



**Three Cedars
Waldorf School**

19 MARCH 2011

Waldorf Weekly News

NOTES TO THREE CEDARS PARENTS, RELATIVES, AND FRIENDS

CALENDAR REMINDERS

Monday, Mar 21

Festivals Team
Meeting: May Day
Planning
3:45 P.M.

Wednesday, Mar 23

Public Talk by Sonia
M. Hoglander, BSEE:
Creating a Healthy
Home in a Toxic
World
7:30 P.M.

Thursday, Mar 24

School Tour
BY APPOINTMENT

Thursday, Mar 24

Parents Brown Bag
Tea and Crafting
8:30 A.M. SPRING FAIRE
CRAFTS

Friday, Mar 25

Grade 4 Class Play
Community
Performance
6:20 P.M. AUDIENCE
SEATED

Tuesday, Mar 29

Fairytale Eurythmy
Performance
2:00 P.M. GRADE 4
PARENTS

Thursday, Mar 31

Tea for Parents of
Rising First Grade
Students
11:30 A.M. RECEPTION
WITH MRS. HINTON

Wednesday, Apr 6

Public Talk by Sonia
M. Hoglander, BSEE:
*"Making The
Healthiest Baby's
Room"*
7:30 P.M.

Thursday, Apr 7

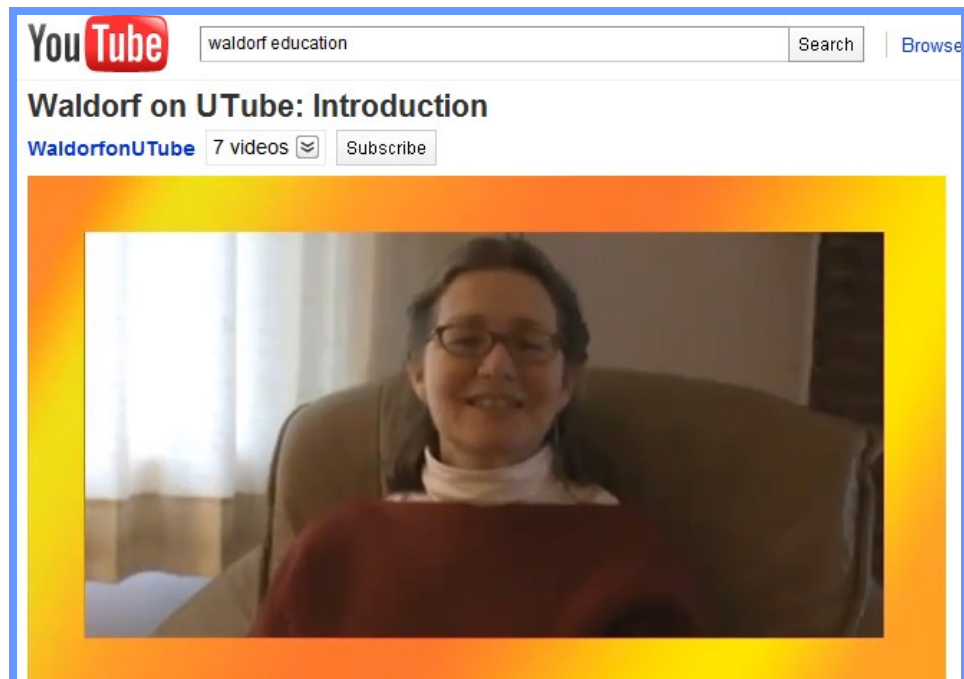
Parents Brown Bag
Tea and Crafting
8:30 A.M.
MAY DAY RIBBON
GARLAND MAKING

Friday, Apr 8

Spring Parade and
Picnic
KINDERGARTEN & GRADE 1
FAMILIES
EARLY DISMISSAL FOR KGS
AND NO KG AFTER CARE

Waldorf on YouTube

Our own Kim Holscher has recently completed a project to promote Waldorf education via YouTube. On this page, please find the links to the YouTube videos, that feature interviews by Ms. Holscher, filmed and edited by Waldorf alumnus Jordan Towles and Seattle Waldorf School senior Johannes Brudi.



Resources and Reminders

FIRST GRADE TEACHER FOR 2011-2012

The faculty and staff of Three Cedars are pleased to announce that our current eighth grade teacher, MaryAnne Hinton, has accepted the invitation to become next year's first grade teacher. Mrs. Hinton brings a wealth of experience from her class teaching years at Three Cedars and the Waldorf School of Santa Barbara. She is very much looking forward to carrying her current class

of eighth grade students through to their graduation in June before she turns her full focus on her next teaching journey through the grades with a new and delightful group of children.

Please see Mrs. Hinton's [biography here](#).



Mrs. Hinton
visiting the
Kindergarten
in November

In the coming weeks, Mrs. Hinton will be visiting our Kindergarten classes to become more acquainted with the eldest students in both classes. She will begin to hold them as her students over this summer as she prepares to receive them as her First Grade students.

It is customary for the parents to meet their child's new class teacher in a 'tea'. We have reserved *Trillium Hall for March 31st for the Rising First Grade Tea from 11:30 a.m. to 12:30 p.m.* We hope that all parents who are currently enrolled for next year's first grade class or considering enrollment may attend!

FESTIVALS VOLUNTEERS NEEDED

All interested Three Cedars parents, relatives, and friends are warmly invited to attend the next meeting of our Festivals Team on **Monday, March 21 at 3:45 p.m.** We will be meeting to study and plan the May Festival, which is a particularly beloved event at Three Cedars. Many different forms of volunteer work are needed and these offer all of us an opportunity to connect with other adults in the community beyond our own children's classes. It is not necessary to become a full member of the Festivals Team to attend, and if you have been looking to

join new volunteer work at the school, the Festivals Team can be a wonderful experience of meeting new faces and learning more about the work behind our school's major seasonal and cultural events.

All are warmly welcomed! Contact Geri Snyder, (volunteer) Festivals Coordinator, at 425.401.9874 or geris@threecedars.org to learn more. A description of our festival life at Three Cedars may be found on p. 3 of this newsletter. We hope to see you on Monday!

GRADE 4 EURYTHMY FAIRY TALE

On Tuesday, March 29th at 2:00 p.m., Three Cedars will again host a *Fairy Tale Eurythmy Performance* by the Northwest Eurythmy Group, a group of Pacific Northwest eurythmy teachers. This will be an assembly during the school day for Three Cedars students. The fourth graders at each school where the fairytale is being presented have a role in the performance.

While there is not enough room in Trillium Hall to accommodate all Three Cedars parents at this event, Grade 4 parents, friends, and relatives are especially invited to attend. Grade 1 students who do not generally attend After Care are also invited to attend with their parents, if this is possible. Adults are asked to RSVP to the school office if you would like to attend: 425.401.9874 or info@threecedars.org.

Grade 4 parents are kindly asked to send their children to school with black pants and a long sleeve, black T-shirt for the costume check on Friday, March 25th. Feel free to contact Miss Foster directly at jfonpurpose@hotmail.com if there are any questions.

Miss Foster would love to have help from one or two volunteer parents with darkening the room and hanging curtains during lunch recess, 12:30-1:00 on March 29th. Please call her if you can help with transforming the hall just before the performance!

Festivals at Three Cedars

Each year, we run a feature explaining the importance of Festival life at Three Cedars. While all Waldorf schools weave many different festivals throughout each school year, each school has a slightly different approach and feeling for the meaning behind the festivals. These are not commercial 'holidays,' but rather a time for the appropriate reverence that is due to 'holy days.'



We honor the changes in seasons, as well as the full spectrum of human experience on the earth ~ karma and destiny, conflict and resolution, death and rebirth, spirit and soul ~ while acknowledging the cultural diversity of our students and their families and the importance of the universal elements of festival life.



At Three Cedars, we consciously separate fundraising events (including craft fairs) from our festival celebrations. Several years ago, we invested

professional development funding and time in festivals training that was open to the entire faculty and parent community. The training was led by Lucinda Herring of The Festival Guild. Lucinda's workshops emphasized the following:

- Building sustainable and meaningful community together
- Strengthening every community member's connection to Earth and Spirit
- Weaving the Earth festivals with Christianity and other spiritual traditions
- Developing a more co-creative consciousness with the natural world
- Teaching reverence, wonder and care of the Earth to children
- Nourishing children's souls and imaginations, and each adult's divine child within
- Opening every community member's deepest loves, bliss and creative potential
- Practicing the power and art of storytelling for life's gateways
- Keeping hope, imagination and love alive in challenging times

Three Cedars celebrates many festivals that originated in Christianity and earlier spiritual traditions, including Michaelmas, Lantern Walk (St. Martin), Winter Garden of Light (Advent), St. Nicholas' Day, Santa Lucia's Day, and May Day. Our Japanese and Spanish programs also bring traditional festivals to our students throughout the year, such as Dia de los Muertos and Sangatsu Sekku.



Led by our Festivals Team, composed entirely of volunteers, our entire faculty continues to develop and deepen our work with festivals as a community. Many teachers also celebrate cultural celebrations at the class level, including Divali,

Festivals at Three Cedars (cont.)

Sukkoth, Hanukkah, Chinese New Year, and Wesak, according to the faiths of their students' families and the availability of parents to bring their own festivals as visiting presenters. The kindergartens also celebrate springtime festivities such as a Spring Parade around Easter time.



The Festivals Team meets throughout the year to study and coordinate our events, inviting everyone to come together and deepen their understanding of our traditions. Many parents, relatives, and friends, responding to requests from Class Coordinators, sign up to help lead a particular festival, or to provide food or supplies, or do set-up or clean-up at several events. Thank you to everyone who serves this work!



Our Grade 5 teacher, Miss Lisch, describes the Christian elements of anthroposophical festivals as follows:

"In the original Waldorf schools on the European continent as well as throughout the world today, four cardinal Christian festivals are celebrated in relationship to the mysteries of the circle of human life. The four seasons of the year offer an opportunity to hold a reverent regard for these clearly defined stages.

In the winter festival (Advent/Christmas) we cherish the great mystery of birth. We speak of "receiving the child in reverence." In the springtime festival (Easter), the great mystery of renewal and the revivifying and upbuilding life forces of the young child and all of childhood proper are celebrated. The summer festival (St. John), the time of heat and fullness, offers the imagination of adulthood and a picture of the mature and fructifying time of life. In the autumn festival of Michaelmas, the image of the human being having lived a long and productive existence now comes to the crisis of fear. This is a time when the harvest of all that has been completed and the reflection on one's journey can be brought to a conscious sense of completion with courage for the truth, beauty and goodness of a lifetime well lived.

These four cardinal points on the path of the circle of

life may be well celebrated and cultivated in a rhythmic way, supporting a lifelong experience of gratitude and reverence. This is the work of a lifetime for each of us, so that indeed when one's life is complete, one may rest, in peace."

-Paula Lisch



Ambassadors' Musical Visit

Three Cedars' ukulele ensemble was honored on Thursday with an exciting visit from [The Colwell Brothers](#). Paul and Steve on mandolin and guitar, playing bluegrass and their own compositions.

For those who do not know, these musicians formed a band with Herb Allen and their other brother Ralph and toured the world in the 60's promoting human kinship through writing and performing their music, as they traveled, including their famous song - 'Up with People'. They were the first US group to perform in China after the Cultural Revolution. They traveled through Africa and also went to the Soviet Union to perform and carry their message of human unity, well before perestroika. In 2007, a book about the band, 'A Song for the World', was published. It tells of the brothers' amazing journeys. Their story is testament to their world travels and the kinship they found and promoted wherever they went. In the opening pages of the book is a quote by a head teacher from England:



*"Music is the only thing which all nations, all ages, all ranks, and both sexes do equally well.
It is sooner or later the great world bond."*

It seems very fitting that Steve's daughter, Corey and her husband Ryan have brought their children (Steve's grandchildren) to a Waldorf school where music and a sense for world cultures is so much a part of our whole community's life!

The ukulele group had a delightful opportunity to listen to, and play along with these great musical ambassadors. I am sure I can speak for all who saw and heard them, that this meeting has to be only the beginning! We hope we will find other ways and future opportunities to bring our common love of music together! - Michael Preston



Mice in Morning Glory Kindergarten

This year, just as we began to see signs of spring, we noticed many mouse-holes in the Wilburton Park woods. We wondered where those mice could be going in those holes.... Then, just after February break something magical happened! Mrs. Mason and I



looked in our slippers one morning — and hiding right inside were two little mice. Then, a few more mice began hiding in the children's slippers. Each morning the children eagerly check their slippers awaiting the magic moment when a mouse has chosen to be their special friend. So far we have been joined by 10 little mice! The mice are enjoying their exploration of our classroom and a few are even brave enough to venture into the loft! Each day the children spend time building houses and making mouse-inspired puppet shows. Not to worry if a child doesn't have their own mouse yet — sometimes Mrs. Mason's mouse Spots or Mrs. Reilly's mouse Cocoa will come play in a lovingly constructed home. - Mrs. Reilly from MGK



Cultivating Imagination Through Silence



Mirror Lake by Dennis Klocek

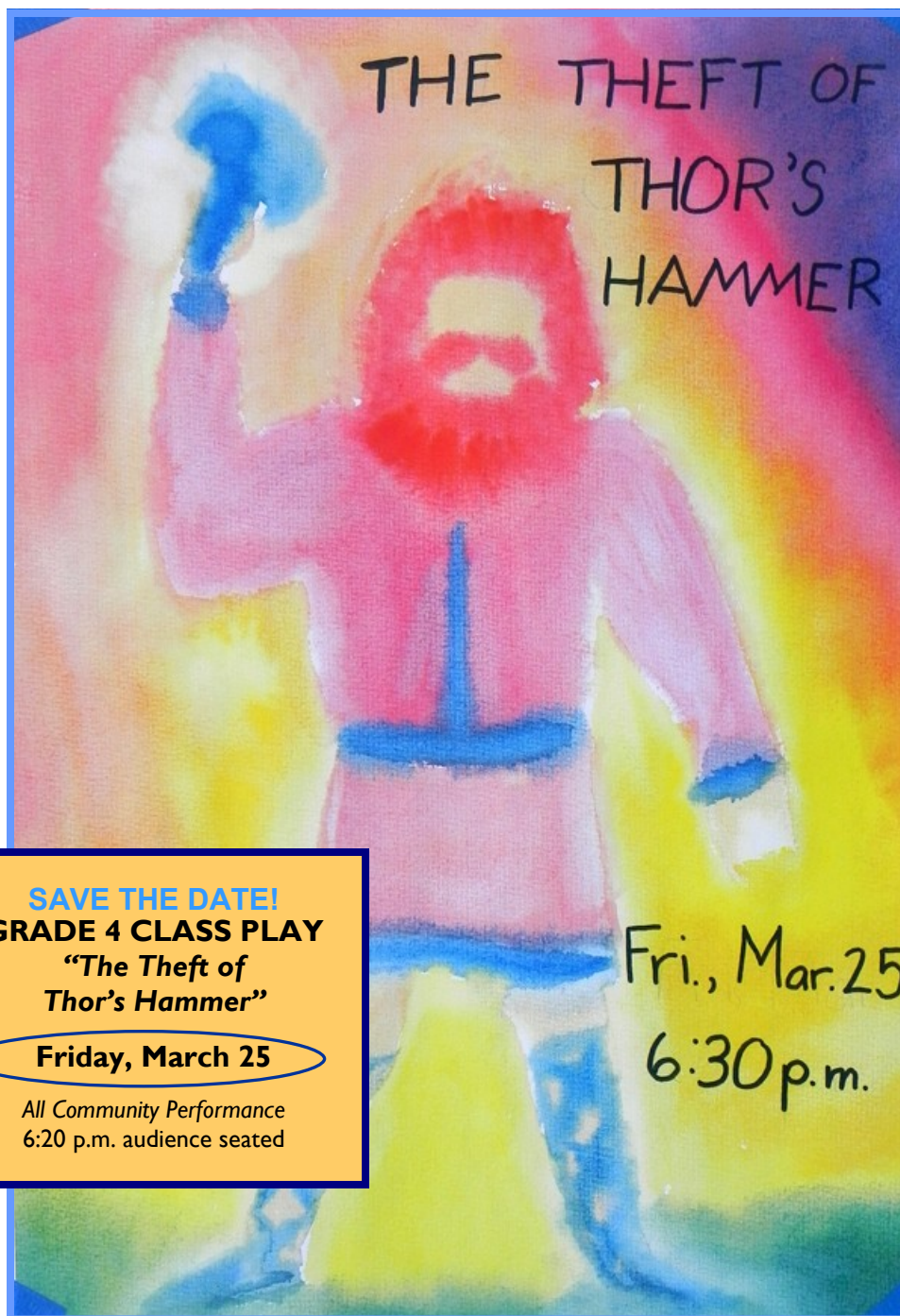
A lecture by Dennis Klocek

Friday, April 8th, 8:00 pm.
Requested Donation \$10

This lecture will address the importance of establishing a practice of stilling the mind as an aid to the development of creative imaginative faculties. The process of forming logical thoughts diminishes the capacity to link inner pictures in creative ways. To cultivate the imagination, one must train the mind to think clearly while engaging the creative process, thus weaving the light of the mind with the warmth of the heart. Dennis Klocek will track the neurological developments that accompany these processes and suggest meditative methods that can keep fantasy and logic in a dynamic balance in order to enhance creative thinking.

Dennis Klocek teaches at Rudolf Steiner College in Sacramento, California, where he has been the director of their Consciousness Studies Program ("Goethean Studies") since 1992. Dennis has studied broadly in the arts and natural sciences. He is engaged in research, teaching, and writing in many fields, including weather, gardening, color therapy, meditation, embryology and sensory transformation. He is in great demand as an international lecturer and is author of five books including: *Drawing from the Book of Nature*, *Weather and Cosmos*, *Seeking Spirit Vision*, and *The Seer's Handbook*. The lecture will be held at Seattle Waldorf School, 2728 NE 100th St. 98125.

Grade 4 Class Play



SAVE THE DATE!
GRADE 4 CLASS PLAY
**"The Theft of
Thor's Hammer"**

Friday, March 25

All Community Performance
6:20 p.m. audience seated

Fri., Mar. 25
6:30 p.m.



Three Cedars Waldorf School

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The original motivation for the Waldorf education movement was to promote the peaceful evolution of humankind by leading children away from narrow interests toward a broad worldview. Three Cedars Waldorf School continues the active development of that tradition. Consequently, it is not merely an act of compliance with federal law, but of free, willful and deliberate policy to offer Waldorf education to families who desire it for their children regardless of race, color, national or ethnic origin, class, gender, sexual orientation, family structure, or, to the extent our resources permit, their ability to pay.

Three Cedars Waldorf School opened our doors in 1995, in space rented from Unity Church in the Crossroads neighborhood of Bellevue. In 2001, the school purchased our current, permanent facility from the Temple De Hirsch Sinai, in the Wilburton neighborhood of Bellevue. Our school provides elementary grades 1-8 and mixed age kindergarten in service to Eastside families who desire Waldorf/Steiner education for their children.

a Candidate Member of



a Candidate Member of



Submissions to this newsletter may be made to seraphinao@threecedars.org with "WWN" in the subject field of your message. The deadline is 5 P.M. Wednesday for inclusion in that week's edition. Submissions may be refused or trimmed by the editor to fit to the available space in a particular week's newsletter. Requests for a paper edition of this weekly may be addressed to the school office.

"I Can't Think"

The Science of Making Decisions

Imagine the most mind-numbing choice you've faced lately, one in which the possibilities almost paralyzed you: buying a car, choosing a health-care plan, figuring out what to do with your 401(k). The anxiety you felt might have been just the well-known consequence of information overload, but Angelika Dimoka, director of the Center for Neural Decision Making at Temple University, suspects that a more complicated biological phenomenon is at work.

To confirm it, she needed to find a problem that overtaxes people's decision-making abilities, so she joined forces with economists and computer scientists who study "combinatorial auctions," bidding wars that bear almost no resemblance to the eBay version. Bidders consider a dizzying number of items that can be bought either alone or bundled, such as airport landing slots. The challenge is to buy the combination you want at the lowest price—a diabolical puzzle if you're considering, say, 100 landing slots at LAX. As the number of items and combinations explodes, so does the quantity of information bidders must juggle: passenger load, weather, connecting flights. Even experts become

anxious and mentally exhausted. In fact, the more information they try to absorb, the fewer of the desired items they get and the more they overpay or make critical errors.

Today, with Twitter and Facebook and countless apps fed into our smart phones, the flow of facts and opinion never stops. That can be a good thing, as when information empowers workers and consumers, not to mention whistle-blowers and revolutionaries. You can find out a used car's accident history, a doctor's malpractice record, a restaurant's health-inspection results. Yet research like Dimoka's is showing that a surfeit of information is changing the way we think, not always for the better....

"The Twitterization of our culture has revolutionized our lives, but with an unintended consequence—our overloaded brains freeze when we have to make decisions." Read full article reprint on WaldorfTeachers.com or the original [Newsweek article](#)."

