



River Valley Current

September 29, 2015 No. 418

Man is most nearly himself when he achieves the seriousness of a child at play.
-Heraclitus

School Calendar

This Week

Tuesday, September 29

Michaelmas – In-School celebration

Saturday, October 3

EC Open House at Morning Glory

Looking Ahead

Mon.-Wed., October 4-7

4th grade class trip to PEEC

Tuesday, October 6

HiS Parent Meeting with Elan Leibner 6:30 pm

Monday, October 12

No School – Columbus Day

Thursday, October 15

School Tour 9:00 am
Board Meeting 6:30 pm

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 begins this week. Registration forms are attached to this week's Current.

Halloween Dance

The Grade 7/8 Halloween Dance will be held at Ottsville Traditional Arts Center on October 30th from 6:30 9:30 PM with DJ Jens.

Save the Date:

Tuesday, October 6th

High School Parent Meeting
With Elan Leibner

Monday, October 19th

A Mushroom Talk by

Mycologist, David Porter, (who just happens to be Annie Porter's father).

Harvest Fest and Capital Campaign Kickoff Celebration Saturday, October 10th 11:30am – 3:00pm

On Saturday October 10th from 11.30 am to 3.00 pm the Capital Campaign Committee will host our Harvest Festival and Capital Campaign Community Kickoff event in the time honored River Valley Harvest Festival style. Bring your own picnic and enjoy warm bread from the school bread oven as we celebrate this exciting moment in our school's journey with presentations from our school community and the fellowship of friends and faculty. News will also be shared of a fun and dynamic personalized "Buy a Tile" mosaic fundraiser, which will support the campaign while beautifying our new space. Won't you please save the date and join us then?

Pierogi Family Orders

It is now possible to order pierogis to take home for your family. Orders will be placed monthly and the form is attached to this week's Current. Orders for Wednesday, October 7th must be received by this Friday, October 2nd.

Community Meeting on Thursday, October 29th at 6:30

The LC and the faculty will be sharing intentions about the future of some of our programs and policies, some important communication dates that are going into our calendar, and some more ideas about the journey of the class teacher. We look forward to sharing these intentions with all of you, and hearing your responses, which will help inform next steps as we work towards implementation and the growth of our school.

Parent Council Corner

Winter Fair surveys are due Wednesday 9/30. Please put in folder on office door. PC is discussing with faculty the possibility of having a winter festival in January.

Parent Council is excited to announce study sessions with TreeAnne McEnery each month. These study sessions are intended to provide parents with a deeper understanding of Waldorf philosophy. All are welcome to join. Our first study is scheduled for Wednesday, October 14th at 2:00 pm, location to be determined. We will be reading and discussing "Confessions of a Waldorf Parent," by Margaret Gorman. Copies are available on the wall opposite the office.

Parent Council's **next meeting is Wednesday October 21st at 2:00** in the RVWS Garden (weather permitting). If the weather is bad then we will meet at Homestead General Store. Topics to be covered include Back To School Night review, Winter Fair, and the Auction among others. All are welcome!!

From Administration

Interim Administration Update

I am happy to report that the Interim Administrative Team has found its footing and we feel that we have established a solution to meet our assigned responsibilities. Cindy, TreeAnne, Nick and I meet regularly as the IAT to review current issues and consider how best to address the administrative needs of our school. We have taken, given and re-assigned responsibilities as needed and find ourselves in a manageable, positive rhythm, as we hope is evident in the operation of the school.

We are now half way into the interim review period so the Board has asked several members to lead the scheduled review. Jef Betz, Christina Hummel and Annie Porter (on behalf of the LC) will be the primary contacts for staff, faculty and community members to share concerns and observations. Over the next four weeks, please contact one of these review team members or any Board member if you have something to share.

During the first week of November, this team will compile the feedback and work with the IAT, BOT and LC to establish a model for a more "permanent" administrative structure. From here we will re-define job descriptions and/or create new positions as necessary to best meet our needs and fit our budget.

Thank you for your support, patience and feedback as we work through this transition toward an effective administrative solution.

Will Carpenter

From the Business Office

Please turn in all purchase orders for reimbursements/bills not later than Monday night for Tuesday's check run. We appreciate your cooperation, as last minute requests cause backlogs in the office. Thank you.

United Way Thanks Us

We received a very nice letter and a certificate (which is on the bulletin board) thanking RVWS for donating 335 pounds of food to the United Way Operation Helping Hand Food Drive last spring. They gave us a special mention for donating over 1 pound of food per student. They collected a total of 45,330 pounds of food that was distributed to those in need in Bucks County. Thank you to everyone who contributed.

Box Tops for Education & Recycled Ink Cartridges and Cellphones

RVWS collects "Box Tops for Education" which can be found on many of the products sold in your grocery store. Please bring them in to school and place them in the basket in the lobby. Jennifer Zosa (mother of Noah Buggel, Star Room), our kind volunteer, will then redeem them and we will receive a check twice a year.

Also, please bring in your used ink cartridges and cellphones. Those too will be redeemed for cash. The collection box is on Robbie's desk.

Thank you for these contributions, every little bit helps.

GARDEN GATE - parent-child classes

RVWS is excited to offer a few options for parents (or grandparents, or caregivers – not just moms & dads) to participate in our lovely Garden Gate program for children under 3 years, together with their grown-up. Expectant parents are also most welcome to join in. All Garden Gate classes meet from 9am until 11:30am.

A few spots are open in the Thursday group, which runs now, through January 2016. There is also one spot available in the Tuesday class. Friday is a drop-in day. Come if you can! We'd prefer you contact us by phone or email for more information and so we know to expect you, although last minute additions are always welcome. 610-982-5606 or admissions@rivervalleysschool.org The class meets from 9am until 11:30am.

We are beginning a Monday group at Morning Glory Preschool located in the 'yellow barn' at Pebble Hill Church on Edison Furlong Rd in Doylestown, PA. The class will begin as soon as we have 4 more families register and will run through January, 2016.

Additionally we'll open a Saturday class here at RVWS if there is interest – so please do let us know so we can add you to the list and begin as soon as the critical mass is reached!

If any of the above interests you or someone you know, reach out to Cindy Schretlen, Hilary Murphy or Molly MacDonald for more information, or to register! Garden Gate is a wonderful, fun and relaxing way for your child to learn about participating in a group, as well as a supportive, affirming experience for the adults who bring them. The registration form is attached to this week's CURRENT as well.

Holiday Bazaar

The Holiday Bazaar letter and agreement are attached to this week's Current. Any parents, students or classes who want to get involved need to fill out an application and if new, send photos of their wares. We are now accepting applications.

Also, we have Holiday Bazaar flyers and postcards in the office. Please stop by and take some to help distribute and share!

Directory Update

When it comes time to finalize the directory each year, there is such a flurry! Has the Jones family completed the admissions process? Are they enrolling all six children or just one? Did I hear that so-and-so has moved? Is Samantha in the Moon Room or the Star Room? Etc. etc. It can be really difficult to hit the bulls-eye on this rapidly moving target.

This is a big Thank You to Renee Goodyear, who takes all last minute changes with grace and good-humor (mostly). Something else to know is that Renee updates the online version of the directory throughout the year – so all you need to do is check the website. She will also announce the changes in the Current, so you can write them into your copy. So, please peruse your directory and let us know of any needed changes or updates (info@rivervalleysschool.org & rgoodyear@rivervalleysschool.org) Thanks.

Here are some changes that we know of right now:

Jeweleon Gawronski (Star Room) and Anna Meyer (G7) are not enrolled.

Quinn Lovely needs to be added to the 2nd grade class list. His family is already included in the alphabetical section.

Lila Berrocal needs to be added to the Moon Room class list. Her family is already included in the alpha section

Wyatt Euler needs to be added to the Moon Room class list. His family is already included in the alpha section

The Nyberg family has moved, please update their address: 55 Connard Drive, Easton, PA 18042. All other contact information remains the same.

Dismissal Procedures

When you pick up your children at the end of the day, please keep them with you until they are in the car. Children are running across the driveway in front of buses (and it's not just the little ones). Grade school ends at 3:20 this year. Children who have not been picked up by 3:30 will be sent to Aftercare.

Administration Work Schedule

Cindy Schretlen – every day

Renee Goodyear – Monday all day, Tuesday and Wednesday until 1:30

Robbie Miller – Tuesday, Thursday, Friday

Hilary Murphy – Wednesday and Thursday until 1:00

Pamela Hobson – every morning until 10:00

Charlene Chapman – Monday, Tuesday, Thursday until 12:00

James Hagan – Tuesday, Thursday

TreeAnne McEnery – Tuesday, Wednesday, Thursday, Friday until 1:00

Van Drivers

Are you interested in driving one of the school vans for field trips or other school events? If so, please contact Lorraine Sharaf (mother of Eve G-5) lorraine.jenkins@comcast.net for information about taking the required training course.

Attention Bus/Van Riders

Parents of bus and van riders, **please call the school** if there is a change in your child's plans for riding the bus home. If your children participate in any of our after school programs, please let us know what days they will not ride the bus and when you would like them to start again. This is a very important safety issue. Thank you for your cooperation.

Current Deadline

The deadline for submitting articles to the Current is 6 pm on Monday. That deadline will be strictly adhered to this year so please be sure to email your submissions to: info@rivervalleysschool.org before 6 pm on Monday.

Thank you for your cooperation,
The Editors.

Email Update

The IT committee has completed the email migration and system update. If you suspect you are not receiving emails from your classroom teacher, or if you send emails to River Valley staff or faculty and they bounce back to you, please contact Robbie at rmiller@rivervalleysschool.org. Thank you for your patience as we upgrade our system.

Parking Lot Safety

In order to make our parking lot as safe as possible we ask that you adhere to the follow guidelines:

- Please do not park along the curb in front of the school **at any time**. If you are dropping off in the morning, stop to let the children out and then keep moving, do not leave your car even for a minute. **In the afternoon during pick-up, no stopping along the curb is allowed;** buses and vans need to get through.
- No parking is allowed (even on the grass) opposite the parking lot entrance (between the stop signs) where cars need to turn and buses need to get by.
- If you park along the driveway leading up to the school, please park perpendicular to the driveway and make sure your vehicle is **fully off the macadam** and that you and your children **walk along the grass**, not in the driveway.
- Parking across from the front door, and down toward the circle is for small cars only.

There is no parking allowed in the circle near the playground during the day because that area is used during recess. If we all follow these guidelines, we will stop receiving complaints from bus and van drivers and everyone will be a lot safer. Thank you.

7TH AND 8TH GRADE FAMILIES, THINKING ABOUT HIGH SCHOOL?

In addition to their local public high schools, many RVWS graduates have or are currently attending (& thriving at) the following independent high schools. If you're not sure what direction is right for your family, or know already that you would like your child to attend an independent high school, the following will be of interest to you as you explore your options!

KIMBERTON WALDORF SCHOOL

Discover the High School

Visit our High School classrooms, meet and interact with faculty, and learn more about the crowning years of a Waldorf Education. The event will begin in the High School Library. Monday, November 9th, 2015 from 7:00 to 9:30 pm

Open House

A comprehensive overview of Waldorf Education and the programs offered at Kimberton Waldorf School. Families should attend an open house as early in their process as possible. Tour the campus; meet faculty, students, parents, and alumni; view samples of student work; participate in panel discussions; and gain an understanding of Waldorf Education through inspiring faculty and student presentations. Complimentary childcare is available for younger children. Sunday, October 25, 2015 from 1:00 to 4:00 pm

GEORGE SCHOOL OPEN HOUSE

Sunday, October 25, 2015, 2:00 p.m.

The program will begin promptly at 2:00 p.m.

Meet teachers and students and take a close look into what George School offers for students who value academic rigor, enjoy collaboration and creativity, relish athletic and artistic pursuits, and appreciate the ideals of service, social justice, and diversity.

Please check in at the George School Meetinghouse a few minutes prior to 2:00 p.m. Parking is available at the Fitness and Athletic Center on Farm Drive, across from the Meetinghouse. If you have any questions, please call us at 215.579.6547.

HIGH MOWING SCHOOL (Waldorf Boarding & Day School)

222 Isaac Frye Hwy, Wilton, NH 03086, (603) 654-2391

Admissions Open House 10-17-2015, 1pm – 4pm

MORAVIAN ACADEMY

Upper School Open House 10-24-2015, 9am - 12noon

4313 Green Pond Rd, Bethlehem, PA 18020

(610) 868-4744

SOLEBURY SCHOOL

Open House, Sunday, October 18, 2015, 1:00 pm - 4:00 pm

Prospective students and families are invited to get acquainted with Solebury School, a college preparatory boarding and day school for students in grades 7-12, located in New Hope, PA. Solebury has an average class size of under 11. You will find that this, combined with the warm and accepting environment that is palpable from the second you walk on campus, makes Solebury a place where students not only excel, but where they thrive. A full slate of Honors and AP courses, as well as extensive electives in every subject gives students the opportunity for both breadth and depth in every subject.

Come see the whole school in action as you tour the campus — see classes debating, teams practicing, artists creating and groups rehearsing. Learn what makes a Solebury education unique. Call 215-862-5261 to register.

From the Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Math

Third Grade – Language Arts

Fourth Grade – Norse Myths

Fifth Grade – Ancient India

Sixth Grade – Classical Greece and Rome

Seventh Grade – Late Middle Ages/Early Renaissance

Eighth Grade – European Revolutions

Weekly Garden Get-Together

Would you like to know what your children are learning in the garden? Are you interested in Biodynamics, Permaculture or Organic gardening? Melissa Goldstein, the gardening teacher, will be in the garden on Wednesdays, starting September 23rd between the hours of 1-3. She would be delighted to meet you! Be aware that she may hand you a pair of gloves and have you pull a weed or two.

Class Fundraisers

Class Fundraisers

Planning your child's birthday party? Let the energetic, fun-loving eighth graders help — and help them raise the funds they need for their class trip! We'll make your child's party one they won't soon forget! Now booking dates for October, November, and December—please see attached form for more information. Limited dates available so email Renell Carpenter (renell@rcn.com) or Kira Willey (kira@kira.net) to reserve your party now!

From the Community

Purely Farm is back again on the first Friday of every month!

Exciting News! The first pick up scheduled for October 2nd will offer pork and eggs! Joanna and Marc Michini of Purely Farm, parents of Clover in the Star Room, have a long history of providing the best meats in the area. Their farm critters thrive on life out on pasture and a diet supplemented by mineral rich, organic grains that are locally grown and GMO free. Joanna and Marc will be at RVWS monthly with your orders all ready to take home--saving you shopping time and providing you with quality and wholesome, naturally pasture-raised meats. Equally, if you'd rather organize a buying club in your own town, they will drop at a central location. If this appeals, please contact them at purelyfarm@gmail.com.

Please email them also for advance information about this week's availability or refer to the attached price list.

Moving Through Childhood

A workshop with Jaimen McMillan, Director, Spacial Dynamics Institute

November 13-14, 2015 at Kimberton Waldorf School

Friday, November 13, 7:30-9:00 pm, Saturday, November 14, 9:00 am – 1:00 pm

Workshop Fee: \$125 (early bird \$100 before November 1st), Friday lecture only, \$20

Learn how parents and teachers can best support healthy development through movement. "Play rises above other activities. It is the creation of space in which new activities can take place...a world of untold possibilities."

For more information: info@spacialdynamics.com, 518-695-6377, www.spacialdynamics.com

FALL FESTIVAL @ OTAC

Fun Fall Events at the Ottsville Traditional Arts Center. Concerts, dances, lessons and jams Oh My! All family friendly. Stay tuned for special student jam and pot luck evenings as well as some off campus RVWS school community events. Check us out!

Worksong Workshop with Bennett Konesni

6-8 pm on Wednesday, October 14th, \$10 suggested donation

Bennett is co-founder of Sylvester Manor, a 243-acre educational farm on Shelter Island, NY. His roles there include teaching worksongs to the farm crew and directing the annual fall Plant & Sing, which brings the community to the farm to complete two week's worth of garlic shucking and planting in a single morning, all while singing worksongs. His passion is making music that transforms labor into something between work and play. He envisions a world in which farmers, cooks, and eaters once again sing in fields, kitchens, and at the table.

This is for anyone who loves to sing!

Please check out worksongs.org to hear a variety of songs from many cultures

Ottsville Traditional Arts Center, 250 Durham Rd, Ottsville PA

Find out more at ottsvilletradarts.weebly.com

Look forward to seeing you.

Ottsville Traditional Arts Center Events

OCTOBER

Wed. Oct. 14 Song Workshop with Bennett Konesni

6:00 - 8:00 pm • \$10 suggested donation

Sun. Oct. 18 Old World Charm School in Concert

1:00-3:00 pm • \$10 adults \$8 kids under 12

Sat. Oct. 24 Scandi Workshops with Lydia & Andrea

3:00 - 7:00 pm \$25 for both workshops and light dinner

Melody instruments workshop • \$15 Slängpolska dance workshop • \$15

NOVEMBER

Sun. Nov. 22 Family Contradance with Coracree

3:30 pm beginners' workshop & caller **Melissa Taggart**

4:00-7:00 pm dance • \$10 adults \$8 kids free under 6yrs.

Every Wednesday

Open Jam with Richard Finch

6:00-8:00 pm • \$5 suggested donation

More at ottsvilletradarts.weebly.com • 250 Durham Rd. Ottsville Pa.

German Tutoring Available

Peter Ray is offering German tutoring to six year olds through adult at Buckingham Meetinghouse in Lahaska. A German teacher on and off for the past 50 years, he studied at the University of Göttingen, holds a Ph.D. from Penn, and was Head of a special needs school in New Hampshire for 15 years.

His tutoring program centers on speaking and understanding elementary German; singing kids', holiday, and folk songs; playing games in German; and learning about Europe in general and the German speaking world in particular. Kids also can also try on Lederhosen and learn the Schuhplattler dance, an interest that evolved recently into a Facebook page and website (Schuhplattler Kids). The cost is \$15 per student per hour, with a minimum of three students who are at roughly the same level (but not necessarily the same age). For further information, contact peter.ray@comcast.net, or info@schuhplattlerkids.org.

1st Annual Riegelsville Brewfest

Join us along the Delaware River!

Benefits the Riegelsville Public Library

Beer, food, music, raffles

Saturday, October 17th from 4-8 PM at Mueller's General Store and Restaurant, 200 S. Delaware Drive, Easton, PA. Admission includes samples from several PA craft breweries, hors d' oeuvres from Mueller's Kitchen, live music by PA's own The Price is Rice, raffles, quilts and more!

Tickets: \$25.00, in limited quantity. Available at Mueller's, at the Library (615 Easton Road), or by calling (610) 749-2357. Ages 21 and over.

Come out and support the Riegelsville Public Library!

Open House

SuperNatural Salon & Spa

Thursday, October 22nd from 6-9 pm

SuperNatural strives to use only eco-conscious, natural and organic products while providing the utmost quality of services for your natural beauty and your super being. We are here to help bring forth the light that is already within you in the most soothing and sacred ways.

Stop by, enjoy refreshments and take a look around!
121 Delaware Road, Riegelsville, PA 18077, 610-749-2051,
www.supernaturalsalon.com

Art in the Library

There are several art classes being taught at the Riegelsville Library in the coming weeks.

October 6th and 13th – Painting the Still Life in Oil with George Thompson – 6-9 pm, for beginners, ages 16-adult

Sat., October 17th – Collage in a Box, a fun workshop for kids with Emily Thompson, 10 am-12 noon, ages 7 & older

October 22nd and 29th – Still Life Painting in Pastel with Susan Ketcham – 10 am-1 pm. all levels, age 15-adult

The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road.

For more information or to sign up for workshops and our mailing list, please contact the Riegelsville Library, 610-749-2357 or Riegelsville.Library@gmail.com

Looking for a good home

Affectionate 10 yr old, black cat. Good mouser, completely trained, loves to be outdoors in nice weather. Owners have moved to a pet-less abode, need to find a loving home for our baby, 'Emiliano.' Great company for all ages.

Contact Laura Birdsall 610-310-5819

Natural Childcare in Springtown, PA

(20 minutes West from River Valley WS)

Tuesday through Friday 9 am to 1 pm

For a small group of 2-5 year olds, seasonal songs and rhythmic games, free play, story telling, nature walks in our big yard, organic bread making and butter churning, which we eat for snack along with organic veggies and fruit, all provided. \$30 per day. Please contact schooner0506@gmail.com or call 610-442-8095

Help Needed

Looking for a reliable painter and/or contractor for some exterior house work and some window glazing or replacement. Need help as soon as someone is available.

Contact Kevin O'Hara via email at kevinoharaphilly@gmail.com, or by phone at 215-847-4706.

Speech Therapy at RVWS

Jane Stuart (mother of Eden-3rd, Daphne-1st and Coco-Star Rm.) will be offering speech therapy services at RVWS, weekly during the school day. Children with speech or language needs can be seen individually or in pairs. If interested or if you have questions, contact Jane at (562)208-5048, or jane@mtwservices.com

Clown/Philosopher offers UNIQUE INTERACTIVE WORKSHOP this weekend!

Frenchtown is thrilled to host Jef Johnson, world-renowned creative performance artist, philosopher and teacher, who will speak and present his interactive workshop "S2PID GENIUS" this weekend.

Jef invites you to "experience an opportunity to play, communicate, create, explore, imagine and discover. It is an opportunity for people in creative industries, education and the arts, and anyone interested in the subject of human potential and igniting creativity in their lives, to come together and participate in a series of absurd challenges, to challenge the mind and unlock the heart - to experience once again the genius of the moment."

"...one of the most profound and inspiring experiences of my life to date." – Jef's student, Jon Monastero, Los Angeles (current artist in Cirque du Soleil's Totem)

Talk: Friday Oct 2nd (7p, \$10)

Workshop: Saturday/Sunday Oct 3rd/4th (10a-6p) \$150 (\$200 after Oct 2nd)

To enroll or ask questions call Gerry St. Onge 908-361-9545 or email to gerry@contributiveenergy.rocks.

You may also contact MaryBeth (Jaida in 1st grade's mom) with any questions, and for links to check out Jef's videos and Facebook event page. 908-672-3455 or marybethhealy@gmail.com.

Educate Girls, Change the World!

Delaware Valley University Presents: **Girl Rising**

Tuesday, October 6th 2015, 4:30-6:30, Del Val University: Life Sciences Bldg. Auditorium

700 East Butler Ave, Doylestown, PA 18901 (www.delval.edu for directions)

Around the world, millions of girls face barriers to education that boys do not face. And yet, when you educate a girl you can break cycles of poverty in just one generation. *Girl Rising* is a groundbreaking film that has already been seen by millions. Narrated by Meryl Streep, Anne Hathaway and Helena Gomez, it tells the stories of nine incredible girls across the globe. It's a movement for girls' education that we are proud to support. Investing in girls will bring about transformative change – for families, communities and nations. More info at girlrising.org

Palisades Youth Basketball Signups

PYBA is offering the following programs for boys and girls: an in-house program for 1st and 2nd graders AND competitive teams for 3rd grade and above. There will be in-person signups at PALMS on Wednesday, September 30th, 6-8pm and Saturday, October 10th, 9-11 am. The cost is \$115 for first registrant and \$85 for each additional sibling. In house program is only \$25 per child.

Boys in grades 5 & 6 are encouraged to attend tryouts for a more competitive team (Junior Cadets). Those who don't make the team will of course still have a PYBA team to play on. Tryouts will be on Sunday, 10/18 and 10/25 in the HS purple gym. Times are not set yet but will be distributed via email to those interested.

You can also sign up online at:

<https://docs.google.com/forms/d/149cy0zJobeyC81dnvgQvODF6GYTJhDPfyB0SGJCj8J4/viewform?c=0&w=1>

Homepage: www.palisadesyouthbasketball.com

Del Val 4-H Ag Club

Do you love agriculture and want to have some fun? Do you want to learn more about agriculture careers? Join the DelVal 4-H Club

Where: Feldman Building, Room 114

Delaware Valley College, 700 East Butler Ave. Doylestown, PA. 18901

When: 10:00-11:30AM. Rain or Shine!

Who: Must be 12-18 years old.

Hosted by: DVC's Ag Education students and Education Club!

Why: Gain valuable experience to help expand your knowledge about your 4-H projects!

For more info or to register, please contact Bucks County Extension Office 215.345.3283

A Message from Pamela Hobson

We need to find affordable housing - rental by end of September. I'm looking to be within 15 minutes of school. I need minimum 3 - 4 bedrooms and ideally 2 baths / garage or barn storage. I would most like a place slightly off the beaten path, (as in more private & close to nature - in a quiet country setting), close to water like creek or river, in either PA or NJ.

I'm also looking for work doing Therapeutic Massage & Intuitive Based Sound & Vibrational Healing Arts. I'm currently licensed in NJ & Certified as Sound Healer through sound healers association since July 2011. I especially love doing aromatherapy foot baths & foot reflexology. I am a Certified Oneness Blessing Giver. I'm looking to start facilitating Oneness Blessing Guided Meditations & Sharing Circles in this community in addition to leading sacred sounds healing concerts using harmonic toning and various ancient sound tools, some of which have been used for thousands of years to amplify prayerful intention balance & harmonize the body, mind & spirit, relieve stress, strengthen the immune system and support greater feelings of peace & Wellbeing. I would like to get started right away. I do have a few massage tables and a ready to install high end, brand new, gently used leather, European Pedicure Chair (for aromatherapy foot baths) Ideally I would love to have a nice studio space with 1 or 2 rooms I can set up massage table & various sound tools in and a bathroom. I'd be open to work exchanges, affordable rental or sharing space with another practitioner so I can start my own healing arts business in the area. And if anyone has a yoga studio I would also be open to sharing my sacred sounds - harmonic toning- vocal talents through facilitating sound healing concerts/prayer- formances intended to raise consciousness, awaken the heart, calm the mind & create feelings of overall wellbeing & peace .

In addition I'd be open to speaking to groups & facilitate mini 1-2 hour workshops about the benefits of harmonics & toning, balancing chakras through sound & the use of ones own voice to generate feelings of inner peace & calm, wholeness & wellbeing by generating Light & Healing Energy through the creation of meditative sacred healing sounds.

8th Grade Party Package!

The 8th grade class is ready and excited to create a personalized and memorable birthday party for your child. We do the work, you sit back and enjoy! Options include henna parties, soccer parties, dress-up parties, face-painting parties....what kind of party would your child like?

PARTY PACKAGE INCLUDES:

3-hour party plus set-up and clean-up

Cupcakes or cake

Personalized birthday crown

Two or three organized games

Your choice of one: face painting, jumprope machine, or henna

Several 8th grade "hosts" plus two 8th grade parents

And of course...a birthday song!

Cost is \$250 for the first 15 kids, more than that is an additional cost of \$35 per 10 children. Now reserving party dates for October, November and December. Reservations will be first come, first served as dates are limited.

REGISTRATION FORM

Name: _____ Phone# _____

Child's Name: _____ Child's current age and birthdate: _____

Location of party: _____

Three possible dates for party: _____

Anything we should know about your child to make this day super special?

Deposit due with registration form: \$50

Balance on party day: \$200

You will be contacted shortly to confirm a party date, plan activities and other details. We look forward to helping create a wonderful celebration for your child!
Renell Carpenter (renell@rcn.com) and Kira Willey (kira@kira.net)

Pierogi Family Order Form

Thank you to the RVWS community for your generous support of Thursday Pierogi Day!

We are now also offering monthly "stock the freezer" options for enjoying the delicious taste of Maria's Homemade Pierogies at home. The pierogies will be delivered uncooked once a month on Wednesday at pick-up in aluminum containers. These containers can be refrigerated for three days or frozen for three months. We will provide detailed preparation instructions. The pierogies offered on Thursdays for lunch are potato and onion. You can order this variety or any of the flavors below at a discounted rate once a month.

Family order forms may be placed in the folder labeled "Pierogies" on the office door. Please return them by October 2nd along with payment, checks made payable to RVWS, "8th grade pierogies" in the memo.

Delivery Date: Wednesday, October 7th, 3:00 PM

All profits are used to support the 8th Grade Class Trip at the end of the year.

Thank you for supporting our class!

Sincerely,

The students of the 8th Grade

Family Name: _____

Email Address: _____

Each order is for 10 large pierogies :

Potato and Onion Number of orders _____ X \$10 Total \$ _____

Sauerkraut and Onion Number of orders _____ X \$10 Total \$ _____

Potato/Farmers Cheese Number of orders _____ X \$20 Total \$ _____

Mushroom and Onion Number of orders _____ X \$20 Total \$ _____

Sweet Potato/Carrot Number of orders _____ X \$20 Total \$ _____

Goat Cheese Garlic Parsley Number of orders _____ X \$30 Total \$ _____

Total Order Amount: \$ _____

From NPR

Go Ahead, Give Your Toddler A Kitchen Knife

Sujata Gupta

My 3-year-old son has an inexplicable fondness for the whisk. And we are pros, my son and I, at making blueberry and chocolate muffins and spooning out cookie batter.

But when it comes to leafy greens or butternut squash, my son gets bored. He starts whining or throwing things or yelling at his baby sister. That's because he's not allowed to use a knife. And without having helped prepare them, he's not so inclined to eat those beautiful vegetables either.

Many agree with my general stance that equipping a child with a knife to help out in the kitchen sounds like a recipe for wounds and lost appendages. Both my mother and mother-in-law recoiled when I suggested letting my son try his hand at chopping. Yet research, and the experience of educators, suggest that parents such as me would be wise to hand a tot a knife.

As part of the practical skills curriculum at Montessori schools, children as young as 18 months old are given a butter or jam knife for spreading condiments. Then they move on to chopping soft fruits like bananas. Eventually the child graduates to a serrated knife. (Supersharp chef knives are not part of the program.)

The process is slow and supervised. "Kids are shown early on, even when they're using the butter knife to cut the banana, how to hold the handle, where to put the other hand, how to stabilize the banana," says Anna Perry, executive director of Seton Montessori Institute and Schools in the Chicago area.

Giving young children knives is a small component of Montessori education, Perry says, but it complements the central philosophy of fostering independence. "This drive to 'do it myself' — we're squashing as a society," says Perry.

From a health and nutrition standpoint, studies have shown that getting kids cooking makes them more open to eating healthful foods, such as fruits and vegetables. With picky eating peaking between the ages of 2 and 6 — and my son is no exception — I've been hoping that letting him interact with his food in a meaningful way may reduce struggles at the dinner table. Both the Mayo Clinic and the American Heart Association suggest that getting kids involved with grocery shopping and food prep can reduce picky eating.

There's also an evolutionary argument for allowing children to learn how to cut their food themselves. A child's world, David Lancy, an anthropologist at Utah State University in Logan and author of *The Anthropology of Childhood*, tells me, used to be filled with tools, such as hammers, rakes, mortars, pestles and machetes to break open foods like coconuts.

Nowadays, though, the only real tools many kids use on a daily basis are spoons and forks. In an article titled "Playing with Knives" to appear later this year in the journal *Child Development*, Lancy writes that contemporary parental overprotectiveness is linked to rising incomes and declining family size, factors that have turned children into "precious treasures rather than future helpers."

Historically, it appears that humans not only gave the littlest members of society access to tools but also let them sort out the danger for themselves. Even now, in many communities around the world, young children still have access to sharp tools.

(Continued on next page.)

For instance, Lancy recounts the experience of a colleague working in the Amazon rain forest: A Piraha child "was playing with a sharp kitchen knife, about 9 inches in length. He was swinging the knife blade around him, often coming close to his eyes, his chest, his arm and other body parts. When he dropped the knife, his mother — talking to someone else — reached backward nonchalantly without interrupting her conversation, picked up the knife and handed it back to the toddler."

And he describes how another colleague observing the Aka, a group of forest foragers in Central Africa, heard from a parent there: "I don't like it when our children play with machetes, but if the baby decides to play, I leave it. And if the baby cuts themselves and if they see the blood, they themselves will decide not to play with the machete."

Lancy says that this laissez-faire approach to parenting has several explanations, among them parents' unwillingness to impose their will on another, even a child, and the belief that children must learn through exploration, regardless of the risks.

Here in the U.S, parents don't seem to be denying kids access to knives entirely but rather delaying it. A perusal of cooking classes for kids online, for instance, shows that the earliest knives are allowed in the kitchen is around age 7.

Yet Lancy and others argue that delaying knife use until then hinders the child's natural development and inhibits curiosity. It's akin to delaying potty training until elementary school, says Elizabeth Norman, director of advancement at Brickton Montessori School in Chicago. "You're creating a dependency that's not needed," Norman says. "Why would you do that to a child?"

Michelle Stern, author of *The Whole Family Cookbook*, says small children can wield other kitchen tools safely, too. Toddlers can use peelers to create ribbons of zucchini, though Stern notes that peelers are less safe than knives. Kids can also take on a hand-powered food chopper to dice onions. "I don't think a child can feel more proud than when you hand them a grown-up instrument to use," Stern says, adding that adults should make sure the kids always understand how to hold the food to be chopped.

I gave the matter a lot of thought. And finally, I had my 3-year-old help me cut some squash with a serrated knife. He still has 10 fingers. I've decided not to give the baby a machete just yet.

Sujata Gupta is a freelance science writer based in Burlington, Vt. Her work has appeared online and in print in the *New Yorker*, BBC, NovaNext, *Scientific American* and others. Follow her on Twitter @sujatagupta