

School Calendar

This Week

Friday, June 1 – Saturday, June 9

8th Grade Class Trip

Monday, June 4 - Friday, June 8

7th Grade Class Trip

Tuesday, June 5

6th Grade Trip to Bryn Athyn

Wednesday, June 6

5th Grade Trip to Metropolitan Museum, NYC

Thursday, June 7

4th Grade Trip to Canal Day in Easton

Thursday-Friday, June 7 & 8

3rd Grade Class Trip

Looking Ahead

Thursday, June 14

EC last day of school picnic 11:30am-1:00 pm

Friday, June 15

Rose Ceremony 9:00 am

Field Day

Grades last day of school - Early Dismissal 1:00 pm

Saturday, June 16

Graduation 10:00 am

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

Smoothies and Eggs!

Support the 2nd grade!

THIS Tuesday we will be selling Organic

Berry Smoothies & Eggs!!!

Fairy Berry Smoothies- \$2

Fresh, Organic, Free Range Eggs, grown by
2nd grade families- \$5/doz

**If you have empty egg cartons, please
bring them to Alex Hopkins.**

Broadcast Spreader

Does anyone have a broadcast spreader
that we can borrow from June 13-15
to prepare for Field Day?

If you do, please contact Melanie
Niemczura, 4th grade teacher

Last Days of School

The last day of school for **Early Childhood** is Thursday, June 14th.

There will be a potluck picnic on the back playground from
11:30 am -1:00 pm. Check with your teacher for more details.

On Friday, June 15th, the **Grade School** will hold its annual Rose
Ceremony at 9:00 am to honor and celebrate our graduates. Each
of the grades will be performing as a gift for the 8th graders. Parents
and friends are welcome to attend. This will be followed by Field Day
and an early dismissal at 1:00 pm.

**The Class of 2018 invites you to their Graduation
Ceremony on Saturday, June 16th at 10 am.
All are welcome.**



RVWS Lunch Update

As everyone knows (and is sad to hear), Grandy's Kitchen will no
longer be providing lunches on Monday, Tuesday or Wednesday.
Hoagies on Thursday will continue through June 14th.
Pizza will end on Friday, June 8th so students will need
to bring lunch on the last day of school.

From Administration

A Safety Reminder

As school winds to a close, please be careful to keep your children away from the road when they play out in front after school. The cars go zooming by and we want to make sure everyone is safe. Thank you.

Fall Garden Gate

Registration forms are attached to this week's Current. If you or anyone you know would like to join Garden Gate next year, registration is open.

Peter Pan T-shirts & Totes

FIRE SALE - \$10 each. Contact Cat Miles (cmiles@broadbent.com) if you are interested.

Herbal Conference at River Valley

Botanicwise will be hosting their first "Allies for Plants and People Symposium" on Saturday and Sunday, June 9th & 10th at River Valley. For more information and to register, go to:

<https://www.botanicwise.com/AlliesForPlants/>

Woolies Fundraiser from Nova Naturals

As you know, wool is a wonderful, natural fiber for keeping children cozy. Nova Naturals offers organic Merino woolies from Ruskovilla as a first layer for warmth as well as Ruskovilla's wool/silk blend for a softer fabric that works well in milder climates.

If you order woolies by June 30th, you will receive a 10% discount and River Valley will receive a 10% donation. Just use this code: PRERIVERVAL and go to: <https://www.novanatural.com/school-offers>, to place your order. Pre-ordered woolies will arrive in August. Only natural colors are available for this offer.

2018 RVWS ALUMNI PHOTO

Immediately following this year's Graduation Ceremony on Saturday, June 16, the Alumni Outreach Committee invites all returning Alumni to take a group photo featuring our newest graduates of the Class of 2018. Please help spread the word.

Thank you

Thank you to the Goldsteins and Lynne Allbaugh for the incredible job they did pruning, weed-wacking and beautifying the courtyard. It looks amazing.

From the Faculty

What the Children are Learning:

First Grade – Review

Second Grade – Review

Third Grade – Review/Camping Trip

Fourth Grade – Review

Fifth Grade – Botany

Sixth Grade –Math Review & Wrap Up

Seventh Grade – Class Trip

Eighth Grade – Class Trip

Music Lessons

Hello all! This is Eve Sheldon, your intrepid and outgoing music teacher! I want to share some BIG news with you: later this summer, I am going to begin offering individual music lessons. These will be offered for children AND adults, and they will be on my main instruments: piano, guitar, and banjo. I know there are always kids wanting lessons, but so many adults have also spoken to me over the last year about wanting to pick up (or re-pick-up) an instrument and learn how to play, or to play it better. Here's your chance! I am really excited to be starting this venture, and if anyone is interested in finding out more about lessons for yourself or your child, please email me at evesheldonlessons@gmail.com. I look forward to hearing from you and staying in musical contact with our great community!

A Note from Ms. Chang

Dear Parents and RVWS Community,

With the summer break approaching, I would like to express my gratitude as my first year within the community has been both positive and challenging, and while I look forward to the coming year, the vacation is here... HOORAH! I would also like to extend 'an extra pair of hands' so to speak. If over the summer you find you are in need of childcare or tutoring in any subject, please feel free to contact me. Many thanks, and have a safe and enjoyable summer! Emily

Chang, epichange@gmail.com , 908-268-1064

From Development

Annual Appeal Classroom Challenge

CONGRATULATIONS to Mrs. Atkinson's 2nd grade class for reaching 100% participation and winning \$100 for a classroom wish list item!!

There is still time to reach to make YOUR donation and win a cash prize for your class!
Please support the Annual Appeal TODAY!!



Donations per Class

Class	Number of Donations
1st Grade	6
2nd Grade	13
3rd Grade	10
4th Grade	12
5th Grade	9
6th Grade	6
7th Grade	6
8th Grade	3

From the Community



MOONSHINE & MILLET

SATURDAY, FEBRUARY 10, 7 PM
BOWMAN'S NORTH, RIEGELSVILLE, PA

Moonshine and Millet Performance

River Valley's "house band," Moonshine and Millet, will perform on Saturday, June 16th, 8-11 pm at Bowman's North on Route 611 in Riegelsville. Come on out and bring your dancing shoes.

FREE SWING SET!

The Willey family is hoping to pass along a swing set to a family who wants it and is willing to cover disassembly and transportation. It was hand-built by an Amish craftsman and is 8-10 years old. The footprint is roughly 30 feet by 15 feet. There are two slides, two single swings, two double swings, monkey bars, a sandbox, and a small enclosed cabin. Minor repairs are needed and some of the hardware looks rusty, but it's in good shape. If interested, please email us at davidmwilley67@gmail.com and kirawilley@rcn.com. Thanks!



Marma Therapy Sessions

What is Marma Therapy? Marma means "hidden or secret" and by definition, a Marma point is a juncture on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. These points regulate the flow of information, nutrients, and toxins throughout the human body.

Friday, June 29th at Ivy's home in UBE. Cost: \$110
To read more, please visit:
<http://stillpointayurveda.com/sessions/>
To Schedule, please email ivy at karunagoddess@gmail.com or call 201-694-5166

Essential Oil Gatherings

Oils and Coffee June 14th 9:00am
Come join me at Brig O'Doon Coffee

Or Monday June 18th for Oily Happy Hour at 7:30 pm at my house in Perkasio

I am giving a short class on essential oils! I'll cover how oils work, why I chose Young Living Oils and how to use them in your home and family safely and effectively!! I'll have many oils for you to sample!!
Jamie (Teddy's mom 609-922-4126)
www.naturalandglamorous.com

2018 Tincum Arts Festival
300+ Artists & Artisans, Music, Food & Fun!

the **BEST** 2017
BEST SUMMER EVENT

July 7, Sat. 10-6
July 8, Sun. 11-5

In Beautiful Tincum Park
River Road (Rt.32) Erwinna, PA

Discovery Tent Authors Table Silent Auction Book Sale White Elephant Sale
Live Entertainment Children's Activities (Wheelchair Access Sorry No Pets)

\$7 Adults \$1 Children FREE Parking
TincumArtsFestival.org
Sponsored by THE TINICUM CIVIC ASSOCIATION

Coming to Frenchtown, NJ soon!

Men's upcycle/consignment store. Now accepting donations of gently used Men's clothing, shoes, hats and accessories. Watches in working condition will be accepted too.

Donations can be delivered to 26 Bridge Street, Frenchtown, NJ beginning June 9, 2018.

To make a delivery appointment or for more information please email thejuntotemporium@gmail.com.

House for Sale

Come live right in the center of the wonderful Frenchtown community (only a 10 min drive to RVWS) Beautiful all newly done open floor plan, modern low maintenance house for sale half a block from the river (not in a flood zone). We love our house and community, we are relocating for work.

If you are interested contact Leah (normaandhenry@gmail.com)

From Artyard

The Memory Palace, Frenchtown at 150ish, an exhibit built by former RVWS parent extraordinaire, Ulla Warchol, will be at Artyard through July 29th. The exhibit was conceived and curated by Artyard founder Jill Kearney and Gallery Director, Lucinda Warchol (RVWS Class of 2007)

ArtYard is pleased to present The Memory Palace: Frenchtown at 150ish, a meditation on collective memory, excavation and place featuring a dreamlike scale model of Frenchtown inscribed with accompanying poems by Skye Van Saun. Architect and artist Ulla Warchol constructed the bridge and buildings in collaboration with artist Elsa Mora, who designed the structures and painted the intricate tableaux of architectural detail interwoven with local arcana and gathered memories. This exhibition also includes Unearthed, a publically sourced library of found objects collected by the local community and excavated in, near or around the Delaware River.

Upcoming in June:

Saturday, June 9th & Sunday, June 10th – 7:30 PM

We are excited to announce the world premiere of a one-act chamber opera In a Grove with music and libretto by Richard McIntyre. The opera will be followed by a screening of Akira Kurosawa's classic 1950 film Rashomon.

Saturday, June 23rd – 7:30 PM

Please join us for a rare screening of the musical documentary Our Latin Thing, followed by a conversation with Oscar-winning documentary film director, producer, cinematographer, and editor, Leon Gast.

Friday, June 29th, 7:30 - 9:30 PM

Please join us for CRANKS UNEARTHED, an evening of performance and storytelling by local artists, poets, and musicians from the Delaware River community. This event is part of our exhibition specific programming for The Memory Palace: Frenchtown at 150ish. We invited members of the local community to take this theme of "unearthed" and use it to inspire or inform a banner or cranky, both precinematic storytelling devices that are derived from the ancient storytelling tradition Canastota, dating back to 5th century India. This art form was more recently revived by the Bread and Puppet Theater based in Glover, Vermont. Please visit our website to see a video of recent performances held at ArtYard.

Moving Sale

On the occasion of our relocation to Europe and the sale of our house in NJ, we are selling some of our furniture/items (e.g. sofas, arm chairs, tables, office furniture, changing table, beds, cupboards, bedside tables, lamps, cabinets, toys, plants, bookshelf, shelves, elliptical, etc.). if you are interested, please contact Piergiorgio, Oscar's dad at pgv.pier@gmail.com. The house will be emptied by the end of May.

From the New York Times

Is It Actually Smart to Sit Still?

By The Learning Network

We are honoring each of the Top 10 winners of our Fifth Annual Student Editorial Contest by publishing an essay a day. Below, an essay by Hannah Amell, age 15:

Some tap pencils relentlessly against desks. Some remain completely unaware of their rapidly bouncing knees or shaking feet. Some stare into space, lost in whatever daydream that is playing out on the board in front of them, unable to see the math problems on it. Some turn to their phones for a source of interaction — a teacher's worst nightmare.

Students are restless. And what do schools require them to do? Sit.

The recent implementation of block scheduling in about 30 percent of American high schools is intended to allow students more time to process information and be productive in class. However, productivity is difficult to measure when, throughout 90 minutes of sitting still, students become restless and disengage, hindering their opportunities to learn and wasting their teachers' time. There could be a simple solution to this problem with multiple benefits: increased movement in the classroom.

Exercise enhances concentration, especially when repeated throughout the day. For many students, walking from one class to another is the only opportunity to move during the school day, and with a block schedule that varies from day to day, physical education class is not the answer.

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A high school teacher found after following students for two days that sitting all day left her feeling lethargic and “desperate to move or stretch.” She also experienced difficulty paying attention due to prolonged inactivity, claiming she struggled to keep her “mind and body from slipping into oblivion after so many hours of sitting passively.” Similar results were found by the Institute of Medicine; children who are regularly active “show greater attention, have faster cognitive processing speed and perform better on standardized academic tests than children who are less active.”

The detriments of sitting for long hours of time extend beyond concentration problems; a lack of frequent activity can cause lifelong issues. A study by Stanford University found that long periods of inactivity, specifically sitting, can contribute toward the development of type-2 diabetes, heart disease and obesity.

School requires students to sit for nearly seven hours every day. This disturbs students' education and puts their health at risk. Simply incorporating movement into classroom activities, stretching during class and offering alternatives to sitting still will improve students' grades and health.

School's purpose is to educate students, but the current structure of our schools is an obstacle to students' education. When will school be designed for the students?

Work Cited:

Cruz, Donna De La. “Why Kids Shouldn't Sit Still in Class.” *The New York Times*, 21 March 2017.

From movingtolearn.com via Waldorf Today

Ramifications of Early Screen Use – Content, duration, and age of first exposure are critical.

by Cris Rowan

Research regarding screen use in the early years is revealing significant changes to brain and body development, necessitating immediate public health education interventions. Understanding how the brain and body develop in relation to a child's environment is key in understand the profound causal and associative relationship between screens and child health. This article will profile three critical components to consider when evaluating screen impact including content, duration, and early exposure. Proposed initiatives follow Balanced Technology Management (BTM) frame of reference where parents and teachers strive to manage balance between critical factors for optimal child development and growth, with screen use. BTM interventions will be triaged based on child developmental age, and will focus on 3 target areas: home, schools (including daycares and preschools), and community.

Brain and Body Development

Animals require significantly less time with their parents than humans do, to learn sufficient skills to function independently in the world. It takes humans 18 years to fully prepare a child to achieve adequate physical, social, mental and cognitive skills to attain optimal growth and success. The first two years are critical as brain development is rapid and much of the brain modelling is irreversible. There are two processes that shape and wire the brain: neuronal pruning and proliferation; both essential brain development processes to understand when considering the impact of screen use. Pruning is the cutting and subsequent death of neurons that are not being used; proliferation is the expansion and growth of neurons that are repeatedly fired. Pruning and proliferation occur most rapidly in the early years, and are relative and reactive to stimuli from the surrounding environment.

When a baby is born, all the neuronal tracks are in place. Think of a road map; all the major highways are formed by birth connecting all areas of the brain for diverse and potent growth. To achieve functional efficiency, the brain prunes or cuts away neuronal tracks to areas of the brain that are rarely used, and limits proliferation or growth of synaptic connections to these high use areas. By old age, 2/3 of neurons to areas of low use will be pruned, and areas of high use will receive loads of synaptic proliferation. The environment surrounding the child, directly effects how the brain is wired. If the environment is rich in four critical factors for development including movement, touch, human connection, and nature, neuronal pruning saves tracks to diverse areas of the brain. If the environment contains predominantly screens, which limit engagement to movement, touch, human connection and nature activities, then tracks to low use areas are pruned, including frontal lobe.

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Content

Content is key regarding brain pruning and proliferation. Exposure to mindful or educational content maintains and strengthens neuronal tracks to frontal lobe, because you need frontal lobe to understand, interpret, and remember mindful content. Exposure to mindless or entertainment content does not require use of frontal lobes, resulting in pruning, with profound consequences. Mindful content includes any content that results in "active thinking" and constructive learning, which enhances function. Whereas mindless content constitutes "passive entertainment" and destructive learning, which impairs function in daily life. Examples of mindful content include impartial news, nature shows, documentaries, and instructive videos. Examples of mindless content include video games, cartoons, movies, social media (texting/chatting, Facebook), pornography and TV.

Duration

Duration is also key. While everyone needs "down time", screen usage rates have reached levels which are drastically harming children and adults alike, physically, mentally, cognitively and socially. Since 2002, the American Academy of Pediatrics has limited screen usage to nothing for 0-2 years, 1 hour per day for 3-5 years, and 2 hours per day for 6-18 years...yet, children today use 4-5 times that amount with devastating consequences. Developmental delay, mental illness, obesity/diabetes, sleep deprivation, and learning disabilities have reached epidemic status. Our children have never been sicker indicating the ways in which we are raising and educating children with technology are no longer sustainable.

Early Use

Early usage of screens is incredibly damaging to both body and brain development due to the pruning and proliferation process of the developing brain is so rapid, and hence the destruction more permanent. Between age 0-2 years, the brain triples in size and by age 12, half of the brain is 'hard wired', and by age 20 years, pruning/proliferation is complete. Device restrictions are critical for this young and vulnerable population. Not only should parents be concerned regarding frontal lobe pruning, but also should be aware of the harmful effects of radiation on young children. Infants, toddlers and young children have higher cell turnover, thinner skulls, and more aqueous bodies, and consequently are more seriously and permanently harmed from wireless radiation. Prevention and intervention initiatives to protect young children are crucial and required immediately if we are to create sustainable futures.

Balanced Technology Management Interventions

Every child has the right to a childhood free of harm and full of playful and fun experiences. Every child has the right to be loved, respected, and attended to by warm and attentive parents and teachers, free from distracting devices. Every child has a right to a future where developmental milestones are met and literacy is ensured. Achieving sustainable futures for all children include the following interventions:

Go wired; cable all wireless devices.

Ban use of handheld devices for all pregnant mothers and children ages 0-12 years.

Ensure literacy prior to use of device.

Use low levels of entertainment and high levels of educational content.

Keep screen durations within pediatric expert guidelines.

Ensure adequate outside, rough and tumble play to meet developmental milestones.

This article was written by Cris Rowan, pediatric occupational therapist, biologist, international speaker and author of "Virtual Child". Cris is passionate about changing the ways in which children use technology. Additional information and research Fact Sheet can be located at crowan@zonein.ca, website www.zonein.ca, blog www.movingtolearn.ca, and book www.virtualchild.ca.