



River Valley Current

April 14, 2015 No. 408

"To be nobody but myself -- in a world which is doing its best, night and day, to make you everybody else -- means to fight the hardest battle which any human being can fight, and never stop fighting."
- E.E. Cummings

School Calendar

This Week

Tuesday, Apr. 14

5th grade Parent Evening

Thursday, Apr. 16

School Tour 9:30 am
Board Meeting – Please join us! 6:30 pm

Friday, Apr. 17

Middle School Dance

Saturday, Apr. 18

Workday – First Grade

Looking Ahead

Thursday, Apr. 23

3rd grade play 9:00 am

Friday, Apr. 24

Spring Festival at Morning Glory 4:00-5:30 pm
3rd grade play 11:00 am & 6:00 pm

Saturday, Apr. 25

Parent Stage

Tuesday, Apr. 28

EC Parent Evening 7:00 pm

How to Contact Us

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

RVWS Auction – May 30th

Auction Item Donation Time is Now

Dear Friends:

The time is **now** to solicit your auction item donations and deliver them to the front lobby of the school. Attached is the item label file for your donations; please include one tag secured to each of your donations.

Many thanks, in advance, from your Auction Team!

Please join us for the next

Parent Council Meeting Wednesday, April 22nd

at 6:30 pm at the Ship Inn in Milford.
(Re-scheduled from April 15 due to the Community Board Meeting)

Community Board Meeting this Thursday

On Thursday, April 16 at 6:30 p.m. you are invited to join the Board of Trustees, Leadership Council, Teacher Development Committee, Parent Council, and the Administration of River Valley for a community meeting.

Each of the five leadership bodies will provide a brief state of the school from their own perspective as well as a glimpse of what lies ahead. There will also be time to ask questions of each of the five bodies.

Please plan to join us if you are able.
(See "From the Board" for the agenda.)

Spring Celebration and Open House at Morning Glory Preschool in Doylestown

We invite you to join us for our Spring Festival at Morning Glory Kindergarten, our Doylestown location. Let's celebrate spring with a potluck meal, spring activities, stories and springtime merriment.

Mark your calendars! Bring a friend! **Friday April 24, 2015 from 4:00 until 5:30 pm.** Children from Early Childhood through 3rd grade are welcome. Bring a pot-luck dish to share. Staff members will be on-hand for informal tours and discussion for new families.

RIVER VALLEY
WALDORF SCHOOL

Mayfaire

Saturday, May 9th
11 am-3pm

Enjoy

- Children's Craft Activities
- Live Music
- Delicious Fare
- Maypole Dancing
- Pony Rides
- Jump Rope Making

1395 Bridgeton Hill Road, Upper Black Eddy, PA. 18972
www.rivervalleyschool.org * 610-982-5606

Noa Badler - grade 6

From Administration

WELCOME FRIENDS!

The 4th grade class is excited to welcome Evangeline 'Evie' Ritchie and her family. Please add their contact information to your directory:

Jillian and Paul Ritchie, 50 Main Street, Hampton, NJ 08827 908-574-5775 paul.ritchie@comcast.net Paul cell: 908-878-7609 jillian.ritchie@comcast.net Jillian cell: 908-303-0933

2nd grade is happy to warmly welcome Yahya Ozair back to RVWS! His sister, Safwa returned to 7th grade a few weeks ago. If you have not already, please add the following contact information to your directory for the Ozairs! Saba Siddiqui and Kamran Ozair, Scarlet Oak Road, Flemington, NJ 08822 Saba's cell: 908-727-2710 email: kamransaba@yahoo.com

Also: The Sun Room will be joyously filled with 12 excited children Wednesdays through Fridays beginning this week, for the rest of the school year. We are very happy to announce the opening of a new mixed-age early childhood class, taught by Amanda Blanco. Joining Ms. Amanda is Laura Esposito. Please check next week's Current for the complete class list and contact information. Welcome friends, indeed!

RVWS on WHYY radio!

RVWS is teaming up with friends from the Waldorf School of Philadelphia, Kimberton Waldorf School and the Waldorf School of Princeton to staff a shift at the phones during WHYY's fund drive. We did this last year and it was lots of fun. The on-air personalities gave us lots of 'shout-outs' so it was great exposure for our school as well. I assured the organizers that we would bring a group of 4 or more to the shift. I'm one - who else is game?

April 30th is the date, we will need to be signed in by 2:30pm and our shift on the phones ends at 8pm. It is a prime spot for great on-air exposure, plus we'll miss rush hour! I need to provide our 'roster' to WHYY by April 16th, so I need your commitment as soon as possible. Send me an email: cschretlen@rivervalley.school.org or give me a call: 610-982-5606 x 203.

Flowering Child Donation

Floweringchild.com donated 10% of their holiday orders from River Valley families and sent us a check for \$40. Thank you to everyone who ordered from them over the holidays. Every donation helps.

Grandparents and Special Friends Day Invitations

Postcards are being distributed to teachers and students and there are extra cards in the lobby on the front desk. Please take as many as you need and mail them to grandparents and friends.

This year's Grandparents and Special Friends Day is on Friday, May 8th. All are welcome.

The IT Committee wants YOU!

If you have technical skills including maintenance, management, or troubleshooting of hardware (Windows desktops and laptops, Windows Servers, printers, etc.), software (Office 365, Quickbooks, various SaaS programs), networks, or wifi, the IT committee needs you. We are a group of diverse and dedicated parents who need your HELP! If you've offered before, please offer again. You can contact Kristyn Lederer by email or phone - 267-471-2751.

Introducing our new Development Coordinator

We are pleased to announce that Stephanie Spencer will be joining our staff as Part-time Development Coordinator. Stephanie has a professional background in non-profit management and education. After receiving her Bachelor of Arts from Beaver College, she gained experience in the non-profit sector at the Printmaking Council of New Jersey. As Director, Stephanie conducted special events, coordinated development activities, held speaking engagements, and managed all aspects of daily operations. She earned a Master of Education from Kutztown University and has held several positions teaching art in public and charter schools. Currently, she teaches part time at the Baum School of Art and the DaVinci Science Center. Stephanie is a creative artist and outdoor enthusiast. She is delighted to be a part of the River Valley Waldorf School Community.

Seedling Sale Deadline Has Been Extended to Friday, April 24th

It's finally time to starting thinking about planting seeds and once again we will be selling seedlings to help support our garden.

Order forms are attached to the Current and due back by Friday, April 24th. You may place your order by email to Christine Boston: masnieve@hotmail.com. Or place your form in the folder on the office door.

Starts will be available after May 8th.

Nursery/Preschool/Kindergarten, 2015

If you or someone you know is considering RVWS in Upper Black Eddy, or our Morning Glory preschool class in Doylestown, NOW is the time to begin the enrollment process for September 2015. Space is filling quickly and we were so disappointed to not have room for several families in September 2014 – we'd hate to see that happen again.

Please speak to Cindy or Hilary, or send an email to admissions@rivervalleyschool.org The next School Tour Morning is April 16th at 9am (adults only) and we are happy to schedule a private tour by appointment if needed.

AWSNA Invites you to Participate in the Conversation

The Human Encounter: Parent-Teacher Relationships in a Waldorf School Community. A Conversation with Torin M. Finser, PhD. Join us for a webinar on Apr 21, 2015 at 2:00 PM EDT.

Register now! <https://attendee.gotowebinar.com/register/8854050843730207746>

A school is a community, and like all communities its health depends upon the quality of its relationships. Join us as Torin speaks to the parent-teacher relationship in all its dimensions offering both practical advice and deeper, spiritual insights. This webinar is co-sponsored by AWSNA and the Anthroposophical Society in America. After registering, you will receive a confirmation email containing information about joining the webinar.

Thank you

Thank you, Noa Bader (Grade 6), for taking on the project of creating the artwork for our new Mayfaire poster with great care and attention to detail. It is very beautiful.

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Language Arts

Second Grade: Language Arts

Third Grade: Language Arts/Class Play

Fourth Grade: Language Arts/Science

Fifth Grade: Ancient Greece/Class Play

Sixth Grade: Drama

Seventh Grade: Human Physiology

Eighth Grade: History

Circus Club is on Hiatus

Circus Club will resume again in a few weeks. Check here for more details as soon as we have them.

German Club & Schuhplattler

Our last full round of German Club will begin tomorrow (4/1). The club runs from 3:15-4:15 and includes songs, games, questions and answers in German, a German style snack and a little Schuhplattler at the end. The last full round of Monday Schuhplattler classes will begin the first Monday after vacation (4/13), and if your child wants to participate in our June-September public performances (Tinicum Arts Festival, Peace Fair, etc.), this is the one to attend since two new dances are being learned, which we'll perform along with the original River Valley Plattler. Contact Peter Ray (peter.ray@comcast.net).

From the Leadership Council

What LC is Working On

Faculty hiring for next year

Program development with EC

Pedagogical Chair position with Faculty

Site Planning with Board

Remember, we have open hours every Friday from 3:30-4. Please stop by if you have any questions or concerns.

From the Board

Community Board of Trustees Meeting Agenda

April 16, 2015

Pre Meeting Room Set Up at 6PM Meeting Starts Promptly at 6:30

6:30 – Welcome and Overview of Format – Will (10 minutes)

6:40 – Board of Trustees (15 minutes)

6:55 – Leadership Council (15 minutes)

7:10 – Parent Council (15 minutes)

7:25 – Teacher Development Committee (15 minutes)

7:40 – Administrative Report (15 minutes)

8:05 – Question & Answers (15 minutes)

8:20 - Closing and Meeting Feedback (5 minutes)

From Parent Council

Mayfaire Announcements

The Mayfaire committee is looking for volunteers to post our beautiful festival flyers all around the area! If you'd be able to take a few with you to your local food stores, cafes and restaurants, please pass by the office, where Renee has printouts for distribution. This year's art was made by Noa Bader from 6th grade!! We're very grateful and looking forward to a lovely Mayfaire. Thanks for spreading the word!

Easel Needed

We are looking for a sturdy easel that we could borrow until May 9th to hold our sign up board for Mayfaire. If you have one, please contact Erica Nichols (ericakellyr@yahoo.com) or Dayana Henwood (jazziando@gmail.com) at your earliest convenience. Thanks so much!!

Class Fundraiser

Sound of Music Fundraiser

There are still mugs, caps and key chains available from the Sound of Music and we would love to sell them all! Keychains \$5, mugs \$15, and baseball caps \$20! Please email louannewillard@gmail.com if you want me to pull some aside for you!!

RVWS Seasonal Cookbook and Local Directory - Still time to submit!

We are thrilled that people continue to express interest in contributing recipes and information for our local directory, so we've extended the deadline for submission. Please email (tumas@rcn.com) or bring in your information and/or artwork ASAP. There is a manilla envelope on the table outside the 2nd grade classroom. See attachment for more details. If you have any questions, feel free to contact Jean Tuma or Tracy Fly. Thank you for your consideration!

8th Grade Class Fundraiser

8th Grade is so very grateful for all the support you've lent to our class trip -- from buying sweatshirts (contact Miss Hummel if you haven't purchased yours yet!) to eating heartily at Winter Fair. We thank you also for ordering samosas every week and for stocking up on them on the first Monday of each month. (If you haven't tried them yet, we urge you to do so--it's not too late to email Renell with a bulk order and have an easy meal at the ready!)

As we approach our fundraising goal, we are continuing our snack (and coffee!) sales in the lobby every Monday and Wednesday. Isn't it nice to know that you can send your child in with a couple of bucks to pick up a healthy snack to drop in their lunch box on their way into school? Our popular morning snack offerings currently include:

- Organic Popcorn with butter and salt \$1.50 (quart bag)
- Cheese Cubes \$1.50
- Organic non-GMO Corn Chips & Salsa \$1.75
- Homemade Beef Jerky \$2.00

In the afternoons we offer sweet breads, warm, ready-to-eat baby burritos, hot dogs kebabs (intriguing, no?), and other inspired, nutritious creations by Grandy.

From the Community

Ottsville Traditional Arts Center

Come join us for Wednesday Night Jam Session

We host jam sessions most Wednesday evenings at 6pm; you can view the full calendar here. \$5 suggested donation! Many of the songs we sing and tunes we play are posted here before each session so anyone who wants can come already knowing a tune or two!

SAVE the DATE!

Friday, May 15th

Contradance with Raise the Roof and Melissa Taggart!

Friday, May 29th

Cardinal Direction in concert!

ottsvilletradarts.weebly.com for more details

Art in the Library

Spring Watercolors: Keeping Flowers Fresh with Doris Ettlinger

Saturday, April 25 1:00p.m. – 4:00p.m.

All levels welcome Open to ages 16 – adult

In this hands-on watercolor workshop, Doris Ettlinger will demonstrate painting a still life of flowers, discussing composition, making a color sketch, applying fluid color, and allowing the medium to do the rest. After a warm-up exercise, each student will have their own small arrangement to paint.

Please see flyer or check website for complete list of supplies needed

Please bring a bagged lunch or snack

Please see flyer or check the website for complete list of supplies needed.

* Materials can be supplied if students are not able to bring their own. Please contact the library for assistance.

Art in the Library is made possible with a grant from the Erwin J. & Gertrude K. Neusch Fund of the Lehigh Valley Community Foundation. This program offers classes and workshops for beginner, intermediate, and established artists—from children to adults.

The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road.

To sign up for workshops and our mailing list, please contact the Riegelsville Library, 610-749-2357 or

Riegelsville.Library@gmail.com or 610-749-2158

Doris Ettlinger received her BFA in Illustration from the Rhode Island School of Design, and attended the University of Wisconsin – Madison, where she earned her MFA. She has illustrated over 30 picture books, using watercolor as her primary medium; Doris teaches watercolor classes in her home, a 19th century gristmill, on the banks of the Musconetcong, near Hampton, NJ. She is a member of the Society of Children's Book Writers and Illustrators and the Hunterdon Watercolor Society. You can view her work at <http://dorissettlinger.com/> or on www.facebook.com/MusconetcongWatercolorGroup

Oil Painting – with a Palette Knife with Yelena Piatigorsky

Tuesday, April 28 11:00a.m. – 2:00p.m.

All levels welcome Open to ages 15 – adult

Enjoy learning new methods and effects you can achieve when painting with a palette knife. Students will learn color combinations, mixing techniques and application of oil paint on canvas in a variety of ways. Palette knife texturing will be demonstrated as well. Bring your inspirational images or objects to the class to paint.

Please bring a bagged lunch or snack

Please see flyer or check website for complete list of supplies needed.

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Yelena Piatigorsky BA, Moscow University; MFA, Mason Gross School of Art, Rutgers has had her pieces in over 20 exhibits in the tri-state area, including shows at the Trenton City Museum, Audubon Artists, and the Nabisco Gallery. She is an award-winning artist in oil and ceramics and her works are in many private collections.

Yoga Loka

4/19, Sundays, 5 sessions 8:30 am
Practical Meditation with Amarjyothi

Lawn Mowing Available

Aaron's Mowing (Aaron Dringus), 267-987-9904 / afd8073@hotmail.com. Call, text, or email for pricing and availability. Serving Upper Bucks County.

Rummage & Bake Sale

St. Luke's U.C.C. Durham Road, Ottsville, PA
Relocated to a bigger building. Now at the intersection of Routes 412 & 611 in Ottsville.
Thursday, April 30th & Friday, May 1st 10 am to 8 pm
Saturday, May 2nd - Bag Sale All Day - 9 am to 4 pm
Donated Items Welcomed! Drop items at the building at the intersection of Routes 412 & 611 from April 14-28. Any other days, drop off items on porch at schoolhouse of St. Luke's U.C.C. Church on Durham Rd.

Clothing, jewelry, books, housewares, plants, toys, & small furniture. For more information call 215-479-2724 or 484-357-5274.

COMMUNITY SCHOOL PROGRAMS ON LINE!

Don't miss a chance to expand your horizons; many classes are still open and available to join-even if you have missed one session, join now! Click here for the class selection:

<http://www.palisedessd.org//site/Default.aspx?PageID=109> and registration information!

Beauty and Strength: Empowering Young Children to Talk About Race and Ending the Cycle of Colorblind Racism

Saturday, May 2, 2:00 pm, Flemington DIY, 90 Main St, Flemington, New Jersey 08822

A workshop for parents, guardians, educators, and anyone who works with or lives with young children.

Have you found it difficult to talk to your children about race? Hunterdon County Anti-Racism Coalition (HCARC) is pleased to announce this very special event during which Jennifer Burke will offer assistance with these conversations. Jennifer Burke has taught for 11 eleven years at Van Derveer Elementary school in Somerville, New Jersey. She is currently a doctoral student at Rutgers University investigating how young children construct their understanding of race, ethnicity, and gender in the context of a first grade classroom.

Join us for the 2015 Philadelphia International Children's Festival, May 7-9!

Theater, dance and music performances for the whole family. Plus, a free outdoor FUN ZONE with interactive activities!

Pilobolus (Dance) What happens when contemporary dance, gymnastics, technology and playful props combine? Find out when the wildly creative troupe Pilobolus Dance Theater takes the stage.

Playing By Air (Circus) Traditional theatricality meets absurd comedy in this joyful fusion of music, juggling and circus. Playing By Air captivates their audiences with their playfulness, high energy, creativity, and breathtaking feats.

Lifeboat (Theatre) An extraordinary true tale of survival told with humor and adventure. A moving and uplifting play about two teenage girls who board a ship to escape the dangers of World War II.

Orchestra of Life (Music) Rock star violinist and composer Daniel Bernard Roumain pays tribute to Bob Marley. The audience will join together to create "An Orchestra of Life" using their hands, feet and voices to express themselves musically.

Circo Comedia (Circus) Following in the tradition of the Quebec Circus, duo Jean Saucier and Patrick Côté perform acrobatic tricks, daredevil stunts and magic, offering thrills and comedy.

Watermelon Magic (Movie) The charming story of Sylvie and her garden as she watches a patch of watermelons grow from seed to fruit. Audiences will enjoy the science and marvel of plant life.

Tickets for individual shows are \$10 and include access to the FUN ZONE.

Performances will take place at the Annenberg Center, 3680 Walnut Street, Philadelphia, PA 19104 // AnnenbergCenter.org // 215.898.3900

2015 LPGA-USGA Girls Golf of the Lehigh Valley

Want to learn a new sport while having fun and making friends? Join Girls Golf of the Lehigh Valley! Golf lessons take place Saturday mornings from April through August at two convenient locations. The Girls Golf program is open to girls ages 7-17 of all skill levels. Scholarships are available.

Bethlehem Golf Club 400 Illicks Mill Road, Bethlehem PA. Lessons taught by PGA Professional, Mark Csencsits. They take place from 10-11:30am Saturday mornings. There will be 3 separate sessions of Girls Golf at Bethlehem GC. Each session will go over putting, chipping, full swing, etiquette and rules. There are also some fun events throughout the summer. Any individual session costs \$90. Register for any two sessions for \$180. Register for the entire summer for \$260. Session 1: April 18, 25, May 2, 9, 16; Session 2: May 30, June 6, 13, 20, 27; Session 3: July 11, 18, 25, August 1, 8. For more information and to register, contact the YWCA of Bethlehem at 610-867-4669 (Ext.109) or GirlsGolf@ywcabethlehem.org

VOLUNTEERS NEEDED!

Take Center, LLC

Outpatient Rehabilitation Services and Equine Therapy Program in Kintnersville, PA

Are you looking for an opportunity to learn more about horses and work with people with a disability? Take Center Outpatient Rehabilitative Services provides physical therapy with the use of a horse. Hippotherapy, as it is called, is used to treat people with various disabilities including physical and cognitive challenges. By putting the patient on the horse, the horse's movement is transferred to the patient, which helps improve strength, posture, balance and gait. There are many ways to help!

Working as a leader or a side aide in the riding ring, grooming the horses, cleaning tack, tacking up the horses for riders, leading horses to and from the riding ring, feeding the horses and making sure they have fresh water, cleaning the stalls and barn, riding ring maintenance, making light repairs...and more

We are looking for volunteers of all ages to help. Prior experience working with horses is not required – training is offered. Minimum age to assist in the riding ring is 13. We do ask that youth under the age of 10 are accompanied by an adult.

Our comprehensive volunteer training sessions will begin in mid-March and go through April. Please visit us at www.takecenter.com for more details. Without you, we cannot provide the quality services we strive to achieve. By volunteering at Take Center, you are sure to walk away with unforgettable, valuable experiences from your connections with amazing people – and horses, too! Please contact us with any questions or interest. We'd love to hear from you!

Terri K. Long, MPT ph: 610-346-9446 e: tklong63@verizon.net

web: www.takecenter.com 1300 Woodcock Lane, Kintnersville, PA 18930

From the **Washington Post**

On Parenting

5 ways to let a little more risk into your child's day (and why that's a good thing)

By Lauren Knight

"That is just not safe," mumbles the father and only other parent at a playground I frequent with my three boys. He says it to no one in particular, just loud enough for me to hear the disapproval in his voice, but not loud enough to directly confront me about my seven-year-old son's choice of play. My son is, quite impressively, standing on a large saucer swing and pumping his body side to side, bending his knees at all the right times and leaning into the motion to perfect the highest possible movement on the structure. The wind whips through his hair as he grins, air-surfing and ecstatic. "That is just not how that equipment is supposed to be used," the father adds.

I smile politely and make eye contact, assuring the stressed man that I am aware of my son's actions and moreover, I approve. I am only slightly annoyed by his reaction; I am used to it by now, and have learned to quiet the defensive voice in my head that wants to explain my choices. After all, my three boys tend to elicit a lot of attention at the playground with their rough and risky play; our youngest learned to ride a scooter (very fast, very competently) at barely 2 years old and our oldest seeks the highest of heights and jumps off of nearly everything. They play hard, take risks, and they can handle it.

The type of parenting my husband and I have engaged in with our three boys has evolved organically and includes high trust in the ability and efficacy of our children's own judgment. If I had a nickel for every time I've uttered the phrase, "Only if you feel comfortable..." when asked if it was okay to jump off something high, I'd be a rich lady.

(Continued on next page.)

We give them space to explore and to fall down, to fail, to pick themselves up and try again until they have mastered what they seek to master at every stage. I also believe that competence can only be gained through experience; therefore, allowing our children to take risks will actually make them safer. Behind this philosophy is a strong trust in children's abilities in general; I often feel that we don't give children enough credit in this area. And I'm not alone.

So what's at the heart of the desire to engage in risky behavior? According to Peter Gray, professor and author of *Free to Learn*, risky behavior in play functions to help children learn to regulate emotions such as fear and anger. Moreover, this kind of play is likened to practice for real-life dangerous situations. Risky play teaches emotional resilience, and not to mention, it's fun.

Gray debunks the myth that we are keeping our children physically safe by limiting their risky play and instead enrolling them in organized sports, citing recent statistics from the U.S. Centers for Disease Control and Prevention that claims over 3.5 million children under the age of 14 receive medical treatment for sports injuries per year (that's 1 in 7). The BBC released statistics that revealed a startling statistic in UK: children are more likely to hurt themselves falling out of bed than falling out of a tree these days.

Jay Griffiths, author of *A Country Called Childhood*, puts it another way: that a risk-averse childhood is full of missed adventures, that to prevent small risk-taking in our children is to keep them infantile, enclosed, and unimaginative. Isn't childhood supposed to be fun?

If you're on board, here are a few suggestions on how to allow a little more risk into your child's play:

1. Teach your child to use real tools

There are wonderful child-sized tool kits that are miniature versions of the real thing: small hammers, screwdrivers, saws, clamps, and safety goggles. Teach your child the right way to hammer a nail and give her the space to practice hammering some nails into an old stump.

2. Back off at the playground

Everyone wants their child to be safe, but the best way to do this is to give that child a little space to master his or her physicality. Resist the urge to lift your child up to a higher place; a child who cannot climb by himself up the tall ladder to the play structure may not be ready for that specific play structure. Let him work his way up to it, on his own.

3. Allow for some freedom

Work on your own comfort level by gradually giving your child more freedom and a little bit less supervision. As your child grows and gains confidence, allow for larger freedoms; for example, letting your child ride his bike to the local playground a few minutes ahead of you. With greater risk comes greater responsibility. Your child will understand this.

4. Climb trees

Seriously! It's an amazing thrill and not as dangerous as you think.

5. Allow for more open-ended play

As long as your child is not infringing on the rights of others or just plain being rude, what's the harm in running up the slide rather than only sliding down it? Allow for climbing and out-of-the-box exploration. Break some rules every now and then! Your child will be better for it.