

February 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](#) [Grades](#) [Early Childhood](#) [Fundraising](#) [Volunteer](#) [Bios](#) [Community](#)

Mochi Tsuki

I was on recess duty when I heard Mr. Sugiyama's unforgettable voice echoing through the campus as he cheered on Mochi pounders! I looked around the corner to catch a glimpse of the Mochi Tsuki group. I knew my class would be out there in a matter of minutes and I was excited for them. Growing up with a Japanese mom, I have wonderful memories of eating homemade Mochi on New Year's Day. However, my mother used a Mochi machine, not a large mallet and stone bowl, to make her delicious Mochi.

The third graders lined up in happy anticipation: it was time. Tokura Sensei led them in a "Mochi Tsuki" hand clapping game. Then, they greeted the ever charismatic Mr. Sugiyama. He had them circle around

and watch as eighth graders began mashing and pounding the steaming rice with hand-hewn mallets. “This is such a gift,” I thought to myself as I looked around at the smiling children’s faces, steam rising up from the wooden rice trays behind them. The third graders had their chance to pound away at the Mochi which went from course to smooth and sticky. How delighted they were to roll the Mochi into balls afterward. As we headed back to the classroom with our little warm treasures, I couldn’t help but marvel at how much it took to make just one Mochi ball. We reflected on this together as a class right before we declared “itadakimasu” (standard Japanese equivalent of “bon appetite”) and bit into the soft Mochi made only minutes before. “I love Mochi,” was heard many times in our classroom that morning. There is nothing like warm Mochi on a cold January day.



Thank you to Tokura Sensei, Lin Sensei, Mr. Sugiyama, and all of the parent volunteers who helped make this happen for our children – it was a magical day!

—Mary Spurgin, Grade 3 Teacher

Parents are invited to view more photos from Mochi Tsuki on the school’s password protected SmugMug photo sharing site. Please see the SmugMug section in the [Parent Portal](#) for login information. Contact the front office if you need any assistance.

ALL SCHOOL NEWS

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Financial Aid – Important Update

Financial Aid season is here. Thank you to those parents who have already sent their Financial Aid applications to our business office.

Instructions for financial aid can be confusing. Please see below for two important clarifications:

Deadline for submitting the application. Many people will not have their 2013 Income Tax returns filed by February 6th, which is why we accept your income tax documents until April 15th. If your Parent Financial Statement (PFS) and all other applicable supporting documents are received by SSS by February 6th, your application will be considered as being on time and will not be subject to a late fee.

Required documentation. The Financial Aid [New Applicant](#) and [Returning Applicant](#) forms, viewable and downloadable on the webpage outline the correct and complete list of required documentation which includes 2 months current paystubs.

Grade School Sharing Assembly

The Elementary Sharing Assembly was held on Friday, January 31. It was a fun-filled evening, full of poetry, dancing, and songs, with rhythmic pieces showing up throughout the performances.

Strings Ensemble opened the evening with a piece titled, *Bio Rhythms*, a mix of music, clapping, stomping, and vocal rhythms, followed by an excerpt of *Capriol Suite*. We were treated to a glimpse at what the younger grades have been doing in class, while Grades 4-6 gave us a sneak peek from their upcoming class plays. The ukulele group entertained us with a campfire skit featuring some favorite, fun tunes. Strings students in Grades 4 and 5 showed off their burgeoning skills with *Jingle Bells* and *At the Grasshopper Ball*. Grade 7 offered a tribute to Nelson Mandela, the middle school students sang the South African Anthem, and Grade 8 performed a rhythmic, hand clapping skit. The entire student body closed the evening with a Peace Round.

We'd like to thank our volunteer photographers, Karen Wegehenkel and Paul David. Photos will be uploaded to our SmugMug site for parents to view. Watch for an announcement in an upcoming newsletter!

TCWS Eighth Grader Selected for Washington State Senate Page Program

We are pleased to announce that Grade 8 student, Alex Wilder, has been selected as a page for the Washington State Senate. She will serve for one week at the Capitol in Olympia.

Pages assist Senate members and staff with their important legislative work. For six of the eight hours they are on the job each day, they carry messages, run errands, and deliver materials, among other duties. During the remaining two hours, they are in Page School where they learn about the Legislature and the political process. Students complete several assignments, which we have carefully designed to meet a number of state standards (EARLs and GLEs) in language arts and social studies. These include research, writing, reading, and public speaking skills, in addition to some math skills.

Lost & Found

Once again, our Lost & Found bin is overflowing! Parents are encouraged to check the bin, located in the open hallway between the Front Office and the Business Office, on a regular basis. Items in the bin will be sorted during Mid-Winter Break, and any unlabeled items will be taken to Goodwill or a consignment shop. **Please be sure to check for any missing items by Wednesday, February 12!** A parent volunteer will sort through the items and return anything that includes a name to the school.

Many Thanks

We would like to extend a heart-felt thank you to **Jeanette Nagel and Dashka Blyzniukova** for updating our bulletin boards outside the office. Jeanette donated the lovely fabric used as the backing for the bulletin boards, and Jeanette and Dashka spent part of an afternoon this past week removing the old backing, tacking up the new backing, and making the bulletin boards look beautiful. Thank you, Jeannette and Dashka!

2014 Spring Concert

We are delighted to announce our **2014 Spring Concert on Saturday, March 29th, in Trillium Hall**. Tickets to our Spring Concert were in years past sold at the school auction. Last year, we did things a little differently – the concert was the highlight of the evening and it featured a small, silent auction. It was such a success that we're doing it again!

Judy Beatie, Lauren Root, Heidi Person, Rick Saada, and their guests will be performing a wide range of music. Our evening will be as fun for the audience as for the performers, with some fun surprises!

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 a Dessert

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.

Volunteer

We need 8 to 10 volunteers to run the event smoothly. Volunteering tasks are simple and not very time-consuming. For information about what to volunteer for, 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!

Give Childhood Back to Children

If we want our offspring to have happy, productive and moral lives, we must allow more time for play, not less.

Because students spend nearly all of their time studying, they have little opportunity to be creative or discover their own passions.

Excerpt from article: The most important skills that children

everywhere must learn in order to live happy, productive, moral lives are skills that cannot be taught in school. Such skills cannot be taught at all. They are learned and practised by children in play. These include the abilities to think creatively, to get along with other people and cooperate effectively, and to control their own impulses and emotions.

Please click [here](#) to read this article in its entirety.



Education with Hands, Hearts and Heads: Satish Kumar at TEDxWhitechapel

Is Waldorf education old-fashioned, or is it cutting-edge? Satish Kumar's call for a new type of education – hands, heart, and heads. Since 1919 Waldorf schools have shown what is possible.

Click [here](#) to watch the video on YouTube.

GRADE SCHOOL NEWS

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Medieval Trading Market

The sixth grade created a medieval trading market, where master jewelers, candlemakers, armorers and potters plied their trade. The food market was especially popular, and everyone went away satisfied.



EARLY CHILDHOOD NEWS

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Buttercup Worms!

One of the Buttercup Preschool children's favorite activities when we go into "the little backwoods" is ... WORMS!!!! Each day after we have travelled on our train two by two and each child has climbed through Mousie Hole being oh-so-quiet so as

not to awaken the cat, the gate opens and the children scurry as fast as they can to the stumps. They work at tipping each stump over in the hope of finding worms. Some days they find big worms and other days they only find little baby worms that are much too tiny to be picked up. On this day, the children were all gathered around marveling at an enormous worm. This day was filled with wonder and excitement and lots of opportunity to work on sharing and taking turns – a fantastic day in the land of Buttercup Preschool!



FUNDRAISING

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Spring Haircuts for Kids

Sunday, February 23 • 8:00 .m – 6:00 pm • Gem Salon, Kirkland

It is almost spring and the children are growing like weeds – the perfect time for haircuts! Please join William and Petra Hines for this annual fundraiser for TCWS. William and Petra will be offering haircuts for kids at Gem Salon in Kirkland. To schedule your appointment, please call Gem Salon at (425) 822-2990 or make your appointment [online](#). 100% of profits will be donated to TCWS.

Please click [here](#) for the flyer.



VOLUNTEERING

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IT Support

We are seeking additional volunteers to join our IT Team. The following are some of the areas where your time is needed:

- Administer small domain of PCs with Windows server; troubleshoot hardware and network issues
- Office 365 administration for email and SharePoint (SharePoint experience a plus, other aspects can be learned)
- Familiarity with MS Office desktop applications
- Domain administration for email, website, and Office 365

Our current IT volunteer is available to answer questions and speak with you in more detail. Please contact [Robyn](#) in the Front Office and she will happily connect you with him to discuss where you may be able to help!

BIOGRAPHIES

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Maggie Reilly, Apple Blossom Kindergarten Teacher



Growing up in Arkansas, Maggie Reilly gained a love of the outdoors from playing in the woods with her sisters and spending time camping. She knew from an early age that she was called to be a teacher. While living in New Mexico, she learned about Waldorf Education from a college professor; thereafter, she spent time working in various childcare settings, substitute teaching in a Reggio Emilia school, and observing in Waldorf kindergartens across the country. After moving to New Jersey, Maggie received a BA in Sociology and Child Development from Thomas Edison College, then taught preschool until her son's birth. When he was old enough to attend nursery class at the Waldorf School of Princeton, Miss Maggie became a kindergarten assistant. She went on to gain a Waldorf Teaching Certificate and a Master of Science in Education at Sunbridge College. Miss Maggie relocated to the Pacific Northwest in 2006 and enjoys the many outdoor opportunities for camping and hiking in the area.

Pat Polley, After-School Care Teacher

When Pat Polley moved with her husband in 2006 from the Chicago suburbs to the Seattle area, she was unfamiliar with Waldorf Education. Since joining Three Cedars in 2011, she has embraced the philosophy as a wonderful way

to raise children. Mrs. Polley has always loved working with children, from her teen years of babysitting when most of the neighborhood children would come over to play, to her work now in our Early Childhood program and After-School Care. In the years between, she raised three children (all now grown), volunteered to help with multiple school programs, was a Girl Scout leader for 12 years, taught kid's cooking and craft classes, taught preschool, and was an elementary school tutor, a daycare art teacher, and a vision therapist. Her dream job was her decade as a museum educator at a living history museum where she got to wear costumes and share historical life and crafts with school groups, families, and international visitors. At the museum, she enjoyed being outside every day and following the cyclical rhythm of the seasons; she is very happy to return to this as part of the Waldorf world. Mrs. Polley lives in Issaquah with Mike, her husband; Toby, an old English sheepdog/standard poodle mix; and, perhaps, one or more of her children who rotate moving back home to save money. Although she's tried her hand at most crafts, her favorites are the needle arts: sewing, quilting, and embroidery. Other hobbies are reading, painting, cooking, and learning new things.



COMMUNITY

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Local Opportunities

Surviving Parenting and Teaching - Jaimen McMillan

Wednesday, February 5 • 7 pm

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

Raising children has never been more challenging. The old methods of disciplining simply do not work. They may even make matters worse. Parents, who are simply applying what they have experienced in their day, may feel lost, surprised, and hurt by the reactions of their children. In addition, yesterday's tried and proven teaching methods leave both the children and educators perplexed. New models are necessary to reach the children and youth of tomorrow, new techniques to create spaces to meet the children in new ways. Free and open to the public.

***Jaimen McMillan**, the founder and director of the Spacial Dynamics Institute, is a registered movement therapist who has trained movement professionals for over 30 years. He has a private therapeutic practice working with patients with movement challenges, as well as top-level athletes and performance artists seeking to enhance their skills and abilities. He serves as a consultant in industrial injury prevention, and business leadership enhancement. He lectures and teaches throughout Europe and the Americas. Widely published on movement-related topics, he co-authored *The Fourfold Path to Healing* with Dr. Tom Cowan and Sally Fallon Morell. **Click here** to learn more about Spacial Dynamics.*

From Playing in Fields to the Higgs Field of Modern Physics: Going Beyond an Object-Based World Conception

Thursday, February 6 • 7 pm

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

The past decade has been filled with many changes and unexpected events. As continual change becomes the new norm in our lives, many challenges and opportunities present themselves to us. We all acknowledge that the present environmental, economic and geopolitical events require something new. However, the best solutions may be found not simply in new thoughts but in new ways of thinking. The phenomena based approach to science offers us new insights into how to think differently about the world we live as well as about ourselves. Such an approach to science and to thinking is the foundation of the approach to science in the Waldorf School. Understanding such an approach is key in navigating the new technologies we have and could create. Free and open to the public.

***Michael D'Aleo** has taught and trained teachers of physics for many years at the high school and graduate level. He holds a degree in Mechanical Engineering and worked for 7 years in the electronics industry. Michael lectures internationally on science, education and environmental issues. He is also the author of two books.*

Camps

2014 Natural Horsemanship Camps

**Day camps for beginning and
advanced students in Fall City**

SAVE with Early Bird Registration!
Now thru February 10

Let your child experience the wonderful spirit of the horse and make a hundred lifetime memories at one of our summer camps. Our day camps are not just about riding. They are comprehensive programs that teach the responsibilities of horse ownership, how to be safe around horses and how to build a partnership with the horse through leadership; not fear and intimidation.

Your child will also learn how horses communicate with each other and how they can use that “language” to “speak to” and understand the horse. It all starts with playing seven games and progresses to riding with a centered seat and proper balance.



Your child will also express their love of the horse through innovative art projects that reinforce their learning and help them exercise their creative instincts.

Learn more at our [website](#).

Classifieds

Housing Hosts Needed

The Seattle Waldorf School will be hosting the Northwest Regional Early Childhood Conference from February 14th to the 16th and is looking for housing for out of town participants. If you are able to offer a room, bed or floor space for those two nights, please [contact Debora Petschek](#) for more information. We are especially interested in options within walking distance or an easy bus ride away from the school.

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, February 10, 2014.

