



River Valley Current

April 26, 2016 No. 443

"You can always tell when the groove is working or not."
- Prince

School Calendar

This Week

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

Looking Ahead

Tuesday, May 3

Visiting HS Series in the Garden 3:30 pm

Friday, May 6

Grandparent's Day

Saturday, May 7

Mayfaire 11:00 am - 3:00 pm

Monday, May 9

5th grade trip to the Metropolitan Museum
of Art in New York City

Wednesday, May 11

Parent Council High School Round-up 6:30-8:00 pm

Thursday, May 12

School Tour 9:00 am - 11:30 pm
EC Parent Enrichment Evening 6:30 pm
6th grade class play, Robin Hood 6:30 pm

Friday, May 13

No School - Faculty In-service - Records Day

How to Contact Us

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

May Lunch Forms are attached to this week's Current.

Soup Order Forms will be ready later this week. Keep an eye on your email for more details.

Josh Laker's Afterschool program ends Thursday.

Parent Council Corner:

Next PC meeting 5/18, 2:00 pm
in the Garden

Parent Stage

This Saturday, April 30 at school. Doors open 6:30, curtain at 7:00 pm
Adults only! Pot luck! Free!

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!

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.

Grandparents and Special Friends Day

In Early Childhood the celebration begins at 11:30 am with a picnic on the back playground.

In the Grade School guests are invited to arrive at 12:45 pm for a reception followed at 1:15 by an assembly for parents, grandparents and special friends. **Early Childhood families are welcome.** Please join us if you can.

Grade school students are expected to wear Concert Attire as described in the Parent Handbook.



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

Directory Update

The Ritchie family (Evie in 5th grade) have moved to Upper Black Eddy. Their new address is: PO Box 104 , Upper Black Eddy, PA 18972. Home phone: 484-305-1265. Cell phones stay the same.

Email: paulritchie@ptd.net jillianritchie@ptd.net

Help us Find the Right People

Needed: An energetic cleaning team to keep our school clean. During the school year, 5-6 man hours, 5 evenings a week. During summer and breaks, 15-20 hours per week. Pay: \$12-\$14 per hour, must be able to pass background checks. Know of anyone? Call Lynne Allbaugh 610-955-5405.



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

Thank yous

Christina Hummel would like to thank the following 1st grade parents, along with their awesome children, for supporting the River Valley work day on April 23rd. Through all of their efforts we were able to not only spruce up our appearance, but also complete some much needed repairs. Melody Birdsong and Eric Shubert, Hilary Murphy, David Lovely, Pete Gustavson, Noah & Joy Jarrett, Molly MacDonald, MaryBeth Healy, Regan Wilson and anyone else we may have missed. Thank you again for supporting our school!

Thank you, Erica Nichols, for all of the many things you do for our school, but specifically for handing all of our purchases through PA Act 195. Between waiting for the state budget to pass and negotiating your way through the complicated government website, your task was not an easy one. All of the children and teachers appreciate the many books, pieces of science equipment, wooden EC toys and beautiful lyres (just to name a few) that your work enables our school to receive.



The time is now!
Order your
2016
Yearbook

Pre-Order by **May 13th** for only **\$32**
After May 13th the price will increase **\$10**,
so drop your form
in the folder on the office door today!

Congratulations to Karen Atkinson

The Association of Waldorf Schools of North America (AWSNA) has just announced that they have chosen our very own Karen Atkinson to be the MidAtlantic Regional Representative to the Leadership Council of AWSNA. This is quite an honor and a great responsibility and we wish Karen all the best in taking on this role.

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.

Interesting Information

Apparently magnets on cars and vans need to be removed and cleaned and put back on periodically. Failure to do this can cause rusting under the magnet and can cause the magnet to permanently adhere to the car. So now is the time for spring cleaning of your RVWS bumper sticker.

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. Tincum 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.

Tuesday, May 17th, 3:30, Solebury School, Solebury School is a place where young people can explore the intellectual world and grow as students and as thinkers, where they can think creatively and be creative, and where all students have the chance to participate in all facets of the school – academics, athletics, clubs, and the arts. It is a place where students find the confidence to be who they are and to let their talents and personality enhance the school. It is a place where each individual is known and where faculty mentor students in and out of the classroom so that they become not only the best students, but the best people, possible. We have been fortunate to watch many River Valley graduates thrive here, and are excited to continue to work with you and your children.

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

The Association of Waldorf Schools of North America is requesting parent participation in an 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 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>

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 the Leadership Council

Background on the Language Decision

Dear Parents,

In response to some questions that were brought during last week's community meeting, we would like to share a more detailed picture of the process which culminated in the decision to offer Spanish as the single World Language class at RVWS beginning in September, 2016.

Out of a desire to deepen our student's foreign language experience, the faculty and parent community have been in a multi-year dialogue about River Valley's language program. Initially, we held a community discussion to share the probability of no longer offering two languages in our curriculum. Following this first meeting, a thorough program review by a Waldorf language program consultant took place. The faculty then continued in their meetings and pedagogical study to address this program change and included it in the pedagogical goals of the strategic plan.

On October 29th, 2015 the LC and the Faculty hosted another community meeting during which we discussed two 2016-17 program changes: one concerning teacher looping, the other concerning the language program. These community forums are held to gather parent input and feedback to inform the faculty's decision-making process. The October meeting was well attended and parents were supportive of the idea of moving to one language.

The sentiment from the meeting was that our students would receive a more in-depth experience in one language. The imagination of this new program is that the teacher will be familiar with Waldorf pedagogy, preferably Waldorf-trained, or willing to enter Waldorf training. At that moment in time the specific language had not been determined.

The LC and TDC met with both of our language teachers prior to that community meeting to inform them of our intention to change the program and to invite them to apply. Additionally, we cast out a net to the Waldorf community seeking a World Language teacher. We received several applicants for Spanish language and also were presented with a thorough, in-depth study on World Languages from a very knowledgeable parent in our community. Judging from the applicants who presented themselves and supported by the data from the World Language study, the full faculty confirmed Spanish as the World Language offering at RVWS going forward.

It is important that parents know about the diligent process that our school leadership carried out over a period of years in investigating and then making this program change: program evaluation, parent communication, faculty study, world language study, and an open interest to see what language presented itself to our school. With each step, the faculty and leadership bodies have been deliberate and conscious in their decision-making.

While we acknowledge and understand that the outcome of any decision-making process is unlikely to seem satisfactory to every family in our community, we are committed to open dialog and school-wide communication. Whenever appropriate we will continue to solicit parent feedback regarding school-wide changes. We feel strongly that the process undertaken in arriving at the decision for Spanish as the single World Language at RVWS was thoughtful and rigorous. We are currently in the process of hiring a Spanish teacher for next year and will share more information with you as soon as we are able.

Thank you for your ongoing support of RVWS!

Reminder:

The LC has open hours every Tuesday from 3:30-4 for anyone who would like to meet with us. If you have a question or a concern, please stop by. All are welcome.

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

Parent Council Meeting with Other Area Waldorf Schools

Rebecca Brown and I had the opportunity to attend the first meeting of Regional Waldorf Schools Parent Associations held at the Philadelphia Waldorf school on Saturday April 16th 11:00-4:00. First let me say what a beautiful school! This is their first year in their new location in the Germantown area of Philadelphia. Their school is in an old Episcopal church that has been renovated so beautifully and shows what a school community can accomplish for their facility.

Schools in attendance included Kimberton, Baltimore, Susquehanna, Philadelphia and Princeton Waldorf schools. We spent the afternoon sharing how Parent Councils work in each school, what projects they take on and their relationships with other leadership bodies. We found many similarities and also have learned some really great ways other schools handle things like communication and community building. We hope to implement some things we have learned and will support annual meetings of our parent groups. We look forward to hosting a meeting at River Valley. Please email pc@rivervalley.school with any questions or to get more involved with PC here at RVWS.

Clare Brunell

From Development

Our Annual Fund Giving Tree is Growing!

Thank you to the following individuals for generously supporting the Annual Appeal!

Jennifer and Paul Kovach

Alfred Bader

Friends of Bridgeton School

Violetta and Matthew Goedel

Microsoft Matching Gifts Program

Mary (Tertia) Gale and Elan Leibner

Sally Rich Designs

Gene Fox

Judith B. and Wayne Huey

Jill Welch and Ross Welch

Kristyn Lederer

Joan Yax-Fox

Cindy and Rick Eberts

Richard Kroth

Lyn and Tom Shields

Jeffrey and Charlene Chapman

Rebecca and Alex DiCandia

Tracy and Brian Fly

Edward George

MaryBeth Healy

Nichols Martial Arts, Inc.

Clare Wargaski-Brunell and Carl Brunell

Alison and Ben Goodman

Beverly and Italo Sessegolo

Stephanie Spencer

Julia and Joseph Thomas

A leaf has been placed on the Giving Tree for each of these donations. Each class, Grandparents, friends, faculty and staff have their own leaf color. Watch our tree bloom, from the roots to the canopy, as our Annual Fund grows!

Did you know that your tuition only accounts for a portion of the funds needed to operate our beloved school? Because we are a tuition-based school, we are not eligible for most grants and subsidies that other schools may qualify for. Additionally, we offer financial assistance for many of our families. Our ability to invest in our programming, support our faculty, serve our students, and maintain our facilities depends upon additional funding from events, gifts and sponsorships. This is why we ask our community to support the Annual Fund each year. In the next several weeks, you may receive a letter, note, email or call asking for your support of the Annual Fund. Please give what you are able so we may provide all the wonderful things that enrich your children's education in a way that no other school can. Thank you for your continued support and generosity!

Development Committee

From the Capital Campaign Committee

The 5 W'S of our "Building Our Future" Capital Campaign

WHAT: Right-Size Our Building

- 8 full-size grade classrooms & 4 full-size Early Childhood classrooms
- Double size of All-Purpose Room
- Space for full complement of Waldorf specialty classes (music, arts, Eurythmy, etc)

WHY: Increase Enrollment for Financial Sustainability

- 20 years of running down our mortgage-free, gifted facility without adequate reinvestment and structural maintenance
- Underpaying/under-supporting our highly valued, highly gifted, devoted faculty
- Without increased enrollment we continue deficit spending from purposefully "low" tuition to promote economic diversity and (allowed but undesirable) under - enrollment to launch the middle school
- Simple math: need tuition revenue of fully-enrolled classes — 24 students per 8 grades classes and 16 children per 4 EC classes — to fund a budget that covers our daily operating expenses

WHEN: Now — We Are Out of Space and Out of Time

- Annually shuffling under-enrolled classes into undersized classrooms
- All-Purpose Room insufficient space for community-wide events
- New roof and Middle school bathroom renovations already completed with campaign funds

WHO: You — We Can Only Move This Mountain Together

- 20-years "young" with no endowment, no alumni network of donors, geographically "centrally-isolated" with few established relationships to outside community
- Stretch donations spread out over time multiplied by many families in our community amount to sizable sums of money
- Seeking additional outside support but must demonstrate that we have "skin in the game" (100% participation goal)
- River Valley exists for us today only because of the hard work and generosity of our predecessors. It is our turn to pay it forward to serve the next generation of families.

WHERE: ...Do I Get a Pledge Form?

- Robbie's desk in the lobby
- Pledge forms allow for gifts over a 3 to 5 year period
- Pledges can begin immediately or anytime between 3 - 5 years
- Completed pledge forms can be mailed to "RVWS Attn: Capital Campaign" or placed in Charlene's mailbox in the office

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

May 14 - Early Childhood and 5th grade

From the Community

La Leche Leagues of Hunterdon County, NJ and Hillsborough/Bridgewater present:

"Portraits of Motherhood" Mini Session Fundraiser
Saturday, May 14 from 9 am - 4pm **Additional times may be added.**

20 minute mini session for Mothers & Children
\$150 Sitting Fee includes 3-4 digital images
LLLHC/LLLHB Member Price: \$125 with 5-6 digital images
Photographer Hilary Murphy is donating her time & talent to support this fundraiser. Sessions held on location at her private & peaceful 30 acre farm in Pittstown, Hunterdon County, NJ.

www.hilarymurphyphotography.com

REGISTER TODAY:

<http://www.signupgenius.com/go/30e0a48a9ab2ea2fb6-breastfeeding>

Proceeds from this fundraiser will benefit two local LLL groups in their support of breastfeeding mamas.

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.

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

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

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.

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

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.

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

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

From Yoga Loka

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

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.

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

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

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

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>

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.*

No Fooling: Children Need Unbounded Outdoor Play

by John Lee

A parent once told me that playing in the earth and exploring nature was not going to get his 5-year-old son into Harvard.

I humbly beg to differ. Free play outdoors teaches a child how to imagine and solve problems and how to imagine a world outside the concrete confines of urban and suburban America. It also delays the onset of Nature Deficit Disorder, the condition identified by Richard Louv in his important book, "Last Child in the Woods."

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Free outdoor play involves learning about natural relationships and learning to see — not just look. It teaches a child to question rather than to accept blindly. It also helps a child understand that there may be real and sometimes unfortunate consequences to even well-intended actions. Here I'm thinking of the time children released a three-legged frog back into a pond. Before the flap over whose turn it was to set it free, that creature had four legs. This type of real-world experience is likely to make a child not just an excellent candidate for Harvard, if that's the goal, but a more successful person. That seems a point worth emphasizing in this season when many parents are planning their children's summer activities.

There has been much reported on the importance and relevance of play. But the play that I think is most meaningful isn't the kind that is supervised on a playground, with the child exploring this structure or that, splashing in the sprinkler, rough-housing with other children. To me, raised in the countryside of Vermont, ideal play is unbounded. No swing set or merry-go-round. No water-spitting steel snake. Such diversions don't create imagination or foster creative learning. They don't instill the thrill of discovery or the joys of freedom.

Many summer programs and other recreational opportunities for children are not terribly different from supervised time on a playground. Young people herd children from one managed activity to the next. The goal is to engage children in the same activity at the same time and to make sure that no one gets too excited. What are their charges really learning? What is anybody learning? Where are the formative relationships?

Play is not mindless activity, but it need not be highly organized, either. It should not be goal-oriented. Play lacks measurable consequences and is geared only to the realizable goals of the players. Play is where the players find joy in their explorations, creations and meanderings. Enough with schedules and choreographed commitments. Summers, afternoons and weekends are for creative play and exploration. Perhaps not every child would consider catching frogs or hunting worms, observing butterflies or making ice cream by rolling a can down a hill a good time. But learning by doing (or not doing) is instructive for everyone, parents too.

I have made a career of managing farms, and on every one, the kids I've seen are mesmerized and want to explore it all. The same is true, it turns out, for their parents. This speaks to a universal longing to know, understand and be able to explicate some of the truly basic and essential experiences of life.

For children, the difference between observing creatures in a zoo or aquarium and catching a tadpole or a turtle in a pond is geometric. Feeling a live and wild animal wriggle in one's palm is a different experience from seeing specimens in a controlled environment. Returning that creature back into its habitat, and doing it safely and with compassion, is equally important and rewarding. 'Catch and release' is a fundamental life experience that can only be learned in nature, and it is a core value of our humanity. Feeling a live and wild animal wriggle in one's palm is a different experience from seeing specimens in a controlled environment.

Dr. Scott Sampson's prescription of a minimum of 30 minutes per day, three days per week of outdoor time is barely enough to satisfy a child's natural curiosity. Life without the joys of the-out-of-doors is an empty plate, and we will end with a generation or two of hungry, nature-insecure children who will not be able to relate to or value the non-human biome that sustains our planetary home. We should all take a page from a once well-read children's classic, "How Tom Beat Captain Najork and His Hired Sportsmen," by Russell Hoban. The hero, Tom, is a boy who's constantly "fooling around" — that is, playing — and his no-nonsense aunt decides to teach him a lesson by bringing in the formidable Captian Najork and his hired sportsmen to beat him at games.

"The hired sportsmen brought out the ramp, the slide, the barrel, the bobble, the sneeding tongs, the bar, and the grapples. Tom saw at once that sneedball was like several kinds of fooling around that he was particularly good at. Partly it was like dropping things off bridges into rivers and fishing them out and partly it was like fooling around with barrels in alleys."

Needless to say, Tom wins — or perhaps I should say, he "gets into Harvard."