

School Calendar

This Week

Wednesday, September 19

Yom Kippur – NO SCHOOL – Faculty/Staff In-service

Thursday, September 20

Community Board Meeting 6:30 pm

Looking Ahead

Wednesday-Friday, Sept. 26-28

5th grade to Camp Onas

Monday, October 8

Columbus/Indigenous Peoples Day – NO SCHOOL

Thursday, October 11

Board Meeting 6:30 pm

Wednesday-Friday, October 17-19

4th grade to PEEC (Poconos Env. Ed. Center)

Thursday, October 18

EC Parent Evening

How to Contact Us

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

Michaelmas

September 29, midway between the northern hemisphere's summer and winter solstices, the ancient festival of Michaelmas is celebrated.

As summer's warmth fades, and the cool crispness of autumn falls upon us, mother nature's fruits and vegetables ripen for harvesting. Her gifts help sustain us through the dark cold days of winter and remind us to summon our own gifts and inner strength to help balance our internal light with the darkness of the season.

Stories of good versus evil or light versus dark are often told to illuminate the balance of light and dark that we all must strive towards mastering. Stories of the Archangel Michael exist in Judaic, Islamic and Christian traditions. Michael is often portrayed as an angel warrior, astride his powerful steed carrying a sword of light. In some ancient stories Michael subdues the fearsome dragon thereby guiding and inspiring us all to take courage against the darkness.

A celebration of strength and courage, of facing dragons both internal and external, Michaelmas is a great time to ponder our own inner dragons and to cultivate the courage and strength necessary for self-development.

In our school, Michaelmas is brought to the Early Childhood in the most appropriate way for the children - through themes of strength and courage woven into their daily activities. In the Grade School these themes are brought to life with an in-school Michaelmas celebration. This year, our celebration will be on Friday, September 28th at 9 am. Parents are welcome to attend, but please remember that this celebration is intended for children of grade school age. The looks of wonder on the faces of our first graders will show us that it was well worth the wait!

From The Parent Council Welcoming Committee

Come connect and exercise with other RVWS parents. Meet on the towpath behind The Homestead General Store Friday's after the grade school assembly at 8:45-9:00 am. Babes in strollers are welcome!

Pizza Day is Back!

An order form for Pizza Friday can be found at the end of this week's Current.

**Orders are due on Monday, September 19th
and pizza delivery will begin
on Friday the 21st**

RVWS OPEN COMMUNITY MEETING and POP-UP CHOIR

This Thursday, September 20, 6.30pm

Please join us this Thursday at 6.30pm for a return to school Open Community Meeting where the Board of Trustees will host a transparent and informative discussion including all bodies of our school community. Topics will include the state of our school, reviews of our governance structure, enrollment, development and fundraising, capital improvements, and our faculty and curriculum. Short presentations from leaders and peers alike will also include a question and answer session, an interactive Pop-Up Choir performance, wine and light refreshments. Please come out for this important evening of information sharing, as well as a show of support for our leaders and faculty, all of whom are grateful for your presence in our community and for your attendance at this event.

If you have any questions, please feel free to contact
Ron Ferguson at rsferg@gmail.com

From Administration

Drivers & Chaperones – ATTENTION PLEASE!

In keeping with new regulations by the Commonwealth of Pennsylvania, RVWS needs our drivers and chaperones to provide us with a criminal records check and history of child abuse clearance. Each of these can be completed online here:

<https://epatch.state.pa.us/Home.jsp> and here:
www.compass.state.pa.us/cwis

When you indicate that you are a volunteer, there is no fee for the child abuse clearance. The criminal records check is required every 2 years and the child abuse clearance is required every 5 years. In addition to the two clearances, if you are driving for a field trip, RVWS will need a copy of your driver's license and insurance card each trip (not just annually). Thank you for your help in our efforts to ensure that all of our children are safe.

Amazon Smile

Thank you to everyone who shops through Amazon Smile. We just received a check for \$48.38 because of your purchases.

PA Department of Conservation and Natural Resources

These links will lead you to two trainings in our area that might be of interest. To find out more, copy the link and paste it into a browser window.

Leave No Trace Trainer Course:

https://events.dcnr.pa.gov/event/leave_no_trace_trainer_course#.W5aO5s5Ki9J

Wilderness First Aid Course:

https://events.dcnr.pa.gov/event/wilderness_first_aid_course#.W5aPnM5Ki9J

RVWS Email Lists

Aside from your own class email list, there are a few others that you may find useful:

Info@rivervalleyschool.org – reaches the front desk / Robbie Miller & Tiffany Robinson

Attendance@rivervalleyschool.org –reaches Robbie, Tiffany & Cindy Schretlen – use this to report absences, late arrival or early pick-ups

PC@rivervalleyschool.org – reaches the Parent Council co-chairs / Liz Davachi & Lorissa Lock

AdminTeam@rivervalleyschool.org – reaches the Administrative Team / Reeve Kelly, Annie Porter & Cindy Schretlen

LC@rivervalleyschool.org – reaches the Leadership Council / Christina Hummel, Melanie Niemczura, Annie Porter & Cindy Schretlen

Regarding your class lists, (MoonRoom@, Classof2019@, etc.) – Please feel free to use these lists to tend to class business and/or class-wide social events. They are an easy way to keep everyone in the know.

However, please do not put these email addresses into commercial event invitation services (like Paperless Post or Evite) or other services that function similarly. This winds up creating lots of spam that group members cannot opt out of. Either enter email addresses individually into the invitation service website or use the group email to send an invitation of your own creation, directly from your own email address.

Also: please do not use the class email list for commerce of any sort – refrain from using it to share or promote your business venture. Once again, feel free to create your own email list of friends that you think will welcome hearing this type of news from you.

Health Care Coverage from CHIP

CHIP covers uninsured kids up to age 19 in Pennsylvania. It doesn't matter why your kids don't have health coverage right now; CHIP may be able to help. Most kids receive CHIP for free. Others can get the same benefits at a low cost. CHIP is brought to you by leading health insurance companies who offer quality, comprehensive coverage. *CHIP benefits include: Routine Check-ups, Prescriptions, Hospitalization, Dental, Eye Care/Eyeglasses, Behavioral Care, Special Care and more*

There is no limit on income. If your income is below CHIP guidelines, your child may be enrolled in Medical Assistance. To apply for benefits or renew go to: CHIPcoversPAkids.com • 800-986-KIDS

From the Faculty

What the Children are Learning:

First Grade – Form Drawing

Second Grade – Form Drawing/LA

Third Grade – Language Arts

Fourth Grade – Math

Fifth Grade – Ancient India

Sixth Grade – Geometry

Seventh Grade – Intro to Algebra

Eighth Grade – History – French & Industrial Revolutions

After-school STEAM Club for Grades 3-5

Elizabeth Drew who has joined the faculty as a math specialist and is the founder of Bricks Bots and Beakers is excited to offer after school classes for 3rd – 5th graders starting September 24th. B3 classes teach specialized STEAM (science, technology, engineering, art and math) concepts and provide hands-on, project-based learning that is so important for 21st century learners.

Demo and Q&A: Monday, September 17th 3:15 – 4:00

Featuring: Gross Out 1 – Crazy Chemistry

Grades: 3rd – 5th

Dates: Mondays starting September 24th 3:30 – 4:30

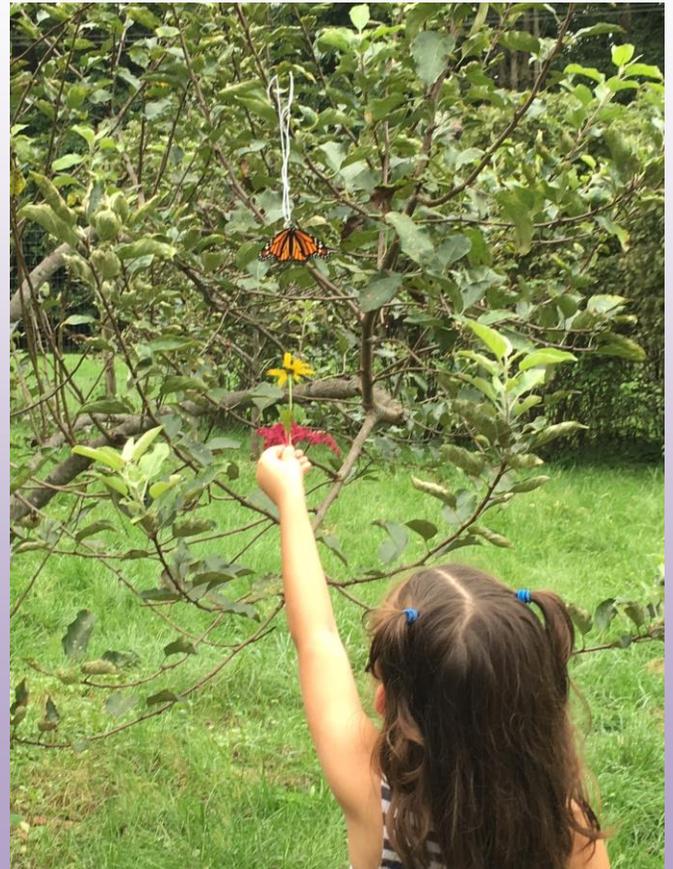
Cost: \$150 for 10 weeks

Register Online Or Pick up a Registration Form at school on Monday.

www.bricksbotsbeakers.com/skylands

Thank You

Thank you to Brooke Way for graciously providing the Moon Room children with the gift of witnessing a monarch butterfly hatching from a chrysalis. The green and gold-dotted chrysalis hung above our lunch table for a week before turning see-thru, when we could see the outline of black and orange wings. Suddenly, while eating lunch, the butterfly emerged! We watched it stretch and dry it's wings before carefully carrying it to the garden, singing songs about butterflies along the way. It truly was a magical day!



From Parent Council

3rd Grade Smoothies are BACK!

Bring \$2 and your favorite cup!

3rd Grade parents will be blending up our signature Fairy Berry Smoothies for the next few FRIDAYS. Your support is greatly appreciated as we prepare for our farm trip!

From the Board

August Board Meeting Summary

On August 30 the board held the first meeting of the school year. To keep the community more informed of the board's work a summary will be published in the current following each meeting. Members of the community are always welcome to attend board meetings as they are open meetings, and during this year the first hour of each board meeting will include topics of interest to the community including the school's financial position, a report from administration and the faculty, and time for open discussion.

A brief summary of the August meeting minutes is below. Complete minutes are available in the school office for anyone who may be interested.

-Annie Porter shared a summary of the faculty in-service held the last week in August, which was valuable time for the faculty to reconnect and inspire one another to become ready to welcome the children. The in-service included routine training on school policies, safety drills, and group work by the faculty to prepare for the school year. Each faculty member had an opportunity to share how they have prepared the classroom and the curriculum for the year.

-The board reviewed the administrative and finance reports including enrollment at 139 students as of the meeting. The budget drafted in the spring is consistent with the current level of enrollment and the school will have positive cash flow throughout the year at the current enrollment level. Administration also shared that Patrick Janssen is filling the role of Building and Grounds Coordinator. We are grateful he has agreed to serve.

-The board welcomed Liz Davachi as the Parent Council Co-Chair sitting on the board, which she graciously agreed to accept. Lorissa Lock will be the Parent Council co-chair. The board is extremely grateful for their service!

-A Strategic Planning Committee has been formed and David Willey has agreed to chair the committee. Members include Reeve Kelly, Amy Nyberg, Annie Porter, and Cindy Schretlen. The sole focus of the strategic plan is increasing enrollment. The details of plan and development of goals and tactics will be discussed at the fall community meeting on September 20.

-The board discussed the plans for construction in process with the general contractor. The building construction design is expected in September and plans are underway to replace windows over the holiday and winter breaks.

The next board meeting is scheduled for October 11.

From the Development Committee

Over the summer, the Development Committee identified four main goals for the 2018/2019 school year. We would like to share these goals with everyone, because they can only be realized with the help and participation of our fantastic community....old & new!

1. Reach or exceed our Annual Appeal Goal of \$40K
2. Triple EITC participation by June, 2019 from 4 participants to 12
3. Develop strong Alumni Outreach initiative
4. Develop Plan for Giving Tuesday, November 2018

If you have an interest in working with the Development Committee to assist our community in reaching these goals or just have some great ideas you would like to pass along, please contact: Louanne Willard at louannewillard@gmail.com

OCTOBER 6, 2018
10A-5P

DOUBLE BROOK FARM FEST

LIVE MUSIC, LOCAL FOOD, LIBATIONS

THE GOODS
FROG HOLLER
MOONSHINE & MILLET
HINTON, BOWER, JONES
MORE...

TICKETS & INFO VISIT DOUBLEBROOKFARM.COM
\$25/ADV. \$35/DOOR · KIDS UNDER 12 FREE

ST. MICHAEL'S FARM PRESERVE IN HOPEWELL, NJ



QUESTIONS? EMAIL FESTIVAL@BRICKFARMGROUP.COM

Looking for a House

If you know of a small house or apartment for rent in or near near Solebury, please let Robbie know.

Cooking Classes for Children and Adults

Ash Chase Cooking School in Doylestown (owned by Bill Murphy, father of Ashton in Early Childhood) offers cooking classes primarily for children, but also offers monthly byob cooking classes for adults. All classes are uploaded to their website approximately a month prior to their class date.

They would like to offer any River Valley kids/parents and staff members a constant 10% discount for any classes they may sign up for. The discount code is to be used at check-out and is: "rvws10." It is a 10% discount on ANY class. Classes focus on local farm to table and completely home cooked meals.

The website is www.ashchaseculinary.com and all classes are held at Bill Vandergriff's Appliance kitchen showroom in the Doylestown/New Britain area (near DelVal College).

SuperNatural Salon and Spa

121 Delaware Rd , Riegelsville, Pa

Tina Venini (Parent of River- 4th gr and Tia - 6th gr.) is offering healing services including; Shiatsu Massage, Shin Tai, Reiki, Lymphatic Drainage Massage, Reflexology and Craniosacral Therapy.

These traditional healing modalities help balance and heal many Autoimmune diseases and illnesses as well as emotional imbalances. \$80 for 60min sessions, 30min sessions also available.

Call to make an appt. 610-749-2051

St. Luke's UCC Rummage and Bake Sale

Thursday, October 11, 9 am-8 pm; Friday October 12, 10 am-7 pm; Saturday, October 13 – Bag Sale All Day 9 am-4 pm. Lunch available.

Sale will take place at the building located at the intersection of Routes 412 & 611 in Ottsville.

Donated items welcome there from Sept. 11 to October 5. Or drop off items on the porch at the schoolhouse of St. Luke's UCC Church on Durham Road. No computers, fax machines, printers, TVs, cribs, car seats, mattresses, encyclopedias, used paint cans, or items needing repair please.

For info call: 484-357-5247 or 215-479-2724.

Earth School Holiday Program

Come join us for a day along the gorgeous waters of the Tohickon Creek at Ralph Stover State Park in Point Pleasant, PA.

What – Earth School full day program

Who – Kids 6-12 yrs

Where – Pavillion #2, Ralph Stover State Park, 5998 State Park Rd. Pipersville, PA 18947

When – Wed. Sept. 19th, 9am – 3pm

Cost – \$45

Pre- Registration is Required!

www.earthschoolforkids.com for details

5th Annual Kids' Fun Run – FREE Event for the entire family!

Alexandria Park – 242 Little York-Mount Pleasant Rd. Milford, NJ 08848

Saturday, Oct. 6th (Rain date: Sunday, Oct. 7th)

Registration: 10:00am Race Start: 10:30am

Activities Include: Fun Run – 1 or 2 miles run/walk, Games & Prizes, Face Painting, Balloon Animals, Snacks & Drinks, Arts & Crafts and Music by DJ Sean

For more info or to register online go to www.ghcm.com/kidsfunrun

Come join the fun at OTAC this Fall!

Ottsville Traditional Arts Center, 250 Durham Road, Ottsville, PA
Wednesdays 6:00 -8:00 Traditional Jam and Songs

September

Saturday 9/29 6:00-9:00 - Open Mic -Featuring a set by Eve Sheldon singer-songwriter
Early sign up for kids (either at the door or email gracefulm@aol.com)

October

Friday 10/19 - Contra Dance with Coracree
Family/Beginner Dance 6:00 - 7:30 - Contra Dance 8:00 - 10:00

Saturday 10/27 - Open Mic/Coffee House
TBA (if more 3 or more acts sign up for coffee house sets)

November

Friday 11/2 - Funky Friday Family Disco and Open House Pizza Party 6:00 -9:00

Saturday 11/10 - Open Mic

Please let me know if you have an interest in a fundraiser, event, performance, workshop, etc. gracefulm@aol.com

Ottsville Traditional Arts Center is a multi generational and varied community that provides service through what we all have to share. This year OTAC is looking forward to a financially sustainable program. I am grateful to our awesome community and to you!

Thank you!!!

Grace Morgan

For further details check out ottsvilletradarts.weebly.com and our Facebook page.

Artyard

The Unlikely Whole – September 15-December 30 – Curated by Lucinda Warchol

ArtYard is pleased to present The Unlikely Whole, an exhibition featuring the works of Mariel Capanna, Amie Cunat, Osamu Kobayashi, Amy Pleasant, Kenny Rivero, and Rudy Shepherd. The selected works explore the landscape, the body, memory, and identity as sites of disassembly and reconstruction. Through methods of fragmentation, translation, and repetition, these artists both challenge and reimagine our conception of the whole.

Upcoming Events:

FRIDAY, SEPTEMBER 21, 8:00 PM

An evening of old-time country music played with energy, originality, and love by **The Corn Potato String Band**.

SATURDAY, SEPTEMBER 22, 7:00 - 10:00 PM

Pop-Up Choir with Kira Willey

SATURDAY, SEPTEMBER 29, 7:30 PM

Our second **poetry & music** event
with distinguished guest poet Patrick Rosal.

SATURDAY, OCTOBER 6, 7:30 PM

A screening of **Wanda**, a 1970 American independent film written and directed by Barbara Loden.

SATURDAY, OCTOBER 13, 7:30 - 8:30 PM

Healing Music for a Troubled World,
a special evening with artist Rudy Shepherd.

SATURDAY, NOVEMBER 10, 7:30 PM

In My Corner, an original play by film director Jeremiah Chechik that tells a universal story in a unique way.

To learn more about these events, please visit our website www.artyard.org
ArtYard, 62A Trenton Avenue, Frenchtown, NJ 08825

Empower U at Central Bucks YMCA

Empower U is a Pathway Program at CBFYMCA that was designed by young women, for young women, to enhance girls' self-image through physical activity, healthy relationships and confidence building. It's a FREE program and participants will receive a complimentary membership for the 8 weeks they are in the program.

There are some really great workshops planned for class participants with weekly topics including:

- Social U: friendships/social media
- Healthy U: Fitness/Membership
- Nourished U: nutrition/healthy eating
- Creative U: creative expression
- Giving U: bracelets for THRIVE program.
- Inspired U: YOGA/Meditation
- Connected U: Team building.
- Be U: Self-image/Confidence

Meetings will be held Tuesday evenings starting October 9th for 8 weeks, 4PM-6PM.

Topics will focus on strengthening and educating each program participant on issues that generally influence teen girls or issues that teen girls will encounter and will need tools to help them make healthy decisions. Our topics each night will have an educational component and a hands-on/active component as well, each around 45 mins-1 hour.

If you are interested in joining our program please email: Brooke Volpe: bvolpe@cbfymca.org>



Fall Dahlia Bouquet CSA Share

Starting soon for 4 weeks. Treat yourself (or a friend) to local, sustainably grown, fresh cut dahlias. These beauties are the divas of fall!

Two price points available:

- (1) Receive a lush bouquet featuring ~10 stems of dahlias cut that morning, plus additional stems of scented greenery and other blooms, bundled together in kraft paper and delivered to RVWS, \$80 for 4 weekly bouquets.
- (2) Bundle of ~7 dahlias only (no other flower types or foliage), \$56 for 4 weekly bundles.

Dahlia selection will depend on what is blooming and looking best the morning of delivery, colors will coordinate/compliment. Delivery will start week of Sept 17th and shares are limited, so don't delay! Contact Jean Tuma at florestemporis@gmail.com or 484-226-5395.

Home for Rent in Frenchtown

Four bedroom house for rent in Frenchtown on 4th and Harrison available Oct. 5th.

Interested? Call Nicole Blasucci 908-581-9706.

Address: 401 Harrison St, FRENCHTOWN NJ 08825. For Rent: \$2,500/mo. 4 bds • 1.5 ba • 2.2k sqft. View this home on Zillow:

https://www.zillow.com/homedetails/401-Harrison-St-FRENCHTOWN-NJ-08825/38843394_zpid/

Milford Wellness Center

18 Bridge St., Milford, NJ

Yoga with Ivy

Come meet yourself on your mat! Together we will move and breath, exploring who we are in the moment. We are never the same everyday, all things effect us on all levels. As a community, with support and guidance we will release, strengthen, and renew

Space is limited. To reserve your spot, call 201-694-5166 or email karunagoddess@gmail.com \$15 per class, 75 mins.

From QZ.com

Kids are So Over-scheduled that Doctors are Being Told to Prescribe Play

By Jenny Anderson

For many parents, back-to-school season incites a mad scramble to organize kids' activities—from music lessons to math club and after-school tutoring. But a new policy report from the American Academy of Pediatrics suggests we'd do better to pencil in big blocks of time devoted to nothing but free play.

"Play is not frivolous," the report says. Rather, research shows that play helps children develop language and executive functioning skills, learn to negotiate with others and manage stress, and figure out how to pursue their goals while ignoring distractions, among other things. The report warns that parents and schools are focusing on academic achievement at the expense of play, and recommends that pediatricians attempt to turn the tide by prescribing play during well visits for children.

"At a time when early childhood programs are pressured to add more didactic components and less playful learning, pediatricians can play an important role in emphasizing the role of a balanced curriculum that includes the importance of playful learning for the promotion of healthy child development," write the authors, led by Michael Yogman, chairman of the AAP committee on psychosocial aspects of child family health.

The importance of play

It's a well-known fact that American kids are playing a lot less these days. From 1981 to 1997, children's playtime decreased by 25%, the report says. A national survey of 8,950 preschool children and parents found that only 51% of children went outside to walk or play once per day with either parent. And because of increased academic pressure, 30% of US kindergarten children no longer have recess.

Plenty of people argue this trend bodes poorly both for childhood and for kids' future employment. At Davos, the uber-elite gathering of global power brokers, AI experts and global CEOs argued that free play encourages kids to develop agency, collaboration and creativity—just the skills that workers will need to maintain an edge over the robots. And psychologists not associated with the report, including Peter Gray from Boston College, have said the consequences of a lack of play could be dire, including rising rates of mental health problems in teens. That's why the Academy says it's time to collectively reboot our thinking about play, understanding it not as a trivial, expendable pastime but as an essential activity that science shows is core to children's healthy development.

The many benefits of play

The AAP identifies four kinds of play, noting that they change as children grow up. Object play starts with an infant putting everything in her mouth, and later using objects as toys ("Look mama, I am on the telephone!" says a child holding a banana). Then there's physical or locomotor or rough-and-tumble play, which starts with pat-a-cake and moves to pillow fights and negotiating free play at recess. "Rough-and-tumble play, which is akin to the play seen in animals, enables children to take risks in a relatively safe environment, which fosters the acquisition of skills needed for communication, negotiation, and emotional balance and encourages the development of emotional intelligence," the authors write.

Outdoor play allows kids to integrate a bunch of senses: throwing balls or playing tag lets them learn to use the body and mind in tandem. Perhaps that's why research shows that countries that offer more recess to young children see greater academic success among the children as they get older. There's also social or pretend play (which can happen alone or with others), when kids experiment with taking on roles—teaching a classroom full of stuffed animals, or playing house.

The AAP cites a laundry list of evidence underpinning the benefits of play. Randomized trials of physical play in 7- to 9-year-olds showed that play enhanced attentional inhibition, cognitive flexibility, and brain functioning that suggested better executive control. Pretend play helps kids build self-regulation because children have to collaborate on just how the imaginary world they are living in will work, thus "improving their ability to reason about hypothetical events." Play is also particularly important for kids exposed to toxic levels of stress. "The mutual joy and shared communication and attunement (harmonious serve and return interactions) that parents and children can experience during play regulate the body's stress response," the report says.

(Continued on next page.)

Getting play back on track

While the report's authors worry that parents' laser-focus on achievement has eaten away at play time, they attribute the problem to social pressures rather than poor intentions. "Parental guilt has led to competition over who can schedule more 'enrichment opportunities' for their children," they write. "As a result, there is little time left in the day for children's free play, for parental reading to children, or for family meal times."

To change this, the AAP recommends that preschools encourage more playful learning, both to foster stronger caregiver–infant relationships and to promote executive functioning skills. It also suggests that doctors not only encourage parents to protect children's unstructured playtime, but have parents let their children take the lead—for example, if a child is doing a puzzle, it's okay to suggest a piece of a puzzle that might fit, but not do the puzzle yourself.

Of course, "scheduling" free play is easier said than done. For a lot of parents, it's logistically challenging, requiring caregivers or environments that support affordable free play that also keeps kids safe, fed, and close to school or home. That's a lot harder than booking kids into a coding club. But our pediatricians want us to give it a try.

PIZZA FRIDAYS!

Mrs. Atkinson's 3rd Grade Class will be offering pizza and organic lemonade for lunch on Fridays, **starting September 21st** to raise money for our Farm Trip.

Please return this form and payment (made out to RVWS) by **Monday, September 17** to the folder on the office door labeled "pizza"

Pizza will be from The Little York in Milford and will be delivered to the classrooms by the 3rd graders each Friday at lunch.

*This payment is for pizza Fridays through January 2018
(9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9,
11/16, 11/30, 12/7, 12/14, 12/21, 1/11, 1/18 and 1/25) – 16 weeks of pizza!*

Thank you for your support!

Child's Name: _____

Grade and Teachers name: _____

- _____ 1 slice & lemonade: \$64.00
- _____ 2 slices & lemonade: \$107.00
- _____ 1 slice/no lemonade: \$43.00
- _____ 2 slices/no lemonade: \$85.00
- _____ Lemonade Only: \$21.00

Questions? Please contact Sara Fishkin at sarajoyfishkin@gmail.com

Thank you again for your support!