

April 27, 2015

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May Faire Is Around the Corner!

Saturday, May 2

Gather close as we prepare to enter the realm of our annual May Faire Festival. The Festival will be held **Saturday, May 2**. This year will see some changes, but overall, it will still be our May Faire Festival, in all its loveliness! Here are some things to know about:

- **May Faire attendance and participation by the GRADES children will be expected** by their teachers unless other arrangements have been made prior to the event. Festive spring dress is requested in light, spring colors with comfortable shoes for dancing! Some teachers may request a special color, and you will receive that information from your teacher prior to the event, if needed. Please help your children look and feel their very best for this special day, as we honor the May Faire queen!

• **GRADES Children should be delivered to May Faire crown-making tables at 9:30 am.**

EARLY CHILDHOOD children may come make crowns with their teachers, but will be under parental supervision at all times. We will create a viewing spot with an easy exit for EARLY CHILDHOOD families to sit together and watch the morning festivities. If you have a raffia crown from a prior year, please bring it. If not, crown materials will be provided to your child. GRADES parents should sign children in. Teachers will receive the children and hold them until the dancing is completed (about 11 am). Parents should promptly pick up their children at the plaza in their assigned class areas at the end of the final dance and sign them out. Thank you for supervising your children during the remainder of the May Faire festival to ensure everyone's enjoyment of the event.

• **Overflow parking will be available** at the Wilburton Instructional Facility in between the Botanical Garden and the Wilburton Park and Playground. Look for signs. A shuttle will be available to transport festival attendees to the event between 8:30 AM and 2:30 PM.

• **We will be hosting Farmer Vince Carlson**, who will be bringing a big Farmer's Market booth to the faire, complete with springtime baby farm animals to visit. Bring your pocketbooks and stock up on fresh produce, eggs, locally produced meats, and more! He is donating five percent of all proceeds to our school. Clean him out!

• **In celebration of our new garden**, we will be offering garden tours and plant starts for **sale**, and I will be asking Farmer Frog to come talk about our plans for the garden, orchard, and native plant reforestation in the woods.

• **A Waldorf Woods Walk** will bring families through our beautiful campus woods, learning about Waldorf education, with a special passport for children to stamp and complete, and some surprises along the way...

• **Spring cleaning? We will be having a Kids' Sale** in Trillium from 8 AM – 5 PM this year (along with coffee and our bake sale), in lieu of the big, outdoor garage sale. This will allow us to box up and take the leftover gear to children's consignment stores, where we can continue to earn money from an established account. Clothing, shoes, and accessories need to be clean, in good shape, and ready for sale. No holes or stains. Children's books, toys, bicycles, gear, sports equipment, and games are also welcomed in good repair and with all pieces present. If you have larger items, please check with me before donating. We cannot accept car seats or cribs, due to recall concerns that make them hard to donate if we don't sell them. Donations for the Kids' Sale can be placed in the marked containers in the hallway behind the office up until Friday, May 1. Please support the sale with your donations and purchases!

• **If you'd like to support the bake sale, we will need your donations.** Please place them on the designated table outside the Trillium Foyer on Friday, May 1. All kinds of pastries, cupcakes, cookies, bars, breads, and delicious goodies are welcome and appreciated! Please list the ingredients on your contribution so buyers can be aware of them. Thank you!

• **The music main stage will be set up near the café**, so people can relax, eat, and enjoy the music while they eat. We are very excited to have Bellevue GirlChoir joining us this year, to perform after the May pole dancing and enjoy our festival for the day. Do you know of other groups that offer music programs for children, that will bring kids/families here from the outside community, and share offerings with our families? There is still some room on our main stage schedule!

• **A Japanese Tea Ceremony** will be offered in Trillium's foyer from 1–3 PM. Don't miss this very special event that peeks into the beauty of Japanese culture. Space will be limited.

• **A Community Booth** will offer an opportunity for our parent groups and individuals to share their passions, crafts, interest groups, professional services, wares, and more with our school and wider community. Interested parties need only sign up for a shift to have their information and

items for sale available to the festival-goers. Crafts & Tea will be there, as well as others in our community. Come see what they have to offer! We still have room if you'd like to participate.

- **Someone will be available to offer information about our affinity fundraising programs**, such as PCC scrip cards, EScrip, and other merchants such as Fred Meyer, Target, and Bartell Drugs, who will donate money to Three Cedars when you shop at those merchants.
- **Student Art Show** and display of work and projects will be open to the community.
- **Many, many activities and good food and drink for all!**
- **Please come support your school**, volunteer for the event in some way, invite your friends and neighbors, and celebrate with us!

Here is a [SignUp Genius](#) link that will take you to volunteer possibilities. Thank you for participating!

If you don't want to register online, simply call me at 206.683.0652 or send an [email](#) to let me know how you'd like to help or inquire where your help is needed.

Many thanks for all you do for our school!

—Kristi Hartman, Director of Advancement



Kristi Hartman is a dual citizen of the United States and Canada, with family roots that stretch from the deep south of Louisiana and Texas, northward across the southern provinces of Canada. In that she believes there is nothing quite as fine as messing about in boats, her heart lies close to the water, and she has been an on-again-off-again Seattleite for most of her growing up years into adulthood. A former longtime live-aboard, Kristi and her

family own a house-barge on Lake Washington where she can be found in the summertime reading, and spotting turtles and Blue Angels. She has strong ties on land as well, with a love for growing all things plant and animal. Kristi's home crows, coos, clucks, barks, squawks and howls, and she tends her substantial menagerie, as well as a P-Patch plot along the Cedar River with her husband and three daughters who have grown up cloaked in the magic of Waldorf from tiny tot-dom. Kristi hails from a real estate, law and insurance background and education at PLU, and has completed early childhood coursework for the Child Development Associate certification. She credits her grandmother and mother with teaching her the value of lifelong community service. She brings with her non-profit development and volunteer training experience from 14 years in the Junior League of Seattle, tenacity advocating for youth with 18 years in the National CASA program, and diplomacy, serving seven years on the Women's Interclub Council Board for the Grand Fourteen Yacht Clubs of Puget Sound. Kristi loves coffee, bringing people together (usually over food), and considers herself a lifelong learner.

Maypole Dance

Throughout history, May Day has been celebrated by

honoring the Queen of the May. Each year we anticipate her return, wearing a flower garland and carrying a basket of springtime flowers. Originally, honor was paid to Flora, the Goddess of Flowers and Bride of the West Wind, by bringing garlands of flowers that were wound around the column in her temple and by singing praises to her and dancing around the column. This celebration has also honored the sun



rising into summer with Morris dancers jumping, waving kerchiefs, and making noise with sticks to help the seed crops grow and to scare away evil spirits with bells! Dancing around a Maypole woven with colorful ribbons, wearing garlands of flowers, singing seasonal May Day songs, listening to musicians play, and bowing in honor of the May Queen became the European celebration of spring, which we echo in our celebrations today!

—Geri Snyder

Parking Lot Guards Needed

Our parking lot is a busy place, and you have probably noticed things getting busier with the nearby construction delays causing backups and frustration. The completed construction will offer an improved sidewalk area to Wilburton Park for our walk days (see the orange flyer on the Community Bulletin Board), but in the meantime, we will all need to work together to keep things running smoothly in our own school parking lot. In addition to your commitment to driving very slowly in the lot, with utmost caution and care, could you please offer a bit of your time to help keep things as safe as possible for our families? We need parking lot guards for twenty-minute shifts in the morning and afternoon every day that school is in session. Volunteer labor means our valuable dollars can be spent in other places.

Please visit the [SignUp Genius](#) page to find out how you can help us maintain a safe environment at pickup and drop off. If you don't want to use an electronic signup, just give me a call at 206.683.0652, or drop me an [email](#). Thank you for your attention to this important call to duty!

—Kristi Hartman, Director of Advancement

Spring Salad Day Thank You

The weeks before Spring Break were especially hectic this year—with interviews of candidates for Executive Director, grade eight project presentations, grade six play, parent evenings, and the Early Childhood Spring Parade. As faculty and staff met for plenum Thursday, April 9, they were grateful to pause and enjoy some



afternoon sunshine and conversation over plates full of fresh salads, baked goods, and other delicious treats. A special thank you to Christa Tinker for organizing Salad Day, and to generous contributions from Lisa and Kelly Anderson, Lili Antonitsas, Sue Ann Belmont, Sharmae Carlisle, Barbara Geri, Mary Haller, Elizabeth Hartpence, Ana Huston, Molly Kirrene, Thamis Mendez, Jeannette Nagel, Tanya Orlando, Dana Oskoui, Sandi Parsons, Beverly Pressey, Rachel Rodriguez, Anna Shatrova, Kris Solem, Cait Walsh, and Cris Wegmann.

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Eurythmy Troupe

Once upon a long time ago, there lived a king and queen. Their great castle was by a brilliant blue sea in the Valley of Golden Mountain. Each morning the king and queen walked along the shore to watch three white-winged swans swirling in spirals and beautiful patterns in the gentle waves. A deep longing lived in the heart of the king and queen. For not so long ago, the three swans were their three lovely daughters....



So began our Eurythmy Troupe's fairy tale created by the movement and imagination of the children. Entering into the uniquely human creative process and the sacred domain of the artist through Eurythmy is like painting, singing, speaking, and movement all in one. In Eurythmy, we are the song and the singer, the poem and the speaker, the painter and color. For example, when we move the waves, not only do we show movement in space that has the appearance of waves, but we become the waves and the force behind them. On a deeper level, the children experience the origins of language through the sound gestures for the word *wave* brought through Eurythmy.

Our Troupe was so creative that we decided to continue working on our story into next year. You see, a wizard cast a spell on the daughters of the king and queen. A fairy that came from the stars in a nautilus shell knows how to heal them. And of course, three brothers who have just what they need to climb Golden Mountain must travel to the stars to get the antidote. And then what happens? We'll have to wait and see.

The Troupe will begin again in the fall and we look forward to sharing our work with our school community.

—Jenny Fawcett, *Eurythmy Teacher*

Jenny began her life as a Waldorf educator in the kindergarten at Seattle Waldorf School in 1995. She spent two years as lead nursery teacher at the pioneering Evergreen Waldorf School, which later became Three Cedars.



During this time, she studied Eurythmy regularly in Seattle with David-Michael and Glenda Monasch along with dear colleagues who would later form the performance ensemble, Eurythmy Northwest. She decided to move to Europe to embark on a four-year full time Eurythmy education, and received her diploma from Goetheanum in Switzerland after training at the Rudolf Steiner Seminar in Järna, Sweden in 2001. After a few years of teaching adults in the Swedish Eurythmy School and performing in Europe, Jenny returned to

the states and has since been teaching adults and children full time in Princeton, Sound Circle Teacher Training, Whidbey Island, and at Three Cedars Waldorf School. Helping students to unveil their true nature and to find a healthful inner balance through the art of Eurythmy is a dear passion for Jenny. She is grateful for the opportunity to serve in this way. When not teaching, Jenny enjoys touring and performing with Eurythmy Northwest, and being together with her husband, Adam, and two children, Satya and Kai, on Whidbey Island.

Grade Eight Project Presentation

The eighth graders want to thank their mentors for sharing their passions, gifting their time, imbuing us with knowledge, and providing inspiration.

With gratitude for your generous guidance!

Zoe Colwell-Lipson: Learning to Shoe a Horse with Melinda Irhazy

Lucia Felix: Beekeeping with Daniel Najera

Grace Haller: Cooking as a Life Skill with Dwight Pargess

Danny Hellstern: Environmental Awareness with Chris Pressey

Sophia Hoag: Avalanche Awareness with Sara Carbanari

Adam Jemal: Building a Snare Drum with Greg Keplinger

Sophia Parker: Massage Therapy with Julia Guderian

Kai Pressey: Welding with Thomas Kolb





Grade Seven Class Play

The Jungle Book: Mowgli's Brothers, by Rudyard Kipling

When Mr. Packer gave us our script, there was much excitement. He gave us the script two months in advance of the play so we had time to look over the script, get our parts, and memorize our lines. How Mr. Packer assigned us parts is he instructed each person in the class to write down our top three picks for parts in the play, most desired to least. Mr. Packer then matched each part to each person based on their personality and what they would bring to the portrayal of each character. He then assigned us parts. It took me about a week to memorize my parts, but I was not one of the larger roles in the play. A main role such as Mowgli, Baloo the Bear, Bagheera the Panther, or Akela the Wolf would take longer.

As soon as lines were memorized, our class made costume lists and based on our costume needs, Mr. Packer found us costumes from the school costume bin. Mr. Packer and Mrs. Goldschmidt helped fit the costumes and then our costumes were ready to go. I, for one, had at least three costume changes, sometimes in close proximity.

Our class then practiced in Trillium Hall and got accustomed to the space. We focused on projection, speaking to the audience, character development, movement, timing, and working well together as a group. Then, the play was ready to go.

The play was a fun and thrilling success, with many Three Cedars students wishing to return for the evening performance!

—David Collier, Grade 7

Link to photos, courtesy of parent volunteer Paul David, are posted on [SmugMug](#).

Grade Five Class Trip to Horse Farm

On Friday, April 10, Stephanie Packer's grade five class took a field trip to Fall City, where they had the opportunity to participate in activities at Northwest Natural Horsemanship Center. Director Jim Hutchins ("Mr. Hutch") guided the kids through proper basic care and grooming of the horses with other staff at the Center, before the horses were led out into various areas of the farm for exercises that deepened everyone's understanding of the relationship between humans and horses. A special communication style



taught at the Center helped the kids (and the adult chaperones) learn about how horses communicate with each other, and how humans can use those cues to better work with horses. Mr. Hutch demonstrated and allowed everyone to try games that humans can play with horses that help them communicate and understand each other. We are so grateful to Mr. Hutch and to Karen Wegehenkel (parent to Kira in grade five) for making this terrific hands-on opportunity available to our Three Cedars kids! To learn more about the Northwest Natural Horsemanship Center, please check out their [website](#), where there is information available about programs and summer camps.

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The Value of Rest in Childhood and Nature

In the early childhood morning program all of our students benefit from a developmentally appropriate environment that encourages free play, is rich in storytelling and language development, provides opportunities for purposeful work, and gets the children outside each day to engage with the natural world, among other things. One particular benefit is the opportunity to engage in processes that can be carried out to completion over long periods of time. For instance, in the spring, we plant a garden, which requires much work building beds, hauling soil, planting, watering, and weeding. It is not until the fall that we finally get to harvest and

eat the vegetables that we have sown. Another example is bread baking. Each week we grind grain and we measure and mix ingredients. But though we put in much work on Monday, we do not knead and eat the bread until Tuesday. The yeast has to be given time to work its magic, leavening the dough and readying it for baking. We do not teach the children about the science behind these processes until they are much older, but they do serve as models for the children in their own life processes. After all, each child is growing, changing, digesting, and processing, much like the seed and the yeast.

Our optional afternoon program offers nourishment in two simple forms: a healthy lunch and a rest. During the children's outdoor playtime, the classroom is transformed into a darkened and

quiet resting space. The children come inside to this warm space, fill their bellies with hot lunch, and lie down for their rest. Once all are settled in bed, a quiet story may be read or songs sung. By now, several of the children are already asleep and it is time for a quiet rest period of about 45 minutes (longer in the preschool, where all of the children sleep). This silent rest time is a tremendous benefit to modern children who spend much of their day surrounded by sensory input. This time gives them an opportunity to absorb and process the events and experiences of their day. Like the resting seed coming to life under the soil and the yeast in our bread transforming the dough, rest time and sleep give children an opportunity to process and transform the experiences of their day. Knowing how to slow down, reflect, and experience boredom are skills they can draw on throughout life.

Half-day families can schedule a quiet time of rest or sleep at home in a way that works for their own family, rather than following the schedule that works for the larger group at school. Even the car ride home is an opportunity for quiet reflection. Keep the radio off and do not drill your child with questions about the day, but let them share what comes to them. Once at home have a hot lunch followed by a story together and a rest.

In short, your child's experience of his or her school day is greatly enhanced by rest and sleep. You are making a conscious decision to send your child to a school that offers a Waldorf experience, so be sure to make the best of it by giving them ample opportunity for deepening the experience through sleep and rest.

[More information](#) about recommended sleep duration at different ages.

Sweet dreams!

—*Laura Mason, Morning Glory Kindergarten Teacher*

Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. Though she and her sisters spent long hours playing in horse pastures, open fields, and woods surrounding their home, her favorite place was the dirt pile in her yard, where she spent many hours digging tunnels and making mud pies. Childhood vacations were spent hiking and camping in the Cascades as well as taking road trips to museums and historic sites. Many of these experiences are well known to her students, as she brings them to life in the classroom through storytelling. Miss Laura attended local schools from kindergarten through high school, sharing a classroom with several friends for the entire 13 years. Throughout school, she loved vocal music programs, particularly performing at music festivals. After Miss Laura transferred her elder daughter to Three Cedars Waldorf School in the first grade, she began a new career as an early childhood teacher. She joined Three Cedars in 2002 as a preschool assistant, then served as a preschool teacher, and finally, as a mixed-age kindergarten teacher. Miss Laura received her Early Childhood In-Service Teacher Training Certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed enthusiasm for gardening, both of which she brings into her work as a teacher.



ANNOUNCEMENTS

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Willow Branch Theater Presents Mother Holle

You are invited to our marionette puppet performance of Mother Holle on **Sunday, May 31 at 11:00 AM and 1:00 PM in Trillium Hall** at Three Cedars Waldorf School. This Grimm's Fairy Tale is presented by The Willow Branch Puppet Theater Group using seven silk marionettes. Two of the puppeteers are from Three Cedars, one is a Waldorf preschool teacher from the Forget-Me-Not Preschool, and our story teller is a Waldorf teacher from Seattle Waldorf School.

Advance Reservations (Visa or MasterCard): \$7 child or senior, \$8 general. Call 206.985.2059.

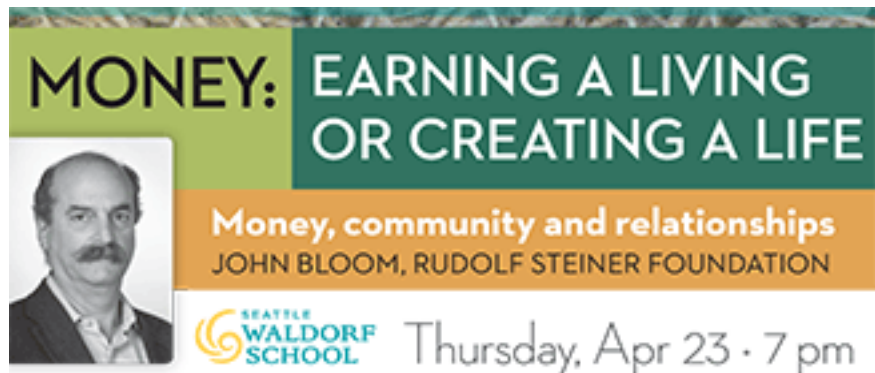
Admission at the Door: \$8 child or senior, \$9 general admission.

Money: Earning a Living or Creating a Life

Date: Thursday, April 23, 2015

Time: 7:00 PM

Location: Seattle Waldorf High School



John Bloom from the Rudolf Steiner Foundation will shed light on the forming and transforming of attitudes about money, and how our thinking affects our experience of community and relationships. We all make financial choices that define our lives—what we eat, how we educate our children—and our choices affect the lives of others. Yet, our attitudes and assumptions about money generally remain unexamined.

Reflecting on how our economic or financial selves are formed, John Bloom will focus on how we transform our relationship to money, to discover new community and rethink our relationships in an interdependent world.

John Bloom, VP, Organizational Culture, RSF Social Finance, has developed innovative philanthropic programs and contributed to thought leadership in the field of social finance, and has facilitated conversations and programs that address the intersection of money and spirit in personal and social transformation. He writes for RSF's Reimagine Money blog, has worked with over 100 non-profits in capacity building and culture change, has founded two non-profits, served as a trustee on several, and worked as the administrator at San Francisco Waldorf School before

joining RSF in 1998. He is the author of *The Genius of Money: Essays and Interviews Reimagining the Financial World* (SteinerBooks). More at rsfsocialfinance.org.

Sound Circle News

Here's what's happening at Sound Circle Center:

Open House

Saturday, May 16, 2015 10 AM–12 PM

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



Come and view Sound Circle Center in session and see first-hand what Foundation Year and Waldorf Teacher Training is all about! Our Open House includes class attendance, presentations, and discussions on Waldorf Teacher Training with Foundation Year Program Director, Heidi Jefferson-Gloor, and Teacher Training Program Director, Nettie Fabrie. Enjoy a tour of the campus and conversations with current program students. RSVP to Kimberley Hiner, information@soundcircle.org.

Foundation Studies, NEW OPTIONS!

Now Offered Every Year at Sound Circle Center! Take just Friday or Saturday, or both. The next session begins September 2015.

Foundation Studies provide opportunities to study and strive for personal renewal and self-transformation. Deepen your perception and self-knowledge through artistic practice and skill development. Foundation Studies will strengthen and nourish your soul, and fulfill the pre-requisite for entering the Waldorf Teacher Training Program at Sound Circle Center.

Applications now being accepted for September 2015 Foundation Studies. Application deadline is June 15, 2015. Please visit our website at www.soundcircle.org/foundation-studies for more information or to apply.

Parenting Classes: register now for fall 2015 classes!

One Saturday per month, October–May, Seattle Waldorf School

Parenting is a vocation, from which we sometimes need a vacation.

Parents, we hope that you will join us for a monthly day of renewal to learn more about the tools of your trade. Two series will be offered again this autumn: Family Foundations (birth to six-year-olds), and Soulful Parenting (seven to fourteen-year-olds). For a complete description and to register, please visit our website at www.soundcircle.org/content/family-foundations.

Introduction to Anthroposophy

Saturday mornings, 9:15 AM – 11 AM; presentations by selected faculty.

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

Cost: \$20 per session, payable at the door.

Next offering: March 28, 2015, “Temperaments,” with William Gentner.

Are you curious about Anthroposophy? Would you like to understand more? Please join us for these introductory sessions on the various aspects of Anthroposophy. Join us for one or all sessions. No registration required. A detailed description of the topics can be found on our website, www.soundcircle.org/introduction-anthroposophy-saturday-sessions-sept-may.

Philosophy of Freedom, summer at Sound Circle Center:

June 29–July 3 and July 6–July 10

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

This course offers a rich opportunity to begin or deepen your understanding of Rudolph Steiner's seminal work on becoming free, creative thinkers. The Philosophy of Freedom gives one an experience of the essential qualities and tremendous potential of human life. Please visit our website, www.soundcircle.org/philosophy-freedom-and-artistic-expressions-philosophy-freedom, for complete program description, faculty bios, and cost.



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 April 2015 newsletter, please visit [AWSNA Community Newsletter, April 2015](#).

Sahale Summer Camp: Tenth Anniversary

June 22–28, 2015

With a focus on practicing skills of friendship such as inclusion, collaboration and fun, this overnight camp is specifically designed to meet the needs of youth aged 9–12. Explore 65 acres on the Tahuya River where camp life includes games, drama,

archery, art, music, nature exploration, and group work-together time. Your child will benefit from a multigenerational staff and community who demonstrate and teach how to build relationships and self-esteem. Our staff includes Waldorf-trained educators and student counselors, elders as mentors, family life educators, and professional musicians and artists who all volunteer to create a week of living in a magical village camp setting. For more information [contact Irene Perler](#), Waldorf alumni parent, subject teacher, and camp director. Flyers are available in the office. [Register here](#).





Laura Ingalls Wilder Summer Camp

Relive the life of a pioneer girl! Do pioneer chores, hand-sew patchwork projects, and do crafts from the Little House books. Bake pioneer recipes, dress in pioneer clothes, and learn more about life in pioneer times. Lots of playtime in my big, beautiful back yard (swings, tire-swing, teeter-totter, and slide). July 14–18,

9:00 AM to 3:00 PM, \$305 (includes all materials and two authentic Laura and Mary snacks per day). Located in the Northgate area of Seattle.

See website at www.pioneergirlsummercamp.com

Contact Jacqueline at tpoems@comcast.net, or call 206.526.1373 for more information.

Waldorf-Inspired School in San Miguel de Allende, Mexico Welcomes Visiting Students

Arbol de Vida is a small Waldorf-inspired school in San Miguel de Allende, Mexico. The school is currently enrolling students for the 2015–16 academic year and also invites students from other Waldorf Schools to visit for periods of one week or more.

To learn more about the school, please visit www.sanmiguelwaldorf.org. This is a special opportunity to experience a new culture and language (prior Spanish is *not* required to participate) within the familiar rhythms of a Waldorf day. If you have questions, please contact visitingstudents@sanmiguelwaldorf.org

Waldorf Graduates

Ever wonder what happens to Waldorf students after graduation? Some are quite famous! Todd Murray, MD, Sarasota Waldorf Board Chair, who is also a school parent, created a slide show to capture many of the outstanding achievements of Waldorf graduates worldwide, as well as the many successful people who have chosen Waldorf education for their own children. [View the slide show.](#)

A Distinctive Education

Looking for resources that clearly explain what Waldorf education is all about? Here is an article from the Steiner Waldorf Schools Fellowship website that gives ten key points:
www.steinerwaldorf.org/steiner-education/a-distinctive-education/

The Science of Resilience

March 23, 2015, Bari Walsh, Usable Knowledge: Harvard Graduate School of Education

When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?

There is a common set of characteristics that predispose children to positive outcomes in the face of adversity:

- The availability of at least one stable, caring, and supportive relationship between a child and an adult caregiver.
- A sense of mastery over life circumstances.
- Strong executive function and self-regulation skills.
- The supportive context of affirming faith or cultural traditions.

[Read full article](#)

Our newsletter is published once per month when school is in session.
Submission deadline for our next newsletter is **Monday, May 11, 2015**.

