

## School Calendar

### This Week

#### Monday-Friday, March 5-9

*Third Grade Farm Trip to Hawthorne Valley*

#### Monday, March 5

*Social Inclusion Study Group 3:30-4:30 pm*

#### Thursday, March 8

*Middle School Reading Group 7:00-8:00 pm*

#### Saturday, March 10

*1st & 2nd Grade Workday*

### Looking Ahead

#### Monday, March 12

*Parent Enrichment – Foundations of Numeracy & Literacy in Waldorf Education 6:30 pm*

#### Wednesday, March 14

*Food Drive Donations Due  
Parent Council Mtg. @ The Ship Inn 6:30-8:00 pm*

#### Saturday, March 24

*RVWS Gala Auction*

#### Thursday & Friday, March 29 & 30

*No School – Parent-Teacher Conferences*

#### How to Contact Us

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

**The Middle School Reading Group will meet on Thursday night, March 8<sup>th</sup> In Annie Porter's office.**

### Parent Stage Re-scheduled

Parent Stage, originally scheduled for April 28<sup>th</sup>, will now take place on Saturday, May 12<sup>th</sup>. Please save the date and book your babysitter.

### Operation Helping Hand Food Drive

Once again this year, RVWS is joining United Way of Bucks County in collecting food for local food banks.

Please bring non-perishable donations to the school lobby any time between now and next

#### Wednesday, March 14<sup>th</sup>, 2018

All non-perishable foods are accepted, but our local pantry really needs: *Fruit juice (100%), applesauce (no sugar added), canned fruit (no sugar added) breakfast cereal, canned chicken, canned salmon, canned tuna, canned vegetables (low sodium), soup, beans (dried or canned), 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 Operations Helping Hand

### AUCTION GALA CHECKLIST

Our 22nd Annual Auction Gala on Saturday, March 24 is now less than one month away!

The event will take place at ArtYard in Frenchtown, NJ and will include a live and silent auction. Our theme is The Genius of Play; music and play will be featured at this dynamic event and through our silent and live auctions. Our goal is to raise \$45,000 to provide vital support for our school through funding of key areas such as scholarships, arts, enrichment programs, and faculty development. Fantastic food will be prepared by Lovin' Oven and will include appetizers, buffet stations and dessert!

SO.....

Have you purchased your tickets?

Buy 3, Get 1 Free! <https://rvws.ejoinme.org/auction>

Do you have a great possible auction item to donate?

Please email [auction@rivervalleyschool.org](mailto:auction@rivervalleyschool.org)

Have you booked your baby sitter?

Are you ready to have a great time?

We look forward to celebrating with all of you!

Ron Ferguson- Trustee

### Dances of Universal Peace Friday, March 16<sup>th</sup> 7:00-9:00 pm at River Valley Waldorf School

Simple, meditative and joyous the multi-cultural circle of Dances of Universal Peace uses sacred phrases, chants, music and movements from the many spiritual traditions of the earth to touch the spiritual essence within ourselves and recognize it in others.

More info can be found at the end of this week's Current

## From Administration

### **STUDENTS ARRIVING EARLIER THAN 8:20 AM**

Before-school supervision is provided on the back playground from 8 until 8:20 am. Students who are left unsupervised inside the school building have been getting into mischief. This is against school policy and is not a good way for anyone to start their day – the children included!

The following is reprinted from the Parent Handbook:

#### **Before School Policy**

In the past, children walked to school and so arrived having exercised in the morning air. Since their bodies had been vigorously engaged, their minds were fresher and ready to work when the school day began. As this is not possible for our students, we offer all grade school students supervised before school care on the back playground at no additional charge.

Children may be dropped off at the cul-de-sac between 8:00-8:20 am. Cars may not park here for any length of time as the buses use this drop off area as well. Musical instruments will be placed inside the hallway by the teacher as protection against the weather. In case of extreme weather, the teacher will hold before school care in the All Purpose Room.

As teachers are occupied with preparing for classes, all children inside the school building before 8:20 must be accompanied by an adult. Please stay with your child at all times. We encourage you to see them to the back playground for a healthy dose of fresh air and exercise before their school day begins.

#### **Our New Doorbell**

We have installed a doorbell to the right of the front door. If you arrive and the door is locked please ring the bell and someone from the office will let you in.

#### **Chicken Pox Watch**

There has been a case of chicken pox (Varicella) in the Acorn Room. Please keep an eye on your children, and please keep them home if they seem unwell – according to the MayoClinic.org, signs and symptoms, which may appear one to two days before the rash, include:

- Fever.
- Loss of appetite.
- Headache.
- Tiredness and a general feeling of being unwell (malaise)

#### **Lost and Found**

Lost and Found is even more out of control than usual. Please look through the many items in the lobby and claim what belongs to you on Wednesday and Thursday. On Friday take what you can use and after that it will be donated.

#### **Mystery Picnic Tables**

Just before break, two lovely picnic tables appeared by the front doors. We don't know who left them, whether they are intended as a donation for the Auction or for school-use. Please, if you are the builder or procurer, let us know so that we may see that they are put to the proper use! We would also like to express our thanks, and will certainly allow you to remain anonymous if that is your wish.

## From the Faculty

### **What the Children are Learning:**

First Grade – Language Arts  
Second Grade – Drama  
Third Grade – Farming  
Fourth Grade – Drama

Fifth Grade – Ancient Egypt  
Sixth Grade – European Geography  
Seventh Grade – Geometry  
Eighth Grade – Chemistry

### **From the Garden**

Dear Community

I am looking for a volunteer (or more) to assist me with the children for a few periods on Mondays and Fridays this spring season. No gardening experience necessary. If you are willing to help, please contact Melissa Goldstein [mgoldstein@rivervalleysschool.org](mailto:mgoldstein@rivervalleysschool.org) Thank you!

## From Parent Council

### Mayfaire Committee Needs Members

Parent Council is looking for committee members for our annual spring festival; Mayfaire. Experienced past chairs will mentor the group. Festival committees are a wonderful way to meet other parents and make festival fun happen for the children. Please email [pc@rivervalley.school.org](mailto:pc@rivervalley.school.org) if you think you may be interested.

## From the Diversity Committee

The Diversity Committee would like to share that the Unitarian Universalist Church at Washington Crossing will host a training on Saturday 3/24 from 9 am to 3:30 pm that may be of interest to our parent community. It's called "**What White People Can Do About Racism: Raising Anti-Racist White Children**". For more information please see the flier at: <http://www.euroamerican.org/Events/WWPNDAR%20-%202018-03-24%20-%202015%20-%20Titusville,%20NJ.pdf>

## From the Community

### 2018 Sustainable Living Expo

Friday, April 13th, 5-10 pm

Presentations, films, workshops, vendors, great food from the Taza Truck and more.

Hosted by the Key Club, Palisades High School, 35 Church Hill Road, Kintnersville, PA 18930

Find out more at [peace-youth.org](http://peace-youth.org)

If anyone has a sustainable business or educational topic they'd like to promote, or think of a business that might be interested, contact Tina Venini through the website: [peace-youth.org](http://peace-youth.org). This event will reach thousands of families in Bucks/Northampton Counties and NJ.

### Bells Are Ringing at Kimberton Waldorf School

The students of Kimberton Waldorf High School (among them RVWS alum Lauren Goodyear) are proud to present their spring musical, *Bells are Ringing!* It is a romantic comedy about a woman, bored with her life working for an answering service, who livens up her days by adopting a different persona for each of the calls she answers. She develops a crush on a client who only knows her by her voice. Meanwhile, her boss's boyfriend plots with gangsters to use the answering service for nefarious deeds.

This classic musical won two Tony Awards in 1957, and was nominated for two more during its revival in 2001. And now we are bringing it to Kimberton Waldorf's gym stage in March! We will present four performances, on Thursday, March 8 at 7:00 pm. Friday, March 9 at 7:30 pm; March 10 at 2 pm and 7:30 pm.

Tickets are available at the door for \$15 adult, \$12 senior, \$10 student. Please contact Tara Boroson at [girlthurs@gmail.com](mailto:girlthurs@gmail.com) with any questions.

### TRE retreat with Bonnie Pariser

April 7-8 - Held at Highlight By The Lake Retreat Center  
1586 Elephant Road, Perkasie PA

*TRE is a self-regulation technique that helps the body to release stress, tension and trauma in a gentle way. Developed by Dr. David Berzeli, TRE is used around the world by all populations with great success. During this retreat you will learn how to practice TRE safely and effectively at home. We will have a lot of time to practice trembling as a group and with partners. Taking advantage of the quieting of the mind that TRE can bring about, we will also engage in meditation practices. Bonnie will demonstrate some benefits of interventions while trembling and show you some you can do for yourself at home. We will also learn some of the science behind the tremors and their benefits. This will be a great opportunity to learn more about TRE and how you can tailor the practice to meet your needs. It will be fun and chances are you will feel pretty great and quite inspired at the end of the weekend.*

Commuter fee: \$275 if registered by 3/1 \$350 after Lunch is included for all participants. Scholarships are available to attend. Email [Bonnie@yoga-loka.com](mailto:Bonnie@yoga-loka.com) or visit the website at [www.Yoga-loka.com](http://www.Yoga-loka.com) to register.

### **Organic and Natural Food Delivery in PA & NJ!**

We are happy to announce the official opening of the new organic, natural and artisan online delivery service Bodhi Market!

Bodhi Market is 100% owned and operated locally in Bucks County. They offer many organic fruit and vegetable box types along with locally sourced groceries and ethically raised meat and dairy. Bodhi Market donates a portion of its revenue to supporting local families in need as well as environmental protection. Interested in checking it out? They are offering River Valley Waldorf families \$15 off their order. USE COUPON CODE: RIVERVALLEY when you sign up. Check them out at [www.BodhiBoxMarket.com](http://www.BodhiBoxMarket.com).

Many of Bodhi Market's farmers and vendors are friends of the River Valley community. The founder, Matthew, is also the uncle of Isaiah in 2nd grade and Eva and Levi in the Moon Room.

### **Threshold Equestrian**

Jen Diedrich, mom of Addison (6th grade) and lifelong equestrian, has open sessions for private riding lessons. Ages 5+, beginner, intermediate and advanced. After school pick up and weekend times available.

Quiet and private facility with both indoor and outdoor arenas, three quarter mile track and groomed trails plus well schooled ponies and horses. Lessons, camps and local horse shows all with an emphasis on safety and fun. All aspects covered, horsemanship, grooming, tacking and everyday care. Call Jen anytime for more information. (215)603-9999

### **New Hope Family Looking for a Mother's Helper**

Anne Stanmyer, a former Waldorf teacher, is looking for a mother's helper for her daughter's two (soon to be three) children who live in New Hope. If you or anyone you know is interested, please email Anne at: [amstanmyer@gmail.com](mailto:amstanmyer@gmail.com).

### **Camp Glen Brook**

Do you know a 3rd – 10th grader looking for a Waldorf-inspired summer camp? At Camp Glen Brook we offer special sessions for first time campers in grades 3 & 4. What set's us apart? We are a small camp with a family feel and wholesome farm-to-table food. Outdoor Leadership Program for 9th & 10th graders. Camp Glen Brook is owned and operated by the Waldorf School of Garden City, NY. [www.glenbrook.org](http://www.glenbrook.org)

### **From the Artyard**

#### **Call for Objects**

ArtYard is building a temporary library of objects found in, under, near or around the Delaware River to be shown as part of our upcoming exhibition: *The Memory Palace: Frenchtown at 150*.

No object is too small or abnormal! Bring us your river glass, old coins, porcelain bits, canoe paddles, weathered ropes or whatever other treasures you may have found. Once the exhibition concludes, your objects will be returned!

The exhibition will be on view April 28th through July 28th. Please bring your artifacts to ArtYard by April 8th in order for them to be included in the exhibition. Please visit ArtYard, Wednesday through Sunday, 11:00 - 5:00 PM, to drop off your artifacts. For any questions, please email us at [contact@artyard.org](mailto:contact@artyard.org) or call 908-996-5018

#### **Filmyard**

We have an exciting line up of films for the month of March!

For tickets or for more information on our upcoming screenings, please visit our website, [www.artyard.org](http://www.artyard.org).

Love is Strange, Friday, March 2, 7:30 PM - After 40 years, a couple decides to marry not anticipating a string of unexpected obstacles. Directed by Ira Sachs.

Icarus, Friday, March 9, 7:30 PM - A documentary follows doping in sports and the Russian doping scandal that made international headlines. Directed by Bryan Fogel.

Truly, Madly, Deeply, Saturday, March 10, 7:30 PM - A cellist returns from the grave to comfort his morning pianist lover in London. Directed by Anthony Minghella.

Paterson, Saturday, March 17, 7:30 PM - A bus driver becomes an unlikely poet, translating his everyday experiences onto paper. Directed by Jim Jarmusch

Memories of Underdevelopment, Friday, March 23, 7:30 PM - A writer wanders the streets of Havana after the Invasion of Pigs Bay. Directed by Tomas Gutierrez Alea

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Latifa Jennifer Till will be leading the dances. She leads Dances of Universal Peace in Charlottesville. She is a trained and certified Dance Leader. The Dances can evoke feelings of love, joy, peace, compassion and ecstatic unity, in turn. There are no performers, no audience: new arrivals and old hands hold hands to form a circle as everyone sings and dances together. Simple instructions are given by Latifa before each dance.



From: KARE11.com via Waldorf Today

### **Is Technology in Schools Making our Kids Smarter?**

By Rena Sarigianopoulos

If you have a school-age child, you know well the idea of technology in the classroom. Laptops and iPads have become the norm for students of all ages. There's even the suggestion out there that if your kid doesn't have it, that perhaps they're not getting a leg up in the classroom.

"Here we call it next technologies for learning, NTL," says John Weisser, Executive Director of Technology and Information Services with the Bloomington School District.

Bloomington Schools have mastered the one-to-one concept. That means one laptop for every student in the district. "Grades 3 through 12, every student is carrying a device," says Weisser.

Digital content is much cheaper than text books, saving school districts thousands. It's immediate, adaptable and accessible outside of school walls. After three years of implementation, Weisser says he's seen changes in the students with the technology. "I believe it's having an impact," he says. "Kids who write more because they have access to writing tools. Kids are more collaborative because they grew up in a collaborative world where they had access to collaborative tools."

About half of all Minnesota districts describe themselves as one-to-one. More are on the road to getting there. "Young people are going to use technology, so we're going to use technology as teachers as well," says Doug Paulson with the Minnesota Department of Education.

*(Continued on next page.)*

Paulson says in contrast to the pencils and paper of the past, computers are the present and future. "We want to make sure that the learning that students have is authentic, it's real to them, it's connected to their environment and we know they are engaged in digital technology in multiple different ways, and so I think it's important to meet our students where they're at and support them in their learning in that way," says Paulson.

So it's a sign of the times, but can we measure if it's making our kids' education better? "Often times we think about technology as our answer but we haven't really thought about our question first."

It seems as though the question should have an answer. If we're putting this technology in our kid's hands, shouldn't we know if it's actually making them smarter? Shouldn't we be able to measure that?

"When we look at the high functioning schools, it's the schools that have multiple different types of teaching practices, multiple different learning types of experiences for students, the teacher is actively involved in engaging the young people in their learning. And so it's not about the technology haves or have nots, but it's about how they're being used."

So, the straight answer is, no, we don't have a measure of its effectiveness. But, his point is, technology is just one tool in a teacher's toolbox. "Technology is a tool? I mean my automobile is a wonderful tool, but I'm not going to flip my car keys to my 7-year-old," says Dr. Nicholas Kardaras.

Dr. Kardaras is a licensed psychotherapist, addiction specialist and author. He also does not beat around the bush.

"Show me one study that shows a Chromebook in first grade, second grade, or third grade, leads to better educational outcomes in middle school or high school. There isn't any," says Dr. Kardaras. "I would think there are some benefits at the older ages. Kindergarten through elementary school I really see absolutely no benefit and actually quite a bit of clinical neurological damage."

"We know that neurologically there's been over 15 brain imaging studies that show that the frontal cortex, which is the executive functioning, actually atrophies and shrinks with exposure to screens in a similar way that it does with chronic substance addiction," Dr. Kardaras continues.

And, here's the part that parents need to hear because it not only applies to school, but computer and screen time at home, too. "Laptops are too hyper stimulating for that early of a developmental age, so we find that it really increases the ADHD effect, and it hinders their cognitive development. It also hinders their creativity," he says.

Want further proof, besides the medical studies, that technology is not helpful and actually harmful to kids under 10? He says just look at what the technology inventors themselves do with their own kids. "If you look at the New York Times article that looked at Silicon Valley and schools, most of the engineers and the tech people were putting their kids in non-technology Waldorf schools."

So, we went to the Waldorf school in Minneapolis to ask why they haven't jumped on board the technology train. "This idea that the teacher is taking the material, mastering it, and sitting in front of the class, and thinking about you, and the other students, and how to deliver that curriculum, so it's meeting you and your particular learning style, because there aren't three different learning styles, there's really as many learning styles as there are people," says Caroline Askew, Director of Admissions at City of Lakes Waldorf School in Minneapolis.

"We aren't seeing how a piece of technology can do that better or replace that, but it could be a distraction from that," she says.

Waldorf isn't anti-technology, they just believe it should be reserved for older students. They are a private school, so not everyone has that kind of access, but they have seen much success in educational outcomes when it comes to graduation rates.

That brings us back to the beginning – and Bloomington. "Can we measure it? We measure it in things like the amount of accessibility students have. We measure it through asking teachers if this is aiding in their instruction and all of those measures are high," says John Weisser.

"I think the research will bear out that we are on a path – even though it's sometimes windy, this path – we're on the right path."