



River Valley Current

April 19, 2016 No. 442

"Be the one who nurtures and builds. Be the one who has an understanding and a forgiving heart – who looks for the best in people. Leave people better than you found them." ~ Marvin J. Ashton

School Calendar

This Week

Monday-Friday, April 18-22

7th grade Boat Building Week

Tuesday, April 19

Boat Building Talk 6:30 pm

Thursday, April 21

Open Board Meeting 6:30-8:30 pm

Friday, April 22

4th grade to Pennsbury Manor

Looking Ahead

Saturday, April 23

1st grade workday

Tuesday, April 26

Visiting HS Series in the Garden 3:30 pm

5th grade Parent Evening 6:30 pm

Thursday, April 28

4th grade Play 9:00 am

1st grade Parent Evening 6:30 pm

Friday, April 29

4th grade Play 9:00 am & 6:30 pm

Saturday, April 30

Parent Stage 7:00 pm

How to Contact Us

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

Thursday Soup Days are on a Break

The winter session of soup is over; please remember to pack lunch starting this Thursday! Soup Days will resume again in a week or two so check the Current for updates.

Afterschool Program Reminder

Josh Laker's Afterschool program ends at the end of this month.

The last class takes place on April 28th.

Parent Council Corner

Our next Parent Council meeting will be tomorrow evening, April 20 at 6:00 pm at Becker's in Quakertown.

Boat Building Chat Tonight, April 19 at 6:30 pm

The seventh grade class would like to invite the whole community to an evening chat with Dennis Hansen, an extremely experienced boat builder from Spruce Head, Maine, about sailboat building with young students, and its many positive effects on the individual. Mr. Hansen's visit to our school is completely a volunteer effort on his part and we would love to see as many of you as possible to show him our school's appreciation for his dedication to his work.

Have you Ever Wondered Where to go with a Problem? Or how we use your input?

Please Come to the Annual Open Board Meeting this Thursday, April 21st The Board of Trustees and the Leadership Council will hold an open meeting to discuss leadership roles and school-wide communication. The BoT, LC, TDC, IAT and PC will each give a short explanation of the role they play in our school and answer questions from the community. Please join us at 6:30 pm.

RIVER VALLEY
WALDORF SCHOOL

Mayfaire

Saturday, May 7th
11am-3pm



Enjoy

- Children's Craft Activities
- Live Music
- Delicious Fare
- Maypole Dancing
- Pony Rides
- Jump Rope Making
- The Pocket Fairy & more!

1395 Bridgeton Hill Road, Upper Black Eddy, PA. 18972
www.rivervalleyschool.org • 610-982-5886

Mayfaire - Saturday May 7, 2016

The following items are needed from each family:

1. 20 Pocket fairy items (collection box in lobby)
 2. Colorful bright & pastel acrylic yarn (collection box in lobby)
 3. 2-3 bouquets of flowers (collected the day before Mayfaire)
- Please see your classroom coordinator if you have any questions.

Also, we are looking for entertainment, which includes singing, music, poetry reading & dancing from grades 3rd - 8th.

If your child is interested please have them sign up on the sheet located outside their classroom. Interested adults may contact Kira Willey (kira@kira.net) or Noah Jarrett (noah@noahjarrett.com)

From Administration



RVWS Summer Camp

It's time to register for Summer Camp. There are four programs to choose from depending on the age of your child. Descriptions and registration forms are on the front desk and available on our website.

www.rivervalleyschool.org

Are you computer savvy?

River Valley IT Committee could really use your help. If interested, please email it@rivervalleyschool.org

Please Help Spread the Word

We have posters and postcards on the front desk for the Mayfaire. Please mail them, hang them in local stores, and share with friends. If you need a digital version contact me: rgoodyear@rivervalleyschool.org.

There are also Grandparents Day invitations in the lobby and next to classrooms. Please mail them to any grandparents or friends you would like to invite. Renee also has this invitation in digital form if that is preferred.

Kimberton Waldorf School - Discover the High School Event

River Valley families are invited to attend on Tuesday, April 26, at 7:00 pm. For more information, call Tammi Stein 610.933.3635 ext 108

VISITING HIGH SCHOOL SERIES

RVWS is excited to present the first in a series of visitors from area high schools. The series is expected to continue this spring and into the fall. Be sure to watch the CURRENT for additional dates, as they are confirmed. If you'd like to learn more about what options are available to students when they leave RVWS, plan to stop by! Please RSVP to Cindy: stop in the office, call or email: cschretlen@rivervalleyschool.org

Self-Directed Learning: An Introduction and Discussion

Tuesday, April 26, 3:30PM RVWS in the Garden, weather permitting; indoors otherwise.

What is self-directed learning? What paths to college are available other than traditional school? How can self-directed learning support teens in reaching their full potential? Please join River Valley parents, MaryBeth Healy (Jaida, gr 1), Scott Gallagher (Loie, gr 3) and Staff of Bucks Learning Cooperative in a lively discussion of how self-directed learning, and a personalized learning community can be an exciting, viable, education option. Weather permitting, we'll meet in the garden – otherwise we will meet indoors. Please RSVP to Cindy: stop in the office, call or email: cschretlen@rivervalleyschool.org

Tuesday, May 3, 2016 3:30pm, RVWS Alumni-Dad, Pete Ryan will introduce The Lotus School of Liberal Arts, Ottsville, PA. Tinicum Art and Science is closing in June. The organization is restructuring and The Lotus School of Liberal Arts will open in September, 2016. The outlook is bright and full of promise here in Ottsville! TAS may be closing, but we're maintaining its best elements, and adding a complement of exciting new features that have been hand-picked by students, parents, faculty, administration, and thought leaders in education. We're putting it all together, and creating a brand new high school: The Lotus School of Liberal Arts

SAVE THE DATE – May 11, 2016

What's Next? - School after River Valley

Many of us have questions or would like to hear about what's next after River Valley in our child's educational career. For instance: Public, or private? What high schools are out there to choose from? What financial aid options exist? How is the transition from here to there?

Parent Council is hosting a roundtable discussion on this very topic at RVWS on Wednesday, May 11, 2016 from 6:30-8:00 pm. We are inviting alumni parents (and alumni themselves, if they're available) who have experience with both public and private high schools. We plan to gather some literature from various schools to have on hand that evening.

Please send us questions that you have on this subject so that we can make sure we have answers for you. email to pc@rivervalleyschool.org

Marketing Survey from AWSNA

Dear Parents,

We are requesting your participation in the Association of Waldorf Schools of North America's electronic marketing survey, <https://www.surveymonkey.com/r/7BJWCG9>. Results of the survey will be used to further Waldorf Education's continental brand recognition and message – a message aimed at conveying confidence in the credibility of the Waldorf experience and strengthening the visibility of our schools. The survey should take no longer than 15 minutes to complete. Responder information will remain anonymous.

The data from the survey and resulting marketing tool kit will help Waldorf schools to refine the Waldorf message, inform member schools' use of marketing dollars, create a collaborative and sustained effort to build brand awareness, and increase digital presence continentally. The research is quantitative, and collecting of data will take place from now until May 2, 2016.

Thank you for supporting this important work! Survey link: <https://www.surveymonkey.com/r/7BJWCG9>

Sincerely,

Beverly Amico, Executive Director, Advancement & Laura Posusta, Executive Assistant
Association of Waldorf Schools of North AmericaSM

Thank You

Thank you Stella Lentsmith for the beautiful Mayfaire flyer artwork!

Thank you Alison Goodman and Bonnie Pariser for mending the Shepherds Play costumes. We appreciate all of your time and effort.

Thank you to the RVWS community from John Patrick Tynan, brother of Logan (G4) and Georgia (G3), for donating eyeglasses for his Eagle Scout project. He is most appreciative.

The Middle School Dance was a tremendous success!! It was a Red Carpet Evening with all the glitz and glamour, and even paparazzi, rivaled only by Hollywood itself! A tremendous Thank You to the magnificently talented and tasteful Eileen Kelly, who transformed the Lobby and All Purpose room into a sparkling sensation! Held up by a team of hardworking props people, Michelle Berrong, Bonnie Pariser, Cyndi Shain, John Smith, Sean DeVan, Andy Wander, Pamela Hobson, Jason Hemminger and McCaslin Miles. As the leading men and starlets walked the red carpet, they were all immortalized in time by the flash bulbs of the dynamic duo, Hilary Murphy & Tiffany Robinson, paparazzi extraordinaire! Thank you to both of these talented ladies for so generously giving of your time and talent! Thank you to Renell Carpenter & Laura Weis for coordinating a feast of delectables, and to all the parents who shopped, chopped, and baked mountains of yummy treats! And rounding out the entertainment, The DJ in Demand, Autumn Saunders! Cranking out the dance tunes, she even had the parents tapping their toes! Thanks to the Moms & Dads of Kimberton Waldorf School for making the long haul, and the Kimberton 7th and 8th graders who joined the festivities. Thank you to our staunch hallway chaperones, Nick Thompson, Joan Given, and Cyndi Shain who lasted 2 1/2 hours on their feet! Thank you to all those parents that cleaned up, swept up, washed up, packed up, and wrapped up the evening leaving the school in tip top shape. A very special thank you to Mrs. Birdsall, Mr. Santiago, and Miss Till for extending your workday into the evening, your devotion, support, and love for these children was evident in your beaming smiles and proud words. Lastly, to the young men and women of the 6th, 7th & 8th grade, thank you for making your parents and teachers so very proud of you! It was a fun and magical evening!

From the Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Language Arts

Third Grade – Social Studies/Shelter Building

Fourth Grade – Language Arts/Class Play

Fifth Grade – Ancient Greece

Sixth Grade – English/Class Play

Seventh Grade – Renaissance

Eighth Grade – Meteorology

8th Grade 5K Run

Perhaps you have noticed the 8th Grade gearing up for our weekly training runs after drop-off or before pick-up? Wondering what we're up to? We are training to run the Finish the Fight 5K on Saturday May 14 at 8:30-9:45 am at Dimmick Park in Hellertown, PA. It's the same race Miss Hummel's former class ran in 7th grade a couple of years ago and it is a small, fun run to raise money for the American Cancer Society as part of their Relay for Life event. There is a \$25 registration fee per runner (price increases after April 30) which includes a free tech running T-shirt commemorating the race. We would LOVE to have as many River Valley families as possible join us! Here is the link to register: <https://runsignup.com/Race/PA/Hellertown/FinishTheFight5K>. Email Renell (renell@rcn.com) with questions or to let us know to look for you there!

From Parent Council

Pocket Fairy Craft Time

Let's join together to make our 20 Pocket fairy items for Mayfaire on Thursday, April 21 from 8:45-10:30 am and on Thursday, April 28 from 11:30 am-1 pm. We will gather in Miss Molly's Garden Gate room. Please bring your own craft materials and we can provide you with some ideas on easy and fun pocket fairy items. Please RSVP for the day(s) you will attend to Hilary at HilaryMurphyphotography@gmail.com

People are talking . . . about Parent Stage!!

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

What's Parent Stage? Only the finest event for River Valley parents on the school calendar. A variety show that will blow your socks off — parents performing for parents. And it's free! Come show your stuff — do you sing? play? act? dance? If you don't want to sing in your own bit, come join the Parent Choir. And of course, snag your babysitter and come to the party. Contact Chellie Bader (michelle@smorgasb.org) or Kira Willey (kirawilley@rcn.com) [parent choir] for more information.

Building & Grounds

School Work Days

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

2015-2016 Work Days

The 5th grade workday has been combined with the EC workday and will take place on May 14th.

April 23 - 1st grade

May 14 - Early Childhood and 5th grade

Board of Trustees

Board of Trustees Open Meeting Agenda

April 21, 2016

Pre Meeting Room Set up at 6 PM. Meeting starts promptly at 6:30.

6:30 –Open Board Meeting (120 minutes)

8:30 – Break

Committee Reports

8:40 – Finance – Nick (25 minutes)

9:05 – Nominating Committee – Rich (15 minutes)

9:20 – Items from the Board President – Will (10 minutes) - Committee Membership

9:30 – Closing and Meeting Feedback

"There is no need for a political stance in consciousness soul working- it is always trying to come to the highest truth possible whether it is in your own thinking or within the working of a larger group. It should be noted that consciousness soul activity does not assume everyone IS working out of consciousness soul activity in any given moment - but knows it is POSSIBLE that a person is and unless you listen as intently as possible, you won't be able to discern if they are or aren't doing so right NOW!"

Michael D'Aleo

From the Capital Campaign Committee

Dear Friends,

The last day of school before spring break began, I was approached by a fourth grade student who handed me a capital campaign pledge form and payment. The form was completely filled out, including a signature by the student. This child had asked his mom if it was possible for a student to donate to the capital campaign.

I don't know if he used his snack money, or broke open his piggy bank, or gave part of his allowance, or even just asked his mom for a loan, but what was clear was that he understood the importance of "right-sizing" our school. This fourth grader was looking to his future and to the future of the school where he spends 6 or more hours a day, five days a week, and sometimes on weekends when he is at work days or music lessons or school festivals and plays. He has heard, as you all have, that an expansion of the All Purpose Room is part of the plan. He watched Fiddler on the Roof, more than once probably, and perhaps was imagining what it will be like to perform on that stage in that room when he enters the middle school.

It is not the practice of our school to exploit the children for fundraising purposes, however, having been immersed in raising funds for the capital campaign for over a year now, it seemed important to share this moment with our school community. I certainly did not ask this young man for a donation, I did not schedule a meeting with him, I did not hand him a color brochure, I didn't stuff his backpack with a pledge form (though that is not beneath me), I didn't inundate him with emails or corner him at his cubby. The good people on the capital campaign committee and I have made that our focus, however, for more than a year now with the parents in our community. We are so very grateful and incredibly proud to say we have raised over \$1.4 million through our hard work and the incredible generosity of those families that have pledged. But we have the capacity for so much more giving right in our own hallways.

Please take the time to pick up a pledge form from Robbie's desk, fill it out with a pledge that makes financial sense for your family and that shows you value the education your children are receiving. Fold it up and mail it in, hand it to someone in the office, hand it to a capital campaign committee member, or put it in Charlene's mailbox.

Thank you, again, to those that have pledged and thank you to those from whom I hope to receive pledge forms in the days ahead.

Gratefully,

Louanne Willard

On behalf of the Building Our Future Capital Campaign

From the Community

MUSIC for your Child

RVWS alumnus and currently Berklee College of Music student, Kris Ramakrishna, is offering Guitar lessons (beginners to advanced, all styles), Music theory and music history, Introduction to composition, song writing with professional software. From mid May to mid August at your house or ours in Riegelsville. Reasonable rates! For more information please email stramak@aol.com or call 610 217 6942

Spring cleaning and ready to pass on old baby items?

I'm In search for boy baby clothing and accessories especially anything wool specifically, wool soakers! Our little one is due in early June and we would love to give your old baby items a new home. I'm minutes from River Valley and I am happy to come to the school to pick anything up. You can reach me at Theadringus@gmail.com. Gratefully, Thea Dringus

Housing Needed

We are looking for a 2 bedroom house, cottage or barn apartment to rent as early as mid-May, beginning of June. Sunlight and space to grow a garden are welcome! We have great credit, personal and work references, and ability to do work on the house in addition to (or as part of) the rent. Any leads are welcome!! Thanks so much for your help, Dayana, Sofia & Valentina Henwood. Please contact us at 917-297-2733 and jazziando@gmail.com

The Art of Equitation

Jen Diedrich (mom of Addison in 4th grade) is offering a lesson program individually designed for each rider's expectations, goals and dreams. With attention needed to be safe and have FUN. Safety is always the first priority. Jen is a lifelong equestrian with a passion for teaching that brings out the best in beginning and developing young riders. Students focused on the show arena as well as those who simply love riding and understanding horses are very welcome. Lessons, trail rides, horse shows and camp offered. Ages 5 and up. Reach Jen anytime at 215-603-9999.

Ottsville Traditional Arts Center

Every Wednesday

Open Jam with Richard Finch

6:00-8:00 pm • \$5 suggested donation

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

Myeong Shim Gum Do- zen sword - meditation - mind training -

明心劍道

clear mind, clear action

85 Sherman Rd, Ottsville, PA

610-297-1175 conduplex@yahoo.com

Peter J. Ryan, Sabom Nim, M.Sc. is a certified instructor in this remarkable martial art who has a deep experience with all ages and all types of learners. Group and individual instruction with Great Zen Master Chang Sik Kim

Shim Gum Do is an original Zen Art that integrates the practice and principles of Zen Buddhist meditation with the "action meditation" of martial art practice. The sword practice of Shim Gum Do comprises 330 forms, choreographed sequences of blocking and attacking movements. Each form is unique and generates a specific energy and a beautiful, athletic physical expression.

The practice of Shim Gum Do emphasizes attaining a clear mind, clear thinking, and clear action.

Classes: Tuesday 4:30-6 pm Ottsville, PA

Sunday 4:30-6 Lambertville, NJ

very affordable! fees vary slightly with location

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

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

Educational Presentations from notable speakers in the Auditorium throughout the day

Vendor Tables to provide consumer information on obtainable and sustainable products and services.

Food and Beverages available for purchase with Organic and Vegetarian options

If you or someone you know has a sustainable business practice and would like to promote it. Please contact tinavenini@msn.com or 610-737-1290 for a vendor application and details. Please Visit www.peace-youth.com to learn more.

For Sale

2006 Mini Cooper, Original Owner, Charcoal Grey, Sun Roof and Moon Roof, New Tires, Inspected, mileage 105,000. Great Car! \$4,000.00 Plug-in Refrigerator and Bike Rack available too. Call (610)847-2178

House for Rent

For the School Year 2016-17 (September-June) Partly furnished 2-story 19th century house right on the Delaware Canal in Upper Black Eddy. 2 bedrooms and a study upstairs, 1 bath, kitchen and living room downstairs, powder room, fireplace. 1 acre lot. No smokers, no dogs. Asking \$1300/month, may be negotiable. Contact Neysa Garrett 925-254-3054 – home, 510-828-5018 – mobile.

Class with Denise Tamofai - Allergies/Hay Fever/Allergic Rhinitis

This class will cover allergies, more specifically, hay fever or allergic rhinitis. Class lecture will include: What are allergies and the affects they have on our bodies, Homeopathic and allopathic treatment options and results, What to do which includes ways of strengthening yourself and detoxing. Alternate options – making your own remedy and even using a tincture, Stress and allergies. Ways to address the stress for the allergic person and also – more importantly- for the person treating them, Prevention using homeopathic remedies, Dealing with difficulty breathing homeopathically, Combination allergy remedies-how they work. Lastly we will discuss many of the most common homeopathic remedies to address hay fever. Specific symptoms are given for each of the remedies and this list is designed to be kept and used for easy reference in the

One class session - April 27 Wednesday from 6:30-8:30PM. Cost: \$35. Given by: Denise Timofai, D.Hom., C.Hom.. Location: The Homeopathic Classroom, 1438 Lonely Cottage Rd., Upper Black Eddy, PA 18972 To Register: Email Denise at homeopathiceducation@yahoo.com or call 610 982 5012

Movie Night at Yoga Loka

TRAPPED!

Friday April 22nd at 6:30 pm, Saturday April 23rd at 3:00 pm. Tickets at \$10

U.S. reproductive health clinics are fighting to remain open. Since 2010, 288 TRAP (Targeted Regulations of Abortion Providers) laws have been passed by conservative state legislatures. Unable to comply with these far-reaching and medically unnecessary measures, clinics have taken their fight to the courts. As the U.S. Supreme Court decides in 2016 whether individual states may essentially outlaw abortion (Whole Woman's Health v. Hellerstedt), Trapped follows the struggles of the clinic workers and lawyers who are on the front lines of a battle to keep abortion safe and legal for millions of American women. Trapped is a feature-length documentary from director Dawn Porter, whose previous work includes Gideon's Army — the Emmy and Independent Spirit Award-nominated film about public defenders in the Deep South — and Rise: The Promise of My Brother's Keeper. Trapped premiered at the 2016 Sundance Film Festival, where it won the Special Jury Award for Social Impact Filmmaking.

From Yoga Loka

Yoga Immersion/teacher training info meeting - Sunday 4/24 at 11:45 am- bring your questions

Restore and Renew with Deb Kline - Saturday 6:30-8:30, 4/30

Yoga for Healthy Aging with Deb Kline - Thursdays 8:30 - 9:30 am (5/5-5/26)

Sound Meditation and Awakening Experience with John Muraco, Thursday 7:00-8:15 pm 5/26/2016

Calm Stress & Anxiety With Hypnosis with Judy Cosentino Thursday 6:30-8:30 pm 5/12/2016

www.Yoga-Loka.com 908-268-7430

Camp Girl Power

Mon, August 15th - Fri, August 19th 2016 9 AM to 3 PM
Girls, ages 11-13

Develop the skills to be EMPOWERED in the 21st century through a variety of fun and interactive activities. EMPOWERED = Possessing the knowledge, skills, confidence, and resources to stand up for oneself, make positive choices, and be in control of one's future.

Camp Girl Power is facilitated by: Dawn H. Haaz, Psy.D., Licensed Psychologist & Samantha Lohr, M.Ed., N.C.C. Girls Empowered P.O. Box 201 Doylestown, PA 18901 267-225-6684

Join Youth Orchestra of Bucks County

Audition for placement in a YOBC ensemble!

8 large ensembles (3 bands, 3 strings, 2 full orchestras)
8+ chamber ensembles: string quartet, woodwinds, brass & percussion
Open to students in grades 3–12.
Auditions May 14–15, 2016 at Bucks County Community College, Newtown

Special Events for our 25th Anniversary Celebration:
Winds coaching from US Coast Guard Wind Quintet
Master class with composer/musician Chris Brubeck
Philadelphia Orchestra field trips

Special Gala Celebration and Performance with Chris Brubeck and Triple Play ...and more
Now Scheduling Auditions for all instruments, all levels, all ensembles.

REGISTER ONLINE WWW.YOBC.ORG

Questions? info.yobc@gmail.com 215.945.5105

Rummage and Bake Sale

Thursday and Friday, May 5 & 6 10 am–8 pm and
Saturday, May 7 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 12–30. 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 or TV's accepted. For more information call: 484-357-5274 or 215-479-2724.

Costa Rica Rental

Casa de Iguana is a private home built and designed by Ivy Giacchino-Berrocal and her husband Mauricio Berrocal (parents of Lila in the Moon Room). The home is located in Herradura, Costa Rica and is all family owned. It is a two story home with a large comfortable sitting area on first floor with wrought iron spiral staircase leading to a 2nd floor and wraparound porch with views of the mountains, 2 large fully equipped stone tiled bathrooms on both floors, open kitchen layout! The home sleeps 10, possibly more.

For more information or to schedule time at Casa de Iguana, email karunagoddess@gmail.com or call 201-694-5166.

You can view pictures here:

<http://www.thekarunashala.com/Casa-de-Iguana.html>

Roxey Ballet Fundraiser

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

www.roxeyballet.org -- Use code RVWS16 when purchasing.

A Request from An 8th Grade Student

Dear RVWS parents and community members,

The 8th grade classes at RVWS have been doing projects for years and years, and this year is no exception. The difference between this year and previous years is that this 8th grade class is doing a much more community service oriented project. For my community service, I have been working with a local organization called Grow A Row. Grow A Row is a non-profit farm that grows fresh produce for people in need. During the harvesting season, I helped pick greens and package them, but then the season passed and I needed to find more ways to help out. So I started thinking of ways to bring Pennies for Produce, a campaign that Grow A Row has launched, to the school. This is where the rest of the RVWS community comes in. You can all help by taking a jar home with you and putting it in your kitchen, your car or even a local business, then, when the jar is full of change, bring it back to the school and I will deliver it to Grow A Row. There will also be jars in various classrooms as well as in the lobby. We might also have some fund raising games later in the year to support the Grow A Row.

Thank you in advance, Dominique Wander

New Yoga Basics with Felicia Ruth Holtz

Thursdays 9:30 -10:45 AM

Red Hill Medical Center, 7137 Old Easton Road, Suite 101, Pipersville, PA

Reiki Level 1 with Felicia

May 1, Dig Yoga, Lambertville, NJ 2:30-7:30 pm.

Grounded Kids Yoga Teacher Training at Dig Yoga, Lambertville, NJ

Teaching Kids Yoga and Mindfulness with Felicia Ruth

95 hour Yoga Alliance Certification Program

In four modules - take one or take all for certification

\$500 per module - \$1700 for full certification

All modules include hands on experiences with children/teens/special needs and fall trainings will include teaching in school settings. To register please contact digyoga.com (you can register online under trainings) For questions and information please email me at felicialom@gmail.com

Ground Yourself in Children's Yoga July 14-16th

Based on the principal that you must ground yourself before grounding others, this training is an invitation to create an authentic presence, learn 84 grounded kids yoga poses, explore super powers of kindness and compassion, taming anger, creating calm and laser focus, be introduced to all aspects of teaching children/adolescent yoga and have access to our online learning and teacher fb page and support and be listed as a grounded kids yoga instructor. 22 hrs

Expand Your Reach - Teaching Yoga in Schools September 17-20th

Training within actual schools allows you to see the nuances and efficiently gain the skills necessary to affect classrooms and children with the benefits of yoga and mindfulness through our signature United States of You curriculum. Includes - co-creating with school curriculum and standards, the effect on the entire school community, special needs, child development, assessment and more. 22 hrs

Refine Your Teaching - October 7-10th

Working together to understand and identify the qualities, characteristics of the five universal elements within yourself and others gives you the advantage of knowing how to connect with and inspire children on a very deep level. Includes lesson planning, honing observation, verbal assists, sequencing and more. 22 hrs

Celebrate Your Elevation - December 4-6th

Complete your training with others who have stepped up to earn the distinction of Certified Grounded Teacher, ready and willing to make a difference in the world. Includes anatomy, trauma sensitivity, the business of yoga, manifesting your vision, best practice and more. 22 hrs

For more information about Grounded Kids Yoga gogrounded.com for more information about the potential for yoga in schools, please see my dear mentors' websites: newarkyogamovement.org or atlantayogamovement.org *Help this movement spread across schools in the Delaware River Valley and beyond. Rewarding work on every level. Truth is the word. Love is the answer. Calling all light warriors.*

From the New York Times

Where's the Magic in Family Dinner?

By LISA DAMOUR

Like many families, we strive to eat dinner together as often as possible. And when my husband and I meet our tween and her younger sister at the table, we sometimes have worthwhile conversations or manage to crack each other up. But, at least as often, dinner devolves into a failing effort to find out what happened at school or a nag-fest over mealtime manners. After an especially short or harried supper, I can find myself wondering how the family gathering that just transpired could possibly help to raise my daughters' grades, improve their psychological well-being or lower their risk of substance abuse.

I'm not the first to question whether family dinners are truly responsible for the many happy results to which they are famously linked. If we zoom out from the tight focus on the evening meal, we can see bigger picture factors that, in their own right, support positive outcomes for children while also helping families get to the dinner table. For example, one study of adolescents found that living in an economically secure home with both biological parents accounted for some, but not all, of the benefits that are typically chalked up to family meals.

Still, eating together seems to have effects that go beyond the advantages of having financial means or married parents. So what accounts for the magic of the evening meal, especially when sparkling banter is a fickle dinner guest in most homes? Reflecting on the families I've worked with in my practice, I've come to suspect that regular meals serve as an easily measured proxy for one of the longest-standing and sturdiest determinants of adolescent well-being: authoritative parenting.

In the early 1970s, the psychologist Diana Baumrind identified two essential components of parenting: structure and warmth. Authoritative parents bring both. They hold high standards for behavior while being lovingly engaged with their children. Decades of research have documented that teenagers raised by authoritative parents are the ones most likely to do well at school, enjoy abundant psychological health and stay out of trouble. In contrast, adolescents with authoritarian parents (high on structure, low on warmth), indulgent parents (low on structure, high on warmth) or neglectful parents (low on both) don't fare nearly so well.

What does this have to do with dinner? Getting adolescents to the table requires a surprising amount of structure; it's not easy to hold the expectation that our teenagers will join us even for a quick bite. If it were, we wouldn't have a recent report showing a decline in adolescents eating dinner with their parents despite the many loud champions of the family meal. Securing a teenager's mealtime presence serves up further opportunities for authoritative structure. Adolescents can prepare or clean up the spread, or field questions about their summer employment plans. Luckily, the rewards of authoritative parenting do not require an enthusiastic teenage response.

Simultaneously, getting parents to the supper table presumes a degree of warmth. To make a priority of spending mealtimes with our children, we must manage our own commitments and slay the scheduling dragons that keep us from family dinner. Then there's the caring gesture of putting a meal together and the fact that we are setting the table for the possibility of enjoying one another's company. In short, to find a teenager and at least one parent sharing a regular meal suggests the presence of authoritative parenting and all the good that goes with it.

Viewing dinner through Dr. Baumrind's lens helps me fret less about our rushed or unhappy meals. Simply making it to supper together may be a win unto itself. And focusing on the broad factors of structure and warmth reminds me that, as with many aspects of family life, there are lots of ways to get it right. If a family's schedule means that dinner can't happen, maybe breakfast can. Indeed, planned meals are just one of many routine interactions that can weave structure and warmth into the fabric of family life.

Of course rigidly observing mealtimes, or any other ritual, cannot guarantee that our adolescents will go on to lead contented and fulfilling lives. But for parents who are looking to communicate high expectations and an interest in their children, aiming to dine together isn't a bad place to start. Shared meals are likely to be both a cause and a consequence of a sustaining family life. Either way, let's eat.

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