

School Calendar

This Week

Thursday, April 11

1st, 2nd, 3rd Grade Parent Evening
Board Meeting

6:30 pm
7:30 pm

Looking Ahead

Monday-Friday, April 15-19

No School – Spring Break

Monday, April 22

Committee for Social Justice Meeting
2nd Grade Parent Evening

3:30pm
6:30-8:00 pm

Wednesday, April 24

Middle School Parent Evenings

Friday, April 26

Middle School Dance

Friday, May 3

Family and Friends Day

Saturday, May 4

Mayfaire and Open House

How to Contact Us

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

Committee for Social Justice Meeting

Monday, April 22nd, 3:30 pm
in the 2nd grade classroom.

OPEN HOUSE ON SATURDAY, May 4th

We need your help!

At 9:45 am on Saturday, May 4th, (before Mayfaire) RVWS is holding an Open House. Please invite your friends and family who might like to learn more about our school to attend. If you have a young child and would like to learn more about the grade school program – please plan to attend. The morning will segue perfectly into Mayfaire for ongoing family fun. Faculty and/or staff will continue to be present at the Information booth near ticketing, so questions and conversations can happen throughout the day.

RSVP to info@rivervalleyschool.org.

- Share the event on social media
- Distribute flyers and postcards in your community
- Take a set of yard signs to display
- Invite family and friends

Thank you and see you there!

Mayfaire is Coming – Saturday, May 4th

Mayfaire will be here before we know it!

Here are some ways you can help make it a success:

- ❖ Please sign-up on the board in the lobby for one set-up or clean-up shift AND one work shift.
- ❖ Bring in 20 pocket fairy items per family.
- ❖ Share our flyers in your local area (coffee shops, libraries, mommy & me classes, gyms etc.).
- ❖ Bring a bundle of flowers (from your garden or a local florist) on Friday or Saturday for garland making.

Artisan Market

If any of the grades or students would like to participate in selling their handmade creations at the Mayfaire this year, please email Ivy at karunagoddess@gmail.com



Save the Date – Parent Stage – Saturday, May 18th

Weren't those middle schoolers magnificent in Oliver!? That play inspired the younger kinds and parents, too. Mark your calendar and book your babysitter — Parent Stage is May 18.

What's Parent Stage? Parent Stage is our big Party for Parents, the night we get down, get funky, get loose. A variety show of performances by parents, for parents. No kids (get your babysitter now!). And no money! It's a free event, not a fundraiser. Potluck & BYOB.

It's as amazing as you've heard. We welcome rusty performers, seasoned performers, and always-wanted-to-be performers. The bold and the shy. If you dance, act, walk on your hands, or make music, bring your act to Parent Stage. There's even a choir if you'd rather sing in a crowd.

Sign ups close April 25th. Please let Chellie Bader (Faye, Grade 6) know if you want to be on the roster. Michelle@smorgasb.org or 617-501-7517. Please contact Kira Willey for Parent Choir questions: kirawilley@rcn.com.

Auction Bidding is Still Open

Although the magical night of the auction is now over, the bidding is not!
We have many wonderful items still available.

- Fancy a night of Movement and Games class with Mr. Laker for just adults? You can bid on that!
- Feel like you could bluff your way to the World Series of Poker? The "All Gender Poker Night" is right up your sleeve!
- Tired of your flowers dying? Why not come to Mom's Night Out at Crafting Space with Kelly Grace and learn to make paper ones!

Click below, take a peek at what's still up, have some fun and support our school.

<https://rvws2019.ggo.bid>!

From Administration

2019 Contract Information

Contracts for the 2019-2020 school year have been emailed to River Valley families. Printed copies are available in the PARENT FORMS box next to the front office. Due-dates have been adjusted from the usual schedule to accommodate the delayed release of the 2019-20 contracts. Please complete and return one copy (two if you would like your own counter-signed copy) of the contract for each child and return it to the school with the \$250/child deposit (\$500 after April 22, 2019). Your deposit will be credited to your tuition account, as noted in the contract.

April 22nd is the final date to receive an 'on-time' discount on the contract price (\$100 for grade school and \$50 for 3, 4 or 5-day early childhood). Materials, trip and TAP fees will be invoiced and are due May 15, 2019.

Tuition Assistance Applications

If you are applying for tuition assistance, but have not yet completed it, please speak to Cindy. If you submitted your TA application by the February 28th deadline, you should receive your TA letter before spring break. When completing your enrollment contract please note "TA application submitted" on the form and drop it off in the business office with your deposit, by April 22, 2019.

Feel free to be in touch with Cindy with any questions.

Enrollment News

NOW ACCEPTING NEW APPLICATIONS FOR SEPTEMBER 2019 – If you have friends or family who may be interested in RVWS for their children, there are several ways for them to learn more: Have them contact Cindy by telephone or email to schedule a private tour, encourage them to peruse www.rivervalleyschool.org, invite them to come for Mayfaire – we're holding an Open House in the morning before Mayfaire begins – so it's an ideal way to share both Waldorf education and River Valley's community with guests!

SAMPLE MORNINGS @ GARDEN GATE – Every Thursday from now through 4/11/2019, Garden Gate is open for visitors. Children under 3, together with their parent or caregiver can join for a day. Space is limited to 3 spots each class, so registration is required. Contact Cindy to reserve a spot. admissions@rivervalleyschool.org or 610-982-5606



RVWS and WECAN (Waldorf Early Childhood Association of North America) enthusiastically support Screen-Free Week- April 29-May 5, 2019. We know that children need to develop un-mediated relationships with the real world through exploration and creative play before engaging with the virtual world. We are grateful to Campaign for Commercial-Free Childhood for its leadership and for providing so many excellent resources to families and educators and we hope our communities will actively participate again this year! Click here for resources and more information: <https://commercialfreechildhood.org/resources>

Thank you

Thank you to all of the 7th & 8th graders who worked so hard and brought their amazing talents to the performances of *Oliver*. They were spectacular. Thanks also to Ms. Porter, Ms. Solomon, Ms. Alfaro, Kira Willey, Noah Jarrett & Gina Ricci for bringing their amazing talents as well. And to the parents who helped with the set, props, costumes, make-up and refreshments, we are very grateful.

From The Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Language Arts

Third Grade – Arithmetic

Fourth Grade – Local Geography

Fifth Grade – North American Geography

Sixth Grade – Class Play

Seventh Grade – Wish, Wonder & Surprise

Eighth Grade – Chemistry

House Needed ASAP

The MacDonald family, (Miss Molly, Dave, Oliver, and Edierose) have just been given notice that the farm they live on is being sold and they need to find new housing by May 22. If you know of a place for rent within 20 minutes of the school please reach out to Miss Molly at mollyandollie@gmail.com.

Very Special Grand Piano for Sale:

Knabe and Co, Baltimore, 1900's

- warm brown walnut, ivory keys, beautiful interior, carved legs, lovely sound
- professionally refinished 10 years ago, temp control system
- needs tuning and a loving home, \$6500

Annie - 203-556-2162, aporter@rivervalleysschool.org

I can email pics, and you are welcome to come try it out!

From The Board

Board Meeting on Thursday

The RVWS Board of Trustees meeting scheduled for this Thursday, April 11, will begin at 7:30 (instead of 6:30) due to a parent evening that night that involves several board members.

The agenda includes the following:

Board slate for 2019-2020

Budget for 2019-2020

Auction review

Committee reports

All RVWS board meetings are open to the community. Anyone interested is welcome to attend.

From Parent Council

Summer Camps

Parent Council has compiled a list of summer camps that children from River Valley have attended to serve as a resource for parents making summer plans. A copy of this list is also on our website in the Parent Resources section. (If you need the password, please contact the school.)

BUCKS COUNTY

Camp Onas - sleep away camp, Ottsville, PA, Ages 7-13

<http://camponas.org>

(Continued next page)

Bucks Audubon Nature Camp- New Hope, PA

Ages 4-10

<https://www.bcas.org/product/summer-camp-nature-camp/>

Painted Dreams Horse Farm- Newtown, PA

ages 6-14

http://www.painteddreamshorsefarm.com/summer_camps.html

Rock Camp- Kintnersville, PA

http://jimmerostudio.com/School_of_Rock/index.html

Camp Curiosity

all ages

<https://www.campcuriosity.com>

Grounded Kids Yogic Arts, Games & Swim Camp (A new offering from River Valley parent, Felicia Holtz)

Ms. Prem & friends, Point Pleasant, PA, Tuesday – Friday, July 30 – August 2, 11am – 4:30 pm, \$260. Ages 8 – 12

LEHIGH VALLEY

Banana Factory Art Camps

<https://www.bananafactory.org/classes/summer-camps/>

Baum School of Art

<https://www.baumschool.org>

Children's Farmhouse Summer Camp

thechildrensfarmhouse@gmail.com

HUNTERDON COUNTY

Camp Muck & Gold- Stockton, NJ

ages 8-14

<https://www.muckandgold.com/summer-camp.html>

Mill Ballet School Summer Camp- Lambertville, NJ

ages 3-18

<https://www.millballetschool.com/summer-dance-programs>

Howell Living History Farm- Lambertville, NJ

<http://www.howellfarm.org/ShowPage.aspx?PageID=25>

Shields Gymnastics Camp- Flemington, NJ

ages 5+

<https://www.shieldsgymnastics.net/camps>

Gravity Vault Rock Climbing Camp- Flemington, NJ

<https://www.gravityvault.com/locations/flemington-nj/programs?>

Paint Party Farm- Sergeantsville, NJ

<https://paintpartyfarm.com/kids-day-camp/#camps>

Milford Summer Camp- Milford, NJ

<https://www.facebook.com/Milford-Summer-Camp-130212740399190/>

Riegel Ridge Summer Camp- Holland Twp, NJ

<http://www.riegelridgecc.org/summer-camp>

From the Community

The Lotus School of Liberal Arts Admissions Open House

Saturday, April 27th from 10:30 am –12:30 pm
We have an activity day planned for you! If you have been wanting to see what The Lotus School is all about or want to introduce someone to us, mark your calendars for Saturday, April 27. From 10:30 am to 12:30 pm, you can tour our school, talk with our teachers, and learn a little about the practice of mindfulness. We will lead a workshop for students to create their own personal Mindfulness Jar that they can take home with them. It will be a reminder to be mindful every day. We look forward to seeing you there! Please send an email to lotus@lotusla.org to register.

Hemp Oil Presentation

Come learn about the wonderful benefits of hemp and an amazing business opportunity! Please join us at the Junto Emporium on Thursday, April 11 at 7pm for a presentation about the human endocannabinoid system and our ever-evolving relationship with cannabis in a deregulated climate. We will have samples of our new hemp oil, as well as tasty snacks. 26 Bridge Street, Frenchtown

Contact Sara Fishkin for more details.
[908.323.9691](tel:908.323.9691) sarajoyfishkin@gmail.com

Artyard

Exhibition: The Creative Commons: Progressive Studio Practice - January 12 – April 15

Upcoming:

The Past is Prologue; Vernacular Photography, Pop Photographica and the Road to Selfie Culture April 27-July 28 – Opening Reception Saturday, April 27, 6-8

Queer Icons exhibition in the Project Gallery – May 18 – June 8, Opening Reception with Silky Shoemaker Saturday, May 18, 6-7 pm

Upcoming Events:

Friday, April 12th 6-9 pm

Giving Poems a Voice

Saturday, April 13, 7:30

Screening of *Breslin and Hamill*, Deadline Artists

Sunday, April 14th, 3-5 pm

The Creative Commons Closing Party

Saturday, May 4th, 7:30 pm

Screening of *Paper Moon*, the 1973 comedy drama starring Ryan O'Neal and Tatum O'Neal

Saturday, May 11th, 7 pm

Kinan Abou Afach, A Letter from Syria, an evening of Middle Eastern influenced jazz

Saturday, May 18th

6-7 pm - Opening of Queer Icons exhibition with Silky shoemaker

7:30 pm – Concert – Pride with Alexis P. Suter

Saturday, June 15th, 11:30 am

Artyard's Third Annual Hatch, 12:30 pm – Bring your own bag picnic lunch in the Artyard tent

1:30-3 pm – Crankie performances

Saturday, June 22nd, 9 am – 3:30 pm

Symposium on Vernacular Photography

Sunday, June 23rd, 10 am-1 pm

How I Look at Photographs with W.M. Hunt

Saturday, June 29th, 7:30 pm

Screening of *Finding Vivian Maier*, directed by John Maloof and Charlie Siskel followed by a communal, bring your own picnic

Go to: artyard.org for tickets and more information about all of these events.

ArtYard, 62A Trenton Avenue, Frenchtown, NJ 08825. Gallery Hours: Wednesday – Sunday, 11:00 AM - 5:00 PM.

Wanted Dead or Alive – Spotted Lanternfly

Join the Tinicum Conservancy on **Thursday, April 18th, 7-9:30 pm** for a Spotted Lanternfly Community Education Presentation at Tinicum Elementary School Library, 162 E. Dark Hollow Road, Pipersville, PA

The Spotted Lanternfly is an invasive insect from eastern Asia that has spread throughout southeastern Pennsylvania since its discovery in Berks County in 2014. This colorful devil covers trees and other surfaces by the thousands and is a significant threat to Pennsylvania's hardwoods, fruit trees and grape vines.

Join us to learn how you can identify and help stop the spread of this invasive insect.

St. Luke's UCC Rummage and Bake Sale

Wednesday, May 1 - Silent Auction, Registration & Bidding - 9 am-3 pm. Auction ends Saturday, May 4th at noon. Thursday, May 2 - 9 am-8 pm, Friday, May 3 - 10 am-7 pm, Saturday, May 4 - 9 am-4 pm.

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

Donated items welcome. Drop off items on the porch at the schoolhouse of St. Luke's UCC Church on Durham Road. No computers, fax machines, printers, TVs, CRT's, car seats, mattresses, encyclopedias, used paint cans, or items needing repair please.

Questions: 215-206-3277/3307 or 610-547-7523.

Cats looking for a home

We are looking to rehome our two wonderful red tabby cats, due to severe allergies in our home. Jack and Jinny are the sweetest, softest, laid-back kitty siblings in the world. They are both 2 years old and up to date on all their shots. They enjoy hiking with us in our backyard, overseeing garden planning, building marble runs, reading over our shoulders and purring when looked at! If you feel that you are a fit for this kid/dog/cat/everything-friendly duo, text me, Brooke Way (mom to a Moon Room kiddo) at 215.500.5769 or email me at flypeterfly@hotmail.com.

The Children's Farmhouse Summer Camp

Children will experience the sweetness of summer by engaging in the natural world. Opportunities will be provided for free play, water play, gardening and nature walks. Our seasonal circle of song along with stories and related crafts will gently carry children through their summer days.

July 1 – August 9, Monday through Friday, 9 am-3 pm. Children ages 5 and up (turning 5 this year).

Cost: \$50/day

80 Berger Road, Easton, PA, 610-573-7106, email: thechildrensfarmhouse@gmail.com

Tenor Sax Player Needed

We are looking for a tenor sax player to play with our band at Parent Stage. Contact David Bader 610-220-4409 or david@thelab.net

Camp Muck and Gold

(6th grader Loie Gallagher's mom and dad's creation) for ages 8-14

July 15-19, July 22-26, July 29-Aug. 2

A home camp run by experienced artist/educators who continue to be curious about the world, find wisdom in imperfection and embrace the unknown. Our program is multidisciplinary - art, music, dance, science, nature, emotions, food, writing so great ideas can come from playing and collaborating with everything and everyone.

Limited space, register soon! Email: cbodwitch@gmail.com or call/text 201-240-0435. Other RVWS children are attending so contact us for carpooling possibilities.

Hawthorne Valley Farm Camp

Kids Can Cook Day Camp – Ages 8-13 – June-August – Cooking, Gardening, Animal Care and more

House Camp – Ages 8-12 - July-August – Archery, Gardening, Feeding Animals, Nature Projects, Hikes, Cookouts, Swimming

Field Camp – Ages 12-16 – July-August – Campers become junior apprentices on the farm – 2 and 4 week sessions

Hawthorne Valley, New York.

Contact: PBLC.HawthorneValley.org 518-672-7500 x201

Why Talk to the Cashier?

By Delaney Ruston

The other day a mom told me this funny (and not so funny) story. She had sent her son to the butcher's and when he got there she got a text from him:

Son: Mom, do I have to talk with the butcher?

Mom: Yes! Yes, you do!!!

Son: Mom, why are you freaking out?

Mom: Because you are 16, you should be able to talk with the butcher!

There is no doubt that all of us want youth to grow up feeling comfortable talking with people in all sorts of settings—whether a butcher, a cashier, someone on a tram in the airport, and the list goes on.

Today I was talking with a 12-year-old about social media and self-confidence and he told me that posting pictures of himself doing cool things can “boost” his confidence. He then added, “...but, I feel like most of my confidence comes from actually talking to people in person because it is a lot harder.”

Since my kids were toddlers, I started encouraging them to ask questions, make comments, ask directions, make requests, give compliments, and order food from people in the world that are new to them (in safe settings, of course). I am purposely not using the word “stranger” because that has taken on such negative connotations—the fact that it has “strange” in the word, the idea of “stranger danger”, etc.

Many of us now look down at devices when we are out in the world rather than interacting with others. We need to ask ourselves, “At what cost?” How important are these small interactions with others that we now forfeit so much more than in the past?

Psychologists Schroeder and Epley wanted to understand why strangers near each other seldom interact. First, they asked participants if they thought they would be happier talking with strangers or less happy talking with strangers. The majority said less happy, (and less productive). So, they embarked on a study by randomizing Chicago subway commuters to talk with those around them on the train, or not.

It turned out that the participants who interacted with their fellow commuters actually felt happier than those who were not randomized to do so. Why don't people naturally talk to others more often? One of the hypothesis by the researchers is that many of us assume that strangers don't want to talk to us. But actually, they found the opposite was true. Furthermore, the people who were spoken to by the participants in the study were also asked how that interaction made them feel, and they too reported feeling happier.

“The pleasure of connection seems contagious,” Schroeder and Epley write. “This research broadly suggests that people could improve their own momentary wellbeing—and that of others—by simply being more social with strangers, trying to create connections where one might otherwise choose isolation.”

Sadly there are many people who are experiencing loneliness on a regular basis. As former Surgeon General Vivek Murthy wrote in his article in The Harvard Business Review, “During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness.”

In a Forbes interview Murthy said “Loneliness and weak social connections are associated with a reduction in lifespan similar to that caused by smoking 15 cigarettes a day and even greater than that associated with obesity. Loneliness is also associated with a greater risk of cardiovascular disease, dementia, depression, and anxiety.”

It is so common for the people who are in their 70s or older who come to my clinic and are living alone to feel truly isolated. It is a gift we can give when we are present, even for a short moment, to engage with people around us.

Meanwhile, as we shop online more often, opportunities for real-time relating dwindle. JCPenney just filed for bankruptcy and it will be closing 2,300 stores. It is really sad to think of all the jobs lost. I remember fondly picking out bell bottom jeans at the JCPenney in my pre-teen years.

Modeling behavior that I want my kids to adapt is always on my mind. One thing I'm consciously working on is making sure to be off the phone when I get to the front of the line at the grocery store. I don't want to miss the opportunity to connect to this stranger. Of course, I'm not perfect. and there have been times when I am on a call for an emergency and don't feel comfortable jumping off the phone. So, I apologize to the cashier, via a whisper or right when I get off the phone.