

School Calendar

This Week

Tuesday, October 8

1st & 8th Grade Class Trip to Solebury Orchards

Wednesday, October 9

Yom Kippur – SCHOOL IS CLOSED, Faculty in-service

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, 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@rivervalleysschool.org
lc@rivervalleysschool.org
bot@rivervalleysschool.org
pc@rivervalleysschool.org

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.

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)!

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:

Perkasie Fall Fest - Oct 6 - 1pm

Alexandria Autumn Fest - Oct 12 - Noon

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@rivervalleysschool.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.

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)

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 ***

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 – Language Arts

Second Grade – Language Arts

Third Grade – Math/Measurement

Fourth Grade – Math/Fractions

Fifth Grade – Botany

Sixth Grade – Rome

Seventh Grade – History/Middle Ages/Renaissance

Eighth Grade – Physics

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.

Looking for Old Towels and Washcloths

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

From the Community

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.

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.

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

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!)

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

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

The Lotus School of Liberal Arts Open House

Open House for prospective students on Thursday, October 10, 2019 from 2:00-5:00 pm.

Take the time to come by and tour our school, talk with the teachers, and learn more about our program. Knowing that small schools create less anxiety for teens, we create a community atmosphere that is responsive to their needs.

We look forward to seeing you! Please send an email to lotus@lotusla.org to register.

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.

Tire Recycling

Saturday, October 12th 9:00am – 1:00pm

2320 Township Road, Quakertown, PA 18951

Hosted by the Springfield Township Environmental Advisory Board

Accepting: car, pick-up and SUV tires (\$2 each) and tractor trailer tires (\$10 each)

Please note: Tires must be rinsed clean and no tires on rims. We cannot accept lawn or farm tractor tires, motorcycle, ATV, mini bike, bicycle or wheelbarrow tires.

Questions: Contact the EAC at eac@springfieldbucks.org

Events at the Riegelsville Library

Autumn 2019 Story Time in the Banko Children's Room

Oct. 1, 8, 15, 22, 2, 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

Morning Drop-off Assistance

Selwin, Megan, and Vernon Briggs are looking for someone who could occasionally be available to get Vernon (age 4 - Acorn Room) ready for school in the mornings and drop him off. Mornings vary throughout the year, but we would be able to give at least two weeks notice for a request. Time for arrival also varies, but could be anywhere from 6:45 - 7:30 am. Morning drop off rate is negotiable. If interested, please contact Megan Briggs at meganbarnesbriggs@gmail.com.

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!

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

From the Atlantic

I Won't Buy My Teenagers Smartphones

Denying a teen a smartphone in 2019 is a tough decision, and one that requires an organized and impenetrable defense.

By Sarah P. Weeldreyer

My 14-year-old son just started high school, and he does not have his own smartphone. When I tell people this, I get the same face I imagine I would if I said that I hadn't fed him for several days. My son is fine, though—really. I don't think he's ever been lost, stranded, or even inconvenienced by his lack of that quintessential 21st-century accessory.

My son and his brother, one year his junior, are not living in the Dark Ages. They each have a tablet, loaded with a souped-up internet filter and time restrictions, that they use at home. My boys are not like the kid I met in college who had grown up without TV and didn't appreciate the cultural relevancy of Bo and Luke Duke or George Jefferson. My kids readily quote Ron Swanson and Dwight Schrute. They text, they Snap—but only on weekends and a little bit this past summer. What sets them apart from most of their friends is that neither of them owns a portable device connected to the internet that can be hidden in the depths of their baggy Under Armour shorts.

Now that my oldest is in ninth grade, it occurs to me that this decision not to buy him the one thing that every other kid has might be the most subversive, countercultural gesture of my entire life. I'm a total conformist. I follow the rules. I return my library books on time or pay the fine. My husband is a captain in the Navy—certainly not countercultural. As soon as the first baby came along, we bought a minivan. We've never been out there trying to make any bold statements. And yet, when it comes to allowing my teenagers access to smartphones, I am apparently a rebel. Is resisting this ubiquitous technology really worth it?

For me, it is. I believe that a smartphone too accessible, given too early, and in the wrong hands is at best an addictive distraction and at worst a handheld siphon draining away children's youth one beep, one swipe, one notification at a time.

The smartphone delay in our house started long before the devices were as prevalent as they are today, and at the time it was more an omission than an act of resistance. When our boys were babies and toddlers, we heeded the advice of pediatricians and child-development experts who warned against too much TV for young children. We watched the PBS morning lineup and Disney movies, but that was the extent of our screen time. Then, in 2009, when my oldest was 5, my dad gave us a book by Richard Louv called *Last Child in the Woods*. The thesis left an impression on us. Louv asserts that children suffer from "nature-deficit disorder" when they don't spend enough time under the sky among other living creatures. Already in the habit of limiting our kids' screen time, it was natural to delay buying them electronics. We relented with the purchase of tablets, mainly for use during our frequent trips to visit faraway family, but we never graduated to smaller, more portable devices. We wanted our children to spend their time playing outside. And reading books. And talking with us. So we never bought them phones. They kept getting older, and we kept not buying them phones. Now that they are in middle and high school, I realize that their childhood has been somewhat different from their friends'—and also remarkably different from mine.

In middle school in the 1980s, my friends and I whiled away our free time unsupervised at the skating rink, the mall, and the arcade. In high school, we graduated to more secluded places where we could park, turn up the music, and hang out unseen by prying, parental eyes. Even the most undesirable place, a vacant lot underneath an interstate overpass, was a haven as long as your friends were there. Now, a mere 30 years later, the skating rinks and arcades are closed, and my kids' lives bear little resemblance to those of my childhood friends and myself.

In *The Atlantic*, Jean M. Twenge discussed her 25-year study of generational differences in the United States. She found that how today's teenagers spend their time is immensely different from how every preceding generation of teens back to the Baby Boomers spent theirs, and all evidence of cause points to the emergence of the smartphone and the birth of social media. Teenagers today are more likely to be at home, connected to the world via Wi-Fi. Yet at the same time, they are more likely to feel isolated and unhappy. Twenge writes, "The number of teens who get together with their friends nearly every day dropped by more than 40 percent from 2000 to 2015." Ironically, the technology that promises to connect us all is also leaving us more alienated.

(Continued on the next page.)

Twenge's findings about today's kids are not all bad. Teens smoke and drink less than their parents and grandparents did at the same age, and they are less likely to be in a car accident, which is great. More worrisome is that they are less likely than their parents were to date, and that they are less interested in learning to drive, despite the freedom and independence that comes with a driver's license. With the internet, as Twenge points out, "they don't need to leave home to spend time with their friends."

But they're not really spending time with their friends, are they? When I tell my friends that my teenagers don't have phones of their own, I'm often asked if I'm worried about them missing out on a social life. When did sitting at home isolated by closed doors and earbuds become a social life? As a culture, we're providing our kids with these devices so that they don't miss out on a virtual life, but what they give up in exchange is a real life. If teenagers were using their phones primarily to make plans to gather and hang out, that would be one thing. But often, Twenge's research suggests, use of the smartphone has become the end unto itself. Many kids seem more interested in maintaining their "Snapstreaks" than in getting on a bike and riding over to a friend's house.

Recently, after being with his friends, one of my boys came home with the slouched shoulders and shuffling gait characteristic of an unhappy teenager. Someone in the group had a sparkling new iPhone X. "It's pretty cool," he said with a dejected expression. Like most moms, I hate seeing my kids sad. We talked for a bit, and he sheepishly admitted, "I know I don't need one, Mom. I just want one." I think my boys feel the same way about smartphones that I felt about Guess jeans—the ones with zippers at the ankles—in 1984. All the cool, pretty girls had a pair. My desire for the jeans was more about fitting in with the crowd than about the jeans themselves.

Like the answer to many parenting questions, the answer to whether a child can handle a smartphone likely depends on the temperament and maturity of the child. I don't want to disparage my beloved firstborn. He is currently training with his dad to run the Marine Corps Marathon in the fall. He's a good student and an accomplished trumpet player. . That said, his judgment often indicates that his frontal lobe is still developing. He would eat an entire bag of Nacho Cheese Doritos—the party-size bag—if left alone with the opportunity.

He has matured somewhat in the months between eighth and ninth grade, but he often exhibits the attention span of a squirrel. This is a boy with hopes and dreams for his future, and the intellectual ability to achieve them. My husband and I believe that giving him his own smartphone at this point would be akin to buying him a carton of cigarettes and a subscription to Playboy and wishing him good luck staying focused in high school.

Though we may be in the minority (at least in our community), we're not alone in our concern. The Wait Until 8th movement, for example, encourages parents of kids at the same school to band together to pledge not to give their children smartphones until at least eighth grade. In one high-profile example, Madonna recently said, "I made a mistake when I gave my older children phones when they were 13." My husband and I, the '80s kids that we are, felt validated when we read this. Even the Material Girl, the rebel of our generation, views the smartphone as a negative influence. As a society, we acknowledge that certain privileges, such as driving and voting, come with maturity. Maybe smartphones should be another such privilege. There will come a day when our sons are ready to use the smartphone for the purpose for which it is intended—as a communication tool to help them conduct their lives. For now, it is an expensive and distracting toy.

I don't judge other parents for making a different choice. The question of how much tech to allow into our children's lives and when is one of the biggest parenting challenges of the current era. Denying a teenager a smartphone in 2019 is a tough decision, and one that requires an organized and impenetrable defense. Today's kids are smart, and they will present an almost airtight case for why they need a phone. Thankfully, academics such as Twenge are providing material for our cross-examination.

If you are a parent who's struggling to hold strong against the inexorable pull of the smartphone, I'm here to tell you that it's possible. If you're late to pick your kids up from soccer practice, they can wait and wonder where you are for a few minutes. Patience is a virtue. If they have to borrow your phone to check the Nats' score or ask a friend about homework, they will live—hopefully a real life rather than a virtual one.

We want to hear what you think about this article. Submit a letter to the editor or write to letters@theatlantic.com.

SARAH P. WEELDREYER is the business manager at Washington Monthly magazine and a freelance writer based in Virginia.

**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.

-----✂-----✂-----✂-----✂-----✂-----

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.