

Waldorf News

Three Cedars Waldorf School

November 18, 2011

Dear Three Cedars Parents, Guardians, Friends, and Relatives,
Please enjoy this issue of the Waldorf News.

ALL-SCHOOL NEWS

Admissions Updates

THREE CEDARS SIBLING APPLICATION DEADLINE FOR 2012-2013

December 8, 2011 is the Application deadline for families who wish to send **siblings of students** currently enrolled at Three Cedars, or children currently or recently enrolled in Three Cedars **Parent-Tot playgrounds**, to our school next September. To receive priority sibling consideration, please submit your **application packet**, including all supplemental documentation and processing fee to the school office, Attention Admissions, by December 8, 2011.

NEW RE-ENROLLMENT/RECOMMITMENT PROCESS

Believe it or not, re-enrollment season is right around the corner for TCWS families! Information regarding updates and changes to our re-enrollment process will be published in upcoming newsletters. For now, please be sure to note that **Feb 1 & 2, 2012 are RECOMMITMENT DAYS FOR ALL FAMILIES. This is the deadline for all re-enrolling families** to sign contracts, complete student file paperwork, and give deposits for 2012-2013 school year. Stay tuned for further instructions and details!

~Seraphina Orzel, Director of Admissions

End of Year Assembly Date Change

Please note that our End of Year Sharing Assembly date has changed to **Friday, May 18, 2011**.

Our Mid-Year Sharing Assembly date will take place on **Friday, February 3, 2011**.

Lantern Walk Appreciation

At 6:00 p.m., we began, with a social gathering of drinking hot apple cider and joining together around the fires lighting up the night in the Plaza. At 6:20 p.m. a bell rang and Forget-Me-Not Preschool, and Morning Glory, and Morning Star families met in the Morning Glory Kindergarten to see a puppet show presented by Miss Laura, Miss Maggie, Mr. Ron and Miss Amie while Grades 1 and 2 gathered in the first grade room for a St. Martin story by Mr. Zabel. After the story, the lanterns were handed out and each one of us kindled our own flame in our lanterns and began our walk along the pathway lit with fairy candles through the woods. Lantern songs were sung or we walked quietly keeping a reverent mood as we saw the stars shining above. The illumined pathway brought us to the parking lot where we waved goodbye and inwardly reflected on this lovely festival of light.

These people graciously helped with the Lantern Walk and we are grateful to them:

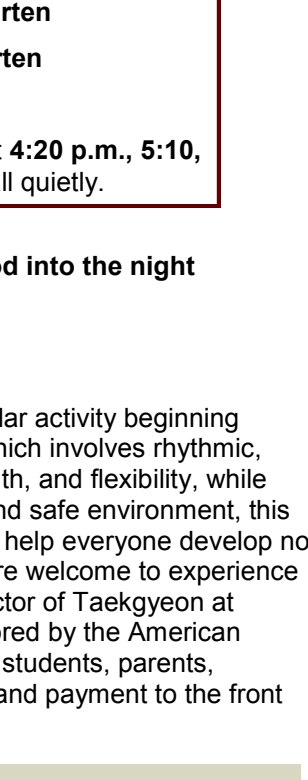
Tom and Veronica Eagle, Patrick Hinton, Kimberly Johnston, Jim Jack, John Kelly, Colin Aylward, Yadira Martinez, with these special festival singers bringing traditional Waldorf lantern songs along the pathway: Maria Crum, Caleah Dean, SaraMae Kline, Karen Knighton, Anne and Rachel Mason, and Jaimie Sears.

Thank you from all of us on the Faculty Festivals Team.

Winter Garden of Light

Our Winter Garden of Light is a pathway to guide us in experiencing gratitude for the earth's gifts and compassion and love for all of life. This lovely festival of light is a time for the human spirit to gather warmth and light. We honor several traditions, and create our own, by participating in walking the spiral for the kindergarten and grade school's walk. A Winter Garden poem is told for the kindergartners with gentle harp music filling the room with calmness. One by one each child will journey through the garden path, spiraling into the center to receive light for their candle and place their light along the path of the spiral. As the light grows, a warming experience reaches the quiet depths of their souls and a feeling of reverence for all of life arises.

For the children, the Winter Garden is a living symbol of this truth of touching the light within. The weeks leading to the winter solstice, the darkest day of the year, is a time of inner searching. The days grow shorter and darker, the colorful abundance of plant life from the summer has become tiny, hard-dry seeds, and the earth seems to fall asleep under a protective mantle of snow and frost. Yet, the human being at this time can experience a renaissance of inner thought activity and deep reflection.



Families are invited to Our Winter Garden of Light in Trillium Hall
Children wear close fitting clothes, pants or short skirts with long hair tied back

Please Bring evergreen boughs (any size) or evergreen garlands
November 28th to December 1st to the entrance of Trillium Hall foyer doors

Items from the mineral, plant, and animal kingdoms
(crystals, seashells, feathers, winter berries, etc.)
decorate the spiral and can be delivered to the front office.

Thursday, December 1st, 6:30 - 8:00 p.m.

Grades 6, 7 and 8 and any adults from our community who wish to walk the spiral. If you plan to come, please RSVP by Tuesday, November 29th to the front office, 425-401-9874.

Friday, December 2nd
4:30 p.m. - Grades 2 & 3
5:45 p.m. - Grades 4 & 5

Families are invited and encouraged to come and watch.

Saturday, December 3rd
4:30 p.m. - Morning Glory Kindergarten
5:15 p.m. - Morning Star Kindergarten

6:00 p.m. - Grade 1
Families are invited and encouraged to come and watch at **4:20 p.m., 5:10, and 5:50 p.m. respectively** and enter Trillium Hall quietly.

Please enter and leave quietly carrying the warm mood into the night
This is a Photo Free Festival

Taekyeon at TCWS!

Three Cedars is happy to be offering this after school, extra-curricular activity beginning **November 9th at 3:30 p.m.** Taekyeon is a soft-style martial art, which involves rhythmic, flowing movements and is wonderful for developing balance, strength, and flexibility, while having fun and exercising. Taught and practiced in a cooperative and safe environment, this class is open to students of all abilities. Our program is designed to help everyone develop no matter their starting point. **Adults and students of Grades 6 – 8** are welcome to experience Taekyeon with Ms. Kathy Davis, 1st Degree Black Belt and Instructor of Taekyeon at TCWS on **Wednesdays** starting at **3:30 pm** in Trillium Hall, sponsored by the American Taekyeon Association. Check-in will begin at 3:20 pm. Interested students, parents, teachers, and staff are asked to bring completed registration form and payment to the front office.

Waldorf Today

This article courtesy of Waldorf Today, an online publication available weekly.

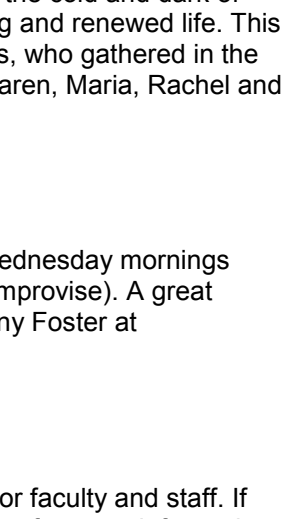
Daily Rhythm at Home and its Lifelong Relevance by Helle Heckmann

There is an additional aspect I would like to draw attention to for the after-kindergarten time you have with your children. If you take your children from class to class or entrust them to the media in its different varieties you have less time with them. Children are small for very short time. At present, you may be thinking it is a long time to go but, in no time you will see it went so fast. By letting your child to engage in his own play while you are around doing your own chores, and being really present in those breathing-in situations, you build trust between your child and you. And this trust will be important when they get a little older and get into pre-puberty and puberty because with this, they will come to you when they have problems and listen to you when you tell them what and what not to do. But they will only do it if they trust you, if you have been there for them. And that is why the first seven years of children are so important, because their whole trust, their believing that the world is good, is the basis of their future lives. [More »](#)

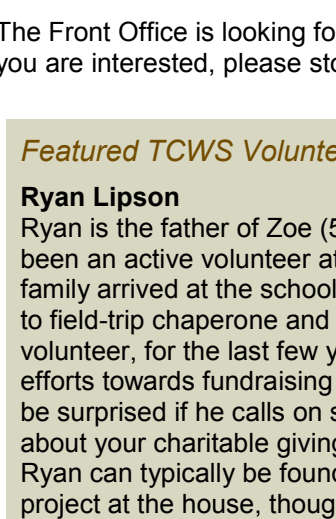
MIDDLE SCHOOL NEWS

Drumming Field Trip - Grade Eight

On November 2nd and 9th, the TCWS Eighth Grade visited Seattle Waldorf High School for two drumming workshops. SWHS is fortunate to have long time drummer Gordy Ryan, who has worked with the likes of Carlos Santana, on their staff. Gordy's warmth, and extensive knowledge of the culture associated with each drum, drew our students immediately in to the class. With only two sessions, Gordy brought several rhythms and created a musical experience not often achieved so quickly. We are grateful to SWHS for this invitation and for the hospitality with which we were so well received!



Lolly Rogers - 8th Grade teacher

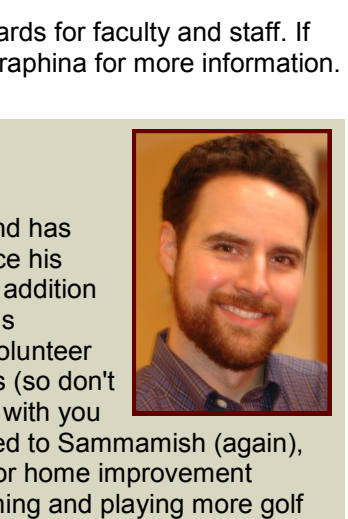


It was really fun! Mr. Ryan was very cool, talented, and in tune with drumming.

~Keaton

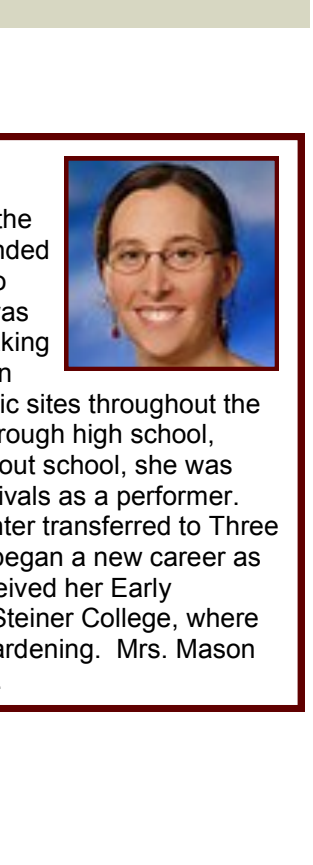
I really enjoyed drumming with Mr. Ryan. I completely thought it was cool!

~Kelly



Geography of Asia - Grade Seven

By the end of the 8 grade journey to high school, Waldorf students will have visited all the continents of the world. Starting with local geography in the 4th grade, and moving to United States geography in the 5th, students will traverse the continents of the world in the final three grades according to cultural and historical threads that link the continents to the historical journey the students are also making.



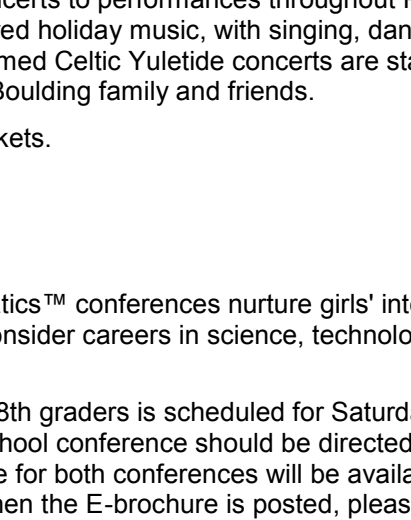
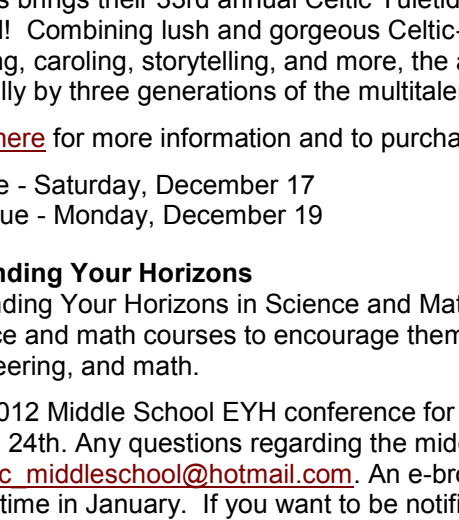
In the 7th grade, the voyages of the great 15th and 16th century sea-farers in search of the Spice Islands are a core historical topic. It is illuminating to predate these new ways of travel, by going back to the 13th century, and visiting the countries that lie along the silk route, the ancient land route from Europe to China and the Far East.

The 7th grade heard excerpts from one of the world's greatest travel writers and adventurers, and read a students' account of his book, Marco Polo – The Travels as they followed his 13th century journey from Istanbul, Turkey to Beijing, China, with detours into Iraq, Iran, and Afghanistan and back by sea route through the Spice Islands. The class also visited Russia learning of its vastness and rich culture. Tibet, the 'roof of the world' and its spiritual culture came next and it was amazing to see how so many great rivers from the Ganges to the Yangtze flow down from its snow fields and glaciers and sustain most of Asia.

When first teaching the geography of Asia in the early 1980's, China was still a secretive and hidden world. Today, as we all know, its role has utterly changed, yet its history and amazing accomplishments live on from 4000 BC to the present, including the only human artifact visible from space – the Great Wall of China. As the students heard and saw, it is also a land of amazing wildlife and beauty.

Along our journey, the plants and animals of different countries were integral to each country studied. The students loved to hear about exotic and unusual creatures such as the two humped camels from Mongolia, the Siberian tiger, yaks in Tibet, the giant pandas of China, and Marco Polo's discovery of the unicorn as a creature with very thick legs that liked the mud. As cultural enrichment, music from Russia, China, and Japan was learned and played in our daily recorder ensemble. We also learned a Russian troika dance, to be incorporated into our class play, to be performed in March 2012.

Michael Preston - 7th Grade teacher



LOWER GRADES NEWS

Grade 4 Class Play

Grade 4 wowed the school community with their performance of "Loki and his Children" on Thursday, November 17 and Friday, November 18. Be sure to watch for pictures in the next issue of the TCWS Newsletter!

EARLY CHILDHOOD NEWS

The Lantern Walk Festival in the Kindergarten

The preparations for the Lantern Walk began several weeks prior to the festival. The kindergarten teachers bring a special movement circle to the children that teaches the lantern songs as well as gives the imagination of gnomes taking the living seeds down below to safely sleep until the springtime sun awakens them to grow. The construction of the lanterns is a project that spans many weeks. We patiently glue a layer of fine crafted paper onto an inflated balloon, and wait for it to dry before adding more layers. The eighth grade comes to help out and their aid is welcomed. It is wonderful to see the oldest and youngest students working together, the eldest gently guiding with the youngest helping with looks of awe. The popping of the balloons after they are dry and the emergence of the completed lantern shells is always eagerly awaited by the children. Then we add a handle and candles and they are done! These lanterns are constructed sturdily enough for the children to use several years. Please take care of your child's lantern so they can use it next year.

Bright kindergarten bonfires welcomed the parents and children on the evening of the Lantern Walk festival. After some social time and a cup of hot cider it was time to go inside for a puppet play presented by the kindergarten teachers. On the walk the lanterns carried by the children glowed brightly despite the wind and misting rain. As we wound our way around the campus and through the woods we encountered kindred spirits singing away the darkness and cold. These are the hallmarks of our traditional lantern walk. We stride into the night en masse with song and light to signify our intent to maintain our light into the cold and dark of winter, anticipating the returning light that heralds the coming of spring and renewed life. This year we had an added gift from some Waldorf grade school graduates, who gathered in the woods and sang for us. A special thanks to Anne, Caleah, Jaimie, Karen, Maria, Rachel and SaraMae for adding to the magic of the evening.

VOLUNTEER AT THREE CEDARS

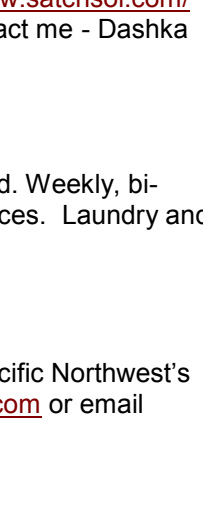
First Grade needs a pianist for its 1st grade Eurythmy lesson - Wednesday mornings from 8:30 to 9:00 am. (Must be able to sight read simple pieces and improvise). A great opportunity to see Eurythmy in action! Contact Eurythmy teacher Jenny Foster at jfoster@threecedars.org.

Office Volunteer Requested

The Front Office is looking for a volunteer to purchase holiday cards for faculty and staff. If you are interested, please stop by the office to see Robyn or Seraphina for more information.

Featured TCWS Volunteer

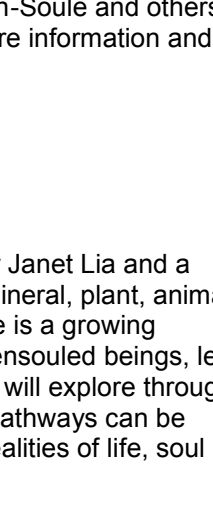
Ryan Lipson is the father of Zoe (5th grade) and Finley (1st grade) and has been an active volunteer at Three Cedars Waldorf School since his family arrived at the school for the 2006-2007 school year. In addition to field-trip chaperone and the occasional building and grounds volunteer, for the last few years he has focused much of his volunteer efforts towards fundraising and development for Three Cedars (so don't be surprised if he calls on some weekday evening to check in with you about your charitable giving plans). Having just recently moved to Sammamish (again), Ryan can typically be found doing some sort of maintenance or home improvement project at the house, though he'd like to be doing more swimming and playing more golf and tennis. Ryan looks forward to the continued success of Three Cedars Waldorf School now and into the future.



BIOGRAPHIES

Morning Glory Kindergarten - Laura Mason

Mrs. Mason was born in Kirkland Washington and was raised in the then rural, North Rose Hill neighborhood. Her house was surrounded by horse pastures, open fields and woods where she and her two sisters spent long hours playing. Her favorite place in the yard was the dirt pile where she spent many hours digging tunnels and making mud pies. Childhood vacations were spent hiking and camping in the Cascades as well as taking road trips to museums and historic sites throughout the country. Mrs. Mason attended local schools from kindergarten through high school, graduating with several of her kindergarten classmates. Throughout school, she was involved in vocal music programs and loved attending music festivals as a performer. Mrs. Mason discovered Waldorf Education when her elder daughter transferred to Three Cedars Waldorf School, and then Preschool. The following fall she began a new career as first a preschool assistant, in the first Preschool teacher. She received her Early Childhood In-Service Teacher Training certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed love for gardening. Mrs. Mason now teaches kindergarten in the Morning Glory class since 2000.



COMMUNITY ANNOUNCEMENTS

This section provided as a free service to the TCWS community.

TCWS Student in PNB Nutcracker

Grade 7 student, Shoshana Groff, will be a Tall Mom in this year's performance of the Nutcracker by the Pacific Northwest Ballet. Her mom, Jennifer Parker, was able to set up a group sales account for discounted tickets. Please email her for more information, including the dates of Shoshana's performances. What a wonderful opportunity to support such a talented community member!

Upcoming Community Events

Ultimate Frisbee

Ultimate Frisbee has resumed under the leadership of Coach David Hasbrook, a TCWS parent. Please note that practices will be held on **Thursdays this year, from 2:00 p.m. - 3:30 p.m.** at Wilburton Park. All experience levels are welcome!

Holiday Haircuts with William and Petra!

Holiday Haircuts with William and Petra!

Sunday, December 4, 2011

9 a.m. - 8 p.m.

Make your appointment now with GEM Salon at 425.822.2990! The fee is \$50 per appointment and all proceeds from each service will benefit Three Cedars. Children's cuts will be prioritized, but adults will also be scheduled as spaces are available.

Petra and William are parents at Three Cedars and one of the Seattle area's top hair styling teams! Their product business, GEM Salon at Carillon Point, will also donate the salon's profit from any product sales on this day!

There are 20 appointments available—help us to reach our goal of raising \$1,000 for Three Cedars Waldorf School and get a top notch haircut in time for the holidays!

Upcoming Events

Solstice Bus Trip - Saturday December 17th, 2011

This all day excursion on a luxury bus takes you, your family and friends on a magical journey to snowy play lands and Leavenworth. Sponsored by the Goodenough Community and hosted by Irene Perler, you will enjoy snow play, shopping and walking the holiday festooned streets of the Bavarian style village in Leavenworth, take a sleigh ride with draft horses, enjoy a festive hot supper and join in a worldwide tradition of calling back the sun! All expenses included in ticket price: \$80 adults, \$70 youth and \$50 child. A memorable time for over 20 years, please contact Irene Perler, alumni TCWS faculty, at irene_perler@hotmail.com for more information or stop by the Front Desk for flyers. Click [here](#) to access the flyer online.

Magical Strings - Celtic Yuletide

Join in a celebration three decades in the making, as the Celtic family ensemble Magical Strings brings their 33rd annual Celtic Yuletide Concerts to performances throughout Puget Sound! Combining lush and gorgeous Celtic-flavored holiday music, with singing, dancing, juggling, caroling, storytelling, and more, the acclaimed Celtic Yuletide concerts are staged annually by three generations of the multitaleanted Boulding family and friends.

Click [here](#) for more information and to purchase tickets.

Seattle - Monday, December 17

Bellevue - Monday, December 19

Expanding Your Horizons

Expanding Your Horizons in Science and Mathematics™ conferences nurture girls' interest in science and math courses to encourage them to consider careers in science, technology, engineering, and math.

The 2012 Middle School EYH conference for 6th - 8th graders is scheduled for Saturday, March 24th. Any questions regarding the middle school conference should be directed to evnhbcc_middleschool@hotmail.com. An e-brochure for both conferences will be available some time in January. If you want to be notified when the E-brochure is posted, please send an e-mail to the address listed above.

Classifieds

SIGN-UP for Parent-Tot Classes Starting January 2012!

"An oasis for parents with young children"

When: January-March, 2012 (choose from Tue, Wed, Thu or S at mornings, 9:30 a.m. to 11:30 a.m.)

Where: home-based program at Simplicity Learning Center in the Lake Hills Neighborhood of Bellevue

Who: Mama Jackie and Mama Briana

Cost: sliding scale, \$340-\$420 per quarter, per family

Each group (6 families maximum per morning) will explore the basics of Simplicity Parenting™ in ten weekly classes over eleven weeks. Enjoy each unushed morning rhythm of outdoor play – rain or shine -- with water, sand, and mud ** natural handwork and crafting projects for parents ** organic, whole foods, teatime snack ** transitional songs and verses ** discipline with heart ** connections with other "simplicity" families! Visit www.simplicitylearningcenter.com for [brochure/registration form](#) or call 425.614.0145 for more information.

TCWS Alum Offers Violin Lessons - New Fall Openings!

Hi, I am Maria Crum (Class of 2009) and I aspire to be a music education major in college. In the Fall of 2010, I started giving private violin lessons to some TCWS 5th grade violin students with guidance from my mentor, Judy Beatle. I currently have 1-2 openings for new students. Students come to my house in Bellevue, (Lake Hills area) for weekly lessons on Saturdays. My current rate is \$15/45 minutes or \$20/hour. Please contact me by phone at 425.746.0416 or by email at magicalmusician@gmail.com (kindly type "violin lessons" in the subject line). If you're interested, act fast because slots go quickly! Private lessons are a superb way to get individual instruction and specific needs met while also adding a wonderful bonus to the school strings program.

Silly Creatures

SillyCreatures.com is a local company that started from characters created by a Three Cedars kindergarten offering organic and eco-friendly educational plush toys. From now until the end of the year, SillyCreatures.com is kindly offering a 10% discount on orders by Three Cedars school community and their friends and family. SillyCreatures.com will also donate 10% of these sales to Three Cedars. To shop online, go to SillyCreatures.com and be sure to enter offer code is **3CEDARSW** at checkout. The shipping fee will be waived through the end of the year, as well.

Flowering Child

To celebrate the Holiday Season, FloweringChild.com is sponsoring our school. From November 1, 2011, through January 1, 2012, FloweringChild will donate 10% of all revenue generated by our community to the school.

FloweringChild.com is an online store for very soft wool and silk undergarments for children. The products assist with the maintenance of body temperature and minimization of skin irritation. This is especially useful when children play outside – they can play and sweat, but still stay warm and dry. The undergarments are organic, fair-trade produced, and machine washable.

Click [here](#) for flyer.

Satch and Sol Woolen Slippers

Cold days are coming and it is nice to have a pair of wonderful woolen slippers from Satch and Sol. They are having great discounts for groups and schools http://www.satchsol.com/blog/2008_07_01_archive.html If you wish to purchase some, please contact me - Dashka until Nov 10th with the details of your order (style, size, quantity) at Dashka.zamarashka@gmail.com so we can make a group purchase.

Housekeeper Available

Eco-friendly, reliable, trustworthy house cleaning. Thorough, detail-oriented. Weekly, bi-weekly, monthly, one-time, move-in/move-out, seasonal. Excellent references. Laundry and ironing available upon request. Contact Marie Gizard at 206-735-7912 or mariegizard@gmail.com

Lazure Painting

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

Sound Circle Offerings

Sound Circle's fall newsletter with articles and information about Sound Circle Center is available [online](#).

Family Foundations

November 12 (last chance to join the course)

This inspiring and supportive parenting course is being offered one Saturday a month from 9:00-2:00. The day consists of three classes—Developmental Dynamics, with Susanna Reynolds, Painting, with Flora McEachern for an artistic experience of the content being covered and Child Development with Johanna Steegmans, Holly Koteen-Soule and others, and a session for parents to share concerns and ask questions. For more information and an account by a participant, click [here](#).

Looking with New Eyes: Nature and the Human Being

Elan Leibner with Barry and Janet Lia
2 More Saturdays: November 12th and 19th, 9:00-12:00

Elan Leibner leads this series of workshops with sessions in painting by Janet Lia and a lecture by Barry Lia on plant morphology. The workshops will explore mineral, plant, animal and human phenomena with an eye towards new ways of seeing. There is a growing awareness that the traditional scientific, mechanistic view of living and ensouled beings, let alone human existence, has led us down a dead-end road. Participants will explore through observation exercises, artistic activities, and lectures/discussions how pathways can be opened towards a way of knowing the world that can do justice to the realities of life, soul existence and spiritual potential.

Course fee: \$45 per day. Held at Seattle Waldorf School, 2728 NE 100th St., Seattle (8th grade classroom)

Moving into Light and Color

with Robyn Jones and Andrea Preiss

December 9th, 6:30-9:30 and December 10th, 9:00-2:00

Using the patient/practitioner interaction as the basis for collaboration, participants will explore how the physical body, soul, and spirit interact in health and illness. By experiencing the creative process through singing, clay modeling, movement, painting, storytelling, study, and meditation exercises, participants will explore the modern relevance of indications given by Rudolf Steiner through Spiritual Science.

\$225 pre-registered, \$250 at the door (checks only)
Held at Seattle Waldorf School, 2728 NE 100th St., Seattle (1st grade classroom, downstairs)

The Waldorf News is published every two weeks during the school year. Please email submissions to newsletter@threecedars.org. The deadline for the next newsletter is Friday, November 25.

Three Cedars Waldorf School

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