



## Newsletter

*December 3, 2012*

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**Dear Robyn,**

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### Table of Contents

[All-School News](#)

[Grades News](#)

[Early Childhood News](#)

[Biographies](#)

[Community Announcements](#)

## All-School News

### St. Nicholas' Day, December 6

At Three Cedars, stories are often told to the children and a small festival is held on **December 6th**. The historical Saint Nicholas is remembered and revered among some Christian churches. Saint Nicholas is the patron saint of sailors, merchants, archers, thieves, children, and students in Greece, Belgium, France, Romania, Bulgaria, Georgia, Albania, Russia, the Republic of Macedonia, Slovakia, Serbia, and Montenegro, and is a patron saint in some cities in the world.

Nicholas was born a Greek in Asia Minor during the third century in the Greek city of Patara which was a port on the Mediterranean Sea and was located in Myra, Lycia, a Greek province of Asia Minor and was very religious from an early age. In France, St. Nicolas comes primarily in Alsace, Lorraine and Nord-Pas-de-Calais (French Flanders). A little donkey carries baskets filled with children's gifts, cookies and sweets. The whole family gets ready for the saint's arrival on December 6, with grandparents telling stories of the saint. In some places in Italy, on December 6 there is a ritual called the Rito delle nubili. The same tradition is currently observed in Sassari, where during the day of Saint Nicholas, patron of the city, gifts are given to young brides who need help before getting married. In the days leading up to December 5 (starting when Saint Nicholas has arrived in the Netherlands by steamboat in late November), young children put their shoes in front of the chimneys and sing Sinterklaas songs. Often they put a carrot or some hay in the shoes, as a gift to St. Nicholas' horse. The next morning they will find a small present in their shoes, ranging from sweets to marbles or some other small toy. On the evening of 5 December, Sinterklaas brings presents to every child who has behaved him- or herself in the past year. This is often done by placing a bag filled with presents outside the house or living room. In Germany, Nikolaus is usually celebrated on a small scale. Many children put a boot called Nikolaus-Stiefel (Nikolaus boot) outside the front door on the night of December 5. St. Nicholas fills the boot with

gifts and sweets overnight, and at the same time checks up on the children to see if they were good, polite and helpful the last year which is recorded in his golden book. There are also sailors who celebrate St. Nicholas' day on their ships.

*-source information from Wikipedia's web site.*

## Winter Garden of Light 2012



Our Winter Garden of Light is a pathway to guide us in experiencing gratitude for the earth's gifts and compassion and love for all of life. This lovely festival of light is a time for the human spirit to gather warmth and light. We honor several traditions, and create our own, by participating in walking the spiral for the kindergarten and grade school's walk. A Winter Garden poem is told for the kindergartners with gentle harp music filling the room with calmness. One by one each child will journey through the garden path, spiraling into its center to receive light for their candle and place their light along the path of the spiral. As the light grows, a warming experience reaches the quiet depths of their souls and a feeling of reverence for all of life arises.

For the children, the Winter Garden is a living symbol of this truth of touching the light within. The weeks leading to the winter solstice, the darkest day of the year, is a time of inner searching. The days grow shorter and darker, the colorful abundance of plant life from the summer has become tiny, hard-dry seeds, and the earth seems to fall asleep under a protective mantle of snow and frost. Yet, the human being at this time can experience a renaissance of inner thought activity and deep reflection.

Our spiral is made with love from items brought by families including evergreen boughs or evergreen garlands to be placed on the ramp to the entrance of Trillium Hall by Wednesday, December 5th. Many children love to gather natural items from the mineral, plant, and animal kingdoms (crystals, seashells, feathers, winter berries, seed pods, etc.). Please deliver these to the front office no later than December 5th.

**Thursday, December 6th, 6:30 p.m. - 8:00 p.m.**

**Grades 6, 7, 8 and any adults** from our community who wish to walk the spiral.

If you plan to come, please RSVP by Wednesday, December 5th to the front office,  
425-401-9874.

**Friday, December 7th**

**4:30 p.m. Grades 2, 3**

**5:45 p.m. Grades 4, 5**

Families are invited and encouraged to come and watch.

**Saturday, December 8th**

**4:30 p.m. Morning Glory & Morning Star (for Kindergarten children 5 to 6 year olds)**

**5:30 p.m. Grade 1**

Families are invited and encouraged to come and watch.

***MOOD:***

**Please arrive promptly, enter in silence to hold the quiet mood, and exit in silence.** Parents who attend the spiral walks protect the reverential mood of this experience by **leaving cameras and camcorders at home.**

***FIRE SAFETY:***

For this festival day, we ask that children wear close-fitting clothing, that long hair be tied back, and please avoid long, flowing skirts or baggy pants home for another occasion.

Please click [here](#) for flyer.

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## 4th Annual Coat Drive

**Friday, December 14**

**8:00 a.m. - 3:30 p.m.**

For the past three years, we have collected gently used coats, hats and scarves in good condition for our annual Coat Drive. These items are then distributed by [WIC](#) (Women, Infants and Children) in Tacoma to families in need.

Please bring items to the Front Office on Friday, December 14 between 8:00 a.m. - 3:30 p.m.

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## 'Tis the Season!

December is here and with it the merry and joyful winter holiday season. During the weeks preceding our winter break, those who wish to are invited to participate in our holiday gift giving tradition.

Beginning Monday, December 3, there will be a bag placed outside of each classroom door, in which parents and children may place personal,



handmade, or consumable gifts and cards for your class/kindergarten teacher.

Those who wish to make a monetary contribution toward gifts for the teachers may do so in the front office until Friday, December 14. These donations will be pooled and distributed among the class, kindergarten, and subject teachers.

Please take a moment to stop into the office to sign cards for the teachers - you will find your child's class/kindergarten teacher card in your class coordinator's mailbox in the front office, while the subject teacher cards will be available at the counter. Happy Holidays!

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## Shepherd's Play: A Performance Gift from the Faculty on Dec. 20

The medieval "Shepherd's Play" will be performed for parents and friends on **Thursday, December 20 from 5:30-6:30 pm in Trillium Hall**. This is TCWS's first-ever all-ages performance for the larger community, and kindergarten families are specifically invited. **THE PLAY IS FREE AND OPEN TO ALL.**

Performing this play is an annual tradition in most Waldorf schools, dating from Rudolf Steiner's directing the plays in 1915. This Christmas-themed play is the first of three; the others are the "Paradise Play," about Adam and Eve, and the "Three Kings' Play," about the events surrounding the three kings' visit to the Christ child. Rediscovered medieval manuscripts in dialect show the Christmas story in simple language with robust humor. Singing processions explain the events, and a warm, heartfelt mood prevails. Since familiar teachers act out the roles of Mary and Joseph, shepherds, innkeepers and angels, the performance is enjoyed by all. Along with the winter spiral of light and the advent assemblies, this play shares the joy of the season. Please join us on December 20.

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## Sibling Application for Admission Deadline

Siblings of students currently enrolled at Three Cedars Waldorf School receive priority consideration when applying to our programs. If you are considering enrollment for the 2013-14 school year for a younger sibling, please submit your [application](#) for admission by **Thursday, December 13, 2012**.

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## Three Cedars Parent-Tot Classes

The winter session of our Parent-Tot classes will begin on Friday, January 11 and we have just a few spaces left! Parents with young children are warmly invited to register for this wonderful class, taught by Miss Maggie on Friday mornings. Please submit your completed [registration form](#) and fee to the admissions office soon to hold your space.

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## Brrr! It's Cold Outside

Wintry weather is upon us! With daily temperatures frequently in the 40s, and sometimes even dipping into the 30s in the morning, it is important for students to be dressed warmly, and in layers, for the day. Students in all grades spend part of each day outside - during morning drop-off, recesses, and various classes.

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## Ink Recycling Program

Did you know your empty ink cartridges can benefit the school? TCWS can recycle them at Staples, the office supply store, and receive \$2 back per cartridge in rewards to spend on future purchases. All you have to do is drop them off at the Front Office and we'll do the rest!

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## Grades News

### Grade 4 Play - The Three Challenges



#### **The Three Challenges**

*written by Eugene Schwartz*

In mid-November, the fourth grade presented their play called The Three Challenges to the school community and to the parents. On the one hand, it was a play full of nobility and grace and on the other hand, it was a play full of downright mayhem. It was a treat to see the students transform themselves from gods and goddesses to jotuns and two-headed giants. The cast has learned many things including: staying focused even when the audience is laughing, supporting their fellow actors by staying in the scene, and how to turn on the lights backstage when no-one can see a darn thing! The outrageous humor of the play was a perfect fit for this fourth grade. I was impressed with the students' abilities to memorize

individual lines and with their abilities of concentration even when they were talking to a two-headed jotun!

*Stacy Evans-Agnew, 4th Grade Teacher*

## How Many Days to America?



### How Many Days to America?

*A Thanksgiving Story written by Eve Bunting, directed by Stacy Evans-Agnew*

When we think of Thanksgiving, we often think of pilgrims and Native Americans dating back to the 1600s. This story entitled, *How Many Days to America?*, gives a different picture than the one traditionally offered. This story is a modern day pilgrim story. It is the story of a family fleeing oppression to begin a new life of freedom in America.

I have empathized with this story for many years now, and so I wanted to offer it to the school as another picture of Thanksgiving. I have been working with third, fifth, sixth, seventh, and eighth graders during their lunch recess to rehearse the play. They have all committed strongly to their roles and they have graciously given up their lunch recesses. It has been a pleasure to work with these talented students who span across many grades. The play is not a typical one in which everyone has a line. Instead it is told by two narrators and the cast forms tableaux to depict the scenes in the story.



I am so proud of all of these students and I look forward to sharing this story with the school community during our Thanksgiving assembly.

*Stacy Evans-Agnew, 4th Grade Teacher*

## Early Childhood News

### Woods Day Update



The oldest children in the kindergarten still seem to be thoroughly enjoying



Woods Day each Friday despite the colder, wetter weather and a walk that just keeps getting longer! I have been doing much thinking about how to get the children engaged in purposeful work on Fridays and have found it to be a bit of a challenge due to the fact that we are outside all day long. Thankfully a kindergartner gave me the inspiration I needed. Several weeks ago a boy announced that he was going to collect firewood so that we could have a fire at school. For several days he collected as much wood as he could carry on our walk and brought it back to school. I let him know that if we wanted to have a fire we would have to ask Mr. Jack (our facilities manager and male role model extraordinaire!) for permission. I reported back that Mr. Jack said we would need nice dry firewood to build a fire with. Unfortunately, all the wood we carried back from the park was very wet. How could we solve that problem when it just keeps raining every day?

This past Friday morning the children were very pleased to see Mr. Jack waiting for us upon our arrival outside with a stack of firewood and several tools for wood splitting. He demonstrated how to chop wood with a wedge and a sledge hammer and the children took turns pounding the wedge into the wood. What Mr. Jack made look so easy turned out to be very hard work indeed! Several children experienced the satisfaction of making the final blow that drove the wedge in far enough to split the wood. Soon we had a small pile of split wood. We placed the wood in a large trash bin to keep it dry and Mr. Jack agreed to return the next week to do more splitting. A conversation quickly took place amongst the children about what we would do with all that wood. One child suggested that we could build a bird house and another thought perhaps we could make toys. When I wondered aloud about whether we could make something that would be very warm several children shouted out "A fire!" Hmm, I wonder...

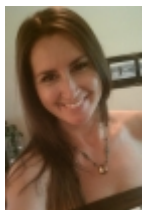


On the last Friday before the break I am sure that the children will be delighted to see Mr. Jack arrive with a portable fire pit to build a fire in. Shhh... This is a secret just for parents, teachers and Mr. Jack and will be a lovely surprise for the children!

*Laura Mason, Kindergarten Woods Day Teacher*

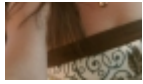
## Biographies

### Tabatha Jeantette - Morning Star Kindergarten Assistant



Miss Tabatha was born and raised in Northern New Mexico, the oldest of four brothers and one sister. She attended college at Albuquerque Technical Vocational Institute where she earned her degree in Business Administration. During her college years, she was selected from the Department of Energy in Washington, D.C. to work





for Sandia National Laboratories where she joined a classified work station. She has worked in an International Commercial Real Estate Company, first in the Education and Training Department and then in the Marketing and Global Events Department.

Tabatha later worked in the Event business working directly with Government Dignitaries, the Media, the Press and local officials. She became highly involved in Waldorf Education upon the births of her three daughters and has been extensively learning, working and thriving to improve her knowledge and understanding of this beautiful educational opportunity.

In 2006, her love of the Pacific Northwest moved her back to Seattle where she has been a part of the Three Cedars Waldorf Community as a very active Parent Volunteer, Class Coordinator, After Care Teacher, Substitute Teacher, Development Coordinator, and now Kindergarten Assistant. Tabatha is a very strong advocate for Waldorf education and our School Community. One of her favorite quotes:

"Accept the children with reverence, educate them with love, send them forth in freedom."  
-Rudolf Steiner

## Johannes Steegmans - Grades 7 Block Teacher



Mr. Steegmans holds a Masters degree in Law from the University of Nijmegen in The Netherlands, and a Waldorf Teaching certificate from the Rudolf Steiner College in Sacramento, CA. 1989. A native of the Netherlands, Mr. Steegmans has taught several classes at the Seattle Waldorf School, first in grades 1-8, then 5-8, and finally took a grade 8 for their final year. Additionally, he took a class in grades 7 and 8 at the Aurora Waldorf School in Alaska before teaching Main Lesson blocks at the Seattle Waldorf School, the Anchorage Waldorf School, and Three Cedars, in grades five, six, seven, and eight. In 2012-13, Mr. Steegmans will teach physics and geometry main lessons to our grade 7 students.

## Kay LaVergne Jaz - Receptionist



Kay grew up in Seattle playing on a dirt hill next door and a basement stage that her parents built. Such re-creations as Tarzan, Cinderella, The Lost Boys and Little Women with school friends kept the neighborhood entertained. Her explorations in the-land-of-make-believe were put on hold by the onset of adulthood where she studied linguistics, experienced travel overseas, and committed to marriage and raising two girls.



When she is not happily serving the community in the front office at Three Cedars, you can find her at play with family (3 grand-kids), Jerry (her husband), on stage or in front of a camera, writing, making stuff, watching movies or playing with the cats.

## Community Announcements

### *Community Events*

### Ultimate Frisbee

Ultimate will take place Thursdays when school is in session at Wilburton Park from 2 to 3:30 pm (possibly to 4). New players and beginners from grades 3 and up welcome. Teams will be forming for spring league play from March to late May. Hosted by TCWS parents David Hasbrook and Jenny Doggett.

### *Local Events*

### Fall 2012 Heavy Baby Workshop

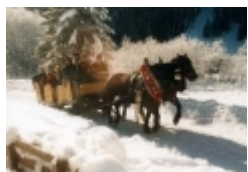


Create a therapeutic and cute 2 or 4.5 pound Waldorf-style heavy baby for a child you love! Workshop led by doll maker, puppeteer and Waldorf teacher Aimee de Ney on Saturday, Nov. 17th and Sunday Dec. 9th at the Fremont Community School and on Sunday, Nov. 18th, also in Seattle. Heavy babies can be created in a variety of sizes, styles and colors dependent upon the age and preferences of the recipient, and they are all sure to be well loved! Please contact me at [aimeedeney@yahoo.com](mailto:aimeedeney@yahoo.com) or 919-260-8491 for more info.

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

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### The Winter Solstice Bus Trip – December 15, 2012



An invitation from your hostess Irene Perler (who has been enjoying snow since 1961!)

Remember the good old' days when times were simpler? When eating fresh fallen snow, sledding down a hill, a snowball fight followed by a fire and hot chocolate and the smell of the pine trees in the cold winter air warmed your soul? You could pull that sled up that hill over and over until the sun went down and then you looked out the window back at the snowman you made with your Mom's scarf, a carrot and a broom?

Join a bunch of friendly, fun-loving folk of all ages, looking for simple pleasures and magic that the winter season and a shared experience brings. Each year, we ride a cozy bus through the mountains to the Bavarian village of Leavenworth for food, festival of lights, shopping and music. We stop along the way to play in the snow: sledding, snowmen, romantic walks in the snow with your sweetheart are all possible. We take a horse-drawn sleigh ride followed up by a warm dinner in a rustic farm building with a hot wood stove. We sing and play games and then we join in an age old tradition of people all around the world who call back the sun each year to make sure it comes back again to warm the world and make the plants grow again.

Many friends have enjoyed these rituals and traditions for almost 20 years. I invite you and your friends and family to join in the fun!

This Solstice Bus trip celebration is being held Saturday, December 15th from 8:30 am to 11:00 pm. Tickets cost: \$85 adults, \$70 youth (aged 13 to 18), \$55 children under 12 and children under 2 are free. Some scholarship is available and family rates are negotiable.

For more information and registration contact Irene Perler at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com) or pick up a flyer at the front desk at Three Cedars.

Get your tickets now! Even at today's prices this is a value worth every penny and the time spent with your family in this way is priceless! I'll save you a snowball! Promise!

## Discipline Workshop for Parents and Teachers - December 2012



presenter, Briana Bennitt

**Saturday, December 15, 2012, 9:00 a.m. to 3:30 p.m.**

Enjoy this refreshing and common sense approach as we explore discipline and child-rearing. This workshop demystifies "discipline" and illustrates the common pitfalls of some of the more prevalent "behavior management" advice that bombards parents and teachers. Participants will be introduced to the basic principles

of “Real Discipline,” “Collaborative Counseling,” “Simplicity Parenting,” and newer resources now available on the science of human development, parenting and teaching. Adults will become more confident and skilled in their approach to discipline so that children may relax into the safety and security of authentic adult authority.

#### NOW REGISTERING:

[info@SimplicityLearningCenter.com](mailto:info@SimplicityLearningCenter.com)

425.614.0145



STARS credit available for teachers and childcare providers registered in the Washington DEL MERIT system: .6 CEUs/6 hours: \$90 with certification for 6 hrs STARS CEUs, \$75 to register without STARS credits.

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## Johanna Steegmans Lecture Series at Madrona School



If you missed Johanna's talks at Seattle Waldorf School last year and want to hear a re-run, here is an opportunity to hear her speak on Bainbridge Island. Just a 30 minute boat ride from Seattle! 60 minute drive from Port Townsend, 90 minutes from Tacoma, 2 hours from Olympia.

**Tuesday, Jan 29 at 6:30** - Navigating the Middle School Years

For more information, please see the [flyer](#).

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## BELAX Girls Lacrosse

Girls of all ages can play lacrosse for Bellevue East, the top club for girls from all over Bellevue. BELAX has teams for girls from 2nd grade through high school. The season is March-May. Informational meeting January 15, 7pm, Lake Hills Library. Register now at [www.belax.org](http://www.belax.org)

*Classifieds*

## Student Seeking Homestay Opportunity

Hello. My name is Jay Hong, a student at UW. I'm looking for a nice homestay family whose children go to Three Cedars Waldorf School. My sister, Minyoung, is a grade 7 girl who is hoping to attend the school for two months from Jan to Feb. Minyoung speaks good English and is looking forward to experiencing school life and making great friends! Please contact me at 206-883-6024 or email me at [luvured@uw.edu](mailto:luvured@uw.edu) if you're interested in helping my sister enjoy her stay at Three Cedars Waldorf School. Payment will be discussed too!

The newsletter is published every two weeks during the school year.  
The deadline for submissions for the next newsletter is Sunday, December 9.

Please email submissions to [newsletter@threecedars.org](mailto:newsletter@threecedars.org).

*We only intend to send you helpful information and respect your decision to modify your subscription.*

*Three Cedars Waldorf School*  
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