 22" Led Monitor 1920x1080
Dvi Scratch And Dent (in excellent condition)
Garmin Nuvi 50LM Navigator (in excellent condition)

Interested? Please contact Piergiorgio, Oscar's (Moon Room) dad at 646 830 9250 or pgv.pier@gmail.com

From: Stanford School of Education

Study Finds Improved Self-regulation in Kindergartners Who Wait a Year to Enroll

By May Wong

A new study on the mental health effects of kindergarten enrollment ages found strong evidence that a one-year delay dramatically improves a child's self-regulation abilities even into later childhood.

According to the study co-authored by Stanford Graduate School of Education Professor Thomas Dee, children who started kindergarten a year later showed significantly lower levels of inattention and hyperactivity, which are jointly considered a key indicator of self regulation. The beneficial result was found to persist even at age 11. "We found that delaying kindergarten for one year reduced inattention and hyperactivity by 73 percent for an average child at age 11," Dee said, "and it virtually eliminated the probability that an average child at that age would have an 'abnormal,' or higher-than-normal rating for the inattentive-hyperactive behavioral measure."

Findings from the study, which Dee co-authored with Hans Henrik Sievertsen of the Danish National Centre for Social Research, could help parents in the recurring debate over the pros and cons of a later school entry. Though many children in developed countries now start their formal schooling at an older age, a growing body of empirical studies could neither conclusively point to improved test scores nor higher incomes from a delayed kindergarten entry, the study stated.

(Continued on next page.)

Dee and Sievertsen's research, however, provides new evidence instead on mental health aspects that are predictors of educational outcomes. In the psychology realm, the measure of inattention and hyperactivity – the mental health traits behind Attention Deficit Hyperactivity Disorder – effectively reflects the concept of self regulation. A higher level of self regulation, which describes a person's ability to control impulses and modulate behavior in attaining goals, is commonly linked to student achievement.

Staying focused, faring better

The underlying theory is that youngsters and teens who can stay focused, sit still and pay attention longer, fare better in school.

Dee's study found similar correlations: comparisons of seven-year-old children attending the same schools showed that the students who had lower inattention-hyperactivity ratings had higher school assessment scores. For the study, researchers used data from a nationwide mental-health screening tool of children in Denmark – a survey that is widely used internationally in clinical and academic settings – and matched it against the Danish census. Linking the two allowed researchers to make analyses using exact dates of birth, allowing for robust comparisons among similarly aged children.

Because children in Denmark enroll in kindergarten in the calendar year they turn six, kids born exactly on Dec. 31 would have started kindergarten earlier that year, while those born a day later on Jan. 1 would be 6-years-and-8-months old when they start formal schooling. Researchers were thus able to examine differences between children who were born a certain number of days before the Dec. 31 enrollment cut-off and those born after the cut-off. They used full-sample sizes from the parent-reported mental health survey; 54,241 parents responded when their children were age 7 and 35,902 responded when the children were about 11 years old.

Large effects of significantly improved mental health were consistently found in the inattention-hyperactivity category, for both boys and girls, according to the study. "This is some of the most convincing evidence we've seen to support what parents and policymakers have already been doing – choosing to delay kindergarten entry," Dee said.

The percentage of children entering kindergarten at age six instead of age five has steadily increased to about 20 percent in the United States, according to the study. Part of the trend stems from school policy changes, but most of the increase can be attributed to academic "redshirting" – a sports term for the practice of postponing a college athlete's participation in competitive games.

Many parents are opting to delay kindergarten enrollment for a year in the hope of giving their children a leg up in maturity and other social emotional skills. "The study will give comfort to those who have done it," Dee said. "And for those who are making the decision, it'll give them a chance to consider the benefits."

Dee noted, however, that decisions about schooling involve several factors and this study addresses one area. He suggests conversations about start time include both teachers and parents. Dee also said while there are strong, large effects in the study, kids who delay kindergarten in Denmark have universal access to reasonably good pre-K. In the absence of consistent access to good pre-K, Dee said, children in the U.S. may not be as harmed by starting kindergarten earlier.

Prolonging play

The study's findings also align with other research that has shown an extended period of early childhood play – such as in preschools – yields mental health developmental gains. As a result, Dee said he hopes his research will lead to broader examinations on how kindergarten is taught. It could be pedagogy pointed more toward play rather than structured academics.

"It's not just a question of when do you start kindergarten, but what do you do in those kindergarten classes?" Dee said. "If you make kindergarten the new first grade, then parents may sensibly decide to delay entry. If kindergarten is not the new first grade, then parents may not delay children's entries as much."

The study, aptly titled, "The Gift of Time? School Starting Age and Mental Health," was published Oct. 5, by the National Bureau of Economic Research. A version of the article is also available here as a working paper from the Stanford Center for Education Policy Analysis at the GSE. The research was supported in part with a grant from The Danish Council for Strategic Research.

May Wong is a freelance journalist who writes frequently for Stanford publications.

2017 Online Bidding Registration

Bidding for this year's silent auction will be done completely online. If you plan to attend the event, please remember to bring your smartphone or a tablet. If you don't have a smart phone, there will be a bidding station and assistance available to help facilitate your bidding. Not able to join us at the event, no problem. You can still bid on any item listed in the silent auction. Regardless of whether you'll be with us on auction night or not, it's important to preregister so that you can start bidding immediately at 6 p.m. on the night of the auction event. Bidding on all silent items will end at 8:30 p.m.

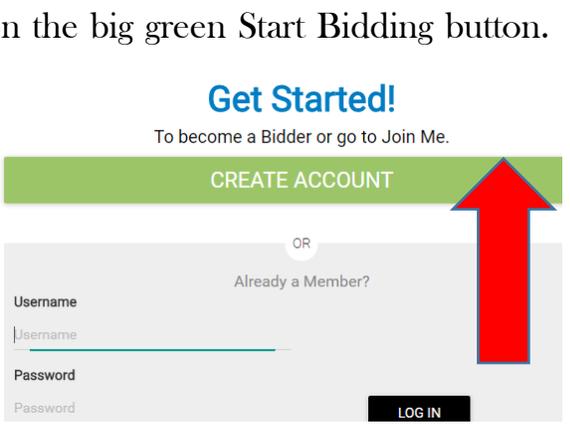
So how do I register to bid?

Use the link below to register as well as bid during the silent auction. It might be smart to bookmark it now.

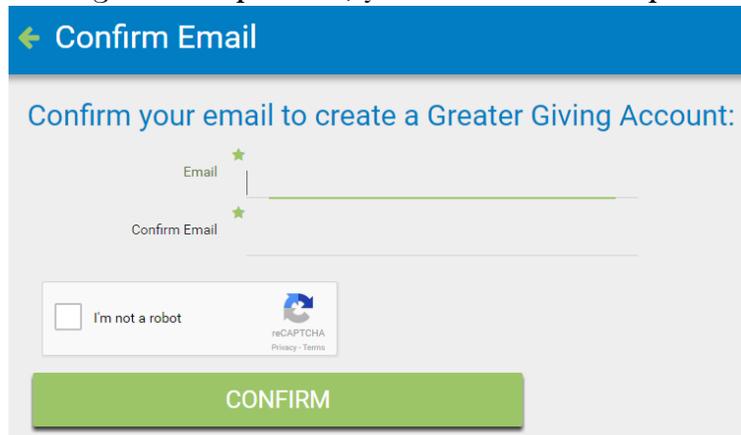
<https://mobilebid.greatergiving.com/m/index.php?sl=rvwsauction>



The first time you come to the page, click on the big green Start Bidding button. You will then be prompted to either log in or create an account. In order to create an account you will be asked for credit card information. This card will be charged for any items that you win in the both the silent and live auction. If you prefer to pay by cash or check, please be sure to tell the auction committee member when you claim your items.



You need to provide your email address. An email will be sent to this account. In order to finish the registration process, you will need to respond to the email.



After responding to the email, you'll be prompted to provide an address and telephone numbers as well as credit card information. Since you will receive an email and text message when you are outbid on an item, please provide both to ensure you are successful in bidding on that special item.

All done! Now you're ready to bid.