

School Calendar

This Week

Saturday, April 7

RVWS Open House

10:00 am

Looking Ahead

Wednesday, April 10

Parent Council Meeting – Homestead

2:00-3:00 pm

Wednesday, April 11

4th Grade to Pennsbury Manor

Friday, April 13

4th & 5th Grades to Harrisburg

Monday-Friday, April 16-20

Spring Break – No School

Monday, April 23

Faculty In-Service – No School

Tuesday, April 24

School Resumes

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

RVWS Video for your Viewing Pleasure

Hilary Murphy made a wonderful new video about the importance of play and you will find many familiar faces.

If you missed the presentation at the auction or if you loved it and want to see it again, it is available on our website: www.rivervalleyschool.org. Check it out.

Auction News

The RVWS Auction site is back up with items that are still available. Whether you attended the event or not, there's still time to get in on the fun and excitement. All items are Buy Now. Check out what's available or sign up for one of the many Unique Experiences. Items are also on display at school. Happy Shopping!
<https://rvws2018auction.ggo.bid>

RVWS All School Open House this Saturday

Invite a Friend & Come Yourself!

Parent referrals are our most reliable outreach – We need you!

Saturday, April 7th, 10:00 am

The Open House format is very dynamic and suitable for prospective parents as well as current parents. Visitors will meet some of our wonderful alums, alumni & current parents and have time to converse with our grade school, early childhood and specialty teachers, view student work and see how our program fits together as a synergistic whole.

The Open House is an opportunity to learn more about what comes next for your children as they move up through RVWS and beyond! Please RSVP so we can plan for our group. We will have childcare. Please let us know if you are coming and if you have a need for childcare.

RSVP to the office, or info@rivervalleyschool.org

There are lawn signs in the lobby; please take them to display in your neighborhood.

Mayfaire is Just Around the Corner!

Parents in all classes are asked to make Pocket Fairy items (20 items per family).

The Pocket Fairy Box is located in the lobby.

We will also be collecting bouquets of flowers 2 days before the festival. If each family donates a bouquet we will have plenty for the children to make flower garland headbands the day of festival.

Please contact your classroom coordinators with any questions.

Calendar Adjustments

Because of yesterday's snow day (!) our school calendar has been modified yet again:

- **April 23rd will now be a regular school day, in-service is cancelled.**
- Friday, May 25th will be a full day of school.
- Thursday, June 14th will be a full day of school, and will be the last day of school for nursery and kindergarten students.
- Friday, June 15th will be a 1:00 pm dismissal, and will be the last day of school for grade school students.
- The 8th grade Graduation Ceremony will be held Saturday, June 16th

From Administration

Enrollment Contracts are Due

Enrollment contracts for next year have been sent out and are due back by Thursday, April 12th in order to qualify for the \$250 deposit. After that date there will be a \$500 deposit required for each child.

Thank you

The RVWS Auction Committee neglected to include Purely Farms in their auction thanks last Current! All who attended enjoyed the Purely Farm Turkey Ragu and the Purely Farm Pork Bulgogi and we thank them for generously donating the turkey and the pork to make the auction a tasty success. Our sincere apologies for the omission.

Clare Brunell

On behalf of the Auction Committee

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Math

Third Grade – Old Testament

Fourth Grade – Local Geography

Fifth Grade – Ancient Greece

Sixth Grade – Physics

Seventh Grade – Wish, Wonder & Surprise

Eighth Grade – History

Let the Thawing Begin! Happy Spring!

This is a friendly reminder that our garden is very wet, so please be sure that your 1st-5th graders have their rain boots and rain pants for gardening, as we will start to uncover planting beds and compost and haul fresh soil in for the season... good dirty work. This is a good time to think about a garden hat for your child (a simple baseball cap will keep the sun out of eyes). Thank you to the First grade and Yonas and Yana Rahman as well as Aidan Goldstein for helping to prepare and plant our pea bed....It has begun!

From the Community

**SING
OUT** FOR

**ART
Yard**

Contributions collected will directly support ArtYard's programming

**FRI APR 06
6-9 PM**

62A TRENTON AVE.
FRENCHTOWN, NJ

ANYONE 12 AND OVER IS
INVITED TO SHOW UP,
LEARN A SONG AND
PERFORM IT AS
PART OF A
CHOIR.

PLEASE RSVP
at artyard.org

Limited menu available from
Lovin' Oven!

**DJ ARM 18
6 PM**

CHOIR
DIRECTED BY
**KIRA
WILLEY**
7 PM

**POP-UP
CHOIR**

SHOW UP. SING OUT.
DO GOOD.

POP-UP
CHOIR
.COM



Hawthorne Valley Farm Camp

Kids Can Cook Camp – Ages 8-13 - June-August

Cooking, Gardening, Animal Care and more

House Camp – Ages 8-12 – July-August

Feeding Animals, Archery, Gardening, Nature Projects, Hikes, Cook-outs, Swimming

Field Camp – Ages 12-16 – July-August

Campers become Junior Apprentices on the farm – 2 and 4 week sessions

Named one of the 7 best farm camps for kids by Modern Farmer Magazine!

pbhc.hawthornevalley.org 518-672-7500 X201

German Club Moving to Wednesday

German Club is moving to Wednesdays, and our final round of the year begins April 4, 3:30-4:30 pm, at the Presbyterian Church in Milford. The cost is \$150 for ten classes, (\$15 per class), and car pooling from RVWS is available. German Club provides an opportunity for kids to continue their enthusiasm for the German language, discover the excitement of speaking a foreign language, and learn about European culture. There are songs, stories, games and activities that have delighted Bucks area kids for years. (Tutoring is also available for more advanced students who want to prepare for high school German or families planning a trip to Europe.) Contact: Peter Ray, peter.ray@comcast.net, or 215-794-5816.

From Ottsville Traditional Arts

Elizabeth and the Catapult - House Concert

Saturday April 7th @7:00 pm

Elizabeth Ziman, who performs as Elizabeth and the Catapult,

is a critically acclaimed singer/songwriter from New York, living and working in Brooklyn.

She's toured with the likes of Sara Bareilles and Kishi Bashi; collaborated with Esperanza Spalding, Gillian Welch, Blake Mills and Ben Folds; Scored, with Paul Brill, a variety of international award-winning documentaries including Trapped, a Peabody winner; and won the 2015 Independent Music Award for Songwriting, Folk category. Her songs have been featured in national television campaigns for Google, Amazon, Sky TV, and "So You Think You Can Dance".

Always writing, Elizabeth has narrowed her vast collection of previously unrecorded material down to her fourth full-length studio album Keepsake, produced by Dan Molad of Lucius and featuring collaborations with Richard Swift (The Shins). Her most personal record yet, Keepsake is about nostalgia and transformation, hope tempered with regret—it's a distillation of the human experience, a universe unto itself.

Ottsville Traditional Arts Center, 250 Durham Road, Ottsville Pa. 18942 www.ottsvilletradarts.weebly.com

From the Artyard

FilmYard

Please join us for two unique film screenings in the month of April. For tickets or for more information on our upcoming screenings, please visit our website, www.artyard.org to buy tickets..

Faces Places, Saturday, April 7, 7:30 PM - This documentary follows the adventures of Director Agnes Varda and photographer and muralist JR on their travels throughout rural France. Their unlikely friendship springs from their shared life-long passion for images, how they are created, displayed and shared.

Human Flow, Saturday, April 14, 7:30 PM - Over 65 million people around the world have been forced from their homes to escape famine, climate change and war in the greatest human displacement since World War II. This documentary elucidates both the staggering scale of the refugee crisis and its profoundly personal human impact.

Mudlarking at Artyard

Sunday, April 8 1-3 pm – Weather Permitting

In preparation for our upcoming exhibition, The Memory Palace: Frenchtown at 150ish, we would like to invite the community to participate in mudlarking. The term mudlarking draws from the British tradition of scavenging for treasures in the River Thames. We will meet at ArtYard and head to the river as a group. Objects found during these expeditions will be on display in the Unearthed section of our spring exhibition. If you have treasures you have found on your own time that you would like to lend to ArtYard, please bring your objects to the ArtYard gallery Wednesday-Sunday, 11:00 AM - 5:00 PM. To RSVP go to: <https://www.eventbrite.com/o/artyard> and type in Artyard.

TRE retreat with Bonnie Pariser

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

TRE is a self-regulation technique that helps the body to release stress, tension and trauma in a gentle way. Developed by Dr. David Berceci, TRE is used around the world by all populations with great success.

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

Journey's End Farm Camp

Where: Sterling, Pennsylvania, on the edge of the Poconos

Who: 34 campers per session, ages 7 through 12

What: Journey's End Farm is a year-round 210-acre family farm that has welcomed campers to sleep-away camp for three generations, since 1939. Daily farm chores include the care of cows, calves, hens, chicks, rabbits, goats, and alpacas. We grow much of the food we consume at camp and encourage children to enjoy eating the vegetables they help tend. Campers build projects in woodshop and ceramics; explore the natural world; create games, make music, and go on hikes with the staff; and play in the fields, woods, and creeks. Drawing from Quaker values, Journey's End emphasizes inclusion, simplicity, respect, and cooperation. A counselor to camper ratio of 1:3 provides attention and support for each camper, and our small sessions foster a strong sense of community.

When: Four 2-week sessions from June -- August

Cost: Please check website for dates and rates. Early bird discounts and financial aid available. Referral incentive through March 31.

Go to: www.journeysendfarm.org

Looking for a gardener?

Garden Goddess organic gardening services offers cleanup, maintenance and design. Specializing in vegetable and medicinal herb gardens, compost consultations, and whole systems design. Contact Sara for more information: sarajoyfishkin@gmail.com 908.323.9691

Living Opportunity

Interested in living more communally and sustainably? Have land and want to see it used productively? Want another family on your property to share in community and in the creation of an earth-centered infrastructure? Contact Sara (mother of Isaiah in second grade and Levi and Eva in the Moon Room) to begin a conversation. sarajoyfishkin@gmail.com 908.323.9691

Threshold Equestrian

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

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

2018 Sustainable Living Expo

Friday, April 13th, 5-10 pm

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

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

Find out more at peace-youth.org

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

From: Harvard Business Review

Having Your Smartphone Nearby Takes a Toll on Your Thinking

By Kristen Duke, Adrian Ward, Ayelet Gneezy, Maarten Bos

“Put your phone away” has become a commonplace phrase that is just as often dismissed. Despite wanting to be in the moment, we often do everything within our power to the contrary. We take out our phones to take pictures in the middle of festive family meals, and send text messages or update our social media profiles in the middle of a date or while watching a movie. At the same time, we are often interrupted passively by notifications of emails or phone calls. Clearly, interacting with our smartphones affects our experiences. But can our smartphones affect us even when we aren't interacting with them — when they are simply nearby?

In recent research, we investigated whether merely having one's own smartphone nearby could influence cognitive abilities. In two lab experiments, nearly 800 people completed tasks designed to measure their cognitive capacity. In one task, participants simultaneously completed math problems and memorized random letters. This tests how well they can keep track of task-relevant information while engaging in a complex cognitive task. In the second task, participants saw a set of images that formed an incomplete pattern, and chose the image that best completed the pattern. This task measures “fluid intelligence,” or people's ability to reason and solve novel problems. Performance on both of these tasks is affected by individuals' available mental resources.

Our intervention was simple: before completing these tasks, we asked participants to either place their phones in front of them (face-down on their desks), keep them in their pockets or bags, or leave them in another room. Importantly, all phones had sound alerts and vibration turned off, so the participants couldn't be interrupted by notifications.

The results were striking: individuals who completed these tasks while their phones were in another room performed the best, followed by those who left their phones in their pockets. In last place were those whose phones were on their desks. We saw similar results when participants' phones were turned off: people performed worst when their phones were nearby, and best when they were away in a separate room. Thus, merely having their smartphones out on the desk led to a small but statistically significant impairment of individuals' cognitive capacity — on par with effects of lacking sleep.

This cognitive capacity is critical for helping us learn, reason, and develop creative ideas. In this way, even a small effect on cognitive capacity can have a big impact, considering the billions of smartphone owners who have their devices present at countless moments of their lives. This means that in these moments, the mere presence of our smartphones can adversely affect our ability to think and problem-solve — even when we aren't using them. Even when we aren't looking at them. Even when they are face-down. And even when they are powered off altogether.

Why are smart phones so distracting, even when they're not buzzing or chirping at us? The costs of smartphones are inextricably linked to their benefits. The immense value smartphones provide, as personal hubs connecting us to each other and to virtually all of the world's collective knowledge, necessarily positions them as important and relevant to myriad aspects of our everyday lives. Research in cognitive psychology shows that humans learn to automatically pay attention to things that are habitually relevant to them, even when they are focused on a different task. For example, even if we are actively engaged in a conversation, we will turn our heads when someone says our name across the room. Similarly, parents automatically attend to the sight or sound of a baby's cry.

Our research suggests that, in a way, the mere presence of our smartphones is like the sound of our names — they are constantly calling to us, exerting a gravitational pull on our attention. If you have ever felt a “phantom buzz” you inherently know this. Attempts to block or resist this pull takes a toll by impairing our cognitive abilities. In a poignant twist, then, this means that when we are successful at resisting the urge to attend to our smartphones, we may actually be undermining our own cognitive performance.

(Continued on the next page.)

Are you affected? Most likely. Consider the most recent meeting or lecture you attended: did anyone have their smartphone out on the table? Think about the last time you went to the movies, or went out with friends, read a book, or played a game: was your smartphone close by? In all of these cases, merely having your smartphone present may have impaired your cognitive functioning.

Our data also show that the negative impact of smartphone presence is most pronounced for individuals who rank high on a measure capturing the strength of their connection to their phones — that is, those who strongly agree with statements such as “I would have trouble getting through a normal day without my cell phone” and “It would be painful for me to give up my cell phone for a day.” In a world where people continue to increasingly rely on their phones, it is only logical to expect this effect to become stronger and more universal.

We are clearly not the first to take note of the potential costs of smartphones. Think about the number of fatalities associated with driving while talking on the phone or texting, or of texting while walking. Even hearing your phone ring while you're busy doing something else can boost your anxiety. Knowing we have missed a text message or call leads our minds to wander, which can impair performance on tasks that require sustained attention and undermine our enjoyment. Beyond these cognitive and health-related consequences, smartphones may impair our social functioning: having your smartphone out can distract you during social experiences and make them less enjoyable.

With all these costs in mind, however, we must consider the immense value that smartphones provide. In the course of a day, you may use your smartphone to get in touch with friends, family, and coworkers; order products online; check the weather; trade stocks; read HBR; navigate your way to a new address, and more. Evidently, smartphones increase our efficiency, allowing us to save time and money, connect with others, become more productive, and remain entertained.

So how do we resolve this tension between the costs and benefits of our smartphones?

Smartphones have distinct uses. There are situations in which our smartphones provide a key value, such as when they help us get in touch with someone we're trying to meet, or when we use them to search for information that can help us make better decisions. Those are great moments to have our phones nearby. But, rather than smartphones taking over our lives, we should take back the reins: when our smartphones aren't directly necessary, and when being fully cognitively available is important, setting aside a period of time to put them away — in another room — can be quite valuable.

With these findings in mind, students, employees, and CEOs alike may wish to maximize their productivity by defining windows of time during which they plan to be separated from their phones, allowing them to accomplish tasks requiring deeper thought. Moreover, asking employees not to use their phones during meetings may not be enough. Our work suggests that having meetings without phones present can be more effective, boosting focus, function, and the ability to come up with creative solutions. More broadly, we can all become more engaged and cognitively adept in our everyday lives simply by putting our smartphones (far) away.