

January 18, 2016

## ALL SCHOOL NEWS

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### A Message from Tracy Bennett

Dear Three Cedars Community,

January marks the start of a new year, and it's also the beginning of our new "relationship." In my role as Head of School at SWS (and now TCWS) I take seriously the importance of consistent, clear, and regular communication. This comes in many shapes and sizes—letters from class teachers, notes from a parent rep, weekly calendar bulletins, and more. It's often a challenge to successfully meet the information needs of every family—it's either too much or not enough. In the coming weeks we'd like to do a survey about communication, with the intention of refining—or expanding—our current tools to ensure parents are informed about and engaged in our work. Results of this survey will help us—as we navigate how we bring the SWS and TCWS communities together and as we learn about what you would find helpful and of interest.



In the meantime, I'd like to share with you my recent newsletter article from a recent issue of *Connection* (the SWS bi-weekly newsletter). I welcome your thoughts and feedback, and I look forward to getting to know one another!

Warmly,

—Tracy Bennett, Head of School

### Choosing a Healthy Education

If someone were to ask me what one of my nourishing and indulging self-care practices truly is, I'd quickly respond, "Spending Sunday morning reading the entire New York Times." This harks back to my college days, when in the remote town of Hanover, NH a limited number of copies were delivered to Putnam's Drug Store, and we lined up early to make sure we got our hands on one.

Often what I share in my writing here is prompted by my weekly date with that newspaper, and sadly more often than not, my reflection stems from a distressing or alarming article.

This week is a good news/bad news piece. I'll start with the latter...

*Read the full article in the Seattle Waldorf School blog*



## Re-enrollment Day: Save The Date!

Be sure to mark your calendars for Reenrollment Day for all TCWS families, preschool through grade 8, on **Thursday, February 11**.

This year we will offer mail-in or drop-off options. Enrollment agreements will be mailed to all families on **Friday, January 29**. To complete the enrollment process for each of your students, you must return a signed enrollment agreement and pay a re-enrollment fee (\$200) and non-refundable deposit (five percent of tuition) that is applied to your total tuition amount. (The tuition deposit for families applying for financial aid is \$200 per student.) New students, including siblings, pay a one-time new student fee of \$750 (or \$500 for families who apply for financial aid) instead of the \$200 re-enrollment fee. Signed agreements can be mailed back or dropped off in the school office on **February 11 from 7:45 AM until 9 AM and 2:30 PM until 4 PM**.

***Whether you mail or drop off re-enrollment materials, they must be signed by all parents/guardians—and are due no later than 4:00 PM on Thursday, February 11. Reenrollment materials received after the deadline will be assessed a \$250 late processing fee in addition to the tuition deposit.***

Please call TCWS Admissions Coordinator, Tabatha Jeantette, at 425.401.9874, extension 102, or Director of Admission, Meg Petty, at 206.258.4001 if you have any questions or need to make special arrangements.

## Personnel Changes at TCWS

In case you missed the update from Tracy Bennett before Winter Break, below are a few recent and planned changes to the staff at Three Cedars Waldorf School.

Please extend a warm welcome to **Janine Cleland**, who joins Three Cedars Waldorf School as Transition Coordinator. In this interim position, Janine will help staff of Three Cedars Waldorf and Seattle Waldorf schools streamline the process of joining the schools, specifically in the realm of finance and operations. Janine is a SWS parent of two daughters (grades three and nine) and formerly was School Administrator at Waldorf School of Princeton. Janine brings valuable experience and expertise as we work through the details of the merger.

**Kristi Hartman**, who has supported Three Cedars Waldorf School in many roles, now brings her

talents to the Sweet Pea Preschool classroom to assist Jeannette Nagel with her growing class. We welcome her warm presence to our Early Childhood program!

**Julie Dean**, Business Manager at Three Cedars from 2011 to 2015, departed at the end of December 2015. In addition to her financial acumen, Julie is a certified yoga instructor who shared this passion with our grade eight students by teaching a block of games class each year. Her son and daughter both graduated from Seattle Waldorf High School. Her love of Waldorf education and her committed presence made her a valued member of our community. We will miss her kindness, dedication, integrity, and financial acumen.

**Leslye Coe**, Bookkeeper at Three Cedars, will retire at the end of this month after working at TCWS for 14 years. We celebrate her long history with our community and will miss her warmth, good humor, and attention to detail. We wish her a happy retirement filled with friends and family, fragrant coffee, and a thriving garden!

**Upcoming change in Morning Glory Kindergarten:** This coming year marks a transition for **Laura Mason** as a teacher. Laura has accepted a part-time position as Membership Coordinator with the Waldorf Early Childhood Association of North America (WECAN). Laura's new role begins in July 2016. As a result, she will be decreasing her workload at Three Cedars to about fifty percent in the 2016–2017 school year. This change means that Laura will be stepping away from her role as lead teacher in Morning Glory. She will continue to work as Woods Day teacher in the fall. Laura also looks forward to teaching a Parent and Child class and providing additional support to the EC program in a variety of ways. In Laura's words: "I connect strongly with WECAN's mission and I am very excited to take up this new opportunity to support Waldorf early childhood education programs on a broader scale. I am eager to engage in the search for a new teacher for Morning Glory and I am confident that we will be able to find just the right candidate to meet the needs of this lovely class next school year." Laura asks that families **please do not share this information with the children at this time**. She will share it with them in the late spring.

## Sharing Assembly

**Date:** Friday, January 29

**Grades 4–8 Arrival Time:** 4:45 PM

**Grades 1–3 Arrival Time:** 5:15 PM

**Performance Time:** 5:30 PM – 7:00 PM

**Location:** Bellevue High School Performing Arts Center, 10416 Southeast Wolverine Way, Bellevue, WA 98004



Come one, come all; bring family and friends as the entire grade school shares brief examples of their work from this year. Early childhood families, this is an ideal event for you to attend so that you can get a glimpse of what lies ahead. We welcome you!

**Dress code:** As this is a special annual event, we ask that our students dress more formally than for a normal school day. We ask that their attire is dress code appropriate and comfortable so they can easily participate in their evening offering. Be sure to check in with your class teacher for

class-specific attire. In general, grades one through three wear festival attire; grades four through eight dress in concert attire—black bottoms and white tops.

*Parents, please note that you are responsible for your children before and after the assembly. If you have a scheduling conflict, please be sure to tell your class teacher as soon as possible.*

We look forward to gathering as a community!

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## Salon Conversation Evening

### **The Healthy Social Life: Empathy, Sympathy, and Antipathy in our Modern World**

**Date:** Thursday, February 4

**Time:** 6:30 PM – 8:30 PM

**Location:** Three Cedars Waldorf School, Trillium Hall



*For an explanation of the salon conversation format, please see the [October edition of Three Cedars Waldorf School News](#).*

How does experiencing our reflection through a community help, hinder, or color our awakening to self-awareness? What do we learn about ourselves through others? What roles do we play for each other in this process? When do we play the Bully, the Victim, the Bystander, or the Ally? When does joking cross a line and become teasing? When does the organic process of choosing friends turn into exclusion of others?

Please join our next Salon as we engage in community conversation around these themes, particularly in regards to exploring our notions of what constitutes bullying versus healthy social adversity, and the potential ways of responding to these issues so as to best encourage the healthy social development, courage, and resiliency of our children.

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## Adult Eurythmy

Jenny Fawcett will offer Eurythmy for Adults on Wednesdays starting in February.

**Time:** 2:00 PM – 2:45 PM

**Dates:** February 3, 10, and 24; and March 2, 9, and 16

**Cost:** Six sessions for \$110.00. Some scholarships are available. [Contact Jenny](#) for details.

**Location:** Trillium Hall

Registration forms are available on our school website and in the school office.

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## Adult Study: Rudolf Steiner's *The Philosophy of Freedom*

Jenny Fawcett and Annette Campana will offer a study of Rudolf Steiner's book *The Philosophy of Freedom*. We will read together and discuss this work in book group fashion. All are welcome—bring a friend! **If you are interested in purchasing the book, please let Jenny know ASAP so that we can place the order.**

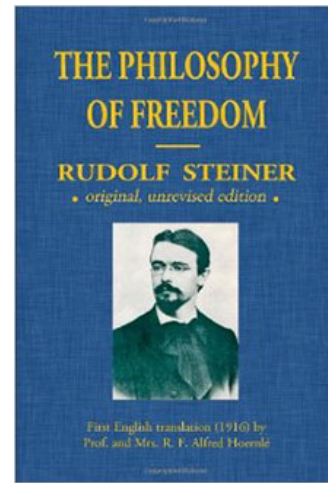
**Time:** 3:15 PM – 4:00 PM

**Dates:** February 3, 10, and 24; and March 2, 9, and 16

**Cost:** Free

**Location:** Trillium Hall

If you have questions, please [contact Jenny](#).



## Salad Days: February 18 and 19

January is a busy time for the faculty and staff as they step back into their schedules and routines after Winter Break. We are once again coming upon an opportunity as the parent community to thank our teachers for the ways in which they ignite our children's development and excitement for learning. Let's reach out to offer

them support in the way many of us know best... food.

**Salad Days are Thursday and Friday, February 18 and 19.** They fall during Parent-Teacher Conferences and allow us to feed the teachers for two days in a row! What are Salad Days? We as the parent community come together and supply lovingly made nourishment for our faculty and staff. The teachers love this event; it's a favorite as they appreciate the variety and general yumminess that shows up on their table. If you are interested and would like to bring a dish, please let me know what you would like to bring. The event is called Salad Days, but please feel free to bring whatever dish speaks to you. This is a gift of the heart, and what your heart longs to bring is just perfect. You may bring salad, soup, a main dish, dessert, some bread, some cheese—whatever feels right.

Let us join in in celebration of all the gifts our faculty brings us. Please visit the sign-up form at: <http://www.signupgenius.com/go/30e0a4daaad23a13-salad1>. If you are not comfortable with an online signup, please drop me an email at [christa\\_tinker@comcast.net](mailto:christa_tinker@comcast.net). I will send an update with specifics as we get closer to the date. If you are unable to contribute at this time, please rest assured that other parents will—and know we will have another day like this again soon.

With gratitude,

—Christa Tinker, Parent Volunteer and Mother of James, Grade 7

## Help Publicize Three Cedars Waldorf School by Sharing Posts

Did you know that Three Cedars Waldorf School is on Facebook?

We are actively working to extend our reach so more people know about Waldorf and our school and we need your help. If you're a Facebook user, please "like" the TCWS page and any posts that catch your eye.



It's especially helpful when you **share** our posts—especially for events such as Open Houses and Tours—with your Facebook friends to help us extend our reach even further. As an example, in fall of 2015 two posts were shared 22 times, which helped us reach 4,300 people!

[facebook.com/Three-Cedars-Waldorf-School-322712843148/](https://facebook.com/Three-Cedars-Waldorf-School-322712843148/)

Thanks for your contribution to helping our school thrive.

—Lisa Anderson, Parent Volunteer



## Haircuts for the Holidays 2015

Many thanks to William and Petra Hines for their generous offerings of skill and artistry in the form of "Haircuts for the Holidays 2015," a fundraiser to benefit Three Cedars Waldorf School; and to GEM Salon in Kirkland for the use of their space. Further thanks go to the Carlisle, Impas, Murdoch, Olson, Rodriguez, and Shatrova-Trifonov families for participating. This benefit raised \$760 for our school!

## GRADE SCHOOL NEWS

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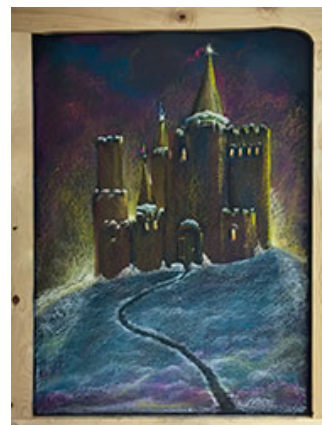
[Classifieds](#)

## What's Happening in the Grades

**Grade One | Arithmetic: Quality of Numbers**



This arithmetic block will take the students from their foundational understanding of the numbers into the four processes of addition, subtraction, multiplication, and division. The four processes (+, −, ×, and ÷) are brought through story, practical use, and extensive experiential learning.



### Grade Two | Play

Second grade has been working diligently to set up and fine-tune the last details of their play. They have been having fun singing and reciting, but also have been working very hard knowing that soon you will journey with them through the land of Ireland to witness how the King of Ireland's son may or may not overcome some very hard but important life challenges. The second grade play will be presented Thursday, January 21 for students, 9:00–10:00 AM and

**Friday, January 22 for parents from 9:00–10:00 AM.** We hope to see you there!

### Grade Three | Fibers

This is the second of the “living on the earth” blocks. The children have studied how to grow and harvest their food. Now they will learn about the fibers that make their clothing. We will look at how climate and culture affect what one wears. By the end of the block, children have a tangible understanding of the process by which wool proceeds from sheep to sweater.



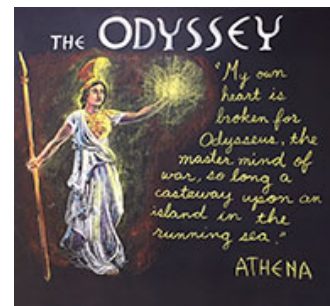
### Grade Four | Human and Animal: Zoology I

Zoology is the first formal science block in the Waldorf curriculum. In kindergarten and in the first three grades, students are introduced to the natural world through nature stories, poetry, imaginative pictures, and immersive play. With the development of the ability to distinguish between the inner and the outer worlds, a degree of objectivity arises in the fourth grader which makes the study of science meaningful. As in the Waldorf geography curriculum, which begins locally and expands concentrically to the global world,

Waldorf sciences begin with the study of that which is closest to the human being—the animal world—and progressively moves farther away, to the plant kingdom in fifth grade, mineralogy in sixth grade, physics through the upper grades, and back to the human being through the study of anatomy and physiology in eighth grade.

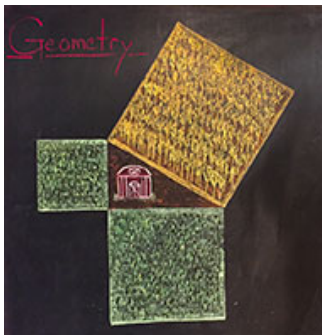
### Grade Five | The Odyssey

Homer's epic poem will be shared over the course of two weeks. During this time, students will recite portions of the Odyssey in dactylic hexameter. Portions of Wordsworth's Evangeline (another example of dactylic hexameter) will also be recited. Further, there will be a writing intensive and grammar focus during this block



### Grade Six | Physics I

After returning from Winter Break, the students began to experience their very first block of laboratory science. This overview of Physics, continued in a second block later in the year, will include the phenomenological study of optics, acoustics, heat, static electricity, and magnetism. After watching various demonstrations during Main Lesson classes, students will strive to find meaningful patterns and relationships in the phenomena that they have observed. Their senses will be actively engaged, and their thinking stretched to new limits. This first block will focus on optics and acoustics, with topics including, but not limited to: the propagation of sound; elements of music and different instruments; our experience of light; light and shadow; primary and secondary colors; prism and the interplay of light and darkness; reflection and refraction; mirrors and their geometry; and lenses and their laws.



### Grade Seven | Math Block 2: Geometry

Grade seven geometry continues the curriculum from grade six but students will apply more exacting measurements and their new skills in algebra. Topics include calculations of perimeters and areas, the geometry of a circle and the constant Pi, geometric drawings, the pentagon, the golden ratio, angles (relationships, measurement, theorems, and proofs), and the Pythagorean Theorem.

### Grade Eight | Physics

Mr. Steegmans returns as a guest teacher and continues his Physics course with the class through study of hydraulics, pneumatics, and electromagnetism. Continued insistence on exactitude in observation and description foster clarity of thought and precision of communication, thereby enabling students to develop a truthful sense of reality.



## New Chess and Spanish After-School Programs

Three Cedars Waldorf School is offering two new after-school



programs led by our Spanish and Gardening teacher, Luis Allende.

## Chess Club: Grades 3 – 8

**Time:** 3:10 PM – 4:15 PM

**Dates:** Tuesdays when school is in session, starting January 26 and ending May 24

**Cost:** Fifteen sessions for \$110; minimum enrollment is 10 students

**Location:** Grade 6 classroom



The many benefits of playing chess from a young age include:

- Development of analytic, synthetic, and decision-making skills which can transfer to real life.
- Cultivation of higher-order thinking skills, analysis of actions and consequences, and visualization of future possibilities.
- In countries where chess is offered widely in schools, students exhibit excellence in the ability to recognize complex patterns and consequently excel in math and science.
- Increased planning skills, confidence, patience, and discipline.

## Spanish for Native Speakers: All grades

**Time:** 3:10 PM – 4:15 PM

**Dates:** Mondays when school is in session, starting January 25 and ending May 23

**Cost:** Fifteen sessions for \$110; minimum enrollment is five students

**Location:** Grade 5 classroom

For more information, please [contact Luis Allende](#).

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## Eurythmy Troupe

The Kids Eurythmy Troupe will soon begin again!

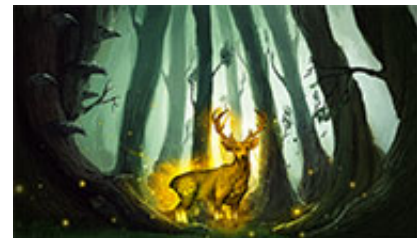
**Time:** 3:10 PM – 4:15 PM

**Block 3 Dates:** Mondays January 25 and February 1, 8, 22

**Block 4 Dates:** Mondays February 29 and March 7, 14, 21

**Cost:** \$60 per block. Some scholarships are available. Please see Ms. Fawcett for details.

**Location:** Trillium Hall



The Troupe will be performing the story of Banyan and Branch with Eurythmy Northwest at Three Cedars on **Friday, March 25** during the school day (time to be announced). This is a wonderful tale of compassion about two golden deer who must choose between rule and love. The human king in the tale is awakened by the courageous choice the deer king must make.

During the next two blocks, Ms. Fawcett asks that only students sincerely interested in practicing artistic Eurythmy join as our work will require greater focus. Grades two through eight are welcome. Please [email Ms. Fawcett](#) if you have any questions.

# EARLY CHILDHOOD NEWS

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## Kindergarten Potluck and Games Night

**Date:** Saturday, January 23

**Time:** 4:00 PM – 6:00 PM

**Location:** Three Cedars Waldorf School, Trillium Hall

The kindergarten faculty warmly invites Morning Glory and Apple Blossom families to our annual Potluck and Games Night. This event is always a highlight for kindergarten families as it provides wholesome fun and food that the whole family can enjoy together. Please take the time out of your weekend to join us for this delightful evening!

Bring a potluck dish—large enough to feed your whole family—to share. Please label your dish with the ingredients to help those who have dietary restrictions. Place settings and drinks will be provided.

We will begin at 4:00 PM with dancing, singing, and playing games that everyone can participate in. A potluck dinner will be served by 5:00 PM, followed by social time for parents and more games for the children. A story will close the event at or before 5:45 PM.

We hope you will all be able to join us!

*—Apple Blossom and Morning Glory Faculty*

## How We Prepare Children for Grade School

At a glance, a Waldorf early childhood program looks quite simple, most of the day is composed of free play and the activities that we do are repetitive—for instance, baking bread on the same day each week. There is daily singing, storytelling, movement and recitation where the children simply follow along—the children aren't explicitly "taught" lessons. Simplicity is a goal for us in our curriculum, but what happens within the children is not so simple at all. Through all of this play and rhythm the children are building a strong foundation for success in grade school.



*[Read the full article on the Three Cedars Waldorf School website](#)*

*—Laura Mason, Morning Glory Kindergarten Teacher*

# ANNOUNCEMENTS

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## Feldenkrais Method Workshop: Brain Food for Adults

***A special workshop to benefit Three Cedars Waldorf School. 100 percent of net proceeds will be donated to the school.***

**When:** February 5–7, 2015

Free Lecture/Demo: Friday, 7–9 PM

Workshop: Saturday, 9 AM – 4 PM and Sunday, 9:30 AM – 3:30 PM

**Location:** Three Cedars Waldorf School, 556 124th Ave NE, Bellevue

Can you recall the joy of learning? Do you want to recover your capacity for learning that has become restricted over the course of your life? In this Feldenkrais Awareness Through Movement® workshop, 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.

Over the weekend, 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
- Discover a new-found potential for freedom of movement
- Recover abilities lost due to past injuries
- Learn how your brain is effected by intentional movement

**Cost:** Public: \$200; \$350/with a friend

Three Cedars parents: \$150; \$250/2

Three Cedars teachers: \$75

*No one is turned away for lack of funds*

**Registration:** [www.insidemoves.org](http://www.insidemoves.org) or mail check to:

Inside Moves, 15081 SE 54<sup>th</sup> PI, Bellevue, WA 98006

**Wear:** Warm, comfortable clothes

**About Jeff Haller / Inside Moves & the Feldenkrais Method®**

Pioneered by Israeli scientist Moshe Feldenkrais, the Feldenkrais Method®



offers a novel, unique and profound way to examine your habitual and often limiting ways of thinking and acting. Through attending to yourself in movement, you'll discover how to improve the quality of your actions in life.

Dr. Jeff Haller studied directly with Dr. Moshe Feldenkrais. After graduation from his Feldenkrais training in 1983, Jeff created Inside Moves, operating a movement arts center in Seattle, WA from 1984–1991 where classes in Feldenkrais, Aikido, Yoga, Tai Chi, and meditation were offered. Since 1993, Jeff's primary focus has been to train Feldenkrais Method teachers. He has developed and refined his skills, conducting Feldenkrais trainings and mentoring programs worldwide, while building an extensive private practice in his hometown of Bellevue, WA.

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## Sound Circle News

Sound Circle Center offers a variety of programs in arts, anthroposophy and education. For more information, visit [soundcircle.org/offered-programs](http://soundcircle.org/offered-programs)



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## Information About Waldorf Education



Why Waldorf Works

**Inform Newsletter:** The Association of Waldorf Schools of North America (AWSNA) is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico. To read their January 2015 newsletter, please visit [AWSNA Community Newsletter](http://AWSNACommunityNewsletter), January 2016.

**AWSNA Northwest Regional Conference:** *Scythe and Compass: Traveling the Path of Moral Development*. February 14–16, 2016, Seattle Waldorf School High School Campus. Keynote speaker: Douglas Gerwin. For more information, contact [northwest@awsna.org](mailto:northwest@awsna.org).

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## Teach Your Children Well: Unhook Them from Technology

*Naomi Schaefer Riley, Wall Street Journal, January 1, 2016*

**Teachers at Mountain Oak say they can immediately detect who has been using devices at home.**

In the far corner of the desolate looking yard outside Mountain Oak Charter School, a boy of 9 or

10 is digging a hole. A few other children are standing nearby, periodically checking his progress and taking a turn with the shovel.

Mountain Oak is a charter school that offers an education inspired by Waldorf, a progressive model that encourages exploration of the natural world and rejects the use of technology in the classroom and even in the home. When I ask later in the afternoon about the ditch digging, eighth-grade teacher Jeffrey Holmes smiles. “Oh, they’re playing Minecraft,” he says, referring to the popular online game. Last year “they had a whole system of ditches and they were bartering with rocks too.”

*Continue reading online*

## CLASSIFIEDS

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### Support Waldorf Education in Nepal

Far away from our comfortable life here in the Pacific Northwest lies a newly sprouted Waldorf school in the shadows of the Himalayas. Located in Pokhara, Nepal, the Maitreya Pathshala school and biodynamic farm is home to nine children ages two through six, their teachers, and 30 cows which provide daily milk to about 200 people.



Our dear friend and former teacher, Lisa Bono, is currently living and teaching at the school and will be there for the next two years. Lisa is a talented and hardworking Waldorf teacher who has helped our family tremendously when we were just starting on our own Waldorf journey. We reached out to her last month to see if there were any immediate school supply needs that could be met, which of course there are.

They will be starting their first-ever first grade class this coming April and are lacking in some very basic things (blackboard, desks, paper, chalk, etc.) We come to you all with a request for any donations you may be able to share at this time. As shipping to Nepal is costly and difficult, we have set up a donation page and will send the money on to the school directly to be used for these supplies. Our goal is \$5,000—it will go far in helping these first graders find success. Here is the link to make a donation of any amount. Please feel free to share it with friends and others on social media: [Gofundme.com/bmdwew7w](https://www.gofundme.com/bmdwew7w)

The recent earthquake in Nepal (April 2015) affected the school and farm as well as the upheaval from Nepal’s new constitution, which has resulted in a three and a half-month fuel shortage.



Support for them at this time is very significant and comes at a crucial time as children are just beginning their education.

Mary Spurgin, our grade 5 teacher, is also a dear friend and former colleague of Lisa's and will be working with some of the grades classes to create artwork to be shared with the children there. We find it amazing that the Waldorf movement has spread across the globe and that we are united by our desire to bless children with all that Waldorf education has to offer. We hope this can be an opportunity for us to broaden our own children's horizons and strengthen them in the knowledge that we are all truly connected as a human family and have the power to provide meaningful help to each other, even though we can be half a world away. Thank you so much for anything that you are able to contribute to this cause!

With gratitude,

–*Scott & Ashley Jensen, Three Cedars Waldorf School Parents*

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Our newsletter is published once per month when school is in session.  
Content for the next issue is due **Monday, February 15.**

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