



The River Valley Current

September 23, 2014 No. 387

"Adult life is dealing with an enormous amount of questions that don't have answers. So I let the mystery settle into my music." - Bruce Springsteen (born 65 years ago today)

School Calendar

This Week

Thursday, Sept 25

No School – Rosh Hashanah

Friday, Sept 26

4th grade to Hawk Mountain

Saturday, Sept 27

20th Anniversary Celebration 11:30 am-3:00 pm

Looking Ahead

Monday, Sept 29

Michaelmas In-school Celebration

Tuesday, Sept 30

Michaelmas In-school Celebration at Morning Glory

Friday, Oct 10

Middle School Study Group 7-8:30 pm

Monday, Oct 13

No School – Columbus Day

Tuesday, Oct 14

4th grade trip to PEEC
EC Parent Evening 7-8:30 pm

Saturday, Oct 18

EC Open House
7th grade workday

Thursday, Oct 23

School Tour 9:00 am

Friday, Oct 24

AWSNA Regional Conference at RVWS

How to Contact Us

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

After-School Program

The After-school Program with Josh Laker will begin in October. See next week's Current for full details.

Parent Council Meetings

We will be having our meetings on the 3rd Wednesday of every month. All are welcome! We will try to alternate afternoon/evening meetings. The first meeting was on Back to School Night. The next one will be an afternoon meeting on 10/15 at 2:00 at Homestead General Store. We can modify the time if we find evenings (or afternoons) work better for the majority of the parents.



RIVER VALLEY WALDORF SCHOOL 20th ANNIVERSARY CELEBRATION

Saturday, September 27th

11:30 am – 3:00 pm

*Festivities will begin promptly at 11:30,
please arrive early!*

Join us this Saturday for the River Valley Waldorf School 20th Anniversary Celebration. Our school community will gather to honor this milestone, share a potluck picnic lunch and enjoy presentations from school leadership, faculty and our students.

What to bring?

- Potluck dish to share
- Plates/utensils/drinks/napkins and a picnic blanket for your family
- Your singing voice and your laughter

Please come and share this very special day with us.

After all, we only turn 20 once!

Rain Date – Sunday, Sept. 28th

Due to the Milford Alive Festival,

**Bridge Street will be closed between Noon and 5 pm
and the Milford Bridge will be closed between 2 pm and 3 pm.**

Please consider using the Frenchtown-Uhlerstown bridge between Noon and 5 pm to avoid closures.

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.

*The grade school will have an in-school Michaelmas celebration
Monday, September 30th at 10 am.
Parents are welcome.*

From Administration

Part-time Enrollment Outreach Coordinator Needed

Stephanie Smith is leaving River Valley in October to open Pulp, a juice bar/vegetarian café, in Frenchtown. We are looking for someone to take over her responsibilities.

Attached to this week's Current is a job description with information about the hours, qualifications and expectations of this position. If you are interested, please see Brian.

New Aftercare Teacher Hired

Carolyn Mercatante will take over Aftercare (from 3:15-5:30) beginning Monday, September 29th.

Carolyn is an artist and art teacher and is very excited to be joining RVWS. She has worked at Kimberton Whole Foods for the last several years so many of you may recognize her when you see her. Please give her a warm welcome.

Message from the Bucks County Health Department

The Bucks County Healthy Department sent us a flyer (attached to this week's Current) about the Enterovirus, which has been affecting our area. It contains information about symptoms and how to prevent the virus.

Help us by Recycling your old Cellphones and Ink Cartridges

We collect old cellphones and ink cartridges to recycle and raise money for RVWS. Please bring yours to school and put them in the box on Robbie's desk. Thank You!

Housing Needed for AWSNA Conference

RVWS is hosting an AWSNA Regional Conference on Friday, October 24th.

Some of the attendees from Waldorf schools along the east coast will need a place to stay on Thursday, October 23rd. They are willing to pay up to \$25 per night. If you have a spare bedroom available, please let Brian or Robbie know by this Friday, September 25th.

Our New Spanish Teacher

Grisselle Laborde-Carlo has been hired as our new Spanish teacher. Grisselle is a native Spanish speaker, and is proficient as well in French and Italian. She has over 14 years of teaching experience with the Archdiocese of Philadelphia and other private schools.

The Search Committee was impressed with her lively presence in the classroom and she was able to effectively engage students both individually and as a group. Grisselle is very enthusiastic about the Waldorf methods for language instruction.

Box Tops for Education

We collect Box Tops for Education to benefit our school. You will find "Box Tops" on many of the products you use. Each box top is worth at least ten cents.

Participating companies include: General Mills, Cascadian Farms, Pillsbury, Yoplait, Betty Crocker, Huggies, Cottonelle, Kotex, Pepend, Ziploc, Hefty, Kleenex, Scott, Viva, Saran and more. Look for specially marked boxes and drop-off the box tops in the basket in the lobby. If you don't use these products, perhaps a relative or friend does. Thank you for your support.

SHOP AT GIANT FOOD STORE?

There's a really easy way to raise funds for RVWS, every time you shop at Giant and use your Giant member card. Just register your member card on their website.

Here is the link: <http://www.giantfoodstores.com/aplus/>
Our school ID number is: 06546

If you registered last year you do not have to re-register this year.

This is an easy way to earn money for RVWS without any cost to you, so please register right away!

Van Driver Course

Anyone who would like to drive the school vans but has not taken the defensive driving course should contact James. This includes parents and teachers. You may email him at: james@adminserservice.com

Free Boots

An anonymous former River Valley parent dropped off three practically new pairs of rubber galoshes for anyone who can use them. One pair is size 5 and two are size 6. Stop in the office if you are interested.

Thank You

Thank you Christine Boston and Erin Sweeney for taking hold of Aftercare since school began. Your willingness and dedication is appreciated.

Thank you Clare Brunell for "producing" an amazing Back to School Night. Your many weeks of envisioning and preparation were evident in the success of the evening. You even moved the eurythmy mats out of the way! What a wonderful job you and your collaborators did. Thank you from all of us.

A big thank you goes to the person who dropped off my child's sneaker on Monday morning at Robbie's desk. Yarina was very delighted to have it back! Sabine Rahman

Thanks to Michelle Henkin for donating a beautiful shaving horse and many new plants to the 6th grade. The woodworking program and the 6th grade are very appreciative.

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Farming

Fourth Grade: Language Arts/Norse Mythology

Fifth Grade: Ancient Civilizations

Sixth Grade: History

Seventh Grade: Chemistry

Eighth Grade: Meteorology

From the Leadership Council

What we are working on:

With the Faculty: Mentoring and support of new Spanish teacher, program development with Early Childhood.

With the Board: Strategic plan work.

With Parent Council: Looking forward to reviewing Back to School Night.

From Parent Council

A Back to School Night Overview

Many thanks to all who attended Back to School Night; we had over 70 people. The evening was indeed fun and informative.

Brian Wolff welcomed everyone and introduced the staff. Annie Porter introduced the faculty and gave us a capsule view of the LC. Molly Watson of the Board gave us an update on the Strategic Plan. The hours that went into the plan were many! Parent Council and many committees shared their news and needs.

The faculty gave the parents a short tour through the grades that left the parents wanting more! And the food, as always was delectable. I am still missing the Meyer lemon cupcakes and the yummy meatballs oh, and the apple cinnamon cake! My husband loved the apple crisp! Thanks to all who brought food for the feast.

I enjoyed meeting new families and look forward to seeing you all around the halls!

Clare Brunell,

On behalf of Parent Council

From the Community

Healthy Habit is Closing

We are sorry to announce that Healthy habit will once again be closing its doors in Milford. Thank you to everyone who has supported us in our journey thus far. We hope to be moving to another location when we find a suitable new home. To help us to facilitate this new endeavor, we will be having customer appreciation sale/relocation fundraiser, this Saturday, Sept 27 during the Milford Alive festivities. We will be having a gluten free/vegan bake sale, as well as serving vegan chili, hot apple cider and our own spicy chai.

Any last minute case orders are due Friday, Sept 26th by noon. Pay in advance and receive 25% off retail. We will continue to offer Uriel Pharmacy products from home. You can pick up a catalog and order form from Mrs. Atkinson's room next week.

Thank you again for your continued support.
May Slater and the Healthy Habit Volunteer Crew

Snowboard, bindings, and boots for sale

This Flow snowboard has bindings that fit both pairs of boots (Burton Invaders - men's size 6 and 8). Snowboard is 144 cm, white with neon splashes of color. I can send pictures if you like. It can be used by preteen, teen or small adult, perhaps in the 5'-5'5" range or so, but my child started much shorter on this board. I prefer to sell altogether for \$300 OBO, but will split if necessary. Call Melanie 215.280.3154.

Family Yoga with Felicia and Jessica

Sunday September 28 from 12-1 pm DIG YOGA Lambertville, NJ. Based on hatha yoga and Sendak's "Where the Wild Things Are" Welcome all levels, graders to grandparents! Questions? Email felicialom@gmail.com

Kimberton 5K/10K Trail Run

Sunday, Oct. 12th, 2014
Tired of running on the roads? Come run with us in the woods along the beautiful French Creek!
The Kimberton Waldorf School is looking for fellow 'Waldorf' Teams to compete in the 5k/10k Trail Run this year ... please wear your 'Waldorf' school colors and try to beat KWS if you can!! You can sign-up individually or with a team. Additionally, we are hosting an incredible Health & Wellness Expo with free breakfast, free post race massages and acupuncture, and freshly made 'smoothies'!!
Please support & enjoy our exciting "Fundraiser"!! We are expecting at least 300+ participants ... let's show the local communities how 'Waldorf' schools support each other!!

Boost your family's immunity this winter with delicious Elderberry syrup!

Children LOVE this simple, yet potent homemade tonic made from certified organic elderberries and local raw honey. Elderberries are traditionally renowned for preventing and speeding recovery from common cold and flu symptoms. My son Isaiah (Moon Room) always asks for his "special syrup"! Contact Sara for prices and orders. sarajoyfishkin@gmail.com 609-566-3144

Sabine Rahman aka Saharra White Wolf would love to invite you to her upcoming events:

Medicine Wheel Ceremony - Sunday September 28th 10 am for adults and older children

Shamanic Journeying - Mondays for adults and teens Oct. 6th, & 27th, Nov 17th and Dec. 8th from 7 to 9 pm

Children/Family Fire Full Moon Ceremony - October 10th 4.15pm – for children of all ages

Adult Level II Reiki Class - October 12th: 10am – 6.30 pm. Only 2 spots left (children Reiki classes will start in spring 2015)

Find her business AWAKYA on www.meetup.com – it will give you more information about all these events and many more dates for her ongoing Reiki Healing Circles for all different Reiki Degrees. All Events happen at 5 Cynthia Court, Annandale, NJ 08801. Contact info: saharrawhitewolf@gmail.com

We live in a time of big changes. It is up to you if you want to choose easy or if you want to resist and struggle. Change will happen if you want it or not – it is up to you how. Choose easy, with peace and grace. YOU are the creator of your life and you chose to be here at this exciting time! Enjoy!

Yoga Loka

Retreat Weekend with Bonnie at Mount Eden in Washington NJ

October 10 -12. Full weekend and daytime rates are discounted until 9/10.

If you have ever asked yourself "how can I achieve higher consciousness?" the answer can be found in the chapter of the Yoga Sutras called Sadhana Pada. This second of four chapters in The Yoga Sutras by Patanjali has many suggestions for the student pursuing liberation. During this retreat we will investigate these suggestions, the yamas and niyamas, the Ashtanga 8-fold path, and including the use of asana, pranayama, and kumbhaka. We will explore effort and steadfastness through asana, self-inquiry through meditation and discussion, and surrender through chanting and ritual practice. How we can direct these practices in the most beneficial way is a worthy inquiry that will inevitably lead to higher consciousness.
For more information and to register see our website at www.Yoga-Loka.com

Ottsville Traditional Arts Center

Cello Lessons at OTAC

While Daniel Hawkins is ensconced in an academic Masters program in St. John's, New Foundland, he has secured the cello program by collaborating with another amazing cellist.

Daniel will continue his vision of OTAC through continued virtual interaction of the lessons, jams, events, dances, workshops and personal appearances!

Mirjam Ingolfsson... was hailed as "a young poet of the cello". Born in Reykjavik, Iceland to a family of musicians and artists. Mirjam Ingolfsson started the cello at the age of four and began touring Europe and the United States at age seven. She is an artist with her own distinct musical voice who has established herself as an important performer and pedagogue in the Philadelphia region. As a dedicated teacher, Mirjam Ingolfsson co-founded The Leopold Mozart Academy in 2001, where she teaches cello, Music Theory and Solfeggio. Her Masters degree in Music includes graduate work at the Cleveland Institute of Music and Temple University. She is a winner of top prizes in numerous competitions such as the ASTA Pennsylvania State Competition and the Graham Stahl Cello Competition. She has participated in the Piatigorsky Seminar in Los Angeles and festivals such as the Bach Festival of Philadelphia, the Schleswig Holstein Festival in Germany and the Jeunesse Musicales Festival in Switzerland. Her major teachers include Orlando Cole, Alan Harris, Jeffrey Solow and Nathaniel Rosen. For lesson information contact mirjam.ingolfsson@gmail.com.

Wednesday Jams / Song swaps 6:00-8:00

Please join the Jam! All levels welcome. Bring strings, pipes, squeezebox whatever you got!

Community potluck, tunes and songs. \$5 suggested donation. ottsvilletradarts.weebly.com for song and tunes selections.

OTAC AUTUMN EVENTS!!!

Saturday September 27th 1 - 4:30pm

Workshop and Jam with Donna Hébert and Max Cohen, \$15 adults \$10 kids under 12. To registration contact danielhhawkins.com

Friday October 24th
House Concert Party of Three at OTAC

Wednesday October 22
House Concert with Ari and Mia

Saturday November 1st
Contradance with Perpetual e-Motion
2nd Annual Gypsy Dance
RVWS Class trip FUNDRAISER

Check out our Ottsville Tradarts Calendar of events: ottsvilletradarts.weebly.com, danielhhawkins.com
OTAC 250 Durham Road, Ottsville, across from Kimberton Whole Foods

On the Road Again!

The Bowers family continues our school orbit. In case you're following our story, on each step of our ongoing journey we've been very fortunate to find some wonderful living spaces to rent and caretake and, perhaps most rewarding, some beautiful heart-full people and sustaining friendships. Tara Bowers and Alice Bowers (First grade) are currently looking for a rental or/and home caretaking opportunity as close to RVWS as possible. We would love to hear if you know of any! Thank you for sharing our story. bowersbetara@gmail.com 908-674-2772

Hobson Family in need of Housing

Possibility by Oct. 1st for Pamela and her 3 daughters. Oldest is in college so just need 2-3 bedrooms. Ideal would be a house with possible studio where Pamela can do sound healing/ massage therapy. Palisades School District. Close to Waldorf. Shared Housing with another Waldorf Family/Single Mother would be a welcomed opportunity if it were a good fit. Non Smoking/ Health Conscious/ Organized/ Clean and tidy! I AM a Highly Sensitive/ Light worker / Introvert so Ideal would be also very sensitive. Contact Pamela 609-792-8225.

Rummage and Bake Sale

St. Luke's U.C.C., Durham Road, Ottsville, PA
Thursday and Friday, October 2 & 3, 10 am-8 pm,
Saturday, October 4 Bag Sale All Day 9 am – 4 pm.
Donated Items Welcome! Drop items off at the building at the intersection of Routes 412 & 611 from September 22-27. Any other days, drop off items on porch at schoolhouse of St. Luke's Church on Durham Road. Clothing, Jewelry, Books, Housewares, Plants, Toys, & Small Furniture. No Computers or TVs accepted.

For Sale

2006 Nissan Altima 2.5S, 174,573 miles, 36 mpg, AC, Power windows, CD Player/ Stereo, Manual Transmission (stick shift). Black, sporty. Runs Great! Currently at Tom's Garage in Milford where it has just had \$1,500.00 worth of up to date repairs. Asking \$ 4,250.00. Call Pamela Hobson 609-792-8225.

For sale - soft star slippers

Great for indoor shoes, approx. Size 4-5 child. Brown never worn, best offer. Lynn 267-784-2152

Art in the Library

Abstract Painting for Kids – Fun Techniques and Tips with Emily Thompson

Open to ages 7 - 13

Saturday, September 27 10:00am – 12 noon

In this workshop we will explore design and color while experimenting with fun and exciting abstract techniques. We will work on a variety of surfaces with acrylic paint and various tools to create expressive works of art!

Please bring a bagged lunch or a snack—and don't forget your smock.

Emily Thompson received her Bachelor of Fine Arts degree from the School of Visual Arts in New York. As a fine artist she enjoys plein-air painting but mainly works in an abstract style. She has exhibited at The Woodmere Museum in Philadelphia, The Philadelphia Sketch Club, and The Trenton City Museum. The recipient of many awards, her work hangs in private collections throughout the United States.

Painting the Still Life in Oil with George Thompson

October 20 and 27 6:00pm – 9:00pm

All levels welcome. Open to ages 16 - adult

Painting the still life is a wonderful way to learn how to paint, to be creative and expressive. We will discuss all the academic skills you need to create a life-like painting and explore how to paint using your own personal style. We will discuss drawing, color, composition, value, handling the materials, and will also challenge you about what a still life should be—from the academic to the more modern approach. Oils or acrylics suggested. Please bring your own materials; if you not have any, please let us know prior to the workshop so they can be provided.

George Thompson is a nationally recognized, award-winning artist specializing in figure/portrait, landscape, and still life. He has been teaching workshops and conducting life-drawing and painting sessions for the last 25 years. Thompson has a Bachelor of Fine Arts Degree from Pratt Institute, and has studied figure drawing and painting at The Art Students League, and The Brooklyn Museum. www.georgethompsongallery.com

Art in the Library is made possible with a generous grant through the Erwin J. and Gertrude K. Neusch Fund. This program offers classes and workshops for beginner, intermediate, and established artists—from children to adults. The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road. To sign up, please contact the Riegelsville Library 610-749-2357 or 610-749-2158 or riegelsvillelibrary.info

Cambridge Baby

What's afoot this Autumn? Clothe Kindergarten children in natural wool for their well-being - wool's ability to regulate the body's temperature means children are equally comfortable listening to a story or running around in the woods. We have Merino wool vests, leggings and coats, wool socks wool tights, and wool hats to keep children warm on chilly days. Go to: www.cambridgebaby.co.uk/catalog/ for more information and to place an order.

Handcrafted Classroom Shoes from Soft Star Shoes

15% Discount for Waldorf families and teachers
We are offering Waldorf schools a special discount for Soft Star classroom shoes through the end of September. Use the special discount code: Waldorf2014 when purchasing on line to save 15% on classroom shoes at www.softstarshoes.com, or call us (toll free) at 866-763-2525. Good for 15% off now through September on classroom moccasins and rambles.

Cub Scouts

Anyone interested in Cub Scouts, please join us for our Welcome Back Night at Durham Nockamixon Elementary School Sept 17, 2014 from 7-8. We meet each Wednesday, Grades Kindergarten through 5th grades. Any questions, please call Lynn Freeman 267-784-2152. Gabe hopes to see some of his RVWS buddies there!

Bridgeton AA will be hosting a Trunk or Treat October 31 from 6-7:30.

Great trick or treating fun for kids in one safe, family friendly location! Come deck out your car's trunk, tailgate, or hatch (optional) & have fun handing out treats to our area youth. Call/email to reserve your spot today! 484.325.1816 or bridgetonaa@gmail.com

PALISADES HIGH SCHOOL FITNESS CENTER

OPEN IN THE EVENINGS FOR COMMUNITY USE BEGINNING MONDAY, SEPTEMBER 15TH!

Once again this year, we will be opening the Fitness Center at the high school - enter from the doors on the Route 412 side during the week and in the back of the building on Saturdays. The Fitness Center is open Monday through Thursday, from 6 to 8:30PM and on Saturdays from 9AM until noon. The fee is minimal for the community - \$100 for the entire school year; \$15/month or \$3/visit. An attendant is stationed in the Fitness Center during those hours. The Center is closed when there is no school for students. Please go to the Fitness Center page on this site for more information. Make a commitment to stay healthy this year!

Adult Volleyball

Beginning on 9/23

Tuesday and Thursday Evenings, 7:30-9:30PM, Palisades Middle School. All are Welcome to Walk in! \$5/night to play Any Skill Level - Great Fun!

From the New York Times

Put the Physical in Education

By Gretchen Reynolds

September 4, 2014

When confronted with an overly active child, many exasperated teachers and parents respond the same way: "Sit still!" It might be more effective, though, to encourage the child to run. Recent research suggests that even small amounts of exercise enable children to improve their focus and academic performance.

By now it's well known that diagnoses of attention deficit hyperactivity disorder are increasingly widespread among American children: The label has been applied to about 11 percent of those between the ages of 4 and 17, according to the latest federal statistics. Interestingly, past studies have shown a strong correlation between greater aerobic fitness and attentiveness. But these studies did not answer the question of which comes first, the fitness or the attentional control.

Addressing that mystery was a goal of a study published last year in *The Journal of Pediatrics*. Researchers at the University of Illinois at Urbana-Champaign recruited 40 8-to-10-year-old boys and girls, half of whom had A.D.H.D. They all took a series of computerized academic and attentional tests. Later, on one occasion they sat and read quietly for 20 minutes; on another, they walked briskly or jogged for 20 minutes on treadmills. After each task, the children wore caps containing electrodes that recorded electrical activity in the brain as they repeated the original tests.

The results should make administrators question the wisdom of cutting P.E. classes. While there were few measurable differences in any of the children's scores after quiet reading, they all showed marked improvements in their math and reading comprehension scores after the exercise. More striking, the children with A.D.H.D. significantly increased their scores on a complicated test, one in which they had to focus on a single cartoon fish on-screen while other cartoon fish flashed on-screen to distract them. Brain-wave readings showed that after exercise, the children with A.D.H.D. were better able to regulate their behavior, which helped them pay attention. They responded more nimbly to mistakes like incorrect keystrokes. In short, the children with A.D.H.D. were better students academically after exercise. So were the students without A.D.H.D.

"In terms of a non-pharmacological means of dealing with attentional-control problems in children, exercise looks as if it could be quite beneficial," says Charles Hillman, the professor of kinesiology at the University of Illinois who oversaw the study. "Especially since it seems to also improve the academic performance of children who don't have attentional-control problems."

What's more, adds Matthew Pontifex, now an assistant professor at Michigan State University and the study's lead author, "You don't need treadmills." Just get restless children to march or hop or in some fashion be physically active for a few minutes. Coax their peers to join in.

Of course, even as it reinforces the accumulating evidence that exercise is good for brains, this short-term study leaves many questions unanswered: How much and what kind of physical activity is optimal? Does it permanently lessen attentional problems? Does exercise directly affect attention at all? In their study, the researchers speculate that exercise might sharpen mental focus in part by increasing brain activity in the frontal lobe. But understanding its mechanisms may not be needed for teachers and parents to consider deploying movement to counter wandering attentions.