



March 3, 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.

## HIGHLIGHT OF THE WEEK

All School Bios Community

## Level 1 Green School Recognition

After several months of paperwork; visits from King County Green School representatives; adding lots of new



signs about recycling and composting to classrooms and faculty areas; and placing bright yellow buckets in classrooms and faculty areas for increasing our compost – we have achieved our Level One Green School recognition! The green schools program consists of three levels and the first level focuses on waste reduction and recycling practices. With county assistance, we reviewed the criteria, developed an action plan, and completed criteria in:

- waste reduction
- recycling
- hazardous materials management

By completing Level One, we showed how we recycle at a 70% volume rate and found areas where we could increase recycling and conserve natural resources. We also found several areas we could do a better job at composting. Thank you to the green team for helping support this process! The green team consists of Jim Jack, Seraphina Orzel, Rachel Tomczek, and Gretchen Stude Whitlatch. We are now beginning work on our level two recognition which focuses on energy conservation.

Please see full details at King County Green Schools Program – Success Stories: Three Cedars Waldorf School!

## ALL SCHOOL NEWS

Highlight Bios Community

## Financial Update and Future Plans

Dear Parents and Friends of Three Cedars Waldorf School,

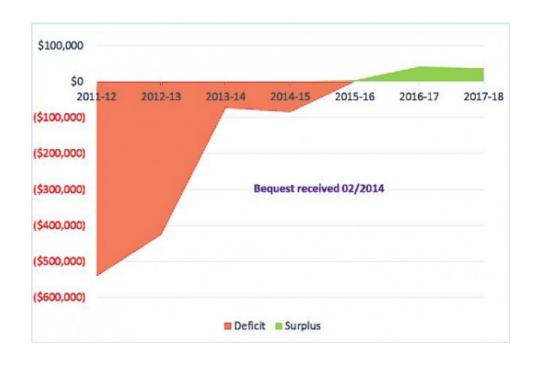
Our Community Forum held this past Tuesday was the opportunity for us – the Board and Executive Director – to share with you our financial position and our plans for the future. What we shared in the two hours of this year's forum is a very uplifting picture of our progress since last year. You can view the slide-show via this link.

#### We Are Debt Free!

Upon receiving the proceeds of the bequest in mid-February, we paid the balance of both our mortgages in full. Being mortgage free means that our yearly expenses are lighter by about \$300,000. We now own our campus free and clear, quite an achievement for a school less than 20 year old! The generosity of those families who lent the school enough funds to purchase the campus and operate for many years is truly astounding. They saw our school's potential and put forth their resources and their hearts for the school to flourish and grow. We all – board members, faculty and staff, parents, and students – are deeply grateful for their vision and generosity.

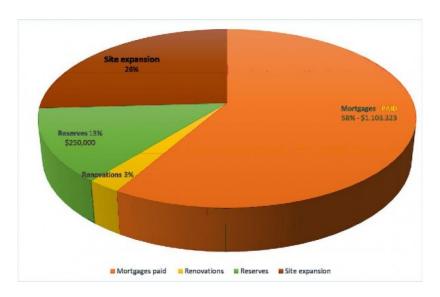
### Multi-year Budget

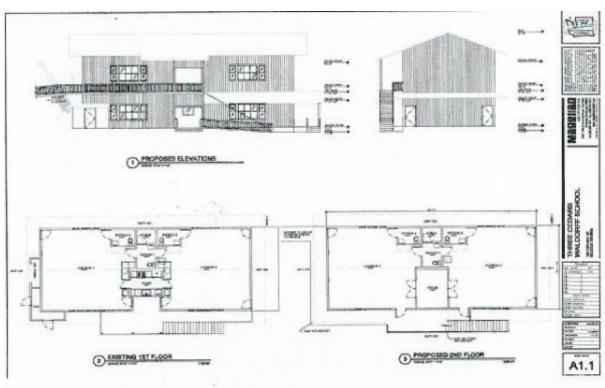
Our progress out of our multi-year deficit was going well, through a combination of curbed spending and enrollment increase – The number of students we served grew by 30 students over the past 4 years – and we were well poised to enter into the future with stable finances. We were blessed one more time with the announcement of the bequest last spring, which allows us to take steps now which otherwise would have had to be on hold for several years.



### Planned Use of the \$1.89M Bequest

In addition to paying our mortgages in full, we opted to use the bequest to secure our financial stability by establishing a reserve, and to further develop our campus. Our plans for renovation and expansion – Trillium Hall floor, preschool expansion, and the building of two additional classrooms in Cedars Building, depends on our obtaining all of the necessary permits, which we will know about within the next few weeks. If all goes well, we will have a very busy summer time with much construction going on all around campus!





These recent developments fill us with gratitude and excitement as we move forward into spring time. In a few weeks, we will be announcing specific program developments for next year, which include the return of our beloved Eurythmy, the support of a Waldorf trained and experience inhouse educational support teacher, and our extended early childhood program. We hope you will

## Fundraising 2014-15

## Since the school received a hefty bequest, I don't have to gift money to the school this year, right?

Not quite so..... We paid our mortgages in full with a portion of the bequest, and the remainder will be used to create a reserve and expand our campus. To close the gapin this year's budget, we still need everyone to pitch in to reach our goal of \$94,000 for this year's Annual Fund, and to participate in our upcoming fundraising events – Concert & Auction, May Faire & Garage Sale, and Scrip programs.

### Why does the school need to raise money?

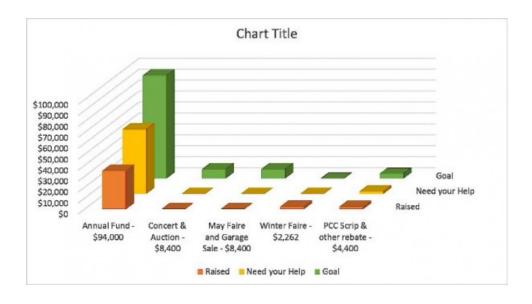
The school income at this point is not sufficient to match our expenses. We refer to our fundraising as closing the gap because that is what your gifts do: they close some of the gap between the tuition we receive and our expenses. If we did not receive gifts from our community members, we could not afford to offer our programs in the way we currently do.

### What do you do with my gift?

Your gift is used in two ways: if you choose to earmark your gift for a particular use, we will set the amount aside and use it for that particular purpose only. For example, if you would like your gift to be applied to our movement program, we will earmark it for that purpose and will not spend it anywhere else. If you do not specify the use of your gift, then we will use it wherever it is most needed. The annual fund is designed as a pool of donations which goes directly in our operating budget, allowing us to pay our bills as they come. On paper and presented this way, this is not very inspiring....so instead we invite you to imagine the reality behind our budget line-items:

- experience an authentic native American Potlatch \$1,850
- visit farms to learn about and work with animals and gardens \$861
- spend a day in the mood of the Renaissance \$612
- enjoy hefty after-school snacks to sustain stamina for the afternoon \$7,200
- create main lesson books out of the finest supplies \$6,274
- experience a grade 8 graduation trip \$7,000
- go on trips to learn about how to make boats, the night skies, geology, astronomy, and the theater – \$1,745
- enjoy festivals and ceremonies throughout the year \$1,948
- Of course none of the wonders above would be possible without the creativity and guidance
  of our wonderful faculty and the support of the administrative staff \$1,457,762

### Now I understand! How can I help?



### You can help in several ways:

### Annual Fund: Goal \$94,000 - \$48,000 to Go!

- Pledge your Annual Fund donation today you can use the form posted on our website
- If you want to stretch the value of your Annual Fund donation, mark your calendar for May 6
  and plan to stop by the school on that day to make your gift via the Seattle Foundation. A
  portion of your gift will be matched by the foundation on that day only. We will send specific
  instructions in early April.

### **Concert & Auction: Saturday March 29**

- Only 100 tickets: \$50 each; covers the concert, a complimentary glass of wine, and a dessert.
- · Outstanding experiences and items to bid for!

### May Faire & Garage Sale: Saturday May 3

- Donate items for the garage sale.
- Volunteer for May Faire.
- Invite family and friends to attend the event.

### **Scrip Programs**

Donate without spending more!

- PCC Scrip
- OneCause
- Safeway Club

Click here to learn more about Scrip Programs on our website.

## 2014 Spring Concert

### Saturday, March 29 • Trillium Hall

**Only 100 tickets** \$50 each, which covers the concert, a complimentary glass of wine, and a dessert.

It's that wonderful time again! The Spring Concert and Silent Auction is coming up fast! Mark your calendars for a date night on March 29th at the school and join us for wine, prosecco, desserts, silent bidding, and music. This year's music is truly exciting for us. There will be a duet from "Wicked" and the usual entertaining offerings from Cliff Watson and Heidi Person. The oboist from last year is returning and will be joined by Judy Beatie and Lauren Root. Pianist Kate Moody will be with us this year premiering one of her compositions.

Music from Broadway, Hollywood and our own Seattle contemporary composers will make for a diverse and lively evening.

Reserve your tickets at the front office and come join us for a night to support the school, enjoy each other's company, and maybe find something special you just have to bring home.

#### 100 Seats

Seating reservations are on sale now for \$50 each, which covers the concert, a complimentary glass of wine, and a dessert. The event will be advertised outside of our school community, and with only 100 seats available, be sure to give the office a call to reserve your seats now!

### **Silent Auction**

Our silent auction will be set-up in classrooms, where in addition to bidding on your favorite hand-made items or experiences, we will enjoy being surrounded by our children's wonderful work! The silent auction will include our community favorites: beautiful, hand-made items and experiences donated by members of our school.

### We Need Your Help!

Buy a ticket, or two, or four! Invite a friend to a special evening of community, warmth, fun, and excellent musical performance.

Donate an item or an experience – the sweater you knit, the lovely doll you sewed, the Adirondack chairs you made this summer in hopes of this year's auction: let them find their way to the school! We are looking for high quality, hand-made items, and for special experiences – a dinner at your home, two-days at your Whistler chalet – and will prefer to limit the number of items to about 12.

Make your most scrumptious dessert to delight our guests. We think our guests deserve the best! Bring your creation or your favorite to our Dessert Buffet, for our guests to enjoy. Please let Robyn know if you can contribute a dessert.

Volunteer – We need 8 to 10 volunteers to run the event smoothly, including set-up and clean-up. For information about how you can help, contact Robyn Hartman.

For information about tickets, donations, and volunteering, contact Robyn. This is a wonderful opportunity for the adult community to gather for some fun socializing and to help the school at the same time. Call the office to reserve your tickets!

## Annual May Faire and Garage Sale

Saturday, May 3, 2014

Three Cedars Waldorf School's
Annual May Faire & Garage Sale is
one of the largest and most
anticipated events of the school year.
Although the big event is still months
away, the organizers of this all-school
fundraiser will be posting updates and
reminders in the newsletter to keep



you up to date. Please consider how you would like to help:

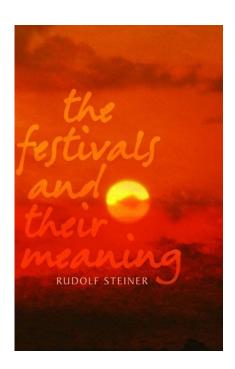
- Save the date and plan to attend!
- Volunteer to donate items, help organize, bake, create, and/or staff the event.
- For Garage Sale donations, we ask that you please separate ALL clothing by type: men's, women's, boy's, and girl's clothes in separate bags or boxes. Donations will be accepted during the week before and after Spring Break.

Please contact Martin Wilder at or (425) 260-0889 for questions related to the Garage Sale or to volunteer for this portion of the event.

The May Faire team may be reached via email and also meets weekly during the Thursday Morning Crafts & Tea event from 8:30 – 10:00 am in the Buttercup Preschool room. Online signups for volunteer positions will be available soon!

## Steiner Book Study Festivals: Easter

The next Steiner book study will be held on Tuesday, April 1 from 6:30 to 8:00 p.m. in the Trillium Hall Foyer. We will continue using Steiner's book *The Festivals And Their Meaning*, this time focusing on his Easter essays. Even if you've not been part of the previous book studies, please join us. For further information, please contact either Geri Snyder



### AWSNA to Visit Our School

On April 12, our school will host the AWSNA Board of Trustees. The Association of Waldorf Schools of North America was founded in 1968 to assist Waldorf schools and institutes in working together to nurture Waldorf Education so that it can manifest more widely in the world. Today there are over 1,000 Waldorf schools in 83 countries, with more than 250 schools and 14 teacher education institutes in the USA alone. AWSNA is organized into eight geographic regions whose members work together and support one another. Our school is very actively engaged in the development of the Northwest branch of the association, and in collaboration with Melanie Reiser, AWSNA Leader of Programs & Activities, in taking initiative for clarity and effectiveness in our collaborative work.

On the occasion of that special evening, over 60 colleagues from the Northwest region will be our guests – board members, faculty, and administrative staff members – will have the opportunity to meet the members of the AWSNA Board who will join us from all corners of the US. We look forward to hosting this gathering in our school.

Discover AWSNA a bit more by reading the most recent issue of their newsletter (below), and by visiting the association's website at www.whywaldorfworks.org.

Inform: March 2014 Newsletter from AWSNA, the Association of Waldorf Schools of North America

Dear Waldorf Community,

On AWSNA's Events webpage you can keep up to date with the many events offered around the

country that are connected to Waldorf Education. In March, for example, Sunbridge Institute offers a "Waldorf Weekend—an experiential workshop in the foundations and fundamentals of Waldorf Education." Sunbridge also has several "Open Days" scheduled this month.

If you're in Phoenixville, PA, in the middle of March, don't miss "Stepping Stones to Social Entrepreneurship—Young Social Entrepreneurs Conference." The keynote speaker is Don Shaffer, President of RSF Social Finance. Topics include growing sustainable & profitable business; networking for advisors, partners, and investors; and successfully pitching your business idea. Get inspired to dream and create something that changes the world!

We've also just listed enticing summer intensives at the Marin Waldorf School in San Rafael, CA, including courses on art, sculpture, puppets, singing, and adolescence.

Here's the link to these events and many more on the Why Waldorf Works website.

Please send your events or any other news pertaining to Waldorf Education to webeditor@awsna.org.

Warm regards, Beverly, David, and Melanie

### **Update on the Rudolf Steiner Library**

In December of 2013, the Rudolf Steiner Library began the process of moving from its home of 32 years on Fern Hill, in Harlemville, NY, to a new location four miles down the road in Philmont, NY. The Steiner Library is the largest single collection of anthroposophical materials in the English language in the world. The library, grown in great part by the late Fred Paddock, holds over 36,000 books, journals, and manuscript items dating back to the 1920s. The story of the move and the future of the library is told in this video, which describes a new era for the library, including many initiatives in education, medicine, pedagogy, the natural sciences, the arts, and social movements that have been ignited by Steiner's work.

#### **Waldorf Alum in the Winter Olympics**

We are so proud of Angeli VanLaanen, who attended Whatcom Hills Waldorf School, and who competed in the Winter Olympics' debut of women's freeskiing halfpipe at the Rosa Khutor Extreme Park, about an hour away from Sochi, Russia. Those who knew her at the Whatcom Hills Waldorf School aren't surprised at this young woman's courage and passion. Even though she didn't win a gold medal, her wonderful spirit and enjoyment of the event was a role model to sports lovers everywhere.

### Summerfield Waldorf School and Farm's Bike to School Program

What better way to eliminate traffic, reduce emissions, AND make money than to ride your bike? Summerfield Waldorf School and Farm has initiated a program whereby bike riders track their rides to school and a school donor gives \$1 per rider per day to the school's Annual Giving Fund! Students who ride for 100 days earn a special prize. AWSNA applauds this creative way to raise awareness AND money.

### **Job Listings**

We're delighted that the listings for Job Openings for our Member Schools and Teacher Training Institutes have become so busy.

If you're wondering where your next opportunity might be, or just want to check out the many listings, visit our website here.

And if you'd like to post a job that's open at your school or institute, please send it to webeditor@awsna.org.

## Parking Lot Reminders

### **Smooth Pick-Up**

To ensure a safe and smoothly running pick-up, please remember:

- The pick-up lane is not intended for parking. Keep it moving!
- Parents who wish to converse with teachers or other parents after school is dismissed are asked to park their cars in a parking space.
- Please help students to their cars quickly and supervise them directly no ball games after school – to support students safety and accuracy of dismissal to parents and After School Care.

### **Health and Auto Emissions**

While we ask that parents not park in the drop-off and pick-up lane, we also ask that you refrain from lengthy idling. Keep your car moving and if you don't see your child, please park and walk to the pick-up location. It will help to keep our environment healthier if more of us park and switch off engines while waiting for pick-up.

reprinted from Community Handbook, p. 61

## Want Your Child to be a Success? Quit Scheduling and Let Them Play Freely.

### By Dr. David Whitebread Senior Lecturer in the Psychology of Education at Cambridge University

February half-term is upon us. Whether you love it or hate it, for some, it's a week of scheduling, plotting, arranging and planning that feels more like a half-term headache.

Part of the issue lies with societal expectations of what it means to spend time with our children. On the one hand, we're worrying about lining up an ever costly pile of activities to keep our children busy, on the other hand, we're beating ourselves up about overuse of iPads and computer games.

But while organised play is important, it potentially neglects broader play experiences. Our growing understanding of the developmental purpose of play is challenging modern practices and

perhaps misconceptions about what works best for children. Finding the key to this balance has an added imperative when you consider that scientists today have found strong links between children's playfulness and their intellectual growth and emotional wellbeing.

Please click here to continue reading this article at *The Telegraph*.

## BIOGRAPHIES

Highlight All School Community

## Emiko Lin, Japanese Teacher

Raised in Aichi, Japan, Lin Sensei went to a boarding high school in Northfield, MA, starting at age 17. She attended a liberal arts junior college in Massachusetts, then the Berklee College of Music in Boston, where she majored in songwriting. Lin Sensei spent 13 years working for several international corporations in California, followed by providing customer service in Japanese, before shifting her career to teaching. She spent one year teaching Japanese to fourth and seventh graders at the Monterey Bay Charter School in Pacific Grove before relocating to the Seattle area. She has been teaching grades five through eight Japanese at Three Cedars since 2004.

## Geraldine Kline, Executive Director

Geraldine Kline grew up in a small French village on the border of Switzerland where life was simple and joyful. She was very fortunate to begin her adult life in Plum Village, Zen master Thich Nhat Hanh's practice center in the southwest of France, where in the course of seven years she met her husband, started her family, and met with people from all over the world in search of meaning, peace of mind, and respite from our increasingly busy world. Geraldine and Michael's wish to offer their children the most meaningful schooling led them to Waldorf Education, which brought their family to England, upstate New York, Canada, and Seattle. Since 1996, she has spent much of her time contributing to Waldorf schools while raising her three children. Geraldine is a 1983 graduate of the Ecole Hoteliere de Poligny where, in typical French fashion, she trained in Hotel and Restaurant Management. Following several years of teaching French to grades one through twelve, she followed her inclination for leadership and organizational development to take increasingly complex roles in fundraising and development, eventually becoming the Executive Director of the Seattle Waldorf School (2006-2011). Geraldine Joined Three Cedars in the spring of 2011.

### COMMUNITY

Highlight All School Bios

## **Community Events**

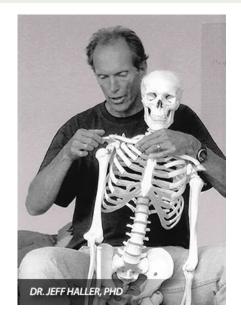
## Introduction to the Work of Jeff Haller Ph.D., Feldenkrais<sup>®</sup> Trainer

(father of Cole, fifth grade and Grace, seventh grade)

### **April 4-6 with Free Lecture Demo on Friday Night**

Your children are at Three Cedars for a reason. Like me, you probably want them to deeply enjoy their childhood, remain connected to their own essential nature, and have a rich school experience that promotes their development through experiential learning.

What about you and your need to develop through on-going experiential learning?



When I am at Three Cedars, parents ask me what I do for my work. What I do for my work is, that I help people find a potential hidden within them that has existed since they were children but has been forgotten in the course of life. What you want for your children is often not so easy to find within yourself.

To the end of helping you remember and to enjoy the capacity to learn from your own attention and experience, I am offering a class called, Awareness Through Movement® to the parents of Three Cedars. All proceeds from the class will be donated to the school.

What is learning? One way to define learning is—the ability to function in a new way.

In this course, you will remember the pleasure of learning—experience carefully constructed movement experiences to help you function in your body in a more simple and pleasurable way —move more easily through larger ranges of motion—breathe more efficiently—reduce tension—and discover the value of turning your attention inward as a way to find new resources and outcomes you didn't know you had available to you.

#### You will:

- learn to breathe more easily learn what is good posture and self-organization from a biological perspective, (not what your mother told you).
- discover how to reduce stress and tension by moving with greater ease and support.
- discover a new found potential for freedom of movement.
- recover abilities lost due to past injuries.

### **Workshop Details**

### Where

The O Institute, 1805 136th PI NE. Ste 104 Bellevue WA. Map

#### When

April 4–6, 2014 Friday 7–9 p.m. Free Lecture Demo Saturday 9 a.m. to 4 p.m. Sunday 10 a.m. to 4 p.m.

### What to Wear

Warm, layerable, comfortable clothes easy to move in. Movement mats will be provided.

#### Cost

\$150 (suggested price); Teachers \$75 All proceeds after expenses go to Three Cedars

### To Register

Contact Cameron Altaras, Parent Association Co-ordinator at c.altaras@yahoo.com

### **For Questions**

Contact Jeff Haller at Jeff@InsideMoves.org or 425.502.8346

This workshop will be audio recorded and all participants will receive a copy of the recording.

For reference from people who have worked personally with Jeff Haller, please call Jeff at the number above.

Jeff Haller Ph.D. is a former university athlete, black belt in Aikido, has a MA in Intercultural Education and his Ph. D in Transpersonal Psychology. He trained personally with Dr. Moshe Feldenkrais, graduating in 1983, and has international recognition in the Feldenkrais community for his teaching in Feldenkrais Teacher Training Programs. He teaches regularly at Feldenkrais Guild annual conferences, known especially for his functional view of movement. For further information about Jeff you can visit his website.

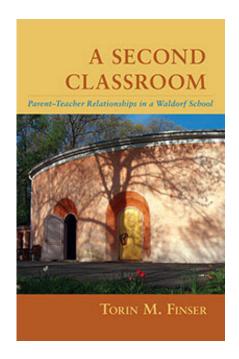
## **Local Opportunities**

## A Second Classroom: A Talk by Torin Finser

Friday, March 21 • 7:30–9:00 pm Seattle Waldorf School • 2728 NE 100th Street, Seattle

Some of the most rewarding and challenging experiences in life are those we have in relationship with others. Torin's talk will highlight those within Waldorf schools between parents and teachers. Anticipate a lively, compassionate, insightful,

practical and maybe even humorous talk which will give you new perspective about being with and seeing these opportunities with others! Torin is internationally recognized for his consulting, talks and workshops. Donations accepted. For more info, please click here and here, or contact Pam Engler at 206.526.5984. This event is hosted by the Seattle Branch of the Anthroposophical Society.



### Camps

# This Summer at Portland Waldorf School in Milwaukie (Portland, OR)

A Waldorf-Inspired Musical Theater Day Camp for students entering Grades 2 – 11. Our camp welcomes both students who are highly versed in musical theater as well as those who have little or no prior experience acting.



**Something for Everyone** We offer a variety of theater activities, workshops, singing, and play at camp. Camp days are lively, fun, engaging, and challenging.

Camp Participants Act in an Original Full-length Musical This year's show is <u>The Princess</u> and the <u>Pauper</u> (based on Mark Twain's book), a show about values, friendship, courage, and adventure—with a lot of good-natured humor to boot.

**Musical Written and Camp Directed by a Waldorf Teacher** Director / Author Torsti Rovainen has taught Grades 1-8, drama, music, and movement education in Waldorf schools the past seven years. He has written four full-length musicals and directed six youth productions.

### Two Camps Come Together for One Show

 Bards and Buskers, our camp for students entering Grades 7-11. We engage these students with a variety of theater activities as we work on the show. Students are welcomed to bring their ideas to make the show more lively and fun.

- Muses and Mummers is for students entering grades 2-6. At Muses and Mummers camp, kids enjoy theater games, singing, and rehearsals until lunch. Afternoons are a mixture of continued theater work or art & movement activities.
- Coming Together the final week we work on our show as a combined camp. We have two performances on the final two days of camp.

**Camp Runs July 7 – 26, 2014** Visit our website to learn more about camp or hear song samples from the show. Contact Torsti Rovainen for more information. Enrolling now! (Space limited). Locations: July 7 – 17/18 at Portland Waldorf High School; July 18/21 – 26 at theater venue TBA.

### Wider Community

## Survey Request for Master's Project

Hello, my name is Kathryn Loveday and I am a Class Teacher at the Trillium Waldorf School in Guelph, Ontario, Canada. This year I am enrolled in a Master's of Education program at Antioch University New England. My graduate work has contributed to the classroom/school in many ways already as my knowledge of Anthroposophy has increased. In my first year research project, I studied social understanding in Waldorf Schools and I was able to give a presentation to the faculty at my school.

Part of my required coursework includes a Master's Project in which I investigate some aspect of my teaching, the school and methodologies. My project is focused on 'Rites of Passage within a Waldorf Community'. This work will contribute to my work and the experience of the students as well as the education of the parents by deepening my anthroposophical understanding of the curriculum and how it relates to the childhood thresholds as well as developing faculties for working in community.

I will be reading books and articles, reflecting on coming-of-age gatherings, which I facilitated with a former class from 2006-2009, and seeking other resources to inform myself about the various thresholds in childhood such as the six-year, nine-year and twelve-year changes as well as rites of passage. Additionally, I will collect information from surveys distributed to teachers and parents.

Material from this project may be used for classroom discussion in my graduate work, professional presentations, articles, and other purposes related to teacher education. Primarily it will be used for my own professional development. The answers from surveys will greatly benefit my research.

Please click here to take the parent survey. I hope to have submissions by the end of March 2014. If you have any questions, feel free to contact me at 519-767-5159 or by email. Thank you for your time and assistance.

Sincerely,

Kathryn Loveday

### Sound Circle News

## Foundation Year Training

Open House Saturday, March 15, 2014 10:00 am – 12:00 pm Seattle Waldorf School



Interested in becoming a Waldorf teacher? Interested in more deeply knowing yourself and the world through Creative Arts and Anthroposophy? Please join the faculty, board, students and alumni of Sound Circle Center for an overview of the Foundation Year. The Foundation Year serves as the first year of the Waldorf Teacher Training Program, it can also be taken as a standalone program for self-development and personal growth. For more information about our Open House, please visit our website.

Foundation Year
September, 2014 – May 2015
Fridays 4:00 pm – 9:00 pm and Saturdays 8:30 am – 3:30 pm
Seattle Waldorf School

Foundation Studies in Anthroposophy and the Arts provides the prerequisite background for those planning to enter a Waldorf teacher education program and eventually become teachers in Waldorf schools. It is also an opportunity for those interested in discovering Rudolf Steiner's Science of the Spirit and how this path of inquiry of knowledge can guide their work in the world.

Through seminars, ongoing group work, artistic activities, and weekend workshops, the Foundation Studies courses address at many levels the broad themes of human development and personal growth.

We are now accepting applications for the September 2014 Foundation Year. Please visit our website for more information or to apply.

### Classifieds

## Rain Jacket Available

A rain jacket (in mint condition!) is in need of a new home! It's a boy's size small (7-8) and features blue camo colors, with jersey grey knit on the inside. Please stop by the front office to see if this jacket might be a good fit for your child.

Submission deadline for our next newsletter is Monday, March 10, 2014.

