

November 25, 2013

HIGHLIGHT OF THE WEEK

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Winter Garden of Light

The Winter Garden of Light, also known as the Advent Spiral, in Waldorf schools around the world, takes place during the Advent season and marks the beginning of the darkest time of the year. Walking the spiral as an individual is a reflection of each every human being's journey to an inner place, where the light is found to help us in our own personal journey and bring solace to others.

As a universal symbol, the spiral appears throughout history dating some 4,500 years and appears cross-culturally worldwide. In our school, each student takes a candlelit journey inward in the spiral. One at a time, students walk through the spiral of evergreens to the center of the garden, lights a candle for their lantern, and places it somewhere along the path.



When our school was smaller, we used to welcome parents and visitors to each of the classes' spiral. As our classes become larger, we wish our students to experience this spiral primarily as an inner journey, without being aware of an audience. Each class will host their event during the school day, in the warmth of their class community.

We adults still get to experience the wonder of this seasonal event: join us for our adults-only Winter Garden of Light on Thursday, December 5th, at 6:30 pm.

Families are invited to bring evergreen boughs, holly and other nature items to contribute to the spiral: deliveries can be dropped off outside of Trillium Hall before Thursday, December 5th.

Please see the Early Childhood section of this newsletter for more information on the Winter Garden of Light for Kindergarteners.

Please [click here for flyer](#).

ALL SCHOOL NEWS

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Lantern Walk Appreciations

On November 9th the early childhood, first and second grade families came to school for a festive bonfire, hot cider and social time followed by a reverent story and a quiet walk through the woods lit by the children's lanterns and luminaries along the path. It was a beautiful event and we could not have done it without a lot of help!

Special thanks go to the Thursday Craft Tea parents for their putting together 180 luminaries two days before the event. Those parents include **Cris Wegmann, Nina Medeiros, Beth Parker, Jeannette Nagel, Sandra Duncan, Asun Muir, Karen Wegehenkel, Rachel Rodriguez, Sanae Stanley, Jill Granberg, Erin Dudley and Svetlana Eremina**. We also owe thanks to **Nels, Anne and Rachel Mason; Robyn, Jason, Kylie and Kensington Hartman and Jim Jack** for setting up and lighting luminaries, lighting and overseeing the bonfires, serving cider, and cleaning up when the event was over. And a big thank you **Annette Campana** who organized a group of upper grades students and alumni to lead our walk, sing for us in the woods and help us clean up. Those students are Kensington and Kylie Hartman, Hana Stanley, Elswyth Bennitt, Julia Ralston, Carly and Kira Campana, Grace Haller and Sophia Parker. Thank you so much for your beautiful music and reverent presence! And finally, thanks to **Geri Snyder** for offering a tremendous amount of organizational support and for stepping in to help out whenever we needed her.

In gratitude,

Laura Mason, on behalf of the early childhood, first and second grade faculty

Maggie Reilly, Wendy Werner, Monica Lander and Jennifer Winson

Japanese Consulate Award Ceremony

Three Cedars recently had the distinct honor of hosting the Consulate

General of Japan and the Japan Foundation. The Japan Foundation of Los Angeles promotes international awareness and mutual understanding between Japan and the U.S. through cultural exchange. They administer a wide range of programs and grants aimed at introducing Japanese arts and culture, supporting Japanese Studies and language education, and promoting publications, translations, film/video productions and other media related to Japan.



Last spring, members of the school grant writing team worked to identify available grants that could benefit our school programs. Grant research came from many resources, including online searches. The Japan Foundation of Los Angeles' (JFLA) salary assistance grant was one such grant that we applied for with the assistance of the school administration and representatives at JFLA. Thankfully, our efforts paid off, and we learned a great deal about writing effective grants. Perhaps one of the best lessons was to just give something a try. We learned that there are organizations out there who want to support the great work we are doing here at our school!

On Friday, November 8, Consul General Omura, Consul Hara and Ishii Chihiro visited the school to present the 2013 Salary Assistance Grant for Japanese-Language courses to Three Cedars in the amount of \$10,000. Mrs. Geraldine Kline accepted the funds from Consul General Mr. Omura at a Japanese assembly, where Three Cedars children sang and performed for our visitors. Also attending were volunteers from Japan in the Schools who presented Japan in a Suitcase, a hands-on program about the life of children in Japan, to our third grade class. The funds will be used toward maintaining our Japanese program this year, which was the aim of this specific grant request.

It was very rewarding to see the smiles on everyone's faces as the children shared their growing knowledge of Japanese language and culture, and their obvious love of it, as well.

Grants are an important way that we can help our school flourish. If you are interested in participating on the grant writing team, please contact Kristi Hartman for more information at 206-683-0652 or Splashnw@aol.com. Your contributions and time commitments can vary.

Many thanks to Jung Sook Kim-Tokura, Emiko Lin, Emiko Urata, Kristi Hartman and Gretchen Whitlatch for helping to arrange Trillium Hall, welcome our guests and provide refreshments after the ceremony!

Kristi Hartman and Rachel Tomczek

Priority Application
Deadline for Siblings:

December 6, 2013

Three Cedars Waldorf School offers a priority application deadline for siblings of students currently enrolled to our programs. Families who are participating in our Parent-Tot playgroups are also welcomed to submit an application for admission at this time. To receive priority consideration for enrollment in the fall of 2014-15, please complete the [online application, found on our website](#), before **December 6, 2013**.

For more information about our Early Childhood offerings, please read below.



Early Childhood Offerings at Three Cedars

In the Early Childhood program, we serve children from birth to age 6 with multiple options available to best meet their needs and ensure that their earliest school experience is as joyful and nourishing as possible.

Parent-Tot – For the youngest members of our community, we offer Parent-Tot classes. These classes are a gentle way to enter into the ‘school’ experience, with parents and children joining together once per week for a two-hour class. With seasonal crafts and songs, wholesome food, and outdoor play, this class weaves a connection with the overall school community. As many of us wish to have had the privilege of a Waldorf Education ourselves, this class provides the opportunity to be nourished along with your child, while providing a balanced rhythm, and support on the parenting journey. Children who have participated in Parent-Tot class often find the transition to preschool to be quite seamless. If you have a little one, we welcome you to join us for a session, or for the full year!

Preschool – Our Buttercup Preschool provides a lovely mixed-aged class for children between the ages of 2 ½ and 4. The rhythm of the day is gentle, with minimal transitions to offer ample time for children to play, interact with friends, engage in artistic endeavors, and explore in nature. For young children who are ready for greater independence, the preschool offers a smaller group experience to strengthen the child’s growing capacities. Miss Wendy is excited to expand the school’s offerings to the younger children and looks forward to welcoming new families!

Kindergarten – For the kindergartener, Apple Blossom and Morning Glory Kindergarten classes offer a program designed to further support each child’s development and prepare them for our grade school curriculum. Stories, songs, poems, and puppet plays help attune the child to the beauty of language as their imaginations flourish. Their sense of taste, sight, beauty and purpose are awakened through activities like baking bread, drawing, and painting. Children enjoy movement and nature during outside play, walks, and gardening. Because our kindergarten includes a mix of ages and regular weekly interaction with children in our preschool, our kindergarten students enjoy participating in a variety of social groups and rites of passage.

After applying for admission to our program, families will be invited to meet with our Early Childhood teachers for a family interview. During this meeting, our teachers will help determine which learning environment best suits your child's needs. For questions about the admissions process, please [email Seraphina](#) or call 425.401.9874 x1. We look forward to welcoming your little ones next year!

Steiner Book Study

Last month a few of us gathered to study Rudolf Steiner's writings on the festival of Michaelmas. We focused on lectures found in his book *The Festivals and Their Meaning: Christmas, Easter, Ascension and Pentecost, Michaelmas*. What we learned is that there is a lot more to the festivals than the pageantry and rituals. Steiner spells out their significance for our lives as we evolve in understanding our role in the universe.

On Tuesday, December 10 we will meet again, this time to discuss the festival of Christmas. Please join us. We will continue with the same book by Steiner, which is available on Amazon (in Kindle and hard copy editions) and at the Rudolf Steiner Book Store & Children's Shop, 9727 Lake City Way NE, Seattle, WA 98115, 206-985-2059 or [email](#).

Please let me know if you will be joining us. We will meet from 6:30-8:00 at TCWS in the foyer. Feel free to [contact me](#) with any questions.

Cameron Altaras

Winter Holiday Gifts for Faculty

December 9 – 18

The Winter Break will be here before we know it, which means it is time to prepare gifts for our beloved teachers! Beginning Monday, December 9th, holiday cards for teachers will be available in the front office for parents to sign:

- Subject teacher and After Care teacher cards will be on the counter
- Class Teacher cards will be in your class coordinator's mail box in the front office.

Many families also enjoy giving gifts to their class teacher or making a monetary contribution toward the teacher holiday gift pool.

- Gift bags will soon be placed outside of each classroom door, in which parents and children may place small/consumable/or handmade gifts for your Class Teacher.
- If you'd like to make a monetary donation toward gifts for the teachers, please bring your **CASH** (only) contribution to front office, to be placed in the envelope provided.

The deadline for signing cards, and contributing to the teachers' gift fund is **Wednesday, December 18th.**

Happy Holidays!

Holiday Crafts & Cookies!

Friday, December 13

12:00 – 1:00 pm & 3:00 – 4:00 pm

Looking for last minute holiday gifts or maybe just a yummy treat? The Thursday Crafts & Tea moms will be hosting a "Holiday Crafts & Cookies" table outside of the School Office on Friday, December 13th! Please be sure to stop by for delicious goodies and festive gifts before our winter break! Parents who are interested in helping with crafts are welcome to attend the Thursday morning Crafts & Tea, which happens every Thursday from 8:15 – 10:00 am in the Buttercup Preschool room. Please [contact Rachel](#) if you would like to bake a sweet treat for this school fundraiser!



Non-Perishable Food and Coat Drive

December 16 – 20

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.

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 too small. It is still in good shape, but who could use it?

For the past few 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 appreciated, as they are 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 a very effective approach.

This year we are partnering with [Hopelink](#) for our Food Drive! Families are invited to consider making a donation of the following items to families in need:

Canned Meals
Canned Meat
Cereal
Dry Beans
Fruit (Canned or Fresh)
Pasta
Peanut Butter
Rice
Soup
Tomato Products
Vegetables (Canned or Fresh)

Please place gently used, CLEAN winter coats and your donation of a non-perishable food items in the boxes located outside the office during the last week of school before break.

Thank you for bringing nourishment and warmth to others less fortunate!

Holiday Caroling!

Friday, December 20 • 5:30 – 6:30 pm

Looking for a joyful and simple holiday activity for the whole family? Please join Three Cedars families with children of all ages, faculty, and staff for singing and spreading of holiday cheer! We'll meet on the Plaza at 5:30 and then go caroling through the Wilburton neighborhood, returning back to school to enjoy hot beverages before leaving for winter break. Please RSVP to the school office at 425.401.9874 and let us know how many in your family to expect. Dress for the weather and bring an umbrella.

Miss Snyder & Mrs. Campana

TCWS Faculty & Lending Library

Julie Elithorp and Rachel Tomczek have finished the library and the cataloging of the books. All of the books on the shelves in the faculty

lounge have been cataloged; with the exception of the books on specific subject teachers' shelves. The books have been put into an Excel spreadsheet and are listed alphabetically, the same way as they are in the library.

In order to keep better track of our books we would like to have people bring the book they are checking out to the office and we will record on the spreadsheet which book was borrowed, the borrower's name, the date borrowed and the date returned. Four weeks will be our standard length of checkout to have a book. This method will involve no paper waste, keep track of the books we have and what is checked out and allow us to follow-up and remind people to return books. Happy reading!



EARLY CHILDHOOD NEWS

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Winter Garden of Light in Kindergarten

The **Winter Garden** is a special evening event just **for the five and six year olds** in our classes. Each child will have the opportunity to walk into the center of a spiral made of evergreen boughs and other nature items. At the center the child will receive a lantern which he or she will carry and place along the spiral. What began as a very dark room will glow with many little lights by the end of the event. The Winter Garden is a lovely way of honoring each child's inner light during the darkest time of the year. It also beautifully illustrates how much we shine and warm each other when we come together as a group.



The Winter Garden will take place at **5:30 pm on Friday December 6th**. Please arrive outside Trillium Hall with your child by 5:25 pm that evening. This is a quiet and reverent event so please plan to enter and exit the room in silence. We strive to hold a festival that is smooth and uninterrupted, so please be aware that we close and lock the door at 5:30 pm. In the event that you arrive and the door is locked, we ask that you quietly leave so as to not disturb the Winter

Garden. We would love if you could bring evergreen boughs, holly and other nature items to contribute to the spiral: deliveries can be dropped off outside of Trillium Hall before Thursday, December 5th. Please check the upcoming newsletter for more information including an evening Winter Garden for adults only on the evening of Thursday, December 4th.

BIOGRAPHIES

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Cheryl Culver, After-School Care Teacher



Cheryl Culver grew up in West Texas, coming from a family with pioneering roots in Texas going back before it was a state. She loves music, singing, handwork and cooking. She has two grown children whom she adores, and went to college after her youngest finished high school. She received her BS from Johnson & Wales University in Baking and Pastry Arts, then went on to get a Masters degree in Education. She found her way to Waldorf Education and completed her Waldorf Teacher certification at Eugene Waldorf Teacher Training in Eugene, Oregon. She was a class teacher at Spring Garden Waldorf School in Akron, Ohio, where she took a class from fourth through sixth grade. In 2012, she moved to Bellevue and has been working as a substitute teacher at Three Cedars.

Laura Mason, Morning Glory Kindergarten Teacher



Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. Though she and her sisters spent long hours playing in horse pastures, open fields, and woods surrounding their home, her favorite place was the dirt pile in her yard, where she spent many hours digging tunnels and making mud pies. Childhood vacations were spent hiking and camping in the Cascades as well as taking road trips to museums and historic sites. Many of these experiences are well known to her students, as she brings them to life in the classroom through storytelling. Miss Laura attended local schools from kindergarten through high school, sharing a classroom with several friends for the entire 13 years. Throughout school, she loved vocal music programs, particularly performing at music festivals. After Miss Laura transferred her elder daughter to Three Cedars Waldorf School in the first grade, she began a new career as an early childhood teacher. 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.

COMMUNITY

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Local Opportunities

Winter Solstice Bus Trip: December 21

An invitation from your hostess Irene Perler (who has been enjoying snow since 1961!):

Remember the good old days when times were simpler? When eating fresh fallen snow, sledding down a hill, a snowball fight followed by a fire and hot chocolate and the smell of the pine trees in the cold winter air warmed your soul? You could pull a sled up that hill over and over until the sun went down and then you looked out the window back at the snowman you made with your Mom's scarf, a carrot and a broom?



Join friendly, fun-loving folk of all ages, creating simple pleasures and magic that the winter season brings. Each year our cozy bus rolls through the mountains to the Bavarian village of Leavenworth for food, festival of lights, shopping and music. A stop along the way to play in the snow: sledding, snowmen, romantic walks in the snow with your sweetheart are all possible. Then, board a horse-drawn sleigh at dusk and warm up by a hot wood stove and hearty dinner held in a rustic farm building. Last, we join people worldwide and throughout history in a traditional story, with song and dance to call back the sun.

I invite you and your friends and family to join me in the fun! This trip has become a tradition for a few of us for almost 20 years running!

This Solstice Bus trip celebration is being held Saturday, December 21st from 8:00 am to 11:00 pm. The luxury bus leaves from and returns to an Eastgate parking lot. Tickets: \$90 adult, \$75 youth (aged 13 to 18), \$55 children under 12 and children under 2 are free. *Some scholarship is available and family rates are negotiable.*

For more information pick up a flyer at the front desk and contact hostess Irene Perler by [email](#) or call 206-419-3477.

Farmstr: Find Farm Fresh Food Close to You!



Farmstr is an online marketplace where local farmers sell directly to consumers. Farmstr helps farmers significantly increase margins and find new customers. Half of US small farmers (1M) make just <\$50K a year and 300 small farms close each week. Surveys convey: 3 out of 4 consumers prefer to buy local food, but have limited access to the myriad of local, sustainable farmers. Farmstr helps customers find nearby farms, where they can buy fresh farm food for less than retail – while directly supporting farmers. Farmers can promote their farm and products, manage customer relationships, and track sales and logistics. Consumers can easily find and buy sustainably grown farm food for less than retail, and keep track of their farmers, food purchases and preferences.

Farmstr is an excellent way to purchase one or two selected items at a time versus an entire CSA box; therefore, you can customize what you want to purchase and it comes directly from local farmers. Plus, they have amazing deals on vast quantities and varieties of produce! Check out their website at www.farmstr.com or you can find them on Facebook at: www.facebook.com/farmstr

Chess Tournament Announcement

The Norman Rockwell Chess State-Qualifier tournament will take place on December 7. The tournament is open to all students from Kindergarten to 6th 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 8:15am with play beginning promptly at 9am. An award ceremony will be held directly following the last round of play.

Thank you in advance. Please do not hesitate to [contact me](#) if you have any questions.

Judith Breed, Norman Rockwell Chess Club

Classifieds

Energy Medicine 101 and 102 Classes

Based on the work of Donna Eden (author of the book *Energy Medicine*), these classes will teach you how to tap into and organize your subtle energies, resulting in a strengthened immune system, greater clarity, more vitality, and less stress. You'll learn basic exercises and techniques that are easy to use every day, for yourself or to offer your friends and family, empowering you with tools for improved health and well-being! Eden Energy Medicine utilizes techniques from healing traditions such as Traditional Chinese Medicine, yoga, applied kinesiology, and qi gong. (Continuing Education credits available through the NCBTMB for licensed massage therapists)

EM 101 offered: December 1 or January 4 (6 hour class)
EM 102 offered: December 14 or January 5 (6 hour class)

Cost: \$125/class

Register online at www.flow-flourish.com

Submission deadline for our next newsletter is Monday, December 2, 2013.

