

# Waldorf News

Three Cedars Waldorf School

November 4, 2011

Dear Three Cedars Parents, Guardians, Friends, and Relatives,

Please enjoy this issue of the Waldorf News.

## ALL-SCHOOL NEWS

### Newsletter and Calendar Updates

The format of the newsletter changed this past spring. What information should you look for in the Newsletter versus the Calendar Updates?

The newsletter is published on an every other week rotation. It contains information from the Executive Director on a wide variety of topics, school announcements, updates from various classes, volunteering opportunities, teacher and staff biographies, and community announcements. It will also occasionally announce upcoming events.

For calendar updates, enrolled families will receive an email on non-newsletter Fridays. This includes the date, time, location (if applicable), and sometimes a brief blurb about upcoming events occurring within the following two weeks or so of publication. Please be sure to read both publications if you have children enrolled at TCWS.

### Taekgyeon at TCWS!

Three Cedars is happy to be offering this after school, extra-curricular activity beginning **November 9<sup>th</sup> at 3:30 p.m.** Taekgyeon is a soft-style martial art, which involves rhythmic, flowing movements and is wonderful for developing balance, strength, and flexibility, while having fun and exercising. Taught and practiced in a cooperative and safe environment, this class is open to students of all abilities. Our program is designed to help everyone develop no matter their starting point. **Adults and students of Grades 6 – 8** are welcome to experience Taekgyeon with Ms. Kathy Davis, 1st Degree Black Belt and Instructor of Taekgyeon at TCWS on **Wednesdays** starting at **3:30 pm** in Trillium Hall, sponsored by the American Taekgyeon Association. Check-in will begin at 3:20 pm. Interested students, parents, teachers, and staff are asked to bring completed [registration form](#) and payment to the front office.

### Lantern Walk 2011

**Saturday, November 12, 2011 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

- **Forget-Me-Not Families and Kindergarten families will meet in the Morning Glory Kindergarten for a puppet show.**
- **Grades 1 & 2 will meet in the Grade 1 classroom for story.**

**After the story, Lanterns are handed out and lit.**

**Parking is in the Three Cedars lot or on the street along 124th Avenue NE (south of the bus stop signs). Please do not park along any of the neighborhood side streets.**

**This festival will be "photo free." Please leave cameras at home!**

The origins of the lantern walk come from France where on Martinmas, November 11<sup>th</sup>, 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 and Forget-Me-Not families](#) meet in the Morning Glory Kindergarten 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

Click [here for flyer](#).

### Thoughts on the Lantern Walk Festival

In summer, nature brought us bird song and sun light. We were drawn into the outdoors, and enjoyed warm summer nights, marveling at the comfort and beauty we could find in nature.

Now, in the late fall, nature is hushed and we could perceive her as "listening", rather than "singing". We are naturally drawn inwardly, spending more time at home, perhaps with friends and family. The change in season has drawn our perception from nature outside us, back to ourselves.

How can we mark this mood and time of the year with a celebration for the children?  
At Three Cedars we walk our lanterns in the woods behind the school. We carry the light through the darkness, while being subject to wind and weather, and protect it cautiously inside the vessel of a lantern. We sing together, yet, walking in a long line, each one of us can only hear a few people around himself, singing, as if alone, into the quiet darkness. Through this offering, each one of us becomes a beacon of light, of song, into the night.

St. Martin was a roman soldier, who was tested in many battles.

However, he is remembered for a selfless deed from which on his life changed. When riding through San Diego, he met a beggar-man, who was freezing in the bitter-cold night. Martin cut his coat in two and shared it with him. Following this, Martin withdrew from military service and devoted his life to healing and to service to his God from that moment on.

He lived as an hermit, and inspired and healed many along his path. He is noted for bringing Christianity into Western Europe.

Many legends and stories are woven around the events of his life, and there is one thing that all have in common: He was described as one, who carried light into the darkness, and when there was no more garment to share, he shared from the richness of his soul.

- Bernd Zabel, Grade 2 Teacher

### Open House at Seattle Waldorf High School

Come Experience a High School that Fosters Excitement for Learning and Passion for Life at Our Open House!

Join us to see our high school campus, meet faculty and students, and hear more about the challenging and engaging curriculum of Seattle Waldorf High School.

**Saturday, November 19, 2011**

**10:00 am to 1:00 pm**

High School Campus, 160 John Street, Seattle, WA 98109 [Map and Directions](#)

Planned program begins at 10:00. For prospective students and parents. [Get flyer](#).

### Holiday Coat Drive on December 9th

The days are getting 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 now. It is still in good shape, but who would use it? For the past two years, we have collected used coats, hats and scarves at our annual coat drive. These items are then distributed by WIC (Women, Infants and Children) in Tacoma to families in need.

*WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy. WIC is the "Federal Special Supplemental Nutrition Program for Women, Infants and Children."*

WIC provides:

- Health screening.
- Nutrition and health education.
- Breastfeeding promotion and support.
- Help getting other services.
- Checks for nutritious foods

source: <http://www.doh.wa.gov/cfh/wic/>

The coats have been highly appreciated. Children's coats are especially needed, as good coats are often hard to come by in second-hand stores in Tacoma, according to social worker Vivian Ellingson from WIC. The WIC clients rarely have cars and often speak limited English, so distributing coats directly through social workers has been very effective.

The coat drive is hosted by the second grade 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.

-Bernd Zabel  
Grade 2 Teacher

### A Silicon Valley School That Doesn't Compute - New York Times

The chief technology officer of eBay sends his children to a nine-classroom school here. So do employees of Silicon Valley giants like Google, Apple, Yahoo and Hewlett-Packard.

But the school's chief teaching tools are anything but high-tech: pens and paper, knitting needles and, occasionally, mud. Not a computer to be found. No screens at all. They are not allowed in the classroom, and the school even frowns on their use at home.

[Click here to continue reading article.](#)

### Waldorf Today Article

#### Death of Preschool?: Play based education

On a perfect Southern California morning not long ago, a gaggle of children gathered in the backyard of a million-dollar home in an upscale Los Angeles neighborhood to celebrate the birthday of twin four-year-old girls. The host parents had rented a petting zoo for the day, and kids jumped gleefully in a bouncy castle out in the driveway. On the terrace, a few parents chatted beside an alluring spread of bagels, coffee and fruit.

Most of the kids at the party attend the same preschool. The father of one child enrolled there, where tuition is \$14,300 a year for half a day, was asked what he likes about it.

"I like that my daughter can tell me what kind of whale it is we see in a movie," said the man, sporting a seersucker jacket. "They seem to be teaching things that other schools don't."

"You ask them what they did in school today," chimed in another dad, "and they're like, 'Oh, today we learned about pointillism.' There's a whole series on Picasso, a four-month project on Klimt."

The first father continued his praise. "You go in there, and they're sitting down, learning something," he said. "At other preschools, they're just playing."

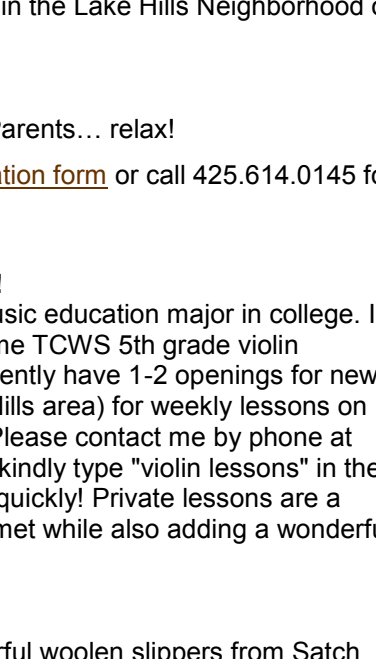
These parents might be surprised to learn that "just playing" is in fact what nearly all developmental psychologists, neuroscientists and education experts recommend for children up to age seven as the best way to nurture kids' development and ready them for academic success later in life. Decades of research have demonstrated that their innate curiosity leads them to develop their social, emotional and physical skills independently, through exploration—that is, through play. Even animals as diverse as squirrels, horses and bears engage in, and cognitively benefit from, play [see "The Serious Need for Play," by Melinda Wenner; Scientific American Mind, February/March 2009].

[More »](#)

## LOWER GRADES NEWS

### Study of India in Grade 5

The 5th Grade study of India filled minds and hearts with the wonderful stories of the Ramayana, the Mahabharata, the Bhagavad Gita, and the lives of Buddha and Krishna. The children looked at actual adult-level poetic versions of the epics, as well, marveling at the meter, length and complexity of the thousands of rhyming couplets. As they learned about the gods, goddesses, and demons, the caste system, and the four stages of life, they struggled to understand the deepest beliefs of this ancient civilization, including reincarnation and rebirth, and how the material world could be considered false and illusory while only the spiritual world was true and real. Hauntingly beautiful music, poetry and recitations accompanied the making of lesson books filled with long story summaries and lovely illustrations.



With deep gratitude to Singh family, who helped adorn our classroom with beautiful and meaningful decorative items from India, the children were able to model and paint clay likenesses of a beautiful merchant seal dating from 4000 B.C. in the Indus Valley. They also designed and painted royal elephants, after having studied regional patterns and colors; this project was done on black foam board using acrylic paints. And lastly, for the Indian festival of lights, Diwali, Mrs. Singh guided us in making a beautiful floor design (rangoli) out of rice powder, with small oil bowls (diyas) made from flour and water, and ghee spooned onto simple wicks rolled in cotton balls. With the depth and breadth of this block, a wonderful tone has certainly been set for Ancient Civilization studies yet to come.

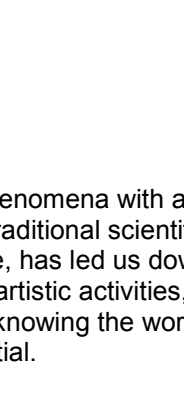
## VOLUNTEERING AT THREE CEDARS

**First Grade needs a pianist for its 1st grade Eurythmy lesson** - Wednesday mornings from 8:30 to 9:00 am. (Must be able to sight read simple pieces and foster) at 425.746.0416 or by email at [jfofster@threecedars.org](mailto:jfofster@threecedars.org). A great opportunity to see Eurythmy in action! Contact Eurythmy teacher Jenny Fofster at [jfofster@threecedars.org](mailto:jfofster@threecedars.org).

### Featured TCWS Volunteer

#### Jason Hartman

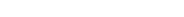
Jason Hartman has been volunteering at Three Cedars in various capacities for the past eight years. His path began by attending Buildings and Grounds Work Parties and helping behind-the-scenes during festivals. He joined the Tuition Level Adjustment Team in 2005. For the past five years, Jason has worked diligently to support several successful auctions. In addition to helping with tech support throughout the entire process, he hosted item storage and pre-event work parties in his home, assisted with event set up and clean up, and provided AV support during the events. He has taught math twice a week in the past, two years with Grade 7 classes and once with Grade 8. Last year, he assisted with Grade 5 math. He returned to the 8th grade classroom this year to work with students needing more of a challenge. Jason also provides technical support to the Administrative offices as part of TCWS's IT Support Team. He finds inspiration in the dedication of his fellow volunteers. His daughters at Three Cedars are Kylie (Grade 7) and Kensington (Grade 6). In his free time, he enjoys playing board games, creating haunted houses (when seasonally appropriate), and spending time with his family.



## BIOGRAPHIES

### Dean of Education - Monica Lander

Mrs. Lander was born in Murfreesboro, TN, and as the daughter of an Air Force career father lived in various places throughout her childhood including Morocco, Missouri, and North Dakota. When her father retired, the family settled and Ms. Lander attended junior and senior high school in Spokane. Ms. Lander studied psychology and philosophy at Eastern Washington State University, helped found the Quadra Island Waldorf School on Vancouver Island, had a one-year internship at the Edmonton Waldorf School, a formal class teacher training year at Sunbridge Teacher Training Program, NY and more recently completed a certification in Spatial Dynamics with Jaimen MacMillan's program. She has over twenty years experience as a Waldorf class teacher in grades one through eight, and has taught in Washington D.C. and Seattle. She is a certified Waldorf Movement Education instructor since 2005 and is currently adjunct faculty for Sound Circle Teacher Training Program in Seattle and the Southwestern Colorado summer training program. Ms. Lander's volunteer work and summers include training Waldorf teachers, practicing and teaching outdoor skills such as Wilderness First Aid, rock and glacier climbing, and sea kayaking. Her daughter Michaela, now twenty-nine years old, began Waldorf Education in kindergarten, and graduated twelfth grade from the Washington D.C. Waldorf School, studied Anthropology and German languages at American University, and is now a professional firefighter/paramedic living in Washington DC. Ms. Lander joined Three Cedars Waldorf School in 2008, having taken a Grade 1 class before transitioning into the Dean of Education role in 2009.



### Handwork Teacher - Gretchen Stude Whitlatch



Naval hospital in San Diego, CA and spent her early childhood in San Diego, CA; Renton, WA; and Redondo Beach, CA. When she was eight years old, her parents settled in Canoga Park, CA (San Fernando Valley) where she lived until she was eighteen years old. She holds a B.A. in Biochemistry from University of California at Berkeley and Waldorf Subject Teacher Training certification from Rudolf Steiner College, Fair Oaks, CA. Her hobbies include Medieval re-creation including costuming, dance, archery, and camping. Her other work experience has included work as a research associate for various biotech firms. Mrs. Whitlatch joined TCWS in 2003.

## COMMUNITY ANNOUNCEMENTS

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

### AWSNA Newsletter INFORM

Read about: [Delegates' Circle meetings](#), [the Leadership Council of AWSNA](#), and [more](#).

### TCWS Student in PNB Nutcracker

Grade 7 student, Shoshana Groff, will be a Tall Servant in this year's performance of the Nutcracker by the Pacific Northwest Ballet. Her mom, Jennifer Parker, was able to set up a group sales account for discounted tickets. Please [email](#) her for more information, including the dates of Shoshana's performances. What a wonderful opportunity to support such a talented community member!

### Upcoming Community Events

#### Ultimate Frisbee

Ultimate Frisbee has resumed under the leadership of Coach David Hasbrook, a TCWS parent. Please note that practices will be held on **Thursdays this year, from 2:00 p.m. - 3:30 p.m.** at Wilburton Park. All experience levels are welcome!

#### Upcoming Events

#### Point Defiance Zoo & Aquarium 12th Annual Career Day

Date: Saturday, November 12, 2011

Time: 9:30 a.m. - 3:00 p.m.

Students wishing to explore careers in animal-related fields are invited to attend the Point Defiance Zoo & Aquarium's 12th Annual Career Day. The day will be filled with Keeper Talks, behind-the-scenes tours (space limited) and interactive presentations by Zoo staff. This event is FREE to students in 6th grade through college. Any student under 16 must be accompanied by an adult. Adults and elementary-aged youth pay regular admission.

For more details, please visit the Career Information page on our website at [www.pdza.org](http://www.pdza.org); click through Education Programs to School Programs to find Career Programs & Information.

#### Issaquah PCC Food Bank Packaging Work Party

Monday, November 14, 2011, 7 p.m.

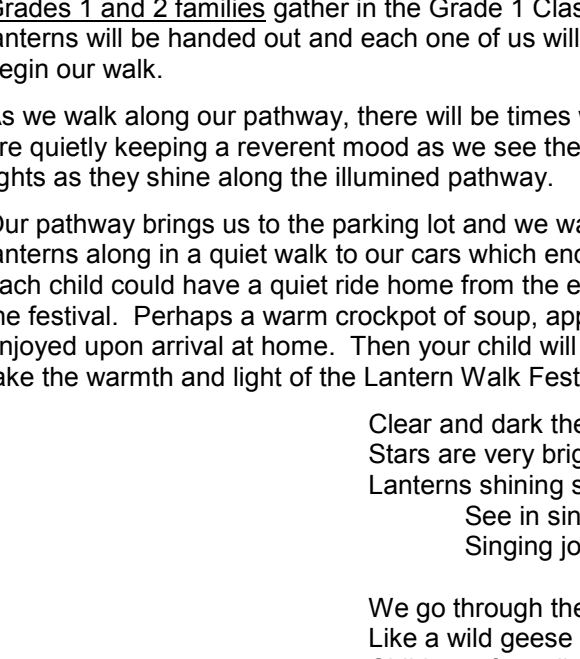
Interested families are welcome to join Mrs. Orzel at the [Issaquah Food & Clothing Bank](#) to help package bulk foods purchased with PCC Food Bank Program donations from PCC shoppers. For more information, contact PCC Community Relations at 206-547-1222 or e-mail: Learn more about the [PCC Food Bank Program](#). Issaquah Food Bank is located at 179 First Ave S.E., Issaquah.

### Classifieds

#### Parent-Tot Classes Now Forming for January 2012

## SIMPLICITY Learning Center

"An oasis for parents with young children"



When: January-March, 2012 (choose from Tue, Wed, Thu or Sat mornings, 9:30 a.m. to 11:30 a.m.)

Where: home-based program at Simplicity Learning Center in the Lake Hills Neighborhood of Bellevue

Who: Mama Jackie and Mama Briana

Cost: sliding scale, \$340-\$420 per quarter, per family

Ten weekly classes over eleven weeks: Children... play. Parents... relax!

Visit [www.simplicitylearningcenter.com](http://www.simplicitylearningcenter.com) for [brochure/registration form](#) or call 425.614.0145 for more information.

#### TCWS Alum Offers Violin Lessons - New Fall Openings!

Hi, I am Maria Crum (Class of 2009) and I aspire to be a music education major in college. In the Fall of 2010, I started giving private violin lessons to some TCWS 5th grade violin students with guidance from my mentor, Judy Beatle. I currently have 1-2 openings for new students. Students come to my house in Bellevue, (Lake Hills area) for weekly lessons on Saturdays. My current rate is \$15/45 minutes or \$20/hour. Please contact me by phone at 425.746.0416 or by email at [magicalmusician@gmail.com](mailto:magicalmusician@gmail.com) (kindly type "violin lessons" in the subject line). If you're interested, act fast because slots go quickly! Private lessons are a superb way to get individual instruction and specific needs met while also adding a wonderful bonus to the school strings program.

#### Satch and Sol Woolen Slippers

Cold days are coming and it is nice to have a pair of wonderful woolen slippers from Satch and Sol. They are having great discounts for groups and schools [http://www.satchsol.com/blog/2008\\_07\\_01\\_archive.html](http://www.satchsol.com/blog/2008_07_01_archive.html) if you wish to purchase some, please contact me - Dashka until Nov 10<sup>th</sup> with the details of your order (style, size, quantity) at [Dashka.zamarashka@gmail.com](mailto:Dashka.zamarashka@gmail.com) so we can make a group purchase.

#### Housekeeper Available

Eco-friendly, reliable, trustworthy house cleaning. Thorough, detail-oriented. Weekly, bi-weekly, monthly, one-time, move-in/move-out, seasonal. Excellent references. Laundry and ironing available upon request. Contact Marie Gizard at 206-735-7912 or [mariegizard@gmail.com](mailto:mariegizard@gmail.com)

#### Lazure Painting

Lazure painting rooms to hold the spirit of the child. Meet Danielle, the Pacific Northwest's Waldorf inspired painter. For more information visit [www.LazureFinishing.com](http://www.LazureFinishing.com) or email [DanielleKerrWilson@gmail.com](mailto:DanielleKerrWilson@gmail.com)

#### Sound Circle Offerings

#### Healing Arts and Anthroposophy

The Heart of the Matter

Next session: November 11th and 12th

An 8- month series of weekend modules which can be taken separately or as a series, applicable to those working in the healing/health care professions seeking to rejuvenate themselves through the arts and gentle self-transformation.

#### Family Foundations

A new round of this warmly received parenting course has begun! Held monthly on Saturdays through May of 2012. Still accepting new participants to join, beginning with November 12th classes.

Dates: November 12th, December 10th, January 14th, February 11th, March 10th, April 21st and May 12th. 9:00- 2:00.

#### Looking with New Eyes: Nature and the Human Being

Elan Leibner with Barry and Janet Lia

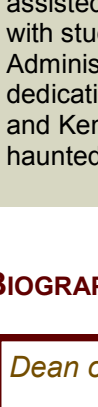
3 Saturdays: November 5th, 12th and 19th, 9:00-12:00

This series of workshops will explore mineral, plant, animal and human phenomena with an eye towards new ways of seeing. There is a growing awareness that the traditional scientific, mechanistic view of living and ensouled beings, let alone human existence, has led us down a dead-end road. Participants will explore through observation exercises, artistic activities, and lectures/discussions how pathways can be opened towards a way of knowing the world that can do justice to the realities of life, soul existence and spiritual potential.

FEE \$120

Please pay at the door.

The Waldorf News is published every two weeks during the school year. Please email submissions to [newsletter@threecedars.org](mailto:newsletter@threecedars.org). The deadline for the next newsletter is Friday, November 11.



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