



River Valley Current

May 23, 2017 No. 481

"No thief, however skillful, can rob one of knowledge,
and that is why knowledge is the best and safest treasure to acquire."
- L. Frank Baum

School Calendar

This Week

- Tuesday, May 23**
Board Community Session 2:00 – 3:00pm
- Wednesday, May 24**
6th Grade Class Play 6:30 pm
- Thursday, May 25**
6th Grade Class Play 11:00 am
Board Meeting 6:30 pm
- Friday, May 26**
No School – Faculty In-Service

Looking Ahead

- Monday, May 29**
No School – Memorial Day
- Thursday, June 1**
Board Meeting 6:30 pm
- Thursday-Friday, June 1-2**
2nd Grade Camping Trip
- Friday-Friday, June 2-9**
8th Grade Class Trip to Kroka
- Tuesday, June 6**
7th Grade to Philadelphia Art Museum
Diversity Committee Meeting 3:30-4:30 pm
- Wednesday, June 7**
Parent Council Meeting 2:00 pm

How to Contact Us

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

There will be one last Parent Council meeting Wednesday, June 7th at 2:00 pm at the Homestead New members welcome!

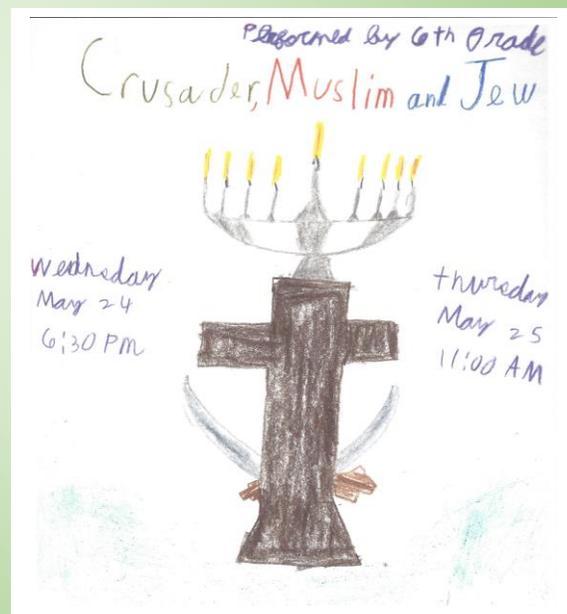
June Lunch Menu

It's hard to believe, but the last lunch menu for the year is attached to this week's Current!

Pentathlon



River Valley's 5th grade celebrating the Pentathlon at Kimberton Waldorf School. More photos at the end of this week's Current.



6th Grade Class Play – Crusader, Muslim and Jew
Wednesday, May 24, 6:30 pm - Thursday, May 25, 11 am
All are Welcome.

From Administration

SCHOOL PHYSICALS, DENTAL EXAMS & NEW PA IMMUNIZATION REQUIREMENTS

Please schedule now so that everything is in place for the upcoming school year!
All forms are attached to this week's CURRENT.

Physicals are needed for Kindergarteners, 1st graders and 6th graders.
Dental exams are needed for Kindergarteners, 3rd and 7th graders.
If your child missed the 'needed' school year, they are still due NOW.

The State of PA has revised some of its vaccination requirements for school students:
If your child received a final dose of DTaP or polio vaccine prior to his or her 4th birthday, an additional dose is required. If your child needs that additional dose, you will have recently received email notification from RVWS.
Please schedule now to have their immunizations current by the start of school in September!

Thank you everyone!

Reminder from Aftercare

If your child is in Aftercare, please be sure to send a substantial, extra snack for after school. Children have been coming with very little to eat and they are hungry and Ms. McCracken feels bad when she has nothing to give them. Often a small piece of fruit just isn't enough.

Link to RVWS Videos

Hilary Murphy has been creating videos in classrooms and at school events. To see them, go to:
<https://vimeo.com/217324445>

Thank you

Thank you to all of the Early Childhood families who helped to make our last workday a whopping success in spite of our rainy start. Our infamously never-ending brush pile is now entirely gone! One new sandbox is completed and the second one is almost done. The monkey-bridge is re-strung and many logs, sticks and rocks have been removed which will be a great relief to our lawn service. Once again a big thank you to the following families for all their work this past Saturday: Dodd, Solomon, Collins, MacDonald, Goonan, Brown, DiCandia, McKay, Forsee, Hirsch, Smith, Lederer, Foster, Landgraf, Breslin, Allbaugh.

Have a great summer and we look forward to working with you all again next year!
Building and Grounds Committee

Thank you to Grandy, Joanna and all of the volunteers at last weekend's workday! We love our new sandbox!
Love, the Kindergarten Faculty.

From the Faculty

What the Children are Learning:

First Grade – Drama
Second Grade – Language Arts – Saints & Fables
Third Grade – Math
Fourth Grade – Local Geography

Fifth Grade – Botany
Sixth Grade – Drama
Seventh Grade – History – Renaissance/Reformation
Eighth Grade – Chemistry

From the Board

RVWS Community Sessions

It is important that school leadership connects with the community to share plans, update progress, and gain input on the challenges that face the school as we chart our course for the next 10 years. The Board of Trustees has scheduled community sessions between now and the end of the school year to create this opportunity.

Dates:

Tuesday, May 23, 2:00-3:00 PM

Thursday, June 1, 6:30-7:30 PM

Topics:

Each session will be about an hour with about 30 minutes of material and 30 minutes for discussion. Topics include: Sustaining the school: financial performance; Status of campus renewal project and capital Campaign; Administration update; Future directions and priorities for curriculum development; Fundraising update.

Auction Items Still Available

If you missed the auction, there are still spots left in some of the Unique Experiences offered by members of the RVWS Community. You can still take part, purchase your spot here –

<https://mobilebid.greatergiving.com/r/index.php?sl=rvwsauction&s=&cat=reset&strt=350>

- Amy & Bill Nyberg are hosting an evening of fun & food in a Dutch oven over a camp fire. \$20 per person.
- Join Rebecca Arnold for her altered Book Workshop. \$50 per person.
- Have some fun learning to Salsa and Merengue with the Schillings and Candelos. \$60 per couple.
- You can also learn to ferment with RVWS gardener, Melissa Goldstein.
- Have some fun at the 4th Annual RVWS Farm to Table Dinner hosted by the Kovachs.
- Spend the night playing games with the 6th grade.
- Enjoy conversation and Pakistani hors d'oeuvres with the Ozairs.
- Gain some knowledge on Pet first aid at Doylestown Veterinary Hospital.

And there are also still items available. Donations to the scholarship fund as well as the fine arts program are also gladly accepted. **Bidding Deadline: May 31st**

From Development

Support the Annual Fund and Watch our Giving Tree Grow!

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. Please give what you are able so we may provide all the wonderful things that enrich your children's education. When you give, your generosity will be recognized as a leaf on a Giving Tree in the lobby. Each class will be represented by its own leaf color. Watch our tree bloom, from the roots to the canopy, as our Annual Fund grows!

The Development Committee would like to thank the following individuals for their support and generosity!

Eric Shubert and Melody Birdsong
Joseph and Ann C. Giacchino
Richard and Verla Jacobs
Vern and Susana Lenox
Nancy McKee
Robbie Miller
Shepard and Grace Morgan
Steve Stave and Pam Reiss

Tom and Lyn Shields
Carmela Thompson
John Wesp and Tiffany Robinson
Brian and Louanne Willard
Jess and Lindsay Woodruff
William and Amy Nyberg
Michelle and David Bader Family Foundation
Tony and Jane Stuart

From the Community

HUGE MOVING SALE

Indoor and outdoor furniture, tools and garden tools and equipment. clothes, kitchen ware, books, CDs and much more.

At the home of Carol Diven, 1496 Chestnut Ridge Road, UBE, SATURDAY, JUNE 3RD 9:00am-4:00pm
MUST SELL EVERYTHING!!!!

From Yoga Loka

Open House reception at the new Yoga Loka! This Saturday at 7:00 pm. Class block and boutique discounts, light refreshments. RSVP by emailing Bonnie@yoga-loka.com

Free Introduction to Yoga Class
Sunday June 4th at 1:00

Interested in Yoga but don't know how to start? Begin with this free introduction class! Bring your bodies, just as they are, your curiosity and a bottle of water. Wear comfortable clothing. We have everything else you need. No Charge! RSVP by emailing Bonnie@yoga-loka.com or call 908-268-7430

Quilting Help Needed

If you're a seamstress or quilter with time on your hands, I need your help to build a simple quilt. Too many ideas, not enough time. We'll discuss terms. Chellie Bader michelle@smorgasb.org or 617-501-7517.

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 610 749 2690.

Free Used Wooden Swing Set

Two swings, a trapeze, a slide and an awning over the raised play area. Contact Kim 908-310-5613.

Erwinna 1 BR Country Apartment for Rent

Available July 15th. 1 BR, private drive, private entrance and parking. Includes all utilities, washer/dryer, internet access, full attic storage. 1 month security - Rent \$1250 (negotiable) – 1 year lease. Prior tenant references available. Call 908-268-2122 or email 4rent.in.erwinna@gmail.com

If you are interested, speak with Tara Bowers (Alice's mom in 3rd grade) 908-674-2772.

Home for Sale - Location, Location, Location!

Ever thought of moving closer to the school? Less than five minutes to RVWS, right next door to another RVWS family, and in an actual neighborhood with no through traffic, but also walking distance to all that downtown Milford has to offer!

I'm not receiving a commission — just want some great neighbors! Feel free to call me if you want to chat... Kathy Betz 908-892-4670, mom of Scarlett (grade 6) and Sawyer (grade 4).

Camping gear request

If anyone would be willing to lend these items, I will guarantee their return or replacement. Men's wool long underwear (size medium), 15 degree sleeping bag. Thanks, Melanie 215-280-3154

Gardening Help Needed

Chellie & David Bader (Noa, G8 & Faye, G4) are looking for maintenance help with vegetable and ornamental gardens this year. Some design work might be called for. We're in Erwinna. Please contact Chellie: michelle@smorgasb.org or 617-501-7517.

House for Sale in Milford

Waldorf family is selling their 3 bedroom, 1.5 bath home in Milford. If you know anyone looking please share the link. Thank you!

https://www.zillow.com/homedetails/23-Walnut-St-Milford-NJ-08848/38852406_zpid

Teen/Young Adult Panel Discussion: Alternative Educational Paths

Hear current and past members of The Learning Cooperatives share their experiences of living and learning without school, including college and career. Teens welcome!

Tues May 30, 7:00-8:30pm, Flemington, NJ
www.RaritanLearningCooperative.org - Accepting applications for Fall 2017!

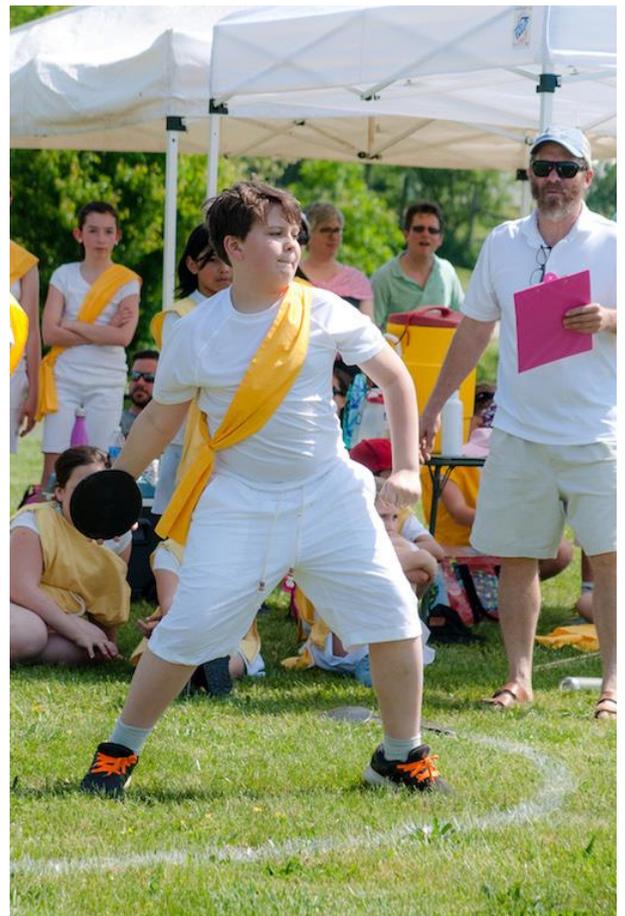
Items for Sale

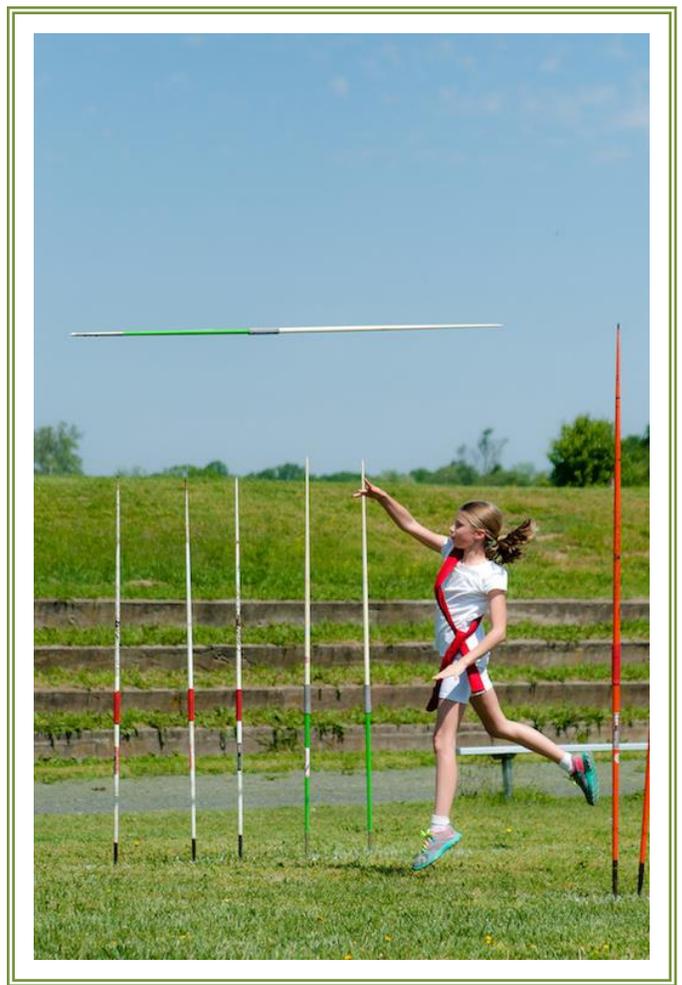
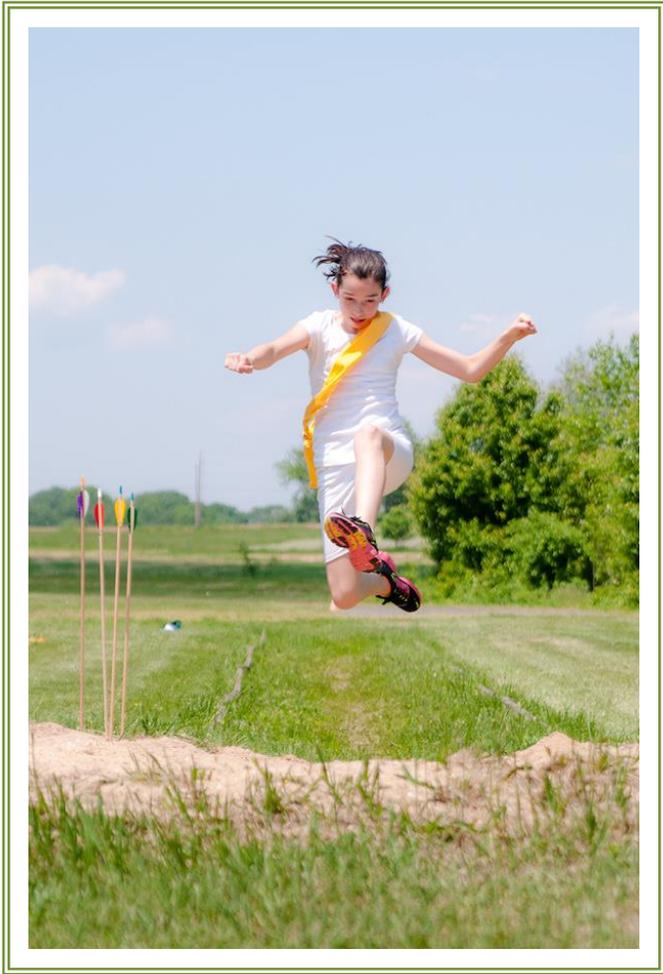
On the occasion of our move to Europe, the next items we would like to sell are:

- A complete set of Stokke baby stroller in great condition (www.stokke.com)
- Christmas tree (used only once): Holiday Living 7.5 ft Pre-Lit Englewood Pine Tree

Interested? Please contact Piergiorgio, Oscar's dad at 646 830 9250 or pgv.pier@gmail.com

Pentathlon!





From Psychology Today via waldorftoday.com

Why Social Media is Not Smart for Middle School Kids

Tweens' brains are simply too immature to use social media appropriately.

By Melanie Hempe, RN

I really love middle school kids. I have two of them! If you have been through middle-school parenting, you may have noticed what I see: Strange things seem to happen to a tween's brain the first day they walk into middle school.

One might sum up their main goals in life this way: To be funny at all costs. (Hence, the silly bathroom jokes, talking at inappropriate times in class, and the "anything it takes to be popular" attitude.) To focus on SELF — their clothes, their nose, their body, and their hair. To try new things. They are playing "dress up" with their identity, trying on things to see what fits. They are impulsive and scattered, they are up and they are down, and it even seems that they have regressed in their development on their quest for independence.

As the parent, you are changing, too, as you enter the stage of parenting when you quickly depart from the naïve platform of "My child would never..." to the realization that, "I'm sure my child did that. I'm sorry, and please excuse his behavior, he is going through a phase."

Your list of daily parenting instruction may include statements like:

"If you can't say anything nice, don't say anything at all!"

"How many times do I have to tell you not to use that word?"

"Stop flipping that bottle!"

"Stop burping the ABC's!"

"You're acting like a 2-year-old."

"What were you thinking?"

Then it happens: Maybe because we are exhausted from their constant begging for a phone, or because we think that all their friends have one, or because we want to upgrade ours to the latest model...we cave. We act on impulse. Our brain seems to regress like theirs, and we give them our old smartphone. And with that one little decision comes the world of social media access—something we haven't thought about and something none of us is prepared for. Because the midbrain is reorganizing itself and risk-taking is high and impulse control is low, I can't imagine a worse time in a child's life to have access to social media than middle school.

Here are just a few reasons why: Social media was not designed for them. A tween's underdeveloped frontal cortex can't manage the distraction nor the temptations that come with social media use. While you start teaching responsible use of tech now, know that you will not be able to teach the maturity that social media requires. Like trying to make clothes fit that are way too big, they will use social media inappropriately until they are older and it fits them better.

Social media is an entertainment technology. It does not make your child smarter or more prepared for real life or a future job; nor is it necessary for healthy social development. It is pure entertainment attached to a marketing platform extracting bits and pieces of personal information and preferences from your child every time they use it, not to mention hours of their time and attention. A tween's "more is better" mentality is a dangerous match for social media. Do they really have 1,456 friends? Do they really need to be on it nine hours a day? Social media allows (and encourages) them to overdo their friend connections like they tend to overdo other things in their lives.

Social media is an addictive form of screen entertainment. And, like video game addiction, early use can set up future addiction patterns and habits. Social media replaces learning the hard social "work" of dealing face-to-face with peers, a skill that they will need to practice to be successful in real life. Social media can cause teens to lose connection with family and instead view "friends" as their foundation. Since the cognitive brain is still being formed, the need for your teen to be attached to your family is just as important now as when they were younger. Make sure that attachment is strong. While they need attachments to their friends, they need healthy family attachment more.

Social media use represents lost potential for teens. While one can argue that there are certain benefits of social media for teens, the costs are very high during the teen years when their brain development is operating at peak performance for learning new things. It is easy for teens to waste too much of their time and too much of their brain in a digital world. We know from many studies that it is nearly impossible for them to balance it all.

How Can Kids Slow Down?

First, we need to slow down and rethink what we are allowing our kids to do. We need to understand the world of social media and how teens use it differently from adults. Here are a few tips that work well for many parents.

Delay access. The longer parents delay access, the more time a child will have to mature so that he or she can use technology more wisely as a young adult. Delaying access also places a greater importance on developing personal authentic relationships first.

Follow their accounts. Social media privacy is a lie: Nothing is private in the digital world, and so it should not be private to parents. Make sure privacy settings are in place but know that those settings can give you a false sense of security.

Encourage your teen to have private conversations in person or via a verbal phone call instead if they don't want you to read it on social media.

Create family accounts. Create family accounts instead of individual teen accounts. This allows kids to keep up with friends in a safer social media environment.

Allow social media only on large screens. Allow your teens to only use their social media accounts on home computers or laptops in plain view, this way they will use it less. When it is used on a small private phone screen they can put in their pocket there are more potential problems with reckless use. The more secret the access, the more potential for bad choices.

Keep a sharp eye on the clock; they will not. Do you know how much time your child spends on social media a day? Be aware of this, and reduce the amount of time your child is on social media across all platforms. The average teen spends nine hours a day connected to social media. Instead, set one time each day for three days a week for your child to check their social media. Do they benefit from more time than that?

Plan face-to-face time with their friends. Remember that they don't need 842 friends; four-to-six close friends are enough for healthy social development. Help them learn how to plan real, in-person, social get-togethers such as a leave-phones-at-the-door party, a home movie night, bowling, board games, cooking pizza, or hosting a bonfire. They crave these social gatherings so encourage them to invite friends over and help them (as needed) to organize the event.

Spend more real non-tech time together. Teens who are strongly attached to their parents and family show more overall happiness and success in life. They still need us now more than ever. It is easy to detach from them: Teens can be annoying! But attaching to family allows them to detach from the social media drama. Your child needs to feel like they can come home and leave the drama of their social world behind for a few hours. They want you to help them say no to social media and yes to more time with the family. They are craving those moments to disconnect, so make plans and encourage this at home.

Don't give that smartphone all the power in your home; help tweens choose healthier forms of entertainment. They have the rest of their life to be entertained by social media, but only a limited time with you.

From Psychology Today

Build Routines Early, Build Skills for the Future

Research suggests link between family routines, time management, and attention.

Jennifer Weil Malatras, Ph.D.

"Mama! We forgot favorite parts of the day!"— In our home, bedtime routine includes a series of steps: brush teeth, bath, pajamas, books, and bed. During a back rub to help our little guy fall asleep, we talk quietly about our favorite parts of the day. As most parents can relate, my four-year-old will notice when I skip a part of our bedtime routine because I'm tired or distracted or (full disclosure) trying to rush through Acts I and II of bedtime to get to the finale—sleep! As a parent and as a psychologist, I know both how important it is (and how hard it can be) to maintain a routine.

It isn't breaking news that children seem to thrive on routine. Knowing what to expect day-to-day seems to provide children with a sense of predictability and security. But why are routines so important and what benefit might they have? At the University at Albany, we are exploring the relationship between the stability of the family environment and adjustment in children, adolescents and emerging adults. Our research, which was originated by UAlbany Professor Emeritus Allen Israel, suggests consistency and predictability of family routines, such as meal or bedtime routines, spending time with extended family or friends, or participating in extracurricular activities, are associated with a wide range of outcomes—from fewer symptoms of depression and anxiety and fewer behavioral problems, to better self-control and health behaviors, like sleep quality and habits.

I am particularly interested in how aspects of family stability may be related to the development of self-regulation, or our ability to monitor and control our emotions, thoughts, and behaviors and alter them to meet our individual goals and respond to life's demands. In a collaborative study recently published in the *Journal of Applied Developmental Psychology*, we explored the relationship between family routines, attention problems, and time management (<http://www.sciencedirect.com/science/article/pii/S0193397316301241>). We asked 292 undergraduate students, including 157 women and 135 men, to rate the level of regularity in which a variety of activities and routines occurred during their childhood and adolescence, as well as to report on their current time management skills and attention problems. We found that a more stable family environment is associated with better time management and, in turn, with fewer attention problems in emerging adulthood.

So, what does this mean? While certainly preliminary and correlational in nature, our study contributes to the understanding that regularity in daily routines may promote skills important for self-regulation—in particular, time management—and that these skills may help to reduce attention problems in adulthood. As we continue to build on research highlighting the importance of predictability and consistency in daily routines, it is important to recognize the complexity of child development and the multiple influences that affect a child's developmental trajectory and impact the family environment.

Importantly, like any parenting behavior, there are individual differences in the ways in which families achieve stability—while one family may create stability by having regular meal- and bedtime routines, another may attend soccer league on Saturdays and have dinner at Grandma's every Sunday. Maintaining stability also requires flexibility and responsiveness to developmental stage and family demands, and families may create stability differently over time. As my son often reminds me, children like stable routines when they are young, and they very well may benefit from them long after you're no longer putting them to bed every night.