

September 21, 2015

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Welcome to the 2015–2016 School Year!

A week before the start of the school year, it was hard to imagine that everything would be ready in time for the first day of school. There were pieces of construction still moving toward completion, piles of materials stacked in Trillium Hall, and classrooms awaiting their finishing touches. Yet, because of a true community effort, everything was ready to serve its purpose: to welcome our students and families into the 2015–2016 school year.

Our new grade seven teacher, Ms. Stevens, excited to embark on a voyage of exploration with her new class, never imagined having to practically build the vessel that would house her crew. But truly, there she was, alongside our woodworking teacher Gabrielle Nembhard, laying her own floor only days prior to setting sail. Our lower grades teachers quickly got to work applying lazure color to their new walls, and the Early Childhood faculty prepared our new Sweet Pea Preschool nursery and the magical space surrounding the Honeysuckle Hollow in the Early Childhood play yard (please see *Introducing Honeysuckle Hollow* in the Early Childhood section of this newsletter). Everyone chipped in, including families during our back-to-school community work party, and our campus looks wonderful. A very heartfelt thank you to Chris Pressey for his tireless

work all summer and for brilliantly reworking our school layout to provide more classroom space and improved functionality. Everything was finally ready, and we awaited the children.

On our first day, students filed out of their newly imbued spaces to officially welcome the newest members of the grade school. As the incoming first graders passed beneath the billowing rainbow bridge to shake Ms. Carlson's hand, the whole community too was drawn across the threshold to experience a new beginning. Yet, new beginnings are not limited to the first day of school—our year is filled with them. However, what does remain constant is the impulse of Waldorf Education, an education you have chosen because you care deeply about who your children become.

As a teacher and a parent, it was the education that motivated me to question, to listen, and to learn. Over the years, with each stone I have uncovered, I have been continually intrigued to understand more about this thoughtful, insightful, and intentional education. It is my hope that you too will feel inspired to reach out to me with your questions. At our opening Rose Ceremony I felt the impulse of our teachers as they shared a brief story inspired by their summer work. I feel fortunate to work alongside a hardworking, creative, and responsible faculty. When teachers stand before their classes, humbly as striving human beings worthy of imitation, inspired by their work, and striving to meet their students with developmentally appropriate work—the children learn and grow joyfully.

My wish for this school year is simply that we all continue to receive the gifts of this education: the opportunity to grow, not only as individuals, but together, and that we are able to meet the joys and challenges each school year brings with the same openness and curiosity we observed in the new first graders.

Blessings on the year!

—Annette Campana, Director of Pedagogy and Pedagogical Carrying Group Lead and Chair



Annette Campana was born and raised in Vancouver, British Columbia. She attended the Cleveland Institute of Music before returning to BC, where she earned her Bachelor of Education Degree from Simon Fraser University. Ms. Campana taught public middle school, first in British Columbia and later in New Jersey. After the arrival of her two daughters, she discovered Waldorf Education, and was deeply inspired as an educator by the insightful and developmentally thoughtful educational approach. Ms. Campana completed her Waldorf teacher training at Antioch University New England, and then worked at the Waldorf School of Princeton as a grade school teacher, early childhood teacher, and choir director. Upon returning to the West Coast, she was excited to again carry a class through their middle school years and graduate the 2015 class at Three Cedars. She enjoys music, a cup a tea, a good book, but most of all spending time with her family in the wonderful outdoors.

TCWS Board Announcements

The start of the Three Cedars Waldorf School 2015–2016 school year comes with a newly

composed Board of Trustees. Board members are follows:

- **Thamis Esteves-Mendez**, President and Chief Governance Officer
- **Javier Rodriguez**, Vice President
- **John Tinker**, Secretary
- **Andy Hoag**, Treasurer
- **Jeff Altaras**, Trustee
- **George Trifonov**, Trustee

For more information about our board and governance model, please contact the Board at board@threecedarswaldorf.org.

The 2015–2016 school year brings several opportunities for community engagement. We are creating a platform where collaborative efforts from faculty, parents, and school will be organized and launched to support the school and the community on many fronts. Please stay tuned for announcements in the next weeks coming from your Classroom Coordinators.

Thank you for your support!

—*Rob Schultz and the Board of Trustees*

Admissions Updates

A big welcome to all of the new families in both our Early Childhood and Grades programs. We have a total of 27 new students in our classrooms, with 21 of those being new families. Thank you for warmly welcoming these new families into our community. Due to great interest in our Early Childhood program for preschool age children (Buttercup filled immediately during the regular admissions season), Sweet Pea Preschool was added over the summer to better serve our community's needs. We currently have four Sweet Pea students, with space available for a few more.

As parents at Three Cedars, you have chosen our unique Waldorf approach to education and you intimately know how fundamental this choice is in the lives of our children. We are proud and grateful to offer Waldorf Education to not only the Eastside and its surrounding areas but also to families who live farther out and recognize how much Three Cedars has to offer with its rich curriculum, incredible faculty and staff, and amazing campus. We know that many more families are looking for a meaningful education that respects their child's unfolding development. We offer a full Waldorf program, and our classes and experienced teachers still have room. We welcome you to share your experiences with others and invite them to visit our campus.

With 103 students in our grades classes, and 51 students cumulatively in our Preschool and Kindergarten classes, we have a total of 154 students. After a summer of hearing hammers pounding and saws buzzing, it feels extra special to hear once again the hum of activity and the peals of laughter from the children. Thank you for choosing Three Cedars Waldorf School!

Enrollment Details:

Early Childhood Enrollment

| CLASS | NUMBER OF STUDENTS ENROLLED |
|--------------------------------|-----------------------------|
| Buttercup Preschool (full) | 11 |
| Sweet Pea Preschool | 4 |
| Apple Blossom Kindergarten | 18 |
| Morning Glory Kindergarten | 18 |
| Total Early Childhood Students | 51 |

Grade School Enrollment

| GRADE ONE | GRADE TWO | GRADE THREE | GRADE FOUR | GRADE FIVE | GRADE SIX | GRADE SEVEN | GRADE EIGHT |
|------------------------------------|-----------|-------------|------------|------------|-----------|-------------|-------------|
| 12 | 13 | 17 | 17 | 13 | 16 | 6 | 9 |
| Total Grade School Enrollment: 103 | | | | | | | |

Enrollment History *(Enrollment numbers at beginning of the school year)*

| PROGRAM | 2009–10 | 2010–11 | 2011–12 | 2012–13 | 2013–14 | 2014–15 | 2015–16 |
|------------------------------------|---------|---------|---------|---------|---------|---------|---------|
| Early Childhood Number of Students | 17 | 27 | 19 | 25 | 26 | 43 | 51 |
| Grade School Number of Students | 91 | 95 | 107 | 106 | 108 | 104 | 103 |
| Total Number of Students | 108 | 122 | 126 | 131 | 134 | 147 | 154 |

–Laurin Jones, Director of Admissions

Laurin Jones grew up in the Monterey Bay area in California. Upon graduating from UCLA, she began work releasing fledgling peregrine falcons into the wild as part of collaborative initiative to reestablish their plummeting population and delist them from being an endangered species. Subsequently she began field work in Central America with tropical birds of prey. After having children, it quickly became apparent life in a field camp was no longer a feasible reality, and in 1996, Laurin and her two children moved to Seattle—immediately connecting with the Seattle Waldorf community. Over the past 19 years, Laurin has had extensive trainings and worn many hats. She graduated from Sound Circle Center Waldorf teacher training in 2005, and has worked as an assistant in both the kindergarten and first grade. She is a licensed massage practitioner and Reiki master, having a private practice for the past seven years. She also is a licensed real estate agent. She is mother to two amazing children—her daughter is now 22, attended Seattle Waldorf School from preschool to eighth grade; her son is a SWS graduate and a freshman at Cal Poly San Luis Obispo. Laurin enjoys surfing, snowboarding, backpacking, traveling, bird watching, and reading.



Decoding the Dress Code

Ten years ago when I became a Waldorf teacher, dress code was the last thing on my mind. I was preoccupied with working on my lessons: trying to

keep track of which layer of the Nordic underworld I was drawing on the board, learning how to divide a circle into nine equal parts, trying to locate and redirect the third of the round that had collapsed, etc. The first years passed quickly and I was soon teaching in the middle school. Suddenly dress code became an everyday topic, a frustrating topic. A topic I didn't have time or energy to deal with. So, I was the squeaky wheel wondering why we had to be so worried about what the kids wore to school. There was a dress code in place, but I found it vague and hard to enforce and I had bigger fish to fry. Believe me! Instead, I spent time each day getting the kids up to minimum school standards at the start of the day. Bobbie was given a jump rope to use as a belt to keep his pants from sagging to his knees. I kept a pair of leggings for the days Kate's skirt was too short. Suzy required a half bottle of nail polish remover each week, and half the class wore their tee-shirts inside out. I didn't even realize how much time I was spending every single day getting the class up to code.



Skip to seven years later when I first stepped onto the Three Cedars campus. A clear and well-held dress code was in place and for me, the difference was palpable. It's hard to describe the difference. I keep coming back to the word *healthy*. The children were playing without tugging their clothes into place. They were dressed for the weather and were comfortable. No one was busy preening. All of the energy I had lost fussing with my first class was freed up to do the joyful work that we imagine when we think of a Waldorf school.

And so, I'm sold on a dress code that the kids may complain about for a while but is for their well-being in the long run. Looking back, I realize that in my early days, I hesitated to call on parents for help, thus the jump rope and the nail polish remover. As the third grade parents can tell you, this is no longer the case. As a school, we need your help to enforce our dress code. Once the initial pushback period is over, I promise you that the time, money, and energy you save will be tremendous.

Expectations for student attire at school are published on pages 32–33 of our [Community Handbook](#). Please read them carefully. It saves valuable time if your child arrives prepared and in accordance with the dress code. Additionally, so you have time to prepare, **please note that we have new requirements for concert attire this year:** *Grades one through five are asked to wear festive clothing with a splash of their class color. This splash of color could range from the entire outfit to just a scarf as indicated by your teacher. The class colors are: First grade, red; second grade, orange; third grade, yellow; fourth grade, green; and fifth grade, blue. Grades six through eight are asked to wear black bottoms and dress shirts or blouses that comply with the school dress code. All students are asked to wear flat, comfortable dress shoes unless otherwise indicated.*

Also note that in the last couple of years of Seahawks glory, we as a school have been too lenient in enforcing something we feel is really important. Therefore, understand that the section that reads *no sports uniforms or uniform styles*, really means, truly means, this will be enforced. That

includes ball caps, jerseys, and logo Frisbee attire. Students may wear their Three Cedars Ultimate Frisbee team shirts on Wednesdays only. Having said all this, there are other ways of showing spirit without wearing logo gear. My girls are living proof that Blue Friday is possible (and in my house, important), while adhering to the dress code.

–Britt Urquiza, Teacher, Class of 2021, on behalf of the Faculty



Britt Urquiza grew up running and playing with her brother, sister, and a menagerie of farm animals on her family's apple orchard in Chelan, WA. She studied Spanish, Latin American Studies, and vocal performance at the University of Washington, where she earned a BA in Sociology. After completing teacher training at Sound Circle Teacher Training in Seattle, Ms. Urquiza began teaching Spanish at Seattle Waldorf School in 2004. She

became a class teacher two years later, teaching grades four through eight, and graduating her eighth grade class in 2011. She lives in South Seattle with her husband, their two daughters, one dog, and four chickens.

Welcome, All, to Michaelmas This Fall!

October 2, 8:15 AM

Each year, as the cool misty air of autumn chases away summer's heat, we turn back from the mood of summer's expansion toward a more formed school rhythm and we must once again find the inner fortitude to accomplish our tasks. For some, the transition is easy, for others more difficult, but when we work together as a community, we weave an inner light of strength to carry toward winter's darkness.



This year, we invite family and friends to come enjoy our Michaelmas Celebration starting at **8:15 AM** with our Michaelmas play. This play depicts a happy village reaping the rewards of summer's harvest when suddenly they are threatened by a Dragon! They call upon the power of St. Michael to overcome fear and give strength for the battle. Great knights and swordsmen forge the iron of autumnal meteors into powerful swords and finally transform the dragon into light.

After the play, we will all get busy beautifying our campus. Teachers, students, families, and friends will work side by side on a variety of tasks. The work party runs from **9:15–10:30 AM**.

At **10:30 AM**, a community snack prepared by our students and volunteer parents will be enjoyed by all. We kindly ask parents to help clean up as the grade school students go back to class to prepare for their Michaelmas challenges. These fun, daring, and skilled challenges have been creatively prepared by our eighth grade students.

At **11:00 AM**, while students are enjoying the challenges, Jenny Fawcett and Geri Snyder will host a study conversation for interested adults in Trillium Hall. The topic is: “What is Michaelmas anyway?”

After lunch, our whole school will walk to Wilburton Park for our anticipated and loved all-school game of Knights, Farmers, and Dragons.

Please note: Early Childhood students will be busy in class preparing for their Michaelmas feast during the events listed above, but we welcome all Early Childhood families and friends to join us for the pageant, work party, and study conversation. You can then join your young children for the Early Childhood program luncheon at 11:30 AM.

Grade school dismissal is at the usual time: **3:00 PM**.

—Jenny Fawcett, Grade School Faculty Chair and Eurythmy Teacher



Jenny began her life as a Waldorf educator in the kindergarten at Seattle Waldorf School in 1995. She spent two years as lead nursery teacher at the pioneering Evergreen Waldorf School, which later became Three Cedars. During this time, she studied Eurythmy regularly in Seattle with David-Michael and Glenda Monasch along with dear colleagues who would later form the performance ensemble, Eurythmy Northwest. She decided to move to Europe

to embark on a four-year full time Eurythmy education, and received her diploma from Goetheanum in Switzerland after training at the Rudolf Steiner Seminar in Järna, Sweden in 2001. After a few years of teaching adults in the Swedish Eurythmy School and performing in Europe, Jenny returned to the states and has since been teaching adults and children full time in Princeton, Sound Circle Teacher Training, Whidbey Island, and at Three Cedars Waldorf School.

Back-to-School Community Work Party and Potluck

On **Saturday, September 5**, much was accomplished under sunny skies at Three Cedars Waldorf School. From grounds work to painting, from construction to cleaning, from wiring to organizing, our indoor and outdoor spaces were readied for children to return!



A big thank you to the many families who joined faculty and staff to help prepare our campus for a fresh start to the 2015–2016 school year: Ghee Boucher with Mila and Aiyana; Marcus and Sharmae Carlisle with Paige, Lauren, and Kannon; Kris Carlson; Mark Collier with David and Natalie; Tom Doggett and Jenny Frank-Doggett with Lucy; Vladimir Eremin and Naiyla Galiakbarova with Gosha and Seva; Skee Evgen and Laura Vigness with Chloe, Jax, and Kai; Haiying Fang and Ji Li; Barb Geri; Tyson and Ailsa Hall with Hux, Auggie, and Oliver; Jeff and

Mary Haller with Grace and Cole; Andy Held with Skye; Anna Huston with Emily, Maddy, and Kathryn; Fernando Mendez and Thamis Esteves-Mendez with Bea and Guigo; Brian and Tanya Orlando with Rivers and Jaden; Javier and Rachel Rodriguez; Ricardo Perez with Lucia and Maalam; Beverly Pressey; Sam Schikowitz and Trina Casey; Rebecca Sell with Julian; John Tinker with James; George Trifonov with Slava; Karen Wegehenkel with Kira; and Peng Zhang and Yang Peng with Peiqi.

Chinook Book Fundraiser

Our parent community is kicking off the year with an effort to raise \$5,000 for our school through the sale of Chinook Book savings books.

What are they? Similar to Entertainment Books, Chinook Book offers many local two-for-one deals, freebies, and deep discounts on everything from groceries to personal services, restaurants, and entertainment. Many coupons will pay for your entire book with just one use (Full Circle Farms, Fifth Avenue Theatre, Kavu Outfitters, and many more!). We are selling the combo packs, which include not only the hard copy book (good through October 2016), but also a mobile app for smart phones. The app was recently updated, works for a full year from the time you choose to initiate it, and includes great easy-to-use features. A sample book will be available in the school office for you to review. Chinook Book partners with retailers that strive to use environmentally friendly business practices and tend to offer holistic, organic, or natural products and services.



How can I support the sale? To earn \$5,000 for Three Cedars, we must sell 334 combo packs at \$30 each. If each school family commits to purchasing or selling three combo packs and each faculty member commits to purchasing or selling one combo pack, we should be able to reach our goal. The books can be purchased for personal use or resold, and the combo packs can be separated out. They make wonderful gifts! Do you have a business or are you a team leader at work? The books make great holiday gifts for employees and co-workers. If you can help distribute or sell books, please contact Kristi Hartman (information below) to find out how you can help make the sale a success—your hands are needed!

Where do I buy them? Parent Kristi Hartman will be at many on-campus events and at pickup and drop off most days with books available for purchase. You can contact her at splashnw@aol.com or 206.683.0652 to coordinate or stop by the school office and locate the envelope near the sample book. Write your name on the envelope and place payment by cash or check to Kristi Hartman inside. She will get the books right to you!

Extra incentives! Everyone who purchases a combo pack will have their name entered into a drawing to win gift cards to fabulous local merchants—shows at Kirkland Performance Center, one-hour massage, and frozen yogurt—to name a few!

Sale ends Saturday, October 31. Don't delay! Go to www.chinookbook.com for more

information about Chinook Book and their participating retailers this year.

Thank you for your support of this fundraiser!

—Kristi Hartman, TCWS Parent

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Block Rotations

Grade One | Language Arts: Fairy Tales (September 14 – October 9)

The children will begin their year learning the letters of our alphabet. The letters will arise through images with a beauty and artistry similar to that experienced by our ancestors in the development of language throughout antiquity. Fairy tales exist with great archetypal wisdom and eloquent language, thus enriching a vast expanse of the first grade child's language development in comprehension and vocabulary, in addition to the basic phonics learned through listening, reading and writing, and the fluency and phonemic awareness practiced in our daily speech work. The manner of bringing reading, writing, and speaking to the first grade Waldorf student is truly a remarkable experience.



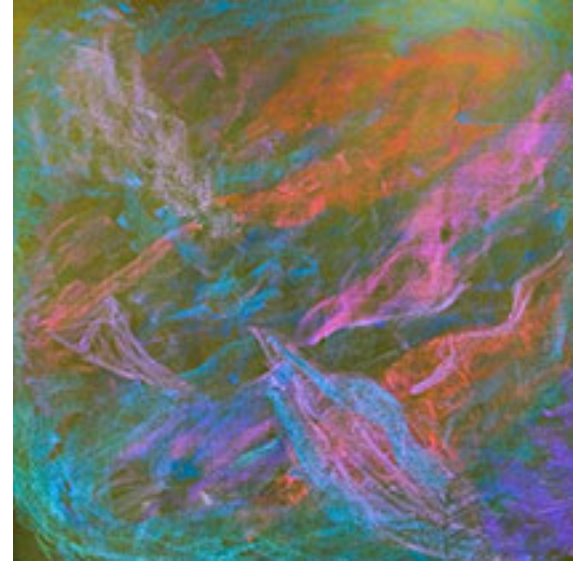
Grade Two | Language Arts: Saints and Legends (September 9 – October 9)

In second grade, we move from the telling of fairy tales to exploring the world of fables and stories of exemplary human beings within legends from different parts of the world and from saintly stories. Such stories have great significance at this stage of a child's development, when sympathies and antipathies play a big part of their soul development. While we weave in and out of the magical saints' stories and legends, we will consolidate the work we started in first grade as we continue to practice handwriting and the use of uppercase and lowercase letters (using every opportunity to reintroduce the letters of the alphabet), as well as exercising our reading and writing skills.



Grade Three | Creation (September 9 – September 25)

Third grade traditionally begins with the story of creation as told in Genesis. As we write, draw, and paint the story, we will review and consolidate many of the skills (reading, writing, and math) that we learned in the second grade. In addition, we will add rhythm and reverence to the start of our year by learning about the various Jewish holidays that fall during this season. To celebrate Rosh Hashanah, we will walk to Kelsey Creek Park to practice Tashlikh, the casting off of burdens from the past year in a symbolic act of tossing bread into a body of running water. We will build a sukkah (temporary hut), and each Friday we will end our day with a review of the week and have Shabbat, enjoying fresh challah bread that we will make to celebrate this timeless practice of breaking bread together.



Grade Four | Local Geography and History (September 9 – October 2)

The Norse myths studied in fourth grade are filled with hilarious laughter and dramatic escapades, reflective of the fourth grader's own powerful will, playful nature, and adventurous spirit. We will follow the Norse gods through their battles and exploits as they test their courage, strength, cunning, and morality; in doing so, each student will feel his or her own soul forces awakened and stirred to life.



While the language arts permeate the curriculum throughout the year, we will use the blocks and extra main lesson classes to further hone writing skills and to take up, in depth, spelling rules, vocabulary, grammar (the seven parts of speech), sentence structure, the four types of sentences, punctuation, verb tense, subject and object, business and personal letter-writing, oral recitation, reading, writing and giving book reports, writing poetry, and beginning research skills.

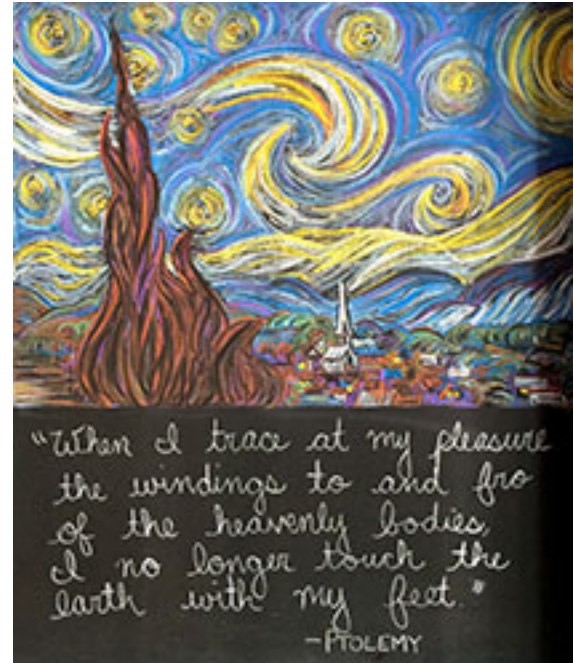
Grade Five | Ancient Civilizations (September 9 – October 9)

The evolution of human consciousness will be explored spanning the ancient cultures of India, Persia, Mesopotamia, and Egypt through poetry, mythology, and epic tales. These will include the Ramayana, the Legend of Zarathustra, the epic of Gilgamesh, and ancient texts like the Egyptian Book of the Dead. Writing, spelling, and reading skills will be taken up in skills periods throughout the week. Students will also review math concepts from fourth grade during these skills periods. In general, math and/or language arts skills periods will occur four times per week throughout the entire fifth grade year.



Grade Six | Astronomy (September 9 – October 2)

We begin the year by shifting our gaze outward toward the horizon and upward toward the starry night sky. We will explore the celestial bodies of the sun, moon, and stars from a geocentric point of view. Through the emphasis on naked-eye observation, the students will come to develop capacities for thinking and extrapolation, much as the earliest astronomers did. Furthermore, this block will awaken the students to the wonder inherent in the lawfulness of these primal phenomena. Topics that will be introduced include the sun in the four seasons and in different parts of the globe, the phases of the moon, and the perceived movement of the stars



Grade Seven | History: The Renaissance (September 9 – October 9)

We will begin our history block by looking at how a changing world and the rediscovery of Greek ideas allowed for new perspectives and a flourishing of new thoughts. Since we will have the opportunity to stargaze on our field trip, we will begin by learning about the Copernican Revolution and Galileo. When we return from our trip, we will delve into the new artistic and cultural expressions begun in Florence, with biographies including Michelangelo, Leonardo da Vinci, and Lorenzo da Medici. Through these biographies we will share a picture of the changing religious and political landscape, and we will explore the rise of independent thinking in these realms with the biographies of Martin Luther and Elizabeth I.



Grade Eight | History (September 9 – October 7)

To begin the year, we'll delve into the early beginnings of the United States of America. Starting in pre-colonial and colonial times, we will study the various influences and ideals that were fermenting at this time, along with their challenges and discontents, and the early settlers' relations with indigenous populations. Biographies of prominent leaders will illuminate the capability of those present at the birth of our nation, and the wisdom that inspired the Declaration of Independence and other founding documents. Their vision for a new government, free and self-determined, is explored as reflected in the Constitution. Becoming knowledgeable about the foundations of our nation will provide context and perspective on current events, politics, economics, and laws. Students will gain a picture of both the origins of the USA, as well as the



structure and organization of our system of government, along with ways of being involved in its unfolding.

Eighth Grade Lacrosse in Games and Movement Class

If you see nine eighth graders running on the grass with a wild look in their eyes chasing after a little white ball with a stick topped by a net, they are learning the sport of Lacrosse, one of the oldest **team sports** in North America. Lacrosse originated as a native Indian sport, one of spiritual significance, and was even used at times to settle disputes.

We were lucky to learn that our own fourth grade teacher, Mary Spurgin, played the game in school and volunteered to teach us how to cradle, scoop the ball, pass, catch, and shoot on goal.

While the eighth graders may not find the deeper spiritual significance in their game, they are enjoying learning something new and can definitely see how it could be used to settle class disputes!

—Ms. Smith, Games and Movement Teacher



A native of Seattle, Cristine Smith also spent parts of her childhood in Media, PA, Redmond, WA, and Salem, OR. She studied Biology and Nutrition at University of Oregon and Oregon State University before completing a BS in Education with a major in General Biology from the University of Arizona. A cyclist who is especially keen on mountain biking, Mrs. Smith holds a world record in master's level track racing. She also enjoys mountain climbing, trail

running, reading, and observing nature. Mrs. Smith studied for two years with the Sound Circle Teacher Training program and has completed two summers of high school training at the Center for Anthroposophy in Wilton, NH. She holds a certificate in Spatial Dynamics (spatially oriented movement exercises, activities, and games) from the Spatial Dynamics Institute, NY. She joined Three Cedars in 2004.

Ultimate Frisbee

A new season of Ultimate Frisbee is upon us, with

the middle school team Lumberjacks and elementary grades team Geckos dominating the clothing scene on Wednesdays in their green Three Cedars Ultimate Frisbee jerseys. Practice begins after school on **Wednesday, September 23** and continues every Wednesday school is in session throughout the year. Returning coaches are **Gavin Sing, Aldous Root, Anna Tinker, Jenny Doggett,** and **Chris Laliberte**. This year's parent coordinators are **Mary Haller** for the Lumberjacks and **Mark Collier** for the Geckos.

If your child is interested in checking out the sport, the school offers two trial practices. [Registration](#) and [uniform order](#) forms are available in the school office and in the parent portal of the school website. The cost for the entire season is \$225;

the uniform is an additional fee. If you are interested in ordering a uniform this year (or a team spirit jersey for yourself!), note that the deadline is **September 25**.



The Fall Drizzle tournament for middle school, hosted by WWU Women's Ultimate, will be held on **Sunday, October 18** at Skagit River Park in Burlington. [DiscNW](#)-sponsored games begin March 2016. In the meantime, join the team for the Back to Ultimate Frisbee potluck party on **Saturday, October 3 at 4:00 PM**, which follows a clinic (\$10 per student) offered by Aldous Root **2:00 PM** at the Bellevue Library field (1111 110th Ave NE, Bellevue, 98004). The potluck party will be an opportunity for families to reunite and for new families to get the scoop on the upcoming Ultimate Frisbee competitions.

—Ms. Smith, Ultimate Frisbee Liaison

Special thanks to the Doggett family for their generous donation of practice discs for the TCWS Ultimate Frisbee program!

Eurythmy Troupe

After we transform our Michaelmas dragon into light it will be time to transform the light into magic! We will continue to weave our moving fairy tale from last year and further develop characters out of the pedagogical need of the group. Newcomers are welcome and encouraged to join as we begin anew.

The program will be offered in two blocks and will meet in Trillium Hall:

- **Block 1, Grades 3–8:** Mondays, 3:05 PM to 4:00 PM on October 5, 12, 19, 26

Registration

• **Block 2, Grades 2–4:** Mondays, 3:05 PM to 4:00 PM on November 2, 9, 16, 23

Registration

Spring blocks will be determined after assessing the program. I'm looking forward to what we will create together.

—Ms. Fawcett, Eurythmy Teacher



Grades After-School Care: Something New!

Students in our After-School Care program will have the opportunity to do seasonal craft projects on Mondays, Tuesdays, and Wednesdays starting after their snack and running until about 4:40 PM.

Our first project will be fairy houses—a surprise for our Early Childhood students. Working together, using twigs and bark, pebbles and pinecones, plus other scavenged materials, we'll fashion tiny houses for the fairy folk. Then we'll hide them along the paths in the back woods as a surprise (shh, don't tell!) for our preschool and kindergarten classes to discover on their daily walks. As the season turns cooler, our young friends can watch for any fairies to take up residence.

—Pat Polley, After-School Care Coordinator



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Introducing Honeysuckle Hollow

This past spring our Early Childhood program was given a delightful gift. A family anonymously donated \$5,000 to be used to add a new feature to the Early Childhood play yard. It needed to be something that the children would notice as a change to the space and preferably would live as a memorable part of their school experience here.



There are plenty of options for play equipment on the market that we could have purchased and installed but we wanted to come up with something that would meet the needs of our own students and the values of our Waldorf community, so we began to think creatively. After a few conversations about how the children play in the yard, where we see them thrive and where we see them having trouble settling into play, we concluded that the least-used space on the yard is the hillside approaching the woods. While that space has a lovely view of the entire play yard, the children scarcely settle there due to a lack of materials or environmental inspiration.

We began to envision a burrow-type space built into the hillside which the children could go inside. Our ideas were rudimentary at best. When it came time to meet with a landscape architect we opted to look within our own community and quickly discovered Fire Sparrow Landscaping, owned and operated by Ghee Boucher, a new parent at the school and a faculty spouse. Our meetings with him were productive and the plans that he drew up for us far exceeded our expectations.

In August, the destruction of the hillside and construction of the house began. This part of the process was a bit disconcerting as the play yard quickly became a very unattractive construction zone full of large piles of dirt, a gaping hole, and a large wooden frame covered in a tarp. After a few uncomfortable weeks we began to see the beauty of the new space emerge from the rubble. At the community work party in the beginning of September, the project came to completion. Students, parents, and teachers joined together and covered the house with dirt, graded the hillside, rolled out sod, and spread wood chips. Flowers were planted in the flower bed and around the edges of the house, including some honeysuckle vines that will grow up the sides and over the roof. And so, out of generosity, imagination, and hard work, Honeysuckle Hollow was born.

On behalf of the school, I would like to thank Ghee Boucher for his incredible work designing and building the house as well as for donating several hours of his time. I also want to thank the many students and parents who came together to finish the project with us at the work party. And most of all, I want to sincerely thank our donors for such a lovely gift. It truly inspired us and helped us to see our play yard with fresh eyes. We are incredibly grateful to you for your generosity and thoughtfulness. You have selflessly given a gift to the Early Childhood program that will surely outlive your own children's time here and it is deeply appreciated.

In closing, I'd like to share a paragraph of the note that accompanied our gift because it is a letter of gratitude not only to the school and the teachers but to the whole community.

"What a journey this experience has been for our family. When we look back at who we were before we joined this community compared to who we are now, we are amazed at the growth and change. We attribute the guides for this growth to the school community, teachers and parents that have welcomed us, shared their own experiences and built friendships. We are truly grateful."

Truly grateful indeed!

—Laura Mason for the Early Childhood Faculty



Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. She joined Three Cedars in 2002 as a preschool assistant, then served as a preschool teacher, and finally, as a mixed-age kindergarten teacher. Miss Laura received her Early Childhood In-Service Teacher Training Certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed enthusiasm for gardening, both of which she brings into her work as a teacher.

Early Childhood Michaelmas Festival and Harvest Luncheon

Please join us in the Early Childhood play yard at **11:30 AM on Friday, October 2** for our annual Michaelmas Festival. We will share a Michaelmas circle and then enjoy eating a lunch prepared by the Early Childhood classes.

The harvest lunch of fresh bread, soup, and more will be prepared for you by the students with help from their teachers. We would like for each child to have an opportunity to add a vegetable to the soup pot. Please pick or purchase and wash one type of organic vegetable to come to school with your child by **Monday, September 28**. We would also love to receive donations of apples for our school-made cider. If you have an apple tree and want to make a large donation of apples, please check in with us. Otherwise, small donations of organic apples from the store would be much appreciated. We also look forward to dyeing silks with marigold the week of our festival. Please collect and dry marigolds and deliver them to school by **Monday, September 28** if you have them available.

Children not normally at school on Fridays are invited to join us with their families at 11:30 on the morning of the festival. Festival preparations will be going on all week and every child will have an opportunity to participate regardless of schedule. This will be an early dismissal day for students in the Extended Day Program. We recommend that all students go home after the festival if at all possible. If you cannot be here for the event or and/or need after-school care, please let your teacher know by **Monday, September 28** so that we can make appropriate plans.

We will be designating a photographer for this event. Please honor this plan by leaving your camera at home and enjoying the festival with your child.

You are also all warmly invited to attend the Michaelmas pageant presented by the grades students at **8:15 AM** and the work party and Michaelmas study that follow. These events occur while the Early Childhood students are busy preparing for their own celebration of the festival. Though your student will be in class at that time, we strongly encourage you to join the rest of the community in all the events happening on this special day! Please see the Grades section of this newsletter for more information.

We look forward to having you with us!

—Laura Mason for the Early Childhood Faculty

ANNOUNCEMENTS

All School

Grades

Early Childhood

Classifieds

Three Cedars Waldorf School Facebook Page

Did you know that Three Cedars Waldorf School is on Facebook? We have our very own page! Please log in and have a look... if you like what you see, click the **Like** button to show your approval. You can “follow” the page to see new posts in your Facebook news feed—check back often to get frequent glimpses into our community and campus life. Please share our page with your friends, family, neighbors, and acquaintances!

For more information, visit: www.facebook.com/Three-Cedars-Waldorf-School-322712843148/timeline

Crafts & Tea is Back on Campus!

Please join us for our weekly meetings on **Thursday mornings from 8:00 AM to 10:00 AM** in Trillium Hall. I will be bringing some crafting supplies, and you can bring your own projects if you have any.

Crafts & Tea is a TCWS community group of parents that get together to socialize and create crafts. Some of the crafts we make are sold during fundraising events. Even if you are not crafty, join us as often as you like to meet with other parents and socialize. Everyone is welcome!

For news and last-minute updates, join our closed Facebook group at www.facebook.com/groups/416694888479213, sign up for our mailing list at wegehenkel.com/craftsandtea/ or contact me directly at karen@wegehenkel.com or 206.229.0248.



Mashenka and the Bear

You are invited to enjoy a performance of the Russian folk tale *Mashenka and the Bear* by the Willow Branch Puppet Theater Troupe, who will tell this delightful story with eight silk-and-wool five-string marionettes and three wool-felted puppets. Willow Branch Puppet Theater is directed by Dolores Rose Dauenhauer, who also owns the Rudolf Steiner Bookstore and Children's Shop.



Date: Sunday, October 11, 2015

Two Show Times: First show at 11:00 AM, second show at 1:00 PM

Location: Three Cedars Waldorf School, Trillium Hall (555–124th Avenue NE, Bellevue, WA 98005)

Admission: Advance reservations \$7 child/senior, \$8 general. Visa or MasterCard. At the door \$8 child/senior, \$9 general.

For more information, call **206.985.2059**.

Sound Circle News

Here's what's happening at Sound Circle Center.



Family Foundations: Birth to Age Seven One Saturday a month, October 2015 through May 2016, 9:00 AM – 3:30 PM, including a communal lunch (**10/10, 11/7, 12/5, 1/9, 2/6, 3/5, 4/2, 5/21**)

Location: Seattle Waldorf School, Grade School Campus, 2728 NE 100th St, Seattle, WA 98125

In this heartfelt course designed to educate and renew the parents of young children, you can experience a nourishing and informative respite from the daily challenges of parenting. This course provides a supportive conversation and experiential workshop to develop parenting skills and a deep understanding of the lively dynamics of the first seven years in a parent and child's life together.

Soulful Parenting: Guiding the Soul Forces of the 7 to 14-Year-Old One Saturday per month, October 2015 through May 2016, 9:00 AM – 3:30 PM, including a communal lunch (**10/10, 11/7, 12/5, 1/9, 2/6, 3/5, 4/2, 5/14**)

Location: Seattle Waldorf School, Grade School Campus, 2728 NE 100th St, Seattle, WA 98125

In this course of exploration and inquiry into the development of the 7 to 14-year-old child, parents will find a deepened resource into their own world of Soul and Feeling. Understanding their child's growth supports a parent in being aware of the thinking and feeling that creates their parenting responses, and actions. Through this carefully built process, parents can meet their own souls, while shepherding their children into living out of theirs.

Taste of Anthroposophy For more information, visit www.soundcircle.org/taste-of-anthroposophy

Information About Waldorf Education



Inform Newsletter: The Association of Waldorf Schools of North America (AWSNA) is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico. To read their June 2015 newsletter, please visit [AWSNA Community Newsletter, September 2015](#).

Calling All Parents of Middle School Students

Your strategies and techniques for parenting must change dramatically between elementary and middle school. Don't be left in the dark. Let experts shine light on the most important issues you will face in the next few years. This is a rare opportunity to have five experts at one event to talk to you about parenting your middle school student.

Topics covered will include:

- Setting the stage for safety
- The sex talk
- Technology awareness
- Family policies on drugs & alcohol
- Calm conversations

When: This is being offered twice: **September 27** and **October 10**.

Cost: \$50 for one parent or \$90 for two. If you work at Microsoft, you can use benefits to attend for free.

Registration: www.teenwiseseattle.com/events

Every Kid in a Park

Earlier this year, President Obama announced that all fourth graders and their families would be granted free admission to America's national parks, lands, and waters. For more information and to sign up, visit everykidinapark.gov



Services: Child Care

Experienced childcare provider and Waldorf alumnae is available for evening and weekend child care. Aubrey Tingler graduated from the Washington Waldorf School in Washington, DC in 2011. She just moved to the Bellevue area after graduating from Emory University this year. Aubrey has eight years of child care experience in the Waldorf community and three seasons experience as a camp counselor. Aubrey enjoys the outdoors, sports, crafts, and reading. She has experience with children of all ages and is CPR and First Aid certified. You can contact Aubrey on her cell phone at 330.603.0585 or via email at aubreyingler@gmail.com. References available upon request.

Wanted: Faculty Room Furnishings

With the renovations at Three Cedars Waldorf School, the new faculty room has new dimensions that require different furniture. We are looking for the following items:

- Table—approximate dimensions are 4 feet long by 2 feet wide and of standard counter height (36 inches)
- Small rug (5 feet by 6 feet)
- Counter-height stools (24–26 inches high)

For Sale: Sofa Bed

Looking for some furniture that can multitask? This pull-out queen sofa bed was originally purchased at Crate and Barrel approximately ten years ago. It is lightly used and in great condition. Microfiber upholstery has a soft suede-like feel. Cost is \$300 OBO. Contact Pam at 425.765.5046 for more information.



