

# Waldorf News

## Three Cedars Waldorf School

December 2, 2011

Dear Three Cedars Parents, Guardians, Friends, and Relatives,

Please enjoy this issue of the Waldorf News.

### ALL-SCHOOL NEWS

#### Newsletter Holiday Schedule

The newsletter will be published on an alternative schedule as we head into Winter Break. The next issue will be sent out in one week, on Friday, December 9. During the break, watch your inbox for a calendar update. Newsletter publication will resume on Friday, January 6.

#### Holiday Coat Drive

**December 9th, 2011**  
**8:00 a.m. – 3:30 p.m.**

As the days grow shorter and chilly winds chase through the roads and around the chimneys, thick socks and coats come out of storage boxes, adding an extra layer of warmth to keep out the cold. Every year, this is the time when we realize how much the children have grown... last year's mittens will do, but the coat is now too small. It is still in good shape, but who could use it?

For the past two years, we have collected gently used coats, hats and scarves in good condition for our annual coat drive. These items are then distributed by [WIC](#) (Women, Infants and Children) in Tacoma to families in need.

Children's coats are especially needed, as good coats are, according to social worker Vivian Ellingson from WIC, often hard to come by in second-hand stores in Tacoma. The WIC clients rarely have cars and often speak limited English, so distributing coats directly through social workers has been very effective and much appreciated.

Each year the Holiday Coat Drive is hosted by the Grade 2 Class, in the spirit of St. Martin. Martin of Tours was a Roman soldier who is famous for sharing with the poor. On a bitterly cold day he saw a beggar freezing and cut his lined military cloak in half. Following this he dreamed, and heard his god speak: "What you do unto thy fellow man, you do unto me," which changed the course of his life.

*Bernd Zabel - Grade 2 Teacher*

#### Winter Holiday Gifts

The Winter Break is almost here and it is time to prepare gifts for our beloved teachers!

Appreciation cards will be available in the Front Office for parents to sign, beginning **December 5<sup>th</sup>**. Specialty Teacher, After Care Staff, and Administrative Staff cards will be on the counter, while Class Teacher cards will be in your class coordinator's mail box for you to sign.

Also on **December 5<sup>th</sup>**, there will be a bag or basket placed outside of each classroom door, in which parents and children may place small/consumable/or handmade gifts for your class teacher.

In addition, if you'd like to make a monetary donation toward gifts for the teachers and staff, please place your check made out to "Robyn Hartman" or cash contribution in the envelope in the Front Office **no later than Friday, December 9<sup>th</sup>**. The suggested donation is \$5 - \$50 per family. A parent volunteer will re-distribute the funds when the total donation pool is known and will then purchase gift cards for each teacher.

Class Coordinators will present each teacher with their gifts and card on **Thursday, December 15<sup>th</sup>**.

Happy Holidays!

#### St. Nicholas' Day, December 6

At Three Cedars, stories are often told to the children and a small festival is held on December 6th. The historical Saint Nicholas is remembered and revered among some Christian churches. Saint Nicholas is the patron saint of sailors, merchants, archers, thieves, children, and students in Greece, Belgium, France, Romania, Bulgaria, Georgia, Albania, Russia, the Republic of Macedonia, Slovakia, Serbia, and Montenegro, and is a patron saint in some cities in the world.

Nicholas was born a Greek in Asia Minor during the third century in the Greek city of Patara which was a port on the Mediterranean Sea and was located in Myra, Lycia, a Greek province of Asia Minor and was very religious from an early age. In France, St. Nicolas comes primarily in Alsace, Lorraine and Nord-Pas-de-Calais (French Flanders). A little donkey carries baskets filled with children's gifts, cookies and sweets. The whole family gets ready for the saint's arrival on December 6, with grandparents telling stories of the saint. In some places in Italy, on December 6 there is a ritual called the Rito delle nubi. The same tradition is currently observed in Sassari, where during the day of Saint Nicholas, patron of the city, gifts are given to young brides who need help before getting married. In the days leading up to December 5 (starting when Saint Nicholas has arrived in the Netherlands by steamboat in late November), young children put their shoes in front of the chimneys and sing Sinterklaas songs. Often they put a carrot or some hay in the shoes, as a gift to St. Nicholas' horse. The next morning they will find a small present in their shoes, ranging from sweets to marbles or some other small toy. On the evening of 5 December, Sinterklaas brings presents to every child who has behaved him- or herself in the past year. This is often done by placing a bag filled with presents outside the house or living room. In Germany, Nikolaus is usually celebrated on a small scale. Many children put a boot called Nikolaus-Stiefel (Nikolaus boot) outside the front door on the night of December 5. St. Nicholas fills the boot with gifts and sweets overnight, and at the same time checks up on the children to see if they were good, polite and helpful the last year which is recorded in his golden book. There are also sailors who celebrate St. Nicholas' day on their ships.

*-source information from Wikipedia's web site.*

#### Santa Lucia

As part of their "saints and fables" studies, each year our second graders recreate a Santa Lucia procession, delivering saffron buns and a hot beverage to every teacher and staff member in the school. Grade 2 parents will hear from their Class Coordinator regarding warm underclothes that the students will need to wear to school for the procession on December 13<sup>th</sup> and the instructions for baking the special buns.

Our own tradition is based on the feast day of Lucia, or Lucy, celebrated in Sweden as a festival of lights. For centuries, in the early hours of the morning of December 13<sup>th</sup> a young woman dressed in a white gown, and wearing a red sash and a crown of yigonberry twigs and blazing candles, would go from one farm to the next carrying a torch to light her way bringing baked goods, stopping to visit at each house and returning home by break of day. Every village had its own Lucia. The custom is thought to have begun in some of the richer farming districts of Sweden and still persists in many areas with some modern adaptations like electric lights on the crown!

In Norway and Sweden it is still a custom on December 13<sup>th</sup> for a girl in a white dress (representing the Saint), to bring a tray of saffron buns and steaming coffee to wake the family. She is called the *Lussibrud* (Lucy bride) and her pastry (saffron buns) is *Lussekatte*. Today many families have a Lucia-Queen in their own home, often the oldest daughter, who wakes the rest of the family with song. Like so many festivals that approach the darkest days of Winter, Lucia symbolizes light and growth for human and beast as she emerges out of the darkness. Her persecution is said to have culminated in her beheading during the reign of Diocletian at Catania in Sicily. Because her name means "light" she very early became the great patron saint for the "light of the body" — the eyes. Many of the ancient light and fire customs of the Yuletide and Winter, which preceded Christianity, became associated with her day and thus we find "Lucy candles" lighted in the homes and "Lucy fires" burned in the outdoors. Before the Reformation, Saint Lucy's Day was one of unusual celebration and festivity because, for the people of Sweden and Norway, she was the great "light saint" who turned the tides of their long winter and brought the light of the day to renewed victory.

The date of the 13<sup>th</sup> is a carry-over from calendar reforms that moved solstice to the 21<sup>st</sup>. Before the calendar reform, her original feast day (the day of her martyrdom) fell on the shortest day of the year. An ancient Scandinavian custom had been for children, on the eve of solstice, to write the word "Lussi" on doors, fences, and walls. This announced to the demons of winter that their reign would be broken on Saint Lucy's Day, that the sun would return again and the days become longer. "Lucy fires" used to be burned in many parts of northern Europe on December 13<sup>th</sup>. Into the bonfires people would throw incense, and while the flames rose, trumpets and flutes were played to celebrate the changing of the sun's course.

*-source information from Weiser, The Holyday Book*

#### Puppet Show: "The Elves and the Shoemaker"

Come and enjoy the Puppet Show "The Elves and the Shoemaker" at Three Cedars Waldorf School on Sunday, December 11th at 11am and 1 pm.

You will meet the puppeteers you know very well- Geri Snyder from Three Cedars Waldorf School and Tanya Preston from Forget-Me-Not Preschool.

Click [here for flyer](#).

#### Admissions Updates

##### THREE CEDARS SIBLING APPLICATION DEADLINE FOR 2012-2013

**December 8, 2011** is the Application deadline for families who wish to send **siblings of students** currently enrolled at Three Cedars, or children currently or recently enrolled in Three Cedars **Parent-Tot playgroups**, to our school next September. To receive priority sibling consideration, please submit your [application packet](#), including all supplemental documentation and processing fee to the school office, attention Admissions, by December 8, 2011.

##### NEW RE-ENROLLMENT/RECOMMITMENT PROCESS

Believe it or not, re-enrollment season is right around the corner for TCWS families! Information regarding updates and changes to our re-enrollment process will be published in upcoming newsletters. For now, please be sure to note that **Feb 3 & 4, 2012 are RECOMMITMENT DAYS FOR ALL FAMILIES. This is the deadline for all re-enrolling families** to sign contracts, complete student file paperwork, and give deposits for 2012-2013 school year. Stay tuned for further instructions and details!

*~Seraphina Orzel, Director of Admissions*

#### End of Year Assembly Date Change

Please note that our End of Year Sharing Assembly date has changed to **Friday, May 18, 2011**. Our Mid-Year Sharing Assembly date will take place on **Friday, February 3, 2011**.

#### Inclement Weather

As we move into winter and the colder, wetter weather it brings, parents are reminded to take extra precautions in the parking lot and on sidewalks at school. Surfaces can be slippery, especially in the morning. Please remind your children to walk, not run.

In the event of a school closure, parents should expect a call to their home phone number from Blackboard Connect. Contact information is provided to Blackboard Connect from Three Cedars directly and is updated weekly. If you wish to update your contact information, please contact the Front Office directly: 425.401.9874 or [info@threecedars.org](mailto:info@threecedars.org). Three Cedars also posts school closures at [schoolreport.org](http://schoolreport.org), where families can check for updates about school closures, including early dismissals and cancellations of evening events.

#### Waldorf Education on NBC Nightly News

NBC Nightly News featured a report recently on the benefits of Waldorf education. They visited the Three Cedars School of the Peninsula located in the heart of Silicon Valley, with campuses in Los Altos and Mountain View. To watch the video that aired on November 30 and read the accompanying article, please follow this link: [Calif. School Picks Blackboards over iPads](#)

#### Old-Fashioned Play Builds Serious Skills : NPR

"It's interesting to me that when we talk about play today, the first thing that comes to mind are toys," says [Howard] Chudacoff, [a cultural historian at Brown University]. "Whereas when I would think of play in the 19th century, I would think of activity rather than an object."

Chudacoff's recently published history of child's play argues that for most of human history what children did when they played was roam in packs large or small, more or less unsupervised, and engage in free-wheeling imaginative play. They were pirates and princesses, aristocrats and action heroes. Basically, says Chudacoff, they spent most of their time doing what looked like nothing much at all.

"They improvised play, whether it was in the outdoors... or whether it was on a street corner or somebody's back yard," Chudacoff says. "They improvised their own play; they regulated their play; they made up their own rules." [Read more »](#)

#### Waldorf Today

This article 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.

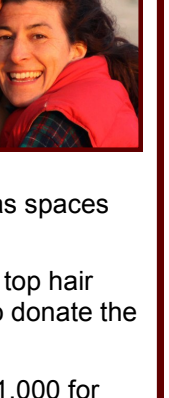
##### Daily Rhythm at Home and its Lifelong Relevance by Helle Heckmann

There is an additional aspect I would like to draw attention to for the after-kindergarten years you have with your children. If you take your children from class to class or entrust them to the media in its different varieties you have less time with them. Children are small for very short time. At present, you may be thinking it is a long time to go but, in no time you will see it went so fast. By letting your child to engage in his own play while you are around doing your own chores, and being really present in those breathing-in situations, you build trust between your child and you. And this trust will be important when they get a little older and get into pre-puberty and puberty because with this, they will come to you when they have problems and listen to you when you tell them what and what not to do. But they will only do it if they trust you, if you have been there for them. And that is why the first seven years of children are so important, because their whole trust, their believing that the world is good, is the basis of their future lives. [Read more »](#)

### GRADES NEWS

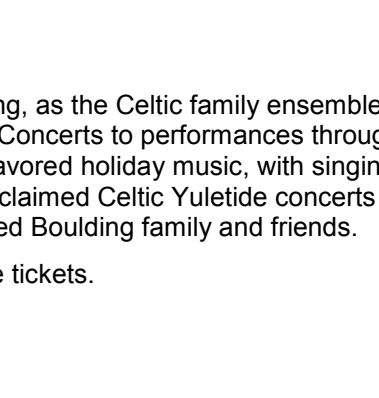
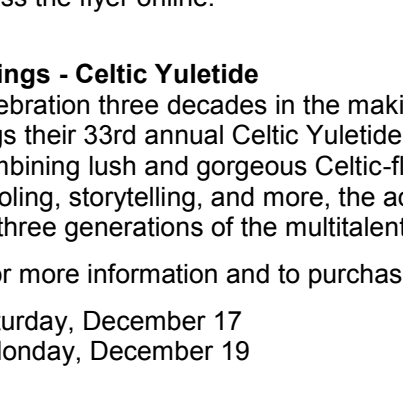
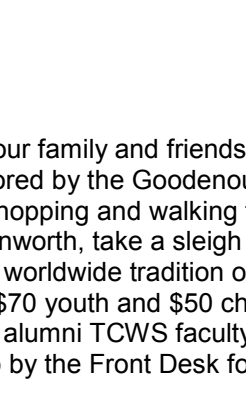
#### Norse Mythology in the 4th Grade

The Vikings were known and feared as skilled warriors who fearlessly entered any battle. Their power was based on physical training, superior metalsmithing, and their religious beliefs. If a man died courageously, he would be guided by the Valkyries to Valhalla, where feasting and fighting filled each day - quite a manly vision of heaven! Viking ships traveled far and wide, spreading awe and obedience and gathering loot and slaves. Up to the year 1000A.D., Thor and Odin were worshiped as much as Jesus Christ was.



The developmental stage of 4th grade, where the enjoyment of farfetched jokes and tricks and pranks mingles with the budding appreciation for profound ideas, is dramatically mirrored in the Norse myths. The strong but bumbling giants, the clever cunning of Loki the charming trickster, the fearsome rage of Thor, and the mysterious power of Odin are all vivid pictures which mirror the children's inner state. The strength and courage of the Aesir gods can be admired and emulated, since this pantheon is filled with all-too-human traits as well. Thor is impulsive, Freya is greedy, Sif is vain, Loki is malicious, but 4th graders can see these weaknesses for what they are, and gain much insight into human nature. The sadness of Baldr's death and the tragic events of the final battle Ragnarok are understandable to children who have left the protection of young childhood. The gods who risk their life in order to overcome evil and protect the world are powerful role models for the 21st century - which is one possible reason for their resurgence in comics, online games, and movies recently. This year's 4th grade very much enjoyed battling 6th graders, and looks forward to more tales of strength and sacrifice.

*Kim Holscher - Grade 4 Teacher*



### BIOGRAPHIES

#### Class of 2018 - Bernd Zabel

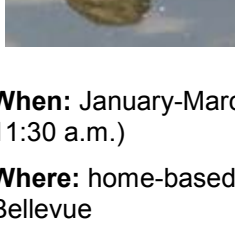
Mr. Zabel was born and raised in the hilly south-west of Germany, near Stuttgart. There he benefited from nine years of Waldorf education.

Being required to a year of service, Mr. Zabel worked in the intentional anthroposophical Camphill Community with people with special needs in Aberdeen Scotland. He stayed in Camphill for a total of five years, during which he had a variety of experiences. He worked one year in a natural bakery with adults with special needs, spent three years in the youth guidance, and one year teaching a child in need of soul care in the Rudolf Steiner Schools. During this time, Mr. Zabel studied anthroposophy and earned a BA in Curative Education from the University of Aberdeen. Following the path of love and Antioch Education, Mr. Zabel moved to the United States in 2006. He earned a MA Ed from Antioch University, New England, along with the Waldorf Teacher Certification, and joined TCWS in 2010. Mr. Zabel enjoys spending time with his family and friends in nature, or to catch with a good book.



#### Strings Teacher - Judy Beatie

Mrs. Beatie was musical and raised in Salt Lake City, Utah. She attended University of Utah on a full musical scholarship and left that program after auditioning and joining the Utah Symphony at the end of her freshman year. Most of her musical education was thereafter received on concert stages in various cities throughout the United States, Europe, and South America. Mrs. Beatie teaches viola and violin privately and she has taught in the Northshore School District for twelve years, has toured with "The Washington State Arts Commission" for ten years, and while living in California she toured with "The Young Audiences Program." She presently coaches for Seattle Youth Symphony and this is Mrs. Beatie's sixth year teaching introductory strings to Grade 4, intermediate strings to Grade 5, and leading the Grades 6-8 Strings Ensemble classes.



### COMMUNITY ANNOUNCEMENTS

*This section provided as a free service to the TCWS community.*

#### AWNSA Newsletter INFORM

Read about: [courses offered by the Association for a Healing Education \(AHE\), the work of the Council for American Private Education \(CAPE\), and more.](#)

#### Upcoming Community Events

##### Ultimate Frisbee

Ultimate Frisbee has resumed under the leadership of Coach David Hasbrook, a TCWS parent. Please note that practices will be held on **Thursdays this year, from 2:00 p.m. - 3:30 p.m.** at Wilburton Park. All experience levels are welcome!

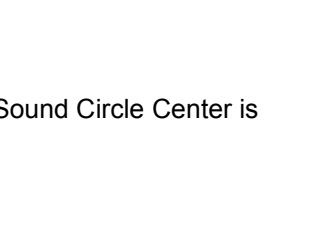
#### Holiday Haircuts with William and Petra!

##### Holiday Haircuts with William and Petra!

**Sunday, December 4, 2011**

**9 a.m. - 8 p.m.**

Make your appointment now with GEM Salon at 425.822.2990! The fee is \$50 per appointment and all proceeds from each service will benefit Three Cedars. Children's cuts will be prioritized, but adults will also be scheduled as spaces are available.



Petra and William are parents at Three Cedars and one of the Seattle area's top hair styling teams! Their place of business, GEM Salon at Carillon Point, will also donate the salon's profit from any product sales on this day!

A few appointments are still available—help us to reach our goal of raising \$1,000 for Three Cedars Waldorf School and get a top notch haircut in time for the holidays!

#### Upcoming Events

##### Seattle Youth Symphony Concert

When: Sunday, December 4 at 3:00 p.m.

Where: Meany Hall, U.W.

Click [here](#) for more information.

##### Bellevue Youth Symphony Concert

When: Sunday, December 4 at 7:00 p.m.

Where: Meydenbauer Center, Bellevue

Click [here](#) for more information.

##### Solstice Bus Trip - Saturday December 17th, 2011

This all day excursion on a luxury bus takes you and your family and friends on a magical journey to snowy play lands and Leavenworth. Sponsored by the Goodenough Community and hosted by Irene Perler, you will enjoy snow play, shopping and walking the holiday festooned streets of the Bavarian style village in Leavenworth, take a sleigh ride with draft horses at dusk, enjoy a festive hot supper and join in a worldwide tradition of calling back the sun! All expenses included in ticket price: \$80 adults, \$70 youth and \$50 child. A memorable tradition for over 20 years, please contact Irene Perler, alumni TCWS faculty, at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com) for more information or stop by the Front Desk for flyers. Click [here](#) to access the flyer online.

##### Magical Strings - Celtic Yuletide

Join in a celebration three decades in the making, as the Celtic family ensemble Magical Strings brings their 33rd annual Celtic Yuletide Concerts to performances throughout Puget Sound! Combining lush and gorgeous Celtic-flavored holiday music, with singing, dancing, juggling, caroling, storytelling, and more, the acclaimed Celtic Yuletide concerts are staged annually by three generations of the multitalented Boulding family and friends.

Click [here](#) for more information and to purchase tickets.

Seattle - Saturday, December 17

Bellevue - Monday, December 19

##### Expanding Your Horizons

Expanding Your Horizons in Science and Mathematics™ conferences nurture girls' interest in science and math courses to encourage them to consider careers in science, technology, engineering, and math.

The 2012 Middle School EYH conference for 6th - 8th graders is scheduled for Saturday, March 24th. Any questions regarding the middle school conference should be directed to [evnhcc.middle.school@hotmail.com](mailto:evnhcc.middle.school@hotmail.com). An e-brochure for both conferences will be available soon (subject line). If you're interested, act fast because slots go quickly! Private lessons are a superb way to get individual instruction and specific needs met while also adding a wonderful bonus to the school strings program.

##### Silly Creatures

[SillyCreatures.com](#) is a local company that started from characters created by a Three Cedars kindergartner offering organic and eco-friendly educational plush toys. From now until the end of the year, SillyCreatures.com is kindly offering a 10% discount on orders by Three Cedars school community and their friends and family. SillyCreatures.com will also donate 10% of these sales to Three Cedars. To shop online, go to [SillyCreatures.com](#) and be sure to enter offer code is **3CEDARSW** at checkout. The shipping fee will be waived through the end of the year, as well.



##### Flowering Child

To celebrate the Holiday Season, [FloweringChild.com](#) is sponsoring our school. From November 1, 2011, through January 1, 2012, FloweringChild will donate 10% of all revenue generated by our community to the school.

FloweringChild.com is an online store for very soft wool and silk undergarments for children. The products assist with the maintenance of body temperature and minimization of skin irritation. This is especially useful when children play outside – they can play and sweat, but still stay warm and dry. The undergarments are organic, fair-trade produced, and machine washable.

Click [here for flyer](#).

##### 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 [DanielleKeriWilson@gmail.com](mailto:DanielleKeriWilson@gmail.com)

##### Sound Circle Offerings

Sound Circle's fall newsletter with articles and information about Sound Circle Center is available [online](#).

##### Moving into Light and Color

with Robyn Jones and Andrea Preiss

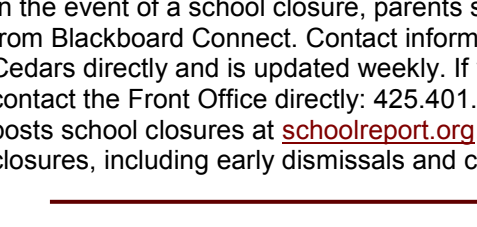
December 9th, 6:30-9:30 and December 10th, 9:00-2:00

Using the patient/practitioner interaction as the basis for collaboration, participants will explore how the physical body, soul, and spirit interact in health and illness. By experiencing the creative process through singing, clay modeling, movement, painting, storytelling, study, and meditation exercises, participants will explore the modern relevance of indications given by Rudolf Steiner through Spiritual Science.

\$225 pre-registered, \$250 at the door (checks only)

Held at Seattle Waldorf School, 2728 NE 100<sup>th</sup> St., Seattle (1<sup>st</sup> grade classroom, downstairs)

The Waldorf News is published every two weeks during the school year. Please email submissions to [newsletter@threecedars.org](mailto:newsletter@threecedars.org). The deadline for the next newsletter is Wednesday, December 7.



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