



**Three Cedars  
Waldorf School**

9 APRIL 2011

# Waldorf Weekly News

NOTES TO THREE CEDARS PARENTS, RELATIVES, AND FRIENDS

## CALENDAR REMINDERS

**Monday-Friday,  
Apr 11-22**

Spring Break  
NO SCHOOL

**Thursday, Apr 20**

Public Talk by Sonia  
M. Hoglander, BSEE:  
"Healthy Space for  
Your Pregnancy"  
7:30 P.M.

**Thursday, Apr 21**

School Tour  
BY APPOINTMENT

**Monday, Apr 25**

Return to School

**Tuesday, Apr 26**

Class Parents' Night:  
Kindergartens,  
Grades 1 & 2  
6:30 P.M.

**Wednesday, Apr 27**

Grade 8 Mentor  
Sharing Project  
6:30 P.M.

**Thursday, Apr 28**

Thursday Morning  
Crafting  
8:30 A.M.

**Thursday, Apr 28**

Buildings & Grounds  
Work Party:  
Preparations for May  
Day Festival  
6:00 P.M.

**Friday, Apr 29**

May Day Festival—  
Grandparents &  
Friends Day  
EARLY DISMISSAL FOR ALL  
CLASSES ON THIS DAY;  
NO AFTER CARE

**Tuesday, May 3**

Class Parents' Night:  
Grades 3, 4, 5  
6:30 P.M.

**Wednesday, May 4**

Grades 7-8 Track  
Meet

**Thursday, May 5**

Kindergarten Mothers'  
Day Luncheon  
11:20 A.M.

**Monday, May 16**

No School  
ALL FACULTY IN SERVICE /  
WORK DAY

## May Day Festival

Garland Making \* Maypole Dances \* Live Music  
Morris Dancing \* Bringing in the May!



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, making noise with sticks to help the seed crops grow and scaring 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!

**All Three Cedars Families, Friends, Relatives, Sweet Peas Families,  
Forget-Me-Not and Parent-Tot Families are invited to our celebrations  
honoring the Queen of May on Friday, April 29!**

See more information on p. 8 of this newsletter.

## Resources and Reminders

### MAY DAY FESTIVAL AND SPRING FAIRE

#### Parking Reminders

Please reserve parking in the Three Cedars lot for our elders and families with babies. Everyone who is able to walk the distance is asked to park on the street along 124th Avenue NE (south of the bus stop signs) or at Wilburton Park. Please do **not** park along any of the neighborhood side streets e.g., avoid NE 6th, NE 4th, etc.



### NEWSLETTER UNDER CONSTRUCTION

Over the Spring Break, we are making changes in our communication pathways and reinvigorating our school's newsletter with a new format and new publishing

schedule! We will be publishing the newsletter every other week while school is in session, and you can expect to read the next Waldorf Weekly News on Friday, May 6. Thank you to everyone who continues to send in references for interesting articles, requests for reminders, and beautiful photos to share with our entire community to [newsletter@threecedars.org](mailto:newsletter@threecedars.org).

### BENEFIT FOR JAPAN

**Fumi Tagata**, SWS kindergarten parent, is joining her musician friends in organizing a benefit concert to support the relief efforts of the *American Red Cross*. This free concert will take place on **May 1<sup>st</sup>** at 3 p.m. (doors open at 2 p.m.) at the [Daniels Recital Hall](#) in downtown Seattle. Donations will be gratefully accepted. To contact Fumi, call 206.351.9247.

### GRADE 7 RENAISSANCE FAIRE

Last month, seventh graders from seven area Waldorf Schools met in Bellingham to participate in the annual Renaissance Faire hosted by Whatcom Hills Waldorf School. The event began on Friday evening with a catered dinner fit for royalty. Ambience for the Renaissance period was well planned, and the students and adults dressed in period garb to really capture the feeling. Entertainment was provided by the students, and was offered throughout the evening as the king called upon each "shire" to give merriment. Led by Karen Crewe, Three Cedars students gave a fantastic performance that included three-part harmony and several instruments. They were minstrels who would have played in the highest courts! Saturday was filled with workshops led by the teachers and chaperones. There was paper marbling, portrait drawing, model building of Leonardo da Vinci's bridge, Renaissance games, and more. Our students represented Three Cedars exceptionally well, being exemplary in both their talents and their behavior. As always, these events are not possible without the dedication of the parent body. **Karen Crewe** and **Lauren Root** helped with every step of this class trip, from organization to performance and workshops, and finally the big clean up. They are greatly appreciated for all of their work, not to mention their willingness to sleep on a hard floor!

-Ms. Rogers, Grade 7 Class Teacher

## May Day Reminders

Friday, April 29

- ☞ Parents, Friends and Relatives invited to attend!
- ☞ Organic flowers and greenery, drop off in morning
- ☞ Festival dress (see Community Handbook)
- ☞ Early Dismissal
- ☞ Picnic Lunch if weather permits
- ☞ No After Care on this day
- ☞ Overflow parking 124th and Wilburton Park, but not side streets
- ☞ Leave cameras at home: photographers will post to SmugMug!

## Updates from the Three Cedars Waldorf School Board of Trustees

### BOARD ANNOUNCEMENT

*Dear Three Cedars Community,*

*Following is a letter that was sent out this week to both PNAIS and AWSNA  
announcing the hiring of our new ED:*

Dear Colleagues,

The Board of Trustees of Three Cedars Waldorf School is pleased to announce the hiring of our new Executive Director, Geraldine Kline. Geraldine began work with us on Monday, February 28, 2011.

Geraldine comes to us with an extensive and solid background in both Waldorf education as well as a Head of School. She spent three years as a Waldorf French teacher in a Waldorf school on the East coast. She also has been the Executive Director for the Seattle Waldorf School from 2006 to the present. We are very excited to be working with Geraldine as we move into a new era for our school.

At this time, I would also like to take a moment to thank Briana Bennitt for her tireless work over the past six years as our very first Executive Director. Briana brought our school from a newly relocated PS/K-3 program to a thriving PS/K-8 independent school. We are eternally grateful to Briana for all that she has done to get Three Cedars to where we are today.

As Geraldine takes over the controls on the Three Cedars "train", we look forward to future for our school that is healthy, bright, and strong.

Sincerely,  
Lisa Conaghan  
CGO/President TCWS Board of Trustees

### OFFICER ELECTION

The TCWS Board of Trustees has elected Kelly Anderson to the office of Treasurer. Other officers include Lisa Conaghan - President/CGO, Tom Doggett - Vice President, John Tinker - Secretary.



## Photo Gallery—Morning Star *Birdies and Spring Baskets*



### SPRING HAS SPRUNG IN MORNING STAR...

The Morning Star students began planting grass in their handmade baskets several weeks ago. The baskets were folded out of special, thick paper that the children painted. With daily watering, their anticipation grew as the grass sprouted and flourished!

A small, felted bird appeared in each basket the morning of April 6<sup>th</sup>, and the baskets went home that day.

The birds will be welcomed back into the classroom whenever they wish to fly in.

-Mr. Sears and Miss Hoff  
Morning Star Kindergarten Teachers



# Screen Media Free Spring Break

## *“How Can We Survive?”*

Two weeks without screens may seem like a long time to those of you who use them. You may be wondering how your child will react to restrictions – with endless pestering and tantrums!? - and how you'll ever get anything done. Children who are used to regular screen time are likely to ask for more over and over when their use is limited. The first few days of a screen diet can indeed be painful. However, once your child fully understands that you are standing by your no screen rule (by hearing a calm no over and over!) they will most likely relent. Eventually, you will begin to hear the sounds of play and even silence around the house, rather than begging. You will almost certainly find that by the end of the two weeks your child is happier, has more predictable behavior and is easier and more enjoyable to be around. The earlier in the process that you make it clear to your child that you are not going to change your mind the better. Consider removing the TV and other screens from the house to make it very clear to your child and less tempting for you.

### *What activities can fill the void?*

Perhaps the best opportunity for supporting a child's healthy development is boredom. Let your children experience being bored. If you tire of listening to them complain and they truly seem stuck, give them work. The following are age appropriate jobs that do not require too much work on the part of mom and dad.

- 4 year olds: Folding small towels and napkins, hand-washing dishes in the sink, chopping soft produce with a pumpkin carving knife.
- 5 year olds: all of the above and putting away laundry, sorting utensils into the drawer, setting the table, chopping firm produce with a pumpkin carving knife.
- 6 year olds: all of the above and sorting dirty laundry into color appropriate loads, folding all laundry, rinsing dishes and loading the dishwasher, chopping produce with a sharp knife, washing windows and mirrors, sweeping floors and even vacuuming, washing the car, raking the yard.

Consider spending some time together cleaning out your child's bedroom. Choose a third of the toys to donate and another third to go into the attic. Clean up the remaining third, finding appropriate places for all of them that will make them easy for your child to find and put away. A simplified and clean room will inspire your child to play!

When the work has all been done there are plenty of things that your child can engage in near you but without your direct attention. Consider setting up art projects such as collage, painting and coloring on the kitchen table for your child to work on while you're cooking dinner. Put your child to work scrubbing plastic toys with an old soapy toothbrush in the sink or in a bin on the patio – be sure to give the child a soap dispenser to pump (diluted soap makes for endless pumping fun) and a towel for carefully drying all of the toys. Procure an empty cardboard box that can be played in and later broken down to become a stage or a giant drawing pad. Check out some new and interesting books from the library. Set out puzzles and other small games on the kitchen table or another location near your work.

If your child is 6 and loves to draw, sit down and brainstorm a list of things to do instead of watching a movie or TV, have your child draw a large picture of each of these ideas and then tape the pictures to the TV. Now every time your child glances at the TV he/she is redirected to another type of play.

Be sure to make time to engage with your child. Leave your cell phone behind while you take long walks, play at the park, dig in the yard, visit the zoo and have play-dates with friends. Take a bath together just for fun, light a fire in the fireplace or light candles and turn off all the lights, build a fort under a table and eat a meal or snack together there! Tell stories at mealtimes and bedtime of things you loved doing as a child and listen attentively while your child shares stories with you. Try a family game night rather than a family movie night - make popcorn and cocoa to snack on while you play card and board games.

If you are concerned about your ability to make it through two weeks, you may want to plan ahead for a mid-break babysitter who understands the media boundary so that you can have some time alone to regenerate.

At your wit's end? Call a teacher or another class parent for moral support!

We are confident that you will experience positive changes in your child's behavior during this experiment. We truly look forward to seeing the children return to school renewed, refreshed and inspired with new play ideas from their time off from both school and screens!

*-Three Cedars Waldorf School Kindergarten Faculty*



...evolving the concept of Green Living to Healthy Living



## Healthy Space for Your Pregnancy

Wednesday, April 20<sup>th</sup>

7:30 p.m.

This evening is a time for sharing information about some of the invisible hazards in the home for developing babies and simple yet effective ways that pregnant moms can protect themselves and their little ones! This lecture will be of interest to expecting parents and everyone who supports them.

**Sonia M. Hoglander** is an expert in electro-magnetic radiation and mitigation of its negative effects. She has an MBA and a background and degree in electrical engineering and is a former Boeing Engineer and Microsoft Senior Project Manager. For the past 20 years she has worked in the field of physiological/electrical connections and hosted a radio talk show on health impact. She brings to the contemporary healthcare scene a wellspring of new knowledge and effective responses to this developing field. Sonia believes that living in a healthy environment is a goal that anyone can accomplish, and with her skills, people can eliminate or manage many health problems that impact their lives, most significantly in the home.

To contact Sonia directly: [HomEvolution](http://HomEvolution.com)  
Healthy Home Consulting 206.604.0836.



These introductory evenings are free to Three Cedars parents and teachers. The suggested donation from members of the greater community is \$10 per evening, and no one will be turned away due to inability to pay. Please contact Three Cedars in order to reserve your space: 425.401.9874 or [info@threecedars.org](mailto:info@threecedars.org).



hosted by:



**Three Cedars  
Waldorf School**

ADULT EDUCATION: PARENTS, TEACHERS, COMMUNITY

556 124th Avenue NE, Bellevue, WA 98005

**[threecedars.org](http://threecedars.org)**

## Photo Gallery — Faculty Teacher Appreciation “Salad Day”



On Thursday, April 7<sup>th</sup>, the teachers received a delectable feast of salads catered by Three Cedars parents!

Thank you to **Angie Alkove, Maggie Bailey, Jenny Frank-Doggett, Jenny Miller, Beth Parker, Jennifer Parker, Beverly Pressey, Rachel Rodriguez, Anna Shatrova, Sabina Singh, Christa Tinker, and Cait Walsh** for providing this wonderful meal for the faculty to enjoy.

The teachers were still talking about how much they enjoyed this treat the next day!





*The Three Cedars Community  
is invited to a seasonal  
community event!*

# May Day

Friday, April 29, 2011

## EARLY CHILDHOOD

8:30 to 10:20 a.m.

Parents and students arrive on the playground with organic flowers and greenery. Parents assist children in making garlands and share a morning snack.

10:20 a.m.

Search for the May Queen

10:30 a.m.

Morning Glory and Morning Star kindergarteners greet the May Queen, kindergarten classes dance together around the maypole

10:45 a.m.

Parents and guests stay and watch the grades processional and their dances

11:25 to 11:45 a.m.

Kindergarten, preschool, and parent-tot community dance followed by the grades families community dance

12:00 Noon

Kindergartens early dismissal, parents welcome to stay for the picnic

**Our MAY POLE DANCES will take place rain or shine! Families, please bring a picnic and a tarp for sitting on the lawn. The picnic will be canceled only if there is heavy rain.**

## ELEMENTARY GRADES

8:15 a.m.

Parents drop off organic flowers and greenery for elementary students' garland making

10:40 a.m.

Parents gather at the maypole and await elementary students' processional walk & greetings to the May Queen

10:55 a.m.

Grades 6—8  
Morris dances

Grades 1—5  
maypole dances  
community dance

11:45 a.m.

Elementary students return to their classrooms and prepare for noon time early dismissal

12:00 Noon

Three Cedars families' picnic

**All students  
EARLY  
DISMISSAL:  
12:00 noon,  
no After Care**





## Photo Gallery—Grade 4

*Eurythmy*





## 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, mixed age preschool-kindergarten, parent-tot playgroups, and adult education in service to Eastside families who desire Waldorf/Steiner education for their children.

a Candidate Member of



a Candidate Member of



Submissions to this e-newsletter may be made to [newsletter@threecedars.org](mailto:newsletter@threecedars.org) with "WWN" in the subject field of your message. Submissions may be refused or trimmed by the editor to fit to the available space in a particular edition. Requests for a paper copy of this e-newsletter may be addressed to the school office.

## Why Preschool Shouldn't Be Like School

"New research shows that teaching kids more and more, at ever-younger ages, may backfire."

By Alison Gopnik

Posted Wednesday, March 16, 2011, at 2:15 PM ET

*"Ours is an age of pedagogy. Anxious parents instruct their children more and more, at younger and younger ages, until they're reading books to babies in the womb. They pressure teachers to make kindergartens and nurseries more like schools. So does the law—the 2001 No Child Left Behind Act explicitly urged more direct instruction in federally funded preschools.*

*There are skeptics, of course, including some parents, many preschool teachers, and even a few policy-makers. Shouldn't very young children be allowed to explore, inquire, play, and discover, they ask? Perhaps direct instruction can help children learn specific facts and skills, but what about curiosity and creativity—abilities that are even more important for learning in the long run? Two forthcoming studies in the journal Cognition—one from a lab at MIT and one from my lab at UC-Berkeley—suggest that the doubters are on to something. While learning from a teacher may help children get to a specific answer more quickly, it also makes them less likely to discover new information about a problem and to create a new and unexpected solution."*

[Learn More](#)

# Slate

