

Waldorf News

Three Cedars Waldorf School

October 21, 2011

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

ALL-SCHOOL NEWS

PLANNING FOR THE FUTURE - JOIN US!

Strategic Planning is an ongoing 'breathing' process between vision and action:

- **Where are we?**
- **Where do we want to go?**
- **How do we get there?**

The Board of Trustees, working with the school community's suggestions and ideas, has reached the stage where answers to these three questions are almost fully articulated. You can view the latest draft of the Strategic Plan via this link. In the next few weeks, the board will finalize this initial 5-year phase of the [Strategic Plan](#), and entrust it to the Executive Director and her team of faculty and staff members for implementation.

The school is already actively engaged in several key elements of this plan, building its strategies on the foundation of the strategic plan's drafts. As this first phase reaches conclusion, the Action Plan will be further aligned with the Strategic Plan, to provide a clear road map for the school's future.

On **Tuesday November 29th**, we will meet as a school community to discuss this first phase of the strategic plan, hear and integrate your further suggestions into our Strategic Plan and Action Plan. For this evening, we will host a 'World Cafe' where everyone's contributions have a good chance to be heard, recorded, and shared with the whole community. For more information about the World Cafe approach, visit www.theworldcafe.com.

Join us on November 29th to share your perspective and your vision!

All Community Meeting
WITH TCWS BOARD OF TRUSTEES
Tuesday November 29th - 6:30 P.M. TRILLIUM HALL

TCWS - From Pioneer to Sustainable

Join Us in Moving TCWS Into the Future!

As you know, the Board's [Strategic Plan](#) is leading the way to mapping out the short and long term future of our school. The first phase of the strategic plan will reach its conclusion in the next few weeks – see our November 29th Community Meeting announcement – to guide us through the coming few years.

Concurrently, faculty and staff members are collaborating on a number of projects geared towards strengthening the school's solid pedagogical and administrative foundation, and enthusiastically move towards maturity. Worthy of particular attention is the thorough review by faculty of all our programs in preparation for our accreditation, scheduled to take place in 2013-14. This process of self-study is a most wonderful way to 'paint and share the picture' of what we do, make informed adjustments, and create new possibilities for the immediate and long-term future.

Three Cedars Waldorf School, created in 1995, is still a young school on many accounts. Yet, through the dedication and commitment of parents, board members, faculty & staff members, donors, and friends, the school is wonderfully ready to enter into its next phase of development, that of maturity. This transition is articulated in our two-year [Action Plan](#). While the Action Plan will continue to evolve to reflect closely the Strategic Plan, a few fundamental elements are already in place to inform our current activities.

For the next four years, the most important elements of this plan are:

- **Quality of Programs** – a vibrant and fully developed Waldorf curriculum
- **Solid Enrollment** – in preschool (2-days & 3-days) through grade 8
- **Generous fundraising** – the bridge from the pioneer phase to sustainability

Throughout this newsletter, you will discover the simple ways in which we can reach these goals together. Your participation in all three activities is key to our success: Let us know how we are doing and how we can improve (quality of programs), share your school experience with your friends (enrollment), and contribute as generously as you can to our Annual Fund appeal (fundraising).

The mission of Waldorf Education is ambitious – create both a vibrant educational context for young people to discover who they are, and a community of adults sharing a vision of the possibility for humanity's constructive present and future. All of us, through our contributions of time, enthusiasm, skills, money, and honesty, partake each day in this inspiring co-creation.

I invite you to take the time to read this particular issue of the newsletter, discover how you already personally contribute to the life of our school, and the ways in which you may choose to further participate in bringing Three Cedars Waldorf School into its very promising future. Faculty and staff members, on behalf of our wonderful students, join me in extending our sincere appreciation for your dedication, and our growing enthusiasms in this exciting transition.

Geraldine Kline
Executive Director

Programs

In addition to the weekly Full Faculty meeting and department meetings which focus on deepening our understanding of the Waldorf pedagogy, child development, and our students, our faculty members volunteer to participate in one of three pedagogical workgroups: Program & Curriculum, Practical Needs, and Care of Personnel. Review of our programs takes place in the Program & Curriculum workgroup, within task groups charged to identify:

- What was originally intended with the Waldorf curriculum
- What are the best practices in Waldorf school worldwide
- What our school is currently doing
- What we want to do from this point on

Topics ranging from Attendance to Movement Education, from Field Trips to Reports, are reviewed by the Pedagogical Carrying Group (PCG) composed of department faculty chairs and workgroup conveners elected on a yearly basis by their peers, and of the Dean of Education, Office Manager, and Executive Director. This ensures a comprehensive process and agreement about the scope of programs offered and desired practices, which are then ratified by the Director to become 'the way we do things'.

2011-2012 PCG Members				
Gretchen Whitlach – Handwork teacher, Full Faculty Chair & Convener of the Practical Needs workgroup				
Kim Holscher – Grade 4 Class teacher, Elementary Faculty Chair & Convener of the Program & Curriculum workgroup, AWSNA delegate				
Maggie Reilly – Kindergarten teacher, Chair of the Early Childhood Program department				
Laura Mason – Kindergarten teacher, Convener of the Care of Personnel workgroup, AWSNA delegate				
Juan Carlos Gandara – Spanish teacher, Chair of the Subject Teachers department.				
Monica Lander – Dean of Education				
Seraphina Orzel – Office Manager				
Geraldine Kline – Executive Director				

ENROLLMENT GOALS				
We look forward to welcoming new students to Three Cedars Waldorf School!				
	2012-13	2013-14	2014-15	2015-16
Grade 6-8	3	4	4	4
Grades 1-5	6	7	8	7
Kindergarten	22	15	14	14
2-day Preschool	10	7	6	6
3-day Preschool	10	7	6	6

Fundraising 2011-2012 - Click here

To contribute to the Annual Fund, [click here](#).

Portal Website Update

Upgrades from our hosting company resulted in the portal site being down for a few days. Our volunteer webmaster has been busy working on restoring the site. If you had a portal login, you will be receiving an email with a reset password. Please contact the webmaster at webmaster@threecedars.org if you do not receive an email by Saturday night, October 22 or if you have any questions. Also, please contact the webmaster if you are unable to find your portal access information. Much information is available on the main page; however, a login is required to view the "secure" page that contains information such as the community directory and a link to the SmugMug photo site.

Buildings and Grounds Work Party

Thank you to the following volunteers for attending our October 8th B & G Work Party: **Maggie Bailey, Peter Bailey, John Bennitt, Pavel Dolezel, Barbara Engle, Tom Engle, Stephanie Hoener, Rick Long, Beth Parker, Ben Ralston, Petra Swinehart, and Gay Thrush.**

We greatly appreciate your dedication and hard work to improve and maintain our buildings and grounds! The parking lot landscaped islands and fence lines were weeded, the KG and Elementary Play yards were raked and cleaned up, fall zones maintained, and new woodworking benches put back in place after completion of new paver stones – wow!

Taekgyeon is coming to TCWS!

Taekgyeon 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. We teach and practice martial arts in a cooperative and safe environment which enables us to include students of ALL abilities. Our programs are designed to help everyone develop no matter their starting point. Adults and students of Grades 6 – 8 are welcome to try Taekgyeon with Ms. Kathy Davis, 1st Degree Black Belt and Instructor of Taekgyeon at TCWS on the following Wednesdays: October 19th, October 26th, and November 2nd starting at 3:30 pm in Trillium Hall, sponsored by the American Taekgyeon Association. Cost for this event will be \$4 at the door. Check-in will begin at 3:20 pm. Interested students, parents, teachers, and staff are asked to bring completed [waiver](#) to the class.

Martial Arts, when taught properly, leads to an improved person; physically, psychologically, and philosophically, which enhances the understanding of oneself and one's connection to the world around them.

CPR and First Aid Training at TCWS

Saturday, November 5, 9:00 a.m. – 1:00 p.m.

We are happy to announce that Three Cedars will be hosting a CPR and First Aid Training on **Saturday, November 5th at 9:00 a.m.** in Trillium Hall. This class is open to all adults and students ages 12 and up (perfect for would-be babysitters!). Wear comfortable clothes and bring a sack lunch and water. Please sign up in the front office, \$60 per person.

Lantern Walk

All families in Grades 1 and 2, Morning Glory Kindergarten, Morning Star Kindergarten, TCWS Parent-Tot, Forget-Me-Not Preschool, and Simplicity Parent-Tot are invited to join us for the annual **Lantern Walk on Saturday, November 12 from 6:00 p.m. - 7:00 p.m.** Stay tuned for more details as the date approaches!

Parking Lot Reminders

Parents are reminded to please park only in designated spaces. Our waste removal service cannot access our bins when vehicles are parked in front of the garbage enclosure. Thank you in advance for your cooperation and understanding!

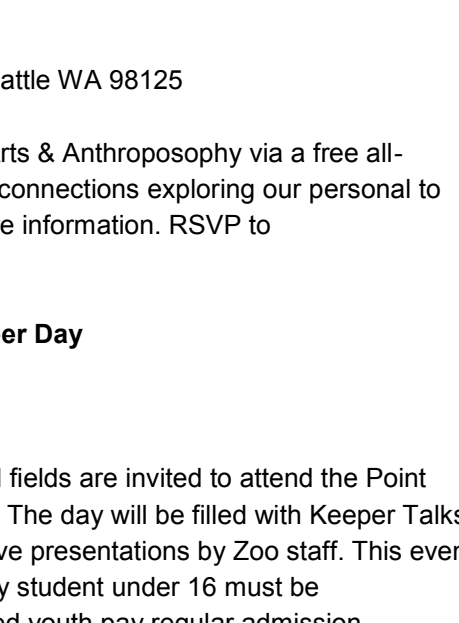
Waldorf Today Articles

Uninterrupted Main Lesson

The uninterrupted main lesson has been part of Waldorf education since its inception in 1919. And like so many other details of our approach to the growing child, its value is being validated by neurologists, artists, and educators beyond our own circles. Many in the culture at large are already seeking us. When they find us, will we be ready? Will our own brains have become calcified by constant interruptions and the "onslaught of information," or will our anthroposophical studies and meditative life strengthen our thinking so that - whether on YouTube or in the New York Times - we can articulate in contemporary language how Waldorf education serves as a potent antidote to the illnesses of our times? [More »](#)

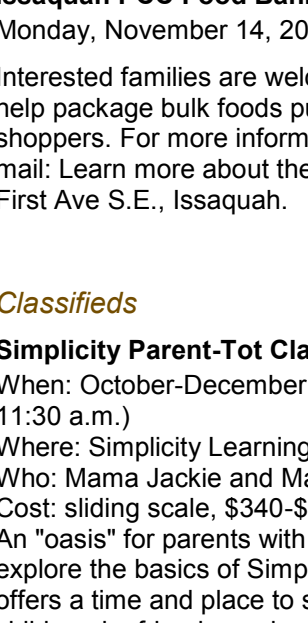
Fairy Tale Strawbale Cottage

This charming straw bale classroom in Cuernavaca, Mexico is actually a Waldorf preschool that was designed and built with the help of the local community over an 8 week period. Laboratorio Arquitectura Basica Mx led workshops and building sections to raise the roof on this strawbale building, bringing the community together in a really positive way. The teacher of the Tecilli Classroom requested that the school be like a fairy tale building with curved walls, round windows, and playful details. The end result is an adorable, organic, natural, and healthy building sure to inspire. [More »](#)



MIDDLE SCHOOL NEWS

Grade 7 Chemistry

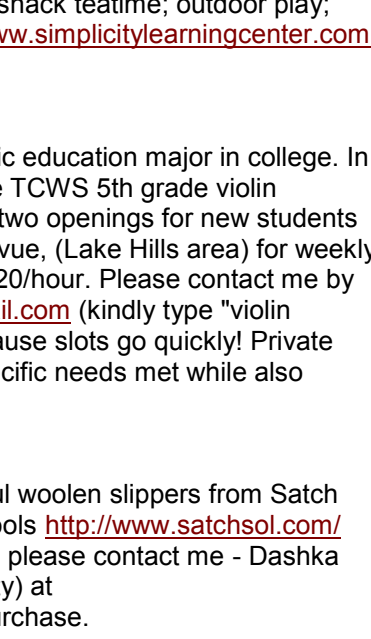


One dewy morning, out of the fog, twelve ghostly figures huddled around a metal cauldron and slowly conjured a flame, to which all sorts of materials were added and thus the seventh grade chemistry block began.

As the veil was pulled from one of nature's mysteries, another mystery would present itself ~ How can water be transformed into two gases? What do bones, seashells, teeth, marble and chalk all have in common? What will happen to an egg that has sat in vinegar for two days?

In seventh grade, when the body's inner chemistry is starting to brew, the transformation of matter becomes particularly relevant. The subjects of combustion, the limestone cycle and acids and bases reveal processes, which we can find in the body.

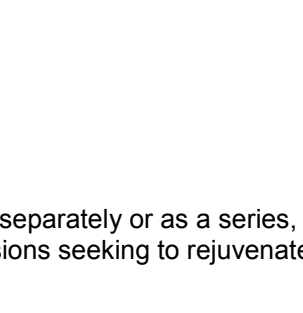
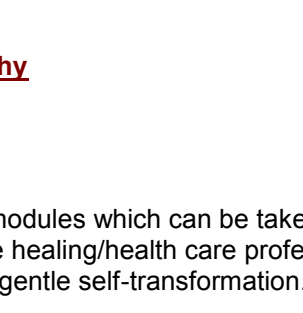
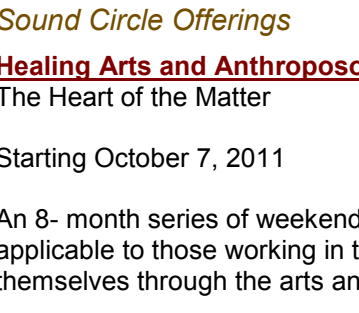
The block was full of polarities such as when we suffered the acid stench of burning sulfur yet delighted in its neon blue flame or when we saw a powerful base dissolve leather and the damage an acid did to an egg, yet when the two were mixed we were able put our finger in the mixture and even one brave teacher was able to taste it!



Watch out for seventh graders who can change cabbage juice into a rainbow of colors, who can split water into oxygen and hydrogen and can tell you a hundred and one things about the chemistry of our world!

LOWER GRADES NEWS

Grade 3 Sukkot



Sukkot is the longest and happiest holiday season of the Jewish year. It is celebrated in a richly decorated little house called a sukkah.

This year, the third grade gathered bamboo poles and lanced them together to form an outdoor shelter. We were guided by our beloved former gardening teacher, Irene Perler. She came back for one day just to help us build the sukkah.

After the shelter was created, the students searched for branches in the forest which were then delicately placed on top of the poles to create the roof. Then we decorated with pomegranates, blankets, sheets, and colorful paper for chains to celebrate the harvest.

We ate our lunch in the sukkah every day, and we invited several classes to join us. It was a bit crowded, but we huddled together in the small shelter, singing songs, and giving thanks for the sunny days and for all of our gifts.

Stacy Evans-Agnew

EARLY CHILDHOOD NEWS

The Woods

Mr. Ron, Miss Laura and the oldest kindergarteners are all thoroughly enjoying woods day so far this year. We have had many wonderful days exploring different trails of the woods as well as creating new trails of our own. The woods offer many tactile experiences not available inside a classroom (including but not limited to rain!) Today we explored a newly discovered path and found a natural bench created by a downed tree that would hold all the children at once. This natural playground offered a great opportunity for climbing, balancing, sliding and helping others.

Their little hands eagerly explored the rough bark and soon discovered that where the bark had worn away a slippery wet surface was left behind. With the safety of the teachers nearby, the woods offer an opportunity for the children to explore with semi-independence the fascinating natural world we live in.

VOLUNTEERING AT THREE CEDARS

First Grade needs a pianist for its 1st grade Eurythmy lesson - Wednesday mornings from 8:30 to 9:00 a.m. (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 Volunteers Requested

The Front Office has three projects and would love the help of parent volunteers:

1. Sewing silk curtains for the Admissions/E.D. office. Material has been purchased but needs to be washed, measured, cut, and sewn. Basic sewing skills required.
2. Inputting data to our new online Trumba calendar. This task requires an extremely detail oriented and technically savvy person to enter each of the events from our existing Publisher calendar to the Trumba calendar to get us up and running. Trumba is very similar to MS Outlook, and will enable users to sync with various other calendars once dates are entered (hooray!).
3. Printing of flyers and posting at various locations on the Eastside (PCCs, Whole Foods, Starbucks, etc).

Interested parents may contact Mrs. Orzel at sorzel@threecedars.org. Thanks!

Featured TCWS Volunteer

Buckley Guderian
Buckley is the parent of Larson (4th grade) and Keaton (8th grade) and has been an active volunteer at Three Cedars Waldorf School for 10 years. In addition to field-trip chaperone, festival and parent-tot support, Buckley has provided web tech support for our school's valued page, which he designed and has maintained for 8 years. He also provides ongoing "behind the scenes" computer support, helping keep emails, the school portal and office computers running. Buckley was a member of the Board of Trustees for 7 years and saw the school through many changes and much growth. In his free time he can be found biking, swimming and laughing with his wonderful wife and sons.

Meet Our New Receptionist

Kay LaVergne Jaz ~ Multiple Choice Biography ~ Choose All You Think Apply!

1. **Places Lived:** a) Seattle b) Ghana c) Texas d) Cameroon
2. **Foods Consumed:** a) alefu b) bat c) palm wine d) fufu
3. **Mad Skills:** a) Rotozip b) acting/improvisation c) Editing d) collage
4. **Delights in:** a) creating b) trees c) God d) Forget-me-nots e) piano
5. **Life Loves:** a) husband b) family c) grandchildren d) gale force winds
6. **Lived:** a) malaria b) hay fever c) cancer d) gale force winds
7. **Places Traveled:** a) Puerto Rico b) London c) Logos d) Kansas
8. **Answers To:** a) Mrs. Jaz b) Mom c) sweetie d) Grandma e) Aunt K f) K
9. **Daily Musts:** a) Exercise b) organic vegetables c) cooking d) reading e) quiet f) risk-taking
10. **Most Fun Jobs:** a) barista b) ranch hand c) literacy worker d) jr. high art/drama teacher e) improvisation instructor f) actor g) receptionist h) Mom i) film editor j) entrepreneur k) grandma

*Answers can be found at end of "Biographies" section.

Class of 2016 - Annette "Kim" HOLSCHER

Ms. Holscher was born in West Germany and first entered the United States as an exchange student at the age of fifteen. She has been living in the US since starting college in 1977. Her work outside elementary teaching has included office management with Seattle Tree Preservation, owning and directing a home-based Waldorf preschool, home-based child care, and customer service with Pacific NW

Bells. She holds a B.A. in Communication Arts from Minot State College, ND, and a Masters in Whole Systems Design from Antioch University Seattle. Her world travels in Europe, the middle East, and Asia prepared her for the adventures of Waldorf teaching. She completed a foundation year in Mannheim, Germany and has experienced most of her other Waldorf training in the U.S. at the Seattle Waldorf School and Rudolf Steiner College, Fair Oaks, CA. Ms. Holscher has taught Waldorf preschool through grade 8 since 1992. She taught for twelve and a half years at the Seattle Waldorf School, taking an elementary class through grades 1-8 and then another through grades 1-5. During her sabbatical year, she taught Grade 8 blocks at both Seattle Waldorf and Whidbey Island Waldorf School, and was a founding board member of Hazel Wolf High School. Ms. Holscher enjoys Indian food, travel and hosting international students, and is a member of Toastmasters and the Seattle Labor Chorus. A newly naturalized citizen, she has two adult sons, both of whom attended Waldorf K-8 programs in Seattle and now work in Silicon Valley. Ms. Holscher joined Three Cedars Waldorf School in 2009.

Answer to Meet Our New Receptionist

*All answers are correct. Ask her about them.

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 Servant 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!

Upcoming Events

"Looking In and Through the Mirror"

Date: Saturday, October 29, 2011
Time: 9:00 a.m. - 1:30 p.m.
Place: Seattle Waldorf School, 2728 NE 100th St, Seattle WA 98125

Sample and celebrate with Sound Circle Center for Arts & Anthroposophy via a free all-community day of workshops, food and inspired interconnections exploring our personal to global biographies. See www.soundcircle.org for more information. RSVP to information@soundcircle.org by October 25, 2011.

Point Defiance Zoo & Aquarium 12th Annual Career Day

Date: Saturday, November 12, 2011
Time: 9:30 a.m. - 3:00 p.m.

Students wishing to explore careers in animal-related fields are invited to attend the Point Defiance Zoo & Aquarium's 12th Annual Career Day. The day will be filled with Keeper Talks, behind-the-scenes tours (space limited) and interactive presentations by Zoo staff. This event is FREE to students in 6th grade through college. Any student under 16 must be accompanied by an adult. Adults and elementary-aged youth pay regular admission.

For more details, please visit the Career Information page on our website at www.pdza.org; click through Education Programs to School Programs to find Career Programs & Information.

Issaquah PCC Food Bank Packaging Work Party

Monday, November 14, 2011, 7 p.m.

Interested families are welcome to join Mrs. Orzel at the [Issaquah Food & Clothing Bank](#) to help package bulk foods purchased with PCC Food Bank Program donations from PCC shoppers. For more information, contact PCC Community Relations at 206-547-1222 or e-mail: Learn more about the [PCC Food Bank Program](#). Issaquah Food Bank is located at 179 First Ave S.E., Issaquah.

Classifieds

Simplicity Parent-Tot Classes Now Forming for Autumn 2011!

When: October-December, 2011 (choose from Tue, Wed, Thu or Sat mornings, 9:30 a.m. to 11:30 a.m.).
Where: 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

An "oasis" for parents with small children! Each group (6 families maximum per morning) will explore the basics of Simplicity Parenting™ over ten weekly classes. Simplicity Parent-Tot offers a time and place to step back from the busy pace of daily life and share time with your child, make friends, and enjoy the wonder and unhurried rhythm of a morning that balances time indoors and outdoors, rain or shine. Wholefood, organic snack teatime; outdoor play; songs and verses; and handwork/crafting for parents. Visit www.simplicitylearningcenter.com or call 425.614.0145 for more information.

TCWS Alumni Offers Violin Lessons - New Fall Openings!

Hi, I am Aria 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 Beatie. I have two openings for new students beginning this October. 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.

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 - Dasha 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 maiegizard@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 DanielleKerWilson@gmail.com

Sound Circle Offerings

Healing Arts and Anthroposophy

The Heart of the Matter

Starting October 7, 2011

An 8- month series of weekend modules which can be taken separately or as a series, applicable to those working in the healing/health care professions seeking to rejuvenate themselves through the arts and gentle self-transformation.

Family Foundations

A new round of this warmly received parenting course begins in October of 2011, and will be held monthly on Saturdays through May of 2012.

Dates: Orientation Evening: Tuesday, October 11th, 6:30- 8:30
October 15th, November 12th, December 10th, January 14th, February 11th, March 10th, April 21st and May 12th. 9:00- 2:00.

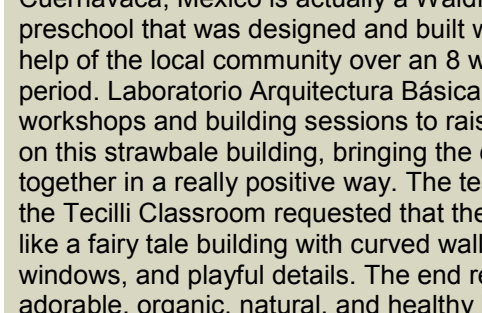
Nurturing Resilience through the Art of Storytelling

A Workshop with Nancy Mellon

Date: Sunday, October 9th, 2011
Time: 10:00 a.m. - 5:00 p.m.
Seattle Waldorf School, 2728 NE 100th St, Seattle

How can we build the strengths we need amidst our daily challenges? You are invited to discover how stories and plot lines serve as gateways to the intuitive wisdom that supports our ability to survive challenges and to thrive. Find renewed courage and wisdom for participating in our global human adventure story. No previous experience with storytelling as a healing art is required. Whether you are an experienced or beginning storyteller, we will create a space together for the listening that can strengthen and inspire our hearts and our whole being.

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, October 28.



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