

June 9, 2014

Dear Reader,

We hope you enjoy reading all about what's happening at Three Cedars! We publish the newsletter generally every two weeks, when school is in session.

ALL SCHOOL NEWS

Grades Early Childhood Community

A Fond Farewell to Departing Faculty and Staff

Judy Beatie, *Strings Teacher*: Judy has played a central role in the strings program at TCWS since its inception. Her sense of humor and kindness makes playing an instrument fun. She seeks to help children see their full musical potential, building confidence and love of performance. She fosters teamwork in the classroom, and always shows a high level of respect for each and every student. Judy has inspired a lasting passion for music in many of our graduates, sending them on to successful musical endeavors. She will be missed.



Maiko Canard, *Upper Grades Eurythmy Teacher*: A dear friend and fellow colleague, Maiko stepped in to teach upper grades Eurythmy on Fridays this winter. Her uprightness, kindness, and grace were felt by the students and by her colleagues. One afternoon, I had the opportunity to listen to her teach while I was behind the stage curtains working on a backdrop. The students were stricken with a particularly bad case of the chatters, but Maiko kept her poise as she taught them. I was moved by her explanations of each exercise and by the way she drew them in with her quiet authority. On another occasion, she had all the students lay down, meditate, and listen to Miss Moody's piano playing in order to settle them. It worked beautifully. As a colleague, I am struck by her flexibility, poise and fluidity. She brought equanimity and warmth to the students and will be missed next year. So will her accompanist Kate Moody, who is happy that her next steps offer her the opportunity to engage further in her artistic career. Thank you, Maiko!



Robyn Hartman, Reception and Communications: Over the years I've had the pleasure to talk to you many times, to ask you questions, and to express my concerns. Every time, it was a pleasure to speak to you. You always greeted me with a warm and attentive voice. Your kindness, patience and thoroughness will be missed in the office. I also remember various occasions where you coordinated volunteers for events at school. Your precision and calmness always made the job easy and pleasurable. And the work was done on time and successfully. Thank you so much for all the hours you dedicated to us parents of Three Cedars Waldorf School. I wish you the best in your next work adventure!



Kim Holscher, Class of 2016 Teacher: Our little ones were a tad lost. Their first grade teacher had been injured in the winter, and the class was taken-over by lovely young women, but it certainly was not held. This ship of wayward tots needed more than a teacher. This little boat needed a captain. And so it came to be that Kim Holscher was the teacher of destiny for today's 6th grade class. As second graders they were largely impulsive, opinionated and maybe even an acquired taste. I'm not saying anything my fellow class parents will disagree with – that class had quirks and nuances. But lucky for all of us, our captain had arrived.



Kim's extensive background in teaching, deep knowledge of Waldorf education and principle, experience with real world work and many outside interests brought an instant grounding to this class. As parents, we all have stories to tell – of Kim's often blunt delivery, of difficulties with children that Kim soothed in her matter-of-fact manner, and of the high standard to which she has held each child. She struck a beautiful balance with these children, a balance of challenge and accomplishment. She lifted them up to what she knew their capabilities to be, even if they (or their parents) faltered in that belief. Kim has been a captain for these precocious and whip-smart children. Now, as 6th almost 7th graders, those little impulsive and noisy spirits are now caring, exuberant and loving children. I was lucky enough to work with the children this winter on the beautiful blankets they made for hospice patients, and I can tell you in all honesty, these children feel things deeply, and are well held to do so.

Lucky is the child to have had Kim Holscher in their life. And lucky is the parent who experiences the very best that Waldorf education has to offer with a class so well led. The class parents and children in Kim Holscher's class wish to thank her with great love and appreciation, and wish her the best of adventures as she moves to this next exciting chapter. Even as she moves from Three Cedars she is still setting a superb example in passion and spirit. Lucky we are, indeed.

Jung Sook Kim-Tokura, Japanese Teacher: As I thought about the many farewells making their way through the air these past few weeks, it occurred to me that some people step lightly in and out of your days, others leave heavy footprints on the fabric of our lives, and some have the gift of weaving themselves into your heartstrings to stay there forever. As I went through the motions of preparing for the day this morning, I realized that Tokura Sensei was everywhere! My daughter's origami creations were in the bathroom cabinet where I store my toothbrush, on the windowsill in my kitchen, and throughout the living areas of our home. I



recalled the look of determination on Elly's face as she completed with great pride the more complicated pieces that Jung Sook inspired them to create. I also remember how worried Elly was in the beginning, wondering how a stern teacher could be any fun. Just yesterday she had a realization about that quality, and how it meant that the teacher deeply cared about your learning. She commented recently that Tokura Sensei had "strengthened all that I knew before about the language and alphabet." I can see that mastery, and also feel the heightened sense of appreciation for the Japanese culture and its beauty. From her colleagues, I heard about Jung Sook's flexibility and creativity in bringing an ancient culture to the children. I recall the belly laughter from all ages as the Japanese play visited our school, her dedicated assistance during the visit from the Japanese Consulate, and the way the whole school community came together in the excitement of creating unique and delicious treats at the mochi pounding festival. I want to thank you, on behalf of my daughter, and all of the families and staff at Three Cedars for the gifts you have shared with us, and for the quiet and dedicated way you have woven them into our heartstrings to stay. Farewell, maifurendo.

Seraphina Orzel, *Director of Administration*, has been with Three Cedars since she arrived with her first grade daughter, Ananda Rose, in tow over 9 years ago. Not long after, she was hired as a receptionist in the office and her organizational skills became clear to us. Seraphina carried more and more office tasks until she ultimately became the Office Manager. While her title has shifted many times over the years, we all know that she is the source of a wealth of information about the school. When teachers do not know where to find information, Seraphina is likely the place they will first look for their answer. We also have Seraphina to thank for presenting as the face of the school to almost every parent who expresses an interest in us. She is the first person that most parents meet and has graciously shared her love of the school with them for years. Seraphina has put in countless hours on evenings and weekends attending outreach events. The Buildings and Grounds work parties have been guided by Seraphina and she has helped organize the Winter Faires, Auctions and other Wilburton Community events. She has guided all of us in helping to keep the school grounds looking beautiful. May joy and happiness go with you on your journey in life, Seraphina.

Jackie Ralston, *Extended Care Director*, has been an integral part of Three Cedars Waldorf School for more years than any other current employee. She was a pioneering parent in the first years of the school's existence and was the Director of the school as the Grades program was being introduced. Her oldest daughter, Adrienne, graduated from our very first graduating 8th grade and Julia is in Grade 6 here. She was a board member as well as Board President for many years. Once Jackie stepped down from her role on the board she took up new work in the After Care Program. We have been blessed to have her leading that program for the grades and early childhood for the last 5 years. Jackie is absolutely beloved by the students. She sets clear boundaries, leaving no question that she is in charge. Because the children know what is expected of them they can easily relax for the afternoon. Jackie is also well loved among her fellow class parents in the 6th grade class and throughout the school. She knows how to foster community and is a good friend to many. Jackie's clarity, honesty and good work ethic will be missed in the faculty and staff.



Lauren Root, *Strings Teacher*: I am not a musician. But I am the mother of budding musicians. Both, the cellist in particular, have been taught, guided, supported, held responsible and inspired by Lauren Root. As a new member of TCWS, I went to my first sharing assembly and was so impressed by the older grades ensemble (could my children do that some day?). But as a mother of young children, I was just as impressed by the regard with which Lauren and Judy displayed for the fourth and fifth graders and their experience on stage. Lauren's professionalism and humor have, of course, influenced my daughter's learning of the cello, but have also impacted her approach to life. Lauren's enthusiasm for the practice of cello, not only the performance of music, has reverberated into all aspects of her life where practice and patience are called for. Heart, hands and mind. Thank you so much, Lauren. And the young musician simply states: "Mrs Root is amazing, awesome, kind, helpful and understanding".



Grace Smith, *After-School Care Teacher*, grew up in Missouri where she received her Master's Degree in Education. She taught mostly middle school students in both Missouri and Washington and started teaching in 1971. She finished up her teaching career working in school administration but found that she missed working with the children. She came to Three Cedars Waldorf School four years ago and was hired as the 1st Grade Assistant and became our First Grade Aftercare Teacher and Cook. Her expertise in cooking delicious snacks have been greatly appreciated. Grace has been a delightful, reliable, firm and loving presence anchoring our After Care program. Many of us in the office and the students you have met over the years wish you happiness on your journey, Grace.



Rachel Tomczek, *Office Manager and Volunteer Coordinator*: Our school has been blessed to have Rachel as Office Manager and also as a teacher. We are so grateful for her calm, expert care of our children when they don't feel well. She is wonderfully aware of each individual's temperament. Whether the child wants to get back to recess, despite bleeding from the head, or feels as if the world is ending from a small cut, Rachel gives them confidence that they'll be okay.



It has been a pleasure working with her and seeing all that it takes to make the office run smoothly each day. Her patience and sense of humor are greatly appreciated! Wherever her journey takes her, we wish her much happiness.

Gretchen Whitlatch, *Administrative Assistant*, is a long time member of our school community. She first came to Three Cedars as a parent in the Parent Tot program many years ago. When her daughter, Rhiannon, was a student in the early childhood program she began assisting in handwork classes. Gretchen already had a love of handwork and her enthusiasm only grew. After a few years she attended a Waldorf Teacher Training program and took up the role of Handwork Teacher. Gretchen grew with her classes – when she first began assisting the school only had 4 grades! Over the years she developed a rich program out



of her understanding of Steiner's indications and held the integrity of that program for many years. Her love of the Renaissance has been shared with Grade 6 and has brought the beauty of dancing together to the upper grades. Meanwhile, Gretchen's attention to detail and dedication to the school became more and more apparent through her work with the Architectural Planning Team and the Pedagogical Carrying Group. This year her teaching position was adjusted so that she could provide more support in the administrative realm. Gretchen has been steadfast in her dedication to Three Cedars. Her willingness to step up when needed, take on a very full work load and volunteer her time, have been hugely helpful to our community. Gretchen will be missed on both the faculty and in admin. Best wishes as you embark on the next leg of your journey, Gretchen!

Mary and Grace Haller, Mary Spurgin, Geri Snyder, Flora Damasio, Julia Guderian, Laurie Rockenbeck, Kristi Hartman, on behalf of our school community.

Reminder: Community Meeting

Wednesday June 11 • Trillium Hall • 6:30 pm

The well-being of a school community is anchored in relationships, conversations, and transparency. Let's come together to discuss any questions or concerns you may have as the year closes.

Christa Tinker has kindly offered a time for relaxation, meditation, and grounding before the meeting: *"I will be offering a five minute guided meditation followed by 15 minutes of grounding exercises before the community meeting on June 11th. I'd love to have any or all of the TCWS community join me! I will be in Trillium Hall 30 minutes before the community meeting on Thursday, 6/11/14. I am a fifth grade parent. If you have any questions, please [email me](#)."*

2014-2015 Grades One through Eight Timetable

Times	Duration	Periods
8:00 – 10:00	2 hours	Main Lesson
10:00 – 10:15	15 minutes	Snack
10:15 – 10:35	20 minutes	Recess
10:35 – 10:40	5 minutes	Transiton
10:40 – 11:30	50 minutes	Period 1
11:30 – 12:20	50 minutes	Period 2
12:20 – 12:40	20 minutes	Lunch
12:40 – 1:00	20 minutes	Recess
1:00 – 1:05	5 minutes	Transition
1:05 – 1:55	50 minutes	Period 3
1:55 – 2:45	50 minutes	Period 4
2:45 – 3:00	15 minutes	Homeroom <i>Tasks, close of day, to dismissal</i>
3:00 – 3:10	10 minutes	Dismissal

Last Day Picnic & Ice Cream Social

The Grade School program's last day is Friday, June 13th. Dismissal is at 11:00 am, after the Grand Handshake. Students and their families may then enjoy an ice cream social in the plaza! *Please note, After Care is not offered on the last day of school.*

Lost & Found

Families are strongly encouraged to check the Lost & Found bin during the last week of school! So many items have accumulated that the bin is overflowing. It will be moved to the sidewalk in front of the office from June 9 – June 12, for your convenience. We will make our best effort to reunite items bearing names with their proper owners. Any additional items that remain beyond the 12th will be donated to Good Will.



What's Lost as Handwriting Fades

By Maria Konnikova, June 2, 2014

Does handwriting matter?

Not very much, according to many educators. The Common Core standards, which have been adopted in most states, call for teaching legible writing, but only in kindergarten and first grade. After that, the emphasis quickly shifts to proficiency on the keyboard.

But psychologists and neuroscientists say it is far too soon to declare handwriting a relic of the past. New evidence suggests that the links between handwriting and broader educational development run deep.

Children not only learn to read more quickly when they first learn to write by hand, but they also remain better able to generate ideas and retain information. In other words, it's not just what we write that matters — but how.

Continue reading this article at the New York Times [website...](#)

Grade Eight Play

"No how!"

"Contrariwise!"

Students, parents, family, and friends were treated to a steampunk-themed "Alice in Wonderland" presented by this year's eighth grade class. This very talented group of students did more than just act, though, as you'll read below. Enrolled parents are invited to visit the school's password protected SmugMug site to view pictures from the Thursday morning performance. Please see the SmugMug section in the [Parent Portal](#) for login information. Contact the front office if you need any assistance.



In the past, my class had always put lots of our time and effort into making the acting and blocking of our plays as realistic and smooth as possible, so this year we decided to switch it up and spend the majority of our time on our sets, costumes, and props. With the help of our talented art teacher, Mrs. Spurgin, we created four beautiful backdrops. We also wore fantastic, steampunk-ified costumes, designed with help from several teachers and class parents. All in all, our play turned out to be a big hit, and we all had a great time, acting, painting, and designing!

Kensington Hartman (Tweedle Dee), Grade Eight Student

Grade Three Builds Toolboxes

As part of their practical work project, the third graders built their own tool boxes on Thursday morning with the help and guidance of woodworker Alec Hovard, a dear friend of mine since childhood. Mr. Packer also offered support. I snagged him as he was innocently walking by and he proceeded to help the children with hammering and gluing for the next two hours. He will probably not walk by my classroom again in the future, ha ha.



The children enjoyed sanding and hammering and worked so well together. They were struck by

the simple and beautiful design of the boxes. Some said they would give them to their fathers. Others said they would put their Legos or dolls in them. Whatever the use, these boxes are sure to hold up for many years.

Thank you Alec Hovard and Daniel Packer for helping us make this happen!

Mrs. Spurgin, Grade 3 Teacher

EARLY CHILDHOOD NEWS

[All School](#) [Grades](#) [Community](#)

Eeek! Mice in the Preschool!

Four soft and fuzzy mice have made a new home for themselves in the Buttercup classroom. They made a cozy little nest right under our nature table.

It all started back in March when I came to start teaching in the Buttercup classroom. For my first few weeks in the class, I brought along “Spots” who is the mouse that lives in the Morning Glory class. He came with me to help with my puppet show. Then he stayed to play with the children.

Well, “Spots” had such a good time playing with the Buttercup children that he went back to his home and told all his friends about how fun and friendly the children are. Then, one by one, four little mice moved into our class. First came Daisy mouse, then Pip and Squeak, and last came Barley mouse. The children have been delighted to have new friends. Each day they build houses for the mice to play in and cook them big wholesome meals of blueberries and apples. The mice travel all over the classroom. Sometimes they can be found hiding under the tabletop in the kitchen cupboard, and at other times they climb all the way into the loft. The Morning Glory children and parent tot children have also enjoyed meeting the mice when they come to play in the Buttercup room.

So when you visit the Buttercup class, be sure to tread softly and quietly so you don't frighten the mice or accidentally step on a tail!



Kindergarten Last Day Potluck Picnic 2014

To celebrate our last day of school on June 12th we would like to invite all preschool and kindergarten families to join us for a potluck picnic at Wilburton Park. Early Childhood parents and three-day students are asked to meet on top of the hill between the restrooms and the playground by 11:30 am. The younger children in school that day will be walking to the park with Miss Tabatha and Mrs. Stanley and the six and seven year old children will be "hiking" from Kelsey Creek Park with Miss Laura and Miss Maggie. We all plan to arrive shortly after 11:30 and having you all ready for us when we arrive will be a wonderful greeting! Miss Amie will be at the park as well to guide you to our meeting area.

When the children have all arrived, we will share some circle games, eat lunch and gather to say our goodbyes before summer break. Please bring a potluck dish to share. Child-friendly food is always much appreciated by the students! Please also label your dish with all ingredients as we have many families with special dietary needs. If you have a picnic blanket please consider bringing it along as there may not be enough picnic tables for everyone.

It is our expectation that at least one parent from each family attend this event. Please confirm your attendance a week in advance on your class sign-up sheet. Teachers will bring the sign out sheets to the park and you will be responsible for supervising your own children once we are all together. Please note that there is no aftercare for kindergarteners on this day.

The kindergartens will be supplying tableware for this event but we will need a volunteer parent to arrive at school a little early to pick up the supplies and deliver them to the park. If you are interested in helping with this please let your class coordinator know.

A note for the parents of six and seven year olds:

Miss Laura and Miss Maggie are eagerly awaiting our special hike! The children will need to be ready to leave school at 8:30 that morning and will enjoy a walk through the gardens and over the suspension bridge at the Bellevue Botanical Garden and will continue through the Wilburton Park woods and stop for a snack at Kelsey Creek Park before walking back to Wilburton Park for the Family Potluck Picnic. Each child should arrive at school dressed for walking in whatever the weather may be (sunscreen already applied if sunny). Please bring a backpack with a full water bottle and a hearty snack inside that your child can carry. The children must have a backpack they can easily carry themselves because they will need their hands free to carry their new walking sticks and to hold the hand of a friend. Therefore, hand-held lunch boxes will not work for this event. If you do not have a backpack that will work for your child please let us know. Please feel free to check in with us with any questions if needed!

See you at the Potluck Picnic!!

COMMUNITY

All School Grades Early Childhood

Local Opportunities

Bellevue Girlchoir

Beginning in June, Bellevue Girlchoir will be accepting girls ages four to thirteen for Fall 2014 enrollment.

- Unmatched musicianship training, inspired performances, and a joyful, spirited community of girls.
- Conveniently located in the Overlake neighborhood.
- No auditions required for girls in Preschool to grade two!
- Auditioned choirs (grades three to ten) will participate in regional choral festivals and tours.

www.bellevuegirlchoir.com/audition or email

Camps

Sahale Summer Camp

July 7–13, 2014

With a focus on practicing skills of friendship: inclusion, collaboration and fun, this overnight camp is specifically designed to meet the needs of youth aged 9-12. Explore 65 acres on the Tahuya River where camp life includes games, drama, archery, art, music, nature exploration, and work together time. Campers benefit from a

multigenerational staff and community which demonstrate how to build nurturing relationships and self esteem. Our staff includes Waldorf trained educators and student counselors, elders as mentors, family life educators and professional musicians and artists who all volunteer to create a week of living in a magical village camp setting. For more information contact Irene Perler, Waldorf subject teacher, parent and camp director, at irene_perler@hotmail.com, and visit www.goodenough.org for online registration. Brochures available at the front desk.



Ekone Ranch

Ekone Ranch is a well-kept secret that Portland Waldorf families have been in on for years! Now Seattle's Waldorf school community is invited to explore Ekone's offerings for children of all ages.

Located near Goldendale, WA, a peaceful 3 hour drive from Seattle to the sunny side of the state, Ekone is 1060 acres of canyonlands, forests and meadows near the Columbia Gorge, operating as a non-profit land trust. They have offered a one-of-a-kind summer camp program since

1986, emphasizing natural horsemanship, life on a working ranch, nature crafts, unstructured play and exploration, wholesome food, a positive work ethic, and a supportive camp community. Kids fall in love with Ekone, find life-long friendships, and learn powerful life lessons.

Two special camp sessions are *Passage for Girls: A Coming-of-Age Journey in Nature*, and *Homestead Camp*, both designed to challenge and support kids in unique ways.

Ekone also offers Family Camp, a Mothers & Children Retreat, a variety of quests, retreats and workshops for adults, and customized school field trips for all grades throughout the year.

Families are welcome to contact Ekone or join the mailing list by emailing sacredearth@ekone.org or calling 509-773-4536.



Sound Circle News

Summer Courses to Rekindle the Flame

Courses and workshops in Professional Development and Continuing Education

Get ready to be inspired, guided, and renewed at Sound Circle Center this summer.

Offerings of Interest to Everyone

Study of Man and the Artistic Expressions of the Study of Man

June 30 – July 4 and July 7 – July 11

An essential workshop for all Waldorf educators and those interested in learning about or deepening their knowledge of Anthroposophy with Anouk Tompot and Janet Lia.

Offerings in Early Childhood Education

Healing Archetypes: Inspiration and Nurturing for Early Childhood Educators

June 30 – July 4, 2014

A professional development course for Waldorf Early Childhood educators who wish to enrich and expand their work, with Heidi Jefferson-Gloor and Nancy Pfeiffer.

Social Artistry in Early Childhood

July 7 – July 11, 2014

A professional development workshop for Waldorf Early Childhood educators, with Holly Koteen Soule and Cynthia Lair.

Offerings in Grade School Education

The Heart of Childhood: The Joy of Teaching Grade Four

June 30 – July 4, 2014

Practical information and inspiring guidance for those teaching or interested in grade four, with Nettie Fabrie and Tommi Morgan.

The Turning Point of Childhood: The Joy of Teaching Grade Five

July 7 – July 11, 2014

Practical information and inspiring guidance for those teaching or interested in grade five, with Nettie Fabrie and Tommi Morgan.

We invite you to join us at Sound Circle Center this summer. Please [click here](#) for overview and detailed course descriptions, faculty bios and registration. Group discount available for schools sending three or more teachers.

Questions? Contact: [Kimberley Hiner](#), Administrator

Classifieds

Experienced Nanny Available

My name is Grace and I am a Waldorf graduate and current student at Georgetown University seeking summer childcare employment as a nanny. I am available to start after June 10, hourly wages \$13-15 depending upon scheduling and regularity of work. I have ample childcare experience, a clean driving record and am First Aid/CPR certified. Additionally I am very comfortable working with non-media families and special dietary circumstances. Babysitting evenings and weekends also available. Please [email](#) me if you are interested!

Barn Needed for Film Project

Kai's (seventh grade) sister Zoey (eleventh grade) is shooting her original screen play this

summer. She needs a barn. Do you know of one where she and the actors can film for a few days in June? Beverly Pressey (206) 235-2968.

House for Rent in the South of France for Summer Holidays

We are parents of a pupil of the Steiner School in Avignon (South of France) and want to give to rent our house during next summer holidays. For five or six persons, it is an ideal spot to discover Provence. Rent price 680€ a week.

maisonenprovence.eklablog.com. We also rent a mobile home for four persons, rent price from 300/480€ a week. Both locations share a common swimming pool.

For information 00.33.490.51.97.17 / 00.33.668.40.50.01 duchateau.bruno@wanadoo.fr. We understand English.



Waldorf Mentoring Opportunity in Spain

My name is Maite and I live in Leon, a small city in the North of Spain, with my husband and my four-year old son. A few years ago I did a course in Madrid on the Waldorf Pedagogy and I would like my son to study in a Waldorf environment but I don't have any experience myself.

Unfortunately, there are no Waldorf schools in our city but myself and a few other parents are now meeting to try and create one.

We would love to have a mentor in the beginning of our project when the support from somebody with experience is very important.

I have had an idea that may sound different or unusual. The upstairs area in our house is free at the moment so I thought it could be used by somebody who is interested in learning or improving Spanish language and in exchange, they could give me some support with my project of opening



a Waldorf school or if that is not possible then they could simply speak in English to my son.

We live in the country side, 8 km outside the city. We have a pretty eco-friendly house with a vegetable patch.

Leon is a city with a lot of history and many interesting monuments. It is a stop on the pilgrimage way to Saint James, known as “El Camino de Santiago”. It is a nice city to go for walks, enjoy tapas... There is a good university and several Spanish courses for foreigners.

If you find our idea interesting, please don't hesitate to contact us to discuss the matter further and to get to know each other. The most important for us is your enthusiasm and the will to share experiences with people who care about children's needs.

Submission deadline for our next newsletter is Monday, September 15, 2014.

