

October 20, 2014

## ALL SCHOOL NEWS

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### Welcome!

We are delighted to announce that new families have chosen our school community. Please join us in extending them a warm welcome! The Bekbolatov family and their daughter **Leah**, and the Simmons family and their son **Rhyko** have joined our Morning Glory Kindergarten. The Parsons family and their son **Jake**, as well as the Martins family and **Julius** are now part of our Grade Four. The Capone and Dickinson families and their son **Matthew** have joined our Grade Eight.

If you have a friend or family member whose child might benefit from what we do at Three Cedars, please direct them to Lisa Moore, our Admissions Coordinator, at [lmoores@threecedarswaldorf.org](mailto:lmoores@threecedarswaldorf.org) or 425.998.7055.

### Lantern Walk

**Saturday, November 8, 2014**

**6:00 PM to 7:00 PM**

The lantern walk originated in France where on Martinmas, November 11, children and parents of old gathered holding candles and small lanterns to take a lighted walk through the streets of their tiny towns and villages in honor of St. Martin, the patron saint of beggars. One winter's day, by the city gates, Martin saw a poor beggar who was shivering with cold because he had no clothes to put on. Martin saw others pass the man without helping him. Martin used his sword to cut his cloak in half and gave half to the

beggar. St. Martin inspires us all to share our warmth, love, and light with others. Please join us to celebrate this mood and to shine our own lights as the daylight dims and the days grow shorter.

Children grade 2 and younger and their parents are invited to meet in the plaza on November 8 at 6:00 PM for a social gathering with hot cider around a bonfire. At 6:20 PM a bell will ring, indicating story time. Kindergarten, Preschool and Parent-Tot families, please meet in Trillium Hall. Grades 1 and 2 families, please gather in a grades classroom (to be announced). After the story, the lanterns will be handed out to the children and each one, with the help of a parent, will carry his/her own flame on a journey through the woods. At the end of the walk we invite you to quietly wave goodbye and guide your child directly to the car for a reverent departure. It is our hope that each child will have a quiet ride home from the event so that they can inwardly reflect on the festival.



We hope you will join us and take advantage of the opportunity to carry the warmth and light of the Lantern Walk Festival into the coming cold winter months. [More information](#)

## Open House

Our first Open House of the year will take place on **November 18 at 6:30 PM**. This event is wonderful for both current and prospective parents.

For those families exploring Waldorf education for the first time, Open Houses are a wonderful way to get a “bird’s-eye” view of Waldorf education, see our beautiful campus, and experience some of the magical activities our students experience daily. For enrolled parents, the evening allows you to see the breadth of the curriculum unfolding through the grades as the children grow and develop. Peek ahead at the work to come down the road, reminisce about the days gone by, and revel in this wonderful education.



The program will begin at 6:30 PM in Trillium Hall with some brief remarks, and will include experiential sample lessons, curriculum and student work displays, and a student panel.

We hope you will join us for a celebration of Waldorf education Three Cedars style, and bring a friend to introduce!

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## First Aid and Communication

You may have noticed a few changes in the way the school reports first aid incidents to parents. Following a thorough review of our Health Care practices, our approach to health care is now aligned with the recommendations of the Department of Early Learning. While the office used to call parents for all of the visits to the office involving first aid, including ice packs and bandages for minor injuries, we are now calling parents only when first aid care is provided for open skin, bruises, and injuries to the neck or face. We also provide written reports for these incidents only.

Our [Health Care Handbook](#) is available on the Parent portal of our website. The school's practices in the area of first aid, delivery of medication, and a host of other health-related topics, were recently reviewed by Peggy King, a licensed public nurse who is very familiar with schools' obligations and best practices.

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## Student Health Guidelines

These guidelines recapitulate the school policy regarding illness, found in the [TCWS Health Care Handbook](#). It is intended to help parents locate information about illness and school attendance quickly, and is most useful when kept readily available for quick reference.

### Exclusion of Ill Children

On the advice of health experts, we do not permit children with any of the following symptoms to be or remain at school or in the Aftercare Program until they have been symptom-free for 24 hours without the use of symptom-masking medications:

- Fever of 100° F axillary (under arm) or higher **AND** who also have one or more of the following:
- Diarrhea / vomiting
- Earache
- Sore throat
- Rash
- Signs of irritability or confusion
- Headache

Three Cedars uses licensing-approved thermometers to determine if a child has a fever. (A fever of up to 100° F, without any of these symptoms, will not automatically result in your child being excluded from care. However, it is recommended that children with any fever be kept at home until they have been symptom-free for 24 hours without the use of symptom-masking medications.

- Vomiting on 2 or more occasions within a 24-hour period
- Diarrhea of 3 or more watery stools within a 24 hour period or 1 bloody stool
- Rash, especially with fever or itching
- Eye discharge or pinkeye. Children and staff are readmitted after:
- Medical diagnosis to rule out bacterial infection, or
- 24 hours on antibiotic treatment
- Fatigue preventing the child from being a part of regular activities
- Children/staff with open oozing sores, which cannot be covered, will not be allowed to be in school until:
- 24 hours after starting antibiotic treatment, or
- Sores are properly covered (for example, bandage/clothing, staff-gloves), or
- Sores are healed
- Lice and/or scabies. For lice, children/staff may be readmitted after treatment and when no nits are visible. For scabies, children/staff may be readmitted after treatment.

If Three Cedars management staff or faculty have concerns about a child's ability to safely return to school, we reserve the right to request a note from the child's health care provider.

We ask that ill children, as described above, not attend school for the following reasons:

- They are unable to be an active part of our daily program
- They expose other children and staff to illnesses, and
- They are at risk for being exposed to other diseases when their resistance is low

When a child is excluded from attending school, the Preschool/Kindergarten/Aftercare staff will note this in the Health Care Management Log kept at each site. Following an illness or injury, children are readmitted to the program when they have been symptom-free for 24 hours without the use of symptom-masking medications.</p>
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<div data-bbox="125 794 390 818" data-label="Section-Header>
<h2>Pomegranate Process</h2>
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<div data-bbox="125 832 283 850" data-label="Text>
<p>By Cameron Altaras</p>
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<p>Trillium Hall was abuzz with creative ideas **Thursday night, October 2, 2014**, when we hosted our first Community Forum focused on our work with the Pomegranate Center. This was our first opportunity to</p>
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put our heads together in response to the invitation to consider how we might improve our outdoor spaces on the Three Cedars campus. Common threads were evident when we shared our group sketches with one another: we want to create beautiful, natural play and discovery spaces that we hand-craft as a school community in service of the joyful learning of our children.



Our evening was led by Milenko Matanovic and Caitlin Shields from the Pomegranate Center. For more information about the Pomegranate Center, including images of some of their previous community projects, please see their website at <http://pomegranatecenter.org>.

[Minutes](#)   [Appendix](#)

## Michaelmas Community Work Day

On **Saturday, September 20**, a work party was held to prepare for the Michaelmas festival. Bushels of THANK YOUS to the September work party participants:

**Mia Bass, Laura Mason, Beverly Pressey, and Sanae and Scott Stanley**



## Three Cedars Waldorf School Calendar

Just in time for holiday gift-giving, Three Cedars Waldorf School will once again offer a beautiful wall calendar showing art created by our students. The 2015 calendar costs \$20 and will be available for purchase in the front office beginning October 27.



## PCC Scrip

Enjoy wholesome foods combined with the good feeling of supporting Three Cedars Waldorf



School. The school receives five percent of the amount of your purchase at PCC Natural Markets when you use your PCC Scrip card or key tag to pay for your groceries. **Purchase your preloaded card from the school office.** The cost is applied to the card and can be used to pay for your next PCC purchase. For more information about PCC scrip program, visit [www.pccnaturalmarkets.com/community/scrip](http://www.pccnaturalmarkets.com/community/scrip)

## Adult Education Series 2014-2015

Please join us for the following events in our Adult Education Series.

### Childhood from Birth through Age Seven

**Thursday, October 23 • 6:30 – 8:00 PM**

Explore how the Waldorf curriculum works with the developing young child and how to support healthy development. Presented by Johanna Steegmans.

**Johanna Steegmans** was born, raised, and trained as a pediatrician in Germany, and moved to Seattle in 1989. She completed her training in Naturopathic Medicine at John Bastyr University, and was on the founding faculty of Sound Circle Center, teaching Early Childhood courses and the Foundation Year. Now, she travels and teaches here, in the USA, and abroad. [More information](#)



### Introduction to the Work of Jeff Haller Ph.D., Feldenkrais® Trainer

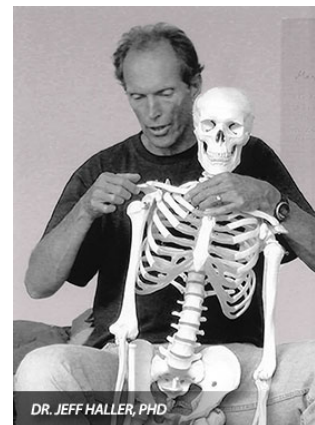
*(Father of Cole, fifth grade, and Grace, seventh grade)*

**October 24–26 with  
Free Lecture Demo on Friday Night**

Your children are at Three Cedars for a reason. Like me, you probably want them to deeply enjoy their childhood, remain connected to their own essential nature, and have a rich school experience that promotes their development through experiential learning.

What about you and your need to develop through ongoing experiential learning?

When I am at Three Cedars, parents ask me what I do for my work. What I do for my work is, that I help people find a potential hidden within them that has existed since they were children but has been forgotten in the course of life. What you want for your children is often not so easy to find within yourself.



To the end of helping you remember and to enjoy the capacity to learn from your own attention and experience, I am offering a class called, Awareness Through Movement® to the parents of Three Cedars. All proceeds from the class will be donated to the school.

What is learning? One way to define *learning* is the ability to function in a new way.

In this course, you will remember the pleasure of learning and experience carefully constructed movement experiences to help you function in your body in a more simple and pleasurable way. You will move more easily through larger ranges of motion, breathe more efficiently, reduce tension, and discover the value of turning your attention inward as a way to find new resources and outcomes you didn't know you had available to you. You will:

- Learn to breathe more easily
- Learn what is good posture and self-organization from a biological perspective, (not what your mother told you)
- Discover how to reduce stress and tension by moving with greater ease and support
- Discover a newfound potential for freedom of movement
- Recover abilities lost due to past injuries

**Workshop details:**

**Where**

Dreamclinic  
15436 Bel-Red Road  
Redmond, WA 98052

**When**

**Friday, October 24:** 7:00 PM – 9:00 PM, Free Lecture and Demo

**Saturday, October 25:** 9:00 AM – 4:00 PM

**Sunday, October 26:** 9:30 AM – 3:30 PM

**What to Wear:** Warm, layerable, comfortable clothes easy to move in. Movement mats will be provided.

**Cost:** \$150 for Three Cedars parents, \$250 for two or bring a friend; \$75 for Three Cedars teachers. Fifty percent of proceeds after expenses go to Three Cedars Waldorf School.

**To Register:** Contact [Cameron Altaras](#), Parent Association Coordinator

**For Questions:** Contact [Jeff Haller](#) 425.502.8346

This workshop will be audio recorded and all participants will receive a copy of the recording.

For reference from people who have worked personally with Jeff Haller, please call Jeff at the number above.

**Jeff Haller Ph.D.** is a former university athlete, black belt in Aikido, has a MA in Intercultural Education and his Ph. D in Transpersonal Psychology. He trained personally with Dr. Moshe Feldenkrais, graduating in 1983, and has international recognition in the Feldenkrais community

for his teaching in Feldenkrais Teacher Training Programs. He teaches regularly at Feldenkrais Guild annual conferences, known especially for his functional view of movement. For further information about Jeff you can visit his [website](#). [More information](#)

## A Healing Education Workshop

**Friday, November 7 • 6:30 PM – 8:00 PM &  
Saturday, November 8 • 9:00 AM – 3:00 PM**

Jeff Tunkey will lead a workshop based on the Association for Healing Education's approach to understanding the foundational needs of children and effective ways to strengthen their learning environment. Learn more at [healingeducation.org](http://healingeducation.org).



**Jeff Tunkey** teaches both Extra Lesson and Physical Education at Aurora Waldorf School, near Buffalo, NY. The school's unique movement program incorporates traditional games, life sports and team sports, weekly tumbling/gymnastics, and whole-class developmental movement based on the Extra Lesson. Jeff is a graduate of the Spatial Dynamics In-Service training. His website is [movementforchildhood.com](http://movementforchildhood.com) [More information](#)

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## Day of the Dead at TCWS

Honor the Day of the Dead at TCWS and at Seattle Center! After a joyous Michaelmas celebration, we now look ahead to our upcoming Spanish festival for Día de los Muertos! As in years past, we will set up a community altar with candles and crafts made by the children in order to remember our departed loved ones. If you would like to honor a deceased family member, friend, or pet, please submit your photos or drawings to the front office with your child's name and grade written on the back so that we know who to return them to. We ask that you please bring these during parent-teacher conferences, either to your class teacher or to the reception, so that we can enjoy the altar for the first week of November (when we return from our Fall break).

You are welcome to stop by to visit the altar located at the Trillium Hall, on Wednesday, November 5 between 3:00 and 3:30 p.m.

I also encourage you to go with friends and family to the cultural festival hosted at the Seattle Center's Armory to enjoy Dia de Muertos: A Mexican Celebration to Remember our Departed. The festival is scheduled for November 1st and 2<sup>nd</sup>, to honors the lives of loved ones who have passed away. It provides a multifaceted window into Mexican culture that includes song, dance, food and hands-on crafts, such as decorating sugar skulls and paper skeletons. Your children will certainly enjoy practicing Spanish at this enriching, bilingual event. I plan to attend the festival with my children on Saturday, November 1st, early in the afternoon. Feel free to meet me at the Festival! [More information](#)



## Salad Day Gratitude

On **Thursday, September 18**, Three Cedars Waldorf School faculty and staff enjoyed a collection of scrumptious salads and dishes prepared by our generous community. On a full day culminating with a long meeting, these delicious offerings were greatly appreciated.

A special thank you to Christa Tinker for organizing Salad Day, and heartfelt thanks to the following people for sharing their culinary gifts: **Cameron Altaras, Sue Belmont, Cory Colwell-Lipson, Jenny Doggett, Barbara Geri, Mary Haller, Petra Hines, Thamis Mendez, Jeannette Nagel, Beth Parker, Rachel Rodriguez, Kris Solem, Sanae Stanley, Christa Tinker, Cait Walsh, and Cris Wegmann.**



## GRADE SCHOOL NEWS

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### Extended Care for October Break

Extended care for October Parent-Teacher Conferences and Break is filling fast! If you need care for your students in Grades 1 through 5, you have two available options on **Monday, October 27 – Friday, October 31: 8:30 AM to 12:30 PM, or 8:30 AM to 4:30 PM.**

In acknowledgment of the inconvenience in our calendar change for October, attendance for the October break is free of charge. Registration is required: [download the registration form](#).

#### Mark Your Calendars

**Mid-Winter Break:** Monday, February 16 – Friday, February 20

**Spring Break:** Monday, April 13 – Friday, April 17

### Grade Six Astronomy Poetry

*By Eli Rockenbeck*

The sun goes down,

Darkness falls across the land,  
A stream of light in the dark,  
The moon shines bright,  
Guided by the stars.  
We travel swiftly through the night,  
Branches bend, twigs snap beneath feet,  
But I fear not for stars can guide us home.



## EARLY CHILDHOOD NEWS

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### Michaelmas Activities

Michaelmas Week in the kindergarten and preschool is a very busy time! Every activity of the week is focused on our special harvest feast we host for the parents on Friday. The week began on Monday with lots of vegetable chopping for the harvest soup. Then, on Tuesday, we made extra loaves of bread on bread day. On Wednesday, we used the onion skins donated by the parents to plant-dye silks a beautiful golden color. Thursday was a day for more vegetable chopping and making apple crisp. The highlight of Thursday was the opportunity to use the apple cider press to make apple cider! Each child had a turn coming to the “apple cider machine” to turn the crank.

Friday morning we were a little concerned about the weather. It looked a bit like rain and we worried our Michaelmas Festival would have to move indoors. However, just as all of the parents arrived, the sun came out to shine on us! We began the festival with doing a huge circle together that the children worked on in class for several weeks. Then, we said a blessing and ate our delicious harvest meal! We ended the day by hearing a special Michaelmas story about St. Michael taming the dragon that was trying to destroy the Star Children's Garden. At the end of the story, each student was presented a beautiful plant-dyed golden cape.

Thank you so much for all of the parents that donated onion skins, vegetables for soup, and



apples. Your generosity made our abundant feast so wonderful!

*Maggie*

*Apple Blossom Kindergarten*

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## ANNOUNCEMENTS

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### Steve Jobs Didn't Let His Kids Use iPhones or iPads: Here's Why

Steve Jobs is a name that is synonymous with cutting edge, innovative, and groundbreaking technology. So it may come as something of a surprise to learn that the former CEO of Apple Computer didn't believe in letting his kids use some of his company's greatest products—the iPhone and the iPad.



And it's not because the [Apple godhead](#) was a closet Samsung fan either.

Jobs, who died in 2011, may have had an instinctive flair for technology but he was a low-tech parent who firmly believed in restricting his children's access to electronic devices.

"We limit how much technology our kids use at home," said Jobs way back in 2010, expressing growing concerns about his children's gadget use.

[Read more](#)

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### All Souls' Day Festival

This contemplative event will honor the dead through artistic expression in Eurythmy, music, and poetry. You are welcome to bring remembrances of loved ones who have crossed the threshold. The event is brought to you by Eurythmy Northwest, a performing troupe comprising professionals from Seattle to Vancouver, BC, and is sponsored by the Seattle Branch of the Anthroposophical Society.

**Date:** Saturday, November 1

**Time:** 3:30 PM – 4:30 PM

**Location:** Huckleberry Hall, Seattle Waldorf School, 2728 NE 100th Street, Seattle, WA 98125

**Cost:** Donations gratefully accepted

For more information, contact Bonnie Freundlich at [bfreundlich@seattlewaldorf.org](mailto:bfreundlich@seattlewaldorf.org) or 360.381.0329.

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## The Planets—A Multimedia Production

Please join the Lake Washington Symphony Orchestra and the women of the Westminster Chapel Choir for the exciting multimedia production of *The Planets* by Gustav Holst. Also featured on the program is cellist Eric Han performing the Dvorak Cello Concerto and the Ruy Blas Overture by Mendelssohn. This program is sure to delight audiences of all ages!

**Date:** Sunday, November 2, 2014

**Time:** 3:00 PM

**Location:** Westminster Chapel, 13646 NE 24<sup>th</sup> Street, Bellevue, WA 98005

**Cost:** Concert tickets cost \$30 for general admission, \$25 for seniors, and \$15 students.

Children 12 and under may attend free of charge. Tickets are available from Brown Paper Tickets at [www.brownpapertickets.com/event/851796](http://www.brownpapertickets.com/event/851796) or at the door.

For more information, call 206.307.7418, send a message to [info@lwso.org](mailto:info@lwso.org), or visit [www.lwso.org](http://www.lwso.org).

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## Goethe, Steiner, and Other Pioneers of Emergence

The Center for Anthroposophical Endeavors (CFAE) and the Rudolph Steiner Books Store & Children's Shop are pleased to present a lecture series featuring speakers Professor Frederick Amrine from University of Michigan and Professor Gordon Miller from Seattle University. Schedule is as follows:

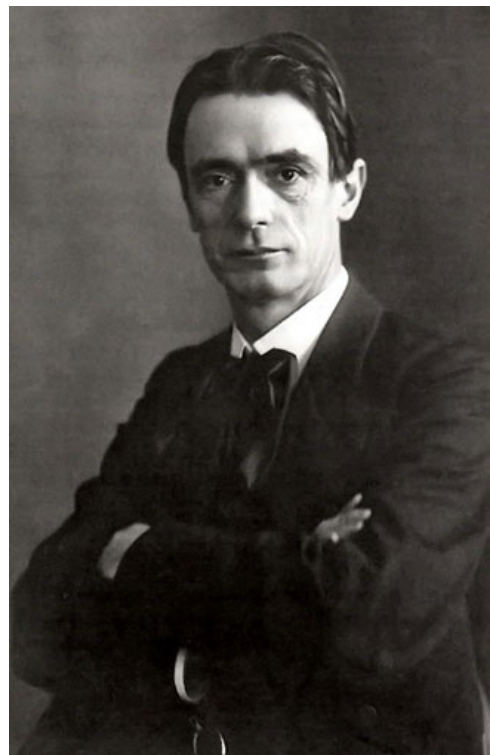
**Friday, November 7** at Seattle University, Room 103, Pigott Building

7:30 PM: Rudolf Steiner as an Expressionist Architect

**Saturday, November 8** at Mirabella, 116 Fairview Avenue, North Seattle

9:30 AM: Scientific Discovery as Intellectual Beauty and Harmony

11:20 AM: Resounding Morphology: Elements of



Goethean Acoustics

12:45 PM – 2:15 PM: Buffet lunch (included)

2:15 PM: Rudolf Steiner as a Pioneer of Emergence

4:00 PM: Rudolf Steiner, Owen Barfield, and the Emergence of Voice in Nature

**Advance registration by October 20, 2014:** Cost is \$80, payable by Visa or MasterCard.

**After October 20, 2014:** Cost is \$95, payable by Visa or MasterCard.

Please call Rudolf Steiner Books Store & Children's Shop for more information and registration at 206.985.2059.

**Frederick Amrine, Ph.D.** is a professor at the University of Michigan teaching literature and philosophy. He has published a number of essays in the journal titled *Being Human*, including "Discovering a Genius: Rudolf Steiner at 150," "Music as a Threshold Experience," and "The Sin of Literalism." As a lifelong anthroposophist he is deeply involved with translating Steiner, most recently Rudolf Steiner's "Anthroposophy in the light of Goethe's Faust." Professor Amrine recently completed a four-part series of essays, "The Philosophical Roots of Waldorf Education," appearing in the bulletin of the Research Institute for Waldorf Education.

**Gordon Miller, Ph.D.** works in the rich intellectual tradition of Romanticism, drawing special insight and inspiration from the morphological and organismic science developed by Goethe and extended by Rudolf Steiner. He has published the illustrated edition of *Goethe's Metamorphosis of Plants*, in addition to others. Professor Miller is Director of the Environmental Studies Program at Seattle University teaching environmental history, acoustic ecology, and natural history.

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## Farm Wife Mystery School

The Farm Wife Mystery School is back. This nine-month-long course explores everything a good farm wife knows to get by: food preservation, home health care and medicine-making, cheese-making, fermenting, foraging, and much, much more. Last year's students called it life-changing, full of fun, and a great value for what you learn. Build skills you can apply to your everyday life as a parent and build community, too.

If you have questions, feel free to call Patti Pitcher at 425.831.5360 or send email to [pattipitch@gmail.com](mailto:pattipitch@gmail.com) (and yes, this is the same Patti from the Family Foundations class at Sound Circle).

[More information](#)

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## Heavy Baby Workshops

Create a therapeutic and cute two-pound or 4.5-pound



Waldorf-style heavy baby for a child you love! There are two opportunities to attend this workshop at Fremont Community School in Seattle in 2014: **Saturday, November 22** and **Saturday, December 6**. Heavy babies can be created in a variety of sizes, styles, and colors, depending on the age and preferences of the recipient, and they are all sure to be well loved! Workshops are led by doll maker, puppeteer, and Waldorf teacher Aimee de Ney. Please contact Aimee at [heavybabies@gmail.com](mailto:heavybabies@gmail.com) or 360.485.3677 with questions.



[More information](#)

## Rumpelstiltskin

The Willow Branch Puppet Theater presents two performances of Rumpelstiltskin on **Sunday, November 23, 2014** at **11:00 AM** and **1:00 PM** in Trillium Hall at Three Cedars Waldorf School with six silk and wool marionettes. For advance reservations, call 206.985.2059.



[More information](#)

## Energy Medicine 101 and 102 Classes

Carla Boon, Eden Energy Medicine-Certified Practitioner and Authorized Energy Medicine 101/102 Instructor (and mom of Apple Blossom and Buttercup preschoolers), invites you to Energy Medicine 101 and 102 classes.

Based on the work of Donna Eden (author of *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 uses techniques from healing traditions such as Traditional Chinese Medicine, yoga, applied kinesiology, and qi gong.

**EM 101:** November 15 or January 24 (6-hour class)

**EM 102:** November 16 or January 25 (6-hour class)

Cost: \$125 per class

Continuing Education credits are available through the NCBTMB for licensed massage therapists at an additional \$10 per class.

For additional information and online registration, visit [www.flow-flourish.com](http://www.flow-flourish.com).

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## Help Wanted: Light Housework

I'm looking for somebody that can come over every evening (7:00 PM–8:30 PM) on weekdays to our house in Kirkland (Norkirk neighborhood) to do light house work:

- Put dishes in the dishwasher
- Wipe kitchen surfaces
- Pack lunches for the next day
- Fold laundry
- Put toys back in place
- Take out garbage

This position can evolve into babysitting and picking up and dropping off kids from daycare. Salary will be \$12 per hour. Please call Karin at 425.922.6184 if you are interested.

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*Our newsletter is published once per month when school is in session.  
Submission deadline for our next newsletter is Monday, November 10, 2014.*

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