

January 20, 2014

## ALL SCHOOL NEWS

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### 2014-15 First Grade Class Teacher

We are delighted to announce that **Aurora Garcia** will join us this September to begin her journey with next year's first graders. Aurora comes back to the USA from Mexico, where since 1995 she has taught several 1 through 6 Waldorf classes, founded several of the schools in which she has taught, and has been very active as a school leader, board member, leader of study groups, and mentor of teachers.

Aurora studied elementary education at the University of Washington, DC where she was on the Dean's list for superior academic performance, and graduated in 1994 with a B.A. in Elementary Education. She received her Waldorf teaching certificate from the Colegio Los Charcos in 2000. Since then she has continued to deepen her studies in Waldorf education at the Centro Educativo Waldorf in Tlaxcala México 2006-2008 and in Escuela Waldorf de la Ciudad de México 2010-2013.

A competitive swimmer and winner of a national championship in Mexico, she assisted in the Central American Games, Junior Olympics and earned a college scholarship for Swim Team. She continues to love swimming. We hope she will enjoy the colder waters of the Northwest!

Aurora will be moving from Mexico – where she currently teaches - to the Bellevue area in early August. We eagerly look forward to welcoming her, her husband - a professional violin maker – and her children to our area and to our school!



## Love Our School? Share It Worldwide!

Many parents look online for candid reviews of schools by fellow parents, especially during the enrollment season. Do you love our school and want to let the world know? Just follow [this link](#) to post a review!

## Community Forum

**Thursday, February 25 • 6:30 – 8:30 pm**

Don't miss this chance to meet our Board members, faculty, and staff members, and hear about our finances and plans for the future!

## Grade School Sharing Assembly

**Friday, January 31 • 5:15 pm**

**Performing Arts Center of the International School**

445 128th Avenue SE , Bellevue, WA

The Bellevue School District has rented us the use of the theater at the International School, located in the Wilburton neighborhood of Bellevue, one mile south of Three Cedars.



Three Cedars parents, friends, relatives, and kindergarten students (especially those who are nearing age of Grade 1 readiness) are warmly invited to see the demonstrations and performances by our elementary school students. Each assembly provides a variety of work from the students' studies and practice including recitation, foreign languages, eurythmy, recorder, song, strings, and ukulele.

- Please make sure that all elementary students are fed and at the International School theater at 5:15 p.m. sharp
- Audience seating will begin at 5:30 p.m.

Click [here](#) for directions to the International School.

***\*Please note, all After Care programs will dismiss early at 4:00 pm.***

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## New Parent Check-Ins

During the month of January, new families are invited to schedule a meeting or phone conversation with the Admissions Director. This check-in conversation typically takes place by phone, although you are welcome to schedule an in-person conversation if you prefer. If you have not done so already, please email [Seraphina](#) or call 425.401.9874 x 1 to schedule your conversation.

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## 2014-15 School Year Re-Enrollment

**Registration:** We are so pleased to be making preparations to welcome your family to another year at Three Cedars Waldorf School! Families should expect to receive re-enrollment packets in the mail this week. Within your packets you will find everything needed to register your child for the 2014-15 school year. We ask that parents complete all of the forms in full, and return them to the school office with your \$400 per student deposit by the deadline on **February 7**. *Please note that a \$150 late fee will be applied for incomplete or late registrations packets and deposits.*

**Financial Aid:** The deadline for financial aid applications and all supplemental documents is February 6, 2014. Included in each re-enrollment packet is a TCWS Financial Aid Application form, which may be used as a checklist for families who wish to apply for financial aid. This document, along with the online SSS application, all supplemental documents, and application fee must be received by the **SSS website** by Thursday, February 6, 2014. Financial aid determinations will be mailed by our office on March 13, 2014 to those families who have submitted complete applications.

### Questions?

For questions regarding the re-enrollment process, our 2014-15 program offerings, or your child's placement, please contact [Seraphina](#).

For questions regarding SMART Tuition and tuition payment options, please contact [Leslye Coe](#).

Questions regarding financial aid may be directed to [Julie Dean](#).

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## Recent Educational Research Tells Waldorf: "You Have Got It Right!"

In the most recent issue of the Waldorf magazine *Renewal* Dr. Robert C. Oelhaf published a segment of his research about Waldorf Education. We are very pleased that he agreed to our using his article in its integrality in our admissions material. Providing a solid overview of our

Waldorf approach, Dr. Oelhaf's article cites a large number of independent studies which might be of interest to you as you further discover our unique education. While our school's programs may differ in small ways from what he outlines – our grade eight students do not necessarily produce a Shakespeare play, for example – you will recognize your child's experience in this broad article, which you can [view here](#).

## Parent Association Meeting: This Week, NEW TIME!

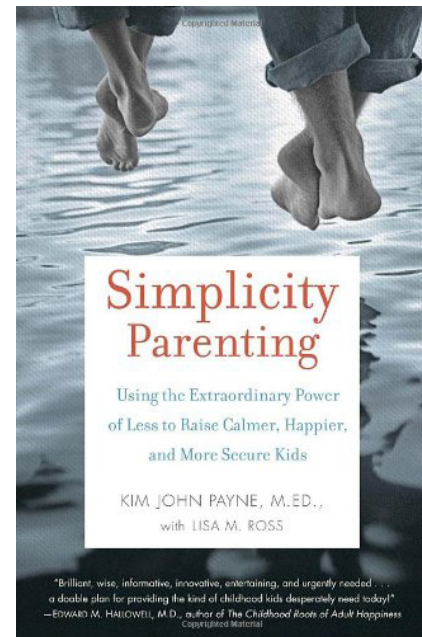
Please join fellow parents this week on **Thursday, January 23<sup>rd</sup> from 8:15 – 9:15 a.m.** in the Buttercup Preschool room. The Parent Association is open to all parents and is a wonderful way to get involved, connect with other parents, and learn more about what is happening at school. Please join us on Thursday!

## Simplicity Parenting Information Session: NEW TIME!

**Friday, February 28 • 10:30 am – 12:30 pm**  
**Buttercup Preschool Room**

We are excited to offer a Simplicity Parenting Information Session during a new morning time! We hope that this new morning session will be a more convenient time for parents who find it difficult to attend events in the evening. Three Cedars faculty and staff highly recommend that at least one parent from each family complete the 7 week Simplicity Parenting course, and that both parents read the [book](#). If you are new to Three Cedars or have not yet completed the course, we ask that you consider joining our upcoming spring group! The weekly classes will begin on Friday, March 7 at 10:30 a.m. in the Buttercup Preschool room. For more information, please see our [registration form](#) and [information flyer](#), or speak with Seraphina.

Happy Simplifying!



## Nature Exploration Class for Middle School Students

Hiking through the woods, you stop



and look at your surroundings; you smell the richness of the Evergreens which surround you, you look up at the awe inspiring height of the Cedars, you hear the call of the Junco and the Chickadee, you taste the richness of the earth on your tongue, you feel the mist as it touches your skin. But what happens if you step off the trail to explore and cannot find your way back? What if you had to spend a night in the woods? What if you simply wanted to engage more with your natural surroundings? What if you wanted to understand basic methods of survival?



Nature Exploration is a class we will offer beginning in the spring which allows sixth, seventh and eighth graders to gain a greater understanding of their environment; learn a few basic survival skills; and feel more confident and observant when they are out in nature.

Tracking, basic bird identification, basic plant identification, leaving markers and observing surroundings to prevent becoming lost, building a shelter, and starting a fire are the skills we will be learning during our time together.

Classes will be held on **Wednesdays from March 5 through May 21 from 3:30 to 5:30 p.m.**, for a total of ten sessions. We will culminate with a fire starting celebration and sharing of food around the fire. There is also a possibility for having an overnight camping adventure.

Classes will be taught by Rachel Tomczek and are limited to a minimum capacity of eight students and a maximum of 12 students. The rationale for needing to limit the class size is due to the intensity of the material we will be learning, teacher to student ratio, and keeping the time together as rich, deep and sacred as possible; while also having immense fun!

We hope your student will join us for this wonderful learning opportunity!! Please e-mail [Rachel Tomczek](#) if you have questions or are interested in your student participating. **Registration must be completed by Friday, February 14.** [Registration Form.](#)

## Norman Rockwell Chess Tournament

The Norman Rockwell Chess *State-Qualifier Tournament* will take place on February 1st. The tournament is open to all students from Kindergarten to sixth grade. You do not need to be affiliated with a chess club to join and we welcome students from all schools in the area. On-line registration and more information can be found on the [Chess4Life website](#). Tournament **fee is \$20** for advanced registration. Doors open at 8:15 a.m. with play beginning promptly at 9 a.m. An award ceremony will be held directly following the last round of play. Please contact [Judith Breed](#)

if you have any questions.

## GRADE SCHOOL NEWS

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### Grade 8: Sewing Machines

Throughout the grades, students learn various sewing skills in Handwork class. In the eighth grade, as a complement to their studies of the Industrial Revolution, the students finally get to use a sewing machine. The students learn that, while sewing machines make sewing faster, they also bring their own challenges to overcome.

*Gretchen Stude Whitlatch, Handwork Teacher*



### Grade 6: Medieval Studies

Everyone got to try on armor! Medieval History is great fun when Mrs. Whitlatch brings in a well-used suit of armor, and every student makes a wooden shield! Sixth graders also enjoyed calligraphy and medieval dance.



## EARLY CHILDHOOD NEWS

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## Kindergarten Potluck and Games Night

**Saturday, January 25 • 4 – 6 pm**

We warmly invite Apple Blossom and Morning Glory families to our annual Potluck and Games Night on January 25 from 4:00 to 6:00 p.m. This event is always a highlight of the year for kindergarten families as it provides wholesome fun and food that the whole family can enjoy together. Please take the time out of your weekend to join us for this delightful evening!

Bring a potluck dish – large enough to feed your whole family – to share. Please label your dish with the ingredients to help those who have dietary restrictions. Place settings and drinks will be provided.

We will begin at 4:00 with dancing, singing and playing games that everyone can participate in. A potluck dinner will be served by 5:00 followed by social time for parents and more games for the children. A story will close the event at or before 5:45.

We hope you will all be able to join us!

*Laura and Maggie*

## Felting Day

Each Friday morning, after the older Woods Day students leave for their outdoors adventures, the younger Apple Blossom students have “Felting Day.” This day has become a weekly highlight for us all! First each child takes a ball to work on and picks a piece of wool roving. The ball is dipped in the warm “bubble pool,” a little soap is added and the child rolls and rolls their ball. After a while, when the fibers are felted, the ball goes in the “cold pool” and is rolled some more. Then the ball is squeezed out, reshaped and left to dry. Our felting experience is enhanced by stories of my friend Anna's sheep during our snack of popcorn. We have been working since the first week of school and our balls are the size of ping-pong balls. There is much speculation about how big they will get by the end of the school year. Some optimistic guesses included: as big as our table or maybe as big as the whole school!



*Maggie Reilly, Apple Blossom Kindergarten Teacher*

# VOLUNTEERING

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## IT Support

We are seeking additional volunteers to join our IT Team. The following are some of the areas where your time is needed:

- Administer small domain of PCs with Windows server; troubleshoot hardware and network issues
- Office 365 administration for email and SharePoint (SharePoint experience a plus, other aspects can be learned)
- Familiarity with MS Office desktop applications
- Domain administration for email, website, and Office 365

Our current IT volunteer is available to answer questions and speak with you in more detail. Please contact [Robyn](#) in the Front Office and she will happily connect you with him to discuss where you may be able to help!

# BIOGRAPHIES

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## My Huynh, Handwork Teacher and First Grade Assistant

Born in Sai Gon, Vietnam, My Huynh moved to the countryside at age seven. Every Sunday her mother gave her a bit of money, which she spent at the market on materials to embroider handkerchiefs. During the war, she was happy during the mornings hearing the birds sing and playing outdoors, but the nightly rocket noise convinced her family it was safer in the city, so they returned. After high school, Ms. Huynh attended the Home Economics College in Su-pham Ky-thuat, where she studied to become a handwork teacher. In 1982, she came to the United States, where she loved being surrounded by nature, and felt secure without the war. She graduated from North Seattle Community College in 1986 with a degree in Data Processing, then worked for an insurance company as a computer operator. Ms. Huynh married and had three wonderful children. While they received a Waldorf education, she spent 15 years working for Seattle Waldorf School and Bright Water School as a nap care and after-school care teacher, as well as kindergarten and handwork assistants. In 2006, she graduated from the handwork program at Rudolf Steiner





College, and taught handwork from first to eighth grade at the Bright Water School. Ms. Huynh enjoys cooking, creating fiber arts, and performing puppetry for the Willow Branch Puppet Theater.

## Julie Dean, Business Manager

Julie Dean was born in Los Angeles, where she lived with her family until moving to Boulder, CO in 1980. She attended the University of Colorado school of Business, graduating with a BBS in accounting in 1985. In 1988, she arrived in Seattle and began a career as a Certified Public Accountant. Over the past 20 years, she has been a practicing tax professional, a certified Yoga instructor, an avid volunteer, and mother to a lovely daughter who is a 2012 alumnae of the Seattle Waldorf High School, and to a son who is currently a student there. Julie's passions include yoga, dance, travel, and long walks at the beach or in the woods. She joined the Three Cedars Waldorf School community in 2011.



## COMMUNITY

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### Local Opportunities

## After School Dance and Yoga Classes in Bellevue: Register Today!



LaVida Dance & Yoga studio is conveniently located in Bellevue and offers many classes for kids and adults. From Hip-Hop to Latin to Freestyle, there's something for everyone at LaVida! TCWS parent, Petra Hines, is able to help with carpooling to the after school Hip-Hop class. Please contact Petra by phone at 425.260.0550 or [email](#) for details. See youth schedule below:

4-6yo Monday, 5:30pm: Freestyle "Boys only"  
4-6yo Friday, 6:15pm: Kids Yoga  
4-7yo Thursday, 6:15pm: Zumba Kids Jr.  
5-7yo Thursday, 5:15pm: Ballroom, Latin, Freestyle  
7-12yo Monday & Wednesday, 5:30pm: Ballroom, Latin, Freestyle  
7-12yo Thursday, 5:15pm: Hip-Hop "Boys only"  
7-12yo Sunday, 5:30pm: Teens Yoga  
8-15yo Wednesday, 3:15pm: Youth Hip-Hop/Freestyle Zumba  
8-15yo Monday, 4:00pm: Youth Hip-Hop/Freestyle

**Where:** LaVida Dance & Yoga Studio (1.5 miles from Cherry Crest Elementary)  
13620 NE 20<sup>th</sup> St, 2<sup>nd</sup> fl. Bellevue WA 98005

**Cost:** \$130 for 10 classes or for Unlimited Monthly Membership

For more information call 425-643-LIFE (5433), email [info@lavidastudio.com](mailto:info@lavidastudio.com) or visit [www.LaVidaStudio.com](http://www.LaVidaStudio.com) to register!

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## Surviving Parenting and Teaching – Jaimen McMillan

**Wednesday, February 5 • 7 pm** [View Flyer](#)

**Seattle Waldorf School, 2728 NE 100th Street, Seattle • Huckleberry Hall**

Raising children has never been more challenging. The old methods of disciplining simply do not work. They may even make matters worse. Parents, who are simply applying what they have experienced in their day, may feel lost, surprised, and hurt by the reactions of their children. In addition, yesterday's tried and proven teaching methods leave both the children and educators perplexed. New models are necessary to reach the children and youth of tomorrow, new techniques to create spaces to meet the children in new ways. Free and open to the public.

***Jaimen McMillan**, the founder and director of the Spacial Dynamics Institute, is a registered movement therapist who has trained movement professionals for over 30 years. He has a private therapeutic practice working with patients with movement challenges, as well as top-level athletes and performance artists seeking to enhance their skills and abilities. He serves as a consultant in industrial injury prevention, and business leadership enhancement. He lectures and teaches throughout Europe and the Americas. Widely published on movement-related topics, he co-authored The Fourfold Path to Healing with Dr. Tom Cowan and Sally Fallon Morell. [Click here](#) to learn more about Spacial Dynamics.*

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**From Playing In Fields to the Higgs Field of Modern Physics:**

## Going Beyond An Object-Based World Conception – Michael D'Aleo

**Thursday, February 6 • 7 pm** [View Flyer](#)

**Seattle Waldorf School, 2728 NE 100th Street, Seattle • Huckleberry Hall**

The past decade has been filled with many changes and unexpected events. As continual change becomes the new norm in our lives, many challenges and opportunities present themselves to us. We all acknowledge that the present environmental, economic and geopolitical events require something new. However, the best solutions may be found not simply in new thoughts but in new ways of thinking. The phenomena based approach to science offers us new insights into how to think differently about the world we live as well as about ourselves. Such an approach to science and to thinking is the foundation of the approach to science in the Waldorf School. Understanding such an approach is key in navigating the new technologies we have and could create. Free and open to the public.

***Michael D'Aleo** has taught and trained teachers of physics for many years at the high school and*

*graduate level. He holds a degree in Mechanical Engineering and worked for 7 years in the electronics industry. Michael lectures internationally on science, education and environmental issues. He is also the author of two books.*

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## Classifieds

### Guinea Pigs Looking for a Loving Home

Two charming guinea pigs are looking for a loving home! Short haired "Coco" and long haired "Ginger" are quiet, polite, and generally the very flower of the guinea pig race. Fairer pets you could hardly find! They come with several months of their own supply of hay. So if you are interested in expanding horizons, enriching life and setting yourself on a course to great happiness then please enquire to [Asun Muir](#) (Grade 1 parent) about being the next joyful owners of Coco and Ginger.

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### Housing Hosts Needed

The Seattle Waldorf School will be hosting the Northwest Regional Early Childhood Conference from February 14th to the 16th and is looking for housing for out of town participants. If you are able to offer a room, bed or floor space for those two nights, please [contact Debora Petschek](#) for more information. We are especially interested in options within walking distance or an easy bus ride away from the school.

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

#### **Rent: \$925 month**

Plus 1/2 utilities: gas, electric, cable (monthly); water (bimonthly); recycle (quarterly)

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

upfront. Credit report required. **For more information, please call 425-451-8470.**

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*Submission deadline for our next newsletter is Monday, January 27, 2014.*

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