

Waldorf News

Three Cedars Waldorf School

May 6, 2011

Dear «First Name»,
Please enjoy this issue of the Waldorf News.

Newsletter Changes

Welcome to the newly updated TCWS newsletter. The newsletter will be published every two weeks during the school year, beginning with this inaugural issue. Calendar updates will be distributed in alternating weeks.

ALL-COMMUNITY NEWS

May Day Appreciation

Our May Day celebration joyfully brought together the Forget-Me-Not, Sweet Peas, and Margarete Chenoweth's preschools and parent-tot families with Three Cedars' kindergarten families who searched for the May Queen and began dancing with colorful ribbons around the Maypole. Friends, relatives and elementary school families watched as the students came dancing and singing in the Grand Processional to the gathering around the Maypole and bowed to the May Queen. The upper grade students magnificently presented the Stick, Sword, and the Shepherd's Hey dances and grades 1 – 5 presented colorful dances while they sang their songs of spring followed by parents and children joining in community dancing. With the promise of the sun rising into summer light and warmth, all of us gathered there spent this May day appreciating the stirrings of spring, the promise of seedlings and new growth, and the abundance of the coming months!

We wish to thank the teachers and students for their presentations and the many staff members who helped to plan the festivities. Much appreciation goes to the many who brought their expertise in leading the activities and gifts of music to our celebration. Some of those who planned and helped are: **Robin Evans-Agnew, Laurieann Aladin, Maggie Bailey, John Bennitt, Margarete Chenoweth, Joanne and Maria Crum, Kathy Davis, David Hasbrook, Evelyn Heath, Kimberly Johnston, Karoline Krogshol, Yadira Martinez, Steve Rice, Rachel Rodriguez, and Scott and Sanae Stanley.** Our May Day crowns looked beautiful with all of the lovely flowers parents brought and the picnic rounded out a glorious day as the sunshine burst forth proclaiming that spring is here!

Geri Snyder, Festivals Team Coordinator

Photos on SmugMug

Our fabulous community photographers, Rick Saada and Andy Held, have posted many pictures from May Day on SmugMug. To access these photos, please go to the [Community Portal](#) and sign in. Click on the "Secure Information" tab, then click on "TCWS Photos at SmugMug." This will open a new window which includes a link to the SmugMug site as well as the password you will need to access the photos. Be sure to copy the password before linking to SmugMug! At the SmugMug site, choose a photo gallery and input the password when prompted. Enjoy the pictures!

Reminder from the Board

We would like to remind all members of the Three Cedars Waldorf School community about the upcoming All Community meeting next Thursday evening, May 12, at 6:30 pm in Trillium Hall. The evening will be an opportunity for community members to share their perspective and vision of the school.

A few additional reminders:

email address: board@threecedars.org
portal link: <http://www.threecedarswaldorf.org/portal/BoardofTrustees.aspx>
Includes policies, Board membership guidelines, and related information.

Sincerely,

The Board of Three Cedars Waldorf School
Lisa Conaghan, Chief Governance Officer
Tom Doggett, Vice President
John Tinker, Secretary
Kelly Anderson, Trustee
Kari Kailamaki, Trustee

Spring Crafts Faire

The annual TCWS Spring Crafts Faire will be held on Saturday, May 21 from 11:00 a.m. - 3:00 p.m. This popular event is made possible by the many dedicated volunteers who assist with set-up and clean-up, staffing booths during the event, baking delectable treats to be sold at the faire, and many other ways. Sign up sheets are available in the Front Office. Please take a moment to stop by and discover your perfect volunteer opportunity. To ensure the success of the faire, we request that at least one member from each family volunteer in some capacity.

On the day of the event, please reserve the parking lot for families with small children, elderly visitors, and anyone who may need extra assistance getting from their car to the faire. Parking along 124th Avenue NE is permissible, in the designated area south of the school. Overflow parking is also available at Wilburton Park. Please remember our agreement with the city to not park on the other side streets in the neighborhood.

Parking Lot

Spring has sprung at Three Cedars! The cherry trees are in full bloom, while daffodils, tulips, and fruit trees are brightening up our campus this week. During the course of the school year, we have been making continual improvements to the gardens, parking lot/landscaped areas and new landscape buffer. In order to protect and care for the plants, trees, and soil, we ask all community members to be mindful of all garden and landscaped areas. Walking through the parking lot islands creates a hard-packed soil, which damages the root systems and the plants themselves, and causes issues with the irrigation system. As a reminder, please:

- Use only paved areas when walking on campus
- Do not walk through the school gardens or landscaped islands in the parking lot
 - this includes recess, aftercare, and before and after school times
 - do not "cut through" the landscaped areas
- Refrain from picking (or allowing your child to pick) flowering plants, bulbs, and trees
- Children are welcome to climb on the larger limbs of our school's trees. Climbing and hanging from the smaller branches and breaking off new growth is hurtful to the trees.

Thank you in advance for your efforts in keeping our school beautiful!

Mrs. Orzel, School Office

Chicken Pox

The School Office has received confirmations of chicken pox in Morning Glory Kindergarten and Grades 2, 4, 6, and 7. Parents may wish to watch for signs of chicken pox in children who have not been immunized. More information can be found: [King County Health Department Chicken Pox Fact Sheet](#), [Mayo Clinic: Chickenpox](#).

Invitation to a Puppet Show

Three Cedars Waldorf School is proud to host the Willow Branch Puppet Theater's presentation of *Snow White and the Seven Dwarfs* in Trillium Hall on Sunday, June 5th, at 11:00 a.m. and 1:00 p.m. Advance reservations are available by calling 206.985.2059. By mentioning that you are a part of the Three Cedars community, a discount is available at the door. Please join us for this special marionette performance.

Simplicity Parenting Group

All Parents are warmly invited to join our next Simplicity Parenting group. The group meets weekly for 7 weeks beginning this Wednesday, May 11th from 7:00 p.m.– 9:00 p.m. for discussion, learning, and support. Registration forms are available in the School Office.

Annual Thank You Event

The TCWS Community would like to extend its deepest appreciation to Rick Saada for his gracious offer to host the annual Thank You Event in his home on Saturday, June 4. We are moving away from the tradition lake cruise and trying something new this year. Stay tuned for more details in the next issue of the Waldorf News!

MIDDLE SCHOOL NEWS

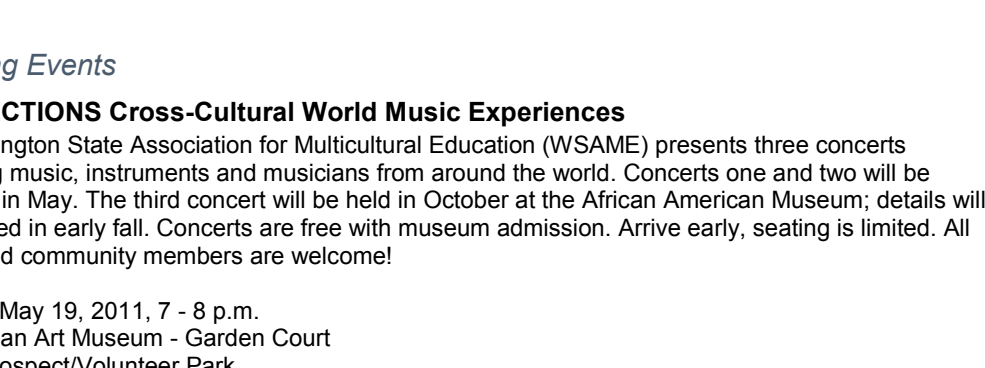
7th & 8th Grade Track Meet

Students in Grades 7 and 8 participated in the 10th annual Washington State Waldorf School Track Meet on Wednesday, May 4. The students were given a choice from a variety of track and field events in which to compete, including the 100 meter dash, long dash, javelin, and shot put.

LOWER GRADES NEWS

Grade 5 Class Play

"Persephone" - Friday, April 8



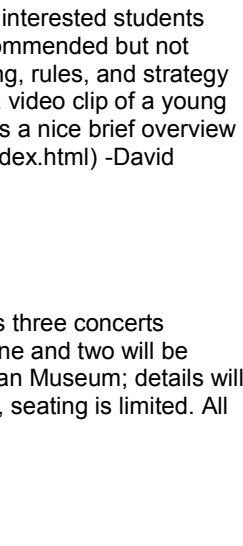
EARLY CHILDHOOD NEWS

Bunnies Visit Morning Star Kindergarten!

Last week, the Morning Star Kindergarten was visited by a basket of soft and oh so cuddly baby bunnies. The children waited patiently and quietly while Cedar and his father brought in the bunnies. They sat in a big circle while Cedar showed his classmates how to be quiet and gentle so as not to scare the babies. Everyone was eager for a chance to hold a baby. Mama bunny, Jemimah, watched over all her babies from the middle of the circle. It was a big and exciting day for everyone!

A big thank you to William and Petra Hines for bringing in their beloved bunnies!

Miss Hoff and Mr. Sears, Morning Star Kindergarten Teachers



COMMUNITY ANNOUNCEMENTS

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

AWSNA Newsletter INFORM

Read about: [Waldorf Inspired Service to New Orleans](#), [NCPSA Accreditation](#), ["A Moveable Classroom,"](#) and more.

Upcoming Community Events

Ultimate Frisbee on Fridays after School

When: Every Friday after school

Where: Wilburton Park

Three Cedars parent, David Hasbrook, will host Ultimate Frisbee after school for interested students grades 2-8 on Fridays from 3:30-5pm at Wilburton Park playground. Cleats are recommended but not required. I plan to have games with instructional opportunity on throwing, catching, rules, and strategy on Fridays after school. I welcome any parents who want to help out. (There is a video clip of a young ultimate player from Seattle that was produced for a show on Disney channel. It is a nice brief overview of ultimate. Hit link and scroll to video very near the top. <http://www.discnw.org/index.html>) -David Hasbrook

Upcoming Events

INTERSECTIONS Cross-Cultural World Music Experiences

THE WASHINGTON State Association for Multicultural Education (WSAME) INTERSECTIONS three concerts celebrating music, instruments and musicians from around the world. Concerts one and two will be performed in May. The third concert will be held in October at the African American Museum; details will be published in early fall. Concerts are free with museum admission. Arrive early, seating is limited. All families and community members are welcome!

Thursday, Asian Art, 2011, 7 - 8 p.m.
Seattle May 19 Museum - Grand Court
1400 E. Prospect/Volunteer Park

Sacred Fire Ensemble:

Native American Flutes/Drums

Australian Didgeridoo

Irish Low Whistle

India Sruti

Turkish Dumbek

Tibetan Singing Bowls

For information contact WSAME: 206-522-5438 or WSAME@mindspring.com

International Conference on Mindfulness with Youth:

Helping Children (K-12) Develop Mindful Awareness Inside the Classroom and Out

When: July 15-17, 2011

Where: The Banff Center, Alberta, Canada

Cost: \$345 Early Bird Registration

Mindfulness is a natural part of being human that involves present moment awareness and can be cultivated through formal and informal mindfulness exercises. Scientific research in this field demonstrates a multitude of positive outcomes in academic, psychological, and physical domains. Effects of mindfulness on the prefrontal cortex and interconnections involved in attention, working memory, emotional and behavioral regulation are of particular relevance to academic, psychological and social well-being and to the success of youth today.

Given modern day stressors at no other time in history have our youth been in such need of these important tools and practices that mindfulness provides. Join leaders in this emerging field in the spectacular setting of Banff National Park as we explore and discuss the practice, adaptations, and teaching of mindfulness to youth across a variety of settings, and — fundamental to this practice — develop and deepen our own relationship with mindful awareness and practice.our garden and you flourish.

For more information please visit <http://mindfulnessinstitute.ca/>

The Zodiac and World Evolution In The Light Of Divine Sophia:

Weekend Workshop

When: July 8-10, 2011 (Friday 7 PM until Sunday noon)

Where: Huckleberry Hall, Seattle Waldorf School, 2728 NE 100th St., Seattle

Who: Lecture by Robert Powell, PhD

Cost: \$170-\$190 suggested donation

This workshop will be a combination of lectures and eurythmy. The aim is to come to a living experience of the signs of the zodiac. The cosmic dance of eurythmy, is a schooling through music and movement, engaging the body, soul and spirit with the intention of aligning oneself harmoniously with the spiritual-cosmic world. The workshop offers a path to participants leading to the experience- over and beyond being earthly citizens- of becoming "citizens of the cosmos". No previous eurythmy experience is necessary, just wear comfortable shoes. Piano music played by California based pianist and composer Marcia Burchard. Visit www.sophiafoundation.org for more information
Contact: Anouk Tompot (206) 364-2074 or atompot@seattlewaldorf.org
Sponsored by the Seattle Branch of the Anthropology Society: www.seattleanthroposophy.org

Divine Sophia -- Holy Wisdom for Our Time

When: July 8, 2011 at 7:00-8:45 PM

Where: Huckleberry Hall, Seattle Waldorf School, 2728 NE 100th St., Seattle

Who: Lecture by Robert Powell, PhD

Cost: \$20 suggested donation

Robert will draw upon The Sophia Teachings and the ancient wisdom of the stars in a new way, including a "stellar code" for unlocking the secrets of world evolution. This information is a new source of inspiration for understanding the past, present, and future. Concert pianist, Wolfgang Wortberg, will accompany the lecture. Visit www.sophiafoundation.org for more information.
Contact: Anouk Tompot (206) 364-2074 or atompot@seattlewaldorf.org
Sponsored by the Seattle Branch of the Anthropology Society: www.seattleanthroposophy.org

Spacial Dynamics and Healthy Movement Workshop with Jaimen McMillan

When: Thursday May 12, 6:45 to 8:45 pm

Where: Ravenna Community Center, 6535 Ravenna Ave NE

Cost: by Donation

Come join us to explore Spacial Dynamics and healthy movement with Spacial Dynamics founder, Jaimen McMillan. Jaimen will lead activities that demonstrate principles of Spacial Dynamics and healthy movement and help participants sense the living nature of space and gain a deeper understanding of their own movement capacities. Spacial Dynamics, inspired by Rudolf Steiner, is used in Waldorf Schools worldwide. A new Spacial Dynamics training begins in Vancouver fall 2011. Info: 206-245-0100. By donation. [See flyer for more information.](#)

Ongoing Events

On Being Welcomed Into Womankind retreats

When: 3-week Summer trips; Spring Break retreats

Who: Amanda Ayling, Director of Youth Programs, Rite-of-Passage Journeys

Amanda Ayling writes:

When I was leading my first Coming of Age Trip for Girls with Rite of Passage Journeys, we ended up, after two and a half weeks of backpacking, at a moonlodge -- a sacred space devoted to the feminine. Therese Charvet, who owns Sacred Groves, was hosting a Maiden Ceremony for the girls on the trip - a welcoming to womanhood. I knew that a handful of women, some of whom had traveled for two hours to get here, had gathered to perform this special ceremony and I puzzled at their extreme generosity in doing this for a group of girls they had never met and had no direct connection to.

[Read more at Rite of Passage Journeys.](#)

Please learn more about "Becoming A Young Woman," a spring break retreat for middle school girls, or our 3-week summer Coming of Age Trip for Girls, at: www.riteofpassagejourneys.org

We offer amazing trips for boys too!

Please contact Amanda Ayling, Director of Youth Programs / Rite-of-Passage Journeys at (425) 485-7396.

Classifieds

Lessons in Academic Drawing, Watercolor and Acrylic Painting, Sculpture and Design Composition

Elena Kirkegaard, artist and volunteer art teacher for the TCWS 8th grade, offers private and semi private lessons in academic drawing, painting, and sculpture. Children of upper grades and young adults who would like to build professional skills and deepen their creative abilities are welcome. Please e-mail her for further information or if you would like to see student's art work: lenakirkegaard@comcast.net

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, May 13.

Three Cedars Waldorf School

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