

June 8, 2015

ALL SCHOOL NEWS

[Grades](#)

[Early Childhood](#)

[Announcements](#)

Three Cedars Waldorf School Class of 2015

Graduated Sunday, June 7, 2015

Zoe Colwell-Lipson

Lucia Felix

Grace Haller

Daniel Hellstern

Sophia Hoag

Adam Jemal

Sophia Parker

Kai Pressey



Weekend Work Parties—and Puppets

Drenched in sun and good spirits, families gathered to



work, play, and enjoy our campus the last week in May —alongside visitors who attended Willow Branch Puppet Theater's presentation of Mother Holle.

Chris Pressey led adult workers to prepare a site for rain garden cisterns and continue other garden projects in cooperation with the Cascade Water Alliance and adult student volunteers from a nearby community college. A sturdy wooden beam is now ready to support

a rain chain cascading from the roof. Many thanks to **Chris and Beverly Pressey, Cris Wegmann, Cameron and Jeff Altaras, Marcus Carlisle, Laura and Nels Mason, Beth Parker, and Mary Spurgin.**

Kristi Hartman, with a team of landscapers both short and tall, created 20 unique patio pavers to identify and decorate our new garden beds. **Kelly Anderson** led the concrete mixing and children collected objects to decorate the pavers while they dried in their forms. Children also decorated terra cotta pots and planted flower and vegetable seeds to bring home. At noon we broke for a potluck lunch (thanks for contributions and to **Lisa Anderson** for help with setup) and visited with new friends who came to see the puppet show. Paver artists included **Kelly and Lisa Anderson**, and daughter **Willow, Nailya Galiakborova**, and her sons **Gosha and Seva, Christina and Brandon Simmons**, with son **Rhyko** and baby sister, **Trina Casey** and **Sam Schikowitz**, with son **Harper, Cris Wegmann**, with **Otto and Anna**, and visiting friends, and **Elly, Evan and Henrietta Hartman.**

We are lucky to have the Willow Branch Puppet Theater in our midst. Two members of the troupe are our very own **Geri Snyder** and **My Huynh**, who have practiced this specialty marionette storytelling for many years. If you missed the show, please chat with Geri and My to find out when the next opportunity will arise for you to see their beautiful puppet stories with (or without!) your children.

—Kristi Hartman, Director of Advancement

Kristi Hartman is a dual citizen of the United States and Canada, with family roots that stretch from the deep south of Louisiana and Texas, and northward across the southern provinces of Canada. Kristi has a love for growing all things plant and animal, tending a substantial menagerie as well as a P-Patch plot along the Cedar River with her husband and three daughters who have grown up cloaked in the magic of Waldorf from tiny tot-dom. Kristi hails from a real estate, law and insurance background and education at PLU, and has completed early childhood coursework for the Child Development Associate certification.



Lost and Found

Is your child missing a jacket, sweater, or lunch box?



Many items found their way to our lost and found bin, which was overflowing! To make items easier to find, we have moved them to tables on the sidewalk leading to the school office. The tables will remain in place until **Friday, June 12**. We will make our best effort to reunite labeled items with their owners. Any additional items that remain after June 12 will be donated to a local charity.

Salad Day Lingers On

The faculty and staff take one last opportunity to thank you for your generous contributions to our Salad Day! A small contingent of serving bowls and tools, their scrumptious contents long ago enjoyed, has continued to linger in the school office (declining our entreaties to help answer the phones and apply bandages to scraped knees!). We kindly ask that they be returned to service in their kitchens of origin. If you contributed to Salad Day and think one of these pieces might belong in your kitchen, please drop us a visit and claim it. Unclaimed items remaining after June 12 will be reassigned to a school kitchen or donated.



Dining Out to Support Three Cedars

Does your spouse need a night off from cooking dinner? Do you have a special someone to take to dinner in honor of their achievement, or an anniversary or birthday to celebrate? You can enjoy dining out *and* support Three Cedars at the same time.

If you register your credit or debit card

with eScrip and dine at any of the participating restaurants, a portion of what you spend on dinner will be donated to Three Cedars automatically. There's even a convenient app you can upload to help you on the go.

There are 162 participating restaurants within a 30-mile radius of the school. These include everything from fine dining and great happy hours at places such as 99 Park (102nd Ave NE, Bellevue) and The Icon Grill (5th Avenue, Seattle), to burgers at Lucky Strike (Bellevue Way NE, Bellevue) and Teddy's Bigger Burgers (140th Ave NE, Woodinville). There's pizza, Mexican, Thai, Indian, and more.

Follow the easy directions on the [eScrip dining page](#), and bon appétit! If you have questions, please contact **Cameron Altaras**.

GRADE SCHOOL NEWS

[All School](#)

[Early Childhood](#)

[Announcements](#)



Grade Eight Presentation of *A Midsummer Night's Dream*

Grade Seven Ropes Course

The seventh grade recently had a most successful adventure at the South Bellevue Community Center ropes course. After spending time studying adolescent rites of passage, and the great navigators of the open



seas who braved uncertainty along with unavoidable fears and frustrations to experience new vistas, it was time for our class to put ourselves to the test. I couldn't have been more pleased with the process.

The program was lead very consciously and effectively by trained guides, equipped to both swing from trees and provide a thoughtful context for the exploration of group dynamics and crossing thresholds. The morning began with some introductory challenges, which got our group working creatively and cooperatively. Relying on non-verbal communication, moment-to-moment attentiveness to the movements of the whole and the individuals constituting it, and spontaneous creative problem-solving, the seventh grade succeeded in working together to conquer an interesting variety of challenges. I watched with pride as they calmly worked through frustration and obstacles, became more

attentive and compassionate with each other, and supported each other to succeed.

As we enjoyed a short lunch break under the tree canopy, we eyed the high ropes course above (an intimidating obstacle or inspiring lure, depending on who you ask). The sight of the course inevitably brought fears and questions of capability to the students (as I hoped it would). Will I be able to get up? Will I be able to enjoy it? I saw students rise to their best, supporting each other along the way. Every single student took steps to test the heights beyond the limits of his or her comfort zone. The students all responsibly learned the safety protocol, and each attained to (and sometimes surpassed) a personal goal. For some, it was braving a particularly daunting suspension bridge high in the canopy. For others, it was climbing to the initial platform. In every case, each student met an edge (whether in the group dynamics exercises, or the ropes activities), and each student moved beyond it, to enjoy the existential rewards of such a venture.

The guides even remarked at the end of the day how much fun they have when Waldorf classes come to participate, because *participate* they most certainly do. As the guides described the rarity of encountering groups that so willingly engage in the activities of the day and participate enthusiastically, it gave me even more perspective on (and gratitude for) our special group of teens, who all most certainly participated to the fullest.

—Daniel Packer, Teacher, Class of 2016

Raised in New Jersey with his sister (also faculty at Three Cedars), in the liminal space of the suburbs, and flanked on either side by the metropolitan culture of Manhattan and the rural spaces of NJ, Daniel Packer has had a lifelong interest in exploring the co-evolution and the intersections of psyche, cultural epochs, and the deep history of the earth and cosmos. He holds a BA in Philosophy from Tufts University in 2003, and an MA in Philosophy, Cosmology, and Consciousness Studies from the California Institute of Integral Studies in 2007. It was there that he first began studying the work of Rudolf Steiner, an introduction that continues to deepen with each year. Discerning a calling that lies at the intersections of education and



archetypal psychology, he has worked in a variety of educational settings in public and private schools, including assistant teaching at a Waldorf school and tutoring/mentoring in private practice. Mr. Packer is grateful for the opportunity to deepen his relationship to Waldorf pedagogy as class teacher for the class of 2016.

Pentathlon: Student Perspectives

Sprint by *Al Belmont*

It was the first event, the 100-yard dash. I got up to the starting line and swallowed. I pretty much got 20 seconds on the line before the priest said, “Go!” When he did, my heart skipped a beat and I darted off. I was either second or third, but I knew I wasn’t first. Being the first event and all, I went slow and my feet slammed on the ground with each step that I took. It was not a good feeling. To be honest, it felt like I was carrying an anvil. When I crossed the finish line, I had a horrible feeling in my chest as I jogged back and sat down.



Long Jump by *Simone Simpson*

Our team was far ahead. It was already my turn. I went up to where Piper, my teammate, had last jumped. Those stones were so cold in my hands. Then, my arms swung back, and forth, back, and forth. Finally, I jumped. “Thump!” I landed at least a few feet away from the flag. When I got back in line, high-fives went all around.

Discus by *Benjamin Santerre*

I picked up my discus. “Stand,” I heard the coach say. “Present the discus.” Immediately, I raised my discus up to the gods. “Throw when ready!” I took a couple of swings, and in a heartbeat, my arms unfolded. The discus flew out like a bird and then it landed. I was impressed.

Javelin by *Alma Wigzell*

The moment my hands touched the javelin, I lit up like a Christmas tree. I felt so happy to even be there. When it was finally time to throw, I was prepared. I leaned back and it was like a rainbow shot out of the ground. I threw my arm and the javelin curved up in the air. It didn’t get very far, but it made an arc and landed, so I was proud.

Wrestling by *Orlando Impas*

I heard my name as I walked up to the golden circle. I saw my opponent. He was a head taller than me and looked like he should have been in the Beta weight group. As we shook hands, I looked at him. We clasped hands and began. He pushed me back but I held my ground. We broke the golden circle so the priest stopped us and we started again. We pushed back and forth and the match was called a tied. I felt proud.

Relay by *Eitan Gross*

I was the last one to go. It was my second time. I was ready as my teammate Alma came back

from running. She handed me the baton, but I dropped it! Now, I was angry. As I picked it up, I bolted like the wind. I was passing everybody in front of me and in no time, I reached the finish line and slid in like a pro. “Ahhhh!” I shouted as I came in. I laid down in the grass for a while. My knee was injured. As I got up, the priest decided who was in first place. It was....MEGARA! “Yes!” I yelled. My team won! There was cheering and high-fiving. Everybody was saying that I was the best. People said it was a blur. I was so happy.

—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. She also taught elementary school classes in a bilingual, public school setting. Simultaneously, she spent a few summers volunteering on a Biodynamic farm in Princeton, NJ, which sparked her interest in Waldorf Education. Stephanie went on to pursue this path by working in various roles at the Waldorf School of Princeton, and she completed her Waldorf Teacher Training at the Centro de Formación de Pedagogía Waldorf in Madrid, Spain.

EARLY CHILDHOOD NEWS

[All School](#)

[Grades](#)

[Announcements](#)

Pumpkin Plants

Last fall, a child in the Morning Glory class brought a beautiful gift to school in the Loving Family basket—a round, ripe pumpkin grown in his own garden. We placed it carefully on the nature table for safekeeping and there it sat for a week or two. Over the coming weeks, we sang songs about pumpkins and heard a story about a mouse who lived inside a pumpkin. The

children began to speculate about what we could make with the pumpkin and we finally agreed on pumpkin soup. When we scooped out the gooey insides we found many seeds and carefully separated them, washed them, and set them aside. We chopped the bright orange flesh up and cooked it in our soup. Our whole classroom smelled of pumpkins. It turned out that pumpkin soup is not a favorite food of many children, and that led to a conversation about what we could make if we had another pumpkin. Of course pumpkin pie came up, but we all agreed that what would be even better is pumpkin bread—we could eat it for snack on bread day! Sadly, we had already used up our whole pumpkin in our soup, so we would have to wait. The good news is that we already had just what we needed to make pumpkin bread in the future—pumpkin seeds for growing new



pumpkins!

All year long, those pumpkin seeds have been sitting in a little basket on the Morning Glory nature table waiting and waiting for their special day. When the weather became warm in the spring and we started planting the garden, we knew it was time to put our seeds in soil and watch them grow. Of course, we had way too many seeds for one garden, so we shared them with our friends in Apple Blossom and Buttercup. Each child planted seeds in a little pot and we have been watering them and watching them carefully ever since. After only a week, we saw their little green heads poke up above the dirt and we see them reaching up closer to the sun every day. We will be sending home a little pot of pumpkin plants with each of the children this week. We hope you will be able to find a place to plant them and watch them grow over the summer and into the fall.

With the children's help, we have now begun preparing a new garden bed for a few little pumpkin plants to grow in our play yard. We will transplant a few plants in the last days of school. With any luck, in the fall we will have round, ripe pumpkins for picking and our dream of making pumpkin bread will come true!

—Laura Mason, Morning Glory Kindergarten Teacher

There was a field that waiting lay all hard and brown and bare
There was a thrifty farmer came who fenced it in with care

Then came the plowman with his plow from early until late
Across the field and back again he plowed the furrows straight

The harrow then was brought to make the ground more soft and loose
And soon the farmer said with joy "My field is fit for use!"

For many days the farmer then was working with his hoe
And little Johnny brought the seeds and placed them in just so

And there they lay until awakened by tapping rains that fell
Then pushed their green shoots up to meet the sun they loved so well

Then grew and grew the vines until green pumpkins did appear
The farmer looked and happily said "Our harvest time is near!"

The pumpkins grew and soon turned orange and when autumn days had come
The farmer cut pumpkins off the vine and said "Our harvest's done!"

Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. She joined Three Cedars in 2002 as a preschool assistant, then served as a preschool teacher, and finally, as a



mixed-age kindergarten teacher. Miss Laura received her Early Childhood In-Service Teacher Training Certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed enthusiasm for gardening, both of which she brings into her work as a teacher.

Early Childhood Last Day Potluck Picnic 2015

To celebrate our last day of school this **Thursday, June 11**, we invite all early childhood families to join us for a potluck picnic at Wilburton Park. Kindergarten and preschool parents and three-day preschool students are asked to meet on top of the hill between the restrooms and the playground no later than **11:30 AM**. Woods Day students will walk to the park with Miss Tabatha and Miss Laura after a special morning hike (more info on that below), and the other children who attend school that day will walk to the park with Miss Emma, Miss Cecilia, and Mrs. Stanley. We all plan to arrive shortly after 11:30 AM, and having you all ready for us when we arrive would be a wonderful greeting! When the children have all arrived, we will share some circle games, eat lunch, and gather to say our goodbyes before summer break. Please bring a potluck dish to share. Child-friendly food is always much appreciated by the students! Please also label your dish with all ingredients as many families have special dietary needs. If you have a picnic blanket, please consider bringing it along as there will not be enough picnic tables for everyone.



It is our expectation that at least one parent from each family attend this event. If you haven't already, please confirm your attendance on your class sign-up sheet. Teachers will bring the sign-out sheets to the park and you will be responsible for supervising your own children once we are all together. Please note that this is an early dismissal day and there is no afternoon care for early childhood students on this day. The school will supply tableware for this event, but we will need a volunteer parent to arrive at school a little early to pick up the supplies and deliver them to the park. If you can help with this, please let your teacher know.

A note for the parents of Woods Day students: The Woods Day students have been carefully sanding their walking sticks for weeks now and are eagerly looking forward to the year-end hike! The children will need to be ready to leave school at **8:15 AM** on Thursday, so please have them to school on time at **8:00 AM**. Each child should arrive at school dressed for walking in whatever the weather may be (sunscreen already applied if sunny). Please bring a backpack with a full water bottle and a hearty snack inside that your child can carry. The children must have backpacks they can easily carry themselves because they will need their hands free to carry their new walking sticks and to hold the hand of a friend. Therefore, hand-held lunch boxes will not work for this event. If you do not have a backpack that will work for your child please let us know. Please feel free to check in with us with any questions if you have them!

See you at the potluck picnic!!

—Miss Laura, Miss Emma, and Miss Tabatha

ANNOUNCEMENTS

All School

Grades

Early Childhood

Sound Circle News

Here's what's happening at Sound Circle Center:

- **Foundation Studies:** Now offered every year at Sound Circle Center! Take just Friday or Saturday, or both. The next session begins September 2015.

Foundation Studies provide opportunities to study and strive for personal renewal and self-transformation. Deepen your perception and self-knowledge through artistic practice and development of skills. Foundation Studies will strengthen and nourish your soul, and fulfill the prerequisite for entering the Waldorf Teacher Training Program at Sound Circle Center.

Please visit the [Sound Circle website](#) for more information or to apply.

- **Parenting Classes:** register now for fall 2015 classes.

One Saturday per month, October–May, Seattle Waldorf School

Parenting is a vocation, from which we sometimes need a vacation.

Parents are invited to join Sound Circle for a monthly day of renewal to learn more about the tools of your trade. Two series will be offered again this autumn: Family Foundations (birth to six-year-olds), and Soulful Parenting (seven to fourteen-year-olds). For a complete description and to register, please visit the [Sound Circle website](#).

- **Taste of Anthroposophy, Saturday mornings, 8:30 AM – 12:30 PM;** presentations by selected faculty.

Location: Seattle Waldorf School, Huckleberry Hall, 2728, NE 100th St., Seattle

Do you want to understand more about the philosophy that informs Waldorf education, Anthroposophy? Starting in September, sessions in the new Foundation Studies program (formerly called Foundation Year) are open to all. Each block, held over two to three consecutive Saturday mornings, focuses on essential aspects of Anthroposophy. You can mix and match, according to your availability and interest—one taste at a time. For more information, please visit our [Sound Circle website](#).

- **Philosophy of Freedom, summer at Sound Circle Center: June 29–July 3 and July 6–July**



Location: Seattle Waldorf Grade School, Huckleberry Hall, 2728, NE 100th St., Seattle

This course offers a rich opportunity to begin or deepen your understanding of Rudolph Steiner's seminal work on becoming free, creative thinkers. The Philosophy of Freedom gives one an experience of the essential qualities and tremendous potential of human life. Please visit the [Sound Circle website](#) for complete program description, faculty bios, and cost.

Sound Circle Center is an independent, not-for-profit adult learning community. Sound Circle Center offers inspiring Waldorf teacher education programs, summer courses, and year-round workshops in professional development, leadership, parenting and Waldorf Education. The teachings of Rudolf Steiner, founder of Waldorf Education, are at the heart of our mission, and we are dedicated to the support of Waldorf Education in the Pacific Northwest and all of North America.

Many of the teachers at your school are graduates of our program; some also teach at SCC. Visit [our website](#) and sign up for our newsletter while you are there.

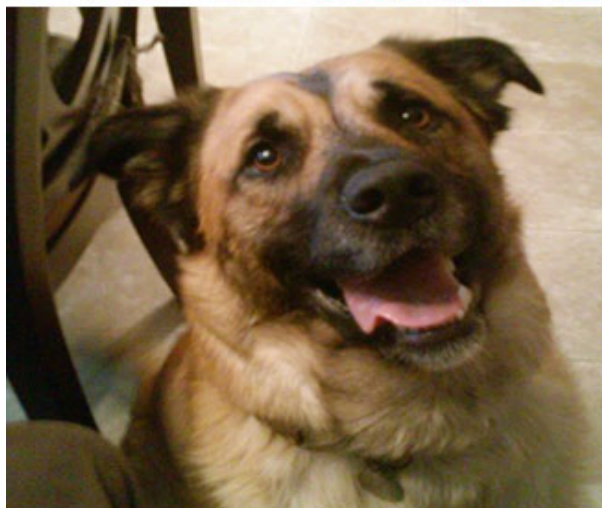


Information About Waldorf Education

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 June 2015 newsletter, please visit [AWSNA Community Newsletter, June 2015](#).

Lake Washington Symphony Orchestra

Don't miss the second annual Symphony of Gardens, a Garden Tour with live music benefiting the Lake Washington Symphony on Sunday, June 28 from 11 AM to 4 PM. Tour five exciting gardens in Beaux Arts, Bellevue, Kirkland, and Mercer Island. For more information, visit the [Lake Washington Symphony Orchestra website](#).



Seeking Housing—and Landscaping Projects!

As the Boucher family (**Monica** and **Ghee**, two daughters **Mila** and **Aiyana**, and dog **Poncho**) prepares to relocate from Port Townsend to join the Three Cedars Waldorf School community later this summer, they bring two requests:

- Any leads on a **four-bedroom home** to lease and possibly purchase. They like cozy, tucked-in locations with space surrounding them.
- Business **contacts for a landscaping business** run by Ghee. He charges \$45 per hour for maintenance (two-hour minimum) and \$65 per man hour for construction services, landscape installations, irrigation installations and repair, and stone work. For more information, visit www.firesparrowlandscaping.com.

In their words, “We are so excited for our girl’s new educational possibilities and for the new life we are creating. Any kind assistance or connections would be greatly appreciated.”

Please contact **Ghee** at 360.301.5992 or **Monica** at 360.301.4097.

Bailey Doggett is a 15-year-old Three Cedars alum going into the tenth grade at Seattle Waldorf High School. She is great with children (especially Waldorf children), responsible, babysitter certified, and ready to work this summer. Bailey lives in Redmond, but will travel (can get a ride from her parents) to surrounding cities Bellevue, Sammamish, Woodinville, Kirkland, Snoqualmie, Fall City, and Issaquah. Bailey is also handy in the kitchen and great at organizing and other odd jobs around the house. Phone: 425.394.3016.

Zoey Pressey, sister of grade eight graduate **Kai Pressey**, is available for summer babysitting/nanny care for children of any age. Zoe is eighteen years old, and she has a car and a good driving record. She has been babysitting for six years and has excellent references from families she has worked with for three to six years. If you are interested, please call or text 206.778.4067.

Our newsletter is published once per month when school is in session.
This is our last issue for the 2014–2015 school year.

Have a wonderful summer break!

