

School Calendar

This Week

Thursday, November 14

3rd Grade to Howell Living History Farm

Friday, November 15

1st & 2nd Grade Lantern Walk

Upcoming Events

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

Friday, December 13

Early Dismissal – Winter Fair set-up 1:00 pm

Saturday, December 14

Winter Fair 11:00 am-3:00 pm

How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

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

Paper Current Available

If you would like a paper copy of the Current, you can find some every Tuesday on the bulletin board across from the office.

RVWS Open Board Meeting/Annual Meeting

Thursday, November 14, 2019

6:30 PM - 8:00 PM

All RVWS board meetings are open to the community, but once each year we hold an open meeting and encourage anyone who wishes to attend. Traditionally this has been in the spring, but this year we are moving it to early in the year in order to report on the prior school year, and to share goals for the current year.

The **Agenda** will include:

- A "State of the School" briefing, including what it means to be part of a Waldorf community, building project and Capital Campaign update, enrollment trends, financial picture, and more.
- River Valley's mission & our mission statement. What does the mission mean to you? What is important to you?
- Planning discussion, including enrollment growth, governance work, and developing a safety-oriented school culture.
- Please consider what our mission means to you, and come to discuss River Valley's mission in this forum where all voices can be heard.

Light refreshments will be served starting at 6 pm. Please join us! RSVP to amyhnyberg@gmail.com if you plan to attend.

Community First Fridays

The Admissions office will be hosting Community First Fridays on the first available Friday of the month. Parents will be greeted with coffee, tea, a snack and a member of the Administration for camaraderie and open discussion. Some weeks a member of the Board or Parent Council will attend.

Please join us on the following dates:

Dec 13, Jan 10, Feb 7, Mar 6, April 3, May 8, Jun 5

Winter Fair is Coming

Winter Fair is a magical day and it takes contributions from the whole community to make it so special. Here are some of the ways you can help.

Secret Garden Items

We are expecting 20 Secret Garden items from every family. Soon there will be a box in the lobby to collect your items.

Artisan Market for Winter Fair

Calling all artisans! We are curating our artisan market for this year's Winter Fair. If you'd like a spot for holiday selling, please email Ivy at karunagoddess@gmail.com

Sing with the Parent Choir at Winter Fair!

Join us at our rehearsals, all in the All-purpose Room

Sunday, 11/17, 3 PM, ****tentative**** Monday, 11/25, time TBD, Sunday, 12/8, 3 PM

Saturday, 12/14 (Winter Fair), 10 AM

From Administration

Class Fundraising

When 3rd grade raises money for their farm trip and 8th grade for their end of the year trip, 20% of what they raise is donated to the RVWS Scholarship Fund. This means that by supporting the class, you are also making it possible for more children to attend our school. Thank you.

Student Pick up Reminder

Our school day ends at 3:20 pm. Parents are asked to pick up their children between 3:20 and 3:30.

Please do not be late because teachers often have meetings to get to after school. After 3:30 students will be sent to Aftercare. Thank you.

Home Heating Assistance is Available for Pennsylvania Families

LIHEAP, which stands for the Low-Income Home Energy Assistance Program, helps families living on low incomes pay their heating bills in the form of a cash grant. Crisis grants also are available for households in immediate danger of being without heat.

How cash grants work:

A one-time payment is sent directly to the utility company/fuel provider and is credited on the heating bill. Cash grants range from \$200 to \$1,000 based on household size, income, heating region, and fuel type.

Qualifying crisis situations:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Main heating source has been completely shut off
- Danger of being without fuel (less than 15-day supply)
- Danger of having utility service terminated (received a notice that service will be shut off within the next 60 days)

For more information go to: <https://mail.google.com/mail/u/0/#inbox/FMfcgxwDsFfdvBwzWcbjgdZcPfrFKljv>

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

Open House - Raritan Learning Cooperative

What does it look like when a teenager makes a life and education for themselves based on their strengths and interests? How can belonging to a self-directed learning community make a difference?

When: November 18, 2019

Where: Raritan Learning Cooperative 168 Main St. Flemington, NJ

From The Faculty

What the Children are Learning:

First Grade – Math

Second Grade – Math

Third Grade – Math

Fourth Grade – Norse Myths

Fifth Grade – Math/Decimals

Sixth Grade – Business Math

Seventh Grade –Geometry

Eighth Grade – Meteorology

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

Class Fundraisers

Bake Sale Next Friday

The 8th grade would like to invite the community their bake sale, next Friday, Nov. 22nd

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.

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. Proceeds will go toward the end of year class trip.

if you can't make it to school to order your items then you can email Clare Brunell: clare.28@live.com and sign up.

From the Community

Pretty Good Keyboardist

David Bader is looking for a pretty good keyboardist to play with his band at Parent Stage this year. Contact

David@thelab.net

Sunbridge Institute Introductory Experiences

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

Purely Farm's Thanksgiving Turkey

Purely Farm is ready to talk turkey and take reservations for their famed Thanksgiving Turkeys. These wonderful birds are raised and processed by the Michini family and offer legendary flavor and an exciting alternative to the antibiotic pumped, factory farmed conventional turkeys that are pushed onto so many unsuspecting Americans' tables. Purely Turkey is organically fed, pasture-raised, super local and amazingly fresh. How fresh you ask??? Any fresher you'd take home the gobble!

Thanksgiving Turkeys will be available for pick-up in 4 convenient locations. Get your order in while supplies last! Click on www.purelyfarm.com and follow the prompts towards Thanksgiving bliss. Be sure to check out other helpful holiday essentials such as country sausage for superior stuffing and nitrate-free smoked bacon to add a scrumptious boost to brussel sprouts delight!

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 Tinicum Lutheran Church, 188 Upper Tinicum 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

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.

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.

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

Upcoming Events:

Wednesday, November 20, 7-8:30 pm - 24 Hours of Reality: Truth in Action

Join concerned citizens all over the world to learn about the climate crisis and what you can do to stop it. Margaret Waldo, Frenchtown resident and Climate Reality Leader, will bring this conversation home. 24 Hours of Reality: Truth in Action is a chance for all of our friends, neighbors and colleagues in the River Valley to learn the truth of what's happening to our planet and communities and how together we can take action to overcome this existential threat.

Just by joining the conversation you can make an impact: Thanks to our friends at OneTreePlanted.org, a tree will be planted on behalf of every audience member who attends.

This event is presented by the River Valley Climate Collective and is being hosted by ArtYard.

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 The Atlantic via Waldorf Today

Stop Trying to Raise Successful Kids And start raising kind ones.

By Adam Grant and Allison Sweet Grant

As anyone who has been called out for hypocrisy by a small child knows, kids are exquisitely attuned to gaps between what grown-ups say and what grown-ups do. If you survey American parents about what they want for their kids, more than 90 percent say one of their top priorities is that their children be caring. This makes sense: Kindness and concern for others are held as moral virtues in nearly every society and every major religion. But when you ask children what their parents want for them, 81 percent say their parents value achievement and happiness over caring.

Kids learn what's important to adults not by listening to what we say, but by noticing what gets our attention. And in many developed societies, parents now pay more attention to individual achievement and happiness than anything else. However much we praise kindness and caring, we're not actually showing our kids that we value these traits.

Perhaps we shouldn't be surprised, then, that kindness appears to be in decline. A rigorous analysis of annual surveys of American college students showed a substantial drop from 1979 to 2009 in empathy and in imagining the perspectives of others. Over this period, students grew less likely to feel concern for people less fortunate than themselves—and less bothered by seeing others treated unfairly.

It's not just that people care less; they seem to be helping less, too. In one experiment, a sociologist scattered thousands of what appeared to be lost letters in dozens of American cities in 2001, and again in 2011. From the first round to the second one, the proportion of letters that was picked up by helpful passersby and put in a mailbox declined by 10 percent. (When the same experiment was conducted in Canada, helpfulness didn't diminish.) Psychologists find that kids born after 1995 are just as likely as their predecessors to believe that other people experiencing difficulty should be helped—but they feel less personal responsibility to take action themselves. For example, they are less likely to donate to charity, or even to express an interest in doing so.

If society is fractured today, if we truly care less about one another, some of the blame lies with the values parents have elevated. In our own lives, we've observed many fellow parents becoming so focused on achievement that they fail to nurture kindness. They seem to regard their children's accolades as a personal badge of honor—and their children's failures as a negative reflection on their own parenting.

Other parents subtly discourage kindness, seeing it as a source of weakness in a fiercely competitive world. In some parenting circles, for example, there's a movement against intervening when preschoolers are selfish in their play.

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These parents worry that stepping in might prevent kids from learning to stick up for themselves, and say that they're less worried about the prospect of raising an adult who doesn't share than one who struggles to say no. But there's no reason parents can't teach their kids to care about others and themselves—to be both generous and self-respecting. If you encourage children to consider the needs and feelings of others, sometimes they will and sometimes they won't. But they'll soon learn the norm of reciprocity: If you don't treat others considerately, they may not be considerate toward you. And those around you will be less likely to be considerate of one another, too.

Parents' emphasis on toughness is partly an unintended consequence of the admirable desire to treat boys and girls more equally. Historically, families and schools encouraged girls to be kind and caring, and boys to be strong and ambitious. Today, parents and teachers are rightly investing more time and energy in nurturing confidence and leadership in girls. Unfortunately, there isn't the same momentum around developing generosity and helpfulness in boys. The result is less attention to caring across the board.

Kids, with their sensitive antennae, pick up on all this. They see their peers being celebrated primarily for the grades they get and the goals they score, not for the generosity they show. They see adults marking their achievements without paying as much attention to their character. Parents are supposed to leave a legacy for the next generation, but we are at risk of failing to pass down the key virtue of kindness. How can we do better?

When our own kids started school, we noticed that many of our questions at the end of the day were about accomplishments. Did your team win? How did the test go?

To demonstrate that caring is a core value, we realized that we needed to give it comparable attention. We started by changing our questions. At our family dinners, we now ask our children what they did to help others. At first, "I forget" was the default reply. But after a while, they started giving more thoughtful answers. "I shared my snack with a friend who didn't have one," for example, or "I helped a classmate understand a question she got wrong on a quiz." They had begun actively looking for opportunities to be helpful, and acting upon them.

As parents, we've also tried to share our own experiences with helping—and to make a point of including the moments when we've failed. Telling your kids about how you regret not standing up for a child who was bullied might motivate them to step up one day. Recalling a time when you quit a team and left your teammates in the lurch might prompt your kids to think more carefully about their responsibilities to others.

The point is not to badger kids into kindness, or dangle carrots for caring, but to show that these qualities are noticed and valued. Children are naturally helpful—even the smallest ones appear to show an innate understanding of others' needs. By the time they are a year and a half old, many children are eager to help set the table, sweep the floor, and clean up games; by the time they turn two and a half, many will give up their own blanket for someone else who is cold.

But too many kids come to see kindness as a chore rather than a choice. We can change that. Experiments show that when kids are given the choice to share instead of being forced to, they're roughly twice as likely to be generous later. And when kids are praised and recognized for helping, they are more likely to help again.

We can also advise our children to be mindful of the friends they make. Psychologists distinguish between two paths to popularity: status (which derives from being dominant and commanding attention) and likability (which comes from being friendly and kind). Adolescents are often drawn to status, flocking to cool kids who seem superior, even if they're not particularly nice. (Every parent can relate to the experience of thinking, I can't believe that kid's behavior. He's never coming over again!) Children are similarly quick to admire peers on the basis of their accomplishments—the fastest runner on the team, say, or the winner of the talent show. We don't think parents should police friendships, but we do think it's important to nudge kids to notice classmates who are kind and compassionate. We can ask how those children treat others, and how they make others feel. That's a starting point for developing friendships with children who have compatible values—not ones who stomp all over them. We tell our own children that they shouldn't hang out with the popular kids who sneer and laugh when a classmate trips in the cafeteria. They should get to know the kids who help pick up her tray.

As we've seen, overemphasizing individual achievement may cause a deficit of caring. But we don't actually have to choose between the two. In fact, teaching children to care about others might be the best way to prepare them for a successful and fulfilling life.

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Quite a bit of evidence suggests that children who help others end up achieving more than those who don't. Boys who are rated as helpful by their kindergarten teacher earn more money 30 years later. Middle-school students who help, cooperate, and share with their peers also excel—compared with unhelpful classmates, they get better grades and standardized-test scores. The eighth graders with the greatest academic achievement, moreover, are not the ones who got the best marks five years earlier; they're the ones who were rated most helpful by their third-grade classmates and teachers. And middle schoolers who believe their parents value being helpful, respectful, and kind over excelling academically, attending a good college, and having a successful career perform better in school and are less likely to break rules.

In part, that's because concern for other people promotes supportive relationships and helps prevent depression. Students who care about others also tend to see their education as preparation for contributing to society—an outlook that inspires them to persist even when studying is dull. In adulthood, generous people earn higher incomes, better performance reviews, and more promotions than their less generous peers. This may be because the meaning they find in helping others leads to broader learning and deeper relationships, and ultimately to greater creativity and productivity.

But kindness can also make kids happy in the here and now. In one experiment, toddlers received Goldfish or graham crackers for themselves, then were invited to give some of the food to a puppet who “ate” them and said “yum.” Researchers rated the children's facial expressions and found that sharing the treats appeared to generate significantly more happiness than receiving them. And the toddlers were happiest of all when the treats they gave came from their own bowl, rather than from somewhere else.

Psychologists call this the helper's high. Economists refer to it as the warm glow of giving. Neuroscientists find that generosity activates reward centers in our brains. And evolutionary biologists observe that we're wired to help others. A tribe of people who “were always ready to aid one another,” Darwin wrote, “would be victorious over most other tribes; and this would be natural selection.”

Of course, we should encourage children to do their best and to take pride and joy in their accomplishments—but kindness doesn't require sacrificing those things. The real test of parenting is not what your children achieve, but who they become and how they treat others. If you teach them to be kind, you're not only setting your kids up for success. You're setting up the kids around them, too.