



Newsletter

October 22, 2012

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Dear Robyn,

Please enjoy the current issue of our newsletter.

All-School News

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Three Ways You Can Help – We count on you!

- Donate – Our 2012-13 Annual Fund goal is \$50,000 – Take a moment [to make your donation](#).
- Help Us Grow Our School – Send us the names of three families you think would like to discover Three Cedars Waldorf School – use the form found in our ‘Three Ways You Can Help’ white folder.
- Tell Us What You Think – Watch the next issue of our newsletter for instructions on how to book your personal conversation with one of our Conversation Teams – These dedicated parents will be delighted to hear your perspective on our school.
 - John Tinker and Corey Colwell-Lipson
 - Tom Doggett and Mary Haller
 - Kelly Anderson and Heidi Person
 - Javier Rodriguez and Rochelle Lane
 - Angie Alkove and Christa Tinker

Dia de los Muertos

Wednesday, October 31, 2012 - Elementary Students

As people throughout the Spanish speaking countries prepare to joyfully welcome a visit from their deceased loved ones, we here at Three Cedars Waldorf School are also beginning to prepare for our own celebration to mark this festive holiday! The students in the elementary school will be making crafts, preparing snacks, learning relevant poems and songs, and creating our own community altar. The 8th graders will also perform (in Spanish!) a scene from the play Don Juan

Tenorio. I am asking that each student who would like to honor a deceased family member, friend, or pet please bring in a copy of a photo or a drawing of that person by October 26th to be placed on our altar for the duration of our in-school festival. Please write the student's name lightly on the back of the photo so that I know who to return it to in November. Muchas gracias!

Science in Waldorf Education: Developing Critical Thinking Through Observation



Thursday, November. 8 2012 – 6:30 pm - Three Cedars Waldorf school

*"Search nothing beyond the phenomena, they themselves are the theory."
"If we cannot understand a particular phenomenon, we must learn to make fuller use of our senses and to bring our intellect into line with what they*

tell."

Johann Wolfgang von Goethe (28 August 1749 – 22 March 1832)

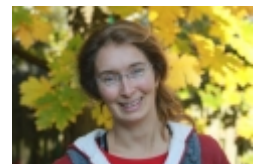
Join us for in exploring two themes:

- The Waldorf Science Curriculum

We will take a journey from kindergarten to Grade Twelve to follow the unfolding of children's capacities and discover how the Waldorf science curriculum supports the healthy development of logical, critical and creative thinking?

- The method

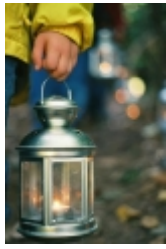
Waldorf schools use a phenomenological approach to science. We will explore this approach in a sample science class.



Anouk Tompot received a Master's degree in Ecotoxicology from the Vrije Universiteit in Amsterdam, Holland. Since completing her Waldorf teacher training, she teaches at the Seattle Waldorf high school, Sound Circle Teacher Training in Seattle, and Rudolf Steiner College in Fair Oaks, CA.

Please click [here](#) for flyer.

Lantern Walk 2012



Three Cedars Waldorf School's 2012 LANTERN WALK

Saturday, November 10, 2012 6:00 to 7:00 p.m.

6:00 p.m. Apple Cider and Social Gathering around the Fires in the Plaza.

6:20 p.m. Bell rings and Forget-Me-Not Families, Three Cedars' Parent-tot and

Kindergarten families will come together to see a special puppet show.

Grades 1 & 2, will meet in the Grade 1 classroom for their story.

After the story, Lanterns are handed out and lit.

Parking is in our lot, along the west side of 124th just south of the Bus Stop, and at Wilburton Park.

The origins of the lantern walk come from France where on Martinmas, November 11th, children and parents of old gathered holding candles and small lanterns to take a lighted walk through the streets of their tiny towns and villages in honor of St. Martin, the patron saint of beggars. Martin wished for goodness and safety of all people but was required to be a soldier for three years for the Roman Emperor. One winter's day he was dressed in his soldier's clothes and rode on his horse to the city of Amiens. By the city gates he saw a poor beggar who was shivering with cold because he had no clothes to put on. Martin saw others pass the man by and in an instant, he used his sword to cut his cloak in half and gave it to the beggar. This was one of the times that he helped others who were cold, hungry or sick. His warmth and love of others are lights shining in the darkness and so we, too, take this time to shine our lights as the daylight dims and the days grow shorter.

At 6:00 p.m., we begin with a social gathering of drinking cider and surrounding the fires lighting up the night in the Plaza. At 6:20 p.m. a bell rings and Three Cedars' Morning Glory, Morning Star, Parent-tot, and Forget-Me-Not families meet for a puppet show and Grades 1 and 2 families gather in the Grade 1 Classroom for the story. After the story, the lanterns will be handed out and each one of us will kindle our own flame in our lanterns and begin our walk.

As we walk along our pathway, there will be times when we are listening to others sing and are quietly keeping a reverent mood as we see the stars shining above and see our lantern lights as they shine along the illumined pathway.

Our pathway brings us to the parking lot and we wave goodbye to our friends and carry our lanterns along in a quiet walk to our cars which ends this special event. It is our hope that each child could have a quiet ride home from the event so that they can inwardly reflect on the festival. Perhaps a warm crockpot of soup, apple cider, or hot chocolate could be enjoyed upon arrival at home. Then your child will be ready to follow their bedtime ritual and take the warmth and light of the Lantern Walk Festival into the coming cold winter months.

Clear and dark the night

Stars are very bright

Lanterns shining seem so small.

See in single file we walk along

Singing joyfully our lantern song

We go through the land
Like a wild geese band
Children of one light are we

Holidays, Simplified!

Use the principles of Simplicity Parenting to create a holiday season that includes MORE JOY and less stress!

We invite you to participate in a holiday workshop that includes:

- Imagining how you would like the holiday season to feel
- Identifying expectations of yourself and others
- Re-evaluating your priorities
- Identifying obstacles that interfere with having a joyful holiday season
- Planning some small, doable changes that will help make the holidays a time for meaningful family connections

This workshop will be facilitated by Simplicity Parenting group leader Judy Erbe. To register, please contact Seraphina at sorzel@threecedarswaldorf.org. For questions about the workshop please feel free to contact Judy at judyerbe@comcast.net. A donation of \$10 is recommended. Adults only please.

Saturday, Nov 17 • 10:00 am -12:00 pm • Trillium Hall

Please click [here](#) for flyer.

Work Party Appreciations

Sincerest gratitude and appreciation goes to Della Goldsworth, Beth Parker, and Amanda Yuly for attending our work party, despite the rainy weather. We weeded and cleaned up the north side of the parking lot, clearing out tenacious weeds such as horsetail, vetch, and blackberries. Many plants were trimmed as well, and the whole area is looking much better! Thank you!

Grades News

Woodworking, Autumn 2012



In handwork class, students create objects by building up using soft materials--wool, fabric, etc., building up their will at the same time, as projects often take a whole school year to complete.

In middle school, we add woodworking, where the students must create by exercising their will, in a forceful manner, taking away the hard material and leaving behind the desired form.

This year Three Cedars continues to expand and enrich our program. With our new woodworking benches, students will be able to take on more advanced projects, which will allow them to further develop their problem-solving skills.

Early Childhood News

Woods Day - Autumn 2012



The Woods Day program already seems to be a highlight in the week for the oldest children in the Kindergartens as well as for Miss Tabatha and me.

We've walked quite long distances and the children have been very cheerful about it - they simply partner up and follow along with no complaint.

We have already visited many of my favorite spots along the path including the Fern Patch, the Ivy Grotto, the Dragon Log and Blackberry Land. This class is especially fond of the Rolling Hill and immediately created a new game of "Train." This involved sitting down in a line with each child's legs wrapped around the child in front of him or her and sliding down the hill on their bottoms together. The train seems to have a bit of a wreck at the bottom of the hill each time but that appears to be an important element of the game!

The children certainly work up an appetite after all of those trips up the Rolling Hill and are very eager to eat trail bread (oat and nut bars) at snack time. After gathering in a circle and playing a short memory game, the children eat their snack eagerly. On our first Woods Day I was quite surprised that the children ate silently



without being asked. Clearly they need an in-breath at this time of the day. This has inspired me to begin telling a series stories about Squirrel Nutkin and Blackie the Crow. The children seem to love hearing about the earnest and hard-working squirrel and his mischievous crow friend. The animals must have heard us talking – by the end of the snack both days we were visited by them!



Miss Tabatha and I seem to have been blessed with a very hearty bunch of children to explore the woods with this year! I look forward to updating you on many wonderful adventures in the woods as we progress through the year together.

Laura Mason, Kindergarten Woods Day Teacher

Biographies

Britt Urquiza - Class of 2014



Britt Urquiza was born in Chelan, Washington where she grew up running and playing on her family's apple orchard along with her brother, sister, and a whole menagerie of farm animals. In college she studied Spanish, Latin American Studies, and vocal performance before graduating from the University of Washington with a B.A. in Sociology. Britt then began her Waldorf teacher training at Sound Circle Teacher Training in Seattle. She began teaching Spanish at Seattle Waldorf School in 2004 and then became a class teacher two years later. She taught grades 4 through 8 and graduated her 8th grade class in 2011. Britt, her husband, their two daughters, one dog, and four chickens live in south Seattle.

Geri Snyder - Administrative Assistant



My early life was spent on a wonderful farm in western Kansas where I learned to love nature through vegetable gardening, helping with the maize crop, seeing the sparrows, cotton tailed bunnies, turtles, and coyotes, along with the farm animals. All things spiritual were precious to me which grew into reverence for many cultures I experienced throughout my life, and opened up an interest in different healing modalities from using herbs to faith healing. Fairy tales and books opened new realms of delight along with exploring outdoor activities such as tennis, skiing, hiking, boating, camping, and flying with my father in single engine planes.

Experiencing university and college life opened up new horizons in learning with a special love for literature, anthropology, and religious philosophies. Making gifts and celebrating festivals and special events were highlights in my life that led me to becoming a Waldorf kindergarten teacher for 18 years in California, Colorado, and Washington. The difficult times brought the wisdom to step above them and seek the positive. I enjoy supporting the faculty, students and families at Three Cedars Waldorf School as an Administrative Assistant and look to loving the gift of life each day.

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 Events

Discipline Workshop for Parents and Teachers



presenter, Briana Bennitt

Saturday, October 27, 2012, 9:00 a.m. to 3:30 p.m.

STARS credit available for teachers and childcare providers registered in the Washington DEL MERIT system: .6 CEUs/6 hours

Enjoy this refreshing and common sense approach as we explore discipline and child-rearing. Working with material developed by Ronald Morrish, Kim John Payne, Po Bronson, and Ashley Merryman, this workshop demystifies "discipline" and illustrates the common pitfalls of some of the more prevalent behaviorist advice that bombards parents and teachers. Participants will be introduced to the basic principles of "Real Discipline,"

“Collaborative Counseling,” “Simplicity Parenting,” and newer resources now available on the science of human development, parenting and teaching. Adults will become more confident and skilled in their approach to discipline so that children may relax into the safety and security of authentic adult authority.

Attendees will benefit from reading the following texts ahead of time, but the recommended reading is not a prerequisite. Recommended Reading:

- [Secrets of Discipline](#), Ronald Morrish
- [Simplicity Parenting](#), Kim John Payne
- [Nurture Shock](#), Bronson and Merryman

NOW REGISTERING:

info@SimplicityLearningCenter.com

425.614.0145



\$90 with certification for 6 hrs STARS CEUs, \$75 without STARS credits

Johanna Steegmans Lecture Series at Madrona School



If you missed Johanna's talks at Seattle Waldorf School last year and want to hear a re-run, here is an opportunity to hear her speak on Bainbridge Island.

Just a 30 minute boat ride from Seattle! 60 minute drive from Port Townsend, 90 minutes from Tacoma, 2 hours from Olympia.

Tuesday, Jan 29 at 6:30 - Navigating the Middle School Years

For more information, please see the [flyer](#).

Forest Ridge Performs Fahrenheit 451

The High School Drama Department at Forest Ridge School of the Sacred Heart presents the Ray Bradbury's Fahrenheit 451 on **Thursday, Friday and Saturday, November 15, 16 and 17.**

Show times are 3:00 p.m. Thursday and 7:00 p.m. on Friday and Saturday in the Lee Theater and Performing Arts Center.

Thursday tickets are \$5 each. Tickets for Friday/Saturday are \$10 for adults, \$8.00 for students

(with school ID) and senior citizens when purchased in advance; (tickets at the door are \$12, \$10 for students/senior citizens).

To purchase advanced tickets, -<https://www.forestridge.org/podium/default.aspx?t=36644&rid=5447>

4800 139th Ave SE, Bellevue

(Suggested for students in grades 6 and above, a theatre production by the students at Forest Ridge High School)

Kaspar Hauser: The Open Secret of the Foundling Prince

Please mark the date **SUNDAY, NOVEMBER 18th @ 7:00 pm** for a special performance by Glen Williamson of Anthropos Theater of *Kaspar Hauser: The Open Secret of the Foundling Prince*.

184 years ago a strange boy appeared on the streets of Nuremburg, barely able to stand, walk or speak. In this epic tale, historical facts and characters mix with a supernatural tale of a golden house, a wicked stepmother, and a boy kept in a dark cellar for most of his childhood. Who was he? And why does his story still affect us? A journey through darkness to light.

If you have seen Glen perform, then your experience of his gift to his audience speaks for itself. Glen is a master who brings timeless treasures alive through his telling of story. Please see the attached flyer. Performance runs two hours with an intermission. Recommended for ages 12 and up.

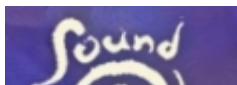
For more info, go to <http://mysite.verizon.net/GlenWilliamson/id33.html> or watch a [YouTube](#) of Glen performing or phone Pam Engler @ 206.526.5984.

Hosted by the Seattle Branch of the Anthroposophical Society.

Please click [here](#) for flyer.

Sound Circle Offerings

Sound Circle Center Parenting Courses - Autumn 2012



Sound Circle is dedicated to supporting a community of parents as they raise



children in a conscious, sensitive and creative way. To that end, three courses are being offered this autumn. Please see brief descriptions below that link to our website for more information.

Family Foundations

A Course to Educate and Renew the Parents of Young Children
With Flora McEachern, Patti Pitcher and Susanna Reynolds

Orientation Evening: Tuesday, October 9th, 7 - 8:30pm
Saturdays once a month from 9:00 - 3:30pm.

Develop skills and a deeper understanding of the lively dynamics of the first seven years in a parent and child's life together. This heartfelt class provides a nourishing and informative respite from the daily challenges of parenting.

Orientation and all classes will be held at Bright Water School

For more information, click [here](#)

Soulful Parenting: Guiding the Soul Forces of the 7- 14 Year Old

With Jenny Fawcett, Flora McEachern, Mary Oak and Susanna Reynolds.

One Friday a month, 5:00 - 9:30pm beginning October 19th

Become aware of the thinking and feeling that creates your parenting responses and actions. Through this carefully built process, you can meet your own soul, while shepherding your children into living out of theirs.

All classes will be held at Seattle Waldorf School

For more information and an introduction to the course, click [here](#)

Media Literacy: A Course for Middle School Parents and Educators

With Caroline Cummings

3 Saturday mornings: November 10th and 17th and December 1st, 9:15 - 10:45am

Explore how improved media literacy helps to develop critical thinking and active participation in our media culture. Access, analyze and evaluate various forms of media ubiquitous in our culture. Practical steps and resources for educators and parents of middle and high school students to be used in the home and classroom will be presented.

All three sessions will be held at Seattle Waldorf School For more information and an introduction to the course, click [here](#)

Classifieds

Naturally Well Opening

I am once again looking for someone who would be a good match at [Naturally Well](#). It must be someone who prefers part-time work (3 days per week), who does not need their employer to provide insurance coverage (I provide naturopathic health care), who is good at multi-tasking, details and communication. They must be honest in money management and reliable. The pay scale ranges from \$10.00 per hour to \$18.00, depending on skill level.

If interested, please contact Dr Karen Ball:

Karen Ball, ND
2223 112th Ave NE Suite 201
Bellevue, WA 98004
Phone: 425-283-4928
Fax: 425-283-4325
email: DrBall@drkarenball.com
website: DrKarenBall.com

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Sunday, October 28.
Please email submissions to newsletter@threecedars.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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