



# River Valley Current

May 9, 2017 No. 479

"Spring has returned. The Earth is like a child that knows poems."  
--Rainier Maria Rilke

## School Calendar

### This Week

<b>Thursday, May 11</b>	
Parent Council Meeting	6:30 pm
<b>Friday, May 12</b>	
Grandparents Day Assembly	1:15 pm
<b>Saturday, May 13</b>	
Spring Fling Dance at OTA	6:00-9:00 pm

### Looking Ahead

<b>Tuesday, May 16</b>	
Diversity Committee	6:30-8:00 pm
<b>Wednesday, May 17</b>	
School Tour	9:00 am
8 <sup>th</sup> grade field trip to a Chemistry Lab	
6 <sup>th</sup> grade Parent Evening	
<b>Thursday, May 18</b>	
5 <sup>th</sup> grade to Pentathlon at Kimberton WS	
Rising 1 <sup>st</sup> grade Parent Meeting	6:30 pm
<b>Saturday, May 20</b>	
EC Workday	
<b>Thursday, May 25</b>	
Amanda Blanco Library Dedication	8:30 am
Board Meeting	6:30 pm
<b>Friday, May 25</b>	
No School – Faculty In-Service	
<b>Monday, May 29</b>	
No School – Memorial Day	

#### How to Contact Us

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

## You are Invited to Grandparents and Special Friends Day! this Friday, May 12<sup>th</sup>

Please be our guest on this special day honoring grandparents, families, and friends! Early Childhood will host a potluck picnic at 12 pm on our back playground for families of the younger children. Please bring a picnic blanket and dish to share. At 1:15 pm, our annual music assembly begins.

We are so happy to welcome family and friends to River Valley Waldorf School and look forward to seeing you on May 12<sup>th</sup>

## SPRING FLING DANCE PARTY THIS Saturday, May 13<sup>th</sup>, 6:00 - 9:00

The 7<sup>th</sup> and 8<sup>th</sup>-grades invite you to the Spring Fling Dance Fundraiser at the Ottsville Traditional Arts Center (250 Durham Rd.) This is our last class trip fundraiser of the year and our goal is to raise \$500 with this event! Proceeds will cap off the required funds for the 8<sup>th</sup> grade trip and go towards next year's class trip.

We will be asking for a \$5 donation from each person at the door (children under 5 are free!), which will buy you a great time, and snacks and lemonade aplenty. There will also be heartier food for sale at the event. Please come out and join in the fun. And don't forget to invite your neighbors and family members who are not a part of our community.

RVWS alums are also welcome--the more the merrier!

In order to plan for food and other logistics, please RSVP Grace Morgan (gracefulm@aol.com) to let her know that you will definitely be attending. Many thanks to all for helping make this a successful fundraising event!

The 7<sup>th</sup> and 8<sup>th</sup> grades really appreciate your support!

## A Message from the Mayfaire Committee

It is with much love and gratitude that we, the Mayfaire Committee, thank you for bringing so much life to the festival on Saturday. It was a joy to be a part of mini teams that we were able to form with classroom coordinators, setup crews, stage/sound & entertainment, faculty, decoration, Mayfaire leadership, administration, photography. It truly was an effortless beautiful event, especially when the weather held out so respectfully until the children were finished dancing.

Thank you to the parents and Grandparents who magically appeared during cleanup. We are so very grateful. We made a record exit time of 4:37pm. An extra special thank you to Paul Smith who led, organized and rallied the Cafe! The food was truly delicious! Amazing tacos!!!

From Kymm Phibbs & Erica Nichols - The Mayfaire Committee

And a big thank you to Kymm and Erica for leading the way with such commitment and hard work.

**CLASS OF 2023**  
**FARM TRIP FUNDRAISER**

**YOUTH T-SHIRTS ~ \$12**  
**ADULT T-SHIRTS ~ \$15**

DROP YOUR ORDER FORM  
 IN THE FOLDER ON THE  
 DOOR  
 OR ...




SEE US AT THE TABLE IN  
 THE LOBBY AT DROP OFF  
 OR PICK UP THIS FRIDAY!  
 ORDERS DUE BY 5/19

An order form can be found at the end of the Current.

Orders are due Friday, May 19<sup>th</sup>.

## From Administration



The time is now!  
 Order your  
 2017  
 Yearbook

Order yours by **May 17<sup>th</sup>** for **\$35!**  
 We are only doing **ONE** run this year  
 so drop your form  
 in the folder on the office door today!

### 2017-18 ENROLLMENT TIME!

2017-18 Enrollment contracts and \$500 commitment deposits are due at this time. Materials, trip and TAP fees will be invoiced and are due May 15, 2017.

Printed contracts are located in the PARENT FORMS bin just outside the main office. If you have any questions or concerns, please contact Cindy Schretlen in the office or: [cschretlen@rivervalleyschool.org](mailto:cschretlen@rivervalleyschool.org).

### 2017-18 School Calendar

A draft of next year's school calendar is attached to this week's Current. Most of the dates are set. If anything needs to be updated you will find it on the final version of the calendar in the fall.

## From the Faculty

### What the Children are Learning:

First Grade – Language Arts  
 Second Grade – Math  
 Third Grade – Clothing and Shelter  
 Fourth Grade – Language Arts/Grammar

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

### Join the 8th Grade and Sign up for a 5K in Hellertown

Saturday May 20<sup>th</sup> at 8:30am. This is the link: <https://runsignup.com/Race/PA/Hellertown/FinishTheFight5K>  
 Group name is River Valley Waldorf School. In Honor of Amanda Blanco.

## Garden News

Happy May! Some of our new rows have been planted! The first two rows are being prepped for the Second Grade beans and the Fourth Grade annuals. What has been started in the garden? Peas, onions, cabbage, leeks, kohlrabi, radish, beets, turnips, carrots, spinach, kale, chard, arugula, mixed salad greens, and parsley!

When visiting the Garden, it is not necessary to lock the gate, but please do close the doors and be sure to completely secure it when leaving. Please keep youngsters ON THE PATHS, as the new rows are inviting, yet a bit fragile. Thank You!

## Upcoming Celebrations

There are several events coming up with specific dress requirements; this information is for clarification purposes.

Next we have the **Grandparents and Special Friends Day Assembly** on Friday, May 12th at 1:15 pm. This is a music assembly so we are asking students to wear Concert Attire. For girls: white blouse, black skirt no shorter than 4 inches above the knee, or black dress pants, black socks, black dress shoes with maximum 1 inch heel. For boys: white button down shirt tucked in to black dress pants, black socks, black dress shoes (no sneakers).

On the last day of school we will have the **Rose Ceremony** and everyone is expected to wear Festive Attire. This means no jeans or cargo pants, clean clothes with no pictures, text or glitter, skirts or dresses no shorter than 4 inches above the knee, button down shirts for the boys, no torn clothing and no sneakers.

## Recycling Opportunity

In honor of Earth Day, every day, 3rd grade is collecting Brita filters, Ziploc sandwich bags and Clif bar wrappers for recycling now through the end of the year. There is a box underneath the table outside our door. Terracycle is a recycling facility for items usually discarded. Based in Trenton, they have many unusual and specific recycling opportunities. Check them out!

## From the Board

### 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=&str=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.

## From the Community

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

### Free to good chickens!

Small moveable chicken coop. Contact Alison 646-942-3451

### Free Used Wooden Swing Set

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

### Peaceable Kingdom Conference

May 20, 2017, 8:30am – 3:00pm  
Buckingham Friends Meetinghouse,  
5684 Old York Road (Rt 202/263), Lahaska, PA 18902

Workshops include: Re-Wilding Our Hearts: A Path to Peace, Speaking Kindly About Animals, Increasing Reliance on Plant-Based Food, Being Kind to Earth and Its Inhabitants, Exploring the Bond Between People & Animals and Why compassion for All Beings is Fundamental to Our Spiritual Beliefs.

Fee: \$20. To register, contact Karen Winkler at [karenwinkler612@hotmail.com](mailto:karenwinkler612@hotmail.com).

### 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](mailto:stramak@aol.com) or call 610 749 2690.

### 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](http://www.RaritanLearningCooperative.org) - Accepting applications for Fall 2017!

### Erwinna 1 BR Country Apartment for Rent

Available July 15<sup>th</sup>. 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](mailto:4rent.in.erwinna@gmail.com)

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

### Salsa & Merengue Classes

"As easy as one step forward and one back"

May 18 6:00 to 8:00 PM & May 25 6:00 to 8:00PM

This is an introductory class to Salsa and Merengue where we will give you the tools to be able to launch yourself on the dance floor and explore the basics. We want it to be more like a get together to learn something new type of experience rather than a strict "one, two, and three" type of class. And we will bring some Latino treats.

No Fancy moves... Well... One or two fancy moves...

No special clothing required. Come alone or with a partner.

- Let's talk about Salsa
- Just follow the rhythm
- Let's get in touch with our hips... Yea they exist!
- Finding out we have two feet!!!
- Face your partner
- Let's dance!!!

### Yard Help Needed

Former RVWS parent is looking for a student or 2 to do some yard cleanup work. Paying \$10/hr. I could pick you up from school at dismissal if that works.

Call Andy Wander at 610 847-5947, or email at [andywander@yahoo.com](mailto:andywander@yahoo.com).

### Muck and Gold Spring into Summer Happenings

Muck and Gold (aka Christine Bodwitch, mother of Loie in 3<sup>rd</sup> grade and clown from Parent Stage) has all sorts of fun things coming up:

Opening to Joy - Playshop for adults

Camp Muck and Gold - Movement and Art for ages 8-12 year olds

Homebody Wisdom (or Laugh Your Head Off) classes  
[www.muckandgold.com](http://www.muckandgold.com) for details and registration



## **The Taming of the Shrew at Solebury School**

Thursday, May 11; Friday, May 12; Saturday, May 13;  
7:30-10 pm.

At the Barn Theatre at Solebury School, 6832 Phillips Mill Road, New Hope, PA 18938.

RVWS alumni Safwa Ozair, Ava Smith, Dominique Wander, Bianca Sessegolo and Teva Rose Skovronek are all in the play and invite you to attend.

To buy tickets, go to: <https://solebury-school.ticketleap.com/the-taming-of-the-shrew/>

## **Fresh Connect Bucks County – Mobile Farmer's Market**

Fresh Produce at NO COST. Two pick-up locations in Bucks County, same time and place RAIN or SHINE  
Pick-up Time and Place: Every Friday in Bristol, beginning April 21 at 12pm, Bristol Campus of Bucks Co. Comm. College, 1304 Veterans Hwy, Bristol, PA 19007  
Every Thursday in Ottsville, beginning May 18 at 11am in Ottsville, Intersection of 611 & 412, Ottsville, PA 18942  
For more info visit BCOC.org or call 215.345.8175

## **German Club in Milford**

We are finishing the school year with an abbreviated round of German Club for 2nd grade and above on Monday afternoons, 3:30-4:30, at the Milford Presbyterian Church. If your child has not had German Club before, the cost is \$15 per session. As always, there will be songs, stories, games, Schuhplattler dancing and activities that introduce kids to European culture and the beautiful German language.

If days/times can be arranged and we can work around family vacations, we may be able to do more German Club this summer, either in Milford or in good weather outdoors at the Frenchtown Park.

If you are interested in this possibility, or in having your child join German Club to finish out the school year, contact Peter Ray, [peter.ray@comcast.net](mailto:peter.ray@comcast.net).

## **Photography Workshop with Hilary Murphy**

Do you own a DSLR camera and want to learn how to use it as one of your Parent super powers to capture precious everyday moments of your family? Join fellow RVWS parent, Hilary Murphy on Saturday, May 20, 2017 in her Frenchtown studio from 10 am- 2 pm.

Workshop will include:

Basic Digital Photography Manual

Hands on instruction (in studio and on outdoor photo walk).

Coffee/ Tea & Lunch

Portrait Session \*\*This free session does not include digital images or prints. Digital images and prints can be purchased separately. \*\*

Access to a private Facebook group ONLY for my workshop attendees. This group offers weekly photo challenges and critiques by Hilary. A wonderful online community for you to continue to learn!

Price for this workshop is \$300.

Book here: [http://www.hilarymurphyphotography.com/store/p13/MOM-TOGOPHER\\_WORKSHOP%3A\\_MAY\\_20%2C\\_2017.html](http://www.hilarymurphyphotography.com/store/p13/MOM-TOGOPHER_WORKSHOP%3A_MAY_20%2C_2017.html)

This workshop is for you if: You have a DSLR Camera. Want to stop using the auto setting on your camera and improve the quality of your images. You want to learn how to take pictures using the manual setting on your camera. Improve your skills for taking images of your family, on vacation and of landscape images.

\*\*This workshop is for amateurs only and is not open to professionals. This workshop is for beginners and will cover the basics of digital photography and will not cover any aspects of the business of photography. This workshop does not include any information on editing but will cover the basics of processing photos after capture.\*\*

## **More 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
- Kid bikes (0-5 years)
- Christmas tree (used only once): Holiday Living 7.5 ft Pre-Lit Englewood Pine Tree
- House gates for babies
- A complete indoor wooden Play set (Cedarworks)
- A Samsung Bx2235 22" Led Monitor 1920x1080 Dvi Scratch And Dent (in excellent condition)

Interested? Please contact Piergiorgio, Oscar's dad (Moon Room) at 646 830 9250 or [pgv.pier@gmail.com](mailto:pgv.pier@gmail.com)

## Happenings at Yoga Loka

### We are moving!

Yoga Loka is moving to 23 Race Street in the heart of Frenchtown. (Classes will begin operating at the new location after Monday, 4/24.) An opening reception and open house is being planned for Memorial Day weekend. (Please check the website for details).

A special for new students will be offered from opening day until the open house. If you have never attended classes at Yoga Loka before you can purchase a class block for 10% less than listed prices. If you come in with a friend to purchase, each of you can take an additional 5% off your block. With the new first floor location Yoga Loka will be offering more classes for people with limitations such as chair yoga and therapeutic yoga. Also watch for the opportunity to purchase yoga related items at the yoga boutique. Yoga Loka has been offering yoga classes in Frenchtown since 1999.

### Free Introduction to Yoga Class

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. Sunday 6/4, 1:00-2:00 pm, no charge! Bring a friend!

### Other events at Yoga Loka:

Yin Yoga with Sally Saenz - Sunday May 21<sup>st</sup>, 3:00-5:00 pm

Stress Management Series with TRE (Tension and Trauma Reducing Exercises) will be held on Thursday evenings, 6:00-6:45 pm with Bonnie on 5/11, 18 and 25th.

Facebook: <https://www.facebook.com/YogaLokaNJ/> Website: <http://www.yoga-loka.com/>

## Classes at Dig Yoga

Kundalini Yoga

This series will meet for six Thursday evenings from 6:15-7:30PM (through May 25).

Also coming up:

Gendai Reiki Level 3 Master Practitioner

Friday, June 8 from 3PM - 9PM dinner included

Saturday, June 9 from 9AM - 1PM plus optional 7-9AM yoga and breakfast, optional 1-2:30 fire ceremony and lunch

Sunday, June 10 OPTION for two hour Reiki practice session to be scheduled with participants.

Memorial Day Weekend

Friday eve, May 26 Kundalini Yoga at DIG 6:30-8PM

Yoga for Recovery - Memorial Day Weekend - TBA

Grounded Kids Yoga Teacher Training Step 1 at Calm Waters, Robbinsville PA May 5-7

Grounded Kids Yoga Teacher Training Step 1 at Dig Yoga, Lambertville, NJ July 7-9

Dig Yoga, 202 N. Union, Lambertville, NJ. For more information contact Felicia Holtz, [felicialom@gmail.com](mailto:felicialom@gmail.com)

# YEARBOOK ~ YEARBOOK ~ YEARBOOK

NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ # OF BOOKS: \_\_\_\_\_

AMOUNT ENCLOSED: \_\_\_\_\_ PHONE: \_\_\_\_\_

**Preorder your yearbook by **May 17th** for only **\$35!****

**We are only doing **ONE RUN** this year**

**so drop your order in the folder by the door today!**

From the New York Times

## Child's Play Is Good for All of Us

By GRETCHEN REYNOLDS

If all of the children who currently are sedentary started exercising every day, societies could save enormous amounts of money in the coming decades and have healthier citizens as a whole, according to a remarkable new study. In the United States alone, we could expect to save more than \$120 billion every year in health care and associated expenses.

The study is the first to use sophisticated computer simulations to arrive at a literal and sobering societal price tag for allowing our children to be sedentary.

Inactivity is, of course, widespread among young people today. Recent research shows that in the United States and Europe, physical activity tends to peak at about age 7 for both boys and girls and tail off continually throughout adolescence. More than two-thirds of children in the United States rarely exercise at all.

The immediate health consequences for inactive children and their families are worrisome. Childhood obesity, which is linked to lack of exercise, is common, as is the incidence of Type 2 diabetes and other health problems related to being overweight among children as young as 6.

But the long-term financial costs of inactivity in the young, both for them and society as a whole, have never been quantified.

So for the new study, which was published this week in *Health Affairs*, researchers with the Global Obesity Prevention Center at Johns Hopkins University in Baltimore and other institutions decided to create a bogglingly complex computer model of what the future could look like if we do or do not get more of our children moving.

The researchers began by gathering as much public data as is currently available about the health, weight and physical activity patterns of all 31.7 million American children now aged 8 to 11, using large-scale databases from the Census Bureau, the Centers for Disease Control and Prevention, and other groups.

The researchers fed this information into a computerized modeling program that created an electronic avatar for every American child today. In line with reality, two-thirds of these children were programmed to rarely exercise and many were overweight or obese.

The scientists then had the simulated children grow up. Using estimations about how calorie intake and activity patterns affect body weight, the program changed each virtual child's body day-by-day and year-by-year into adulthood. Most became increasingly overweight.

As the simulated children became adults, the scientists then modeled each one's health, based on obesity-associated risks for heart disease, diabetes, stroke and cancer, and also the probable financial price of dealing with those diseases (adjusted for future inflation), both in terms of direct expenses for hospitalizations, drugs and so on, and lost productivity because of someone's being ill.

The results were staggering. According to the computer model, the costs of today's 8- to 11-year-olds being inactive and consequently overweight would be almost \$3 trillion in medical expenses and lost productivity every year once the children reached adulthood and for decades until their deaths.

But when the researchers tweaked children's activity levels within their model, the numbers began to look quite different. If they presumed that, in an imaginary America, half of all children exercised vigorously for about 25 minutes three times a week, such as during active recess or sports or, more ambitiously, ran around and moved for at least an hour every day, which is the amount of youth exercise recommended by the C.D.C., their virtual lives were transformed.

Most obviously, the incidence of childhood obesity fell by more than 4 percent, a change that resonated throughout the simulated children's lives and society. There were about half a million fewer cases of adult-onset heart disease, diabetes, cancer and strokes in this simulation, and the society-wide costs associated with these illnesses dropped by about \$32 billion every year if the children romped about for 25 minutes three times per week and by almost \$37 billion if they moved for an hour every day.

(continued next page)

The impacts were even more substantial when the researchers assumed that 100 percent of the children who are now sedentary got regular exercise.

In this scenario, the annual total costs during adulthood from obesity-associated medical expenses and lost productivity plummeted by about \$62 billion when children were active three times a week and by more than \$120 billion every year when all of the virtual children played and moved for at least an hour each day.

The implication of these numbers is that all of us, including people who are not parents, have selfish reasons to be concerned about childhood inactivity, says Bruce Lee, the director of the Global Obesity Prevention Program at Johns Hopkins and lead author of the study.

"We all will share the costs" of future medical treatments and lost work time among children who move too little now, he says.

Of course, this was a computer model and not a time machine, he says. It can provide predictions but not certainties. The simulations also relied on broad generalizations about how physical activity affects body weight and health, with the presumption being that more movement leads to less weight, which might not be true for all young people.

Still, this peek into our possible future strongly suggests that we should find ways now to encourage more children to move, Dr. Lee says. Show this study to school administrators who are mulling curtailing recess and physical education classes, he suggests. Talk to local planning authorities about more playing fields and parks. And if you are a parent, take your child for a bike ride, swim or jog.

<b>T-shirt Order Form</b>	
<b>Youth ~ \$12</b>	<b>Girls ~ \$12</b>
Color: Navy Size: ___ XS ___ S ___ M ___ L	Color: Blue Size: ___ XS ___ S ___ M ___ L ___ XL
Color: Forest Green Size: ___ XS ___ S ___ M ___ L	Color: Purple Size: ___ XS ___ S ___ M ___ L ___ XL
<b>Mens ~ \$15</b>	<b>Womens ~ \$15</b>
Color: Navy Size: ___ S ___ M ___ L ___ XL	Color: Blue Size: ___ S ___ M ___ L ___ XL
Color: Forest Green Size: ___ S ___ M ___ L ___ XL	Color: Purple Size: ___ S ___ M ___ L ___ XL
<b>Name:</b> _____	
<b>Phone:</b> _____ <b>Amount Encl:</b> _____	