

School Calendar

This Week

Wednesday October 16

PC Meeting at the Millford House

6:00-7:30 pm

Upcoming Events

Monday October 21

EC Parent Evening

6:00-7:30 pm

Monday – Wednesday, October 21-23

4th grade to PEEC

Thursday, October 24

Board Meeting

6:30 pm

Saturday, October 26

Fall Community Garden Clean-up 9:00am – 12:00pm

Saturday, November 2

Ribbon Cutting Ceremony & Potluck

3:00-6:00 pm

Monday – Tuesday, November 25-26

Parent-Teacher Conferences

Wednesday - Thursday, November 27-29

Thanksgiving Break – NO SCHOOL

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

After-School Program

Josh Laker's after-school program is back in session. Registration forms with more details are at the end of this week's Current.

Learning Opportunities for Parents

Waldorf/Steiner Study Group

Every Wednesday

3:30-4:30 pm – 3rd grade classroom

Middle School Study Group

2nd Thursday of each month

6:30 pm – 7th grade classroom

Parent Council Meeting

this Wednesday, October 16th at 6 pm

at the Milford House 92 Water Street, Milford, NJ 08848

Ribbon Cutting and Potluck Picnic

Saturday Nov. 2, 3:00pm - 6:00pm

Join the celebration as the River Valley Waldorf School community cuts the ribbon on our new, purpose-built Early Childhood building. Together, we'll savor our accomplishments, appreciate the new space and the uplifting improvements to the main building.

Most importantly, we will thank those whose vision and dedication brought it to fruition.

Then, join us on the playground for a potluck picnic.

Bring a dish to share, a picnic blanket, plates, cups, & utensils.

Fall Community Garden Clean Up

"Many hands make light work"

Come join Melissa Goldstein in a community workday to clean up the garden and prepare it for winter!

The Fall Community Garden Clean Up is scheduled for Saturday, October 26th from 9-12, with a rain date of the 27th

8th Grade Halloween Lunch Fundraiser

With our Lunch Leader away on October 31st, the 8th grade has stepped in to provide graders with a lunch option!

They will be dishing out chili and cornbread as part of their fundraising efforts for their big trip at the end of the year.

Looking for an easy solution for dinner? They are also offering quarts of chili to go to the whole community.

Please fill out the order form attached to this week's Current and turn it in before Monday, Oct. 28th

Thanks for your support!!

RIVER VALLEY PARENT CHOIR!

Is THIS the year you finally sing with us? You won't regret it!

We have a blast performing 3-4 times a year for the community.

You don't need to be a singer...everyone's welcome.

The rehearsal schedule will be out soon,

and our first performance will be at Winter Fair.

Get in touch with Kira Willey (kirawilley@rcn.com)!

From Administration

Free Holistic First Aid Class

Thursday, October 24th
7:00pm

at



1395 Bridgeton Hill Road Upper Black Eddy, PA
610.982.5606 rivervalley.school.org

Taught by Denise Timofai, D.Hom., C.Hom

Denise received her certifications in Homeopathy from the Academy of North America and internationally known homeopath, teacher & author, Dr. Robin Murphy. She continued her education by studying the teachings of David Little, the foremost authority on The Organon (homeopathic bible), Dr. David Lilley and Dr. Luc DeSchepper among others. Additional education includes Reiki I & II; QiGong; Medical Qigong; Rasa Gemstones; Super Tonics & Natural Remedies; Yoga Medicine and Astrology; Isopathic/Tautopathic Prescribing and New, Old and Forgotten Remedies/Tonics.

*** Open to the public ***

Outreach News

River Valley will be having a table at the following events. Parents are welcome to come say hi or stay to talk to prospective parents about our school:

Easton Farmer's Market - Oct 19 - 9am

Quakertown Alive - Oct 19 - 10am

Inlife Holistic Festival, Plumsteadville, PA – Nov. 16 10 am

Is there a festival or event in your town that RVWS should attend? If so, please let Erica Nichols know: enichols@rivervalley.school.org

What is EITC?

The PA Education Improvement Tax Credit program allows Pennsylvania entities paying income tax to the State to earmark their payable taxes to the registered education institution of their choice, in this case, RVWS. After applying for the tax credit in early May, entities receive approval notification from the State and then make their tax credit donation directly to River Valley.

Do you know or are you the principal of a legal entity paying income taxes in Pennsylvania? Do you want to participate in or learn more about EITC?

If so, please contact Ron Ferguson (rsferg@gmail.com), Chellie Bader (michelle@smorgasb.org) or Josh Holtz (josh@cecassociates.biz)

Open House

Solebury School will be holding its annual Open House on Sunday October 20th from 1pm to 4pm. Registration and details can be found on their website below:
<https://www.solebury.org/admission/open-house>

Thank You

On behalf of the entire community I would like to thank Jody Williams for his genius space saving skills. His kindness to offer the wood and his time and talents to organize our garden shed were only surpassed by the speed in which he accomplished this task. You are such a gift!

Thank you!!! Melissa G.

From The Faculty

What the Children are Learning:

First Grade – Language Arts

Second Grade – Language Arts

Third Grade – Math/Measurement

Fourth Grade – Math/Fractions

Fifth Grade – Botany

Sixth Grade – European Geography

Seventh Grade – Chemistry

Eighth Grade – History

Knitters Needed

Miss Molly is looking for a few good knitters!! Inspiration has struck but time is not on my side. I'm looking for a few people to help me knit up some hats for my class. Being able to use double pointed needles, follow a simple pattern, do decreases is important. I'll provide the yarn and the pattern.

Eighth-Grade Project Mentors Needed

Our eighth-graders are embarking on an independent learning project with the goal of learning a new skill! They are looking into our community for adults willing to act as a mentor to motivate and inspire them. If you are an adult with a skill to teach and would be happy to volunteer your time to help them learn this skill, please let Mrs. Solomon know! The mentorship requirements are to provide a minimum of 5 teaching interactions with the student. Knowing the talent and creativity of our community, I am confident our students will have a wide range of opportunities for independent learning! Thank you so much in advance for considering!

Please contact Genevieve Solomon, 8th Grade Class Teacher, with questions or to volunteer.

From the Community

1st Annual Pet Parade

Sunday, October 27th, 2 pm – Clinton Community Center, Clinton, NJ

Bring the pack and treat your pets to an afternoon of fun, food, music, pet-friendly vendors and an opportunity to adopt a pet from Boxer Rescue of N.J. Free pet photo station and kids can enjoy free face painting, tattoos and a kid's craft table.

Show off your dapper dog or cute kitty in the costume parade. Costumes are encouraged for participating pets and pet owners. There will be prizes in several costume categories: Prettiest, scariest, most creative, best matching pawed participants and their biped friend and owner/pet look-alike.

Registration starts at 1 pm, Costume Contest at 2 pm. For info & to register go to:
www.CintonSunriseRotary.org.

Join CHOIR & CO. at Godfrey Daniels!

Friday October 25, 8 PM

Sing with us in Bethlehem, PA's legendary listening room. Choir & Co. (formerly Pop-Up Choir) is led by Kira Willey, Eve Sheldon, and Noah Jarrett. All are welcome—there's no singing experience required, REALLY. Tickets at godfreydaniels.org.

MOONSHINE & MILLET at IRONBOUND!

Sunday, October 27, 3 PM

Your favorite River Valley band is playing at Ironbound's beautiful outdoor Tasting Room! Come taste the hard ciders, have some locally sourced great food, and of course - do some dancing!

Ironbound Hard Cider, 360 County Rd 579, Asbury, NJ (Just 15 minutes from school!)

Milford's Pumpkin Decorating Contest

October 14 – 19

Bring decorated pumpkins to the library during business hours. Pumpkins will be displayed on Bridge Street and the winner will be announced at the Halloween Parade. Use paint, markers, fabric, collage, mosaic, decoupage, anything you can imagine... but please, no carving.

Take a walk on Bridge St. and vote on your favorite by Oct. 25.

Ballot boxes can be found at Bowker's, Chocolate in the Oven & Pipolo's.

Milford's Halloween Parade

October 27, 2019 - 12:00 Registration begins at ballfield
1:00 Parade begins, judging in front of Bowker's Pharmacy

Categories: 0-3 years, 4-6 years, 7-8 years, 11-adult
Walking groups, walking floats, bikes, canines

Refreshments, crafts and book giveaway!
12:00-4:00 Ride Millie for \$10 or \$5 for anyone in costume.

Sacred Arts Presents: Cob Building Basics

October 19th, 10am- 4 pm. Stockton, NJ

Join Sara Fishkin and Melissa Matarese in a hands-on introduction to natural building with cob and straw bales. Experience firsthand the healing power of working with your hands in the earth, alongside others, to make something beautiful and functional. Cost: \$95 before October 10th, \$125 thereafter. Contact Sara for more details and registration 908.323.9691 or go to www.mesalifestyle.com

Eggs for Sale

The Gustavsons are selling fresh eggs from their homegrown, free-range, antibiotic-free, happy and healthy hens. Great tasting, and in a variety of colors! \$4 per dozen, delivered to school by request. Email shopkeeper@atoygarden.com or text to 267.377.9448 to arrange drop-off.

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

House for Sale

Former home of the George family (recent RVWS graduates Lydia and Lloyd) is for sale. 3 bedrooms, 1 1/2 baths. Full basement. Detached, oversize 2 car garage. Recently painted. Hardwood floors. Country setting on nearly 3 acres. 77 Honeysuckle Lane, Milford, NJ. 5 minute walk to shops in Milford. Less than 2 miles from RVWS.

Contact listing agent Mary Alice Heimerl at
908-581-6411.

Fresh Connect Bucks County

Free Mobile Farmers Market available for Bucks County Residents at or below 200% Federal Poverty Limit

Every Tuesday at the Warminster Community Park –
12:00-1:00pm – 1100 Veterans Way, Warminster, PA

Every Thursday in Ottsville – 11:00am -12:00pm
At the Intersection of 611 & 412 (Previously Thompson Auto) Ottsville, PA

Every Friday in Bristol – 12:00-1:00pm at the Bristol Campus of Bucks Co. Comm. College, 1304 Veterans Hwy. Bristol, PA

Registration on site, one sign-up per household and please bring your own shopping bags.

For more info visit BCOC.org or call 215.345.8175

Events at the Riegelsville Library

Autumn 2019 Story Time in the Banko Children's Room

Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17

During story time we read books, conduct age-appropriate science experiments and explore music and art. Story time is designed for children 0-5 years, but all children are welcome to attend with a parent or guardian.

Saturday Story Time

Join us on Saturday, Nov. 9th 11:00-11:30 for a new Saturday Story Time!

We will read 2-3 titles for our Banko Children's Room. Selections will be based around a centralized theme. Story time is designed for children 0-5 years, but all children are welcome to attend with a parent or guardian. Registration is required

To register and any questions, please call the library at 610.749.2357 or www.riegelsvillelibrary.info

Artyard

New Exhibition:

Janet Ruttenberg: Beholder

September 14 – December 29, 2019

Curated by Elsa Mora and Charles Stuckey

Upcoming Events:

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

In Our Brutal Modern World, Science Shows Our Brains Need Craft More Than Ever.

Not just another fad.

By SUSAN LUCKMAN

At a time when many of us feel overwhelmed by the 24/7 demands of the digital world, craft practices, alongside other activities such as coloring books for grown-ups and the up-surge of interest in cooking from scratch and productive home gardens, are being looked to as something of an antidote to the stresses and pressures of modern living.

Crafts such as knitting, crochet, weaving, ceramics, needlework and woodwork focus on repetitive actions and a skill level that can always be improved upon.

According to the famous psychologist Mihaly Csikszentmihalyi this allows us to enter a "flow" state, a perfect immersive state of balance between skill and challenge.

With what is increasingly referred to today as "mindfulness" being a much-desired quality for many people, it's not surprising crafts are being sought out for their mental and even physical benefits.

Craft as therapy

For over a century, arts and craft-based activity have been a core part of occupational therapy that emerged as a distinct health field around the end of the first world war in response to the needs of returned soldiers.

This includes many suffering from what we now refer to as post-traumatic stress disorder, but then referred to as "shell shock".

Knitting, basket weaving, and other craft activities were commonplace in the repatriation support offered throughout much of the English-speaking world to the returned veterans of the two world wars.

This was as both diversional therapy (taking your mind off pain and negative thoughts), as well as skills-development geared towards re-entering the civilian workforce.

More recently, research is seeking to better understand just how craft is so beneficial for the body and mind. Interestingly, much of the focus has been on the mental health and well-being brought about by knitting.

The benefits of craft according to science

A large-scale international online survey of knitters found respondents reported they derived a wide range of perceived psychological benefits from the practice: relaxation; relief from stress; a sense of accomplishment; connection to tradition; increased happiness; reduced anxiety; enhanced confidence, as well as cognitive abilities (improved memory, concentration and ability to think through problems).

In more clinical contexts, introducing knitting into the lives of hospital patients with anorexia nervosa led to a self-reported reduction in anxious preoccupation with eating disorder thoughts and feelings.

Some 74 percent of research participants described feeling "distracted" or "distanced" from these negative emotional and cognitive states, as well as more relaxed and comfortable.

Over half said they felt less stressed, a feeling of accomplishment, and less likely to act on their "ruminating thoughts".

In another study, knitting was found to reduce workplace stress and compassion fatigue experienced by oncology nurses.

Quilting has been found to enhance participant's experiences of well-being as they move into older age.

(Continued on the next page.)

Research reports quilters find the work challenging, cognitively demanding, it helps to maintain or generate new skills, and working with color was found to be uplifting, especially in winter.

In studies of people with chronic fatigue syndrome, depression and other long-term health problems, textile crafts were found to increase sufferers' self-esteem, their engagement with the wider world, and increase their personal sense of well-being and their ability to live positively with their condition.

While knitting and other textile-based activities tend to be female-dominated, similar benefits have been found for men in the collective woodworking, repair and other productive tinkering activities of the Men's Sheds movement.

Participants reported reduced levels of depression.

Why does craft make us feel good?

What unites almost all of these studies, is that while the practice of craft, especially those such as knitting, quilting, needlework and woodworking, may at first appear to be relatively private activities, the benefits also substantially arise from the social connections craft enables.

These have even been reported across whole communities impacted by disaster, such as the recovery following the 2011 Christchurch earthquake.

One of the strengths of craft practice, especially as a contributor to well-being, is precisely that it can be both solitary and collective, and it's up to the individual to decide.

For the shy, the ill, or those suffering from various forms of social anxiety, this control, as well as the capacity to draw away any uncomfortable focus upon themselves and instead channel this into the process of making, is a much valued quality of their craft practice.

The research into the physical and mental health benefits of craft remains largely qualitative and based on self-reporting.

And it especially explores its capacity to generate positive health outcomes through positive mental health.

While there's much more work to be done here, it's clear craft continues to play a key role in enhancing the quality of life of those who participate in its practices.

Susan Luckman, Professor of Cultural Studies, University of South Australia.

**2019-20 After-school Program
Fall Semester Registration Form**

Our 2019-20 Fall After-school Program will begin on Wednesday, October 2nd. Josh Laker is ready once again to challenge and entertain RVWS grade school children. Below is a description of activities that will be held on each day.

Classes will be held on Tuesdays, Wednesdays and Thursdays from October 2nd through December 18th. **Dates are listed next to each class because the program will not be held during vacations, assembly days and early dismissals.** The cost is \$20 per class with a \$10 materials fee for the session.

Tuesday – Sports and Running Games (5th grade and up)

(October 8, 15, 22, 29, November 5, 12, 19, December 3, 10, 17)

10 classes - \$210

Any and all sports, indoor and out, four square, battleship, shark attack, capture the flag, flag tag, handball, wall ball (big and small), indoor Olympics, obstacle courses, etc.

Wednesday – Games, Drama, Challenges and Puzzles, Crafts, Outdoors

(October 2, 16, 23, 30 November 6, 13, 20, December 4, 11, 18)

10 classes - \$210

Park bench, improv, Dinner party, dramatic reading, hunter, skits, storytelling, treasure and scavenger hunts, simple ball games, group challenges, nature art, cooperation puzzles, hand and nature crafts if desired, etc.

Thursday – Cooking and Crafts (Class size is limited; first come, first served.)

(October 3, 10, 17, 24, November 7, 14, 21, December 12)

8 classes - \$170

Baking bread (especially in the outdoor wood burning oven) pasta, tomato sauce, pickling, desserts, bagels, pizza, sushi, etc. These are just some of the things that were and could be done again, it will be tailored to students' desires.

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Child's Name _____ Child's Teacher _____

Parent's Name _____

Parent's Phone Home: _____ Work: _____ Cell: _____

I would like to register my child for the following After School Program(s):

- | | | | | |
|--------------------------|--------|-----------|--|------------------------|
| <input type="checkbox"/> | Tues. | 3:30-5:30 | Sports and Running Games (5th & up) | <u>\$210.00</u> |
| <input type="checkbox"/> | Wed. | 3:30-5:30 | Games, Drama, Challenges | <u>\$210.00</u> |
| <input type="checkbox"/> | Thurs. | 3:30-5:30 | Cooking and Crafts | <u>\$170.00</u> |

NOTE: Materials fees are included in the prices.

TOTAL: _____

Payment in full must be attached to the registration form. Payment is non-refundable and is set regardless of the number of classes actually attended by your child. Classes will be filled on a first come first served basis.