

April 28, 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

### May Faire & Garage Sale – Sat, May 3rd!

The big day is almost here! The May Faire and Garage Sale teams are comprised of a small group of parents who have dedicated the last few months to organizing yet another wonderful event for the TCWS community. However, in order for this grand event to come to fruition we need your help!

Please sign up [here](#) to help with set-up, staffing, and clean-up. There are many slots that still need to be filled, including the set-up work party on Friday, May 2. Sign-up sheets are also available in the front office. We ask that at least one parent from each family volunteer for a shift.

#### Timing

May Faire

9:30 a.m: All grade school students arrive for crown making



10:00 a.m: Opening Ceremonies and Maypole Dances (Plaza)

2:00 p.m: Faire concludes

#### Garage Sale

8:00 a.m. – 5:00 p.m.

#### Parking

The May Faire team has secured additional parking that is just a quick, 5-minute walk from the school! From Three Cedars, head west on NE 5th Street and drive toward 120th Ave NE, turn right into the last driveway before 120th, and park along the top tier. (We'll also post signs to help you find the parking lot.) *Please do not park on any of our neighboring side streets or at Wilburton Park.*

#### Crowns

Your donations of pesticide-free flowers and greenery for decorating crowns are greatly appreciated! Please bring your donations of flowers for the crowns on Friday, May 2.

If you saved last year's crowns, we encourage you to bring them to May Faire to be used again.

Grade school students will make and decorate their crowns at 9:30 a.m. Early childhood families are also welcome to arrive at this time to make crowns, and we'll have a table set up throughout the day for crown making as well.

#### Festival Attire

Grades 1-5 students wear festive spring colors

Grades 6-8 students wear pants with white shirts

All student should wear sturdy shoes that will enable them to perform the dances safely

#### Garage Sale

The Garage Sale team is seeking gently used items in good repair! Items may be brought to the trailer located on the school's parking lot near the garbage enclosure.

To assist with the Garage Sale, please contact Martin directly at (425) 260-0889 or by [email](mailto:mayfaire@threecedarswaldorf.org).

On behalf of the May Faire and Garage Sale teams, thank you in advance for your time and contributions in making this beloved event a success!

With Gratitude,

The May Faire Team

[mayfaire@threecedarswaldorf.org](mailto:mayfaire@threecedarswaldorf.org)

## ALL SCHOOL NEWS

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### Raising a Moral Child

by Adam Grant – April 11, 2014

What does it take to be a good parent? We know some of the tricks for teaching kids to become high achievers. For example, [research suggests](#) that when parents praise effort rather than ability, children develop a stronger work ethic and become more motivated.

Yet although some parents live vicariously through their children's accomplishments, success is not the No. 1 priority for most parents. We're much more concerned about our children becoming kind, compassionate and helpful. Surveys [reveal](#) that in the United States, parents from European, Asian, Hispanic and African ethnic groups all place far greater importance on caring than achievement. These patterns hold around the world: When people in 50 countries were asked to report their guiding principles in life, [the value that mattered](#) most was not achievement, but caring.

Click [here](#) to continue reading this article.

## GRADE SCHOOL NEWS

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### Cider House Poetry in Grade 3

The third grade students had a little treat just before Spring Break.

With the guidance of class parent, Beth Parker, we had a Cider House Poetry Room sharing. The children worked on haikus during week about spring and shared these during the sharing. I played classical guitar while they read their haikus quietly. The class snapped their fingers to show approval after each reading in keeping with the quiet coffee shop atmosphere. After three rounds of cider, courtesy of class parent, Corey Colwell-Lipson, the children could barely sit still, so we went outside and let the spring sun fill us.

Thank you so much Beth Parker and Corey for helping this lovely moment to take place.

After Beth and a few of the students helped to transform our classroom into a springtime coffee shop environment, a fellow student walked into the room and said, "This is glorious!" And it was.







Julia is showing Emily how to net. Making a fence is knot fun.



Grade Seven performed 'Oliver' for their class play.

## EARLY CHILDHOOD NEWS

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### Welcoming Spring!

The early childhood program was blessed with a beautiful sunny day to celebrate our annual Spring Parade on April 11th, right before spring break began. The children prepared for the festival for many weeks before this.

The kindergarten and preschool classes practiced a spring circle with many songs and movements celebrating the flowers and animals that come out to play in spring.

Many children had the opportunity to create "Gods Eyes," the colorful medallions they wore on the parade. It was wonderful to see their little fingers working in such a focused manner, and their excitement at seeing the patterns created with the many colors of yarn. Some children collected nettles for the nettle tea, and others helped to make special cinnamon-raisin buns for all the moms, dads and other friends. Preparing for festivals is always a magical time in the classroom, full of wonder and joy.



This year, we were accompanied by Ms. Winson and the first grade class. Many first graders were paired to walk in the parade with their very own younger siblings! As the children all lined up and found their partners hands, they were given a colorful flag to carry. Mrs. Urquiza and the eighth grade students also joined us and they bought their recorders and played for us while we happily paraded down to Wilburton Park.

When we arrived at the park, we were greeted by the smiling faces of the Buttercup preschool families, Forget-Me-Not preschool families, and many moms, dads, friends and even some grandparents! The kindergarten children and the first grade class shared their spring circles and then we all sang a blessing before heading off to eat our snack of nettle tea and cinnamon buns.

It was a wonderful day to enjoy the beginning of spring, to meet and socialize with other families and of course, a beautiful day to play with friends!

We would like to thank Mrs. Urquiza and Ms. Winson for joining us with their classes, Auntie Tanya and the Forget-Me-Not families for sharing our festival with us, and Karen Wegehenkel for photographing the event. And, thank you to the Three Cedars early childhood families for celebrating with us.

*Miss Amie, Miss Laura, and Miss Maggie*

## BIOGRAPHIES

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### Tabatha Jeantette, Apple Blossom Kindergarten Assistant

Tabatha Jeantette is the oldest of four brothers and one sister born and raised in Northern New Mexico. 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 be part of a classified workstation at Sandia National Laboratories. She has also worked for an International Commercial Real Estate Company in its Education and Training Department and in the Marketing and Global Events Department. Miss Tabatha became extensively involved in Waldorf Education upon the births of her three daughters; she has been learning about, working in, and striving to improve her knowledge and understanding of Waldorf Education ever since. Her love for the Pacific Northwest prompted a move back to Seattle in 2006. Since that time, she has been part of the Three Cedars Community as an active Parent Volunteer, Class Coordinator, After-School Care Teacher, Substitute Teacher, Development Coordinator, and Kindergarten Assistant.





## Local Opportunities

### Creating Community and Personal Growth through Biography and Social Art

*A book reading and talk by Chris and Signe Schaefer*

**Friday, May 16 • 7:30 – 9:00 pm**

Bright Water School • 1501 10th Ave E, Seattle

**Saturday, May 17 • 10:00 – 11:30 am**

Trillium Hall, Three Cedars Waldorf School • 556 124th Ave NE, Bellevue, WA

Massachusetts authors Signe Eklund Schaefer and Christopher Schaefer will read from their new books: **Why on Earth: Biography and the Practice of Human Becoming** (by Signe) and **Partners of Hope** (by Chris.) Together they will weave ideas for shaping community and our personal lives in these challenging times. They will bring insight into how our biography informs our future and how to shape the organizations we work within to make our lives more joyful and efficient. Chris is known internationally for his work with organization development, and has consulted with over 50 Waldorf schools in North America. For many years Signe was Director of the Foundation Studies at Sunbridge College and she founded the Biography and Social Art program there. That program, now being offered by the Center for Biography and Social Art is in its sixth 3-year cycle. In their retirement, Chris and Signe have been helping the developing Waldorf movement in China.

Copies of these books will be available for sale and for signing. For more info, please go to: [www.facebook.com/AnthroposophyInSeattle](http://www.facebook.com/AnthroposophyInSeattle) or contact [Polly Sanford](#) at 206.323.4640. The Seattle Branch of the Anthroposophical Society will be hosting these events and there will be no charge.

Please click [here](#) for flyer.

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## Create YOUR Health, Reach your Freedom

Presented by Verne Varona, Internationally recognized health educator

**Friday, June 6, 2014 • 6:00 pm – Saturday, June 7, 2014 • 5:30 pm • Mercer Island**

Join us for an unforgettable and life-changing event on understanding the nuts and bolts behind creating your personal model of health. Become the CEO of Your Health with the tools that will be given to you.

In this interactive presentation learn how to control and **eliminate sugar cravings, how to stop**

overeating and binging, and how to maximize your digestion and absorption to create excellent health.

**Bottom line – Learn how to fuel your dreams and goals using excellent nutrition.**

Click [here](#) for flyer.

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## Camps

### Summer Camp in July at Forget-Me-Not Preschool

Forget-Me-Not Preschool in Kirkland is offering a Summer Camp in July for three weeks (Tuesdays through Thursdays) for children 3, 4 and 5 years old.

A Summer Camp schedule includes free indoor play time, artistic activities, organic snacks, games, outdoor play/walks in the woods, warm home cooked lunches, play with water and sand, puppetry, shaved ice, and more!

**Week 1:** Tuesday, July 8 – Thursday, July 10

**Week 2:** Tuesday, July 15 – Thursday, July 17

**Week 3:** Tuesday, July 22 – Thursday, July 24

**Time:** 9 am – 1 pm

**Cost:** \$40 per day. You can choose 1, 2 or 3 days.

Space is limited to availability, first come first served (no more than 6 children per day). Please call Tanya 425-949-7091 or [email](#) for more details and registration.

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## Sound Circle News

### 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 and 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.

Every Sound Circle Center Summer Series workshop or course begins with singing followed by



instruction and discussion of The Study of Man followed by an afternoon workshop of your choice. All of Sound Circle's courses and workshops include daily artistic activities such as painting, drawing, sculpture, and movement, all in a warm and collegial atmosphere.

Click [here](#) for more information from Sound Circle.

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*Submission deadline for our next newsletter is Monday, May 5, 2014.*

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