

School Calendar

Upcoming Events

Wednesday, September 25

7th Grade Class Trip to Delaware

Wednesday-Friday, September 25-27

5th Grade to Camp Onas

Thursday, September 26

Board of Trustees Meeting 6:30 pm

Friday, September 27

Michaelmas In-school Celebration

Tuesday, October 1

Rosh Hashanah – School is closed

Thursday, October 3

7th Grade Class Trip to Renaissance Faire
Committee for Social Justice Meeting 6:30-7:30 pm

Saturday & Sunday, October 5 & 6

8th Grade Yard Sale at the Brunell's yard

Tuesday, October 8

1st & 8th Grade Class Trip to Solebury Orchards

Wednesday, October 9

Yom Kippur – School is closed, Faculty in-service

How to Contact Us

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

Pizza Fridays Begin 9/27

It's time once again for Pizza on Fridays. An order form is on the last page of this week's Current. Pizza sales will benefit the 3rd grade Farm Trip. Please put your order in the folder on the office door by Monday, September 23rd along with payment. Extra forms can be found there.

The Committee for Social Justice

Join us for this year's first Social Justice Committee meeting on Thursday, October 3 at 6:30pm-7:30pm. We will be meeting on the first Thursday of every month in the 3rd grade classroom.

This will be a workshop-like meeting with engaging discussion as we work together to shift our school culture toward a more inclusive and just world. Open to all!

Join us for our First Parent Council Meeting of the Year!

Tues, September 24th at 2 pm

at the Homestead General Store.

Come see what it's all about.

Everyone is welcome to this commitment free gathering!

Opportunities to Learn More About Waldorf Education

RVWS Waldorf/Steiner Study Group

Beginning September 18th, a casual study group will meet every Wednesday from 3:30-4:30. Led by Gabrielle Nembhard (Grade 3 teacher), each week will focus on a different excerpt from a book or lecture related to Waldorf education. The group will warm up with an activity or artistic work, read together, and then discuss.

Feel free to come only once, occasionally, or every week, and invite your friends--this is open to anyone and everyone as long as they are adults (babes in arms are welcome).

Study Group for Current and Future Middle School Parents

Parents of students in grades 5-8 are warmly welcomed to join in study of the book *Tending the Spark: Lighting the Future for Middle School Students* by Betty Staley. Rachel Howard, 7th grade teacher, will lead the study and discussion as we celebrate this incredible period in our children's lives and all the changes that come along with it. Dates: the second Thursday of each month at 6:30 pm, starting October 10th. If you are interested, purchase a copy of the book and email Rachel at rhoward@rivervalleyschool.org.

Sunbridge Institute Introductory Experiences

October 16, 2019 (Wednesday morning) - OPEN DAY

Exploring Waldorf Education, Teaching, and Teacher Education
With Linda Ogden-Wolgemuth, PhD,
and the staff of Sunbridge Institute

January 24-25, 2020 (Friday evening and Saturday full day) -
EXPERIENTIAL WORKSHOP

Waldorf Weekend: Foundations and Fundamentals of Waldorf
Education

Lead Instructor: Linda Ogden-Wolgemuth, PhD,
of Sunbridge Institute

February 12, 2020 (Wednesday morning) - OPEN DAY

Exploring Waldorf Education, Teaching, and Teacher Education
With Linda Ogden-Wolgemuth, PhD,
and the staff of Sunbridge Institute

From Administration

Substitute Teachers Needed

River Valley is looking for substitute teachers for the 2019-2020 school year. Early Childhood substitutes must have experience with young children. In the Grade School, teacher training and/or teaching experience are preferred. If you or someone you know is interested, send a letter, resume, and references to: lc@rivervalleyschool.org or call (610) 982-5606 for more information.

Box Tops

RVWS collects Box Tops for Education which can be found on many of the products you buy at your grocery store. We have a basket in the lobby where you can deposit your box tops or they now allow you to scan your receipt instead of cutting boxtops. Check it out: <https://www.bboxtops4education.com/>

Foundation Program in Anthroposophy Spirit in Service of Life

Weekend program - basic books, art, community
Beginning now at Waldorf School of Princeton. For more information contact:
foundation@princetonwaldorf.org.

Congratulations and Welcome!

The Berrocal family (Ivy, Mauricio, Lila (Grade 4) and Narajani) welcomed their dear baby boy, Leif Star, on September 9, 2019. He was born at home, beautiful & healthy, at 8lbs 12oz and 21 inches long.

If you would like to support the Berrocal family as they transition to a family of 5, please consider signing up to bring them a nutritious meal at <https://mealtrain.com/64eqvy>

CHIP Covers PA Kids for Vision, Dental, and Vaccines

CHIP is short for the Children's Health Insurance Program, Pennsylvania's program to provide health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.

There are a lot of reasons kids might not have health insurance — a parent might have lost a job, parents don't have health insurance at work, or maybe other options are just too expensive. Whatever the reason, CHIP may be able to help. No family makes too much to qualify for CHIP. CHIP covers more than just routine doctor's visits. Families rely on CHIP for dental coverage, vision coverage, and vaccinations every day.

Dental Coverage can include:

Diagnostic service, Restorative services, Endodontics, Periodontics, Prosthodontics, Oral surgery, Orthodontics (noncosmetic), Emergency, preventative, and routine care

Vision Coverage can include:

Routine eye exams, Prescription lenses and contacts, Dilution, Diagnostic services

Immunization Coverage can include:

Pediatric immunizations outlined by the Advisory Committee on Immunization Practices (ACIP), Influenza vaccines

What vaccinations are required to attend Pennsylvania schools? Find out here.

Visit CHIPcoversPAkids.com for more information on services and to apply online.

From The Faculty

What the Children are Learning:

First Grade – Form Drawing

Second Grade – Form Drawing

Third Grade – Language Arts

Fourth Grade – Local History & Geography

Fifth Grade – Botany

Sixth Grade – Geometry

Seventh Grade – Algebra

Eighth Grade – World Geography

Looking for Old Towels and Washcloths

Tina Quintana, our handwork teacher, is looking for some OLD towels and washcloths. They can be torn and well worn. Please drop them off at the front desk or in the new handwork room.

From Parent Council

Providing Meals for Faculty Meetings

This year Parent Council is asking families to help provide food for our faculty during their Thursday faculty meetings. We have decided to organize the effort by asking each grade to be responsible for a particular month:

8th Grade – September, 7th Grade – October, 6th Grade – November, 5th Grade – December,

4th Grade – January, 3rd Grade – February, 2nd & 1st Grade – March & April, Early Childhood – May & June.

The idea is a simple one; think soups, salads, chili, casserole or crock pot meal that could be set up directly after pick up on Thursday and cleaned up on Friday morning at drop off. Feel free to work together with a friend.

If you are able to participate, please note the following food "guidelines":

*We will be feeding 15-20 people

*There are gluten free and dairy free folks

*There are vegetarians

*Please remember we are a nut free school.

To sign-up please go to:

<https://www.signupgenius.com/go/20F054CACA82AA1FB6-faculty1>

From the Community

High-Quality Discount Woolens from A Toy Garden!

A Toy Garden, owned and operated by Erika and Pete Gustavson (parents of Adeline, grade 5 and Freya, grade 2), would like to offer River Valley families 15% off pre-orders of Engel of Germany's Organic 100% Merino Wool and Wool/Silk long johns. The high-quality woolens are available for babies and children, and are just what your little ones (and bigger ones) need to keep them warm and toasty through the cold winter months.

Use the attached order form to indicate quantities, and return with payment to the front desk. Orders will be delivered to the school in October when the shipment arrives.

Any questions, please contact A Toy Garden at 267-377-9448, or email them at shopkeeper@atoygarden.com.

House for Rent in Riegelsville

Newly renovated house available, 15 minutes from RVWS. 3 bedrooms, 1 1/2 bathrooms, W/D, lots new. Call Ani 908.797.2579

House for sale in UBE

Perfect location for RVWS families! 2 miles from school, tucked onto a quiet private lane (no traffic) with easy canal path access. Just under 1 acre including stream and organic veg garden. Backs on two acres of woods. 3 bedrooms, small in-law suite/home office, sheds. Call Alison 646-942-3451

Apartment Needed

In search of a 1 or 2 bedroom apartment rental for two seniors with immaculate credit. Minimal stairs, \$1200/month max, the closer to Frenchtown the better. Please contact Gina via text or email: 805-570-7943, ginaricci@live.com. Thanks in advance for any leads!

Muck and Gold presents:

From Nothing to Something Spooky!

A Thursday Afternoon Theater workshop for ages 9-15, Starts Sept. 19 and culminates with a Halloween show, Oct. 26.

Collective Effervescence - A super fun class for Adults! 1 Sunday/month - first one is Sunday, Sept. 22 and free!

Both take place in our home studio in Stockton, NJ

St. Luke's UCC Rummage and Bake Sale

Thursday, October 3rd, 9 am-8 pm; Friday October 4th, 10 am-7 pm; Saturday, October 5th – Bag Sale All Day 9 am-2 pm. Lunch available.

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

Donated items welcome. Please 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.

For info call: 215-206-3277/3307 or 610-847-2633.

Artyard

New Exhibition:

Janet Ruttenberg: Beholder

September 14 – December 29, 2019

Curated by Elsa Mora and Charles Stuckey

Upcoming Events:

Saturday, September 21, 7 pm – **The Tango Lesson**, a film by Sally Potter

Saturday, September 28, 7 pm – **Pop Up Choir with Kira Willey** to benefit KIND (Kids In Need of Defense)

Saturday, October 5, 6 pm – **We are the River**, Baker & Tarpaga Dance Project

Saturday, October 19, 7:30 pm – **Radioactive: Stories from Beyond the Wall**, a film by Maria Gaspar who will host a Q & A after the film.

Sunday, October 27, 3 pm – **Silenced Voices**, a Concordia Chamber Music Program

Saturday, November 2, 7 pm – **Poetry Reading** with Toi Derricotte and Hayden Saunier

Saturday, November 9 – **Songwriting Rodeo** with Kira Willey, Eve Sheldon, Noah Jarrett – Collaborative Songwriting Session #1 – 10-10:45 am, Session #2 – 11:45-12:30 pm – Public Performance, 7:30 pm

Saturday, November 23, 7:30 pm – Filmyard screening of **Spettacolo**

Saturday, December 14, 4-6 pm – **Holiday Lantern Walk & Pop Up Choir** – 4-5 Rehearsal, 5-6 Caroling with Paper Lanterns on the Towpath in Frenchtown, Benefitting Rolling Harvest.

For more information go to: www.artyard.org

Gallery hours: Wednesday Through Sunday, 11:00 AM – 5:00 PM

Address: 62A Trenton Ave. Frenchtown, NJ 08825

From The Guardian

Imaginary Friends are a Sign of a Lively, Creative Mind. But They are Leaving Us

Research suggests that fewer children have invisible playmates. We must help them rediscover the art of being bored.

By Daisy Buchanan

When I was three, I had a very good friend named Gemma. She was fearless where I was fretful, rebellious where I was conservative and dextrous where I was clumsy. She was also entirely imaginary. With Gemma's help and support, I almost made it to the top shelf of the bookcase before my parents found me – and "Gemma said it was OK!" did not save me from a telling off. Gemma was also very fond of Discos crisps and Bourbon biscuits, and I became very good at smuggling them into my bedroom for her.

I can't remember when or how I "met" Gemma, and, perhaps sadder still, I don't remember the last time I "saw" her. Even though my brain created her, she inspired me to go on adventures I would not have had the confidence to embark upon without her. So it saddened me to see the results of a recent survey showing 72% of nursery workers believed children have fewer imaginary friends than they did five years ago, with 63% believing this to be a result of increased screen time.

It's thought that 40% of us had imaginary friends during our childhood, and there has been a shift in the way those friendships are perceived. Until the 1990s, imaginary friends were considered to be a psychological red flag, a sign of loneliness or an unwillingness to accept reality. However, the consensus has changed, and imaginary friendships are linked to advanced social skills, strong verbal abilities and, perhaps unsurprisingly, creativity.

(Continued on the next page.)

In an essay for Aeon, the writer Sophie Elmhirst describes taking part in some research on the subject at the Institute of Education. The researchers found that 81% of those surveyed had "lost" their imaginary friends after they turned 10, but most of these friendships ended organically. Perhaps imaginary friends simply stay with us for as long as we need them, moving on when our lives become too full and fraught for our brains to make space to generate their own entertainment. In 2013 the educational researcher Teresa Belton explored the importance of boredom in childhood, and how it enhances creative skills. The presence of screens in our lives, Belton said, makes it difficult to carve out the mental space we need to daydream and explore our thoughts.

Some novelists have compared their relationships with their characters to a connection with imaginary friends. They may create and invent a personality, but these fictitious people often begin to behave in a way that wasn't planned, sometimes disrupting the plot of a book entirely. In *Aspects of the Novel*, E.M. Forster wrote, "The characters arrive when evoked, but full of the spirit of mutiny ... They 'run away', they 'get out of hand'." My friend the novelist Rosie Blake tells me, "I always wondered about authors who told me that their characters took on a life of their own. I used to think they sounded a bit pretentious, but then I found out it's true. I'll find that a minor character suddenly begins to appear where she wasn't plotted to be, clamoring for more attention and a meatier part in the narrative. I used to try to block her out, but now I let her in and see where she takes me."

If you've enjoyed an imaginary friendship, I'd guess that you did not consciously sit down to create a perfect pal – they probably arrived unbidden, as a manifestation of thoughts and ideas you never knew you had. Our imaginary friends prompt us to explore and honor our curiosity. It is very hard to make the time and the space to do this as an adult. In order to be a good companion to an imaginary friend, you need to be able to make "what if?" into an exciting proposition. When we grow up, we're too quick to finish the sentence with, "what if it goes wrong?"

We know it's important for adults to make time to play and yet few of us do so. We might not still need imaginary friends, but maybe we need to be reminded that a little bit of boredom is good for us, and that our brains can conjure up the best ideas when they are left to their own devices. If there are fewer imaginary friends populating the worlds that our children live in, that might lead to a future with fewer artists, writers and problem-solvers, which is a real cause for concern.

We could respond to this news by panicking, restricting screen time and forcing under-10s to embark on creative play programs. Or we could start by looking at our own lives and making sure that we're giving ourselves time to get bored, and to stumble upon the thoughts and ideas that excite and ignite us. If we're open to our own boredom, we'll be less desperate to optimize and control the schedules of the people we love – and that could lead to greater insight, greater empathy and the discovery of exciting, surprising talent.

As an adult, I think of impetuous, fearless Gemma whenever I have to do something that scares me – usually public speaking, rather than scaling a bookcase. But whenever I exceed my own expectations and meet myself in a place I didn't think I could quite reach, I can hear my subconscious whispering, "Gemma made me do it".

Daisy Buchanan is author of *The Sisterhood – A Love Letter to the Women Who Shaped Me*

PIZZA FRIDAYS!

The 3rd grade will once again offer pizza and organic lemonade for lunch on Fridays, starting September 27, 2019, to raise money for the Farm Trip.

Please return this form and payment (made out to RVWS)
by **Monday, September 23, 2019**
to the folder on the office door labeled "pizza".

Pizza will be provided by Pizza Bella in Revere.
It will be delivered to your child's classroom by the 3rd grade each Friday.

This payment includes 14 weeks of pizza: 09/27, 10/04, 10/11, 10/18, 10/25, 11/01, 11/08, 11/15, 11/22, 12/06, 12/13, 12/20, 01/10, and 01/17

Child's Name: _____

Grade and Teachers Name: _____

_____ 1 slice & lemonade: \$47.00

_____ 2 slices & lemonade: \$80.00

_____ 1 slice/no lemonade: \$32.00

_____ 2 slices/no lemonade: \$64.00

_____ Lemonade Only: \$15.00

Questions? Please contact Kristyn Lederer at 1134zar@gmail.com

Thank you for your support!