

Waldorf News

Three Cedars Waldorf School

May 20, 2011

Dear «First Name»,
Please enjoy this issue of the Waldorf News.

ALL-SCHOOL NEWS

Spring Faire Parking

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.

There will not be a shuttle between Wilburton and Three Cedars this year. A drop-off zone will be clearly marked in the school's parking lot for families wishing to drop off Faire attendees before parking their cars.

Volunteer Thank You Gathering

Three Cedars Waldorf School would like to thank this school year's community volunteers by hosting an intimate gathering to say Thank You for your continued support and commitment of our school and its endeavors.

This year TCWS parent, Rick Saada, will host our Volunteer Thank You Gathering. Rick, a parent of students in Grades 5 and 8, is graciously opening up his lovely home for this event. Mark your calendar and get your babysitters lined up! The gathering will be on Saturday, June 4th and is set to start at 6:30 and end at 8:30. We will be hosting hors d'oeuvres and cocktails. Bring your smiles and be ready to have good conversation, fun and laughter.

Click [here for a map](#) and a link to get directions to Rick's house.

Elementary End of the Year Class Group Photos

On Wednesday, May 25, a TCWS volunteer photographer will be on campus to take Elementary End of the Year Class Group Photos. Please send your child to school in appropriate attire. Photos will be available for purchase on SmugMug.

Work Party Volunteers Needed

Saturday, May 28th from 10:00 a.m. – 2:00 p.m.

All parents and Grades 6 – 8 students are encouraged to attend our upcoming Buildings & Grounds Work Party to complete work on the new landscape buffer. We will spend the morning weeding the buffer in preparation for the mulch delivery in the afternoon. Wear your work gear and bring your garden gloves. Pizza lunch and childcare provided! Please RSVP to the front office.

First Ever Three Cedars Games Day

Thursday, June 9 from 12:15 p.m. - 2:00 p.m.

Grades 2-8 students will meet after lunch to walk to Wilburton Park where they will play games, do relays, and watch the 8th grade and teachers participate in a heated, nail biting challenge game. Students should wear appropriate clothing and shoes, sun hats, sunscreen, and bring water bottles. (There is a fountain at the park for refills.) Students will return to TCWS in time for Thursday 2:30 p.m. dismissal.

Grade 8 Commencement

Three Cedars Families, Friends, and Relatives are cordially invited to attend the [Grade 8 Commencement](#) Ceremony on **Sunday, June 12, 2011 at 1:00 p.m.** Please be sure to RSVP to the front office so that we may have an accurate account of who will be attending.

Commencement Ceremony Set-Up and Clean-Up

Grade 6 and 7 parents are encouraged to sign up to assist with set-up and clean-up of the upcoming Grade 8 Commencement Ceremony. Each year, the Grade 6 and 7 parents lend their support to the graduating Grade 8 class by providing flowers, desserts, and set-up/clean-up. If you missed the sign-up sheet at Tuesday's class parent night, please call, email, or stop by the front office to volunteer.

Recapitulative Movements with Terri Fristad

Developmental Support Educator, Terri Fristad, offers a two-morning workshop for parents of children from kindergarten through Grade 3 on the mornings of June 6 and 7, 8:20-10:15 in Trillium Hall. The workshop is during school hours.

The Recapitulative Movements are joyful ways of playing with your child(ren) to help revisit early stages of development and give opportunities for integration, where that has not yet been completed. Due to our current lifestyles, children often benefit from time allowed for further development of these moves. Attendance both days is encouraged, as different moves will be shown each day, and we'll discuss what kind of help each gives. If you cannot attend both, please note in your registration.

Registration is required. Please sign up via email to Terri Fristad, extralesson@threecedars.org

Indicate your ability to attend both, or if only one day—please indicate which day. Also, please advise me of your child's name and class. I will have your email and you will receive a confirmation from me. I look forward to sharing with all of you.

Terri Fristad, Developmental Support Educator

End of Year Gifts

It's nearly time for end of year gifts for teachers! Parents who wish to make a monetary contribution to the fund for teacher gifts are asked to bring \$5 - \$50 to the front office by **Friday, June 10** (last day of school). Please stop by the front office to sign a card for your class teacher (in your CC's box) and specialty teachers (on the counter) from **June 6 – 10**. Small, consumable, or handmade gifts and cards for your class teacher may be placed in the green tote outside your child's classroom door from **June 6 – 10**. Teachers will collect their tote bags on the last day of school. Parent volunteers will distribute the monetary contributions and will purchase gift cards for our teachers to be presented during the faculty meetings following the last week of school.

SmugMug Access

Just a reminder that many photos have been posted to SmugMug throughout the school year. To access these photos, please go to the [Community Portal](#) and sign in. Click on the "Secure Information" tab, then click on "TCWS Photos at SmugMug." This will open a new window which includes a link to the SmugMug site as well as the password you will need to access the photos. Be sure to copy the password before linking to SmugMug! At the SmugMug site, choose a photo gallery and input the password when prompted. Enjoy the pictures!

Invitation to a Puppet Show

Three Cedars Waldorf School is proud to host the Willow Branch Puppet Theater's presentation of *Snow White and the Seven Dwarfs* in Trillium Hall on Sunday, June 5th, at 11:00 a.m. and 1:00 p.m. Advance reservations are available by calling 206.985.2059. By mentioning that you are a part of the Three Cedars community, a discount is available at the door. Please join us for this special marionette performance.

MIDDLE SCHOOL NEWS

Grade 8 Class Play

Three Cedars Grade 8 Class is pleased to present the play, *The Night Thoreau Spent in Jail*, by Robert E. Lee and Jerome Lawrence. The student performance will be held on Thursday, May 26 with a second performance open to the entire community on Friday, May 27. The audience for the Friday show is asked to please be seated at 6:20 p.m.

Grade 7 Trip to Oregon Coast

As the *Waldorf News* "went to press," our Grade 7 students were having the experience of a lifetime! Grade 7 students spent May 18-20 on the Oregon coast, camping in yurts at Fort Stevens State Park and culminating in a sailing trip on the historic Lady Washington. Stayed tuned for the next issue of the newsletter to hear more about this exciting trip.

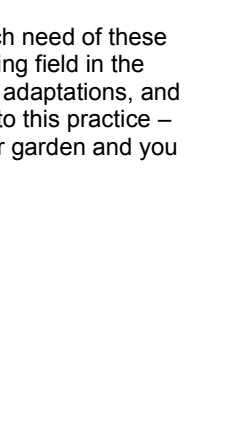
LOWER GRADES NEWS

Grade 5 Olympiad

Along with fifth graders from seven other Waldorf schools from Washington and Idaho, Three Cedars Grade 5 students participated in the annual Olympiad on May 13-14. Upon arrival on Friday, students were assigned to one of eight Greek City-States. On Saturday, the students competed in the original five Olympiad events: sprint, long jump, discus, wrestling, and javelin. Not only were medals awarded to those students who placed first in their events but also to students who most exemplified "grace and beauty" during the competition.

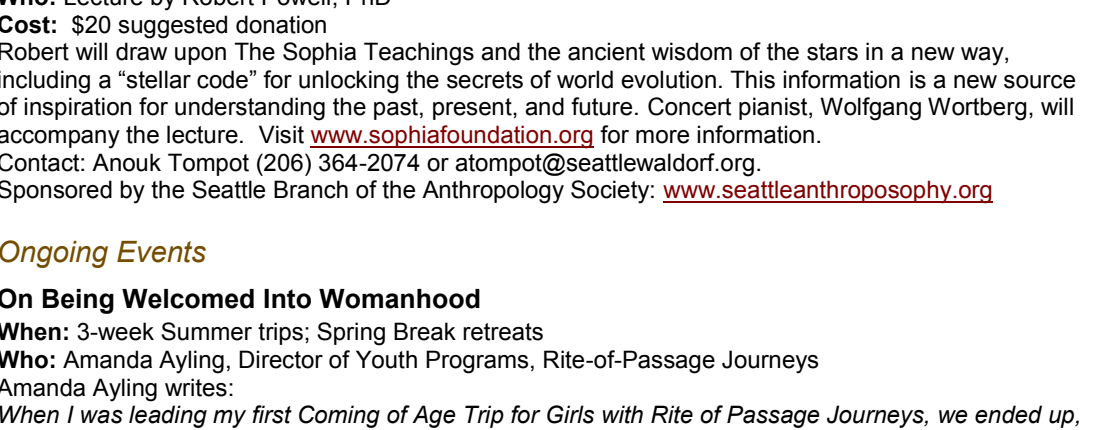
Grade 4 Pottlatch

The annual Pottlatch Giveaway Festival was held on May 17-19 on Whidbey Island. TCWS Grade 4 students created a beautiful wooden box to present at the gathering. Watch for more details of this annual event attended by regional Waldorf schools based on a traditional celebration among Northwest Native American tribes.



Grade 3 Trip to Sunfield Farm

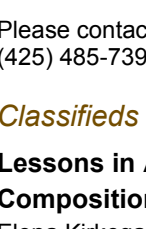
Milking a goat, holding bunnies, feeding chickens and gathering eggs, reaping and winnowing wheat, then grinding it into flour and baking the bread in an outdoor cob oven, even plowing - all these wonderful farm activities are available at Sunfield Farm Waldorf school in Port Hadlock, WA. The third grade just returned from an overnight spring visit there, having already participated in the first annual October Plow Day Jamboree with five other third grade classes from the region. The children were eager to return and see how the bottle-fed goats had grown, how many bunnies there were now, and to touch the newborn lambs. Planting vegetables and making compost, while enjoyable learning opportunities, paled in comparison to getting close to animals, and the children took every opportunity to find and observe the baby bunnies and chickens. They found tadpoles in the wetland and a grass snake in the meadow. A campfire talent show and sleeping in the kindergarten were part of the trip as well and provided more opportunities for getting to know everyone from new angles, such as sleepwalking!



Sunfield Farm is eager to serve as the regional farm resource for all Waldorf grades and welcomes visitors. For more information about Sunfield Farm, please [click here](#).

Kim Holscher

EARLY CHILDHOOD NEWS



COMMUNITY ANNOUNCEMENTS

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

Upcoming Community Events

Ultimate Frisbee on Fridays after School

When: Every Friday after school

Where: Wilburton Park

Three Cedars parent, David Hasbrook, will host Ultimate Frisbee after school for interested students grades 2-8 on Fridays from 3:30-5pm at Wilburton Park playground. Cleats are recommended but not required. I plan to have games with instructional opportunity on throwing, catching, rules, and strategy on Fridays after school. I welcome any parents who want to help out. (There is a video clip of a young ultimate player from Seattle that was produced for a show on Disney channel. It is a nice brief overview of ultimate. Hit link and scroll to video very near the top. <http://www.discnw.org/index.html>)

David Hasbrook

Upcoming Events

TCWS Alumni at Folk Life

When: Friday, May 27, 3:15 p.m.

Where: Mural Amphitheatre, Seattle Center

Two of our own Three Cedars alums, Adriane Ralston (grade 12) and Fiona Bennitt (grade 10), will be playing at the 40th Annual Northwest Folklife Festival as members of the Seattle Waldorf High School's drumming group extraordinaire: "JahlamMollaWolla Rhythm Crew"!

For more information visit:

<http://nwfolklifefestival2011.sched.org/event/e530808f6c869ded0df3be8a79d51ede>

International Conference on Mindfulness with Youth:

Helping Children (K-12) Develop Mindful Awareness Inside the Classroom and Out

When: July 15-17, 2011

Where: The Banff Center, Alberta, Canada

Cost: \$345 Early Bird Registration

Mindfulness is a natural part of being human that involves present moment awareness and can be cultivated through formal and informal mindfulness exercises. Scientific research in this field demonstrates a multitude of positive outcomes in academic, psychological, and physical domains. Effects of mindfulness on the prefrontal cortex and interconnections involved in attention, working memory, emotional and behavioral regulation are of particular relevance to academic, psychological and social well-being and to the success of youth today.

Given modern day stressors at no other time in history have our youth been in such need of these important tools and practices that mindfulness provides. Join leaders in this emerging field in the spectacular setting of Banff National Park as we explore and discuss the practice, adaptations, and teaching of mindfulness to youth across a variety of settings, and — fundamental to this practice — develop and deepen our own relationship with mindful awareness and practice.our garden and you flourish.

For more information please visit <http://mindfulnessinstitute.ca/>

The Zodiac and World Evolution In The Light Of Divine Sophia:

Weekend Workshop

When: July 8-10, 2011 (Friday 7 PM until Sunday noon)

Where: Huckleberry Hall, Seattle Waldorf School, 2728 NE 100th St., Seattle

Who: Lecture by Robert Powell, PhD

Cost: \$170-\$190 suggested donation

This workshop will be a combination of lectures and eurythmy. The aim is to come to a living experience of the signs of the zodiac. The cosmic dance of eurythmy, is a schooling through music and movement, engaging the body, soul and spirit with the intention of aligning oneself harmoniously with the spiritual-cosmic world. The workshop offers a path to participants leading to the experience- over and beyond being earthly citizens- of becoming "citizens of the cosmos". No previous eurythmy experience is necessary, just wear comfortable shoes. Piano music played by California based pianist and composer Marcia Burchard. Visit www.sophiafoundation.org for more information

Contact: Anouk Tompot (206) 364-2074 or atompot@seattlewaldorf.org.

Sponsored by the Seattle Branch of the Anthropology Society: www.seattleanthroposophy.org

Divine Sophia -- Holy Wisdom for Our Time

When: July 8, 2011 at 7:00-8:45 PM

Where: Huckleberry Hall, Seattle Waldorf School, 2728 NE 100th St., Seattle

Who: Lecture by Robert Powell, PhD

Cost: \$20 suggested donation

Robert will draw upon The Sophia Teachings and the ancient wisdom of the stars in a new way, including a "stellar code" for unlocking the secrets of world evolution. This information is a new source of inspiration for understanding the past, present, and future. Concert pianist, Wolfgang Wortberg, will accompany the lecture. Visit www.sophiafoundation.org for more information.

Contact: Anouk Tompot (206) 364-2074 or atompot@seattlewaldorf.org.

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Ongoing Events

On Being Welcomed Into Womanhood

When: 3-week Summer trips; Spring Break retreats

Who: Amanda Ayling, Director of Youth Programs, Rite-of-Passage Journeys

Amanda Ayling writes:

When I was leading my first Coming of Age Trip for Girls with Rite of Passage Journeys, we ended up, after two and a half weeks of backpacking, at a moonlodge -- a sacred space devoted to the feminine. Therese Charvet, who owns Sacred Groves, was hosting a Maiden Ceremony for the girls on the trip - a welcoming to womanhood. I knew that a handful of women, some of whom had traveled for two hours to get here, had gathered to perform this special ceremony and I puzzled at their extreme generosity in doing this for a group of girls they had never met and had no direct connection to.

[Read more at Rite of Passage Journeys.](#)

Please learn more about "Becoming A Young Woman," a spring break retreat for middle school girls, or our 3-week summer Coming of Age Trip for Girls, at: www.riteofpassagejourneys.org

We offer amazing trips for boys too!

Please contact Amanda Ayling, Director of Youth Programs / Rite-of-Passage Journeys at (425) 485-7396.

Classifieds

Lessons in Academic Drawing, Watercolor and Acrylic Painting, Sculpture and Design

Composition

Elena Kirkegaard, artist and volunteer art teacher for the TCWS 8th grade, offers private and semi private lessons in academic drawing, painting, and sculpture. Children of upper grades and young adults who would like to build professional skills and deepen their creative abilities are welcome. Please e-mail her for further information or if you would like to see student's art work:

lenakirkegaard@comcast.net

The Waldorf News is published every two weeks during the school year. Please email submissions to newsletter@threecedars.org. The deadline for the next newsletter is Friday, May 27.



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