

March 21, 2016

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Thank You for Sharing!

It has been wonderful to hear from many Three Cedars families in response to our survey and Community Conversations—thank you! As we work to ensure a vibrant future for the school, your input and ideas are invaluable. I'd like to share some highlights from the feedback we received—nearly half of TCWS households completed the survey.

- Parents read most school communication, feel well informed, and are generally happy with the quality and frequency of communication. The one area where respondents did not feel well informed was around the merger with Seattle Waldorf School.
- Families overwhelmingly prefer email from teachers and class coordinators as the best method to receive school-related information, with the newsletter a close second.
- Parents are more inclined to attend school events for or with their children than to attend adult education events and other social gatherings for adults. Constraints on participation include lack of time due to work and needing to be home to spend time with or care for children.
- Nearly 90 percent of parents agree or strongly agree that TCWS fulfills its mission, indicating our primary strengths are quality of faculty, inspiring a love of learning, the Waldorf pedagogy, a caring and nurturing community, and individual attention to students.
- Perceived challenges facing TCWS are supporting a viable financial model, student recruitment and retention, facility and space issues, and fostering parent engagement.
- Words most frequently used to describe TCWS are *community, caring, learning, happy, nurturing, faculty, warmth, amazing, driven, balance, and kindness*.



As one parent shared, "Our child loves coming to school and looks forward to Mondays. That says a lot." Indeed it does! While the Three Cedars community has faced a series of challenges in recent years, a spirit of commitment and determination runs deep. I look forward to sharing more fully our goals for Three Cedars in a "State of the School" Community Conversation on **Tuesday, May 24 at 6:30 PM**.

We are grateful for your continued confidence in our work and support for our mission. In the words of one parent, “Thank you for this school, for all the years and hours of love, hope, faith in humanity and respect for children as humans that has gone into its existence.”

Warmly,

—Tracy Bennett, Head of School

Spring Break Reminder

School will not be in session for **Spring Break, Monday, April 11 through Friday, April 22.**
We wish you a rejuvenating break!

Community Conversation

Please join us for our second community conversation on **Tuesday, March 22 at 8:30–9:30 AM** to discuss opportunities and challenges we see for Three Cedars Waldorf School. In focus groups we will consider the questions:

- What are the key distinctive elements and shared values inherent in the school?
- What are the most pressing strategic issues facing the school?
- What are possible opportunities to strengthen the school?
- Why did your family choose TCWS?

Please bring your ideas and join us! Your feedback will help us identify priorities and shape our planning for the coming year.



Last Salon Conversation for Adults!

Don't miss our final salon of the year as we consider the fascinating and topical subject of:

Moral Development in Education

Date: Thursday, March 31

Time: 6:30 PM to 8:30 PM

Location: Trillium Hall

The Three Cedars faculty and staff warmly welcome you for this adult community gathering, to share in hors d'oeuvres, refreshments, and captivating conversation.

Bring a friend!

Grade 8 Presentations: Save the Date

Each year, the eighth grade continues the tradition of presenting their Eighth Grade Projects to the school community. The projects are an opportunity for the students to engage an independent research project, work with a mentor to learn a new activity and make a new connection in the world, or pursue a creative inspiration and develop a talent further.



For the past couple of years that I have been at Three Cedars, I have been impressed and heartened with the way our graduating class is able to present their unique interests and aspirations to the community with poise and confidence. It is a true testament to the fruits that they have cultivated over the course of their time here at Three Cedars.

This year, our graduating eighth grade will present their projects on **Wednesday, April 6 in Trillium Hall at 6:30 PM.**

Each student will have a display set up with information, an oral presentation, and an opportunity to answer questions from the audience about their experience and subject. Please come and support our eighth graders as they share their passions with the community.

A taste of what is in store:

- Sage Lou: Dog Training 101
- Angelina Jeantette-Coca: Digital Photography
- Connor Kelly: Parkour and Becoming a Certified Parkour Instructor
- James Lou: The Electric Guitar
- Kira Campana: Vietnamese Cooking
- Avishai Goldschmidt: Building a Drone
- Rachel David: Unitarian Universalism
- York Lou: Basketball
- David Collier: How to Create a Graphic Novel

I hope to see you there!

—Daniel Packer, Teacher, Class of 2016

Parent Appreciation

We hope that you can join us on **Friday, April 29** for a very



special evening of hors d'oeuvres and entertainment—be ready to dust off your dancing shoes!

May Faire 2016: Our Blossoming Community

May Faire, our annual festival celebration of renewal and community, will be held on **Saturday, May 7**. (For more information about the tradition of May Faire, please see the TCWS [February newsletter](#).)

We welcome you to bring extended family and friends to our all-community gathering to experience the mood of a village gathering. Although a few food options will be available for purchase, we also encourage you to make a day of it and bring a picnic meal and blanket.



EVENT SCHEDULE

9:30 AM – 10:30 AM: Crown-making

10:30 AM – 11:30 AM: May Pole

11:30 AM – 2:30 PM: Class-sponsored activities

Listed below are activities that committee volunteers and classroom coordinators are already planning to delight our children and bring families together. Many tasks have been completed already by the May Faire committee, and we are asking for your participation and support at the classroom community level—especially in the form of setup, cleanup, and staffing. Please consider ways you might support your child's class, and watch for more details from your classroom coordinator—or better yet, reach out with your inspiration!

- Preschool: Puppet show
- Apple Blossom Kindergarten: Bake shop
- Morning Glory Kindergarten: Fish pond
- Grade 1: Treasure hunt
- Grade 2: Musical entertainment
- Grade 3: Pocket lady & wizard
- Grade 4: Café
- Grade 5: Lemonade

- Grade 6: Face painting
- Grade 7: Garbage/recycling
- Grade 8: Obstacle course (student-run)

–May Faire Planning Committee, *Email*

TCWS Community Fund: Family Profile

Enrolling our children in Three Cedars Waldorf School was *the best* decision our family ever could have made! The children have an amazing amount of respect for one another and their teachers, and vice versa; we appreciate the enthusiasm of the faculty and staff and the openness of the children to learn new things, meet new people, and experience new things.

We value the freedom to have the arts incorporated in the curriculum, and the support for differentiating the teaching styles to fit the needs of the students. We also value the close relationship of the staff and community, as this is vital for every child to succeed. We value the fact that there is no busing, which makes it easier for the staff to communicate with parents. We value the personal connections that our children feel with their teachers and school personnel. We feel they are safe and seen as individual learners. We appreciate the emphasis placed on caring, the arts, and community.

–Zebiba Nur and Jemal Adem, *Fundraising Pod*



Japanese Doll Festival

Every year on March 3, Japan celebrates the Doll Festival (Hina-matsuri or Girls' Day) to wish good health and future happiness for girls.

It is said that Hina-matsuri has its origin in the ancient custom of nagashi-bina, or putting bad luck on the backs of paper dolls and letting them flow down the river. As this is the time when the seasons change from winter to spring, people wished that by doing so, they would be able to keep away illness and enjoy good health. Over the years, this ancient custom was mixed with the game of playing with

dolls, which was enjoyed in wealthy families. During the early years of the Edo period (1603–1868), Hina-matsuri was born as it is practiced today. Each family sets up a platform covered with

a red carpet to display dolls representing the Emperor, Empress, attendants, and musicians in traditional court dress of the Heian period (794–1192).

We are truly grateful that this year Chris Pressey was able to make our school's own platform so that we can display the dolls every year.

—Emiko Lin, Japanese Teacher



Salad Days Thank You

The faculty and staff greatly appreciated the thoughtfulness of parents who brought food for the Salad Days during Parent-Teacher Conferences. There were delicious salads with quinoa, arugula, garbanzo beans, lentils, carrots, cheese, pasta, potato, chicken, and salmon, to name a few, and some were tangy, spicy, and savory. There were several hearty and warming soups and a sweet potato, bell pepper, and bean ragout. We ate a variety of great breads

with butter, and for dessert, there were wonderful chocolate and spice small cakes, sweet cupcakes, vegan thumbprints, banana cake, and pecan cookies—with some of us choosing the apple, orange, and banana salad as a finishing touch to a delightful meal. We are grateful to **Christa Tinker** for organizing this event, and to **Carrie Babcox**, **Mia Bass**, **Dana Bathiche**, **Keith Brefczynski**, **Will Deaton**, **Sophie Dolezel**, **Martina Fischer-Klee**, **Mary Gagliardi**, **Ashley Jensen**, **Dana Oskoui**, **Kristina Paukova**, **Kris Solem**, **Monica Warkentin**, **Karen Wegehenkel**, and **Cris Wegmann**, and others who placed food on the tables whose names we've missed. From the bottom of our hearts, thank you!

—Geri Snyder, on behalf of TCWS Faculty and Staff

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Time with Our Children: Alternatives to Screen Time

The technological age has happened upon us so fast it is almost impossible to think of our lives without our devices. Most of us parents can remember the days when our sensory experiences were nature based and we were asked to create something out of nothing.

There is a technological pull on our children, and as parents today we face the addictive qualities



the online world has. As we experience the increased screen time in our children's lives we see a decrease in the development of language and social skills. This is taking away children's human-to-human interactions, which is how our children really learn face to face! We are the example our children will take into adulthood, which is a pretty humbling thought!

Here are some activities that may spark some imagination and laughter with your children:

- Plant a garden
- Take a hike/walk
- Bake together
- Craft together
- Clean together
- Ongoing observations games in your own backyard
- Keep a journal with your child
- Create a story together

—Monica Boucher, Apple Blossom Kindergarten Teacher

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What's Happening in the Grades

Grade One | Consonant Blends and Short-Vowel Word Families

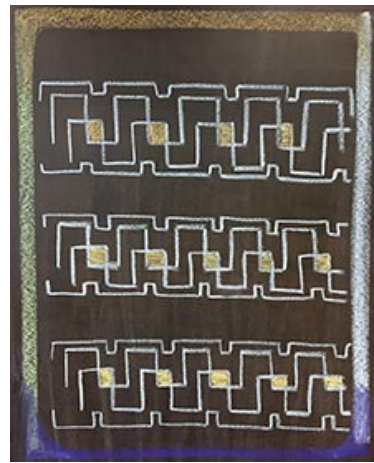
First grade students are developing an endearing and enlivening relationship with the letters of our language. The process has proceeded from pictorial representation of the letters to formal writing enriched by an overarching experience of understanding the construct of stories. In these first grade language blocks the children are not merely learning to read, write, speak, and listen, but also to construct a picture of the world and the relationships within it. At this time the children are enjoying playing with and exploring word families and the quality of consonant blends within words discovered in sentences and stories.



Grade Two | Saints and Legends

As we enter our third and last block of Saints and Legends, second graders will continue to listen to wonderful stories about exemplary human beings. These stories turn the children away from animal archetypes we learned about during our fable block as they look now at the part of human nature where the hero

brings harmony by divine guidance. We also will continue our work on grammar, reading, listening, speaking, and writing as the children unfold during the block.



Grade Three | People at Work

We will invite craftsmen and learn from different trades in the world. We also will bring consciousness to the language we have been writing and speaking for years. We will learn the basic parts of speech and begin to formally work with punctuation.

Grade Four | Norse Mythology and Class Play

The fourth graders are approaching this drama block with great anticipation: to play theater games; learn rod fencing; slip into different roles; co-create costumes, sets, and props; and bring dramatic interpretations to each of the characters of a hilarious Norse play. As spring ramps up, what a refreshing break from the weekly rhythms of a standard block.



Grade Five | Ancient Greek History

With the Odyssey serving as a bridge between mythology and historical fact, we now cross over into Greek history. Our primary focus will be on the “golden age” of Greece, during which the seeds for Western civilization were sown in philosophy, art, drama, government, and literature. We will learn about the city states of Athens and Sparta, experiencing their vast differences in culture and thought. The Pentathlon will tie together our lessons in Greek mythology and history with movement strengthened during Games class. Cris Smith has been teaching the students Greek wrestling, long jumping, running, discus, and javelin-throwing.

Grade Six | Physics II

As we continue our exploration of physics as a truly sensible science, students will come to know their surroundings in a new

way. Our second block of physics will focus on heat, static electricity, and magnetism, and will include the following demonstrations: the effect of heat on various substances and states; expansion and contraction; boiling and freezing; static electricity; conductors and insulators; magnets; and the compass.

Student work from Business Math block



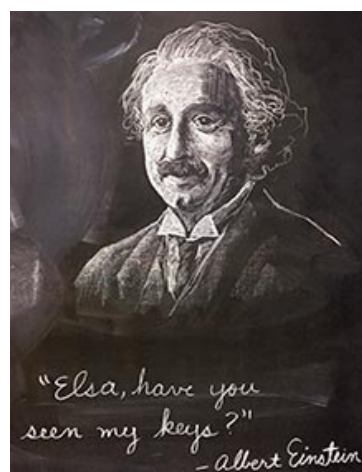
Grade Seven | History: The Age of Exploration

Our second history block will cover the same time period as the first, but it will look at how the new ideas of the Renaissance spread out from Europe and changed the world. Biographies will include Henry the Navigator, Magellan, Christopher Columbus, and Francisco Pizarro. Each student will research a different explorer and present a first-person account of the explorer's journey.



Grade Eight | Chemistry

In this chemistry block, which will show itself to be quite "close to home," we will examine the properties and interactions of organic substances that get used on a daily basis in cooking and metabolism. The role and properties of sugars, starches, proteins, and fats in nature and nourishment are explored. The interconnections of these properties, their production, and associated industrial implications will bring about lively discussions as well. Photosynthesis will also be studied and the students will look at metabolism as a chemical process.



Getting on Track

Despite records broken for the rainiest winter, the seventh and eighth grade classes have been preparing for their spring all-Waldorf track meet. They can be found running and practicing field events at Wilburton Park. This month we hired a running coach, AJ, from

Athlete's Performance to strengthen their running technique. AJ works with the Seahawks so we thought maybe he could offer us a few tips! David Collier said, "I can't believe how quickly I've improved my running form."

More pointers came from marathon runner Kris Solem, mom of eighth grader Rachel, who helped with suggestions on how to find your pace when training for the mile run. The all-Waldorf track

meet is a gentle introduction to a competitive environment where each athlete chooses from several running and field events in which to compete. I think our Three Cedars seventh and eighth graders are an impressive group of talented and hard-working athletes, and I am really excited to see what they can do on **Wednesday, April 27** at the meet!

—Cris Smith, Games and Movement Teacher



Ultimate Corner

The game might have been “Ultimate boomerang” instead of Ultimate Frisbee as the March winds blew strong for the Lumberjack’s season opener. Short passes instead of long hucks were needed as the Lumberjacks battled the Assumption Bulldogs, as well as the wind, for a close one-point win. [Link to photos](#)

It is great to see how winter-long practices have paid off, as the Geckos also started off their season in the rain with a one-point win.

This is the game for Waldorf kids who have been playing outside every day—no matter the weather! We are also happy to have a few students from the French-American School join our Lumberjacks team for the season.

A special shout out to our alumni coaches and players... Aldous Root and Carly Campana made the USA World Ultimate teams and are traveling to Poland this summer for the championships. Anna Tinker, Adam Jemal, Grace Haller, Carly Campana, and Aldous Root made the YCC travel teams and will travel to Minnesota for a national competition this August.

Check www.discnw.org for summer Ultimate camps. Three weeks of camp are on the Eastside!

—Mary Haller, Ultimate Frisbee Middle School Parent Coordinator

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Banyan and Branch

Who: Eurythmy Northwest and Marina Alberio

What: Eurythmy performance of “Banyan and Branch: A Jataka Tale”

When: Saturday, March 26, 2016, 11 AM

Where: Bellevue Youth Theater—Ivanhoe, 16661

Northup Way, Bellevue, Washington

Cost: \$10 for children, \$15 for adults, and \$45 for families; tickets available at the door

Contact: Linda Povinelli, 206.931.1584

Eurythmy Northwest, pianist Marina Albero and special guest students in grades two through six from the Three Cedars Waldorf School Eurythmy Troupe will present

the traditional Jataka tale "*Banyan and Branch*" for families and children (age 4 and older). In this Jataka tale (story of a life of the Buddha), a king's heart is transformed by the selfless actions of a special golden deer. The tale is paired with modern classical music and original compositions by Ms. Albero, and performed in the movement art of Eurythmy, which transforms speech and music to movement and color.



The Eurythmy troupe *Eurythmy Northwest* combines eurythmists from Washington and British Columbia and has been performing in the Pacific Northwest since 2004. They present a wide range of folk and fairy tales, poetry, and musical pieces in schools, private institutions, and public venues.

Marina Albero comes from Barcelona and brings a wide perspective on music. Marina plays piano, hammered dulcimer, and vibes, and has played with some of the most important artists of early, flamenco, and Latin music such as Chano Domínguez, l'Arpeggiata, Barbarito Torres (Grammy winner for Buenavista Social Club), Glen Velez, Pepe Habichuela, Carlos Saura, La Folata, Genara Cortés, and Sara Flores, among others.

Watercolor by Janet Lia

Spring Baking Camp

For: Children in grades 4 through 7; four slots open

When: Monday, April 11 through Wednesday, April 13, 9:00 AM – 3:00 PM

Cost: \$50

Contact: Michelle Mickle, 425.891.8946

Michelle is a former teacher and a Bright Water Waldorf School parent of a daughter in grade four. She is offering a baking camp at her home in Issaquah Highlands during Spring Break. Children will make a cake, fruit pastries, and scones. They also will prepare nutritional organic lunches each day and will have the opportunity to spend some time outdoors between kitchen activities.

Sound Circle News

Programs. Sound Circle Center offers a variety of programs in arts,

anthroposophy, and education. For more information, visit soundcircle.org/offered-programs.



Foundation Studies open house. Are you interested in becoming a Waldorf teacher or in knowing yourself and the world through creative arts and anthroposophy? If so, then please join the faculty, board, students, and alumni of Sound Circle Center for an overview of the Foundation Studies and Waldorf Teacher Training. Our Open House includes refreshments, an exploration and explanation of Foundation Studies and Waldorf Teacher Training, and plenty of time for questions and answers. We hope you will join us for the open house on **Saturday, April 16, 2016 at 1:00 PM – 3:00 PM**, Seattle Waldorf School, 2728 NE 100th Street, Seattle in Huckleberry Hall.

Saturday series. *Life Around Us*, An Introduction to Goethean Observation and Biodynamics with Anouk Tompot and Janet Lia: **Saturdays April 30, May 14, and May 21**. Discover how Goethe's extensive research in plant development and morphology breathes life into scientific knowledge. Session begins at 8:15 AM with singing, followed by visual arts and a lecture, ending at 12:30 PM. Seattle Waldorf Grade School, 2728 NE 100th Street, Seattle.

Information About Waldorf Education



Inform Newsletter: The Association of Waldorf Schools of North America (AWSNA) is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico. To read their March 2016 newsletter, please visit [AWSNA Community Newsletter, March 2016](#).

Sahale Summer Camp

Sunday, June 26 – Saturday, July 2, 2016

With a focus on practicing skills of friendship—inclusion, collaboration, and fun—this overnight camp is specifically designed to meet the needs of youth ages 9–12. Explore 65 acres on the Tahuya River, where camp life includes games, drama, archery, art, music, nature exploration, and group work together time. Your child will benefit from a multigenerational staff and community who demonstrate and teach how to build 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 alumni parent, subject teacher, and camp

director. Flyers are available in the school office. Visit www.goodenough.org for more information and online registration.

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Support a Local Waldorf Graduate!

I am a Three Cedars Waldorf School and Seattle Waldorf High School graduate looking for a little community support to advance my career.

I attended the Gary Manuel Aveda Institute after high school and have been a licensed cosmetologist since December 2014. I am currently an Assistant Stylist at Sorella Salon in Issaquah and am working toward becoming a full-time Stylist. I have a small clientele of return customers but need more clients to serve as models to reach my goal. If you'd like a haircut or color, please consider me. Call Sorella Salon at 425.392.9299 to get a price quote and schedule an appointment. If you'd like to speak with me directly I'd be happy to hear from you as well. Feel free to call or text me at 425.503.8802 if you'd like to talk about options for your hair.

I look forward to working with you!

—Anne Mason



Piano Lessons in Your Home or Mine

Life is like a piano... what you get out of it depends on how you play it. —Tom Lehrer

Whether you are a beginner, intermediate, or advanced student, you can quickly improve your techniques. I currently teach music to children at a local school and I love to motivate younger students. I offer weekly or biweekly lessons to groups or individuals age four through adult. I am a member of the Music Teacher's National Association.

Sign up for summer 2016 lessons now!

—Stefani Zuchetto Pfaff | [Email](#) | 425.830.7942

Our newsletter is published once per month when school is in session.
Content for the next issue is due **Monday, April 11.**

