

School Calendar

This Week

Thursday, October 31

Halloween/Ancestor's Day – In-school Celebration

Saturday, November 2

Ribbon Cutting Ceremony & Potluck 3:00-6:00 pm

Upcoming Events

Friday, November 8

EC Lantern Walk

Thursday, November 14

3rd Grade to Howell Living History Farm

Friday, November 15

1st & 2nd Grade Lantern Walk

Tuesday, November 19

4th Grade Parent Evening

Monday – Tuesday, November 25-26

Parent-Teacher Conferences

Wednesday - Thursday, November 27-29

Thanksgiving Break – NO SCHOOL

Friday, December 6

Spiral of Light

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

Ribbon Cutting and Potluck Picnic This Saturday November 2nd 3:00 – 6:00



Please join us for our Ribbon Cutting Ceremony this weekend where the grade school children will be singing a lovely song to open the ceremony.

Help us celebrate as the River Valley Waldorf School community cuts the ribbon on our new Early Childhood Education building.

Together we will savor our accomplishments and 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!

Please bring a dish to share, a picnic blanket and/or chairs, plates, cups and utensils

November Lunch Deadline Tomorrow

It's time to order lunch for November. The menu is attached to this week's Current and the deadline for orders is Wednesday, October 30th.

Bake Sale Friday After School

The 8th grade would like to invite the community to this week's **Friday Bake Sale – November 1st**

Goodies will be available at pick up. Bring home some treats for the weekend!!

Organic Coffee will also be on sale - Guatemalan Bourbon (rich and velvety), Ethiopian Decaf (bright and vibrant), Arise (sweet & robust) & Indigo (dark and rich). Roasted for the 8th grade fundraiser by Homestead Coffee. \$14/bag.

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

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

Upcoming Outreach Event

River Valley will be having a table at the **Inlife Holistic Festival in Plumsteadville, PA on Nov. 16 at 10 am.**

Parents are welcome to come say hi or stay to talk to prospective parents about our school:

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

Thank You

Many thanks to the beautiful folks who volunteered their time and energy in our school garden! Our short time together made a big difference. Now, the garden can rest quietly in preparation for spring. Blessings to you all!

Melissa G.

Community Discussion on Self-Directed Learning

When: Tuesday, November 5, 7pm

Where: RVWS

What kinds of unique educational experiences are possible outside of traditional high school? What happens when educators start with the questions "What are you good at?" and "What do you love to do?" How can the self-directed experience prepare kids for college, career and life. These questions and others will be addressed at this community discussion.

This community event will be led by Scott Gallagher, 7th grade parent and co-director of Raritan Learning Cooperative, a self-directed learning center for teens in Flemington, NJ.

All are welcome!

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

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

From The Faculty

What the Children are Learning:

First Grade – Math

Second Grade – Math

Third Grade – Math

Fourth Grade – Norse Myths

Fifth Grade –Geometry

Sixth Grade – European Geography

Seventh Grade – Chemistry

Eighth Grade – History

Outdoor Gear Needed

The Moon Room is in need of rain suits/pants/jackets and snow suits/pants, as well as snow mittens and snow and rain boots for ages 4-7. We would like to have extras for children whose outdoor gear gets left at home. If your children have clothing that they have outgrown, please consider donating it to the Moon Room.

Thank you, Jerilyn Burke

From the Board



Annual Appeal Update

Thank you for your contributions and pledges to the Annual Appeal. We have already collected \$32,125! We are striving for 100% participation so please consider making your donation today on our website River Valley Waldorf School or look for a pledge card in your child's mailbox this week.

Class Fundraisers

Let the 8th grade make your Secret Garden items for you!

Each RVWS family is asked to provide 20 items for the Secret Garden. For just \$20 the 8th grade will make the treasures for this Winter Fair activity. Sign up in the lobby beginning Tuesday 10/22. Proceeds will go toward the end of year class trip.

Coffee Fundraiser

The 8th grade is selling coffee as a fundraiser for their trip. There are 3 varieties of organic coffee and one decaf variety: Guatemalan Bourbon (rich and velvety), Ethiopian Decaf (bright and vibrant), Arise (sweet & robust) & Indigo (dark and rich). Roasted for the 8th grade fundraiser by Homestead Coffee. \$14/bag. These will be available at the bake sales. Next one on 11/1 at pick up.

From the Community

Lenape Chamber Ensemble Children's Concert in the Round

For children ages 4-12, featuring music by Bach, Vivaldi, Lotti, Reinken & Muffat for oboes, violin, viola, cello, bass & harpsichord. Refreshments and Instruments demonstrations.

Saturday, November 16th, 10-11 am at Delaware Valley University Life Sciences Auditorium, 700 Butler Avenue at State Street and Rt. 611, Doylestown, PA 18901.
Children: \$2, Adults Free.

Lenape Chamber Ensemble Concerts

Friday, November 15th, 8:15 pm, Upper Tincum Lutheran Church, 188 Upper Tincum Church Rd., UBE
Sunday, November 17th, 3 pm, Delaware Valley University Life Sciences Auditorium (See above for address.) Music by Bach, Vivaldi, Lotti, Reinken & Muffat.

Adults \$18, Students and Seniors \$15, Children \$5 For information: 610-294-9361 or www.lenapechamberensemble.org

Lulu's Rescue Thrift Shop Opening

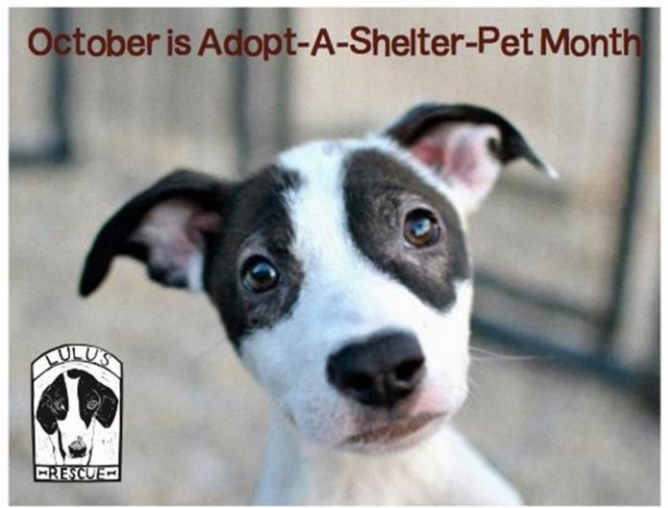
Lulu's Rescue is a local Bucks County rescue saving thousands of dogs, operating a spay and neuter program, and providing medical care for many sick, abused, and injured dogs. We have opened "Lulu's Repurpose For Rescue" a thrift store and art gallery in Pipersville, PA to support our efforts. We are unique as a thrift store as all sales benefit our rescue dogs and our veterinary programs.

As we are at the beginning stages, it is essential that we receive donations. Many of us hold on to unworn clothing that no longer fits, and hold on to items storing them away where they are unused. It feels good to clean the closets, donating those items to a charity that benefits others, and our charity helps man's best friend!

We are accepting donations of: designer and gently used clothing, vintage clothing, shoes, handbags, hats, jackets, apparel, jewelry, books in good condition, antiques in condition for resale, art, and collectibles. Donations can be made at our store during hours or if needed, arrangements can be made. Contact Julia Ferris 267-371-0156. Thank You!

Located at: 7037 Easton Road Pipersville, PA.
Open Wednesday, Thursday, and Saturday 11:30 - 3:30 pm.
PLEASE follow us on instagram!

Donations benefit Lulu's Rescue a 501c3 public charity and our spay/neuter initiatives and companion animal rescue. All donors will be given a tax letter for the fair market value of the items donated.



Artyard

New Exhibition:

Janet Ruffenberg: Beholder

September 14 – December 29, 2019

Curated by Elsa Mora and Charles Stuckey

Upcoming Events:

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

Events at the Riegelsville Library

Autumn 2019 Story Time in the Banko Children's Room

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

From Deeprootsathome.com

WHY ARE KIDS IMPATIENT, BORED, FRIENDLESS, AND ENTITLED?

"Kids today are in a devastating emotional state! Most come to school emotionally unavailable for learning. There are many factors in our modern lifestyle that contribute to this." ~Victoria Prooday

In her practice, my friend Victoria Prooday, OT is seeing something so widespread and alarming that I asked if I could share her thoughts. Due to the overwhelming interest and conversation on this topic, I am re-sharing her post. This article is also now translated into German and Russian. Spanish is coming soon!

I encourage every parent who cares about the future of his/her children to read it. I know that many would choose not to hear what she says in the article, but your children need you to hear this message.

Victoria writes:

I am an occupational therapist with years of experience working with children, parents, and teachers. I completely agree with this teacher's message that our children are getting worse and worse in many aspects.

I hear the same consistent message from every teacher I meet. Clearly, throughout my time as an Occupational Therapist, I have seen and continue to see a decline in children's social, emotional, and academic functioning, as well as a sharp increase in learning disabilities and other diagnoses.

As we know, the brain is malleable. Through environment, we can make the brain "stronger" or make it "weaker". I truly believe that, despite all our greatest intentions, we unfortunately remold our children's brains in the wrong direction.

Here is why:

1. KIDS GET EVERYTHING THEY WANT WHEN THEY WANT IT

"I am Hungry!!" "In a sec I will stop at the drive thru" "I am Thirsty!" "Here is a vending machine." "I am bored!" "Use my phone!" The ability to delay gratification is one of the key factors for future success. We have the best intentions — to make our child happy — but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors, which eventually become huge obstacles to their success in life.

The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores. The moment the child hears "No", they react with belligerence because parents have taught their child's brain to get what it wants right away.

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2. LIMITED SOCIAL INTERACTION

We are all busy, so we give our children digital gadgets and make them "busy" too. Kids used to play outside, where, in unstructured natural environments, they learned and practiced their social skills.

Unfortunately, technology replaced the outdoor time. Also, technology made the parents less available to socially interact with their child. Obviously, our kids fall behind... the babysitting gadget is not equipped to help kids develop social skills. Most successful people have great social skills. This is the priority!

The brain is just like a muscle that is trainable and re-trainable. If you want your child to be able to bike, you teach him biking skills. If you want your child to be able to wait, you need to teach that child patience. If you want your child to be able to socialize, you need to teach him social skills. The same applies to all the other skills. There is no difference!

3. ENDLESS FUN

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty.

We live in two separate worlds. They have their "fun" world, and we have our "work" world. Why aren't children helping us in the kitchen or with laundry? Why don't they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under "boredom," which is the same "muscle" that is required to be eventually teachable at school.

When they come to school and it is time for handwriting their answer is "I can't. It is too hard. Too boring." Why? Because the workable "muscle" is not getting trained through endless fun. It gets trained through work.

4. KIDS & TECHNOLOGY

Using technology as a "Free babysitting service" is, in fact, not free at all. The payment is waiting for you just around the corner. We pay with our kids' nervous systems, with their attention, and with their ability for delayed gratification.

Compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and adequate visual stimulation as opposed to being bombarded with the graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, processing information in a classroom becomes increasingly challenging for our kids because their brains are getting used to the high levels of stimulation that video games provide. The inability to process lower levels of stimulation leaves kids vulnerable to academic challenges. Technology also disconnects us emotionally from our children and our families.

Parental emotional availability is the main nutrient for child's brain. Unfortunately, we are gradually depriving our children of that nutrient.

5. KIDS RULE THE WORLD

"My son doesn't like vegetables." "She doesn't like going to bed early." "He doesn't like to eat breakfast." "She doesn't like toys, but she is very good at her iPad" "He doesn't want to get dressed on his own." "She is too lazy to eat on her own." This is what I hear from parents all the time. Since when do children dictate to us how to parent them? If we leave it all up to them, all they are going to do is eat macaroni and cheese and bagels with cream cheese, watch TV, play on their tablets, and never go to bed.

What good are we doing them by giving them what they WANT when we know that it is not GOOD for them? Without proper nutrition and a good night's sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want and not do what they don't want.

The concept of "need to do" is absent. Unfortunately, in order to achieve our goals in our lives, we have to do what's necessary, which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice every day. Our children know very well what they want, but have a very hard time doing what is necessary to achieve that goal. This results in unattainable goals and leaves the kids disappointed.

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TRAIN THEIR BRAIN

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

1. DON'T BE AFRAID TO SET LIMITS KIDS NEED LIMITS TO GROW HAPPY AND HEALTHY

Make a schedule for meal times, sleep times, technology time

Think of what is GOOD for them- not what they WANT/DON'T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.

Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day!

Convert things that they don't like doing/trying into fun, emotionally stimulating games

2. LIMIT TECHNOLOGY, AND RE-CONNECT WITH YOUR KIDS EMOTIONALLY

Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow,

surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights

Have family dinners, board game nights (see the list of my favorite board games), go biking, go to outdoor walks with a flashlight in the evening

3. TRAIN DELAYED GRATIFICATION

Make them wait!!! It is ok to have "I am bored" time – this is the first step to creativity

Gradually increase the waiting time between "I want" and "I get"

Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games

Limit constant snacking

4. TEACH YOUR CHILD TO DO MONOTONOUS WORK FROM EARLY YEARS AS IT IS THE FOUNDATION FOR FUTURE "WORKABILITY"

Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed

Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

5. TEACH SOCIAL SKILLS

Teach them turn taking, sharing, losing/winning, compromising, complimenting others , using "please and thank you"

From my experience as an occupational therapist, the kids changes the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later!

**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.