

September 30, 2013

HIGHLIGHT OF THE WEEK

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Shofar Making in the Third Grade

The third grade hosted Rabbi Emlen on Monday, September 16. He showed the children kosher and non-kosher horns to be used to make shofars. The shofar, which means "hollow tube," can be played in several different ways. Blown on Rosh Hashanah in temple, the shofar represents the Hebrew people crying out to God from the depths of their souls. The children enjoyed Rabbi Emlen's presentation and had the opportunity to help make three shofars from ram horns which were sawed and drilled. These were then raffled off to three lucky third graders. If you'd like to hear them, you may visit Nolan, Makena or Santiago.



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Parent Association

An important element of our school is the community we build together! There are many opportunities to get to know one another as parents at school events with our children. The Parent

Association would like to invite you to join in any or all of the following events just for parents. The PA will be focusing on three main “themes” for the current school year: **Community Building, Adult Education & Study, and Festival Life**. These themes are interwoven and often times overlapping, but each branch carries its own distinct activities, which support the unfolding of our vibrant community, enriching our lives and the experience of our students. If you have questions, please contact Cameron Altaras, PA Coordinator, or any of the parents listed below at parentassociation@threecedarswaldorf.org.

Community Building

Cook & Talk Series

“That is delicious!” “How did you make it?” “Could you teach me?”

Those are popular questions among our community that is so diverse and full of experienced cooks. Let’s share our way of cooking, our history, our culture! Learn new ways of cooking, try new recipes and sample new foods. Cooking taught by Three Cedars parents who hail from all corners of the earth. Dates and location TBD. *Led by Cris Wegmann.*

Craft & Tea Thursdays

All crafty and non-crafty hands are invited to our social get-together on Thursday mornings from 8:15 to 10:00 a.m. in the lovely Buttercup Preschool room (opposite the Morning Glory entrance). Come sew, knit, glue, string and wrap little treasures for May Faire or immerse yourself in projects needed by the teachers for their classrooms. We chat and drink tea too! If you are not crafty, we would love to teach you. Children are very welcome. *Led by Daria Blyzniukova, Jeannette Nagel, Rachel Rodriguez and Cris Wegmann.*

Adult Education & Study

Steiner Book Group

Read, ask questions, and discuss with us the ideas of Rudolf Steiner, the philosopher/author whose thought undergirds Waldorf pedagogy. We will meet four times during the 2013-2014 school year and focus our discussions on Steiner’s thoughts behind four festivals. Please join our introductory meeting and Michaelmas discussion on Mon. Oct. 7, 3:30 – 5:00 in the Trillium Hall Foyer. If you wish to read the Michaelmas lectures in advance, please contact Geri Snyder. *Led by Cameron Altaras and Geri Snyder.*

Festival Life

May Faire

Help plan, prepare and celebrate the largest all-school community festival of the school year! Although there are many festivals celebrated throughout the year in Waldorf schools, the Parent Association will focus its attention mainly on coordinating the May Faire. This popular event is created by the parents, for the students, and is made successful by the work of many dedicated volunteers. *Led by Jared Parker.*

Festivals

Of course there are many additional opportunities for supporting the students’ festival experiences throughout the year, including Michaelmas, Lantern Walk, Santa Lucia, St. Nicholas, and Winter Garden of Light. The PA and school office will keep parents apprised of ways to become involved in the festival life of the school.





Michaelmas Preparation – Pressing Apples for Cider

Work Parties

The Michaelmas Potluck & Work Party was a great success! We were blessed with sunshine and an abundance of delicious food to sustain the efforts of our dedicated volunteers. We are so appreciative of the volunteers who hauled wood, dug trenches (in very hard earth!), and built an enclosed space for the early childhood students to dig and play. The parents cleared the garden beds of buttercup and other invasive weeds, sifted dirt, cut back brambles, and cleared the paths in the woods. Thank you: **Briana Bennitt, John Bennitt, Dashka Blyzniukova, Pavel Dolezel, Sophie Dolezel, Sandra Duncan, Helena Fowler, Andy Hoag, Stephanie Hoener, Ana**

Huston, Kevan Huston, Rado Klco, Ryan Lipson, Rick Long, Jenn Miller, Jeannette Nagel, Beth Parker, Jared Parker, Beverly Pressey, Javier Rodriguez, Rachel Rodriguez, Thalia Ryer, Ria Simpson, Kris Solem, Sanae Stanley, Scott Stanley, and Zhenia Umbers, and many happy children!

Our next work party will take place on **Saturday, October 19 from 10 am – 2 pm**. We hope you and your family will join us for this community gathering of joyful work, friendly conversation, and outdoor playtime for children. Please RSVP to [Seraphina](#) if you are able to attend.

Seraphina Orzel

Portrait Day – Wednesday, October 16

We are pleased to be working with Vakker Portraits again this year for our student photos! Order forms will be sent home the week of October 7. An email with more information about Portrait Day will be sent as we get closer to the date. Be sure to watch for it in your inbox. **Please note that individual portraits will be taken only for students in Grades 1-8 only. Apple Blossom, Morning Glory, and Grades 1-8 classes will have a group class portrait taken.**

Autumn Has Arrived

Fall weather is upon us! Mornings are chillier, and students need to be dressed appropriately at drop-off. Jackets are an absolute must at this time of year. Dressing your child in layers is recommended as outer layers can be removed if the day does get warmer.



Parking Lot – Games/Recess Area

Did you know that the lower tiers of the parking lot also double as our Games & Recess area? After morning drop-off, cones are placed in the parking lot to prevent cars from parking in these areas. However, if you arrive at morning drop-off and are planning to park past 10:00 am, we ask that you kindly park in the upper tier closest to the street or the angled spots along the north side of

the property (the hill between the garbage enclosure and the street). Thank you!

Moving to the Rhythm ‘Can Help Language Skills’

By **Melissa Hogenboom**, Science Reporter, BBC News

Moving in time to a steady beat is closely linked to better language skills, a study suggests. People who performed better on rhythmic tests also showed enhanced neural responses to speech sounds.

The researchers suggest that practising music could improve other skills, particularly reading. In the [Journal of Neuroscience](#), the authors argue that rhythm is an integral part of language.

“We know that moving to a steady beat is a fundamental skill not only for music performance but one that has been linked to language skills,” said Nina Kraus, of the Auditory Neuroscience Laboratory at Northwestern University in Illinois.

[Continue reading article...](#)

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Middle School Musical Rehearsals

Please note that the **Middle School Musical Rehearsals are scheduled to end at 4:45 pm**. The previous Calendar Update had an incorrect dismissal time listed. If your middle schooler is participating in the musical, please make note of the 4:45 pm dismissal time. Thank you!

Woodworking in the Seventh Grade

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. Utilizing our woodworking benches, students will be able to take on more advanced projects, which will allow them to further develop their problem-solving skills.



Apple Press

Leading up to our Michaelmas festival, students pressed apples to make apple cider!



EARLY CHILDHOOD NEWS

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Apple Day

Each Friday, the oldest kindergarteners all head off with Miss Laura and Miss Tabatha for a special Woods Day. The younger kindergarteners, who are ready for five days of school, but not quite ready for a full outdoor Woods Day, stay back in

the kindergarten. Each day during our daily hike, we have watched and waited to see when the apples at "Farmer John's Orchard" would be ready.

Friday, September 20 was the perfect Apple Day. The weather was crisp and cool, but the sun was shining brightly, so we decided to all meet the Woods Day children down at "Farmer John's Orchard" to pick apples. The Woods Day children headed out on their adventure, while we had our regular morning at school. When it was outdoor time, the magic began! When we came outdoors there was a huge green wagon, holding two buckets for apples, and some orange traffic cones.

Since all of the big kids were on their Woods Day, we needed four special helpers to push and pull the large wagon. With great effort, we got the wagon all the way to the orchard. When we arrived, the Woods Day children were already waiting for us. We put up our orange cones, so the passing traffic would be extra careful. We gave the Woods Day children one bucket, we took the other and each approached a tree. The Woods Day children found a tree with tempting red apples, they all climbed and shook, but alas, only three apples came off of their tree. The rest of us went to our tree and there – waiting on the ground – were golden green apples ripe and waiting. When we got all of the apples we could, we began to shake the tree. Soon, the apples were raining down on us and the children had to scramble through the grass and branches to pick them. For all of our efforts, we found almost a full bucket of apples!

This past week, we washed, polished and chopped apples, and turned them into apple cider for all of us to enjoy at our Kindergarten Michaelmas Feast.

Miss Maggie from Apple Blossom Kindergarten



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Handwork Volunteer

Looking for a volunteer to assist with Handwork. Knitting skills a plus but not necessary. Really need someone willing to read to class during Handwork time.

Tuesdays 10:45-11:35 and Wednesdays 11:40-12:25.

Please contact the Front Office if you are interested.

Bulletin Board Volunteers

We have three beautiful bulletin boards on the front of our main building on the school campus. They are for showcasing student art, providing information on community events and keeping you updated on school happenings. In order to beautify the bulletin boards we need your help! If you have extra fabric or ribbon you would be willing to donate for use on the boards it would be wonderful. The fabric we are looking for would be seasonal (winter, spring/summer and fall/winter), more neutral patterns (not vibrant, crazy patterns which make the signage hard to focus on) and nothing specific to a particular holiday (i.e. no Halloween or Santa Claus patterns). Ribbon would be a neutral, solid color which can coordinate with fabrics used.

We are also looking for a volunteer who would like to take on the project of refurbishing the bulletin boards about every 3-4 months with new fabric, cleaning the sliding covers on the two case bulletin boards and checking regularly for any materials needing to be posted.

If you would like to take on this project please contact [Rachel Tomczek](#) and/or if you have fabric and ribbon to donate please bring it by the front office.

BIOGRAPHIES

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Stephanie Packer

Teacher, Class of 2017 and 2018

Stephanie Packer grew up in New Jersey, and graduated with a BA in Organizational Studies from the University of Michigan—Ann Arbor. During college, she spent a semester living and studying in Seville, Spain, where she formed a strong connection to the Spanish language and culture. This connection brought her back to Seville after graduation, where she taught English and American culture to both children and adults in various settings for several years. Simultaneously, she spent a few summers volunteering on a Biodynamic farm in Princeton, NJ, which sparked her interest in Waldorf Education. She then went on to pursue this path by working primarily as the Grade School After-School Teacher at the Waldorf School of Princeton, and completed her Waldorf



Teacher Training at the Centro de Formación de Pedagogía Waldorf in Madrid, Spain. In addition to serving as a Class Teacher, Miss Packer—also known as Señorita Packer—teaches Spanish to students in grades four, five, seven and eight.

Rachel Tomczek

Receptionist and Volunteer Coordinator



Rachel Tomczek was born in Anchorage, AK, and moved with her family to Walla Walla, WA, where she grew up with her two sisters on a wheat farm, riding horses, playing with barn kitties, and searching for crawdads under rocks in the creek. She studied nursing in Tennessee and worked as a pediatric nurse for nearly 12 years in Seattle, then returned to college in 2011 to earn her Master of Arts in Cultural Studies, focusing on food spaces and the real or perceived barriers surrounding these spaces. Rachel then began working as a wilderness instructor and director for summer camps at Wilderness Awareness School. Rachel, her husband and their two dogs live in the Redmond area and enjoy hiking, backpacking, camping, cycling, wine tasting, and enjoying all the flavors of the Pacific Northwest.

COMMUNITY

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Carpool Request

Dear Three Cedar Parents,

We are excited to have joined your school community. Emily (Grade 2) and Maddy (Grade 1) are really enjoying their classes.

We are interested in exploring the possibility of a car pool or ride share. We live near downtown Woodinville and would be open to meeting in a central location near Avondale or 405. I have a 7 person van and could use that vehicle in the car pool. I have a newborn and she is not a fan of the car!

I can be reached at 425-647-7096. Thank you.

Ana, Kevan, Emily, Maddy and Katherine Huston

Local Opportunities

Simplicity Learning Parent-Tot

Now Registering: Parent-Tot Playgroups! Creative free play, songs and verses, organic-whole foods teatime, mutually supportive parenting discussions, and handwork/crafting activities for the adults with Mama Jackie and Mama Briana

- Indoor morning playgroups 10 a.m. to 12 noon
- Choose Monday, Wednesday, or Friday mornings
- For parents with children birth to 4 years old



Simplicity Learning is located two blocks north of Three Cedars

www.SimplicityLearningCenter.org

Contact Simplicity Learning

425.614.0145

Horse Logging in the Bridle Trails State Park

Saturday & Sunday, October 5-6, mid-morning to whenever!

See a logging operation as it used to look - and likely did look here when the park was logged in the early years of the 20th century.

In order to utilize the trees that were cut because they had grown too close to the powerlines, and to create something interesting at the same time, a horse-logger - Wes Gustafson - is going to come Saturday and Sunday, October 5th and 6th with his team of draft horses and skid the useable logs to the open area near the powerline ring and saw them into lumber.

This is a great opportunity to get up close and personal to a logging operation from yesteryear. We would encourage those of you who might be interested to come and watch. The closest place to park will be the Ben Franklin elementary school in Kirkland. Then cross the street and walk south on the powerline road to the park (about ¼ mile).

The work will start mid-morning and continue until finished each day. In the event of heavy rain or strong winds, we will re-schedule.

Oxbow Harvest HoeDown

Sunday, October 6, 10:00 am – 2:00 pm

Oxbow Farm is located in the beautiful Carnation valley and is an organic, fruit and vegetable farm which holds delightful fall festivals, offers a CSA (community supported agriculture) membership, multiple educational opportunities and a huge pumpkin patch! This fall event is sure to please all ages, hay rides, the pumpkin patch and bobbing for apples. Maybe you'll try your hand at climbing the greased pole, or cider pressing. We'll have lots of popcorn popping, a scavenger hunt, fun farm crafts and games, live music, food and cooking demos and delicious food trucks to keep you sated! We'll even have our farm stand open if you want to pick up some of our finest vegetables to take home. [Purchase tickets here!](#)

Farm Fair

Saturday, October 12, 11:00 am – 4:00 pm

Join us as we celebrate fall at our annual Farm Fair. Admission is free though some activities may have nominal fees. There is no ATM on site and charge cards will not be accepted. Please leave pets at home. There is a shuttle service from Bannerwood Sports Park and from Wilburton Park and Ride as there is limited parking on site.

Free activities:

- Live entertainment: Cowboy Buck
- Heritage demonstrations & activities by the Eastside Heritage Center
- Kelsey Creek Farm animal exhibits
- Tractor-pulled wagon rides by Northwest Vintage Tractor Club
- Free admission

Activities with nominal fees:

- Pony rides
- Local honey
- Food items
- Fun Rents Kid's Corral
- Pumpkin patch & decorating

[Kelsey Creek Farm](#) 410 130th PI SE Bellevue 98005
425 452-7688 kelseycreekfarm@bellevuewa.gov

Museum Family Program

[Seattle Asian Art Museum](#) in Capital Hill offers a Family Program every First Saturday of each

month. **Parent Testimonial:** It is a very nice program, free, interesting and everybody loves it - parents and kids. We usually go for the first part of the program from 11am to 2pm and I invite other families as well. *Cris Wegmann, Grade 1 & Apple Blossom*

Sound Circle News

Parenting Courses Beginning in October

Family Foundations: A Course to Nurture Parents of Young Children

In this heartfelt class designed to educate and renew the parents of young children, you can experience a nourishing and informative respite from the daily challenges of parenting. This course provides a supportive conversation and experiential workshop to develop parenting skills and a deep understanding of the lively dynamics of the first seven years in a parent and child's life together.

The course consists of the following classes:

- Awakening Movement, Rhythm and Rhyme, with Melissa McCall and Guests
- Developmental Dynamics/Life with Children, with Susanna Reynolds
- Painting and Arts, with Flora McEachern
- Tending the Hearth: The Lost Arts of Home and Healing, with Patti Pitcher

Held at Bright Water School, One Saturday a month, 9:00–3:00, including a communal lunch.

Dates: 10/5, 11/2, 12/7, 1/4, 2/1, 3/1, 4/5, 5/10. [Read more or register...](#)

Soulful Parenting: A Course to Nurture Parents of 7-14 Year Olds

This class of exploration and inquiry into the development of the 7-14 year-old child offers a deep resource for parenting. Understanding a child's growth supports an awareness of the thinking and feeling that creates parenting responses and actions. Through this carefully built process, parents can meet their world of Soul and Feeling while shepherding their children through unfolding phases.

This Course will consist of the following segments:

- Discerning Developmental Forces, with Susanna Reynolds
- Eurythmy, with Melissa McCall
- Explorative and Reflective Writing, with Mary Oak
- Painting and Drawing, with Mia Fioravanti
- Soul Filled Parenting: Parenting Awareness and Skills, with Susanna Reynolds

Classes will be held at Bright Water School

Friday Evenings, once a Month, 5:00–9:30pm with Soup and Potluck Social Dinner.

Dates: 10/11, 11/8, 12/13, 2013 and 1/10, 2/07, 3/07, 4/11 and 5/9, 2014

Classifieds

Energy Medicine Classes

Carla Boon, Eden Energy Medicine – Certified Practitioner (and mom of an Apple Blossom preschooler) invites you to:

Energy Medicine 101 and 102 Classes

Energy Medicine 101 and 102 classes will teach you how to tap into and organize your subtle energies, resulting in a strengthened immune system, greater clarity, more vitality, and less stress. You'll learn basic exercises and techniques that are easy to use every day, for yourself or to offer your friends and family, empowering you with tools for improved health and well-being! Based on the work of Donna Eden (author of *Energy Medicine*), Eden Energy Medicine utilizes techniques from healing traditions such as Traditional Chinese Medicine, yoga, kinesiology, and qi gong.

EM 101 offered: Nov 2 or Dec 1 (6 hour class)

EM 102 offered: Nov 3 or Dec 14 (6 hour class)

(Continuing Education credits available for licensed massage therapists)

Cost: \$125/class [Register online...](#)

August Farm – Chicken CSA

Here's a heads-up for a source of yummy local meat: these two ladies do a chicken CSA (along with other meats), and their eastside drop site is my house, 15 minutes from TCWS! Signups for the fall CSA are underway now. *Cait Walsh, TCWS Grade 7 Parent*

August Farm is a small, pasture based, diversified livestock farm. We are located on the Chehalis River in Independence Valley - 30 miles south of Olympia, Washington. We raise pastured chickens, whey-fed pigs, grass-fed lamb and heritage turkeys. All of our animals are humanely-raised seasonally outdoors, processed on-farm and sold directly to customers. We offer a convenient Chicken CSA program, whey fed pork, grass fed lamb and heritage turkey. Go to our [website](#) for more information or to place an order.

Submission deadline for our next newsletter is Monday, October 7, 2013.

