



Newsletter

March 2, 2012

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Dear Robyn,

Please enjoy the current issue of our newsletter.

All-School News

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12th Annual Auction Update



The Role of Parents in a Waldorf School

by Leonore Russell

(excerpted from an article that appeared in Renewal Magazine)



A main issue today in all schools—public and independent—is the relationship of parents to the school. Almost all parents today ask: What is my relationship to the teacher, to the school, and to my child's learning? How can and should I be involved in my child's education?

Parents as Creators of Community

Parents can cultivate personal relationships with other parents, with school staff, and with teachers other than their children's class teacher. In doing so, they help create the social fabric of a mutually supportive community based on respect and trust.

Parents as a Source of Administrative and Financial Support

In many schools, the organization of festivals, fairs, and other social and fund-raising events is done by parents. Parents also usually manage the school store—on a volunteer or on a paid basis. Annual giving and capital fund campaigns depend on the energy and dedication of parents. The financial stability of the school is the gift of the parents. In addition to paying tuition and supporting fund drives, they bring professional and life experience in many areas—finance, law, institutional organization, construction, public relations, and so on—in which the faculty probably has little experience. They help the school relate to the world at large in a healthy manner. They make it possible for the ideals of the school to enter society as a healing cultural force.

Parents also are crucial in publicity and outreach for the school. Each is a de facto ambassador of the school. Each time a parent speaks to someone in the community about the school in a positive way, he is greatly helping the school. Each sincere appreciative comment takes on a life of its own and can affect the attitude of many people toward the school. In the same way, each critical or demeaning comment can undermine, far beyond its intent, the school in the eyes of the community. Enthusiastic sponsorship by the parents is the basis for successful enrollment, public relations, and the financial health of the school.

This piece is a condensed version of a much longer article describing in its entirety the role of parents in a Waldorf school. It is available at AWSNA's web site: www.whywaldorffworks.org

“Philanthropy is the mystical mingling of a joyous giver, an artful asker, and a grateful recipient.” Douglas M. Lawson

Dear Three Cedars Supporters:

Our School Auction is only two weeks away and there is still much to do! I am ever so grateful to everyone who have been following and supporting our progress in preparing for this year's Auction. Many of our parents approach me on a daily basis enthusiastic to help make this evening a success. It is together that we can make this exciting, fun and important evening happen!

Thanks to the outstanding efforts of our Benefit Team, the invitations for our upcoming fundraising evening were printed and mailed out last week and I hope that everyone was excited when their invite arrived in the mail. We would be very grateful if you would return your **RSVP**

card by Friday, March 9th. Turning your RSVP card in by the deadline is a tremendous help to the Benefit Team. You will find there are a number of options to support the Auction Event and even if you are unable to attend the evening, you may wish to send in a kind donation in support of Auction expenses.

TABLE HOSTING

If you would like to ensure seating with the nine other people with whom you would most enjoy spending the evening with, consider purchasing a full table and hosting your guests OR coordinating reservations and payments, submitting your reply card as a group!

THANK YOU

A big thank you once again to **Javier Rodriguez** for our beautiful Auction invitations and reply cards and to volunteers **Cristiane Wegmann** and **Gretchen Stude-Whitlatch** for helping to stuff, label and mail these invitations!

Thank you to **Jason Hartman** who has set up the auction database and also to **Robyn Hartman** and members of the IT wing, all poised and reviewing, entering, and “outputting” the data from your procurement forms. Please remember that the more thoroughly you fill out your procurement form, the easier it will be for our Benefit Team to input this information into the database!

WANTED: VOLUNTEERS

Please continue to support our 2012 Annual Auction by signing up via our school’s website to be an [Auction Volunteer](#). As we mentioned in our last newsletter, we have moved to an online Volunteer Sign-up option which will make it much easier for our Auction Team during the planning process. Please take a moment to peruse the volunteer site to help in a capacity of your choosing. It’s a lot of fun and you also get an opportunity to know our school community members. Please consider supporting our Auction endeavors by signing up for:

1. Volunteering on our Auction Team
2. Auction prep work
3. Auction set-up
4. Auction clean-up

Thank you once again to all those who have already signed up and shown their support!

FINAL CALL FOR PROCUREMENT FORMS AND ITEMS

As a reminder, please have [procurement forms](#) and items turned in ASAP. We are hopeful, optimistic and excited that we will have another successful fundraiser for our wonderful school. Another big thank you to all those who have already submitted their procurement forms and auction items. They are amassing; please keep them coming!!

HOTEL BLOCK DEADLINE

“Marrakech Express” attendees and volunteers, please note that the Hyatt Regency Bellevue is offering a discounted guest room rate of \$119 (up to two occupancy), on the evening of our Auction Event. The deadline for this offer is: March 7 so don’t delay! Please take advantage of

this fabulous offer and call the Hyatt now 425.462.1234 and reference “Three Cedars Waldorf School” or visit <https://resweb.passkey.com/go/threecedarswaldorfauction>.

Once again, thank you for your continued support and interest in co-creating our Auction Evening.

With Much Gratitude,

Tabatha Jeantette, Auction Coordinator

Parent Association Update - March 2012

Join us for the next Parent Association meeting, on Thursday March 15, 6:30 pm in Trillium Hall. On the program: update on Adult Education and May Faire!

Adult Education Program

Under the inspired leadership of Bernd Zabel, Grade Two class teacher, our 2012-13 & Beyond Adult Education program is seeing the light of day. Mr. Zabel, in his well appreciated spirit of collaboration, is seeking to hear from you - and from parents in our local Waldorf sister schools - before designing and launching a program of lectures and workshops tailored to meet YOUR needs.

Please take a moment to take the survey via this [link](#) so Mr. Zabel can create a solid and inspiring program. The survey will remain open until March 30th.

May Faire

A beloved spring event at Three Cedars, the May Faire has in the past been held by Robyn, our administrative assistant extraordinaire, as a parent volunteer. Her office schedule is now far too full to leave room for leading this wonderful event. For the event to take place, our community needs one or two leaders, who will be guided in the organization of the event by a fully developed May Faire Guide, compiled by Robyn in years past. Please [contact](#) our Development Coordinator Tabatha Jeantette if you are inspired to take it up!

Our School and Media

As parents, you know that our school has a particular relationship with media. In the past few weeks, the Pedagogical Carrying Group - composed of faculty members elected by their peers - has worked on clarifying our approach to media and our recommendations to families, in a way which we hope will bring you further clarity. You can view the school's Approach to Media protocol via this [link](#).

As always, feel free to speak with your teacher(s) or the administrative staff if you have further questions about this topic.

Come and experience a Second Grade Main Lesson



After last year's experience, the second grade parents requested another Main Lesson for adults. Explanations will be provided along with an opportunity to ask questions.

Did you ever wonder what happens at school and why?

Come and join us on Tuesday, March 13th from 6:30pm until 8pm. We will meet in the Grade 1 classroom. This event is open to the entire school community.

Please call the Front Office at 425.401.9874 to RSVP.

Reminders

Dear Parents, in order to maintain a safe environment for the children of our school, we kindly remind you of the following guidelines:

- Morning drop-off time is no earlier than 8:00 a.m. If you arrive before this time, please wait with you children instead of leaving them unsupervised.
- Please walk with your children through the parking lot.
- Only use the handicap parking area if you possess a handicap sign or license tag.
- The fire lane may be used for drop-off and pick-up only. If you need to load/unload in the fire lane, remember to leave your keys in the ignition with the vehicle turned off and put your hazards on.
- and please SLOW DOWN in the parking lot.

Thank you!

Mrs. Orzel, Office Manager

Booster Seat Storage on Campus

Parents often have a need to leave their children's booster seats on campus during school hours. We are happy to accommodate this need and have designated an area below the breezeway for

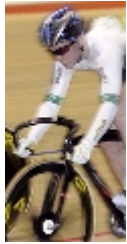
this purpose. Booster seats may be left on the ground or stacked on the bench to the left of the Electrical Room door. Parents are asked to please be careful to not block the door to the Electrical Room.

Attendance

All attendance related emails should be sent to attendance@threecedars.org rather than individual staff members. This address will reach those members of the Front Office staff who track attendance. Please remember to also notify your class teacher of planned absences in advance. Please see the [TCWS Attendance Policy](#) for more information.

Biographies

Christine Smith - Games and Movement Teacher



Mrs. Smith was born in Seattle and grew up in Seattle, WA; Media, PA; Redmond, WA; and Salem, OR. She studied Biology and Nutrition at University of Oregon and Oregon State University, before completing a B.S. in Education with a Major in General Biology from the University of Arizona. A cyclist, especially keen on mountain biking, Mrs. Smith holds a world record in master's level track racing and also enjoys mountain climbing, trail running, reading, and observing nature on John's Island in the San Juans. Mrs. Smith studied for two years with the Sound Circle Teacher Training program, has completed two summers of the high school training at the Center for Anthroposophy in Wilton, NH, and she is also in her fifth year of Spatial Dynamics training (spatially oriented movement exercises, activities, and games) with Jaimen MacMillan. In addition to her expertise in movement, Mrs. Smith teaches chemistry at Seattle Waldorf High School. Mrs. Smith joined TCWS in 2004.

Community Announcements

AWSNA Newsletter INFORM

Read about: [AWSNA's Outreach and Development office, a new documentary called "The Challenge of Rudolf Steiner," and Speech and Drama in Waldorf Schools.](#)

Classifieds

Your Family's Health - Cooking Classes with Melanie Waxman



Learn how to make delicious balanced meals for your entire family. Participate in three in-depth cooking classes focused on preparing easy and nourishing dishes, including yummy, sugar-free deserts. Gain a new understanding of how your kids' health and behavior are affected by what they eat, and walk away with many recipes, food-based remedies for colds, tummy aches, and other kids' and adults' ailments.

Melanie Waxman is a vegan chef and mother of seven vibrant, healthy children. She is also the author of *Eat Me Now*, *Mr. Hoppity's Color me Cook Book for Kids* and many other inspirational books on healthy lifestyle. For more info, please visit her [website](#).

[Download flyer for more details](#)

Book: Parenting for Peace



Parenting for Peace: Raising the Next Generation of Peacemakers
by Marcy Axness

If we really want to change the world, let's raise a generation "built for peace"... from the very beginning. ***Parenting for Peace*** is a user-friendly scientific roadmap for how to do exactly that... while bringing more joy into family life!

Parenting for Peace details a unique seven-step, seven-principle matrix for hardwiring our babies and children with the brain circuitry for such essential peacemaker capacities as self-regulation, empathy, intelligence, trust and imagination. The win-win is that a child wired in this vibrantly healthy way is a joy to parent, and as an adult has the heart to embrace and exemplify peace, the mind to innovate solutions to social and ecological challenges, and the will to enact them. To be successful in a changing world.

Parenting for Peace offers readers a user-friendly shortcut around today's information overload, because it gives them the most important research from dozens of leading experts woven together with its own empowering perspectives on bringing more joy into family life.

Parenting for Peace is available for purchase from [Amazon.com](#). See what others are saying

about *Parenting for Peace*:

Marcy Axness' book has a beautiful message supported by sophisticated understanding of the underlying science. I have borrowed her remarkable translations of findings from our NIH-funded projects in my own lectures.

Curt Sandman, fetal brain development researcher

"A beautifully written call to action with gentle and clear guidance in how to get here. Marcy Axness is a soul guide in a world in need of her vision."

Kim John Payne, author of Simplicity Parenting

I was overjoyed as I read *Parenting for Peace*, not only as a parent, but as someone who has fought the establishment to prove that there is an audience out there starving for this type of information. I know parents, soon-to-be parents, grandparents and many others will read this book with enthusiasm."

Betsy Chasse, co-creator of What The Bleep Do We Know?

"*Parenting for Peace* sends a clear, practical message to humanity about how to reap the true promise of our biology: evolve our own consciousness to ensure the future evolution of our species. Read, learn and enjoy."

Joe Dispenza, author of Evolve Your Brain: The Science of Changing Your Mind and Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One

Rite of Passage Journeys

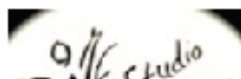


Many Waldorf students join Rites of Passage Journeys for their summer adventures. Join them!

Discover the wonders of Washington's lush rainforests and wilderness beaches this summer with Rite of Passage Journeys' backpacking explorations. Whether you are a fearless mountain trekker or a first-time camper, our one- to three-week programs will offer an exciting and unique coming of age experience with a small group of new friends and fantastic mentors. Join us for a life-changing adventure, exploring both the wilderness of the outer world and the depth of the inner self.

For more information, check out <http://riteofpassagejourneys.org/>

New Art Classes at AWE Studio with Janet Lia



AWE Studio is committed to helping everyone get in touch with their artistic



abilities. At AWE Studio, everyone will gain confidence as they produce beauty, and practice the joy of self-expression.

Artist/Educator Janet Lia has been inspiring all ages to create artwork for over 20 years. Janet practices the gift of developing artistic confidence with people so that they create beautiful artwork.

The AWE Studio atmosphere is intimate, nurturing, and supportive. Classes are limited to small groups, or private sessions. Students receive plenty of individual attention.

[NEW ART CLASSES at AWE STUDIO FLYER](#)

Parent Map Lecture Series



ParentMap offers \$3 off parenting lectures! The ParentMap Lecture Series presents national thought-leaders on current parenting issues. School discount code: LSSCH12. More details: parentmap.com/lectures

Next in the Series

Will Puberty Last My Whole Life?



Julie Metzger and Rob Lehman

May 1, 2012 7-9 p.m.

Seattle Children's Theatre

[Tickets](#): \$20

Topic age range: 8-14 years

Real questions and real answers for parents having conversations with their kids about puberty and sex. Learn from local experts, Metzger and Lehman, how to guide your child on their journey through adolescence.

Learn more about [this lecture](#)

Laura Ingalls Wilder Summer Camp



Re-live the life of a pioneer girl! Do pioneer chores, hand-sew patchwork projects, and do crafts from the Little House books. Bake pioneer recipes, dress in pioneer clothes, and learn more about life in pioneer times. Lots of playtime in my big, beautiful back yard (swings, tire-swing, teeter-totter and slide). July



16-20 and July 23-27, 9:00am – 3:00pm, \$285 (includes all materials and 2 authentic Laura and Mary snacks per day). Located in Northgate area of Seattle. See website at www.pioneergirlsummercamp.com, contact Jacqueline at tppoems@comcast.net, or call 206-526-1373 for more information.

Lazure Painting

Lazure painting rooms to hold the spirit of the child. Meet Danielle, the Pacific Northwest's Waldorf inspired painter. For more information visit www.LazureFinishing.com or email DanielleKerrWilson@gmail.com.

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Friday, March 9.
Please email submissions to newsletter@threecedars.org.

We only intend to send you helpful information and respect your decision to modify your subscription.

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