



## Newsletter

March 4, 2013

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**Dear Robyn,**

Please enjoy the current issue of our newsletter.

## All-School News

### Spring is Coming!

#### May Faire

Spring is right around the corner, and with the warmer weather comes many exciting school-wide and class related events. One of our largest and most beloved events of the year, **May Faire**, will take place on Saturday, May 4th. With traditional dances, live music, a café, craft activities, games & prizes, The Pocket Lady, puppet shows, and more, we welcome in the spring with an event that is full of fun and merriment for all. The dedicated volunteers of our May Faire Team are seeking assistance with planning and preparation, crafting, and day-of volunteering at the event. The success of this event depends upon your participation – please consider how you will support May Faire this year! Here's what you can do:



- Attend the Craft & Tea mornings on Thursdays in the Foyer from 8:00 a.m. – 10:00 a.m.
- Distribute flyers and tell a friend about the event
- Help support the café by making a delicious baked good item, providing soup veggies, or making lemonade
- Sign up to help with set-up, staffing, or clean-up on the day of the event

Online sign-up sheets will be available in the March 18th newsletter. Please contact the May Faire Team at [mayfaire@threecedarswaldorf.org](mailto:mayfaire@threecedarswaldorf.org) with any questions!

#### Community Garage Sale!,

New this year, we are expanding our May Faire celebration to include a Community Garage Sale! Please donate your gently used children's clothes, toys, games, furniture, sports equipment, and household items to our fundraising event! Here's what you can do:

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- Contact Martin Wilder at [House8020@gmail.com](mailto:House8020@gmail.com) or (425) 260-0889 for volunteer opportunities
- Bring your gently used items in good repair to Martin's trailer. The trailer will be parked in the lower level of our parking lot near the garbage enclosure **every Friday**. *Please note that the school will not accept items on other days. Please contact Martin if you wish to make other arrangements.*
- Sign up to help post flyers and free ads, sort and price items, and staff the event

Please contact Martin with any questions or to volunteer!

**2013 Spring Concert - TICKETS ARE READY FOR PURCHASE IN THE OFFICE!**  
**Saturday May 18th, in Trillium Hall**

**Only 100 Tickets**

\$50.00 each - cover the concert, a complimentary glass of wine, and a dessert.

**Silent Auction**

Our silent auction will be set-up in classrooms, where in addition to bidding on your favorite hand-made items or experiences, we will enjoy being surrounded by our children's wonderful work! The silent auction will include our community favorites: beautiful, hand-made items and experiences donated by members of our school.

**We need your help!**

- **Buy a ticket**, or two, or four! Invite a friend to a special evening of community, warmth, fun, and excellent musical performance.
- **Donate an item or an experience** – the sweater you knit, the lovely doll you sewed, the Adirondack chairs you made this summer in hopes of this year's auction: let them find their way to the school! We are looking for high quality, hand-made items, and for special experiences - a dinner at your home, two-days at your Whistler chalet – and will prefer to limit the number of items to about 20.
- **Make your most scrumptious dessert** to delight our guests. We think our guests deserve the best! Bring your creation or your favorite to our Dessert Buffet, for our guests to enjoy.
- **Volunteer** – We need 8 to 10 volunteers to run the event smoothly. Volunteering tasks are simple and not very time-consuming. For information about what to volunteer for, contact Lauren Root at [laroot@q.com](mailto:laroot@q.com).

For information about tickets, donations, and volunteering, contact Lauren at [laroot@q.com](mailto:laroot@q.com)

This is a wonderful opportunity for the adult community to gather for some fun socializing and to help the school at the same time. Call the office to reserve your tickets!

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## Notes from the Public Lecture on Nutrition by Dr. Witalis

*Held at Three Cedars Waldorf School, 2/7/2013*

## **Beyond the Myth of Healthy Food**

Food regulates individual and social intelligence.

At the foundations of human physiology we find instinctual survival mechanisms, which are fundamentally regulated by the adrenal gland. The adrenal hormonal levels are greatly affected by nutrition, which leads us to the first basic rule of nutrition:

**Rule: Eat the correct food in the correct quantity at the correct time of day.**

This applies regardless of age and is physiologically much more important than just eating “healthy” food.

### Nutrition and Cortisol:

Let us look why this is important: The cortisol hormone regulates mood, sleep, anxiety, stress, and our ability to meet challenges. It is regulated by food intake, including when and how much.

**Rule (non-negotiable): Start the day with a protein-dense breakfast.**

Calculate your minimum daily protein needs: body weight in lbs x 0.37, or body weight in kg x 0.8. “Average” is about twice as much and needed in stress, illness recovery, or endurance training. Half of that protein should be consumed during breakfast. In this way, the cortisol levels can decrease over the course of the day. If pancakes or muffins are eaten, cortisol is suppressed and energy household, attention and mood are dysregulated until midafternoon.

**Rule: Have warm drinks, never have cold drinks with a meal.**

Warm drinks prepare the digestive system to relax and open up. Cold drinks cause spasms and indigestion or malabsorption. The body works in rhythms, and eating at the same time daily will be more beneficial than eating at randomly changing times.

**Rule: Lunch is the largest and most diversified meal of the day, between noon and 2pm.**

Eat a wide variety of nutrients at lunch time: Soup, salad, main course. These meals can be served from a thermos. They need not be heavy, but comprehensive.

**Rule: Eat a light dinner 4-6 hrs before bedtime. Eat only until satiated.**

Dinner has to support the body in the process to go to sleep, which is the physiological process designed to repair tissues and consolidate memory. This is possible only when the digestion is coming to rest. Just 2 minutes of stress will push the cortisol levels up. This is more harmful at night, as cortisol attacks the limbic system which is responsible for perceiving situations comprehensively and exactly before we react to them. Cortisol, randomly deleting small parts in that area of the brain. Gradually conditions the brain to perceive situations incompletely and selectively as threats. Asking the body to sleep after a too-late or too-rich dinner is like “asking the roofer to work with a sandwich in his hand” and can't be done properly. Compromised digestion and sleep leading to cortisol elevation at night produce different recall of the same situation by each participant, hence to social problems. Large or late dinners produce a physiological base for non-negotiable social differences, and create depression, anxiety, defensiveness, a short fuse, difficulties getting up, and sugar cravings. All these can be improved

by eating properly, and changes affect children particularly quickly.

The counter hormone(s):

DHEA is the hormone which balances Cortisol in a yin/yang fashion. It ensures the capacity of self- restoration in spite of stress. It prevents stress and burnout, and is active in bringing on puberty. It is a precursor to the sex hormones. Healthy puberty prepares the road to health in middle age. Hormone-related problems in middle age include cancer, depression, and dementia. Physiological and emotional survival is regulated by cortisol and DHEA working in sync.

***Questions and Answers:***

Vegetarian Diet: Hard to get a nutrient-dense diet. Uric acid found in meats is necessary for linear, constructivist thinking. There needs to be sufficient iron in the diet for stamina, immunity, and moral and emotional uprightness. It depends greatly on which stage in life this diet has been introduced. The earlier, the better the body adapts. We need to combine foods to receive a full spectrum of amino acids. A 50/50 rice and legume combination supplies that.

Whole grains: prepare them so they are more easily digestible, avoid them when the stool is loose.

Dinner ideas: soup, light cereals, vegetables, oatmeal, fruit, pancakes, smoothies. If meat is needed, white meats or fish are best.

Large volume of consumed food directs the blood to the abdomen. Once the main part of digestion is completed, the blood is fully available to brain and to the peripheral muscles. Our health requires this rhythmicity in sufficiently long intervals. "Grazers" do not allow the body its intervals for digestion and alertness, the rhythmical regulation of the stomach is off. Children need to eat 5 times a day, proper meals and proper snacks.

The Guatemalan breakfast is good: whole wheat toast, black beans, poached eggs, black tea.

*Notes by Bernd Zabel, revised by Dr. Witalis*

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## **Now Syncing - TCWS Online Calendar!**

We are happy to announce our newest technological upgrade: the TCWS online calendar will now sync with Outlook and other calendars! To subscribe to our calendar, simply follow the instructions below.

- Please log in and visit the Calendar page and scroll to the bottom, then click on the Add to my Calendar button
- Follow the steps 1-4 in the Export Calendar Help module on the right-hand side

From step 5 on follow these steps:

5. Right-click on the link you need and select Copy Shortcut (or Copy link address ... this depends on the browser you are using)
6. In Outlook, go to your Calendar >> Home tab
7. Click on the Open Calendar icon >> From Internet
8. Paste the URL from clipboard (Ctrl+V) and click OK

**Limitations:** Please note that formatting and location details + map do NOT appear in the event in Outlook. Also, when using iPhone, the calendar will not show up with your other Outlook calendars and must be added manually through the settings function.

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## Music and the Brain

(Source: [\*Environmental News Network\*](#))

Music is an art that puts sounds together in a way that people like or find interesting. It may well teach too. Montreal researchers find that music lessons before age seven create stronger connections in the brain. If you started piano lessons in grade one, or played the recorder in kindergarten, thank your parents and teachers. The younger you started music lessons, the stronger the connections in your brain. A study published last month in the Journal of Neuroscience suggests that musical training before the age of seven has a significant effect on the development of the brain, showing that those who began early had stronger connections between motor regions — the parts of the brain that help you plan and carry out movements.

Please click [here](#) to read the full article.

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## Excessive TV in Childhood Linked to Long-Term Antisocial Behaviour

(Source: [\*Stone Hearth News\*](#))

Children and adolescents who watch a lot of television are more likely to manifest antisocial and criminal behaviour when they become adults, according to a new University of Otago, New Zealand, study published online in the US journal Pediatrics.

The study followed a group of around 1000 children born in the New Zealand city of Dunedin in 1972-73. Every two years between the ages of 5 and 15, they were asked how much television they watched. Those who watched more television were more likely to have a criminal conviction and were also more likely to have antisocial personality traits in adulthood.

Please click [here](#) to read the full article.

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## Grades News

### Measuring a Mile



This winter, the third grade class learned about standardized measurement. Each child made a yard stick, marked with feet and inches, and we estimated and measured the entire classroom. "How long do you think the blackboard is?" was one of the many measuring projects we undertook. After we had calculated that there are 1760 yards in a mile, it was time to actually link that abstract number to an experience. So, we set out toward Wilburton park, laying one yard stick behind the other. The last child in the line sprinted to the front, and such we inched or better, "yarded" our way forward. After some three hundred yards we started to get tired and hungry and needed to go to the bathroom. Luckily Mr. Zabel smilingly reassured that we had only been walking for 20 minutes, and that there were still 1460 yards to go.

Eventually we found a rhythm to move forward together and started singing. By the time we reached the bathroom in the park, we all looked tired, but had measured more than half way. There was still plenty of energy left, since an impromptu game of tag started straight away. On the way back from the park, it was fun to count down and see an end in sight. As it turned out, the loop we liked to walk in kindergarten was just about a mile long- and it took us almost two hours to measure that loop. Every child had 147 sprints to the front of the line.



The next day we reflected on the experience: "My mom used to walk three miles to school every morning, and three miles back in the afternoon!" "My mom is walking 700 miles for charity" and "Can we walk that loop again and measure it in inches?" - Noooo!!!

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### Japan in a Suitcase



As part of our vibrant Japanese curriculum, the 3rd grade class had a visit from the Japan American Society, presenting: Japan in a Suitcase. On an imaginary journey to Japan, the children got to accompany a nine year old boy during his school day. As part of the offering, we got to dress up in Japanese hats, wear the backpack, draw Japanese characters, and "eat lunch" with chopsticks. All during this presentation, we spoke Japanese and the children could surprise our visitors with their vocabulary and writing skills, in turn. Thank you for this enriching experience!

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## Early Childhood News

### Tuesday, March 5 - Parent Evening

**The next parent evening is coming up on March 5th at 6:30 pm.** Laura, Amie and Maggie look forward to discussing what to expect as your children get older and prepare for the transition to first grade. Our current first grade teacher, Monica Lander, will be coming to present as well. We believe you will find this topic helpful even if your child has a few more years before making the transition to first grade. Parent evenings are one of the many ways that we build community. Meeting as adults only provides us an opportunity to converse and socialize together, so we look forward to seeing as many of you as possible next Tuesday. Our parent evenings are scheduled until 8:00 pm this year and we have consistently found that this does not leave us enough time to fit in all the topics we wish to cover and still have time to socialize. For the sake of honoring the calendar we plan to officially close the meeting at 8:00 but will remain at school until 8:30 so that we have time to wrap up without feeling rushed. You are most welcome to arrive in Trillium Hall as early as 6:15 and stay in the classroom as late as 8:30. We look forward to having a little more breathing room and conversation with you at this meeting.

We'd like to extend an offer to the parents of the children moving on to first grade next school year to join us for dinner prior to the parent meeting on March 5th. Teachers will provide dinner and look forward to having some social time with you and sharing with you how we see your children as a group. (We may even have some Woods Day photos to share!) The Morning Star classroom will be open to all **rising first grade parents at 5:15 for dinner**. We will plan to transition upstairs for the parent meeting between 6:15 and 6:30. Please let us know if you will be able to attend so that we know how many people we will be to cooking for. We hope you can all be there!

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## Fundraising at TCWS

### Spring Cleaning & De-cluttering Services

Spring is in the air!!! Professional spring cleaning, de-cluttering service, using only eco-friendly, non-toxic cleaning products, please contact Sandra Duncan at 832-585-4502 or email me at [duncan\\_sandra@yahoo.com](mailto:duncan_sandra@yahoo.com)

Sandra is a parents in the Morning Glory class at TCWS.

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## Spring Haircuts with William and Petra and Gem Salon



Sunday, March 10, 2013

9:00 a.m. - 5:00 p.m.

Just in time for springtime holidays, William and Petra will once again be offering children's haircuts as a fundraiser for TCWS! Each haircut costs \$50 and 100% of proceeds will be donated to TCWS. Please call GEM Salon at 425.822.2990 to schedule your child's haircut with William!

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## Biographies

### Mary Spurgin - Class of 2019



Mrs. Spurgin has fond memories of chasing her four brothers on the roof and sledding on frozen creeks where she grew up in Tarrytown, New York. After graduating from high school, she attended the University of Washington where she majored in Interdisciplinary Visual Art and minored in Japanese. During her senior year at UW, Mrs. Spurgin's love for art, interest in child development, and enthusiasm for teaching pointed her in the direction of becoming a Waldorf teacher. After earning her B.A. at UW, she began training at Sunbridge College in New York where she earned a Masters in Education. In 2005, she began class teaching at Green Meadow Waldorf School in New York. After class teaching for four years, Mrs. Spurgin began the greatest journey of her life: motherhood. While she was pregnant with her son, she and her husband returned to Washington where she began tutoring students from both Three Cedars and Seattle Waldorf School. Outside of teaching, Mrs. Spurgin enjoys playing guitar, oil painting, knitting, cooking Japanese food, and gardening. She also enjoys traveling and has visited Thailand, Korea, Japan, China, Italy, and England.

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### Pat Polley - After Care



Pat Polley moved from the Chicago suburbs to the Seattle area in 2006 when her husband got a new job. She was unfamiliar with Waldorf education until she interviewed at Three Cedars, but she now embraces the philosophy as a wonderful way to raise children.

Pat has always loved working with children, from her teen years of babysitting



when most of the neighborhood children would come over to play to her work now with kindergarten and first grade aftercare. In the years between, she raised three children (all now in their 20s), volunteered to help with multiple school programs, was a Girl Scout leader for 12 years, taught kid's cooking and craft classes, taught preschool, was an elementary school tutor, a daycare art teacher, and a vision therapist.

Her dream job was her decade as a museum educator at a living history museum where she got to wear costumes and share historical life and crafts with school groups, families, and international visitors. At the museum, she enjoyed being outside every day and following the cyclical rhythm of the seasons. Pat is very happy to return to this as part of the Waldorf world.

Pat lives in Issaquah with Mike, her husband; Toby, an old English sheepdog/standard poodle mix; and, perhaps, one or more of her children who rotate moving back home to save money. Although she's tried her hand at most crafts, her favorites are the needle arts: sewing, quilting, and embroidery. Other hobbies are reading, painting, cooking, and learning new things.

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## Community Announcements

### **AWSNA Inform - March 2013**

Read about: [AWSNA Summer Conference, Screen-Free Week, and more.](#)

### ***Community Events***

## Ultimate Frisbee

Ultimate will take place Thursdays when school is in session at Wilburton Park from 2 to 3:30 pm (possibly to 4). New players and beginners from grades 3 and up welcome. Teams will be forming for spring league play from March to late May. Hosted by TCWS parents David Hasbrook and Jenny Doggett.

### ***Local Opportunities***

## Healing in the Madonna Pictures Workshop

The three members of the Western Regional Council (WRC) of the Anthroposophical Society – Joan Treadaway, Linda Connell, and Daniel Bittleston – will be meeting with the Seattle community. While here Joan is offering wonderful lectures and workshop focused on the healing properties of the Madonna pictures. For particulars, please see the [flyer](#) or on the branch

[Facebook page](#). We welcome their return visit. Please join us in one or more of these activities! We hope that you are able to participate.

For more info, contact Pam Engler @ 206.526.5984 or [pengler@nwlinc.com](mailto:pengler@nwlinc.com).

## The Life and Music of J.S. Bach



*Saturday, March 23, 7 pm, Huckleberry Hall, grade school campus*

The Seattle Branch of the Anthroposophical Society invites you to experience a performance of "The Life and Music of J.S. Bach" by the pianist and narrator, Wolfgang Wortberg. Wolfgang is noted for his ability to make the audience feel as if they are meeting the composer in a setting reserved for friends. Suggested donation is \$20 for adults and \$10 for seniors, students, children. Refreshments will be served at intermission. For more information, call Anouk Tompot at 206-364-2074. [Click here](#) for flyer. Like and share the event on facebook [here](#).

## Eurythmy Northwest Spring 2013 Performance



*Thursday, March 28, 7 pm. Chapel Performance Space, Good Shepherd Center, 4649 Sunnyside Avenue North*

Eurythmy Northwest presents an evening performance of The Last Leaf, a short story by O'Henry, in Eurythmy. This modern short story is augmented with modern music by Scriabin, Prokofiev and Debussy. The show is suitable for ages 12 and up. Tickets are \$15 at the door, or click [here](#) to get tickets through Brown Paper Tickets. For more information, please call 206-465-4616. Click [here](#) for the flyer.

## Laura Ingalls Wilder Summer Camp 2013



Re-live the life of a pioneer girl! Do pioneer chores, hand-sew patchwork projects, and do crafts from the Little House books. Bake pioneer recipes, dress in pioneer clothes, and learn more about life in pioneer times. Lots of playtime in my big, beautiful back yard (swings, tire-swing, teeter-totter and slide). July 22-26 and July 29-Aug 2, 9:00am – 3:00pm, \$285 (includes all materials and 2 authentic Laura and Mary snacks per day). Located in Northgate area of Seattle. See website at [www.pioneergirlsummercamp.com](http://www.pioneergirlsummercamp.com),

contact Jacqueline at [tpoems@comcast.net](mailto:tpoems@comcast.net), or call 206-526-1373 for more information.

## ***Wider Community***

### **Stout's Island Summer Solstice Retreat**



**June 16-21, 2013**

[5-day Writing, Yoga and Meditation Workshop](#)

At beautiful [Stout's Island Lodge](#), WI

With award-winning writer, author, and experienced Waldorf teacher, Jeannine Ouellette and certified yoga and meditation teacher, Maria Toso. Daily yoga and meditation sessions ignite and support creative synergy. As you connect your body, mind, and senses through movement and stillness, you release tension and cultivate deep insight and balance.

Morning and afternoon writing sessions bring your gaze over the edge of doubt and into the space of the unexpected, where new things come from, while reconnecting you to the innate joy of language and possibility. Experience these brilliant workshop techniques drawn from the work of anthroposophist, poet, and master teacher [Paul Matthews](#), who uses playfulness as a portal to the profound, as well as from [James Pennebaker's](#) groundbreaking work with writing for healing and transformation. You will have plenty of free time to enjoy the beautiful and contemplative island setting.

\$1,695//\$1,495 per person for single or double occupancy (includes all lodging fees & taxes, most meals, and all programming)

Please register early, space is very limited and the retreat may fill quickly. For more information visit [elephantrockretreats.com](http://elephantrockretreats.com). You may also email [elephantrockretreats@gmail.com](mailto:elephantrockretreats@gmail.com) or call 612.244.0865 with questions and for additional information about tuition discounts or payment options.

The newsletter is published every two weeks during the school year.  
The deadline for submissions for the next newsletter is Sunday, March 10.

Please email submissions to [newsletter@threecedars.org](mailto:newsletter@threecedars.org).

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

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