



River Valley Current

March 28, 2017 No. 474

"Stories can conquer fear, you know. They can make the heart bigger."

-- Ben Okri

School Calendar

This Week

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

Looking Ahead

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

Wednesday, April 19

Geoff Kaufman Concert 7:00 pm

Thursday, April 20

Board Meeting 6:30 pm

Saturday, April 22

Parent Stage

How to Contact Us

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

April Lunch Menu is attached to this week's Current - Deadline is Thursday, 3/30

Morning Traffic Flow

Parents dropping children off in the morning, please pull back into the circle. Do not stop at the front door; buses need to get through. Thank you.

Important Auction Gala Information

The River Valley Auction Gala is now less than one week away! Here is some important planning information to make your Gala evening more enjoyable.

Space is Limited- Please Buy Your Gala Tickets Today

Please register ASAP for this Saturday's Auction Gala. Space is limited and we want you to celebrate with us! Unfortunately, if the event sells out, we cannot accept additional guests. Visit <https://rvws.ejoinme.org/RVWSAuction> now to register for our big night. 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!

Mobile Bidding

Bidding in this year's Silent Auction will be conducted entirely by mobile device. This requires you to preregister, with your credit card information, and then follow a few easy steps to be ready to bid on Saturday. **These directions can be found on the last page of the Current** and will also be printed in a flyer and placed in your student's classroom mail pouch. Please follow the instructions and take a few minutes to preregister. We are grateful for your help in moving away from several hundred sheets of paper to a new paperless process.

Parking

The Nurture Nature Center is located at 518 Northampton Street in Easton, PA. There is a fair amount of free and metered parking street parking in the neighborhood, as well as two City of Easton parking structures. The Pine Street Parking Garage is conveniently located near the NNC, one block south of Center Square. It is next to the Crayola Factory and City Hall on South 3rd Street. The South Third Street Parking Garage is located behind City Hall at 123 South Third Street. The garage is located above the Fred A. Williams Easton Intermodal Transportation Center. You may enter the Pine Street Garage by using either the Ferry Street or Pine Street entrances. Entrance to the South Third Street Garage is only available from South Third Street. Credit card is required for City parking garages after 6.00pm.

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 THIS SATURDAY

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 your school calendar to let you know which dates will be added if we need them.

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.

From Administration

2017-18 Enrollment Contracts & Deposits

Due to some staffing changes in the Business Office earlier this year and some changes in our internal processes, we are later than usual getting Enrollment Contracts to you for the upcoming school year. Please watch your inboxes; we anticipate that the contracts will go out sometime this week and we will adjust due dates for on-time deposit rates accordingly. Thanks!

Marienstein/Bridgeton Hill Road Closure

Road work is scheduled this year for our road, both the Marienstein Road end of it and the Bridgeton Hill end. The first piece of that work is beginning now, and we learned the following from the Nockamixon Township website: Saturday, March 25, through Saturday, April 1, from 7:00 AM to 3:00 PM, Marienstein Road will be closed between Rock Ridge Road and Lonely Cottage Road in Nockamixon and Bridgeton Townships, Bucks County, for pipe replacement. During construction, Marienstein Road motorists will be detoured over Route 611 (Easton Road), Route 32 (River Road) and Bridgeton Hill Road.

Lost and Found

Take what you can use from Lost and Found this week. Whatever is left will be donated on Friday.

Thank You

A big thank you to Saba Siddiqui, mother of Yahya in 4th grade, for taking time out of her busy schedule to be with 7th & 8th grade students during our Geography of Asia block. Saba shared with us her experiences of growing up in Pakistan. From favorite foods and places to vacation, to special holidays and traditional garments, Saba illustrated what life is like in that part of Asia. Experiences such as this help our students to have a broader understanding of the world they live in. Thank you Saba! Mr. Santiago, on behalf of 7th and 8th grade students.

Thank you Clare Brunell and Parent Council and parent chefs for the delicious buffet that you provided for faculty during parent-teacher conferences. The food and your generosity were much appreciated.

Open House Thank yous

What a wonderful event it was! Thank you to RVWS' faculty and staff for the planning and thoughtful execution of the entire event. Thank you to the 5th and 6th grade chorus for singing and to their parents for supporting their participation. Thank you to our alumni, alumni parents and current parents for their participation on our panel (Lucinda Warchol, Ulla Warchol, Tashina Khabbaz, Carley Zarzeka, Greta Bernhardt, Isaiah Bader, Nerice Kendter, Laura Weis, Paul Ritchie, Hilary Murphy, Laura Birdsall). Thank you to Grandy & Joanna and RVWS parents who provided delicious refreshments for our participants and guests. If you missed it this year – be sure to watch for next year's Open House! This is an incredible opportunity to speak with teachers, see student work, learn about the broad sweep of the curriculum and hear about the experiences and memories of our alumni who are now out in the larger, post-RVWS world.

RVWS SIGNS

Thank you so much to everyone who displayed one (or more) of our yard signs! Please return them to school as we will be able to update them to use again next year.

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.

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Language Arts

Third Grade – Drama

Fourth Grade – Human Being & Animal World

Fifth Grade – Ancient Greece

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

Happenings at Yoga Loka

www.Yoga-Loka.com

Yoga Immersion and Teacher Training Informational Meeting - Saturday April 2nd at 11:45 am

If you have ever considered diving deeply into a yoga practice, your chance is coming up. Program starts in September. It is designed to change your life (in a positive way!!).

Yoga for Back Care

Yoga practice has been shown to help alleviate back pain. However not all poses work for all back pain. Bonnie is a Yoga Therapist who specializes in back pain. Working with her you will find the right exercises for your body. The Structural Yoga Therapy techniques you will learn will help to heal your body. You will be able to continue the practices at home and adapt other yoga poses and exercises in order to continue to address your needs.

Previous yoga experience is not necessary! This workshop will benefit anyone who suffers from back pain.

Begins Sunday April 9th 11:45-12:45 pm, \$45 until 3/31, \$55 after

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

Frenchtown Borough Park Community Clean Up Day

Saturday, April 8, 2017: 9 am - 1 pm

Borough Park is slated to be rehabilitated in the fall. Join the annual clean up so we can have a great summer with our beloved park! We'll be spreading mulch, refilling the sandbox, picking up debris from the creek bank and nature trail, cleaning the wooden play structure, and tidying up flower beds. Come ready to get dirty! Bring your gardening and yard tools such as loppers, pruners, rakes, pitch forks, shovels, and wheelbarrows. Lunch and light refreshments will be available for all volunteers. Kids are welcome with an adult.

Questions? Contact Holly Low, Parks Commissioner:
hollylow@frenchtownboro.com

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

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.

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

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 lisanaplescerceramics@gmail.com.

Cost for the workshop is as follows:

Friday night only option: \$60, Full weekend retreat: \$275.

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 the New York Times

Why Kids Shouldn't Sit Still in Class

By Donna de la Cruz

Sit still. It's the mantra of every classroom.

But that is changing as evidence builds that taking brief activity breaks during the day helps children learn and be more attentive in class, and a growing number of programs designed to promote movement are being adopted in schools.

"We need to recognize that children are movement-based," said Brian Gatens, the superintendent of schools in Emerson, N.J. "In schools, we sometimes are pushing against human nature in asking them to sit still and be quiet all the time."

"We fall into this trap that if kids are at their desks with their heads down and are silent and writing, we think they are learning," Mr. Gatens added. "But what we have found is that the active time used to energize your brain makes all those still moments better," or more productive.

A 2013 report from the Institute of Medicine concluded that children who are more active "show greater attention, have faster cognitive processing speed and perform better on standardized academic tests than children who are less active." And a study released in January by Lund University in Sweden shows that students, especially boys, who had daily physical education, did better in school.

"Daily physical activity is an opportunity for the average school to become a high-performing school," said Jesper Fritz, a doctoral student at Lund University and physician at the Skane University Hospital in Malmö who was the study's lead author.

"Activity helps the brain in so many ways," said James F. Sallis, a professor of family medicine and public health at the University of California, San Diego, who has done research on the association between activity breaks and classroom behavior. "Activity stimulates more blood vessels in the brain to support more brain cells. And there is evidence that active kids do better on standardized tests and pay attention more in school."

John Ratey, an associate professor of psychiatry at Harvard Medical School and the author of "Spark: The Revolutionary New Science of Exercise and the Brain," said: "Movement activates all the brain cells kids are using to learn, it wakes up the brain."

"Plus," he added, "it makes kids want to come to school more — it's fun to do these activities."

But not all districts are embracing the trend of movement breaks.

"The bottom line is that with only six and a half hours during the day, our priority is academics," said Tom Hernandez, the director of community relations for the Plainfield School District in Illinois, about 40 miles southwest of Chicago. He said that under state law, the schools provide daily physical education classes and that teachers in the district find ways to give students time during the day to refresh and recharge.

"Kids aren't meant to sit still all day and take in information," said Steve Boyle, one of the co-founders of the National Association of Physical Literacy, which aims to bring movement into schools. "Adults aren't wired that way either."

Mr. Boyle's association has introduced a series of three- to five-minute videos called "BrainErgizers" that are being used in schools and Boys and Girls Clubs in 15 states and in Canada, Mexico, Ireland and Australia, he said. A version of the program is available to schools at no charge.

The program is designed so that three to five times a day, teachers can set aside a few minutes for their students to watch a video and follow the cues given by the instructors. In one typical video, the instructors are college students of all shapes and sizes at the University of Connecticut who do a quick warm-up and then

(Continued on next page.)

lead kids through a mini workout involving movements from several sports: baseball, basketball and a triathlon. That's followed by a cool-down.

"At the end of the week, kids have gotten an hour or more worth of movement, and it's all done in the classroom with no special equipment," Mr. Boyle said. "We're not looking to replace gym classes, we're aiming to give kids more minutes of movement per week. And by introducing sports into the videos, giving kids a chance to try sports they may not have ever tried before."

Julie Goldstein, principal of the Breakthrough Magnet School in Hartford, Conn., said her school has been using BrainErgizers since the spring of 2015. It's easy for the teachers to implement, and "easy for the students to follow," Mrs. Goldstein said. She said the program has "helped them focus and bring up their energy level in the classroom."

Scott McQuigg, chief executive and a co-founder of GoNoodle, a classroom movement program used in more than 60,000 elementary schools in the United States credits Michelle Obama's "Let's Move" initiative with helping to bring movement and the health of children into the public consciousness.

"We call this the Movement movement," Mr. McQuigg said. "If we invest three to five minutes for our kids to move in the classroom, we are actually going to optimize the next 45 minutes for learning. That small investment in time has such a big yield for teachers."

GoNoodle, which offers free and paid videos, aims to entertain kids while they are moving, Mr. McQuigg said. GoNoodle and other "brain break" videos can be found on the website for "Let's Move! Active Schools," part of Mrs. Obama's "Let's Move!" initiative.

"We have purposely not gone after this as an exercise program," Mr. McQuigg said. "This is a digital generation that expects to be entertained, and we think we can do more good around getting them to move if they are entertained."

For example, GoNoodle videos have kids running alongside their desks through a virtual obstacle course or following along with dance moves.

Joseph E. Donnelly, professor of medicine and director of the Center for Physical Activity and Weight Management at the University of Kansas Medical Center, said one of the good things about kids being more physically active in classrooms is that everyone is moving at the same time.

"In physical education classes, there is a lot of standing around, a lot of minutes of kids waiting to do an activity, and sometimes kids are only moving for about 15 minutes during a 50-minute class," said Dr. Donnelly, who co-authored a statement on the effects of physical activity and academic achievement in children that was published last year by the American College of Sports Medicine. "If you do movement in class a few times a day, that can add up to at least an extra 60 minutes more of movement per week."

Lindsay DiStefano, an associate professor in the department of kinesiology at the University of Connecticut, said the country is due for a major shift toward appreciating the benefits of physical activity in the classroom.

"In 1961, President Kennedy said school kids needed physical activity to thrive, but in the past 20 years, the pendulum has totally shifted the opposite way because schools are feeling the pressure to have students do well on standardized tests," Ms. DiStefano said. "We are not thinking about the child as an entire person, how physical activity helps them cope with the stresses of school and actually benefits them in the classroom."

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.

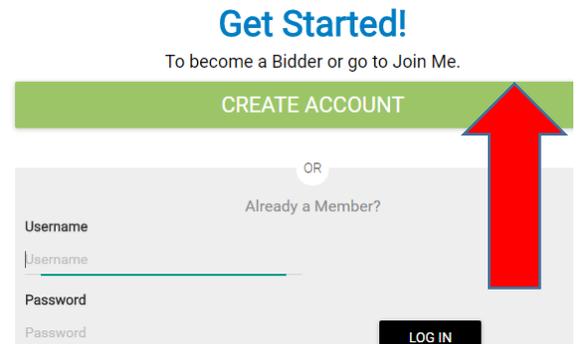
So how do I register to bid?

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

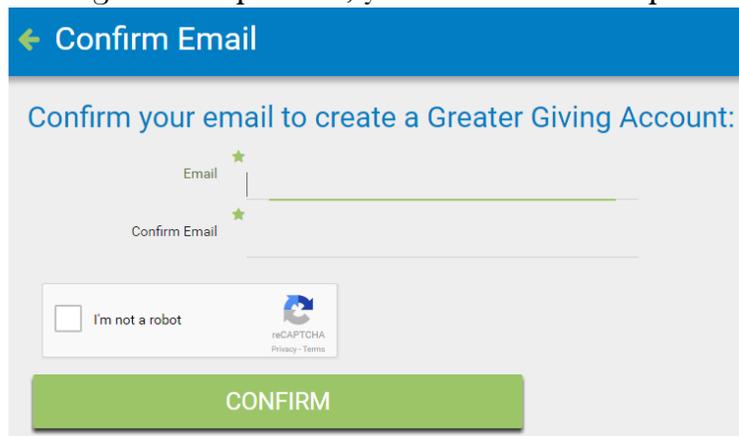
<https://mobilebid.greatergiving.com/m/index.php?sl=rwvsauuction>



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.