

March 31, 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

[Grades](#) [Early Childhood](#) [Bios](#) [Community](#)

Spring Break Care – April 14-18

For students in Grades 1 through 5.

Age-appropriate activities such as arts, crafts, indoor and outdoor play, and free play. Break Care activities complement our school programs, and bring the same level of attention to the rhythm of the day and the needs of the students. Students who attend Break Care bring their snacks and lunches as for a regular school day.



Sign up for one or several days! Half-day and full day options available. Please [click here](#) for the registration form.

Work Party Appreciations

Thank you to the following parents, who joined us on Saturday, March 22 for the season's first Building & Grounds Work Party: **Pavel Dolezel, Vladimir Eremin, Nelya Galiakbarova, Beth Parker, Beverly Pressey, Ben Ralston, Rachel Rodriguez, Sanae Stanley, Scott Stanley,**

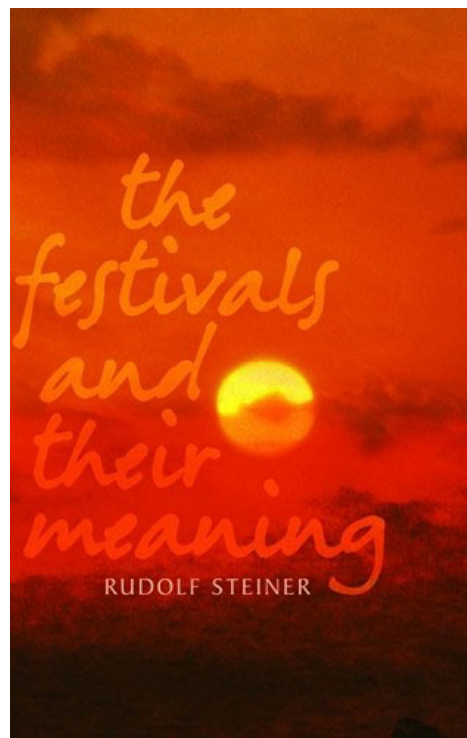
Emiko Urata, Kentaro Urata, and Cris Wegmann. The weather was wonderfully spring-like, and much was accomplished during our time together! Our volunteers conquered the blackberry brambles in the woods and weeded the parking lot islands and rock pathways. Many desks and chairs were tended to. Fall zones around the swings were maintained, and sand in the play yard was shoveled, sifted and raked. The grassy field and sidewalks were cleared of rocks and sticks, and the campus overall was tidied up for the spring.

Thanks also to Jeannette Nagel and Beth Parker for continued work in the gardens beyond the regularly scheduled work parties!

Steiner Book Study – Festivals: Easter

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

Please study Easter Lecture IV "Spirit Triumphant" and, if time allows, view Lectures VII and VIII on the "Spiritual Bells of Easter." If you would like a copy of any of these lectures, please ask [Geri Snyder](#) in the office or contact [Cameron Altaras](#) for more information.



Support our Faculty and Staff with Salad Day!

Thursday, April 10

There are two days of the year that we as a community come together to hold up the Faculty and Staff at the school to say thank you. The faculty has a long meeting every Thursday from the end of the school day that continues on until dinner time. Thursday, April 10th, our community has the opportunity to feed the faculty and

staff during their meeting. It's a lovely way to show them how much we appreciate the gifts they give our children each and every day.

I am hopeful that you can step forward and bring an offering. How does this happen? Initially, please drop me an email with what you'd like to bring. It's wonderful to have a wealth of everyone's favorite salad dish, in addition to some desserts, bread, butter and cheese. If there is something that you really want to bring that shows your love and appreciation, it will be warmly welcomed. I hear from the faculty each year that this event is a big hit.



So, please email me, [Christa Tinker](#), fifth grade parent. I will contact you the week before and give you specifics of how this works and what people are bringing. Thank you for your time and energy!

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 26th 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.

May Faire & Garage Sale

Saturday, May 3

Faire: 10 am – 2 pm

Garage Sale: 8 am – 5 pm

We are just a few weeks away from one of our largest community events of the school year! This year May Faire will take place on Saturday, May 3 from 10 a.m. to 2 p.m.

Without the help of our parents – each and every one of YOU – this event would not be possible. We ask that every family volunteer to support the success of this event. Please:

- **Volunteer!** We need more help this year before, during, and after the event. Please sign up [here](#).
- **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](#)!
- **Bake Sale!** The Bake Sale was a huge success last year. Help us make it even better by donating your favorite sweet or savory items!



We've gathered feedback from the community after last year's event and we have made some adjustments to support an expanded May Faire:

- New, handcrafted items are being made to sell at the School Store
- The Bake Sale and the Garage Sale will start earlier – at 8 a.m. – to allow more time for shopping
- May Faire and Garage Sale hours have been lengthened, so you will have more time to enjoy the event! The Faire will take place from 10 a.m.* to 2 p.m. and the Garage Sale from 8 a.m. to 5 p.m.

**Parents are reminded that students will need to arrive at 9:30 a.m. for May Faire preparations. Watch for an email with additional details soon!*

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

Ten Reasons Why Handheld Devices Should Be Banned for Children under the Age of 12

by **Chris Rowan**, *Pediatric Occupational Therapist, Biologist, Speaker, Author*

The American Academy of Pediatrics and the Canadian Society of Pediatrics [state](#) infants aged 0-2 years should not have any exposure to technology, 3-5 years be restricted to one hour per day, and 6-18 years restricted to 2 hours per day (AAP 2001/13, CPS 2010). Children and youth use [4-5 times](#) the recommended amount of technology, with serious and often life threatening

consequences (Kaiser Foundation 2010, Active Healthy Kids Canada 2012). Handheld devices (cell phones, tablets, electronic games) have dramatically [increased the accessibility and usage](#) of technology, especially by very young children (Common Sense Media, 2013). As a pediatric occupational therapist, I'm calling on parents, teachers and governments to ban the use of all handheld devices for children under the age of 12 years. Following are 10 research-based reasons for this ban. Please visit [zonein.ca](#) to view the [Zone'in Fact Sheet](#) for referenced research.

Please continue reading [this article at the Huffington Post](#).

The Overprotected Kid

by **Hanna Rosin**

A preoccupation with safety has stripped childhood of independence, risk taking, and discovery—without making it safer. A new kind of playground points to a better solution.

To read the full article, please [click here](#).

School Starting Age: The Evidence

Cambridge researcher David Whitebread, from the Faculty of Education, explains why children may need more time to develop before their formal education begins in earnest. [Continue reading online](#).

GRADE SCHOOL NEWS

[All School](#) [Early Childhood](#) [Bios](#) [Community](#)

Sixth Grade Play

“Arthur, High King of Britain” was performed by the sixth grade class on March 27 and 28. Treachery, honor, wisdom and love are all part of the great tales of King Arthur. Oh, and many sword fights!



EARLY CHILDHOOD NEWS

[All School](#) [Grades](#) [Bios](#) [Community](#)

Early Childhood & Grade One Spring Parade

Friday, April 11

Kindergarten, Preschool, Parent-Tot families are invited to meet at Wilburton Park on Friday, April 11 at 10:45 a.m. to watch the procession. Then join in the community circle and snack prepared by the kindergarteners. The event should end around 12:00 noon. [View flyer.](#)



Little People Shoes

Upon our return to school after the mid-winter break the Morning Glory class has been immersed in the theme of shoemaking in circle and story. A tradesman who can make something so useful out of raw materials is to be admired indeed. In the kindergarten that tangible type of work is something that can be imitated and played out in a myriad of ways.

Our first story was about a tiny pair of shoes that were the very first shoes worn by my mother, Grandma Jean. After the story the children all examined the tiny little stitches in the leather with great interest. For the following two weeks we heard the story of the Elves and the Shoemaker. In the story a poor shoemaker becomes very rich after two little men come to help him make shoes in the night. He and his wife repay them for their kindness by making them the



finest sets of tiny clothes to wear. Next came a shoemaker themed circle. The first thing we did before circle each day was to take off our slippers and place them on the cobbler's bench in the middle of the circle. We then sang songs, recited verses and moved together in our bare feet. The children found this delightful! When our rest was over the lucky child designated to be the cobbler delivered all the slippers to their rightful owner. We even continued the theme at pick up time with a cubby room cobbler game in which the children deliver each other their shoes.

What is always rewarding to see is how the children take up circle/story themes with such enthusiasm in their work and play. One day at playtime a cobbler shop was set up and customers came to buy shoes. On another day one of the children was seen straightening out shoes and boots in the cubby room when no one was looking. On sewing day two children very enthusiastically expressed a wish to make shoes or slippers for the "Little People" and did just that. However, they did not turn out quite right and kept falling off so we left them on the table to see if perhaps the elves would come fix them in the night. Thanks to a little kindergarten magic we returned to school the next day to find them beautifully repaired. What a delightful surprise for the children indeed!

Laura Mason, Morning Glory Kindergarten Teacher

BIOGRAPHIES

[All School](#) [Grades](#) [Early Childhood](#) [Community](#)

Grace Smith, After-School Care Teacher

Grace Smith was born, raised, and educated in the Midwest, attending schools from kindergarten through high school in a town just outside Kansas City, MO. From there, she obtained a BS in Elementary Education from the University of Missouri, and then a Masters degree in Curriculum and Construction. After getting married, Mrs. Smith lived in Georgia and California, then returned to Columbia, MO to teach for several years in a nearby rural town. The couple then moved to Anacortes, WA, where Mrs. Smith stayed home to raise their two boys, becoming very active in



their educations. After settling in Kirkland, WA, Mrs. Smith spent more than 20 years teaching sixth grade at Seattle Academy before moving into an administrative position. Because she missed having daily contact with children, she sought this out once more in her work environment, leading her to Three Cedars. She and her husband live in Kirkland, nearby to both of their grown children.

COMMUNITY

[All School](#) [Grades](#) [Early Childhood](#) [Bios](#)

AWSNA Newsletter

Inform April 2014

Read about: [new home for Alabama Waldorf School](#), [Screen-Free Week](#), and more.

Local Opportunities

Dancing Crow Farm CSA

Three Cedars is happy to announce that we will be partnering with Dancing Crow Farm to offer weekly CSA veggie boxes throughout the late spring and summer. Contents will vary throughout the growing season, depending upon what's ready to harvest. A typical box might include a bag of salad mix, cucumbers, chard, baby carrots, summer squash, basil, tomatoes, and onions. Please contact Sean Stratman at 425.698.3791 or visit www.dancingcrow.org for more information. Register [here](#), or pick up a form in the front office.

Pork Products from Farmer Vince

Farmer Vince, who you may remember has delivered the most exquisite pears to our campus in the past, also offers pork products. The order form is online and can be found [here](#). If you have questions, please contact Vince directly at 425-482-9030. Farmer Vince can also be found on [Facebook](#).

Introduction to the Work of Jeff Haller Ph.D., Feldenkrais® Trainer

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

April 4–6 with Free Lecture Demo on Friday Night

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

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

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

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

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

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

You will:

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

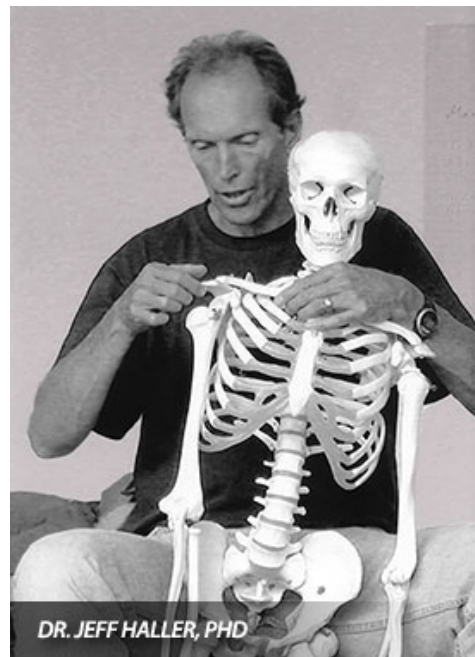
Workshop details:

Where

Jeff Haller's Home
15081 SE 54th Place, Bellevue, WA 98006

When

April 4-6, 2014



Friday 7-9 p.m. Free Lecture Demo
Saturday 9 a.m. to 4 p.m., Sunday 10 a.m. to 4 p.m.

What to Wear

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

Cost

\$150 (suggested price); Teachers \$75

All proceeds after expenses to Three Cedars

To Register

Contact [Cameron Altaras](#), Parent Association Coordinator

For Questions

Contact [Jeff Haller](#) 425.502.8346

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

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

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

Eurythmy Northwest The Magic Box

Every student and family will enjoy the Eurythmy Northwest performance of The Magic Box—a humorous Italian folk tale of life and learning. This is a rare opportunity to see a professional Eurythmy production, bringing this art form to life, invigorating the child's experience of Eurythmy in the school. The Magic Box has something for all ages. After the story there will be a brief intermission, followed by a presentation of various seasonal pieces in tone and speech Eurythmy. This second part of the evening offers musical selections that include Sinding, Rachmaninoff and Messiaen, among others, beautifully presented with live piano, violin and eurythmy. Poetic verse will include Juan Ramon Jiminez, Kathleen Raine and Rudolf Steiner. Chapel Performance Space of the Good Shepherd Center, 4649 Sunnyside



Ave North, 4th floor, Seattle (corner of 50th Street in Wallingford). **Thursday, April 10, 7 p.m.** \$20 adults, \$10 under 18, [Brown Paper Tickets](#) or at Door.

Sound Circle News

Summer Series 2014!

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
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.

Please [click here](#) for more information.

Classifieds

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 7, 2014.

