

May 12, 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

Early Childhood Community

Executive Director's Update

I am delighted to announce that our **program for 2014-15** is nearly finalized. Designed by our faculty and anchored in their insight into the best possible rhythm for the students, our schedule offers them well-rounded weeks and the opportunity to experience lessons at those times of day most supportive of each activity. You will receive your grade school child(ren)'s schedule in late August, along with their block rotation (for grade school students).

As our school grows, our program continues to evolve to reflect the faculty's understanding of the students' needs. We believe you will be pleased with the enhancements brought to next year's program. A complete program and staff list will be published on our website and newsletter before the beginning of the 2014-15 school year.

Early Childhood

Our Preschool and Kindergarten classes offer a half-day and full-day option, as well as aftercare until 5:30 pm. Our two-day and three-day options for your younger students in Preschool, and our five-day Kindergarten program, complemented by our after-school care program, offers our younger students a safe and nurturing environment for the duration of the school day. Our early childhood program will be in the very capable hands of our experienced teachers Amie Aylward (preschool), Laura Mason (Morning Glory Kindergarten), and Maggie Reilly (Apple Blossom Kindergarten).

Grade School

In addition to our modified World Language program presented to you a few weeks ago, we are bringing a different approach to **fine and practical arts** in grades 5 & 6, 7, and 8, where students will experience handwork, woodwork, and painting for a third of the school year each. For 11 or

12 weeks, students will be taught these subjects by experienced teachers who bring expertise and a deep love for their respective subject and for teaching. The arts are given the center stage they deserve in the upper grades, with Wednesday afternoons dedicated to engaging in these subject in depth and with focus. Our upper grades students will continue to enjoy handwork with **My Hyunh** – as will all our grade school students – while they will discover painting with **Janet Lia**. Janet brings our students over 25 years of teaching experience. A founding member of Sound Circle Teacher Training where she teaches art to Waldorf teachers, Janet teaches painting and drawing to children, teens, and adults from beginners to advanced artists in her studio, AWE Studio, Art With Everyone, www.janetlia.com. Our woodwork teacher will be announced shortly.

We are also working hard to bring a full **eurythmy** program back to our school. While eurythmy is usually a lesser known subject, it is fundamental to a full experience of Waldorf education. Sometimes called “visible music” or “visible speech”, these expressions originate with its founder, Rudolf Steiner, who described eurythmy as an “art of the soul”. We are currently interviewing excellent and promising candidates for the position of eurythmy teacher and we have great hope to renew our school culture of eurythmy excellence.

Our strings program is also undergoing a few changes. While grade 4 will continue to discover the beauty of strings instruments on their own, the upper grades – 5/6 – 8 will enjoy their strings classes together as a larger group, giving them the opportunity to learn from each other on many different levels, with an emphasis on experiencing the beauty and delight of playing music. Ukulele will continue to be offered to those students who have been playing the instrument this year.

Administration

Our offices also are undergoing significant changes, preparing for the next stage of growth and bringing some relief to our very busy administrative staff. For the longer-term, we look forward to 2015-16 when we will be working once more with a Dean of Education. While we patiently wait for this essential support of our pedagogy and faculty to return to our school, we are in the process of finalizing changes in our office staffing which we will share with you once our team is complete. For now, we are delighted to announce that **Chris Pressey** has joined our staff as the **Facilities Manager**. Chris is a well-known member of our community as the father of Kai (grade 7). Chris is a Certified Facilities Manager and a Licensed Engineer/LEED, AP Green Building Design & Construction Certified, with thirty years of experience in facilities design, repairs, and renovations, facilities operations and maintenance, and business owner.

Chris holds a Bachelor of Science, Civil Engineering from the University of Cincinnati, OH. A Project Engineer and Structural Engineer for the Bechtel Group in Ann Arbor, MI, Chris went on to found his company, Housemaster of America. Since moving to Bellevue, Chris has worked as a Civil Engineer and Project Manager for CDM Smith and was the Principal of Property Management & Investments. Chris is a board member for the Institute for Family Development in Federal Way, WA, where he shares his extensive experience as a member of the Finance and Operations Committee.

We are truly blessed to welcome Chris to our school as our Facilities Manager. In addition to his extensive experience in facilities management, Chris brings to his position a thorough understanding of financial management, capital and policy planning, and relations with regulatory agencies. A builder and ‘fixer’ of all things, his many skills will be well used! Chris looks forward to sharing his expertise and experience with us and to working closely with faculty and staff in

service of the students' needs. Please join me in extending him a warm welcome!

While we are delighted to welcome new teachers and staff in our midst, we must also bid farewell to several people who have generously contributed to our school, many of them for over a decade. We wish Rachel Tomczek a wonderful return to school, Kim Holscher inspiration for her Peace Corps' journey to Macedonia. and Gretchen Whitlatch, Jim Jack, Wendy Werner and Tokura Sensei the very best in the next phase of their professional journey.

May Faire Appreciations

On Saturday, May 3rd, we enjoyed another amazing May Faire & Garage Sale event! Despite some showers, the Three Cedars community joyously gathered together to celebrate the return of spring with festive music and dancing, delicious food and treats, children's activities, and fun for all. Through the combined efforts of many dedicated parents, this year's May Faire & Garage Sale was another huge success! Photos are available to view, download, or purchase on [Smugmug](#) (please login to the secure pages of our website to access the password).

We would like to extend appreciations to all of the parents, grandparents, extended family, and friends who participating in creating such a wonderful event! A great many parents helped provide support with planning, coordination, crafting, baking, cooking, staffing, set-up, clean-up, and photography:

Jemal Adem, Laurieann Aladin, Amer Al-Sidawi, Cameron Altaras, Shazia Alvi, Enrique Andaluz, Lisa Anderson, Briana Bennitt, John Bennitt, Carla Boon, Jason Borland, Barak Cohen, Flora Damasio, Paul David, Sophie Dolezel, Erin Dudley, Dominic Duncan, Julie Elithorp, Thamis Esteves-Mendez, Chris Fields, Eric Fowler, Rheann



Fredricks, Mary Gagliardi, Nelya Galiakbarova, Hagit Golan, Emma Goldschmidt, Marni Good, Buckley Guderian, Keaton Guderian, Mary Haller, Kristi Hartman, Andy Held, Petra Hines, Andy Hoag, Ana Huston, Kevan Huston, Ivan Kavuma, Molly Kirrene, Bernhard Klee, Martina Klee, Alex Lee, Lydia Lee, Ryan Lipson, Yadira Martinez, Alexander Muir, Asun Muir, Catherine Nanda, Nicole Nielsen, Zebiba Nur, Brian Orlando, Tanya Orlando, Beth Parker, Beverly Pressey, Ben Ralston, Laurie Rockenbeck, Javier Rodriguez, Julia Rotella, Stephanie Salazar, Anna Shatrova, Ria Simpson, Kris Solem, Sanae Stanley, Scott Stanley, Sara Suter, Clayton Tredway, Julie Tredway, Danny Uyematsu, Karen Wegehenkel, Michael Wegmann, Luz Wigzell, Mara Williams, Robbie Wright, Amanda Yuly, Johnny Zhu, and **Rose Zhu**. We would also like to thank the students who performed and volunteered, the faculty and staff, Caleah Dean, our May Queen, Leann Hopwood for providing overflow parking, Clint McCune for the fantastic music, Lesley and Walt of The Wandering Bee, and Jo Scott and our Wilburton Neighbors! *Please let the office know if we inadvertently missed your name on our lists.*

Many special thanks to **Martin Wilder** for coordinating the Garage Sale, to our May Faire coordinator, **Cris Wegmann**, and to the May Faire team, **Dashka Blyzniukova**, **Sandra Duncan**, **Jeannette Nagel**, **Jared Parker**, and **Rachel Rodriguez**.

Parent Association Meeting

Thursday, May 15 • 8:15 – 10:00 am

All parents are warmly invited to attend our upcoming Parent Association meeting! Please join us in the Buttercup Preschool room for discussion and planning of upcoming events. We hope to see you there!

Buildings & Grounds Work Party

Saturday, May 17 • 10:00 am – 2:00 pm

All families are warmly invited to join us this coming weekend for our very last Work Party & Potluck of the school year! Work Parties are open to all and are a great way to connect with other families. 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. Children are welcome!

If you are interested in becoming a garden steward, but are unable to attend the Work Party, please [email Seraphina](#). Volunteers may schedule time to work in the gardens after morning drop-off, before afternoon pick-up, and on weekends.

Volunteer Appreciation Event

Saturday, May 31 • 6:30pm

Come one, come all to an evening of fun and champagne on May 31 in Trillium Hall!

All community members of TCWS are volunteers, so the “Volunteer Appreciation” evening is for everyone. Sipping champagne while mingling, sampling luscious desserts and seeing the faculty at their light-hearted best: what a great date night! You will be invited to join in silly, funny, goofy and just plain entertaining activities and still have plenty of time to chat with those other parents you never see.

Please RSVP to the front office if you are a planner - but there will be room for last-minute spontaneous folks as well.

TCWS Yearbook

After almost seven months of loading pictures, hunting down photographers/photographs, waiting to squeeze in one last event, checking and re-checking – our school yearbook is nearly here!

The yearbook will arrive on June 2nd and be handed out by teachers in their classes in time before the end of the school year. For early childhood families, your yearbooks will be placed by your sign-in/out books prior to the last day of school.

If you have ordered a yearbook, but not yet paid for it, your yearbook will now be shipped to your home for an additional charge. Please complete the process online if you would like to order a yearbook for this school year.

Thank you so much to Jenn Miller and Karen Wegehenkel for helping with the yearbook layout!! To all the photographers who have contributed photos, your help was indispensable; thank you for taking beautiful photos and sharing your work with the yearbook and the school community! I have greatly enjoyed being the editor for the yearbook and hope each of you, who have ordered a yearbook, relish looking back through the memories from this school year.

Rachel Tomczek



EARLY CHILDHOOD NEWS

All School Community

Nettle Harvest

Since I moved to the Pacific Northwest, I have enjoyed the annual Spring harvest of stinging nettle. Thankfully the 'stingers' fall off during cooking, so the stinging nettle provides a very healthy and seasonal wild ingredient to our soup.

Additionally, the harvest provides a seasonal rite of passage. One by one each child makes the decision if they are brave enough to pick the stinging nettle. Though we use gardening gloves to protect our hands, all of the



children have accidentally encountered the painful welts that happen when one accidentally touches the plants' leaves. This year's Apple Blossom class proved to be the most brave! For the first time in my memory, each and every student bravely donned their gardening gloves and contributed at least a leaf or two to our soup (carefully avoiding all leaves with 'big holes'). We rinsed the leaves off and enjoyed eating the special stinging nettle soup at lunch. The class was so enthusiastic, we repeated our adventure the next week and had two weeks of stinging nettle soup! Then, based on the students' excitement I proposed that our class make stinging nettle tea for the Annual Spring Parade. The class enthusiastically agreed. The day before the Spring Parade, we gathered a huge bag of nettles. The next morning we rinsed the leaves and made four big pots of tea for family and friends to enjoy at our Spring Parade.

Maggie Reilly, Apple Blossom Kindergarten

COMMUNITY

All School Early Childhood

AWSNA Inform – May 2014

Read about: 'Forest Classroom' at Hartsbrook School and Teacher Education Network of AWSNA.

Local Opportunities

Bellevue Farmers Market

OPENING DAY!

Thursday, May 15 • 3 – 7 pm

Bellevue Presbyterian Church, 1717 Bellevue Way NE

Live foot-stompin' fiddle music by The Haggis Brothers

Face painting for children

Hourly drawings for market products

Fresh, local farm products direct from the hands that grew it! Organic produce, grass-fed beef, pork, chicken, eggs, cheese, artisan breads, flowers, honey, jam, and more!

SATURDAY MARKET OPENS

June 7 • 10 am – 3 pm

Compass Plaza, 550 106th Avenue NE

FREE PARKING at Barnes & Noble with Market validation

www.bellevuefarmersmarket.org

Creating Community and Personal Growth through Biography and Social Art

A book reading and talk by Chris and Signe Schaefer

Friday, May 16 • 7:30 – 9:00 pm

Bright Water School • 1501 10th Ave E, Seattle

Saturday, May 17 • 10:00 – 11:30 am

Trillium Hall, Three Cedars Waldorf School • 556 124th Ave NE, Bellevue, WA

Massachusetts authors Signe Eklund Schaefer and Christopher Schaefer will read from their new books: **Why on Earth: Biography and the Practice of Human Becoming** (by Signe) and **Partners of Hope** (by Chris.) Together they will weave ideas for shaping community and our personal lives in these challenging times. They will bring insight into how our biography informs our future and how to shape the organizations we work within to make our lives more joyful and efficient. Chris is known internationally for his work with organization development, and has consulted with over 50 Waldorf schools in North America. For many years Signe was Director of the Foundation Studies at Sunbridge College and she founded the Biography and Social Art program there. That program, now being offered by the Center for Biography and Social Art is in its sixth 3-year cycle. In their retirement, Chris and Signe have been helping the developing Waldorf movement in China.

Copies of these books will be available for sale and for signing. For more info, please go to: www.facebook.com/AnthroposophyInSeattle or contact [Polly Sanford](#) at 206.323.4640. The Seattle Branch of the Anthroposophical Society will be hosting these events and there will be no charge.

Please click [here](#) for flyer.

Create YOUR Health, Reach your Freedom

Presented by Verne Varona, Internationally recognized health educator

Friday, June 6, 2014 • 6:00 pm – Saturday, June 7, 2014 • 5:30 pm • Mercer Island

Join us for an unforgettable and life-changing event on understanding the nuts and bolts behind creating your personal model of health. Become the CEO of Your Health with the tools that will be given to you.

In this interactive presentation learn how to control and **eliminate sugar cravings, how to stop overeating and binging, and how to maximize your digestion and absorption to create excellent health.**

Bottom line – Learn how to fuel your dreams and goals using excellent nutrition.

Click [here](#) for flyer.

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.

Summer Camp in July at Forget-Me-Not Preschool

Forget-Me-Not Preschool in Kirkland is offering a Summer Camp in July for three weeks (Tuesdays through Thursdays) for children 3, 4 and 5 years old.

A Summer Camp schedule includes free indoor play time, artistic activities, organic snacks, games, outdoor play/walks in the woods, warm home cooked lunches, play with water and sand, puppetry, shaved ice, and more!

Week 1: Tuesday, July 8 – Thursday, July 10

Week 2: Tuesday, July 15 – Thursday, July 17

Week 3: Tuesday, July 22 – Thursday, July 24

Time: 9 am – 1 pm

Cost: \$40 per day. You can choose 1, 2 or 3 days.

Space is limited to availability, first come first served (no more than 6 children per day). Please call Tanya 425-949-7091 or email for more details and registration.

Summer Art and Dance Camp in Bellevue – Register today!



LaVida Studio is conveniently located in Bellevue and will offer an exclusive one of a kind full-day camp, with the half-day each in Art and Dance.

Age groups: 5-7yo – limit of 10 students; 8-12yo – limit of 12 students.

July 14 – July 18 • 9:00 am – 4:00 pm • 5 day event

July 21 – July 25 • 9:00 am – 4:00 pm • 5 day event

Early drop-off 8 am and late pick-up 6 pm are available.

During the Art part children will be introduced to animation and a variety of materials and techniques in drawing, painting, and sculpture. The fascinating camp develops creative thinking, improvisation and refines motor skills, necessary and applicable in all aspects of life. As an outcome children will produce at least two art projects per day which they can then take home! During the Dance part children will learn hip-hop and freestyle dancing to fun contemporary bits they enjoy and develop choreography based on their personal skill level. We will also practice stretching, yoga and relaxation; helping kids develop self-control and learn more about quiet-time techniques.

While your child will be having a blast at the dance and yoga class, he/she will gain important skills such as:

- listening more effectively
- increasing attention span
- gaining positive social interactions
- improving large and small motor skills
- increasing a child's coordination and flexibility
- learning to deal with stress

On the last day of the camp parents will be invited to see the children perform their dance number!

Early Bird Registration ends June 15th.

FAQ: My son really wants to attend your summer camp. Will there be boys?

Answer: YES. No doubt they will all have fun.

FAQ: If I register for both weeks, will information be the same or different from week to week?

Answer: Different. We have few children that registered for both weeks.

Where: LaVida Dance & Yoga Studio (1.5 miles from Three Cedars)
13620 NE 20th Street, 2nd Floor, Bellevue WA 98005

For more information and register online visit www.LaVidaStudio.com , call 425-643-LIFE (5433) or email info@lavidastudio.com!

Sound Circle News

Summer Courses to Rekindle the Flame

In Arts and Anthroposophy and Teaching

Courses and workshops in Professional Development and Continuing Education

Monday, June 30 – Friday, July 4 and Monday, July 7 – Friday July 11, 2014

Each summer participants from around North America gather in Seattle for week-long intensives on a variety of subjects. In renewing and inspiring lessons, teachers prepare themselves for the coming year along with colleagues and friends in a relaxed, festive and supportive atmosphere.

Our Summer Series courses and workshops are designed for current, new, or prospective Waldorf teachers and anyone looking to learn or deepen their knowledge about Anthroposophy.

Every Sound Circle Center Summer Series workshop or course begins with singing followed by instruction and discussion of The Study of Man followed by an afternoon workshop of your choice. All of Sound Circle's courses and workshops include daily artistic activities such as painting, drawing, sculpture, and movement, all in a warm and collegial atmosphere.

Click [here](#) for more information from Sound Circle.

Classifieds

Jubilee Farm CSA

Jubilee Biodynamic Farm invites you to join our summer CSA (consumer supported agriculture) session beginning June 17th. A family box is only \$45/week for the 20 week session delivered to a local 'depot' or picked up at the farm. Join us in making the connections between good food, our families' health, and fields in good tilth.

If you pick up your box at the farm you can get a running start on the week by washing & prepping your fresh veggies in our new *Cascading Kitchen*.

If five families order shares we can deliver to your school or a nearby home. [Sign up](#) while there are still available shares.

August Farm CSA

August Farm is a small, pasture based, diversified livestock farm. We are located on the Chehalis River in Independence Valley – 30 miles south of Olympia, Washington. We raise pastured chickens, whey-fed pigs, grass-fed lamb. All of our animals are humanely-raised seasonally outdoors, processed on-farm and sold directly to customers. We offer a convenient Chicken CSA program, whey fed pork, grass fed lamb. Go to our website for more information or to place an order. www.august-farm.com

Local Photographer

Heidi Leonard Photography is a natural light, on-location children's portrait photography studio based in Bellevue. We would love to offer \$75 off your family portrait session fee booked before October 1, 2014.

heidileonardphotography.com | (206) 854-0833 | heidi@heidileonardphotography.com

Submission deadline for our next newsletter is Monday, May 19, 2014.

