

## School Calendar

### This Week

**Tuesday, February 11**

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

6:30 pm

**Wednesday, February 12**

6<sup>th</sup> Grade Play

6:30 pm

**Friday, February 14**

Grade School Ice-Skating Party

### Upcoming Events

**Monday-Friday, February 17-21**

Winter Break – NO SCHOOL

**Monday-Friday, March 9-13**

3<sup>rd</sup> Grade Farm Trip

**Thursday, March 12**

Middle School Play – Willie Wonka, Jr.

7:00 pm

**Friday, March 13**

Middle School Play – Willie Wonka, Jr.

7:00 pm

**Saturday, March 14**

Middle School Play – Willie Wonka, Jr.

1:00 pm

**Thursday, March 26**

Early Dismissal/Parent-teacher Conferences

1:00 pm

**Friday, March 27**

No School – Parent-teacher Conferences

### How to Contact Us

info@rivervalleyschool.org

lc@rivervalleyschool.org

bot@rivervalleyschool.org

pc@rivervalleyschool.org

### From Parent Council

Our next meeting is  
March 2<sup>nd</sup> at 2pm at the Homestead.

Also, Parent Council is looking for a few  
parents interested in chairing our  
MayFaire Festival.

Please contact pc@rivervalleyschool.org if  
you are able to volunteer.

### After-school Woodworking

Our after-school woodworking program for  
grades 5-8, led by Elyn Siftar, will begin on  
Friday, February 28<sup>th</sup>.

A registration form can be found at the  
end of this week's Current.

### Grade School Ice Skating Trip

On Friday, February 14<sup>th</sup>, the grade school will have their annual  
Ice-Skating Party. This is a field trip for grade school students  
only. We ask families who have early childhood children to please  
send them to school as usual and  
not bring them on the ice-skating trip.

There are many reasons for this. Most importantly, it is not safe for  
little children to be skating in between older, faster, more  
experienced skaters. Also, it is not fair to early childhood children  
who don't get to go, while some of their friends are off skating and  
they are not invited.

In an effort to avoid hurt feelings and hurt bodies and to give the  
younger ones something to look forward to when they are in the  
grade school, we ask that only grade school children  
come to the skating rink on the 14<sup>th</sup>.



[Click here to buy tickets, sponsor and donate.](#)

**See you on March 28<sup>th</sup>!**

<https://auction.rivervalleyschool.org>

<https://durhamhillfarm.com>

### A Request from the Kitchen

Parents have been very lax this month in turning in lunch forms.  
Chef Reinier is committed to feeding our children delicious food,  
but he can't do it if he doesn't have an accurate count.

**This month and every month, please respect the deadline.**

## From Administration

### Enrollment News

Dear River Valley Families,

Enrollment season is fast approaching. The enrollment season is an important time in our budgeting process, allowing River Valley to plan for healthy school finances in the upcoming year. Administration is here to answer any questions or discuss any concerns you may have. Please reach out to Erica Nichols, Admissions and Enrollment Coordinator, at [enichols@rivervalleysschool.org](mailto:enichols@rivervalleysschool.org) should you have any questions at all.

### Tuition and Enrollment Contracts

To help you plan ahead, here are some important dates to keep in mind and to put on your calendar: 2020-2021 tuition will be set and enrollment contracts will be distributed at the end of February.

Early deposit discount- please return your signed enrollment contract on or before Monday, March 30th for the 50% discount of \$250 on enrollment contract deposits. After March 30th, the contract deposit is \$500.

### Tuition Assistance

Tuition Assistance requests are due by March 13th. Complete your Parents Financial Statement (PFS) online by visiting: <http://sss.nais.org/parents/> It is important to have your Federal Income Tax Return completed as quickly as possible so the committee can do its work efficiently and your request can be given full consideration. Tax returns and PFS are due 3/13/20 to be included in the primary round of tuition assistance. Tax returns and W2 forms should be uploaded to the SSS website. If you are unable to upload your returns, please let us know so we can make other arrangements. As always, your tuition account must be in good standing to re-enroll or to be considered for tuition assistance. Please see Reeve Kelly or the business office with questions or to discuss any special situations.

Each year the administration looks forward to working with our many families during enrollment. We hope to be a service to each member of the community, please feel free to reach out with any question or concern.

Warmly,  
Erica Nichols

### Airline Miles to Donate?

At this time of year, in addition to housing for visiting teachers, we are looking for airline miles that we can use to fly them here. If there are any frequent travelers out there who would like to donate miles to our school and receive a tax deduction, we would greatly appreciate it. We are also still looking for accommodations. Please let Robbie know if you can help.

### Carpooling for Ice Skating Party

We highly encourage carpooling for ice skating if possible, however, please take note of a few administrative details. If a parent is driving the carpool and not stopping at the school to pick up or drop off, that's fine; it's just like carpooling to school. If, however, he/she is picking up or dropping off children at school it counts as a field trip and we will need clearances and a copy of the driver's insurance card and license.

## From The Faculty

### What the Children are Learning:

First Grade – Language Arts

Second Grade – Language Arts

Third Grade – Language Arts

Fourth Grade – Math

Fifth Grade – Ancient Civilizations

Sixth Grade – Class Play

Seventh Grade – Physiology

Eighth Grade – Anatomy

Handwork --

The fifth grade handwork students are busy working on knitting socks and fingerless mitts.

The sixth grade handwork students are learning many new hand sewing stitches and techniques as they work on soft sculpture dolls.

Spanish --

We have introduced Flamenco music and dance in 8th Grade this month. The students have learned about Camaron de la Isla, one of the musicians that represents the genre with excellence.

We have practiced with the earlier grades (1st to 4th) the song, "Mi burro enfermo" and have represented with attire and characterization, the story behind it.

## HANDWORK CIRCLE for Parents!!

Tuesdays 8:45-10:00 am - \*Beginning March 3rd \*

Our dear handwork teacher, Tina Quintana, has offered this time slot for **anyone** - experienced or not in handwork...Free Of Charge!!! What a beautiful offering and a wonderful chance for community building! Thank you, Ms Quintana!

- Did you ever want to learn how to knit? Crochet? Embroider?
- Are you one of the folks (like me) who started a Fall felted doll with Ms. Till and never finished it?
- Do you have a half-finished project of your own and would love company and support in finishing it?
- Do you want to know how to make what your child is making in handwork class?

Bring your projects and ideas and let's use our hands! The first circle will help us find our direction, but please jump in any Tuesday starting March 3rd. We will meet in the Handwork Room, located in the upper grades hallway in the main building. - first door on the right after the courtyard.

## Private Music Lessons

RVWS after-school music program director, RVWS alumnus and Berklee College of Music graduate, Kris Ramakrishna, is offering private music lessons (beginners to advanced, all styles), guitar, as well as music theory, introduction to composition, song writing with professional software, and music school audition prep. Reasonable rates! Please email me at [KrisSebastianRamakrishna@gmail.com](mailto:KrisSebastianRamakrishna@gmail.com)

## From The 8<sup>th</sup> Grade

### Save the Date to Sing For Good!

**March 21st, 4:00 at RVWS**

I am Lily Brunell and for my eighth grade project I am mentoring under Kira Willey to host a pop-up choir event called Singing For Good.

All proceeds of this event will go to an organization called Hungry for Music: They provide instruments to children who otherwise wouldn't have them.

I am also collecting unwanted instruments from the community. To donate please email me at:

[tigerlili4640@gmail.com](mailto:tigerlili4640@gmail.com)

Hope to see you there!

## From the Auction Committee

### Auction News

This year's Annual Auction benefiting River Valley Waldorf School is a celebration of joyful learning and creativity. Join the families, alumni and community of River Valley for an evening of live music and entertainment, live art, renowned local barbecue from More than Q, silent and live auctions, raffles throughout the evening, beats by DJArm18 and karaoke.

Location: Durham Hill Farm

Date: Saturday, March 28<sup>th</sup> 2020

Time: 5:00pm doors open, live music ends at 10:00pm

Ticket prices:

\$50 (Roots) - Access to the event, food, and entertainment

\$75 (Leaves) - Access to the event, food, and entertainment, 5 drink tickets

\$90 (Sky) - Access to the event, food, and entertainment, Open Bar

\$125 (Star) - Access to special pre-auction event (starting @4PM), First dibs on karaoke picks

Tickets are available online @ <https://auction.rivervalleyschool.org>

We hope to see you there.

Please contact auction chairs,  
**Cat Miles** or **Alex Di Candia** with any questions!  
Or email: [auction@rivervalleyschool.org](mailto:auction@rivervalleyschool.org)

## From the Community

### Morning Drop-off Assistance

I am looking for before school care and drop off help for our daughter, Kendra, in the Acorn Room, Monday-Friday. I would need to drop her off around 7am if in the immediate area. We live in Kintnersville and I drive to King of Prussia for work, using 611 then either 563 or 113 to get on 476 at Lansdale. Please call/text Danielle @ 215-350-7087 or email Dani.Kulp@gmail.com.

### Yoga Loka

**-Meditation Clinic** - 12noon-1pm - Tuesdays, 2/4 through 3/10. \$80 for the 6 session series.

**-Psoas Clinic** - 11:15 am to 12:15 pm - Fridays. 2/4-2/28. \$45 for the three session – series

**-Valentine's Day Partner Yoga** - 6:30-8:30 pm - Friday 2/14 - \$35 of registered by 2/2; \$45 after.

**-Spiritual Studies: Lakshmi Sadhana** - 1:00-7:00 pm - Saturday 2/15 - \$100 for the session

**-Therapeutic Thursdays: Back Care Clinic** - 7:00-8:00 pm Thursday, 2/20 - \$15 for the session

**-Therapeutic Thursdays: TRE workshop** - 7:00-7:45 pm Thursday, 2/27 - \$15 for the session

**-Spiritual Studies: Lakshmi Sadhana** - 1:00-7:00 pm Saturday, 2/15 - \$100 for the session

**T-RE Retreat Day:** 12:00-4:00 pm Saturday 2/22 - \$100 for session

All workshops require pre-registration. Check the regular weekly schedule for drop-in classes at [www.yoga-loka.com/class-schedule.html](http://www.yoga-loka.com/class-schedule.html)

### 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)

### Full British High Tea

Sunday Feb. 23, 2020, 3:00pm at the Riegelsville Public Library

\$30 per person (non-refundable ticket)

Catered by Chef Nikkie Cuya and Sous Chef Cathy Kates

Ticket price includes: Tea, soup, salad, assortment of finger sandwiches, petite four, and scones with a selection of jams & butters.

Tickets must be purchased in advance at the Riegelsville Public Library or reserved online at [www.riegelsvillelibrary.info](http://www.riegelsvillelibrary.info). Tickets go on sale 1.1.20. Please reserve by 2.16.20.

For more info please call 610.749.2357

### Upcoming Events from LGBTQ+ in Bucks County

We know the research - having supportive adults and community spaces not only reduces the risk of self-harm and suicidality amongst LGBTQ+ youth, it also helps to create a more loving, inclusive and empowering community for ALL! Here are some upcoming (and on-going) programs and events in Doylestown for LGBTQ+ youth and families for you to forward, share and post!

**Sat, Feb 15, 2020, 7-10pm: Love Is Love: A Queer Prom for All!**

<https://www.facebook.com/events/538389277027045/>

ALL Rainbow Room alum and ALL LGBTQ+ youth AND ALLIES ages 13-21 are invited.

At the Michener Art Museum and brought to you by The Rainbow Room. Sell out expected! DJ, photo booth, red carpet entrance, much fun awaits! It's going to be A-MAZ-ING! Dance and be you in the beautiful glass enclosed ballroom of the Michener Art Museum in Doylestown Borough. Tickets are FREE, but all must register to get in.

Absolutely no tickets at door. Parents, supporters and friends are invited to the red carpet entrance. Message us for details. Email for the registration form! [marlenepray@gmail.com](mailto:marlenepray@gmail.com) (Adult allies! If you know a 13-21 year old who may want to attend, please share this info with them or direct them to us. If you are interested in supporting or sponsoring this free fabulous event, please let us know!)

**Wednesdays 6-8pm: Rainbow Room Youth Programs!**

<https://www.instagram.com/pprainbowroom>

Every Wednesday night from 6-8pm, for over 17 years, we meet in Doylestown for programs led by professional sexuality educators, focused on education, empowerment, support, resilience, advocacy and making friends. For all youth ages 14-21 (LGBTQ+ and allies). 4th Wednesdays each month are open to ages 12 and 13 as well, with parent/guardian consent. PFLAG Bucks also meets on 4th Wednesdays 6-8pm just down the hall.



## **Palisades Area Youth Baseball**

Spring 2020 Registration Now Open!

PAYB is a recreation league serving the youth of the Palisades community. It supports the independent associations of Bridgeton, Durham, Revere (Nockamixon), Silver Creek (Springfield) and Tinicum. All teams are open to both boys and girls.

Teams are organized as follows:

Rookies (age 7-8), Minors (age 9-10) and Majors (age 11-12)

T-ball team recommended age is 4-6 years. (Based on player age as of 5.1.20)

Sign-ups will end March 1, 2020.

For more info contact DurValFarm@aol.com

## **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)

## **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    Perkasie 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.

## **Artyard**

### **Upcoming Exhibitions:**

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

January 18 – April 12, 2020

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

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:**

**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)**

Gallery hours: Wednesday Through Sunday, 11:00 AM – 5:00 PM    Address: 62A Trenton Ave. Frenchtown, NJ 08825

From: The Federalist

## **New Brain Scans Show Screen Time Makes Kids Dumber**

Concentrated white matter invariably results in better cognitive performance in the kids who stay off screens: they focus better, learn faster, and show greater mental flexibility and creativity.

By Auguste Meyrat

Scientists recently published images of brain scans on young children that demonstrate the effects of reading versus using screens. In the scans of children who spent more time with books than screens (less than an hour of screen time a day), there was a concentration of white matter focused in the center of the brain. For the scans of children who spent more time with screens (more than an hour a day), this white matter was scattered.

This is significant because white matter makes up the brain's neural connections, serving as pathways for brain activity. The more concentrated the white matter, the faster thoughts and commands travel. When white matter is diffused, this activity is slowed down. As a result, brains with concentrated white matter do more work and do it faster (like a computer with a faster processor) while brains with diffused white matter operate at a lower capacity.

As one would expect, concentrated white matter invariably results in better cognitive performance in the kids who stay off screens: they focus better, learn faster, and show greater mental flexibility and creativity. While this doesn't necessarily mean hitting milestones (like walking, talking, etc.) earlier, it does mean that the general groundwork is set for more complex tasks that young children encounter in the first years of school.

They will socialize more easily, follow directions more closely, and acquire basic academic skills like reading, computation, and memorization faster and with greater depth. By contrast, their screen-addled peers will struggle with all these tasks, act out and misbehave, and often require early intervention and medication.

Taken even further, this difference can become more pronounced over time. As writer Malcolm Gladwell demonstrates in his prominent book "Outliers," young children who show great promise early in life are more likely to have more opportunities for practice and instruction over the course of their lives than those who show less promise.

Just like bigger five-year-olds with better coordination are picked up for competitive early youth hockey leagues (Gladwell's example), kindergarteners who behave better and think faster will be taken into gifted and talented programs, which puts them on track for advanced classes later in their academic career. Although motivated children can overcome this setback and join these programs later in life, they will have to compensate for their early disadvantage with more grit and discipline—the work won't feel "natural" for them.

### **You Can't Argue With Pictures**

As with any new report or group that cautions against excessive screen usage, which includes the American Pediatric Association, some parents and educators may shrug this off and maintain that it's nothing serious. After all, they contend, a student may do worse at school for a variety of reasons (bad genes, unstable home, brain works differently, etc.), not necessarily because they have watched YouTube Kids for four hours a day every day for three years before entering school. Besides, many parents use their phones obsessively and they feel fine.

So what makes these pictures of children's brains any different from the usual studies, psychologists, or Luddite curmudgeons criticizing screens? Because they are pictures, not logical conclusions developed through argumentation and inference. They provide physical evidence of what screens do to developing brains. More importantly, they illustrate how this happens. What was once correlation (y follows x, so a connection maybe exists) now rises to the level of causation (y is the result of x, so a connection certainly exists). Parents can no longer logically excuse outsourcing of childcare to a screen when they can see what happens because of it.

A similar situation arises in debates over abortion. Pro-life advocates try to prove the personhood of an unborn child in a variety of ways, but pro-choice advocates stubbornly deny personhood and insist on using euphemisms (embryo, fetus, product of conception, clump of cells, etc.). To break through the cloud of words and

(Continued on next page.)

abstractions, a pro-lifer can show an ultrasound of a baby in the womb, which consequently makes the argument against personhood much more difficult. For this reason, pro-life groups and pro-life politicians push for laws requiring doctors to perform ultrasounds on mothers seeking abortion.

### **Casts Doubt on Trendy Screen-Based Schooling**

With that said, a picture can only go so far in dissuading parents from what has become habit. As abortion does in a far more extreme manner, many parents will continue trading off their children's wellbeing for personal convenience. Nevertheless, a picture will at least provide much-needed clarity on this tradeoff.

A picture also casts doubt the claims of educators who insist on pushing technology in the classroom and putting screens in children's hands. Regardless of what the kids do with these devices, prolonged exposure to screens inevitably does harm and is no substitute for real-life learning. And this is not just coming from unconventional reform-minded pedagogues questioning the status quo; this is coming from scientists scanning kids' brains.

Adults give their kids screens because it's easy and parents need a break. Reading to kids (and staying off screens themselves) is tedious, and the benefits were not, until now, immediately visible. Going screen-free seems needlessly high-maintenance—and, after using a screen for so many years, it can be scary.

But the alternative is worse, not only because of what it does to a developing brain but what it does to relationships. What Marie Winn said almost half a century ago about television and its disastrous impact on family life, turning a loving home into just a shared space with little shared love or experiences, is all the truer today with tablets and smartphones.

Parents who want to avoid this fate for their families need to trust the science, put away the electronic pacifiers, and bond with their children over a good book. They know better now.

*Auguste Meyrat is an English teacher in the Dallas area. He holds an MA in humanities and an MEd in educational leadership. He is the senior editor of The Everyman and has written essays for The Federalist, The American Conservative, and The Imaginative Conservative, as well as the Dallas Institute of Humanities and Culture. Follow him on Twitter.*

## After-school Woodworking Program for Grades 5-8 Registration Form

If your child wants to spend more time in the woodworking studio making more useful and beautiful wooden items, then this program is for you. River Valley Woodworking teacher, Ellyn Siftar, will be leading an After-school Woodworking Program on Friday afternoons for students in grades 5-8.

Classes will begin on Friday, February 28<sup>th</sup> and continue on the dates below. Please fill out the bottom of this form, attach a check made out to RVWS, and place it in the folder on the office door.

### Woodworking Classes

Fridays 3:30-5:30pm

Dates- 2/28, 3/6, 3/13, 3/20, 4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/29, 6/5

Cost: \$205 per student which includes a \$15 materials fee.

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Child's Name \_\_\_\_\_ Child's Teacher \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Phone Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to register my child for the After School Woodworking Program:

☐ Friday      3:30-5:30      **Cost:**      **\$205.00**

**NOTE: Materials fees are included in the prices.**

TOTAL ENCLOSED: \_\_\_\_\_

***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.***