

March 17, 2014

Dear Reader,

We hope you enjoy reading all about what's happening at Three Cedars! We publish the newsletter generally every two weeks, when school is in session.

HIGHLIGHT OF THE WEEK

[All School](#) [Grades](#) [Early Childhood](#) [Bios](#) [Community](#)

Spring Concert and Silent Auction

Saturday, March 29 • Trillium Hall

5:30 pm Doors open / Check-in
begins

6:00 pm–6:45 pm Silent Auction
Light hors d'oeuvres will be served

7:00 pm Concert begins
Intermission at 8:00 pm for dessert

8:00 pm Check out desk opens



Musical offerings from Broadway, Hollywood, and even our own Seattle composers! Performers include: Lauren Root, Judy Beatie, Heidi Person, Rick Saada, Kate Moody, Cliff Watson, and more!

Auction items include: CD Trio by our own Kate Moody, Brazilian Dinner for up to 5 couples, a felted lamb, a hand-knit hat, a weekend away at a fabulous beach house, a Planetarium visit that is both informative and amazingly fun, the always popular Movie Night & Homemade Dessert, and more!

Please go to [SignUp Genius](#) to **volunteer** your time!

Tickets are still available. Just \$50 each, your ticket covers the concert, a complimentary glass of wine, and dessert. Please contact the Front Office at 425.401.9874 or [Robyn Hartman](#) to purchase your seats today! [Get Flyer](#)

ALL SCHOOL NEWS

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World Language Program 2014-15

In the past few months, the PCG Program & Curriculum workgroup has reviewed our world language program. In that process we considered the intentions and original indications of Dr. Steiner as well as other resources including the notes from the most recent international Waldorf conference dedicated to world languages, and our current approach.

In the context of the finite number of periods available in our timetable, we made an important distinction between the two world languages we currently offer: while Spanish is a language relatively simple for English speakers to master, Japanese is much more arduous. We thus determined the goals of our world language to be proficiency for Spanish and cultural enrichment for Japanese. This distinction will be reflected in the number of lessons offered in each of the grades in 2014-15:

Grades	Number of Lessons per Week	Teacher
Japanese Grade 1-4	2	Emiko Lin
Japanese Grade 5-8	1	Emiko Lin
Spanish Grade 1	2	Aurora Garcia
Spanish Grades 2-4	2	Yadira Martinez
Spanish Grades 5-8	4	Britt Urquiza

The changes to our school's world language program for the coming 2014-15 school year only allow for 10 periods of Japanese per week, a part-time position. While our faculty looks forward to their working together towards building a strong program well integrated with the students' experiences in their respective grade, this change is bitter-sweet as we must say good-bye to our dear friend and colleague Tokura Sensei who, for the past nine years, has dedicated her working life to bringing a strong Japanese culture and learning to our school although she was a part-time teacher. We wish her the very best in her search for a full-time teaching position where her

dedication, her experience, and her love for the Japanese language and culture will be much appreciated by students and colleagues alike.

Spring Break Care

For students in Grades 1 through 5. Age-appropriate activities such as arts, crafts, indoor and outdoor play, and free play. Break Care activities complement our school programs, and bring the same level of attention to the rhythm of the day and the needs of the students. Students who attend Break Care bring their snacks and lunches as for a regular school day.

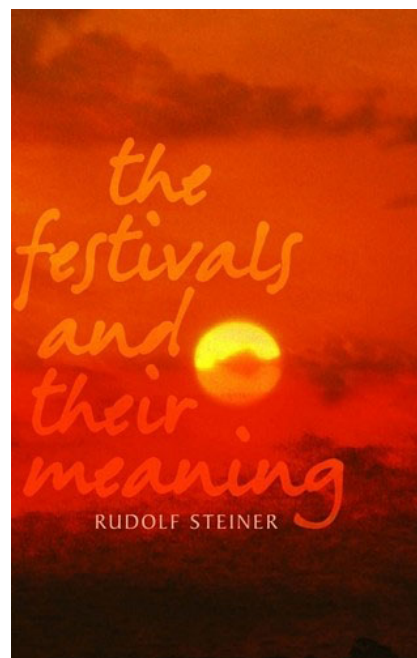


Sign up for one or several days! Half-day and full day options available. Please click [here](#) for the [registration form](#).

Steiner Book Study – Festivals: Easter

The next Steiner book study will be held on **Tues. April 1 from 6:30 - 8:00** in the Trillium Hall Foyer. We will continue using Steiner's book *The Festivals and Their Meaning*, this time focusing on his Easter essays. Even if you've not been part of the previous book studies, please join us.

Please study Easter Lecture IV "Spirit Triumphant" and, if time allows, view Lectures VII and VIII on the "Spiritual Bells of Easter." If you would like a copy of any of these lectures, please ask [Geri Snyder](#) in the office or contact [Cameron Altaras](#) for more information.



Support our Faculty and Staff with Salad Day!

Thursday, April 10

There are two days of the year that we as a community come together to hold up the Faculty and Staff at the school to say thank you. The faculty has a long meeting every Thursday from the end of the school day that continues on until dinner time. Thursday, April 10th, our community has the opportunity to feed the faculty and staff during their meeting. It's a lovely way to show them how much we appreciate the gifts they give our children each and every day.



I am hopeful that you can step forward and bring an offering. How does this happen? Initially, please drop me an email with what you'd like to bring. It's wonderful to have a wealth of everyone's favorite salad dish, in addition to some desserts, bread, butter and cheese. If there is something that you really want to bring that shows your love and appreciation, it will be warmly welcomed. I hear from the faculty each year that this event is a big hit.

So, please email me, [Christa Tinker](#), fifth grade parent. I will contact you the week before and give you specifics of how this works and what people are bringing. Thank you for your time and energy!

Parent Association Meeting

Thursday, March 20, 8:15 – 10:00 am

All parents are warmly invited to attend our upcoming Parent Association meeting! Please join us in the Buttercup Preschool room for discussion and planning of upcoming events. We hope to see you there.

Dancing Crow Farm CSA

Three Cedars is happy to announce that we will be partnering with Dancing Crow Farm to offer weekly CSA veggie boxes throughout the late spring and summer. Contents will vary throughout the growing season, depending upon what's ready to harvest. A typical box might include a bag of salad mix, cucumbers, chard, baby carrots, summer squash, basil, tomatoes, and onions. Please contact Sean Stratman at 425.698.3791 or visit www.dancingcrow.org for more information. Sign-up sheets will be available in the front office soon!

Work Party & Potluck

Saturday, March 22, 10 am- 2 pm

All families are warmly invited to join us this coming weekend for our first Work Party & Potluck of the season! Work Parties are a great way to connect with other families, giving the children a built in play date while parents work together, sharing food and conversation – all while supporting the school! Please RSVP to [Seraphina](#) or 425.401.9874 and let us know how many in your family to expect. Wear appropriate work clothing and bring your favorite potluck dish to share – the school will supply pizza, water, and tools.

If you are interested in being a garden steward, but are unable to attend the Work Party, please [email Seraphina](#). Volunteers are warmly welcomed after morning drop-off, before afternoon pick-up, and on weekends.

Thank you in advance!
Seraphina Orzel

Annual May Faire and Garage Sale

Saturday, May 3, 2014

Three Cedars Waldorf School's Annual May Faire & Garage Sale is one of the largest and most anticipated events of the school year. Although the big event is still weeks away, the organizers of this all-school fundraiser will be posting updates and reminders in the newsletter to keep you up to date. Please consider how you would like to help:



- Save the date and plan to attend!
- Volunteer to donate items, help organize, bake, create, and/or staff the event.
- For Garage Sale donations, we ask that you please separate ALL clothing by type: men's, women's, boy's, and girl's clothes in separate bags or boxes. Donations will be accepted during the week before and after Spring Break.

Please contact [Martin Wilder](#) at or (425) 260-0889 for questions related to the Garage Sale or to volunteer for this portion of the event.

The May Faire team may be reached via [email](#) and also meets weekly during the Thursday

Morning Crafts & Tea event from 8:30 – 10:00 am in the Buttercup Preschool room. Online sign-ups for volunteer positions will be available soon!

GRADE SCHOOL NEWS

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Business Ventures in Sixth Grade

The sixth grade developed three businesses during their Business Math block, and successfully marketed them to the school during Business week, March 3-7. Here is their experience, described in their own words:

Old to Gold T-shirt Remodel

“Lily thought it would be a good idea to redecorate T-shirts, and we made it happen. Originally, our name was going to be Silver to Gold or Old to New, but we put them together and decided on Old to Gold, which rhymes as well. To make our business happen, we had to create designs and order-slips and buy supplies. We put a lot of time and effort into collecting orders and designing and decorating T-shirts. We don’t know the exact amount of money, but we paid back our loan and made about \$120, a good amount of money. It was fun to earn money and do the business together, but it was kind of stressful at points.”

By Kira Campana, Rachel David, and Aidan Heuston



Dreamland Bakery

“We all like sweets, and some of us wanted to learn to bake better, so we decided to sell baked goods and drinks. Dreamland Bakery had a nice ring to it, and we thought that the title would attract customers. We had to choose recipes, go to the store, bake, set up, and be patient and polite with customers. We sold out and made \$250, and learned politeness and kindness and math. It was very fun, but stressful.”

By Angelina Jeantette-Coca, Gideon Kavuma, and David Collier

Speedy Sloth Delivery Service

“Connor thought of the idea of a mail service, and we liked it, so we joined him. Larson loves sloths and came up with the name and the sloth pictures, and we all agreed it was a good name.

We covered shoe boxes with paper to make incoming/outgoing mailboxes, and made tons of stamps. We had to deliver mail and packages all over the school during recesses. It was fun, and we made \$76.27."

By Julia Ralston, Connor Kelly, Ben Reilly, Lily Lindberg, and Avishai Goldschmidt

EARLY CHILDHOOD NEWS

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Little People in Kindergarten

For the second year in a row, the kindergartens are welcoming a group of "Little People" into our classrooms. These very special, small members of our class imbue our time both indoors and outdoors with magic! The Apple Blossom kindergarteners have been meeting new "Little People" in the woods at Wilburton Park. For the



month of February and into early March--just as we noticed the signs of buds and plants coming to life--we have had the fun of hunting and searching for these magical friends. To the untrained eye, a "Little Person" may appear to be made of cloth and wool. But if you believe in magic, these special friends are able to help inspire the wonder and magic we strive for in our kindergarten days.

Maggie Reilly, Apple Blossom Kindergarten Teacher

BIOGRAPHIES

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Amie Aylward, Preschool Teacher

Amie Aylward grew up in the Goodenough Community. As a former Waldorf student who spent preschool through grade eight at the Seattle Waldorf School, she can speak confidently about the approach and benefits of this form of education. Miss Amie's first experience at Three Cedars was as a young college graduate, teaching After-School Care shortly after earning a BA in Psychology from Western Washington University. Her experience at Three Cedars and in other early childhood programs inspired her to pursue a career in Waldorf teaching. She completed the Waldorf teacher



training and storytelling training at the former Emerson College, UK, where she enjoyed cooking and organizing for events and community-wide festivals. During her time in Europe, she took many opportunities to travel and especially enjoyed two trips to Israel to participate in the Healing Words Festival, an initiative using storytelling to create dialogue between the people of Israel and Palestine. Her work history also includes summer camp counselor, teacher, and director; alumni outreach coordinator at Emerson College; and preschool teacher at the Waldorf-inspired Tara's Tots in Seattle. She joined the Three Cedars kindergarten program in 2010. Miss Amie's interests include festivals, cooking and baking, nutrition, travel, hiking, fiber arts, singing, and puppetry.

COMMUNITY

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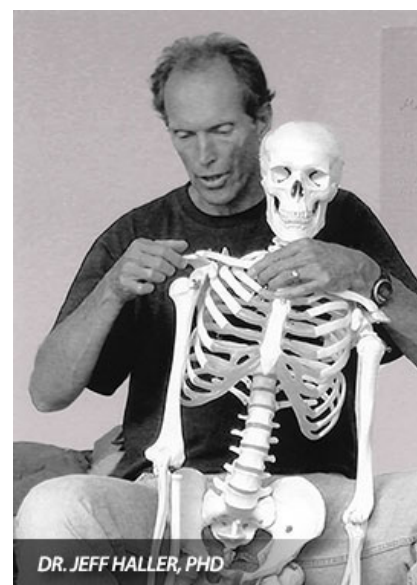
Community Events

Introduction to the Work of Jeff Haller Ph.D., Feldenkrais® Trainer

(father of Cole, fifth grade and Grace, seventh grade)

April 4-6 with Free Lecture Demo on Friday Night

Your children are at Three Cedars for a reason. Like me, you probably want them to deeply enjoy their childhood, remain connected to their own essential nature, and have a rich school experience that promotes their development through experiential learning.



What about you and your need to develop through on-going experiential learning?

When I am at Three Cedars, parents ask me what I do for my work. What I do for my work is, that I help people find a potential hidden within them that has existed since they were children but has been forgotten in the course of life. What you want for your children is often not so easy to find within yourself.

To the end of helping you remember and to enjoy the capacity to learn from your own attention and experience, I am offering a class called, Awareness Through Movement® to the parents of Three Cedars. All proceeds from the class will be donated to the school.

What is learning? One way to define learning is---the ability to function in a new way.

In this course, 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--move more easily through larger ranges of motion--breathe more efficiently--reduce tension--and discover the value of turning your attention inward as a way to find new resources and outcomes you didn't know you had available to you.

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 by moving with greater ease and support.
- discover a new found potential for freedom of movement.
- recover abilities lost due to past injuries.

Workshop Details

Where

Jeff Haller's Home
15081 SE 54th Place, Bellevue, WA 98006

When

April 4–6, 2014
Friday 7–9 pm Free Lecture Demo
Saturday 9 am–4 pm
Sunday 10 am–4 pm

What to Wear

Warm, layerable, comfortable clothes easy to move in. Movement mats will be provided.

Cost

\$150 (suggested price); Teachers \$75
All proceeds after expenses go to Three Cedars

To Register

Contact [Cameron Altaras](#), Parent Association Coordinator

For Questions

Contact Jeff Haller at Jeff@InsideMoves.org or 425.502.8346

This workshop will be audio recorded and all participants will receive a copy of the recording.

For reference from people who have worked personally with Jeff Haller, please call Jeff at the number above.

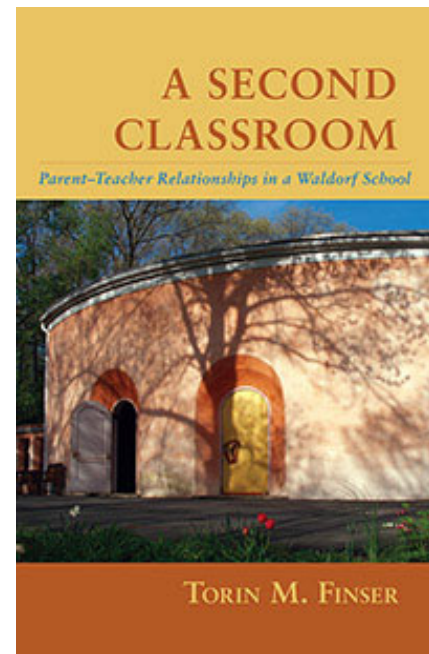
Jeff Haller Ph.D. is a former university athlete, black belt in Aikido, has a MA in Intercultural Education and his Ph. D in Transpersonal Psychology. He trained personally with Dr. Moshe Feldenkrais, graduating in 1983, and has international recognition in the Feldenkrais community for his teaching in Feldenkrais Teacher Training Programs. He teaches regularly at Feldenkrais Guild annual conferences, known especially for his functional view of movement. For further information about Jeff you can visit his [website](#).

Local Opportunities

A Second Classroom: A Talk by Torin Finser

Friday, March 21 • 7:30–9:00 pm
Seattle Waldorf School • 2728 NE 100th Street, Seattle

Some of the most rewarding and challenging experiences in life are those we have in relationship with others. Torin's talk will highlight those within Waldorf schools between parents and teachers. Anticipate a lively, compassionate, insightful, practical and maybe even humorous talk which will give you new perspective about being with and seeing these opportunities with others! Torin is internationally recognized for his consulting, talks and workshops. Donations accepted. For more info, please [click here](#) and [here](#), or contact [Pam Engler](#) at 206.526.5984. This event is hosted by the Seattle Branch of the Anthroposophical Society.



Camps

This Summer at Portland Waldorf School in Milwaukie (Portland, OR)

A Waldorf-Inspired Musical Theater Day Camp for students entering Grades 2 – 11. Our camp welcomes both students who are highly versed in musical theater as well as those who have little or no prior experience acting.



Something for Everyone We offer a variety of theater activities, workshops, singing, and play at camp. Camp days are lively, fun, engaging, and challenging.

Camp Participants Act in an Original Full-length Musical This year's show is The Princess and the Pauper (based on Mark Twain's book), a show about values, friendship, courage, and adventure—with a lot of good-natured humor to boot.

Musical Written and Camp Directed by a Waldorf Teacher Director / Author Torsti Rovainen has taught Grades 1-8, drama, music, and movement education in Waldorf schools the past seven years. He has written four full-length musicals and directed six youth productions.

Two Camps Come Together for One Show

- **Bards and Buskers**, our camp for students entering Grades 7-11. We engage these students with a variety of theater activities as we work on the show. Students are welcomed to bring their ideas to make the show more lively and fun.
- **Muses and Mummers** is for students entering grades 2-6. At Muses and Mummers camp, kids enjoy theater games, singing, and rehearsals until lunch. Afternoons are a mixture of continued theater work or art & movement activities.
- **Coming Together** the final week we work on our show as a combined camp. We have two performances on the final two days of camp.

Camp Runs July 7 – 26, 2014 Visit our [website](#) to learn more about camp or hear song samples from the show. Contact [Torsti Rovainen](#) for more information. Enrolling now! (Space limited).
Locations: July 7 – 17/18 at Portland Waldorf High School; July 18/21 – 26 at theater venue TBA.

Sound Circle News

Announcing Summer Series 2014!

Summer Courses to Rekindle the Flame in Arts and Anthroposophy and Teaching

Courses and workshops in Professional Development and Continuing Education

Monday, June 30 – Friday, July 4

Monday, July 7 – Friday July 11, 2014

Each summer participants from around North America gather in Seattle for week-long intensives on a variety of subjects. In renewing and inspiring lessons, teachers prepare themselves for the coming year along with colleagues and friends in a relaxed, festive and supportive atmosphere.

Our Summer Series courses and workshops are designed for current, new, or prospective Waldorf teachers and anyone looking to learn or deepen their knowledge about Anthroposophy.

Please [click here](#) for more information.

Classifieds

Incoming First Grade Teacher Seeking House to Rent

Dear Three Cedars Community:

We are very excited to be joining you early August 2014 from Mexico. My husband, Ricardo, our two children, Lucia and Maalem, and myself are looking forward to this new adventure in our lives.

We would like to ask for your support in searching for a home in Seattle. We are hoping for a 3-bedroom home with a garage that could be used as a Violin maker workshop. It would also be wonderful to find a home as near as possible to school. Thank you very much, and see you soon!

Aurora Garcia, Incoming First Grade Teacher (2014-2015 School Year) [Email](#)

Wilburton Hill Neighborhood: Walk to Bus, Shopping, Medical Facilities

Rent: \$925 month plus 1/2 utilities: gas, electric, cable (monthly); water (bimonthly); recycle (quarterly)

Sunny, bright garden level apartment in lower level of split level home. Very quiet. (Double paned windows). Completely renovated: new painted, new carpet, new flooring and toilet in bathroom. Private entrance and indoor garage parking with automatic door (remote provided). Bedroom, private full size bathroom, large family room, laundry room. Shared washer and dryer. Functional kitchenette; ideal for light cooking. Kitchenette includes a refrigerator, lots of cabinets for dishes, pots, pans, etc. Unfurnished. Storage space, and good closet space. Walking distance to Bellevue Botanical Garden, Three Cedars School, International School, Kelsey Creek Park and walking trails. Walk to bus, shopping centers, Uwajimaya, Home Depot, Total Wine, Whole Foods, Bartells, medical facilities. One mile from 405/I-90 and 520. No pets, no shares, no smokers, no drugs, no parties. Seeking individual who is clean and neat with quiet lifestyle. Occupancy for one person only. Available Jan. 5, 2014. One month Security Deposit and first and last month's rent upfront. Credit report required. For more information, please call 425-451-8470.

Submission deadline for our next newsletter is Monday, March 24, 2014.

