

## School Calendar

### This Week

**Wednesday, January 8**

Waldorf/Steiner Study Group resumes 3:30 pm

**Friday, January 10**

Community First Friday after the morning assembly

### Upcoming Events

**Tuesday, January 14**

3<sup>rd</sup> Grade Parent Evening 6:30-8:00 pm

**Wednesday, January 15**

Parent Council Meeting at Milford House 6:30 pm

**Thursday, January 16**

1<sup>st</sup> & 2<sup>nd</sup> Grade Parent Evening

**Monday, January 20**

Martin Luther King Jr. Day -- No School

**Thursday, January 23**

EC Parent Evening 6:30-7:30 pm

**Thursday, January 30**

Board Meeting 6:30 pm

**Friday, February 7**

Candlelight Concert

### How to Contact Us

info@rivervalleyschool.org  
lc@rivervalleyschool.org  
bot@rivervalleyschool.org  
pc@rivervalleyschool.org

### Waldorf/Steiner Study Group

Every Wednesday  
3:30-4:30 pm – 3<sup>rd</sup> grade classroom

### Community First Friday this Week – January 10th

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:

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

### Evening Parent Council Meeting next Wednesday

January 15 at 6:30 pm at the Milford House. All are welcome.  
Please email pc@rivervalleyschool.org to RSVP.

### After-school Program Starts Today

On the last page of this week's Current you will find the registration form for Mr. Laker's After-school Program which starts today. Please put completed forms with payment in the folder on the office door.

### Toys, Puzzles and Games Needed for Aftercare

Do you have any toys, wooden puzzles, checkers, Chinese checkers, pick up sticks or board games that your children have outgrown? If so, the children who stay for Aftercare would enjoy playing with them. Please bring them to school and give them to Tiffany or Robbie. Thank you.

### Housing for Visiting Teachers

At this time of year, we have teachers who visit River Valley as mentors or candidates for teaching positions for next year. They often come from far away and need a place to stay for a few days. If you have room for a guest and are able to host someone, please let Robbie know.



## WE DID IT!

And then some.



Annual appeal dollars pledged & gifted:

# \$50,000

You made this year's Annual Appeal wildly successful! Every single gift, small and large, boosted us to \$50,000—way past our \$40,000 goal! And your strong participation shouts out your support for the school you've chosen for your children. **THANK YOU!**

8TH GRADE	7TH GRADE	6TH GRADE	5TH GRADE	4TH GRADE	3RD GRADE	2ND GRADE	1ST GRADE	EC
100%	88%	100%	61%	90%	100%	57%	83%	38%
GRADE TEACHERS, ADMINISTRATION BOARD OF TRUSTEES				GIFT RANGE		GIFTS OF \$50-\$500		
100%				\$5-\$20,000		68% OF GIFTS		

## From Administration

### Substitute Teachers Needed

River Valley is looking for substitute teachers for the 2019-2020 school year. Early Childhood substitutes must have experience with young children. In the Grade School, teacher training and/or teaching experience are preferred. If you or someone you know is interested, send a letter, resume, and references to: [lc@rivervalleysschool.org](mailto:lc@rivervalleysschool.org) or call (610) 982-5606 for more information.

### Sad News

Former RVWS parent Bruce Shankin passed away on December 19<sup>th</sup>. He was a member of Parent Choir for many years and had two children Griffin and Marin who attended River Valley. Our condolences go out to his wife, Maria, his children and the rest of his family.

### Upper Bucks Code Blue Shelter

If you're lacking inside shelter in Upper Bucks County during periods of extreme, life-threatening weather (temperature of 26 degrees or below) between Nov. 15 and Apr. 15, your friends and neighbors are ready at the Quakertown Masonic Lodge (501 W. Broad St. Quakertown, PA 18951) from 8:15pm – 7:00am the following morning. We'll have a hot meal and breakfast for you as well as shelter. Car rides will be provided from the following stops, when requested:

Turkey Hill @ Ottsville/Harrow – 7:45pm    Perkasio Square Shopping Center – 8:00pm  
Call 267.450.5191 to request a ride. To find out if the shelter is open, contact Code Blue Status Line 267.450.5191 after 1:00pm.

## From The Faculty

### What the Children are Learning:

First Grade – Math

Second Grade – Math

Third Grade – Math

Fourth Grade – Norse Myths

Fifth Grade – Ancient Civilizations

Sixth Grade – Astronomy

Seventh Grade – History/Renaissance

Eighth Grade – History

## From the Community

### River Ballet Company Auditions for Peter and the Wolf

River Ballet Company in Lambertville, NJ is holding auditions for boys and girls for Peter and the Wolf. Saturday January 18th at Kidz Gym & Dance 1326 Rt 179. Lambertville NJ

They are looking for girls who dance ages 4 & up and boys who can move ages 4 & up (Boys are needed for Peter and hunters).

Audition times: Girls ages 4-6 12:15 pm; Girls ages 7+ 12:30pm; Boys ages 4-6 12:45 pm; Boys 7+ 1pm Audition fee is \$15.

Any questions email us at:  
[riverballetcompany@gmail.com](mailto:riverballetcompany@gmail.com)

### The Lotus School of Liberal Arts – Grades 9-12 Admissions Open House for Prospective Students

February 6 from 2:00 pm – 5:00 pm

Take the time to come by and tour our school, talk with the teachers, and learn more about our program.

We will also be working with prospective students to make a glitter jar as part of a workshop for students to create their own personal Mindfulness Jar that they can take home with them. The jar works as a reminder to practice awareness and kindness toward oneself and others.

Lotus School of Liberal Arts, 8340 Easton Rd., Ottsville, PA 18942, 484-312-0011. Contact: [lotus@lotusla.org](mailto:lotus@lotusla.org)

### Sunbridge Institute Opportunities

**January 24-25, 2020** (Friday evening and Saturday full day) - **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.

For more information go to: [www.sunbridge.edu](http://www.sunbridge.edu)

### 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](mailto:David@thelab.net)

### Silvercreek Baseball Registration 2020 now open

Springfield Township Residents

Co-ed Tee Ball 4-6

Palisades Area Youth Baseball

Rookies 7 & 8

Minors 9 & 10

Majors 11 & 12

Fall Ball League for players who are 8-12 as of 8.31.21 after July 4<sup>th</sup> -October

All Palisades School District Teens

Bushkill Valley 13 & 14 -April – June

Lehigh Valley Connie Mack 14 -16 end of May – July

Register Online:

[www.silvercreekathleticassociation.com](http://www.silvercreekathleticassociation.com)

### Yoga Loka Upcoming Workshops

**Back Care Clinic** - Monday, January 13 - 6:30-7:30 pm - \$15

**Reclaim Your Body** - Seven week series to get you back to balance, strength and health. Begins 1/19, and includes two class sessions per week, two private AFR sessions, class recordings and mentors to keep you on track. \$550 for the series.

**Intro to Yoga Winter 2020** - Begins 1/20. Six Mondays at 6:30-7:30 pm. \$75 if registered by 1/10; \$85 after.

**Patanjali's Yoga Sutras** - Wednesdays, January 22 - February 26 - 5:30-6:30 pm - \$70 if registered by 1/15; \$80 after.

**TRE Group Class**- Therapeutic Thursdays series, January 23rd 6:30- 7:30 pm

Pre-registration is required for each workshop. Go to [yoga-loka.com](http://yoga-loka.com) for more information.

### Artyard

#### Upcoming Exhibitions:

##### **Paper Weight: Works on Paper by Elsa Mora**

January 18 – April 12, 2020

Opening Saturday, January 18, 6-8 pm

An exhibition of Mora's exquisite meditations on consciousness constructed solely of paper and glue.

Mora's 2D and 3D pieces presented in this exhibition are inspired by the cognitive faculties that form the mind: consciousness, perception, thinking, judgment, language, and memory...Thematically, Mora is interested in studying the intricacies of the human brain, the wonders that it can produce, as well as its potential for destruction and chaos. Her work as a whole reflects on universal issues of identity, connectivity, and survival.

##### **Rugland: Wall Tapestries from the Center for Creative Works**

January 18 – April 12, 2020

Opening Saturday, January 18, 6-8 pm

RUGLAND is a group exhibition of punch-tufted rugs made by artists from the Center for Creative Works, a progressive art studio located in Wynnewood, PA. The pieces were produced in conjunction with a workshop led by the textile artist and designer, Tim Eades, in August of 2019.

#### Upcoming Events:

**Friday, January 24, 7:30 pm and Sunday, January 26, 2 pm** – Screening of *Inside Out*

**Saturday, February 1, 7:30** – *Dar He: The Story of Emmett Till*, written and performed by Mike Wiley

**Saturday, February 15, 7:30** – *A Valentine for the Future: On Poetry, Love and Living Forever* with Sasha Stiles and Humanoid Robot BINA48

**Saturday, February 29, 10 am-1 pm** – Paper Sculpture Techniques Workshop with Elsa Mora

**Saturday, February 29<sup>th</sup> at 3 & 7:30** – Screening of *The Pollinators*

**Saturday, March 7, 10 am – 1 pm** – Hatch Costume-making Workshop

**Saturday, March 14, 7-9** – *The Inbetweens*, Album release and concert featuring Noah Jarrett, Mike Gamble and Conor Elmes

**Saturday, March 21, 2-5 pm** – *Neurons, Needles & Thread*; A Punch Needle Workshop with Elsa Mora

**Wednesday, March 25 & Saturday, March 28, 7:30 pm** – An evening celebrating Lotte Reiniger, the paper silhouette animation – with screenings of *The Art of Lotte Reiniger* and *The Adventures of Prince Achmed*.

**Saturday, March 28, 6:30 pm** – Gallery Walk with Elsa Mora (before Lotte Reiniger Screening)

**Saturday, April 4 & Sunday, April 5<sup>th</sup>, 9 am-5 pm** – Nesting Box Kit workshop with Ulla Warchol

For more information or to register for any of these events go to: [artyard.org](http://artyard.org).



From: Screenfreeparenting.com

## Parents, Be the Teenager You Want to Have

Not unlike many parents of young children, I often think about my kids as teenagers. There will be passing moments where they seem far older than their true age and I can envision them as a teenager.

There are times where their negotiation tactics have outwitted my own, and I remind myself that's only going to happen more frequently as time passes. I also use my children as future teenagers as a sort of parenting gauge.

I think about what I would like for my children as teenagers. I would like them to be kind, honest, fair, respectful people. Therefore, I have to be a kind, honest, fair and respectful person right now.

There is no greater motivation for being the person you want to be than being a parent. This, of course, relates to my own screen time usage. My children do not have digital devices now, but, in the future, they will. Therefore, I use mine in a way that I would like my children to use theirs: I do not bring it to the dinner table, I never have it when socializing, I don't use it while driving etcetera. In short, I try to model good use.

New research shows that this is critically important, not just to model for your future teenagers but to encourage positive behavior in your "right-now" children.

### The Parental Phone Habit

It seems like all of us are struggling with digital boundaries in some form or another. However, others are struggling a bit more. The American Psychological Association's recent Stress in America survey called them "constant checkers" and found they were more likely to experience higher stress.

The same survey found that almost half of parents don't feel connected to their children, even when they are together due to the influence of technology. Problematic digital use affects parental stress levels and research suggests it also may affect their children's behavior.

### What the Research Tells Us About the Impact of Our Habit

There was an observational study several years ago which highlighted the problem. Dr. Jenny Radesky and colleagues from the Boston Medical Center conducted observations of 55 families at restaurants around the Boston area.

They found that of the 55 families observed, 40 of the caregivers utilized their mobile devices during the meal. The researchers highlighted a major theme of "absorption" with the mobile devices on the part of the caregivers.

Many caregivers were unresponsive to children's bids for attention and provided instructions and responses to their charges without looking up from their devices. The notes of these field observations are both incredibly telling and sad. Here is an example describing unresponsiveness on the part of the caregiver:

*Female caregiver pulls out her phone from her purse and looks at it. Girl [school age] is talking to her caregiver, caregiver is looking at the phone, nodding a little while the child talks but not looking back at her or responding with words. Caregiver doesn't appear to be listening but says a few words in response every once in a while. Girl asks caregiver about her manicure. Keeps asking her questions but does not appear upset (cheerful facial expression, happy tone of voice) with the few words that caregiver says in response. Caregiver looks around the restaurant. Stares back at her phone. Child sways in her chair and keeps eating fries and asking caregiver questions. Caregiver looks up occasionally to grab a French fry or quickly say something to the girl and then continues to do something on her phone.*

Not surprisingly, the researchers also noted that some of the children increased their bids for attention from their caregivers, often by acting out. The researchers also noted that if they parents continued to be "absorbed" in their mobile devices during these instances, they responded particularly harshly to their child's behavior.

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Here is a field note describing the escalation of behavioral tactics young children are using when their parents are "absorbed":

*Girl [young school aged] comes back to the table, is scratching her head with the fork, looking at her parents [she called them Mom/Dad]. They are looking at their phones. She has a cookie now that her brother gave her. Dad reaches over the table and starts eating the daughter's food. She frowns and says that it is her food. He responds saying, "You aren't eating it, and I bought it, so I'm going to eat it." She shrugs it off and keeps eating her cookie. Dad is scolding boy about something. Both girl and boy look at each other and are smiling. Boy gets up to throw his trash away. He's standing up. Mom is still looking only at her phone, dad is eating, and daughter is drinking from her soda cup. Girl is playing with her noodles with her finger. Dad yells at her to stop. He takes her food away from her and is cleaning up the table. Girl is talking, mostly to the boy. Mom is still looking at her phone. Dad talks to the children to scold them, then goes back to looking around the food court. Mom is still looking at her phone. Dad is looking at her phone with her now. Daughter takes her fork and starts stabbing a container on the table. Mom looks at her and scolds her. Dad keeps telling her to stop, but she continues with a big smile on her face. Mom finally looks up and scolds her. The girl continues what she is doing. The fork snaps, and both parents look up and tell her, "STOP." She laughs, and the boy laughs. ...[later in meal] Mom is showing something to all of them on her phone. Boy is reaching his arm out, and the girl is hitting it, while the girl screams. Dad tells them to stop. Mom is still looking at her phone. Girl gets off of her chair and starts swinging the boy's chair around. Dad tells her to get back in her chair in stern voice. Mom doesn't look up from her phone.*

These descriptions are sad, but also not surprising. Many of us have witnessed caregivers or children using phones during times that were previously culturally considered "family times." Often the parents are victims as well, as the advent of e-mail and smart phones has increased expectations that workers will be available and responsive. Gone are the clear-cut boundaries of a dinner out with family, as work, and everyone else, now comes along in our pockets.

### **Persuasive Technology: The Real Issue**

Parents are all in this together. There is really only one true opposing side to the issue: persuasive technology and those companies who make money when the rest of us are stressed and distracted. If you find envisioning your child as a teenager as motivation to help you cut down on your mobile phone use, think about what type of behaviors you would want them to exhibit at the dinner table, in the car, and when at restaurants.

If you are able to place some restrictions on your digital device, feel confident that doing so is likely good for your relationship with your children.

**2019-20 After-school Program  
Winter/Spring Semester Registration Form**

Our Winter/Spring After-school Program is about to begin. Classes will be held on Tuesdays, Wednesdays and Thursdays from January 7th through April 30th. The cost is \$15 per class with a \$10 materials fee for the session. Please be sure to mark the dates on your calendar because classes will not be held every week due to Mr. Laker's prior commitments and school vacations.

**Tuesday – Sports and Running Games (for 5<sup>th</sup> grade and up)**

January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>h</sup>, February 4<sup>rd</sup>, 11<sup>th</sup>, 25<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, April 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
12 classes - \$235

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

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

January 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, February 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, April 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
14 classes - \$220

Park bench, improv, hunter, skits, storytelling, treasure and scavenger hunts, kick the can, Frisbee golf, simple ball games, group challenges, nature art, cooperation puzzles, hand and nature crafts if desired, etc.

**Thursday – Archery and Games (for 4<sup>th</sup> grade and up)**

January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, February 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>, March 5<sup>th</sup>, 19<sup>th</sup>, April 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
12 classes - \$190

We will spend some of the time each class doing archery with adjustable Matthew Genesis 2 compound bows. Students will learn proper and safe technique while doing archery and have some time for various games (not using the bows) after we finish.

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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 | <b>Sports and Running Games (5<sup>th</sup> grade and up)</b> | <b><u>\$235.00</u></b> |
| <input type="checkbox"/> | Wed.   | 3:30-5:30 | <b>Games, Drama, Challenges and Puzzles, Outdoors</b>         | <b><u>\$220.00</u></b> |
| <input type="checkbox"/> | Thurs. | 3:30-5:30 | <b>Archery and Games (4<sup>th</sup> grade and up)</b>        | <b><u>\$190.00</u></b> |

**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.***