

December 9, 2013

HIGHLIGHT OF THE WEEK

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Holiday Crafts & Cookies!

Friday, December 13

12:00 – 1:00 pm & 3:00 – 4:00 pm

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



ALL SCHOOL NEWS

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Winter Holiday Gifts for Faculty

December 9 – 18

The Winter Break will be here before we know it, which means it is time to prepare gifts for our

beloved teachers! Beginning Monday, December 9, holiday cards for teachers will be available in the front office for parents to sign:

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

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

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

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

Happy Holidays!

Steiner Book Study

This is just a reminder about the Steiner Book Study we will be holding in the Trillium Hall foyer next **Tuesday, Dec. 10 from 6:30–8:00 p.m.** (As noted in the last parent newsletter, the date was changed from Dec. 12 to Dec. 10.)

We will be reading from the "Christmas" section of Rudolf Steiner's book *The Festivals and Their Meaning: Christmas, Easter, Ascension and Pentecost, Michaelmas* (Rudolf Steiner Press 1981, reprinted 2002—available on Amazon (in Kindle and hard copy editions) and at the Rudolf Steiner Book Store & Children's Shop (9727 Lake City Way NE, Seattle, WA 98115, Tel. 206-985-2059 or by [email](#))

Our focus will be mainly on Chapter One, "The Christmas Festival: Herald the Victory of the Sun." This chapter introduces an Anthroposophical understanding of the festival that we now know as Christmas and our link to the Divine Self. We will also refer to Chapter 5, "The Proclamations to the Magi and the Shepherds," in which Steiner outlines his understanding of the mystery of Christmas through a discussion of the movement from Ancient Wisdom consciousness to developing an inner feeling for the secrets of the evolution of humanity.

If you are unable to obtain a copy of the book, please contact Geri Snyder for a copy of the chapters for discussion. Our preference is that you read them in advance, however, this is not necessary.

Please join us for discussion and tea.

Cameron Altaras

Non-Perishable Food and Coat Drive

December 16 – 20

Each year the Holiday Coat Drive is hosted by the Grade 2 Class, in the spirit of St. Martin. Martin of Tours was a Roman soldier who is famous for sharing with the poor. On a bitterly cold day he saw a beggar freezing and cut his lined military cloak in half. Following this he dreamed, and heard his god speak: "What you do unto thy fellow man, you do unto me," which changed the course of his life.

As the days grow shorter and chilly winds chase through the roads and around the chimneys, thick socks and coats come out of storage boxes, adding an extra layer of warmth to keep out the cold. Every year, this is the time when we realize how much the children have grown... last year's mittens will do, but the coat is too small. It is still in good shape, but who could use it?

For the past few years, we have collected gently used coats, hats and scarves in good condition for our annual coat drive. These items are then distributed by WIC (Women, Infants and Children) in Tacoma to families in need. Children's coats are especially appreciated, as they are often hard to come by in second-hand stores in Tacoma. The WIC clients rarely have cars and often speak limited English, so distributing coats directly through social workers has been a very effective approach.

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

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

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

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

All School Holiday Caroling!

Friday, December 20 • 5:30 – 6:30 pm

Looking for a joyful and simple holiday activity for the whole family? Please join Three Cedars families with children of all ages, faculty, and staff for singing and spreading of holiday cheer!

We'll meet on the Plaza at 5:30 and then go caroling through the Wilburton neighborhood, returning back to school to enjoy hot beverages before leaving for winter break. Please RSVP to the school office at 425.401.9874 and let us know how many in your family to expect. Dress for the weather and bring an umbrella.

Parents who are new to the tradition of caroling or who simply wish to practice the songs we will be singing on Friday, December 20 may join the elementary students from 8:00 – 8:15 a.m. each morning during the week of December 16–20 in Trillium Hall. Space is limited, so please RSVP to the school office if you would like to join!

Lost & Found

Once again, our Lost & Found bin is overflowing! Parents are encouraged to check the bin, located in the open hallway between the Front Office and the Business Office, on a regular basis. The bin will be moved near the bulletin boards outside the Front Office during the week of **Monday, December 16 through Friday, December 20. Please be sure to check for any missing items at this time!** Office staff will sort through the items and attempt to return anything that includes a name to its owner. Unlabeled items will be taken to Goodwill during the Winter Break.

Annual May Faire & Garage Sale

Saturday, May 3, 2014

Three Cedars Waldorf School's Annual May Faire & Garage Sale is one of the largest and most anticipated events of the school year. Although it will be several months until the big event takes place, the organizers of this all-school fundraiser will be posting updates and reminders in the newsletter to keep you up to date. Please consider how you would like to help:

- Save the date and plan to attend!
- Volunteer to donate items, help organize, bake, create, and/or staff the event.
- For Garage Sale donations, we ask that you please separate ALL clothing by type: men's, women's, boy's, and girl's clothes in separate bags or boxes. Donations will be accepted during the week before and after Spring Break.

Please [email Martin Wilder](#) or call (425) 822-4009 for questions related to the Garage Sale or to volunteer for this portion of the event.

The May Faire team may be reached via [email](#) and also meets weekly during the Thursday Morning Crafts & Tea event from 8:30–10:00 a.m. in the Buttercup Preschool room.

GRADE SCHOOL NEWS

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Rabbi Emlen Visits Grade 3

The third grade welcomed back Rabbi Shimon Emlen, and his two assistants, Levi and Schnair, to bring another hands-on activity related to Hanukkah: making olive oil and rolling wicks for the menorah! The third graders listened as Rabbi Emlen told them the story of Hanukkah. They twisted the olive press lever with exertion and watched as rich, dark, olive juice poured from the bottom of the press. This juice was poured into small vials. Then, Rabbi Emlen showed them the very fast process of using centrifugal force to separate the olive oil, wax and juice. The oil was then used in combination with hand rolled cotton wicks to light the menorah. The children thoroughly enjoyed participating in the process. Most of all, Rabbi's story-telling and warm manner made quite an impression on us all. Happy Hanukkah!



Grade 3 parents are encouraged to view more photos from this event on our password-protected [SmugMug site](#). (Password available via the [Parent Portal](#) on the website.)

Mary Spurgin, Grade 3 Class Teacher

Grade 5: Ancient Civilizations

The 5th grade made a Babylonian Ziggurat temple out of clay as part of their "Ancient Civilizations" studies. It was turned into an Egyptian pyramid immediately afterwards.



EARLY CHILDHOOD NEWS

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Valuing Simplicity

This season is absolutely rich with warm holidays that bring people together and create community. It is also a time of great indulgence and consumption. Many parents in our community work hard to keep life simple for their children at home and find that the commercialism of the holidays makes this much more difficult. Despite their lack of media exposure, our sweet little children sometimes become ravenous consumers, begging parents for a Hello Kitty doll or the latest set of Legos.

Many years ago when my oldest daughter Anne was in first grade at



another school, a friend of mine called to tell me about the change she had seen in her daughter since she had become a part of the Three Cedars first grade that fall. This was in December and the mother shared how delighted she was that her daughter had learned to knit and that all she wanted for Christmas that year was a basket of yarn. *A basket of yarn?! I signed up for a tour that week and Anne was enrolled by the end of the month.* Obviously there was a lot more involved in that decision than a child's Christmas wish list, but it did say something about the community's values which I have found to be true. Our whole family breathed a giant sigh of relief to have been removed on some level from the commercialism that existed all around us, even in school.

Since becoming a teacher at Three Cedars I have been involved in numerous conversations amongst the faculty and staff about simplicity, sustainability, meaning, and purpose, that all hearken back to that little girl's request. I think of that child often when I plan an event or activity for my class. Does the activity have a clear purpose? Will it be meaningful to the children? Can it be done simply and selflessly? Am I using resources efficiently? These are questions that we consider regularly as a school throughout our programs.

My favorite example of an activity that is designed around these values is the lantern making project that happens each year before the lantern walk in the early childhood classes. A recent newsletter article by Miss Maggie highlighted how all of the children in the kindergartens participate in making lanterns each year for the new classmates who do not already have one. As a result, all of the lanterns used during the walk are made as a community for the community. After the lantern walk each child takes his or her own lantern home and carefully stores it to use over and over through their last lantern walk in the 2nd grade. I often see a carefully hung lantern in a child's bedroom when on a home visit. My hope is that, for the child the lantern is not just another possession. It was made with love by the whole class, the child needed it to make his or her way through the woods on a dark night, and it now must be cared for so that it can serve its purpose again in coming years. We do not discuss this with or make it explicit to the children, but because they participate in the whole process they cannot help but to absorb it on some level.

We also strive to meet these values in our daily activities each week. When the children come in Monday morning, the first thing that the older children do is chop vegetables for the soup that the whole class will eat later that day. One lucky child gets to bring a basket of vegetables from home to share each week. In the fall we harvest vegetables in our garden that we planted as a class the previous spring. Even the children who do not prefer to eat soup take pleasure knowing that they contributed to the pot. Occasionally a teacher or a child from another class who forgot his or her lunch will come and ask for a bowl and we are able to share our bounty on a school-wide level.

Our Wednesday morning activity is painting. In the Morning Glory class we recently noticed that some of our paint brush handles were becoming worn. Rather than purchase new brushes, Miss Amie and I took a few outside and began peeling off the old paint and sanding them down during outdoor playtime. Very little time had passed before several curious children came along to see what we were working on and to offer help. Many children have now helped us restore seven old paintbrushes that just weeks ago looked ready for the trashcan. They are all very eager to paint with those brushes on painting day! Best of all, we all learned to take something that was broken and fix it rather than throw it away.

As parents and teachers we have a unique opportunity to give children simple, meaningful

experiences that enrich and empower them as well as fostering a sense of stewardship toward their community and the earth. These are values well worth considering in this season of indulgence. I hope you all have a lovely holiday break this year that is calming and renewing. My wish for your children is that whatever gifts they receive be as simple and useful as a basket full of yarn!

Laura Mason, Morning Glory Kindergarten Teacher

BIOGRAPHIES

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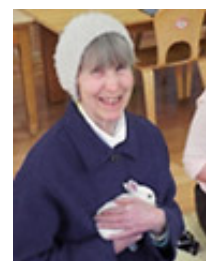
Jung Sook Kim-Tokura, Japanese Teacher

Tokura Sensei is from Osaka, born fifth in a family of seven. Being of Korean ancestry, she struggled against racial prejudice in Japanese society, which motivated her to seek an education in the United States. In a quest to understand her identity, she completed International Studies at Yonsei University, South Korea, and earned a BA in East Asian Studies from Western Washington University. She went on to earn an Early Childhood Education Certificate from Bellevue Community College and the Fundamentals of Caregiving, Foundation Year with Sound Circle Teacher Training. She also attends ongoing Waldorf Foreign Language Conferences, formal and informal. Tokura Sensei has taught English to Korean executives of a sportswear company and has coordinated sales with International Marketing for Japanese import-export. She excels at volleyball, enjoys hiking, skiing, and aquatic sports, and remains active with community Buddhist faith, practice, and study. In 2004, Tokura Sensei joined Three Cedars, where she teaches Japanese to students in grades one through four.



Geri Snyder, Administrative Assistant

Geri Snyder's early life was spent on a wonderful farm in western Kansas where she learned to love nature through vegetable gardening, helping with the maize crop, and seeing the sparrows, cotton-tailed bunnies, turtles, and coyotes, along with the farm animals. All things spiritual were precious to her, which grew into reverence for many cultures experienced throughout her life, and opened up an interest in different healing modalities, from using herbs to faith healing. Fairy tales and books opened even more realms of delight, as did outdoor activities such as tennis, skiing, hiking, boating, camping, and flying with her father in single-engine planes. Experiencing university and college life expanded her horizons in learning with a special love for literature, anthropology, and religious philosophies. Making gifts and celebrating festivals and special events were highlights in her life that led to her becoming a Waldorf kindergarten teacher for 18 years in California, Colorado, and Washington. Even the difficult times in her life brought the wisdom to



step above them and seek the positive. Geri enjoys supporting the faculty, students and families at Three Cedars Waldorf School as an Administrative Assistant and looks forward to loving the gift of life each day.

COMMUNITY

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Local Opportunities

Winter Solstice

Bus Trip: December 21

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

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



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

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

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

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

Lets Help Each Other!

Moms and Dads – running out of ideas for our kids' lunches? Dinners? Snacks?
Need more yummy creative yet quick dishes for your kids and family?
Well, you are in luck!

Lets Talk!

We are looking for 15 volunteers to:
Fill out a short questionnaire and share your needs and wants about the topics above.

As a thank you, I buy you a beverage of your choice (non-alcoholic :) as well as create for you:

- Two-day balanced menu* including awesome healthy snacks for the kids
- Two recipes of deserts
- and answer any of your questions!

Please **contact me** with questions

** Menu will include recipes with fish*

Thank you!

Sophie (Lucie and Michaela's mom, Grade 1 & EC)

Three Cooking classes

Presented by: Sophie Dolezel (Lucie and Michaela's mom, Grade 1 & EC)

Location: Dolezel Château

Cost: \$25 (\$60 for all 3 classes)

December 15

Winter nourishment

Lets create nourishing yummy dishes that will make you feel energized, centered. I will show how to prepare food that is naturally sweet and satisfying and appeals to kids' taste. Dishes are meat-free (includes fish)

January 4

Mama knows better

I will open up my secret box of secrets on how I keep my family healthy during the cold and flu season. We will cook and enjoy tasting the food.

January 18

Lightness during winter

Creating balance is key to health yet balance is illusive. We will cook and taste dishes that create balance in a meal.

Classifieds

TCWS Alum Seeking Hair Models

I am a Three Cedars Waldorf School and Seattle Waldorf High School graduate studying cosmetology at the Gary Manuel Aveda Institute on Capitol Hill in Seattle. I am currently looking for models willing to get their hair colored or otherwise treated within the next two months. All treatments are free and take place under the supervision of an instructor during the school day. The models I have already worked with have left feeling pampered and looking great. Models available during weekdays are hard to find so if you are able, your volunteerism will be a big help to me. If you are interested in helping me out please contact me at 425-503-8802 or by [email](#). I look forward to working with you!



Housing Hosts Needed

The Seattle Waldorf School will be hosting the Northwest Regional Early Childhood Conference from February 14th to the 16th and is looking for housing for out of town participants. If you are able to offer a room, bed or floor space for those two nights, please [contact Debora Petschek](#) for more information. We are especially interested in options within walking distance or an easy bus ride away from the school.

LifeWays Training Starting in Pacific Northwest

LifeWays North America is bringing its year-long training course for parents and early childhood professionals to Portland in 2014. LifeWays Early Childhood Training and Certification is based on the work of Rudolf Steiner. With its emphasis on “The Living Arts”



the training is ideal for parents, childcare providers, and early childhood teachers and their assistants.

The training will be held at Portland Waldorf School, starting April 11-18, 2014, with a discount for early registration. The three other sessions will take place in August, October of 2014 and February, 2015. There is also guided study with a mentor in between the sessions. There is a discount for early registration.

To learn more, visit www.lifewaysnorthamerica.org and click on the Oregon listing. You can request that an information packet be mailed to you by contacting Mary O'Connell at (414) 218-8558 (Central Time) or via [email](#).

Submission deadline for our next newsletter is Monday, December 16, 2013.

