



2 APRIL 2011

Waldorf Weekly News

NOTES TO THREE CEDARS PARENTS, RELATIVES, AND FRIENDS

CALENDAR REMINDERS

Wednesday, Apr 6

Students and Siblings
Portrait Retake Day
BY APPOINTMENT

Wednesday, Apr 6

Public Talk by Sonia
M. Hoglander, BSEE:
*"Making The
Healthiest Baby's
Room"*
7:30 P.M.

Thursday, Apr 7

Parents Brown Bag
Tea and Crafting
8:30 A.M.
MAY DAY RIBBON
GARLAND MAKING
—OR—
"PYSSANKY" UKRAINIAN EGG
MAKING DAY 2 OF 2

Thursday, Apr 7

Faculty "Salad Day"
PARENTS WHO ARE SIGNED
UP: PLEASE DROP-OFF
SALADS AT THE END OF THE
SCHOOL DAY

Friday, Apr 8

Spring Parade and
Picnic
KINDERGARTEN & GRADE 1
FAMILIES
EARLY DISMISSAL FOR KG'S
AND NO KG AFTER CARE

Friday, Apr 8

Grade 5 Class Play
Community
Performance
"Persephone"
6:20 P.M. AUDIENCE
SEATED

Monday-Friday, Apr 11-22

Spring Break
NO SCHOOL

Thursday, Apr 20

Public Talk by Sonia
M. Hoglander, BSEE:
*"Healthy Space for
Your Pregnancy"*
7:30 P.M.

Thursday, Apr 21

School Tour
BY APPOINTMENT

Friday, Apr 29

May Day Festivals—
Grandparents &
Friends Day
EARLY DISMISSAL FOR ALL
CLASSES ON THIS DAY;
NO AFTER CARE

Update from the Executive Director

Dear Three Cedars Community Members,

Spring is upon us, and along with magnolias, tulips, class plays and field trips, the last stretch of the school year unfolds with much joy and celebration in the air.

As we begin to prepare for our school's many spring events, preparations for the 2011-12 school year are also in full-swing. With an enthusiastic team of teachers now committed to another school year, we are able to put in place structures and workgroups designed to support the school's sustainable growth in the months and years to come.

The faculty and administrative staff are now fully engaged in our 'new' way of working. I am deeply grateful for everyone's openness, curiosity, support, and expressions of trust. A good spirit of working together is needed as we consider the work ahead of us – enrollment, fundraising, parent involvement, multi-year budget, accreditation, and much more. Our willingness to work as a team towards the realization of our shared goal is our secret ingredient: this past Thursday, the board, teachers, and administrative staff shared a meal and a wonderful conversation about our vision for the school's future. On May 12th at 7:00 pm, the whole community will gather to further this conversation and inspire the board as it lays the foundation for a five year strategic plan. Please join us for this conversation to shape our school's future!

With this flurry of activity, it has become apparent that a part-time schedule is insufficient to adequately meet the unfolding events and needed planning. The Director's position has therefore been increased to full-time for the remainder of the school year. I look forward to coming to the school more often and for longer periods of time. As of yet though, no physical space is set up which I can call 'home' on campus. Thus I need to retreat to work spaces quieter and more adequately furnished than the 'pink room' for focused planning work. The spring break will be a wonderful opportunity for me to identify the perfect office space where I can both work at my desk and meet with teachers, staff, and parents. Until such a space is ready to welcome you, please do not hesitate to connect with me via email at gkline@threecedars.org, or by calling my cell phone at 206-356-6350. I look forward to hearing from you!

Geraldine Kline
Executive Director
Three Cedars Waldorf School

Resources and Reminders

RISING GRADE 1 PARENT TEA

On Thursday, March 31st, MaryAnne Hinton was greeted by the rising Grade 1 parents at a tea held in Trillium Hall. As Mrs. Hinton will be the Grade 1 teacher in 2011 – 2012, this tea was a wonderful moment marking the beginning of the elementary journey through the grades for this unique constellation of adults surrounding the children as they learn and grow.

Several of the parents made this tea special by bringing flowers and snacks, and in appreciation of this, we wish to thank Lisa Anderson, Beth Parker, Heidi Person, and Sanae Stanley.

RETAKE DAY

Parents, please note that our Student Portrait Retake Day will take place on **Wednesday, April 6**. Parents are asked to sign up for retakes in the office ahead of time so that we may have a better idea of how many students will be having their photos taken. If there are only a small number of students needing retakes, the photos will instead be taken at Vakker's studio, just a few blocks from Three Cedars. Thank you!
-Mrs. Orzel

SALAD DAY IS THURSDAY, APRIL 7!

Parents are invited to help contribute to our annual Salad Day on Thursday, April 7th. Each spring, parent volunteers create

gourmet salads for our teachers to share following their last faculty meeting before Spring Break. Salad Day is a simple yet delicious way to show our appreciation for TCWS teachers!

To Participate:

- Call or email Christa Tinker and let her know what you will be bringing
- Make your favorite salad
- Bring it to Trillium Hall at pick-up time on April 7th
- Return the next morning to gather your pre-labeled bowls, plates, or utensils

-Christa Tinker, *Salad Day Volunteer*
425.497.8569, christa_tinker@comcast.net

MAY DAY FESTIVAL AND SPRING FAIRE

Parking Reminders

Please reserve parking in the Three Cedars lot for our elders and families with babies. Everyone who is able to walk the distance is asked to park on the street along 124th Avenue NE (south of the bus stop signs) or at Wilburton Park. Please do **not** park along any of the neighborhood side streets e.g., avoid NE 6th, NE 4th, etc.

SAVE THE DATES!

April 29th
May Day Festival

May 21st
Spring Crafts Faire

SAVE THE DATE! GRADE 5 CLASS PLAY “Persephone”

Friday, April 8

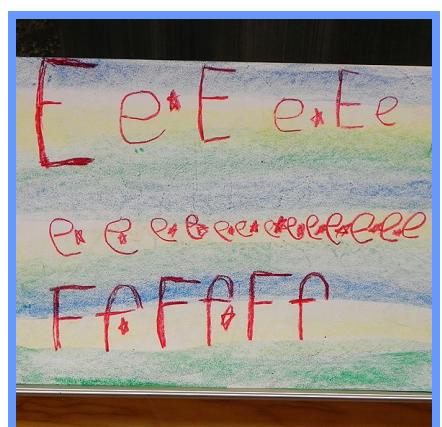
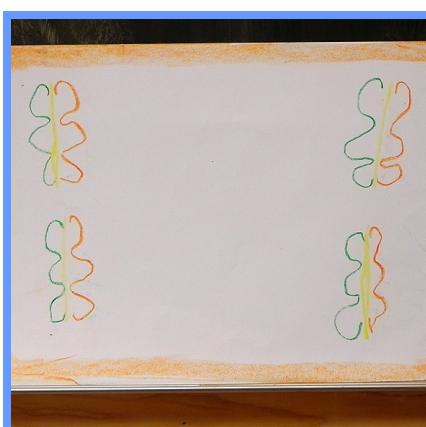
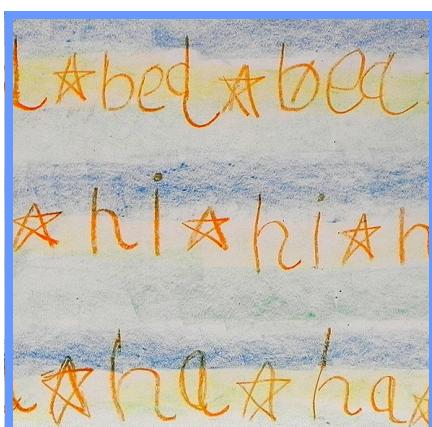
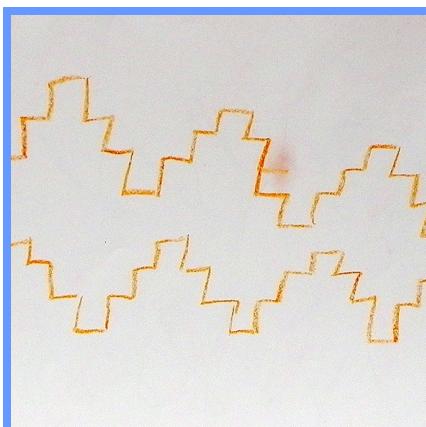
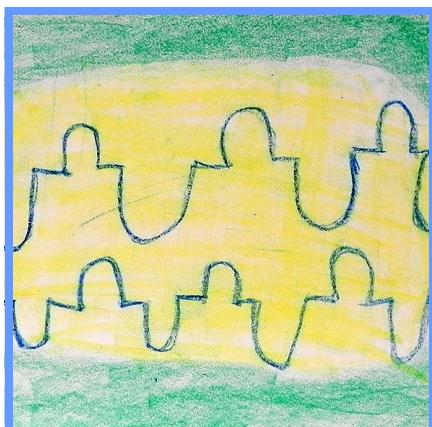
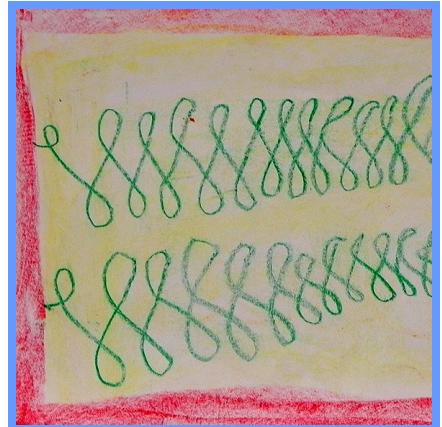
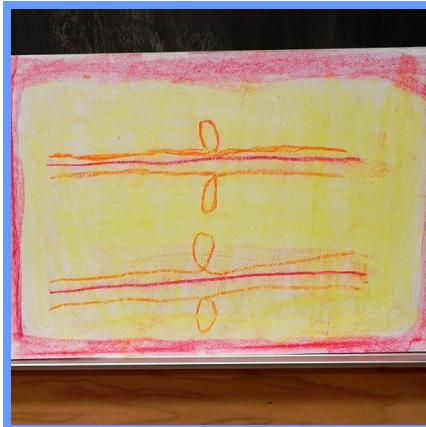
All Community Performance
6:20 p.m. audience seated

A Message from the Board of Trustees

The TCWS Board of Trustees has voted on a new member as of March 29, 2011. Our newest member is Kari Kailamaki. He has two children at TCWS, Kasper in Second Grade and Kasimir in Morning Glory. Kari has extensive experience working on boards, and we look forward to his valuable contributions to our school. The TCWS board now has five members: Lisa Conaghan, Tom Doggett, John Tinker, Kelly Anderson, and Kari Kailamaki.

Photo Gallery—Grade 2

Form Drawing and Handwriting

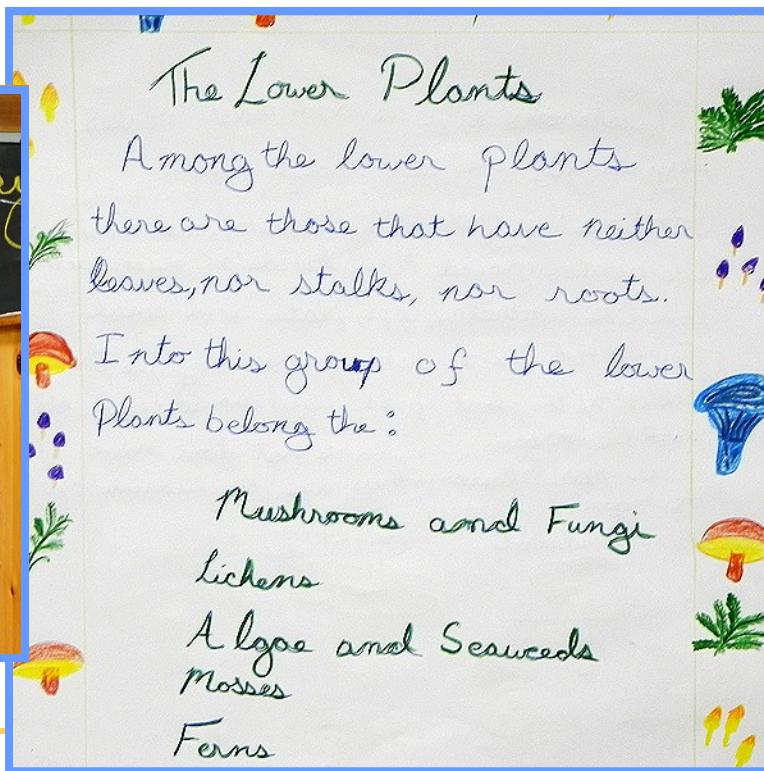


In the first two years of school, Form Drawing is possibly the most important activity undertaken by the children, and I hope you will look at these deceptively simple drawings in detail. These forms are an invaluable aid ... in determining potential form-perception problems, and as the children practice form drawing over the months, such work helps to solve or at least mitigate these same problems.

-Eugene Schwartz, "The Waldorf Curriculum: Grade Two"
Learn more: millenialchild.com

Photo Gallery—Grade 5

Botany



Screen Free Spring Break

"Why Would We Do That?"

What are Your Favorite Childhood Memories?

Mrs. Reilly fondly remembers camping with family, hiking, and spending many hours in a tree fort with her sisters. Mrs. Mason recalls playing in the field of tall grass across the street from home that she and her sisters could hide and play in for hours. Miss Hoff remembers summers filled with canoe trips down rivers and across lakes with her father and beloved dog. Mr. Sears remembers playing baseball and kick-the-can outside his house with the other boys in the neighborhood. Giving our children opportunities for these types of experiences is critical to their healthy growth and relationship to the world. Every hour of screen time is an hour lost for other healthy experiences.

What is "Screen Time"?

Screen time is any amount of time spent using a television, computer, watching a movie, using an iPod, playing on an iPhone (or other "smart phone"), or playing video games.

Why give up Screens?

There are many reasons we would like to propose that your family enjoy a Screen Free Spring Break. A great resource for answering common questions is the website www.tvturnoff.org. Spring Break is the perfect opportunity to make healthy memories and have important family time. There are an increasing number of scientific studies that validate our stance on screen media. Yet our biggest regret when we hear about a child's screen time is the many activities they are missing out on! Splashing in mud puddles, playing with stick swords, running in the neighborhood, and having quiet indoor time are all incredibly important for a child's healthy development. Time spent in front of a screen is time that your child is remaining passive and unengaged in the "real world". During Rhonda Clemens study of the barriers to children playing outside, the number one reason that parents don't send their children outside is that they are using television and media. In her study she states:

When playing outdoors, children grow emotionally and academically by developing an appreciation for the environment, participating in imaginative play, developing initiative, and acquiring an understanding of basic academic concepts such as investigating the property of objects and of how to use simple tools to accomplish a task. Outdoor play also offers children

opportunities to explore their community; enjoy sensory experiences with dirt, water, sand, and mud; find or create their own places for play; collect objects and develop hobbies; and increase their liking for physical activity. In fact, research shows that between the ages of three and 12 a child's body experiences its greatest physical growth, as demonstrated by the child's urge to run, climb, and jump in outdoor spaces. Such vigorous movements and play activities can not only enhance muscle growth, but also support the growth of the child's heart and lungs as well as all other vital organs essential for normal physical development. For example, active play stimulates the child's digestive system and helps improve appetite, ensuring continued strength and bodily growth. Vigorous outdoor play activities also increase the growth and development of the fundamental nervous centers in the brain for clearer thought and increased learning abilities.

A Screen Free Spring Break builds in plenty of time to ensure that a child enjoys the break time that is consistent with school values and will return to school healthy and happy to finish the school year. When the Kindergarten Teachers think about Spring Break we think about spending time outdoors with loved ones and our greatest wish is that your family can make that a priority this break. We hope your family will join us in enjoying a Screen Free Spring Break!

For more Information:

- If you are interested in more information about the importance of children having nature experiences, please consider reading Richard Louv's book "Last Child in the Woods" or enjoy his article from the 2006 Sierra Club magazine at <http://www.sierraclub.org/sierra/200607/child.asp>
- "An Investigation of the Status of Outdoor Play" by Rhonda Clemens can be found at <http://www.wwwords.co.uk/rss/abstract.asp?j=ciec&aid=1634>
- www.tvturnoff.org
- As a school, Three Cedars Waldorf School has a statement about media in the Community Handbook on pages 25-26.

See our article next week:

"Screen Free Spring Break — How Can We Survive?"

...evolving the concept of Green Living to Healthy Living

Making the Healthiest Baby's Room

Wednesday, April 6th 7:30 p.m.

- What you need to know before you redecorate
- New stuff your mother never needed to know



Healthy Space for Your Pregnancy

Wednesday, April 20th 7:30 p.m.

- The invisible hazards to your baby
- How to protect yourself and your baby

Sonia M. Hoglander is an expert in electromagnetic radiation and mitigation of its negative effects. She has an MBA and a background and degree in electrical engineering and is a former Boeing Engineer and Microsoft Senior Project Manager. For the past 20 years she has worked in the field of physiological/electrical connections and hosted a radio talk show on health impact. She brings to the contemporary healthcare scene a wellspring of new knowledge and effective responses to this developing field. Sonia believes that living in a healthy environment is a goal that anyone can accomplish, and with her skills, people can eliminate or manage many health problems that impact their lives, most significantly in the home.



To contact Sonia directly: [HomEvolution](#) Healthy Home Consulting 206.604.0836.

These introductory evenings are free to Three Cedars parents and teachers. The suggested donation from members of the greater community is \$10 per evening, and no one will be turned away due to inability to pay. Please contact Three Cedars in order to reserve your space: 425.401.9874 or info@threecedars.org.

hosted by:



**Three Cedars
Waldorf School**

ADULT EDUCATION: PARENTS, TEACHERS, COMMUNITY

556 124th Avenue NE, Bellevue, WA 98005

threecedars.org



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March 2011 – page 1

A Newsletter for Waldorf School Communities
from the Association of Waldorf Schools of North America

On April 18-24, children around the world will celebrate **Screen-Free Week** (formerly TV-Turnoff) by turning off televisions, computers, and video games and tuning in on the world around them. Your organization, AWSNA, is an official sponsor of this initiative! Waldorf school communities are ideal partners in this global effort to eliminate screens for a week from the lives of children. In Waldorf schools, the human voice and human speech are cultivated through recitation and storytelling; imaginative play is a pillar of the work at school from early childhood on, transformed into drama through twelfth grade; and current brain research indicates that the curriculum in a Waldorf school supports development of the whole mind through play, the arts, and rigorous academics. Waldorf school communities already know the benefits of a week with no screens, but we can all do a bit more to focus away from the distractions of electronics that are so enmeshed in our complex and beautiful world. Join with us in working to have a completely free-of-screens week to emphasize the importance of this effort.

Great news about AWSNA's service trip to New Orleans! Already 55 people (alums, grandparents, parents, teachers, students!) have signed up to be in New Orleans this April 7, 8, 9, and 10, 2011, helping the Waldorf School of New Orleans and working on other projects helping to rebuild New Orleans. Do you want to join us? Rooms are going fast, since it's also the weekend of the French Quarter Music Festival! We've offered scholarships to 27 people to help with travel, including two wonderful groups coming in vans! Also an eighth grade has chosen this for their 8th grade class trip! We are thrilled with the outpouring of support and look forward to work and pleasure during this fabulous weekend. Please contact us if you'd like to be there too: aturowski@awna.org

It's not too late (OR TOO EARLY!) to register for the **AWSNA Summer Conference**. From June 24-27, 2011, hundreds will gather in Garden City, NY to learn more about Rudolf Steiner's Unique Understanding of Adolescence, Child Development, and the Spiritual Intentions of Waldorf Education. Keynote Speaker is Dr. Peter Selg, MD, a youth psychiatrist and spiritual scientific researcher working out of anthroposophy as director of the Ita Wegman Institute in Switzerland. This conference will delve into Rudolf Steiner's view into the pedagogical challenge which childhood presents, creating a kind of basic reflection about the spiritual core of Waldorf Education. Please inform your communities and mark your calendars! http://www.whywaldorffworks.org/03_NewsEvents/calendar.asp. Hosted by Waldorf School of Garden City, NY.

AWSNA's annual appeal continues to foster feelings of collaboration and strength in support of Waldorf Education in North America. This year, consider donating even just \$1 to AWSNA. If all our members and constituents gave \$1 we would have \$35,000 for Waldorf Education (make it \$5 and we'd have \$175,000!! You can donate online on www.WhyWaldorfWorks.org. More ways you can further Waldorf Education in North America: Sign up to receive the e-news and on the Alumni Corner on www.WhyWaldorfWorks.org to stay informed about Waldorf news; 'like' AWSNA on Facebook "[Waldorf Education-the official page sponsored by AWSNA](#)"; support your local Waldorf school every way you can; and use GoodSearch (instead of Google) when surfing the web. Thank you for your commitment to Waldorf Education!





March 2011 - page 2

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"Rukia Goes to School"



The great thing about these pictures of children reading "**Rukia Goes to School**" in Kenya is that it is written by Waldorf teacher **Susan Cook**, who wrote it after spending time teaching in Kenya. Illustrated by Waldorf alum **Ilana Stein** and published by **AWSNA Publications**, "Rukia Goes to School" is used as a reader by children in North America at the same time that children in Kenya are reading the same book written about their school. Waldorf Education is the tie that gathers us together around the world!

AWSNA RESOURCES AVAILABLE FOR YOU

Please keep these excellent resources in mind:

- Green Pages
- Waldorf: Messaging Guidelines
- Young Schools Guide
- Accreditation Guide
- Annual Financial Surveys
- Media Guide
- Overcoming Racism through Anthroposophy
- Articles on Finance
- List of Mentors, Evaluators and Teachers

We also offer helpful "Effective Practices" documents:

- Development
- Human Resources
- Enrollment
- Long-range and Strategic Planning
- Report Writing and Documentation
- Working with Parents
- Finances
- Community Life
- School and Pedagogical Operations

FORMS AVAILABLE: Don't reinvent the wheel: we've compiled the best forms from member schools that you can use as templates to create your own. These valuable tools can be found under "Affiliated School Resources" page listed in the AWSNA section of the www.WhyWaldorfWorks.org. If you need the password it's *4awsna*.





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A Newsletter for Waldorf School Communities
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April 2011 – page 1

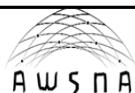
AWSNA IS SPONSORING AN “IMAGINATION UNPLUGGED” CONTEST! On April 18-24, children around the world will celebrate Screen-Free Week (formerly TV-Turnoff) by turning off televisions, computers, and video games and tuning in on the world around them. Screen Free week is good. We are asking you to share your screen free week anecdotes. The contest is for the best screen-free activity photo and essay we receive by May 1, 2011 – we’re looking for photos that are filled with life and creative activities. Send yours to aturowski@awsna.org. Winners will receive the celebrated Dragon Boy series by Donald Samson and a subscription to Renewal Magazine. Waldorf school communities already know the benefits of a week with no screens, but we can all do a bit more to focus away from the distractions of electronics that are so enmeshed in our complex and beautiful world.

HERE WE GO – We’re off to New Orleans! Already 55 people (alums, grandparents, parents, teachers, students!) have signed up to be in New Orleans April 7, 8, 9, and 10, 2011, helping the Waldorf School of New Orleans and the St. Bernard project to help rebuild New Orleans. In addition to our many supporters, there are two eighth grades that have chosen this for their 8th grade class trip! The turnout is substantial, which is not surprising given the strong spirit of service that lives in our Waldorf communities. Still wish to be in New Orleans but can’t come? Give a gift (large or small) at <http://www.whywaldorffworks.org/contribute.asp> and be there with us even if you cannot come.

Leadership in AWSNA - Since September the Board of Trustees of AWSNA has been hard at work building a plan for the future leadership of AWSNA, with the current vacancy in one of the three executive positions. A committee comprising a Leadership Council Representative, Colleen Everhart, two Board members, Chaddie Hughes and Alexander Rist, with Carol Fulmer as Chair, has been exploring the financial realities and the Waldorf Membership needs to forge a plan to bridge the transition in leadership. Leadership meetings are happening in New Orleans this spring with the Board of trustees and the Leadership Council where this committee’s work will be considered. It is a time of transition in many ways in the world and AWSNA is no exception!

Did you know you’re included: We’re looking for a new name for AWSNA’s Alumni Corner, since it is meant to include grandparents, parents, current students, alumni students, board members, friends – in fact, the Waldorf community. Please let us know your ideas for a name for this section of the www.whywaldorffworks.org – currently called Alumni Corner. Email your suggestions to webeditor@awsna.org. Your creativity counts!

During these next few very busy months full of May celebrations, class plays, graduations, proms, senior and eighth grade projects, class trips, report writing and curriculum completion, it is good to remember together, as a Waldorf community, the gift offered to us in the recent events in Japan. Our good fortune to carry on our lives, to celebrate the seasons, to be engaged intensively in our Waldorf communities locally, continentally and worldwide, are luxuries not possible in Japan right now. So in the hectic press, let’s all stop once a day to breathe deeply, feel gratitude, and to offer thoughts of peace, restoration and compassion for the many layers of grief of so many people in Japan.





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April 2011 – page 2

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Duffy Waldorf, Golf and Waldorf Education Champion is coming east for Winning With Waldorf VI. June 13th is the day and Copake, New York, is the locale for the big event. The Great Barrington Rudolf Steiner School in Great Barrington, Massachusetts, is the hosting school, opening their annual golf event to include the famous Mr. Waldorf! This year is the school's 40th anniversary year and Winning With Waldorf VI is the final fun event of the year!

AWSNA's Summer Conference: This year's theme is **Rudolf Steiner's Unique Understanding of Adolescence, Child Development, and the Spiritual Intentions of Waldorf Education** and the keynote speaker is Peter Selg, M.D., a youth psychiatrist working out of anthroposophy as director of the Ita Wegman Institute in Switzerland. This conference will delve into Rudolf Steiner's insights into children and into the whole pedagogical challenge which childhood presents, creating a basic reflection about the spiritual core of Waldorf Education.

Four ways you can further Waldorf Education in North America: Sign up for e-news and on the Alumni Corner on the www.whywaldorfforms.org and stay informed about Waldorf news; support your local Waldorf school every way you can; use GoodSearch (instead of Google) when surfing the web; and give a gift to AWSNA, as we stand together for holistic education and the protection of child development. Thank you for your commitment to Waldorf Education!

AWSNA RESOURCES AVAILABLE FOR YOU

Please keep these excellent resources in mind:

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- Young Schools Guide
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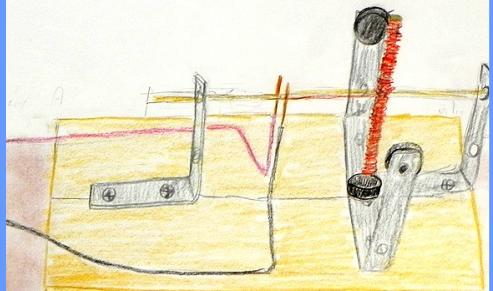
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Photo Gallery—Grade 8

Physics, Electricity, Fluid Dynamics

The Electric Motor

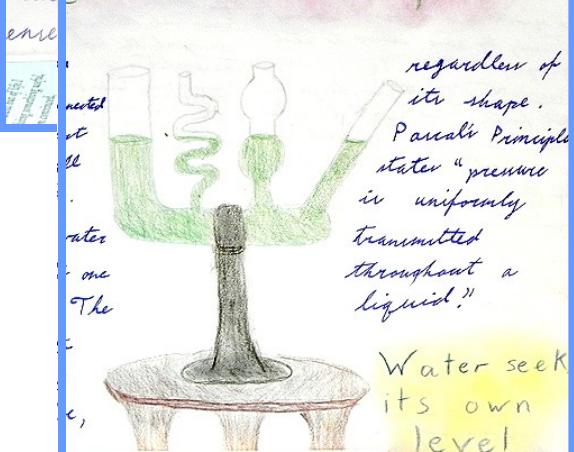


Archimedes and the Crown



The buoyant force is equal to the weight of the displaced water.

Archimedes' Principle



Surface Tension

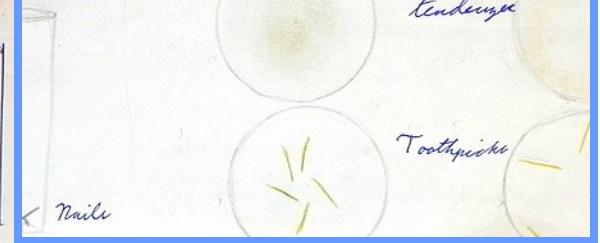
Nails: We filled a clear cup with water up to the brim. The level of the water rose above the edge of the cup but did not overflow. We could see that the water retained its dome shape and the water did not overflow a lot of nails in it.

without soap

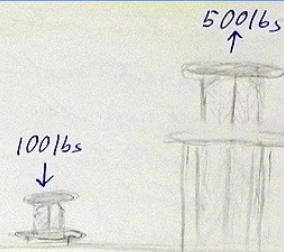
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Three Cedars Waldorf School

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www.threecedars.org

The original motivation for the Waldorf education movement was to promote the peaceful evolution of humankind by leading children away from narrow interests toward a broad worldview. Three Cedars Waldorf School continues the active development of that tradition. Consequently, it is not merely an act of compliance with federal law, but of free, willful and deliberate policy to offer Waldorf education to families who desire it for their children regardless of race, color, national or ethnic origin, class, gender, sexual orientation, family structure, or, to the extent our resources permit, their ability to pay.

Three Cedars Waldorf School opened our doors in 1995, in space rented from Unity Church in the Crossroads neighborhood of Bellevue. In 2001, the school purchased our current, permanent facility from the Temple De Hirsch Sinai, in the Wilburton neighborhood of Bellevue. Our school provides elementary grades 1-8 and mixed age kindergarten in service to Eastside families who desire Waldorf/Steiner education for their children.

a Candidate Member of



a Candidate Member of



Submissions to this newsletter may be made to seraphinao@threecedars.org with "WWN" in the subject field of your message. The deadline is 5 P.M. Wednesday for inclusion in that week's edition. Submissions may be refused or trimmed by the editor to fit to the available space in a particular week's newsletter. Requests for a paper edition of this weekly may be addressed to the school office.

Grade 1: *Discovery of Writing*

"Movement from the STORY (which is heard), to the PICTURE, to the HIEROGLYPH or IDEOGRAM stage, to the final LETTER. This is certainly one of the Waldorf school's most unique approaches – every time a consonant is learned, the child is recapitulating thousands of years of human progress. By going through the process of letter discovery, the child establishes a far deeper relationship with literacy than one who merely learns to identify the finished product, i.e. reading straight from a book."

-Eugene Schwartz, "The Waldorf Curriculum: Grade One"

Learn more: millennialchild.com

