



Newsletter

February 17, 2012

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Dear Robyn,

Please enjoy the current issue of our newsletter.

All-School News

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Auction Update - Marrakech Express



12th Annual Auction Evening
Saturday, March 17, 2012
Hyatt Regency Bellevue, WA
Regency Ballroom

Fundraising often is an important part of any non-profit organization's endeavors. So, as our

school prepares for the March 17th Auction, I encourage everyone to remember the many wonderful reasons we have chosen Waldorf Education and Three Cedars for our children.

With this choice comes a willing commitment and responsibility as parents to ensure the sustainability of Three Cedars Waldorf School through the intentional efforts of our fundraising activities. Although our Auction Evening is primarily oriented towards the school's budget needs, we also value the importance of community-building and fun! Many parents describe this event as one of their most enjoyable "nights out" with other Three Cedars parents, friends, and relatives. A wonderful venue with donated space and donated wine, delicious food, and enjoyable entertainment and music are key elements.

Parents ask very important questions each year. Some of these questions include:

- 1. What does the \$100 per person registration fee cover?***
- 2. Wasn't that hotel way too expensive?***
- 3. Couldn't we have the event at school?***

Ideally, the ticket price and sponsorships would cover 100% of event expenses so that every dollar raised in the silent and live auctions would directly profit our school. The \$100 ticket price is intended to cover the cost of the auctioneer, all of the A/V equipment and furnishings needed for the event, the wonderful catering and bartending, invitations and postage, and the printed materials that help bidders to connect with the items. We are able to pull off this event with remarkably low total expenses that have remained consistent, with slight increases for the last three years. In years before that, we found that the "less expensive venues" involved many hidden costs including equipment and furnishings purchased or rented separately such as tables and chairs, linens, flatware, tableware, glassware, separate bartending, and décor. Along with these additional fees and staffing expenses for delivery/pick-up, set-up/tear down included a much higher level of wear and tear on volunteers for set-up and clean-up.

At the Chateau Ste. Michelle Winery and even more so at the Hyatt Regency Bellevue, we have benefited from "comped" room rentals fees and the inclusion of many incidentals and furnishings with the costs for catering. This has meant more space to enjoy socializing, bidding, and costs "included" with the price of the food and drink: the main dining room/ballroom for the sit-down portion of the evening, the silent auctions areas, the entry/lobby/check-in/check-out area, parking, and extra storage rooms.

We've outgrown several smaller venues over the years, including the school (our first Auction was held at Three Cedars in 2001), Bellevue College, Pickering Barn, and Chateau Ste. Michelle Winery. Based upon attendee feedback over the years, we have also shifted expenses so that more of the funds go toward the top three priorities: auctioneer, catering, and music with decreasing expenses geared toward items like printing, décor, and rentals. Having services such as professional set-up for furnishings, linens, and tableware provided by the hotel staff allows our wonderful volunteers to focus on setting up the auction items and then attending the evening without having been completely exhausted by the set-up process. This is vital and very important

to me and to our dedicated volunteers. Tear-down and clean-up are also very 'humane' compared to years past!

Procurement and Donations Guidelines

Procurement is the process by which auction volunteers seek and obtain donated items to sell at our auction. Sometimes parents, friends, and relatives are surprised to learn what does and does not sell well at our Auction.

While we appreciate all generous donations, we also thank you for your attention to the limitations of some kinds of items (in terms of bidding levels relative to fair market value). Because it is vital to the smooth operation and planning of this year's Annual Auction, we are hopeful that YOU will remember to procure and donate! The Auction date is near and just around the corner, so ask yourself what it is that you can procure!

For school supporters who are interesting in donating items to the Auction, [procurement forms](#) can be printed from our website. All donations are tax deductible; the applicable tax id number is FEIN 91-1694599. Please see our website for procurement guidelines and recommendations and to print out a procurement form. Refer to the forms or contact me for ideas:

benefitevening@threecedars.org.

Volunteer Sign-Up

Please support our 2012 Annual Auction by signing up to be an [Auction Volunteer](#). I am very pleased to announce that we are moving to an online Volunteer Sign-up option which will make it much easier for our Auction Team during the planning process. Please consider supporting our Auction endeavors by signing up for:

1. Volunteering on our Auction Team
2. Auction prep work
3. Auction set-up
4. Auction clean-up

Hyatt Room Block

We are pleased to have secured discounted room rates available for Auction attendees who wish to stay overnight after the festivities. "Marrakech Express" attendees and volunteers, please note that the Hyatt Regency Bellevue is offering a discounted guest room rate of \$119 (up to two occupancy), on the evening of our Auction Event. If you would like to take advantage of this fabulous offer, please call the Hyatt now 425.462.1234 and reference "Three Cedars Waldorf School" or visit <https://resweb.passkey.com/go/threecedarswaldorfauction>.

Auction Invitation Mailer

I would like to announce that Three Cedars Waldorf School's Auction Invitations are at the printer and you should expect them in next week's mail! I have been working diligently with 'designer extraordinaire' and Three Cedars parent Javier Rodriguez on these beautiful invitations and I am ever so grateful for his dedication and beautiful work. Please be sure to open them promptly and RSVP by the due date! We are sure to have another exciting and memorable

evening!

Lastly, please remember that I am available for any and all questions, so don't ever hesitate to contact me at benefitevening@threecedars.org.

Blessings and Thank you!

Tabatha Jeantette, Auction Coordinator

Required Immunizations for School Year 2012-2013

The Washington State Department of Health has recently provided Three Cedars with a chart detailing the required immunizations for the 2012-2013 school year. Per the TCWS Community Handbook:

An immunization record is required for every student prior to admittance. The State of Washington does not require immunization for schooling children, but parents must claim specific exemptions, either "personal" or "religious" on the back of the State immunization record.

For parents who wish to consult this chart, it can be found [here](#) on our website.

As a reminder, a new law took effect on July 22, 2011 that requires a licensed health care provider to sign the Certificate of Exemption for a parent or guardian to exempt their child from school and child care immunization requirements. The signature verifies that the provider gave the parent or guardian information about the benefits and risks of immunization. A parent or guardian can also turn in a signed letter from a health care provider stating the same information. It only applies to exemptions requested after July 22, 2011. A health care provider doesn't need to sign the form for parents or guardians who demonstrate membership in a church or religious group that does not allow a health care provider to provide medical treatment to a child.

Both the [Certificate of Immunization Status](#) and the [Certificate of Exemption](#) forms were provided to parents during the recent Recommitment Days. Please stop by the Front Office to make any necessary changes to your child's form(s) or to pick up new forms. These forms can also be downloaded via our website: [Certificate of Immunization Status](#) and [Certificate of Exemption](#)

Appreciations

Thank you to Grade 6 parent, Rick Saada, for donating a heap of office furniture and supplies. The admin staff are very appreciative of their upgraded workspace!

Davina Muse at Three Cedars for One-Day Simplicity Parenting Workshop!

Simplicity Parenting One Day Workshop

Over the course of the day on February 24, Davina Muse will explore why “less is more” and present four simplicity pathways you can take to help your child feel calmer, happier and more secure. This is workshop not only presents four simple steps, but provides concrete examples of how to bring "the power of less" into your home on a daily basis. Very few presentations that you will attend will ever suggest that you do “less,” but this is one of them! It presents 'do-able' daily ways in which we can quietly simplify our families lives and by doing so build resiliency within our children. Read the book: [Simplicity Parenting](#).

When: Friday, February 24, 2012, 8 a.m. to 4 p.m.

Where: Three Cedars Waldorf School, 556 124th Avenue NE, Bellevue WA 98005

Who: Davina Muse, LMHC, Center for Social Sustainability

Cost: \$90 certificate without CEUs, \$120 certificate with 6 CEUs (NASW)

Visit www.simplicityparenting.com for more information and registration.

Taekgyeon - Spring Session



Three Cedars is happy to be offering this after school, extra-curricular activity again. The Spring session begins on February 29th at 3:30 p.m. Taekgyeon is a soft-style martial art, which involves rhythmic, flowing movements and is wonderful for developing balance, strength, and flexibility, while having fun and exercising. Taught and practiced in a cooperative and safe environment, this class is open to students of all abilities. Our program is designed to help everyone develop no matter their starting point. Adults and students of Grades 6 – 8 are

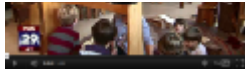
welcome to experience Taekgyeon with Ms. Kathy Davis, 1st Degree Black Belt and Instructor of Taekgyeon at TCWS on Wednesdays starting at 3:30 pm in Trillium Hall, sponsored by the American Taekgyeon Association. Check-in will begin at 3:20 pm. Interested students, parents, teachers, and staff are asked to bring completed [registration form](#) and payment to the front office.

Taekgyeon Spring Flyer

"Unplugged" on Purpose: The Waldorf School of Philadelphia



This article is courtesy of Waldorf Today, an online publication available weekly. Parents may enter their email address on the website to subscribe



directly to this informative newsletter.

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Elvis Presley's 1968 Comeback Special and The Beatles informal studio jams documented in the 1970 film Let It Be were both precursors of the "Unplugged" concept. There were a series of highly-publicized "unplugged" performances in the late 1970s and early 1980s including appearances by Pete Townshend at The Secret Policeman's Ball and similar performances by Sting, Phil Collins and Bob Geldof in 1982. The first rock artist to perform in an "unplugged" mode on MTV was Jethro Tull, who, on November 17, 1987 as an acoustic trio (Ian Anderson, Dave Pegg, and Martin Barre), performed a portion of "Serenade to a Cuckoo" and "Skating Away (On the Thin Ice of the New Day)".

Although "unplugged" entered our society at that time, it's hard to imagine 25 years ago being able to foresee "unplugged" being used to describe a Waldorf school.

[Read full article on Waldorf Today...](#)

Grades News

Snow Play



Students at Three Cedars continued to enjoy the benefits of the region's mid-January snow storm after returning from our unexpected break due to several snow days. They were delighted to find two huge piles of snow in the parking lot, a result of clearing by a snow plow. The pile in the lowest level of the parking lot quickly became a favorite spot on campus among the grade school students.

During recess and after care, students could be found climbing on and sliding down the enormous mound of snow, digging ice forts, and even playing "snow" ball. The snow melted slowly, providing weeks of entertainment.



A volunteer photographer was able to snap a few pictures of the students at play when the mound was at its largest.

Much to the students' joy, a small pile of snow still remained as recently as this past Wednesday!

Volunteering at TCWS

Ben Ralston



Ben is the father of Julia (4th grade), and Adriane (graduated TCWS 2007, lead class). In this, his 13th year with Three Cedars, Ben is (still) involved with the Architecture Planning Committee, and tries to show up for building and grounds work parties. He also enjoys helping out at with Auction and Spring Faire setup/teardown. He enjoys the excellent social, scholastic and artistic results he sees in his own children and in other students, and appreciates the life/college preparedness that Adriane has demonstrated being a Waldorf graduate. (Adriane also went to Seattle Waldorf High School. Yes, that's a plug!) Many of you will also know his wife, Jackie, who has been even more involved in TCWS than Ben, and is currently working in After Care.

Having grown up in Bellevue (in their current home, even) Ben has seen tremendous changes in the area, moving from Boeing dominated to software dominated. Speaking of Boeing and software engineering, Boeing is where Ben started his career as a software engineer, though he has been working in the semiconductor industry for several years. On the weekends, you can often find him gardening in his yard, where he is slowly transforming a weedy front lawn into something more interesting and useful. He enjoys hiking, reading, playing games and various musical instruments, and you may be able to see him play the hammered dulcimer at his 13th Spring Faire performance this year.

Biographies

Grace Smith - After Care



Born, raised, and educated in the Midwest comes Grace Smith. She attended schools from kindergarten through high school from a town just outside Kansas City, Missouri. From here she obtained a BS from the University of Missouri at Columbia in elementary education, and then a Masters degree after that in



Curriculum and Construction. After getting married she lived in Georgia and California, before moving back to Columbia, Missouri to teach in a nearby rural town . Here she taught for several years before moving to the Pacific Northwest to raise a family. Settled in Anacortes, she had two boys and she was a stay-at-home mom, becoming very active in their education. Later she moved to Kirkland, and she found work in a private school in Seattle, Seattle Academy teaching 6th grade. There she taught for approximately 20+ years, before moving into an administrative position at the same school. Missing having daily contact with the children, she left looking for work that involved contact with kids. Presently she is living with her soon-to-be husband in Kirkland. Both her children live in the area, and her first grandchild was born in December.

Community Announcements

Your Family's Health - Cooking Classes with Melanie Waxman



Learn how to make delicious balanced meals for your entire family. Participate in three in-depth cooking classes focused on preparing easy and nourishing dishes, including yummy, sugar-free deserts. Gain a new understanding of how your kids' health and behavior are affected by what they eat, and walk away with many recipes, food-based remedies for colds, tummy aches, and other kids' and adults' ailments.

Melanie Waxman is a vegan chef and mother of seven vibrant, healthy children. She is also the author of *Eat Me Now*, *Mr. Hoppity's Color me Cook Book for Kids* and many other inspirational books on healthy lifestyle. For more info, please visit her [website](#).

[Download flyer for more details](#)

New Art Classes at AWE Studio with Janet Lia



AWE Studio is committed to helping everyone get in touch with their artistic abilities. At AWE Studio, everyone will gain confidence as they produce beauty, and practice the joy of self-expression.


Artist/Educator Janet Lia has been inspiring all ages to create artwork for over 20 years. Janet practices the gift of developing artistic confidence with

people so that they create beautiful artwork.

The AWE Studio atmosphere is intimate, nurturing, and supportive. Classes are limited to small groups, or private sessions. Students receive plenty of individual attention.

[NEW ART CLASSES at AWE STUDIO FLYER](#)

Parent Map Lecture Series

 *ParentMap offers \$3 off parenting lectures!* The ParentMap Lecture Series presents national thought-leaders on current parenting issues. School discount code: LSSCH12. More details: parentmap.com/lectures

Next in the Series

Will Puberty Last My Whole Life?



Julie Metzger and Rob Lehman

May 1, 2012 7-9 p.m.

Seattle Children's Theatre

[Tickets](#): \$20

Topic age range: 8-14 years

Real questions and real answers for parents having conversations with their kids about puberty and sex. Learn from local experts, Metzger and Lehman, how to guide your child on their journey through adolescence.

Learn more about [this lecture](#)

Laura Ingalls Wilder Summer Camp



Re-live 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 16-20 and July 23-27, 9:00am – 3:00pm, \$285 (includes all materials and 2 authentic Laura and Mary snacks per day). Located in Northgate area of Seattle.

See website at www.pioneergirlsummercamp.com, contact Jacqueline at tp poems@comcast.net, or call 206-526-1373 for more information.

Lazure Painting

Lazure painting rooms to hold the spirit of the child. Meet Danielle, the Pacific Northwest's Waldorf inspired painter. For more information visit www.LazureFinishing.com or email DanielleKerrWilson@gmail.com.

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Friday, February 24.

Please email submissions to newsletter@threecedars.org.

We only intend to send you helpful information and respect your decision to modify your subscription.

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