



## Newsletter

*March 18, 2013*

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**Dear Robyn,**

Please enjoy the current issue of our newsletter.

## All-School News

### 2013-14 – New Program

We are very proud indeed to announce the opening of our new dedicated Preschool program for the 2013-14 school year!

16 young children will join one of our two preschool groups – two-days and three-days – under the guidance of a dedicated preschool teacher.

We look forward to welcoming both our new teacher - the position is now posted nationwide – and our new preschoolers and their families.

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## Monday, April 1 through Friday, April 5

### A unique school week for our elementary school students

During this first week of April, several of our teachers will be attending the first session of a three-weeks professional development course, 'Teaching Sensible Science', at the Seattle Waldorf School. They will join a group of regional Waldorf teachers, brought to the Northwest region for the first time at the initiative of our own Kim Holscher. The course is designed to strengthen the way we teach science to middle school students. You can view the course information [here](#).

Our faculty is very pleased that so many of our teachers will join the course and bring a deepening of the phenomenological approach to science teaching to our students. Stephanie

Packer (Spanish teacher and next year’s Grade 4 & 5 class teacher), Kim Holscher (Grade 5), Annette Campana (Grade 6), Britt Urquiza (Grade 7), and Cris Smith (Movement teacher and Chemistry teacher for Grades 7 and 8), will spend the first week of April immersed in science, eager to share their findings with colleagues and school families.

For that week, a creative program has been designed by the faculty, which will be published in the coming week or so. For now, we already know that Grade 5 will continue their Botany studies with Irene Perler, TCWS's former Gardening teacher. Grade 6 will have their main lesson in Medieval History for that week with Mrs. Whitlatch, who is an aficionado of all things medieval and a longtime member of the Society for Creative Anachronism. Grade 7 will be held by Michael Kline, the current practical arts teacher at SWS, where he has graduated an 8th grade in 2010 and is preparing to be next year’s grade 7 class teacher.

Additionally, students will attend an Easter assembly for grades 2-8 on Monday April 1, enjoy an afternoon of cooperative games at Wilburton Park on Wednesday April 3, and view the 8th grade play "The Tempest" on Thursday morning, April 4. Classes will share some eurythmy and movement lessons with other grades, and enjoy crafts and gardening with Irene Perler and art classes with Jennifer Winson and Michael Kline. The week leading into spring break will be satisfying, challenging and enjoyable for all.

## 2013-14 Timetable

We are pleased to publish our 2013-14 timetable, modified to reflect 4 periods each day in addition to Main Lesson.

Times	Lessons	
8:15-10:15 - 2 hours	Main lesson	
10:15-10:50	Snack, recess, transition	
10:50-11:35 - 45 min	Period 1	
11:35-11:40	transition	
11:40-12:25 - 45 min	Period 2	
12:25- 1:15	Lunch & Recess	
1:15-2:05 – 50 min	Period 3	
2:05-2:10	Transition	Thursday early dismissal
2:10-3:00 – 50 min	Period 4	2:15 pm dismissal
3:00-3:15 3:15-3:25	Clean up, verse, closing Dismissal	5:30 pm end of faculty meetings *

## Annual Fund - Great Progress!

Our total budgeted fundraising goal for 2012-13 is \$108,000.

THANK YOU to all who have contributed to our Annual Fund thus far. Together we have raised a little over 60% of this year's goal, with \$65,587 already received.

You can help us reach our goal in three ways:

- Contribute to our Annual Fund by sending your contribution along with your [pledge card](#).
- Purchase tickets for our May Concert & Auction - \$50 each, available in the office.
- Donate, join, and invite your friends and neighbors to our May Faire Garage Sale.

## Work Party Appreciations



Thank you to our dedicated and HARD working volunteers who spent Saturday, March 9th improving the schools grounds. The gardens and parking lot islands were weeded and prepped for spring, several plants were relocated, sand was hauled to the sandboxes and raked, the fall zones under the swing sets were made safer, and quite a bit of wood was split and moved out of the back woods. We are so grateful to the parents and children who spent a beautiful Saturday morning at school! Thank you **Maggie, Peter, and Oliver Bailey; Briana, John and Arthur Bennitt; Daria Blyzniukova and Jeremiah Klco; Pavel Dolezel; Vladimir Eremin; Oscar Heath; Stephanie Hoener and Benny Brudnak; Cole Jack; Ryan Lipson; Rick Long, Julie Elithorp, and Gwyneth Long; Beth Parker; Beverly Pressey; Ben Ralston; George Trifonov; Sanae and Scott Stanley!** (Apologies if any names were missed!)

## The Last Leaf - Eurythmy Performance

Friday, March 29 - 1:00 pm in Trillium Hall

Eurythmy Northwest (including Mr. Canard) presents The Last Leaf by O Henry with music by Scriabin and Prokofieff. For students of grades 5-8.

Adults are warmly invited to attend an evening performance on Thursday, March 28 at Chapel Performance Space in Seattle. Please see the Community Announcements at the end of this newsletter for more information.

## May Faire & Community Garage Sale!



Online sign-up sheets for May Faire now available [here!](#)

Please contact [Martin Wilder](#) to assist with the Community Garage Sale.



### May Faire

Spring is right around the corner, and with the warmer weather comes many exciting school-wide and class related events. One of our largest and most beloved events of the year, **May Faire**, will take place on Saturday, May 4th.

With traditional dances, live music, a café, craft activities, games & prizes, The Pocket Lady, puppet shows, and more, we welcome in the spring with an event that is full of fun and merriment for all. The dedicated volunteers of our May Faire Team are seeking assistance with planning, preparation, and day-of volunteering at the event.

Please follow this [link](#) to volunteer and consider one of the following ways you may wish to support the success of this event:

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

You may also contact the May Faire Team at [mayfaire@threecedarswaldorf.org](mailto:mayfaire@threecedarswaldorf.org) with any specific questions.

### Community Garage Sale

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

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

Please contact Martin with any questions or to volunteer!

## Spring Concert & Silent Auction

***Saturday, May 18th, in Trillium Hall***

**Only 100 Tickets**

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

The evening will begin with a small Silent Auction, where attendees will find a thoughtful selection of items and experiences. There will be plenty of time for bidding and socializing before the highlight of the night - the Spring Concert! This fun and romantic event will include

selections from West Side Story, Romeo and Juliette, and even a little something from that world famous spy movie.

If you've never been to one of the Three Cedars auctions or heard this group of talented musicians before, this is your chance! Those who've had the opportunity, don't miss out! This year's event will be hosted at TCWS.

Tickets are on sale now at the Front Desk. Be sure to stop by and purchase yours before they sell out!

Volunteer sign-up sheets will be in the office on Tuesday, March 19.

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

## Screen Free Week 2013, April 29 - May 5



*When television came roaring in after the war (World War II) they did a little school survey asking children which they preferred and why - television or radio. And there was this 7-year-old boy who said he preferred radio "because the pictures were better." ~Alistair Cooke*

It is that wonderful time of year again, when the sun comes out along with daffodils and thoughts turn to the park, the beach, or simply the backyard. Time also to begin thinking about Scree Free Week, as an invitation to deepen our understanding of the impact of media on the bodies, hearts, and minds of our beloved children. The Association of Waldorf Schools of North America supports and promotes this international event, and so does our school.

For more information, visit [ScreenFree.org](http://ScreenFree.org). The event is held by the [Campaign for a Commercial Free Childhood](http://CampaignforaCommercialFreeChildhood.org) organization.

And below, as a prompt to renew your interest for the topic of children and screen time, you can read an article/study written by [Dr. Dimitri Christakis](#), Director, Center for Child Health, Behavior and Development at Seattle Children's.

Waldorf schools around the world strongly recommend a screen free childhood. This recommendation comes from decades of observing children, their behavior, and their level of happiness, creativity, social connection, and general health and the ways in which these are negatively impacted by screen time. We are very glad to now be backed by scientific research!

### Screen Media, Children, and Neurodevelopmental Effects

In the wake of the tragedy in Newtown, I was recently asked to do a talk for public officials on media and violence. This is, in fact, a complicated issue that I have been following for a long

time. When one reviews the multitude of studies that have been done since the 60's, looking at the effect of media—and especially violent media—on children, one finds a range of effects. In fact, the multiple factors and range of outcomes invokes the same rules for media exposure as for exposure to so many toxicants: Outcome is not based solely on exposure, but on dose, potency (eg content that is neurologically arousing or not), developmental window of exposure, genetic susceptibilities, and environmental factors that mitigate or enhance negative effects.

Consistently, children are more aggressive immediately after viewing, both on free play and in structured psychological assessments. Children can also learn pro-social behavior from screens. However, quantity as well as quality matter, and heavy, early screen use has been linked to problems with attention and focus. School children who were taught a curriculum on limiting videogame use, became less aggressive, compared to a control group—perhaps the first randomized control trial (by Tom Robinson, MD at Stanford).

Obviously, not all videogame users become violent. (In fact, as you no doubt know, interpersonal violence has gone down in the US since tetraethyl lead was removed from gasoline.) At the same time, many of the infamous shooters were heavy consumers. Is there a relationship? Some of the most intriguing data comes from fMRI studies showing alterations in activity in the anterior cingulate cortex, a pathway that connects the limbic system to the cortex. In studies by Mathiak and Weber and colleagues in 2006, violent video games produced a suppression of limbic and rostral ACC activity—suggesting a suppression of emotion; and an activation of the dorsal ACC, which connects the limbic system to the motor planning cortex (Mathiak and Weber, 2006, “Toward brain correlates of natural behavior: fMRI during violent video games,” *Human Brain Mapping*, 27: 948-956.) Their work is consistent with other fMRI studies demonstrating alterations to pathways from the limbic system, (our emotional system, tightly connected to our memory system) to the cortex.

One of the most productive researchers in this area is Dr. Dimitri Christakis in Seattle. His article on television content made headlines last month, and I include it below. However, his thoughtful commentary from an earlier issue of *Pediatrics* also says something to the point: violence may be an occasional effect of media excess, but the more ubiquitous and significant effects have to do with how they impact human interactions, which—especially in early childhood—have profound significance for brain development. I excerpt from this editorial of 2011:

“Connecting fast-paced television viewing to deficits in executive function, regardless of whether they are transient, has profound implications for children's cognitive and social development that need to be considered and reacted to...

The overstimulation that is inherent to multitasking has long begged the question of its effects on attentional capacity, and results of the Lillard and Peterson study\*

1.Lillard AS,

2.Peterson J

The immediate impact of different types of television on young children's executive function.

Pediatrics.2011;128(4):644–649) suggest that it is harmful...

In the 21st century, distractibility is not a liability, some argue, but an asset. It is hard for me to see (let alone acknowledge) that this is the case. Focus seems too central to wise decision-making. Others have lamented that easy and continuous access to the Internet has made us skimmers not readers and that our short attention spans have us processing information superficially. Accommodating the distractible mind will inexorably lead to a paucity of thoughtfulness that the increasingly complex and nuanced world we inhabit requires...

Deficits in executive function, whether transient or permanent, have social implications as well...

Indeed “undivided attention” is difficult to come by today, but it is central to being authentically present.

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## Testing Students

Waldorf schools around the world use cognitive – knowledge based – testing throughout the school year, yet with a very different approach than the one we typically think of when considering tests. Waldorf teachers conduct regular assessments of their students’ academic progress through keen observation of their work in main lesson books, essays, and yes, occasional quizzes. Yet beyond what can be measured by academic testing stands the wide-ranging human values for which Waldorf education takes such a strong stand for. These could be qualified as ‘non-cognitive’, term which is now used to articulate the growing recognition, in higher education and in the workplace, that there is much more to success and contribution than simply academic proficiency.

Interested in learning more about the current testing trends? [This article](#) offers an interesting overview of the evolution of thinking about testing.

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## Boycott Time: Are Our Kids Overdosing on Tests?

Is the answer to local testing concerns another test?

Washington state has seen a number of tests over the years, from the WASL to the MSP and HSPE, with pressures to meet AYP because of NCLB. There’s the DRE and the EOCs and in some schools (as we know all too well now) the MAP. And don’t forget the AP, the ACT and the SAT (or, perhaps, GED).



Next up, they say, is the CCSS. (One state think tank wants to scrap it all and go back to the ITBS.)

It's enough to make a parent say WTF.

Between our zeal for leaving no child behind and racing to the top of the educational ladder, have we lost perspective on what real learning looks like?

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

## Early Childhood News

### Woods Day - March 2013



*I am sitting in the middle of a very muddy puddle  
With my rubbers full of muddle and my leggings full of mud  
As my jacket and my sweater go on slowly getting wetter  
And I very slowly settle to the bottom of the mud*

*I think that what a person with a puddle round his middle  
Thinks of mostly in the muddle is the muddiness of mud*

Adapted from a poem by Dennis Lee

The Woods Day students have recently been enjoying the wonderful sensory experiences of running, sliding, rolling and simply lying in a lovely muddy spot on the rolling hill at Wilburton Park. The first week that the mud discovery was made only three children were comfortable getting themselves dirty. I've been pleased to see boundaries come down over the weeks as more children get comfortable with getting dirty. Some have even been found to rub their hands in it and paint their faces. We have found that taking a "bath" in ditches and large puddles is fairly effective at getting the worst of the mud off. Upon our return to school the children have much work to do getting their dirty clothes into bags and changing into dry things. They are very willing to do this and take absolute delight in showing me how very dirty their things are. The last job before lunch is to wipe down their little faces with a warm towel to get the last of the dirt off. I have no doubt that some parents have had cause to wonder upon bath time at how their child managed to get dirt in their nostrils and ears! Special thanks to all of the parents who have been diligently washing clothes, rain gear and children each Friday.

*Miss Laura, Kindergarten Woods Day Teacher*



# Fundraising at TCWS

## Spring Cleaning & De-cluttering Services

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

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

## Biographies

### Emiko Lin - Japanese Teacher



Lin Sensei was raised in Aichi, Japan until she was seventeen years old, and then sent to a boarding high school in Northfield, MA. She attended a liberal arts junior college in Massachusetts, then the Berklee College of Music in Boston, majoring in song writing. Before teaching, she worked for thirteen years with several international corporations in California, providing customer service in Japanese and then taught Japanese to fourth and seventh graders for one year at the Monterey Bay Charter School in Pacific Grove before relocating to the Seattle area. Lin Sensei joined Three Cedars in 2004.

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### Julie Dean - Business Manager



Julie Dean was born in Los Angeles, CA where she lived with her family until moving to Boulder, CO in 1980. She attended the University of Colorado school of Business and graduated with a BBS in accounting in 1985. In 1988 she arrived in Seattle and began a career as a Certified Public Accountant. Over the past 20 years she has been a practicing tax professional, a certified Yoga instructor, an avid volunteer and mother of a lovely daughter, a 2012 alumnae of the Seattle Waldorf High School, and a son currently a student of the SWHS. Julie's passions include yoga, dance, travel and long walks at the beach or in the woods. She joined the Three Cedars Waldorf School community in 2011.

# Community Announcements

## *Community Events*

### Ultimate Frisbee

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

## *Local Opportunities*

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



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

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

### Eurythmy Northwest Spring 2013 Performance



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

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

## Forget-Me-Not Waldorf Inspired Preschool - Openings for 2013-2014



Forget-Me-Not Waldorf Inspired Preschool in my home in Kirkland, WA is a good match for families who want their children to develop not only in intellect but also in imagination, memory, a sense of beauty, and physical health.

Coming into this world, a young child brings two tremendous qualities - a natural ability to imitate and a strong will. Children learn by using their senses and by active experience.

Forget-Me-Not Preschool is designed for 3 and 4 year olds. Here children have endless possibilities for creative play, exploring nature, and learning social skills.

Forget-Me-Not Waldorf Inspired Preschool is accepting applications for 3 and 4 year-old children for the 2013-2014 school year.

Please, call Tanya 425-949-7091 or visit my website [www.forgetmenotpreschool.com](http://www.forgetmenotpreschool.com)

### *Wider Community*

## Sahale Summer Camp, July 7-13, 2013



With a focus on practicing skills of friendship: inclusion, collaboration and fun, this overnight camp is specifically designed to meet the needs of youth aged 9-12. Explore 65 acres on the Tahuya River where camp life includes games, drama, archery, art, music, nature exploration, group work together time. Campers benefit from a multigenerational staff and community which demonstrate how to build nurturing relationships and self esteem. Our staff includes Waldorf trained educators and student counselors, elders as mentors, family life educators and professional musicians and artists who all volunteer to create a week of living in a magical village camp setting. For more information contact Irene Perler, Waldorf subject teacher, parent and camp director, at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com) , and visit [www.goodenough.org](http://www.goodenough.org) for online registration. Brochures will be available at the front desk.

The newsletter is published every two weeks during the school year.

The deadline for submissions for the next newsletter is Sunday, March 24.

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

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

*Three Cedars Waldorf School*

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