

October 28, 2013

HIGHLIGHT OF THE WEEK

[All School](#) [Grades](#) [Early Childhood](#) [Volunteer](#) [Bios](#) [At Large](#) [Community](#)

Lantern Walk

Saturday, November 9, 2013
6:00 to 7:00 pm

The lantern walk originated in 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 Empire. 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 without helping him. Martin used his sword to cut his cloak in half and gave half to the beggar. St. Martin inspires us all to share our warmth, love and light with others. Please join us to celebrate this mood and to shine our own lights as the daylight dims and the days grow shorter.



Children grade 2 and younger and their parents are invited to meet in the plaza on November 9th at 6:00 p.m. for a social gathering with hot tea around a bonfire. At 6:20 p.m. a bell will ring

indicating story time. Kindergarten, Preschool and Parent-Tot families please meet in Trillium Hall. Grades 1 and 2 families please gather in the Grade 3 Classroom. After the story, the lanterns will be handed out to the children and each one, with the help of a parent, will carry his/her own flame on a journey through the woods.

At the end of the walk we invite you to quietly wave goodbye and guide your child directly to the car for a reverent departure. It is our hope that each child will have a quiet ride home from the event so that they can inwardly reflect on the festival.

We hope you will join us and take advantage of the opportunity to carry the warmth and light of the Lantern Walk Festival into the coming cold winter months.

ALL SCHOOL NEWS

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Please Join Us for Our Community Forum

Tuesday, October 29 • 6:30 pm • Trillium Hall

Getting together to discuss the school's future is a crucial element in the life of a Waldorf School community. **Please mark your calendar and join us for a World Café style conversation about two important topics:**

- The impact of our growth on our facilities and the future of our site.
- Community life – What we like, what we would like to change.

For more information on the World Café format, please visit www.theworldcafe.com

I look forward to seeing you all on October 29, and to continue building together a vibrant Waldorf School in Bellevue!

Geraldine Kline

NO SCHOOL: October 31 – November 1

Grade School Parent-Teacher Conferences and Early Childhood Parent-Teacher Phone Check-Ins will be held on Thursday, October 31 – Friday, November 1. There is no school for students on these days.

Lost & Found

Our Lost & Found bin is overflowing! The bin will be moved near the bell tower at Elementary dismissal on **Wednesday, October 30. Please be sure to check for any missing items at this time!** Office staff will sort through the items and attempt to return anything that includes a name to its owner. Unlabeled items will be taken to Goodwill on November 1.

Holidays – Simplified!

Wednesday, November 6
7:00 – 9:00 pm • Trillium Hall
Suggested \$10 Donation

Use the principles of Simplicity Parenting to experience 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 & 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. Please contact the Front Office or [email us](#) to register. For questions about the workshop please feel free to [contact Judy](#).



Holiday Crafts & Cookies – Save the Date!

If you're looking for healthier holiday sweets and Waldorf inspired gifts, the Thursday Crafts & Tea moms have just what you need! Parent volunteers will be hosting a "Holiday Crafts & Cookies" table on **Friday, December 13!** Please be sure to stop by to pick up some delicious cookies and festive gifts before our winter break. Parents who are interested in helping with crafts are welcome

to attend the Thursday Crafts & Tea, which happens every week from 8:15 to 10:00 a.m. in the Buttercup Preschool room. Please contact [Rachel](#) if you would like to contribute baked good items for this school fundraiser. Stay tuned for more details!

Work Party Appreciations

On Saturday, October 19, TCWS families braved the chilly October weather to attend our Pumpkin Carving Party, Potluck & Work Party! The children worked hard carving their pumpkins while the adults cleared the woods' paths for Lantern Walk, rescued garden beds from being overtaken by buttercups, weeded, and tidied up for fall. Thank you to our dedicated volunteers: **Dashka Blyzniukova, Joe Burke, Pavel Dolezel, Sophie Dolezel, Vladimir Eremin, Eric Fowler, Nelya Galiakbarova, Stephanie Hoener, Jinho Ka, Rick Long, Nira Medeiros, Beth Parker, Beverly Pressey, Ben Ralston, Sanae Stanley, Scott Stanley, Cris Wegmann, and Yulee Yie!**

Saturday Work Parties

Work Parties are a great way to connect with other families, giving the children a built in play date while parents work together, share food and conversation – all while supporting the school! Please mark your calendars and join us for these upcoming **Saturdays, 10 am to 2 pm: March 22, April 26, May 17.**

If you are interested in being a garden steward, but are unable to attend on one of these Saturdays, please email [Seraphina](#). Volunteers are warmly welcomed after morning drop-off, before afternoon pick-up, and on weekends.

Thank you in advance!
Seraphina Orzel

Weather-Related Dress Code

As the weather turns colder, this is a reminder that the students are expected to dress warmer in response. Below is an excerpt from the community handbook:

- *Students go outdoors for recess and Games Class even if it is raining, making it very important that all students keep their full raingear at school.*
- *Our weather is such that we ask students to come to school with layers, enabling them to stay warm when outdoors.*

• *Class Teachers, subject teachers, or teachers on recess duty may address a student's dress during the course of the school day, using their best individual judgment in the context of a specific activity or class.*

All of the children are familiar with the “weather doll” for recess. It indicates what is expected to be worn during recess. For your reference, here are the expectations that the weather doll indicates, related to the temperature outside (some flexibility is given to remove one layer depending on the students' activity level). These are to be followed by all students in grades one through five. Middle school students are allowed some flexibility to decide for themselves but are sometimes asked to add a layer if they are too under-dressed.

65 + Short sleeves and shorts allowed

55-64 Long sleeves and long pants required

45-55 Light jacket and long pants required

35-45 Heavy coat and long pants required

< 35 Heavy coat, hat, mittens, long pants required

Thank you for aiding your children to make the appropriate clothing choices in the morning, so that they are prepared for their day at school.

King County Green Schools Program

Three Cedars Waldorf School is in the process of working on our King County Green Schools Program Level One recognition! Many of the principles surrounding composting, recycling and overall waste reduction are built into our curriculum and teachings. We feel that our school should be recognized for the work we do to take care of our planet, our communities and our bodies. Therefore, we are working on

completing the paperwork to qualify for level one which is waste reduction and recycling. Once we are approved for level one we will begin working on levels two and three. If you have a student who may be interested in participating in this project please contact [Rachel Tomczek](#). Thank you for recycling and composting and helping keep the Earth a beautiful place!



Website Etiquette Request

If using a public computer when accessing the Parent Portal on the TCWS website, please use the private browsing feature of your browser of choice: **Internet Explorer:** *InPrivate Browsing*; **Chrome:** *New Incognito Window*; **Firefox:** *New Private Window*; **Safari:** *Private Browsing*. Thank you!

GRADE SCHOOL NEWS

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Seventh Grade Lime Kiln

We began our seventh grade Chemistry block by studying combustion. As a component of our work the students rolled up their sleeves and constructed a lime kiln. Using well over one hundred bricks they built a chimney several feet into the ground. A small flue enabled them to keep air flowing and the fire temperature in the kiln at over 1800 degrees Fahrenheit for over 6 hours. In the kiln we had placed pieces of limestone, marble, and shells. Once

cooled, we extracted the limestone pieces from the kiln and found they had transformed into quicklime. Because of the moist conditions outside, the slaking process was not as dramatic as it could have been. None the less, we poured drops of water over the pieces of quicklime, thus slaking the lime. We noted intense warming as the lime crumbled and turned into a fine white powder. We mixed this powder with sand and water to create a mortar very similar to concrete. In this, we enlivened the lime cycle – if you are interested, ask a seventh grader to tell you more!





Ultimate Frisbee

We need your help! The seventh grade is looking for suggestions as we design our new 'Sports & Fan' t-shirts. We need your help coming up with:

- Our new team name
- Team/School logo
- Color for school jersey

Please submit your interesting and creative ideas for any of the above categories. Suggestion forms are available in the Front Office as well as the submissions box. **Deadline for submissions is Wednesday, December 4.** Feel free to ask any seventh grader for clarification.

Danny Hellstern for the Seventh Grade

EARLY CHILDHOOD NEWS

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Overheard in the Kindergarten

“Don’t you wish they made teeny tiny clothes so that you could put them on baby blueberries in the winter so they won’t get cold?”

“Miss Laura, guess what!? Yesterday, after school, I did something!... But I don’t remember what.”



Benefits of a Mixed-Age Classroom

From the play based curriculum to the time spent outdoors, the Three Cedars Early Childhood Program stands out in many ways as a unique learning environment. One of the ways that our kindergartens differs from others is the mixed age environment we have chosen to provide. Our kindergarten classes serve students from as young as three through the age of six.

Many new parents are a bit perplexed at this model as the common approach in our culture is to move from class to class with each year of age. From our perspective as teachers that looks like a lot of unnecessary transitions which can be very difficult for a young child.



Over the years I have observed many benefits to the mixed age model. The first is the deep relationship that it allows teachers to build with students over multiple years. A particular student comes to mind who was with me for four years. At three years old, he was very tender and reserved. He even hid from me during an entire home visit. Over the years we got to know each other quite well and he became very open and communicative with me. In his final year of kindergarten we knew exactly what to expect of each other based on our long history together. In that final year he would often discuss his plans for my then co-teacher, Miss Maggie, and me to go on camping trips with him and his family on the weekends or come over for dinner in the evenings. In his mind we had truly become an extension of his family!

As a teacher in this type of program I am privileged to witness and support the amazing developmental changes that occur in a child over two, three or four years. I have had several students who went from being the child riding in the wagon on the walk to the child pulling the wagon. I recall one child who, at three, needed a tremendous amount of support getting himself ready for the walk, using the toilet and following the rhythm of the day. During his last year he was the oldest boy in the class. He quickly became a leader and effortlessly modeled appropriate behavior in class for the younger children. He was totally independent with self-care and requested absolute privacy in the bathroom. He was very quick to dress himself for outdoor play and when he was finished he assisted his younger friends in dressing. I had seen a complete transformation of this child from a dependent young preschooler to an independent 1st grade ready boy! What a good feeling to send a student like this off to first grade and to be able to tell his new teacher with confidence, “He is ready!”

For the students, the mixed age classroom becomes like a very large family. Each student has multiple school “brothers” and “sisters”. Recently I heard a child telling her partner on the walk about being a big sister. The other child, who had been listening quietly and thinking finally said, “Well, I don’t have a little brother at home but I have lots of little brothers at school!” And, indeed, she is a lovely big sister at school. She pours tea for the younger children at snack time, helps them get dressed in the cubby room and pushes them on the swing, all with great pride. It was heartening for me to hear her express aloud how she feels a part of the class family.

The variety of play in the group is another benefit of a mixed age class. Three year olds tend to love to follow around and imitate the teacher. They play “house”, making tea and cakes and sweep the floor happily. While still very imitative, children who are four and five are very inspired by their surroundings and have a very active imagination. They can pick up just about anything and turn it into something else. (We recently had a whole group of children walking around the playyard talking and texting on cell phones made of bark.) At around six many children find play temporarily more difficult. They often become bored and have “nothing to do”. Then they begin to engage in a new kind of play that involves much discussion and planning. They are always surprised when playtime is over because they never actually played their game, they only talked about playing it. Now imagine a class full of children who have only one of those impulses for play. For instance, a class of three year olds who only imitate the teacher or a class of six year olds who are all bored. The gift in the realm of play for the mixed age class is the inspiration the children can provide for each other in different ways.

So if mixed age classes are so great, you may ask, why have we just added a preschool class for just the youngest preschool aged children? Quite simply, the youngest children require more hands on care than the older children and for that reason we can only accommodate a few into each kindergarten class. In addition, some children are simply not ready for a large class of twenty students and will better settle in to a school rhythm with a small class of up to eight. Also, the preschool is itself a mixed age class of three and four year-olds that will generally have some students who stay two years before moving on to kindergarten. We try our best to carefully place each student in the group that is most appropriate for them. Because we work collaboratively throughout the early childhood program, the kindergarten classes are an extension of the preschool class which itself is an extension of the parent-tot classes, which serve students from birth to four years old. We kindergarten teachers are truly blessed to be welcoming students into our classes who have been going to school at Three Cedars since they were babies in parent-tot. Next year we look forward to having Miss Wendy send us some of the children that she is so tenderly introducing to school in her new class this year.

The highlights that I mentioned above are just a few of the gifts that the students and teachers of our mixed age program benefit from. My colleagues and I have much more to say on the topic and look forward to sharing more with you at future early childhood parent evenings.

Laura Mason, Morning Glory Kindergarten Teacher

VOLUNTEERING

Highlight All School Grades Early Childhood Bios At Large Community

Volunteers Needed!

Lantern Walk Luminary Making

November 7 • 8:15 – 10:00 am

We are looking for several volunteers to help with making luminaries with our Crafts & Tea parents during their regular Thursday craft time prior to the lantern walk. Making the luminaries involves filling paper bags with a bit of sand and placing a candle in them.



If you would be willing to help with this event please contact [Rachel Tomczek](#). Thank you for your support and we wish you a colorful autumn season!

Lantern Walk • November 9 • 4:00 – 6:40 pm

This time of year is when we come together for harvest, celebration and begin the quiet tucking in for the cold months ahead. One of the ways we celebrate this time of year is with our school lantern walk. This is a beautiful, reverent and quiet evening of coming together and shining our lights along the walk and in our community.

We are in need of volunteers to help with several of the tasks during the evening. We would like to ask for three, parent only, third grade and above volunteers to help throughout the celebration.

Tasks include:

- Setting out luminaries from 4:00 to 5:30
- Lighting luminaries from 5:40 to 6:00
- Supervising bonfires from 6:00 to 6:20
- Lighting students lanterns from 6:25 to 6:35

If you would be willing to help with this event please contact [Rachel Tomczek](#). Thank you for your support and happy autumn!

BIOGRAPHIES

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Annette Campana, Teacher, Class of 2015

Annette Campana was born and raised in Vancouver, British Columbia. She attended the Cleveland Institute of Music before returning to BC, where she earned her Bachelor of Education Degree from Simon Fraser University. For

six years, Ms. Campana taught public middle school, first in British Columbia and later in New Jersey. After the arrival of her two daughters, she discovered Waldorf Education, and was deeply inspired as an educator by the insightful and developmentally thoughtful educational approach. Ms. Campana completed her Waldorf teacher training at Antioch University New England, and then worked at the Waldorf School of Princeton as a grade school teacher, early childhood teacher, and choir director. With her family's recent move back to the West Coast, she is enjoying teaching a middle school class. She enjoys music, a cup a tea, a good book, but most of all spending time with her family in the wonderful outdoors.



Judy Beatie, Strings Teacher

Judy Beatie was born and raised in Salt Lake City, UT. After spending freshman year at University of Utah on a full musical scholarship, she left the school to perform with the Utah Symphony. Since that time, she has received the bulk of her musical education on concert stages throughout the United States, Europe, and South America. Mrs. Beatie teaches viola and violin privately. She taught in the Northshore School District for 12 years, toured with the Washington State Arts Commission for 10 years, and, while living in California, she toured with the Young Audiences Program. She presently coaches for the Seattle Youth Symphony. Since joining Three Cedars in 2007, Mrs. Beatie has taught introductory strings to grade four, intermediate strings to grade five, and has led the middle school strings ensemble classes.



AT LARGE

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Hannover Waldorf School Graduate Wins 2013 Nobel Prize in Physiology or Medicine

For those of us who wonder if Waldorf Education can prepare students for a career in science... Thomas Südhof, of Stanford University, was awarded the Nobel Prize in Physiology or Medicine this year. Dr. Südhof's grandparents were early followers of Rudolf Steiner's teaching, and worked for Waldorf schools before Hitler assumed power and banned the anthroposophical movement. He graduated from the Hannover Waldorf school in 1975.

[Read article online...](#)

COMMUNITY

Local Opportunities

Heavy Baby Workshop

Create a therapeutic and cute 2 or 4.5 pound Waldorf-style heavy baby for a child you love! Workshop led by doll maker, puppeteer and Waldorf teacher Aimee de Ney at the Fremont Community School in Seattle. This year your choice of two workshops held on Saturday, November 16 and Sunday, December 1. Heavy babies can be created in a variety of sizes, styles and colors dependent upon the age and preferences of the recipient, and they are all sure to be well loved! Please [email Aimee](#) or call 360-485-3677 for more information and to register.



Local Symphonies

Eastside Symphony

[Eastside Symphony](#) is led by conductor Alexei Girsh. Performances are held at the Redmond Performing Arts Center. This group of enthusiastic musicians play the standard classical repertoire in a relaxed and supportive environment.

Sammamish Symphony Orchestra

[The Sammamish Symphony Orchestra](#) performs on the Sammamish Plateau, in downtown Bellevue and various locations in the Seattle area. It is committed to offering quality music at affordable prices for Eastside residents. This volunteer ensemble provides the opportunity for talented, dedicated musicians to perform with a full symphony orchestra. In addition, the Orchestra promotes involvement in the arts for young musicians who are given the chance to participate in classical and pops concerts.

Wider Community

Setting Sleep Disorders to Rest

Presented by Jaimen McMillan • February 7-9, 2014 • Vancouver, BC

"To sleep: perchance to dream: ay, there's the rub." Sleep disorders plague over one-third of the North American population. Some can't fall asleep. Some have trouble waking up. Some sleep fitfully and wake up more tired than when they went to bed. Insomnia, snoring, sleep apnea, restless leg syndrome, sleepwalking, bedwetting, and nightmares are just some of the topics we

will cover in this course.

Tuition for the course is \$525 (\$500 plus GST of \$25).

Pre-registration required by December 15, 2013 [Email to register](#)

Information www.spacialdynamics.ca

Classifieds

Eat Local Network

Thanksgiving is a time for families and friends to come together, share in the bounty of the fall harvest season, a time to tuck in for the cold winter

months to come and to fill ourselves with good food. Eat Local Network is a wonderful way to bring the bounty of the Pacific Northwest to your table. The Thanksgiving box is brimming with local, seasonal ingredients to cook and create a feast for your Thanksgiving dinner! This year's box includes Snoqualmie Valley vegetables and local cranberries, butter, flour, and nuts. All ingredients are grown within 125 miles of Seattle and you can order additional add-ons such as a turkey or Finnriver Cider. Recipes are also included with the box.



Two pounds potatoes, two pounds Beets, two pounds carrots, one pie pumpkin, one large head of garlic, plenty of shallots, whole wheat flour, one pound Shiitakes, one pound butter, and fresh herbs (thyme, parsley) are just a few of the tasty items you will find in your box. There is a gluten free box available as well!

This is a wonderful opportunity to support local farms and businesses in the local area and thank our local farmers for providing us with bountiful and beautiful food! Please click to find out more details about the [Eat Local Network Thanksgiving Box](#)

Seeking Nanny in Bellevue

I'm a full time working mother with a just-turned-two year old boy. We are looking for one full time or two part time nannies to watch him. Hours are 9am to 5pm, with some flexibility; he naps from 2:30-4:30, so we could do 9-2 or 9-2:30 instead. Pay is \$15/hour at your place or mine (near Crossroads), and driving to local parks. We have a mix of Waldorf and Montessori style toys, as well as a train set and dolls.

My son has had nannies since I returned to work full time in February. One of his nannies had a son about his age, and they got along fabulously! Unfortunately, they moved out of state and my little man is bored with grownups. He longs for social interaction and developing relationships with other kids. He's introverted, so he is often pushed aside and bullied in large groups. For this reason, I don't think that a day care would suit him. I'm looking for a parent with a girl or boy

around his age, so that they can play together.

He loves music, singing, lots of outdoor time, sticks, rocks, balls, anything with wheels, and animals. We have a dog at home, and he is good at being gentle with animals. We use gentle discipline (talking, not punishing), and I regularly get compliments on how polite he is from his caregivers. He loves to try new things and participate in cooking and cleaning activities.

Please contact Meadow at 206-849-8949 or thenorthwindblowing@gmail.com. Thanks!

Submission deadline for our next newsletter is Monday, November 4, 2013.

