

April 14, 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](#) [Grades](#) [Bios](#) [Community](#)

Sixth Grade Donates Blanket to Hospice

On Friday, April 4, Ms. Holscher's sixth grade class donated a beautiful blanket to Evergreen Hospice and Palliative Care.

With the support of Kim Holscher, I spoke to the class last fall, about the work of hospice and how it is entirely about kindness. I told them about the many different jobs of hospice workers, all with the same goals of keeping the patient comfortable in their last 6 months or less of life. The kids asked interesting, open questions and showed great attention and interest. I told them that hospice patients, for a variety of reasons, are often cold. Hand-created blankets are a beautiful way to warm the patient, while brightening their room, and eventually becoming a cherished keepsake for the family. Before I could ask if the class might like to create a blanket, several of the students jumped-up and said "Can WE? Can WE make a blanket?" and off they went.



Thanks to the amazingly generous donation of Kerie Ljunghammar, owner of Mad Cow Yarn in Bothell (I had hoped for a discount, she GAVE US hundreds of dollars worth of beautiful yarns in the colors we most hoped for), and the preparedness of Kim Holscher, the kids went right to work. They have worked on what will be several blankets, all winter long, enthusiastically wishing to cheer an anonymous hospice patient. With the generous help of Emma Goldschmidt, the first

blanket was completed. Emma sewed heavy fleece on the underside of the blanket, making it durable as well as beautiful. Again, this blanket will be a keepsake, long after the patient has passed.

The students presented the blanket to Criss East, Volunteer Coordinator for Evergreen Hospice and Palliative Care and gave Kerie, Emma and I heartfelt thanks as well. They spoke from the heart and showed an obvious connection to the gift. It was so heartwarming.

The day's highlight for me came after the gift giving was over. Criss East asked me to choose the recipient of this very special blanket. I can't tell you how delighted I am, that the patient I spoke to the children about so many months ago, this 101 year old inspiration and delight who I know many of the students thought about as they knit and crocheted, this wonderful woman will be receiving the blanket this week. How delighted her family will be that so many children thought of her.

I would also like to mention that as Criss and Kerie were leaving the school, they both said that they have never seen kids like Ms. Holscher's 6th grade. They said they were moved and delighted by the sincerity in that classroom. I wholeheartedly agree they are a special lot, with huge hearts and able hands. We should all feel proud to have them in our community.

Thank you Ms. Holscher and your wonderful class of talented 6th graders!

Julia Guderian, Sixth Grade Class Coordinator

ALL SCHOOL NEWS

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Important May Faire Updates!

Our annual May Faire & Garage Sale will take place on Saturday, May 3rd. Included below are important details regarding this festive community event!

Timing

May Faire

9:30 a.m: All grade school students arrive for crown making

10:00 a.m: Opening Ceremonies and Maypole Dances (Plaza)

2:00 p.m: Faire concludes

Garage Sale

8:00 a.m. – 5:00 p.m.

Parking

Due to limited on-campus parking, the May Faire team is securing nearby parking options and will be providing shuttle services for our families and guests. Please remember that on-campus parking is reserved for those who need it most, and that parking on the side streets in our neighborhood is not permitted. Also, Wilburton Park is not available for use this year because of an event that the City of Bellevue has planned in conjunction with the Botanical Gardens and Kelsey Creek Farm. The May Faire team will be providing additional details soon!



Crowns

Your donations of pesticide-free flowers and greenery for decorating crowns are greatly appreciated! Please bring your donations of flowers for the crowns on Friday, May 2.

If you saved last year's crowns, we encourage you to bring them to May Faire to be used again.

Grade school students will make and decorate their crowns at 9:30 a.m. Early childhood families are also welcome to arrive at this time to make crowns, and we'll have a table set up throughout the day for crown making as well.

Festival Attire

Grades 1-5 students wear festive spring colors

Grades 6-8 students wear pants with white shirts

All student should wear sturdy shoes that will enable them to perform the dances safely

Volunteering

Sign up! In order to help create a successful, memorable event for our children, we ask that you please consider volunteering for one of the remaining slots. [Please sign up here](#) to help with set-up, clean-up, staffing, and bake sale contributions. Sign-up sheets are also available in the front office.

Reach out! Invite your friends and family to the event. You can [post our flyer](#) in other communities and also use your social network sites to promote the event. "Like" us on [Facebook](#)!

Garage Sale

The Garage Sale team is seeking gently used items in good repair! Items may be brought to Martin Wilder's trailer, which is located on the school's parking lot near the garbage enclosure.

To assist with the Garage Sale, please contact Martin directly at (425) 260-0889 or by [email](#).

On behalf of the May Faire and Garage Sale teams, thank you in advance for your time and contributions in making this beloved event a success!

With Gratitude,
The May Faire Team
mayfaire@threecedarswaldorf.org

Spring Concert & Silent Auction Recap

This year's Spring Concert and Silent Auction was a fun-filled night of great music, delicious desserts, and good conversations! Songs from *Schindler's List*, *The Music Man*, and *Wicked* joined familiar, classical pieces as well as contemporary, original works.

So many people contributed in a variety of ways to make this event a success. We'd like to thank the following people:

Musicians: Judy Beatie, Annette Campana, John Dimond, Lili Kung, Kate Moody, Heidi Person, Lauren Root, Rick Saada, and Cliff Watson

Concert Coordinator: Lauren Root

Desserts: Laurieann Aladin, Judy Beatie, Sophie Dolezel, William Hines, Thamis Mendez, Rick Saada, Kari Ulatoski, Cait Walsh, and Cris Wegmann

Hors d'Oeuvres: Beth Parker, Lauren Root, Kari Ulatoski, Mara Williams, Johnny Zhu, and Rose Zhu

Volunteers: Leslye Coe, Flora Damasio, Mary Haller, Jason Hartman, Petra Hines, Ivan Kavuma, Emiko Lin, Laura Mason, Jared Parker, Ben Ralston, Jackie Ralston, Geri Snyder, Sanae Stanley, Cris Wegmann, Mara Williams, and Jennifer Winson

Auction Coordinator: Robyn Hartman

Special thanks to the following people: Maria Crum, stage manager; Jody Macko, flower arrangements; Eric Mau, piano tuner; Heidi Person, lighting; Rick Saada, harpsichord and glockenspiel procurement, wine and prosecco; Kari Ulatoski, Vashon Island support team

Salad Day Appreciations

The teachers enjoyed a feast during the April 10th faculty meeting! Tasty salads, desserts and bread were

lovingly made by the following parents:
**Daria Blyzniukova, Flora Damasio,
Erin Dudley, Sandra Duncan,
Rheann Fredricks, Petra Hines, Ana
Huston, Asun Muir, Beth Parker,
Beverly Pressey, Rachel Rodriguez,
Julia Rotella, Anna Shatrova, Kris
Solem, Cait Walsh, and Luz Wigzell.**



Gardening Appreciations

We would like to thank **Beth Parker and Amanda Yuly** for working in the school's gardens on Saturday, April 5! We greatly appreciate your help keeping our gardens and grounds looking beautiful. Thank you also to **Karen Wegehenkel** for bringing new life to our container gardens!

Work Party, Potluck, & Clothing Swap

April 26 • 10 am – 2 pm

All families are warmly invited to join us for our next work party on April 26 from 10 a.m. to 2 p.m., which will also feature a potluck and clothing exchange! To participate in the clothing swap, please contact **Sandra Duncan** (832) 585-4502. We ask that all items donated are within the dress code and are appropriate for school. Please, no car seats, toys, furniture, or adult clothing.

Work Parties are a great way to connect with other TCWS families, providing a built in play date for the children while parents work together, sharing food and conversation - all while supporting the school! Please RSVP to **Seraphina** or (425) 401-9874 and let us know how many in your family to expect. Wear appropriate work clothing and bring your favorite potluck dish to share - the school will supply pizza, water, and tools.

Attendance Procedure Reminders

As spring fever hits, the sun starts coming out, the flowers are blooming and the air is filled with lovely smells of spring we all want to be outside more and emerge from our winter hideouts. However, we still have policies regarding attendance, notifying the office of vacations and appointments, picking up students early and such that need to be followed. These are all policies regarding safety so we know where the children are in case of an emergency and you are much less likely to receive a phone call from the office asking where your student is!

Time Off from School:

Appointments

Three Cedars Waldorf School greatly values rhythm and regularity. Both contribute to our students' individual and collective well-being in ways that are both subtle and profound. In recognition of our school's emphasis on full attendance, we ask that all parents:

- Schedule all medical or other appointments outside of school hours.
- **When not possible, inform the front office of a planned absence well in advance of its occurrence, and at least 48 hours prior to the scheduled date.**
- **Inform the child's teacher of the same.**
- **Parents sign students out from the front office. One of the staff members will retrieve student from his or her classroom.**
- Early Childhood – parent must also sign their student out via the early childhood sign-in/sign-out book.

Vacation

We understand that it is at times tempting for parents to schedule a family vacation while school is in session. However, such plans significantly disrupt the students' rhythm and their social connection with their peers. We ask that parents:

- Schedule family vacation during school breaks only.
- **When absolutely not possible, inform the front office of your planned absence well in advance of its occurrence, as soon as your plans are confirmed, and no less than 5 school days.**
- **Inform the child's teacher as above**

TCWS Attendance Policy Acknowledges Five Categories for Grade School Students

- **First Bell** – Rings at 8:10 a.m.; morning drop-off time is between 8:00 a.m. and 8:10 a.m.
- **On Time** – students are in their classrooms ready to learn by 8:15 a.m.
- **Tardy** – in consideration of the occasional delay caused by traffic congestion, students who arrive to school between 8:15 a.m. and 8:20 a.m. are recorded as tardy. They are required to stop by the office to obtain a 'slip' which they bring to their teacher.
- **Late** – Students who arrive to school after 8:20 a.m. are recorded as late. They are required to stop by the office to obtain a 'slip' which they bring to their teacher.

- **Excused Absence** – absences are recorded as ‘excused absences’ when the school is notified by a parent of the upcoming absence in person, via email or a written note, or by phone call prior to 8:20 a.m. of the day of the absence.
- **Unexcused Absence** – absences are recorded as ‘unexcused absences’ when the school has not received written or verbal notification of the absence by a parent, prior to 8:20 a.m. of the day of the absence.

This information may be found in the [community handbook](#), pages 57-59:

Please e-mail the [School Office](#) if you have any questions and thank you for following the policies and keeping our students safe!

Why Preschool Shouldn't Be Like School

by Alison Gopnik

New research shows that teaching kids more and more, at ever-younger ages, may backfire.

Ours is an age of pedagogy. Anxious parents instruct their children more and more, at younger and younger ages, until they're reading books to babies in the womb. They pressure teachers to make kindergartens and nurseries more like schools. So does the law—the 2001 No Child Left Behind Act explicitly urged more direct instruction in federally funded preschools.

There are skeptics, of course, including some parents, many preschool teachers, and even a few policy-makers. Shouldn't very young children be allowed to explore, inquire, play, and discover, they ask? Perhaps direct instruction can help children learn specific facts and skills, but what about curiosity and creativity—abilities that are even more important for learning in the long run? Two forthcoming studies in the journal *Cognition*—[one from a lab at MIT](#) and [one from my lab at UC-Berkeley](#)—suggest that the doubters are on to something. While learning from a teacher may help children get to a specific answer more quickly, it also makes them less likely to discover new information about a problem and to create a new and unexpected solution.

Continue reading this article [here](#).

GRADE SCHOOL NEWS

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**Sixth Grade Play:
Photos Available**

More photos are available for parents on our password-protected SmugMug site. Please see the SmugMug section in the [Parent Portal](#) for login information. Contact the front office if you need any assistance.



Grade 2 Silliness

BIOGRAPHIES

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Monica Lander, Teacher, Class of 2020



The daughter of an Air Force career father, Monica Lander was born in Murfreesboro, TN, but spent her childhood in places as varied as Morocco and North Dakota. When her family settled, she attended junior and senior high school in Spokane, WA, then studied psychology and philosophy at Eastern Washington State University. Ms. Lander helped found the Quadra Island Waldorf School on Vancouver Island, had a one-year internship at the Edmonton Waldorf School, a formal class teacher training year at Sunbridge Teacher Training Program, NY, and more recently completed a certification in Spatial Dynamics with Jaimen MacMillan's program. She has more than 20 years' experience as a Waldorf class teacher in grades one through eight and has taught in Washington, D.C. and Seattle. She has been a certified Waldorf Movement Education instructor since 2005, and is currently adjunct faculty for Sound Circle Teacher Training Program in Seattle and the Southwestern Colorado summer training program. Ms. Lander joined Three Cedars Waldorf School in 2008 as the grade one teacher, served as Dean of Education beginning in 2009, and returned to the classroom in 2012. Her volunteer work and summers include training Waldorf teachers, practicing and teaching outdoor skills such as Wilderness First Aid, rock and glacier climbing, and sea kayaking. Ms. Lander's adult daughter Michaela began Waldorf Education in kindergarten, graduated grade 12 from the Washington, D.C. Waldorf School, studied Anthropology and German languages at American University, and is now a professional firefighter/paramedic living in Washington, D.C.

COMMUNITY

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Local Opportunities

Kelsey Creek Sheep Shearing

Saturday, April 26

11:00 am – 4:00 pm

410 130th PI SE, Bellevue 98005

Sheep shearing, one of the showier examples of farming life at Bellevue's Kelsey Creek Park, takes center stage Saturday, April 26. The annual sheep shearing event will also feature a variety of fun farm events, including spinning demonstrations, inflatables, spin art, candy art, tractor rides, pony rides, food and more!



Admission is free, but the costs vary for some activities (\$1 to \$3). Food is also available for

purchase. No ATM is available on-site. Pets not allowed in barnyard area. See Sheep Shearing event flyer.

Schumann – His Life and Music

Saturday, April 26 • 7:30 pm

Huckleberry Hall at Seattle Waldorf School • 2728 NE 100th Street, Seattle 98125

The Seattle Branch of the Anthroposophical Society is hosting a Piano Recital and Commentary by Wolfgang Wortberg, pianist and narrator, on the music of Robert Schumann. Suggested donation: \$15-25, grade school and high school students free.

Trim Life Weight Release Class

End mindless eating! Diets don't work – but the power of the mind does.

Use Hypnosis to Release Unwanted Pounds

Many people can lose weight and keep it off for weeks, months, and even years. However, if an emotional trigger or a stressful event occurs, the weight may suddenly re-appear – seemingly overnight.

Trim Life takes a radical, proven approach to weight loss: Participants are guided through the process of discovering unhealthy eating triggers and changing them permanently. This program has helped hundreds of participants to release weight, get past plateaus, and establish healthy eating and exercise patterns for life.

Presented by:

Jenny Frank-Doggett, Founder, Tiger Mountain Counseling LLC. Jenny is a Licensed Mental Health Counselor and Advanced Clinical Hypnotherapist, and a parent at Three Cedars Waldorf School.

TRIM-LIFE® is taught only by professional therapists and medical personnel who have been trained to help people with weight issues to discover the underlying emotional eating issues that may have been plaguing them all of their lives.

For more information follow this link: [TRIM LIFE Class](#)

LIMITED SPACE AVAILABLE – Contact Jenny to sign up:

[Email Jenny Frank-Doggett](#) or call (425) 281-1407

Cost: \$399 for four powerful 2 hour classes* plus \$50 for materials

**Many insurance plans will cover a portion of your costs.*

Camps

Rite of Passage Journeys

Journeys is not your typical summer camp. Not even close! Our summer youth programs, for ages 8 to 18, help young people navigate the journey from childhood to adulthood in a supported, mentored way. Led by a team of experienced wilderness mentors, participants will safely experience the physical challenges of demanding mountain backpacking as well as the interpersonal themes of self-reliance, responsibility to self and others, group dynamics and conflict resolution. Along with the demands of physical exertion, come nighttime campfires, story-telling, stargazing and the beauty of the Pacific Northwest wilderness and beaches.



Each experience along the way opens the door for deeper self-discovery inspiring young participants to realize and claim their gifts, skills and strengths; all the while making lifelong friends and exceptional memories. riteofpassagejourneys.org

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

Sound Circle Center for Arts and Anthroposophy Announcements

Summer Series 2014, Monday – Friday

June 30 – July 4 and July 7 -11

Seattle Waldorf School

Each summer participants from around North America gather in Seattle for week-long intensives on a variety of subjects. We invite you to join us at Sound Circle this summer for our presentation of:

The Study of Man and Artistic Expressions of the Study of Man, with Anouk Tompot and Janet Lia

These fundamental lectures contain the core of Steiner's view on the psychology of the human being. He covers such topics as mental pictures and will; memory and imagination; the soul activities of thinking, feeling, and willing; the forces of sympathy and antipathy; the twelve senses; the hierarchy of forces that move the will; and much more. The lectures contained in The Study of Man are of keen interest to parents, counsellors, psychologists, and students of Steiner's philosophy.

Following the material presented in Study of Man, participants will work with the fine arts of painting, charcoal rendering and modelling, to harmonize breathing, experience renewal and imaginatively digest these rich lectures. No artistic experience is needed as building these capacities will be built naturally from the Study of Man lectures and discussions. For additional information or to register, please visit the Sound Circle [website](http://www.soundcircle.org) or, contact Kimberley Hiner, Administrator, information@soundcircle.org.

Foundation Year, September, 2014 – May 2015

Fridays 4:00pm – 9:00 pm and Saturdays 8:30 am – 3:30 pm

Seattle Waldorf School

It's only comes around every other year and in September, 2014, SCC is pleased to offer our Ninth Foundation Year. The Foundation Program in Anthroposophy provides opportunities to study and strive for personal renewal and self-transformation. Deepen your perception and self-knowledge through artistic practice and skill development. The Foundation Year can be taken as a stand-alone experience to strengthen and nourish your soul, and it also fulfills all pre-requisites if you want to enter the Waldorf Teacher Training Program at Sound Circle Center. The curriculum includes: artistic work (eurythmy, singing and music, visual arts, form drawing, clay modeling,

movement, speech, storytelling and creative writing), an introduction to basic principles of Anthroposophy, inner work/meditation, journaling as a way to reflect on one's experience in the Foundation Year, community and communication through Group Work (biography, social group processes, games etc.), introduction to human development as seen in Waldorf education, nature observation and the cycles of the year. The Foundation Year will begin in September of 2014.

We are now accepting applications for the September 2014 Foundation Year. Application deadline is **June 1, 2014**. Please visit our [website](#) for more information or to apply or, contact Kimberley Hiner, Administrator, information@soundcircle.org.

Classifieds

TCWS Family Seeking House to Rent

The Orlando family is in need of a new house to rent as of May/June. If anyone knows of a home could you please contact us either through [email](#) or phone (425-677-7612). Our budget US\$ 1600 maximum. Two bedroom works perfectly.

Thank you so much,
Tanya Orlando, Grade 1 and Apple Blossom parent

Looking for Host Family for German Waldorf Student

We are looking for a family who could host Peter, 15, to come to Seattle for a quarter or semester. Peter's parents lived in Seattle for a year in the mid 90ies when his father was a resident at Children's Hospital. Peter's mother is a Waldorf teacher and the family lives with their five children at beautiful lake Chiemsee in Bavaria. Peter loves to play basketball and his family describes him as a happy and easy-going kid. The family would certainly compensate the host family for cost of living expenses and is also open to discuss an exchange, if desired.



For further information, please contact Lisa Sturgeon at 206-364-1234 or at elisabeth.s.sturgeon@gmail.com

Wilburton Hill Neighborhood: Walk to Bus, Shopping, Medical Facilities

Rent: \$925 month

plus 1/2 utilities: gas, electric, cable (monthly); water (bimonthly); recycle (quarterly)

Sunny, bright garden level apartment in lower level of split level home. Very quiet. (Double paned windows). Completely renovated: new painted, new carpet, new flooring and toilet in bathroom. Private entrance and indoor garage parking with automatic door (remote provided). Bedroom, private full size bathroom, large family room, laundry room. Shared washer and dryer. Functional kitchenette; ideal for light cooking. Kitchenette includes a refrigerator, lots of cabinets for dishes, pots, pans, etc. Unfurnished. Storage space, and good closet space. Walking distance to Bellevue Botanical Garden, Three Cedars School, International School, Kelsey Creek Park and walking trails. Walk to bus, shopping centers, Uwajimaya, Home Depot, Total Wine, Whole Foods, Bartells, medical facilities. One mile from 405/I-90 and 520. No pets, no shares, no smokers, no drugs, no parties. Seeking individual who is clean and neat with quiet lifestyle. Occupancy for one person only. Available Jan. 5, 2014. One month Security Deposit and first and last month's rent upfront. Credit report required. For more information, please call 425-451-8470.

Submission deadline for our next newsletter is Monday, April 21, 2014.

