

School Calendar

This Week

Friday, November 8

EC Lantern Walk

Upcoming Events

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

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

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:

- 2018-19 Annual Report
- Building Project and Capital Budget Report
- 2019-20 Enrollment and Budget
- 2019-20 Goals
- Investigation Update

Light refreshments will be provided. Please join us! RSVP to amyhnyberg@gmail.com if you plan to attend.

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

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

Announcements

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

Look inside for photographs from the Harvest Festival, Grades 1-2 and Ancestor's Day, Grades 4-8.

Bake Sale this Friday

The 8th grade would like to invite the community to this week's

Friday Bake Sale – November 8th

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.

Next Bake Sale will be Friday, November 22nd

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 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.

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

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

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!

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 – Business Math

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 Parent Council

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 the Board of Trustees

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.

From the Community

Puffs at Solebury School

The fall theatre production at Solebury School is next weekend and many talented RVWS graduates will be in the cast. The show is a comedy entitled, Puffs, and is appropriate for children 13 and up. Performances are: **Thursday, November 7, 7:30 pm; Saturday, November 9, 2 pm and 7:30 pm and Sunday, November 10, 3 pm.** Friday evening is sold out. Tickets are available at: <https://soleburyschool.ticketleap.com/puffs/dates>

Kittens Looking for a Home

Four little kittens are looking for a home, either someone to foster them until they find a permanent place or someone who would like to adopt one or more of them. They are playful and friendly and adorable. If you or anyone you know is interested, please let Robbie know.

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

Penn Foundation Behavioral Health Services presents: The impact of Social Media on Mental Health

Tuesday, Nov. 5th, 2019 6:30-8:00

At the Penn Foundation – Loux Center

Univest Community Room - 807 Lawn Ave. Sellersville, PA

Cost: FREE, but please rsvp

Research on media use estimates that Americans spend an average of 10-12 hours a day exposed to some form of media. Whether we realize it or not, we are surrounded by the images and sound of media most of our waking hours. It's no longer a question of whether or not social media impacts our lives, it is a question of *how* social media impacts our lives. Join us as we explore the impact of social media on mental health.

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 Ruttenberg: Beholder

September 14 – December 29, 2019

Upcoming Events:

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

Harvest Festival



Ancestor's Day



GOING ON A TECHNO-FAST: Taking a Break from the Virtual World

by Richard Louv

On the way out of town, I got the shakes. Well, not the shakes exactly, but I wasn't a happy pre-camper. My wife, Kathy, and I had committed to four days away from beeping gadgets, ringing phones, sawing neighbors, the on-demand life. It had been too long since our last immersion in the natural world. We were going on a techno-fast.

My computer was set to send out this e-mail auto-reply: "I'm taking a brief break from all communications electronic OK, here goes. Pulling the plug...." For emergencies, we brought Kathy's minimalistic cell phone but planned to leave it in the car, turned off. My laptop, iPhone and iPad stayed home.

"What's wrong?" Kathy asked, glancing at me. Maybe I looked like I had eels in my shirt. Tech withdrawal. We were on our way to a rental cabin on Palomar Mountain, east of San Diego. The cabin was beyond cell phone or Internet reception, or so we hoped.

The winding road led us away from the stucco wastelands into golden hills and blue-gray live oaks. We watched a red-tailed hawk balance on a swaying electric line, and farther to the east, the cumulus clouds on their afternoon ascent. As often happens when we head for the mountains, we literally felt the weight lift.

Kids and adults pay a price for too much tech, and it's not wholesale.

"A growing body of research shows that juggling many tasks, as so many people do in this technological era, can divide attention and hurt learning and performance," New York Times blogger Matt Richtel writes, reporting on a study published in the Proceedings of the National Academy of Sciences. Experiencing too many "senior moments" lately? "We now understand that this is not necessarily a memory problem per se, but often the result of an interaction between attention and memory," according to Adam Gazzaley, a neurologist at the University of California at San Francisco.

Getting more music, art, yoga, meditation, weight-lifting – whatever – into our lives can help. But technology fasting while spending time in the natural world may be the most effective antidote.

In the 1970s, environmental psychologists Rachel and Stephen Kaplan began foundational work in the study of nature's healing effect on the mind. Their studies suggested that contact with nature can assist with recovery from mental fatigue and can help restore attention. Meaningful contact with nature can also help reboot the brain's ability to think. And it excites the senses.

Scientists who study human perception no longer assume we have only five senses: taste, touch, smell, sight, and hearing. The number now ranges from a conservative 10 to as many as 30, including proprioception – the awareness of our body's position in space, of where we are. We tend to block off many of our senses when we're staring at a screen. Nature time can literally bring us to our senses.

But unplugging the power strip doesn't always come naturally, even for those of us who, by nature, love nature. It requires a conscious act and a change of scenery.

This is one reason conservation is so important. These days, unplugged places are getting hard to find. Even some parks and campgrounds now offer Wi-Fi — the theory being that people just won't get outdoors if they can't tweet. (Insert bird joke here.) For sanity, what we really need are No Wi-Fi Zones and Phone-Silent Sanctuaries. Especially for people who can't afford a cabin on private land.

As it turned out, wireless signals did reach the wilds of Palomar. Now and then, Kathy and I looked up from our books, interrupted by the sound of a cell phone ringing somewhere in the forest. Even so, by the fourth day, we were surprisingly calm. Taking a break helped; doing it in a more natural habitat helped even more.

On our last day, we drove to Doane pond at the top of Palomar Mountain. I fly-fished for an hour as Kathy read the last chapter of another book. Then we wound our way back down the mountain, already thinking about our next techno-fast.