



Newsletter

March 16, 2012

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Dear Robyn,

Please enjoy the current issue of our newsletter.

All-School News

Table of Contents

[All-School News](#)

- [TCWS Board News](#)
- [Video Crew on Campus](#)
- [Parent Association News](#)
- [March Weather](#)

[Grades News](#)

- [Japanese Suitcase](#)
- [Kalevala Presentation at Nordic Heritage Museum](#)

[Early Childhood News](#)

- [Gardening in Kindergarten](#)

[Biographies](#)

- [Ron Sears - Morning Star Kindergarten Teacher](#)

- [Lauren Root - Strings Teacher](#)

[Community Announcements](#)

- [Ultimate Frisbee - Thursdays at Wilburton](#)
- [Your Family's Health - Cooking Classes with Melanie Waxman](#)
- [Announcements from Sound Circle Center - March 2012](#)

- [Parent Map Lecture Series](#)

- [The Frog Prince - Marionette Show](#)

- [New Art Classes at AWE Studio with Janet Lia](#)

- [Rite of Passage Journeys](#)

- [Laura Ingalls Wilder Summer Camp](#)

- [Book: Parenting for Peace](#)

TCWS Board News

Community Meeting

The TCWS Board of Trustees would like to invite you to an all community meeting on

Saturday, March 31, 2012 from 10:00 and to 11:30 am in Trillium Hall. Please join us to find out how community input has been incorporated into the school's strategic plan, and how it informs the ED two-year [Action Plan](#).

We look forward to sharing this information with you as well as continuing our ongoing dialogue!

Board Membership

The TCWS Board of Trustees is pleased to announce that Javier Rodriguez has joined the board, now composed of six members: Lisa Conaghan -CGO/President, Tom Doggett -Vice-President, John Tinker -Secretary, Kelly Anderson-Treasurer, Kari Kailamaki, and our newest member, Javier Rodriguez.

Video Crew on Campus

A video crew will visit our campus this Tuesday March 20th. We are working on a promotional video which will be prominently displayed on the local page of Komo News. The crew will take some footage at drop-off, and move on to filming our lovely students in their classrooms between 8:30 am and 10:00 am. They will visit grades 1, 4, and 7, as well as our kindergarten in action!

Parent Association News

In our last Parent Association meeting this past Thursday, we made good progress on a number of initiatives offered by parents to the school community:

- Adult Education
- May Faire
- Parent Association Leadership
- School Professional Directory

Adult Education

Under the inspired leadership of Bernd Zabel, Grade Two class teacher and parent of Beatrice (Morning Star Kindergarten) and Brighton (Parent Tot), a very promising Adult Education program is shaping up, informed by parents' wishes. Thus far, over 35 parents have shared their wishes via the survey sent in the last newsletter: please join us in shaping the Adult Education program by taking a few minutes to respond to the [survey](#).

Parents of the Seattle Waldorf School and Bright Water School are also invited to take part in the survey and the creation of the program, as we strive to develop a strong cooperation between schools and thus expand our support system and community.

A significant number of parents in our community have enjoyed the ‘**Simplicity Parenting**’ course offered to parents and teachers these past few weeks and months. They reported feeling strongly supported by the research and the tools presented in the workshop. From the school’s point of view, the Simplicity Parenting course is a wonderful opportunity to introduce parents to parenting approaches that are congruent with and supportive of the children’s experience in a Waldorf classroom, offering families ways to create a cohesive approach to their child(ren) education. Several parents have expressed the desire to see that program expand to offer supportive tools for parents of older children and teenagers – one parent suggesting the title ‘Complexity Parenting’! . A ‘Simplicity Parenting’ task force composed of interested parents and Simplicity Parenting course leaders, will be meeting on **Thursday April 19th, 6:30 pm in Trillium Hall** to look further into what such a course could look like in our school. Inspired to chime in? Join the meeting!

Leading such an initiative requires a fair amount of follow- up, communication, and coordination. Bernd will appreciate finding a team member to help him with the myriad tasks. **Interested in creating a vibrant Adult Education program for our school and beyond ? Contact Bernd at bzabel@threecedars.org.**

May Faire

In our last newsletter, you could read an update on the May Faire, which read: “*A beloved spring event at Three Cedars, the May Faire has in the past been held by Robyn, our administrative assistant extraordinaire, as a parent volunteer. Her office schedule is now far too full to leave room for leading this wonderful event. For the event to take place, our community needs one or two leaders, who will be guided in the organization of the event by a fully developed May Faire Guide, compiled by Robyn in years past. Please contact our Development Coordinator Tabatha Jeantette if you are inspired to take it up!*”

The offer still stands! You can let Tabatha know of your interest to organize the May Faire by emailing tjeantette@threecedars.org.

Parent Association Leadership

We agreed on Thursday that we prefer to wait for a month or two when more parents join the Parent Association meetings to select at least a **Chair** and a **Secretary**. These tasks are not daunting: the Chair’s responsibility is to coordinate and hold the meeting and agenda, while the secretary takes on the communication (notes for the newsletter, coordination of emails as projects unfold). Geraldine will keep attending meetings – which she very much enjoys! – so that the Parent Association projects are well integrated in the life of the school. Interested in taking a leadership role on the Parent Association? **Join our April (Thursday April 12, 6:30 pm) and May (Thursday May 17, 6:30 pm) meetings!**

School Professional Directory

Corey Colwell-Lipson, parent of Zoe in Grade Five and Finley in Grade One presented this initiative a few meetings back, and a short survey of our parent body indicate that 60% of participants are very interested in being listed in the directory, and 20% somewhat interested, while 90% are very interested in using it and 10% somewhat interested. It’s a go! Corey will

work closely with Geraldine to make our school professional directory a reality for the 2012-13 school year!

March Weather



We've seen it all this month - sun, rain, wind, hail ... even a torrential downpour that drenched the sturdiest of rain gear and provided excellent puddles for stomping and splashing. This past week, students and staff alike delighted in a surprise snow shower. A lucky few were able to spend time in what was perhaps the last snow of the season. Some even caught snowflakes on their tongues!

What will the rest of March bring? Only Mother Nature know for sure. Whatever she brings, the students are sure to enjoy the second half of the month as much as the first.



Grades News

Japanese Suitcase



A suitcase bursting with Japanese culture, language, and geography was found in the third grade classroom this week. The suitcase was full of costumes, props, Japanese textbooks, maps, and three different alphabets. The third graders discovered that the suitcase belonged to three visiting Japanese teachers who brought the suitcase in order to tell about Japan. The students enjoyed acting out scenes of everyday Japanese life; they wore yellow hats and dark backpacks as they said goodbye to their families and set off for school, all in Japanese of course. The students practiced writing the alphabets, thumbed through Japanese textbooks (which opened the “wrong way”), and ate with chopsticks.

It was a day full of wonder and delight as the third graders drank in the many aspects of Japanese life. Perhaps the next suitcase the students will see will be their own suitcase, full of their own clothes and perhaps they will find themselves heading on an adventure to Japan where they will experience the joy of another culture and language. Thank you to Jung Sook Kim-Tokura for organizing such a superb event!



Stacy Evans-Agnew
Grade 3 Teacher

Kalevala Presentation at Nordic Heritage Museum



The 4th grade is preparing an additional class play, a production of the Finnish "Kalevala" epic. It will be open to the public, since it will take place at the NORDIC HERITAGE MUSEUM in NW Seattle on Sunday, April 1 at 2pm.

The Kalevala stories, much like the German fairy tales, were written down in order to preserve the ancient verses called "runes" and make them available in print. The runes were typically sung by two men sitting on a bench and swaying back and forth as they sang the story. Each line was first sung by the shaman, who entered a trance and "saw" the events he sang about. The line was then repeated by the apprentice; the performance would last hours, and convey only parts of the many stories contained in the epic.

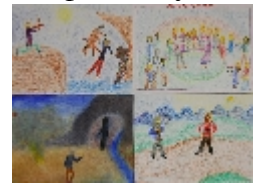


The 4th grade play includes the tales of the magic storysinger Vainamoinen, who wins a bride in a singing contest. Young Aino does not want to marry old Vainamoinen, however, and is killed tragically while fleeing him. Another bride is promised Vainamoinen if he creates a "sampo," a magic grinder that produces gold, flour and salt. However, his second bride falls in love with Vainmoinen's best friend Ilmarinen, the smith who forges the sampo, and her mother keeps the sampo. When his new wife flees from Ilmarinen, the two heroes are left wifeless and without the sampo. They successfully steal back the sampo from the witch of North Farm, but it is destroyed in the ensuing battle. The end of the play emphasizes that they are lucky to have survived, and that they are still friends. The scenes of the play are framed by singing, and accompanied by kantele, recorder, xylophones, and string instruments.

Sunday, April 1, 2-2:45pm

Nordic Heritage Museum, 3014 NW 67th St, Seattle 98117

Kim Holscher
Grade 4 Teacher



Early Childhood News

Gardening in Kindergarten

At the beginning of March, Lady Spring seemed ready to emerge from the woods. Trees began to bud and the daffodils and crocuses that we planted in the fall were peeking up from their beds in the ground. We even had several days of warmth and sun. Spring was clearly well on its way!

And so the kindergarteners began preparing the garden for the new season. Our first task was to prepare seed potatoes. Some of the potatoes were much too large and needed to be carefully cut so that each piece was left with at least two eyes. Several six-year-olds from both classes inspected the potatoes and carefully used sharp knives to cut them into pieces of just the right size. It's a good thing the "big kids" have a lot of practice cutting, thanks to our weekly vegetable chopping day! They were all very careful with their knives and were conscientious about getting each potato just right. When finished, we laid them out to dry. A few days later we prepared the potato patch. After weeding the bed, several 5-year-olds hauled large empty buckets over, then dug dirt out of the bed with shovels until the buckets could hold no more. We were finally ready for planting!

This week, much to our surprise, King Winter came along to show he was not done with us yet! Cold, rain and even snow greeted us in the mornings. It just did not seem right to lay the baby potatoes in bed with only a blanket of dirt in such cold weather. We set the basket of potatoes inside where they will be warm and cozy. We are all hoping to do some planting next week (that's a hint for you, Mr. Sun!) and look forward to sharing our progress with you in future newsletter installments.

Laura Mason
Morning Glory Kindergarten Teacher

Biographies

Ron Sears - Morning Star Kindergarten Teacher



Mr. Sears was born in New York, but spent his childhood in the San Francisco Bay Area. Some of his favorite memories are of camping and hiking through the Sierras or lush Redwood forests near the coast. In high school, Mr. Sears was a competitive bicycle racer, specializing in road and criterium races and participated in the Jr. World Trials his senior year. He attended Pacific University in Oregon, where he earned a B.A. in History and after sampling many professions including sales, cooking, and

warehouse management, he settled into a high tech career in systems administration and network engineering, where he stayed for fifteen years. He became interested in Waldorf education when his son, Jaimiey, began attending Waldorf School in Los Altos. In 2004 he completed a foundation year at the Bay Area Center for Waldorf Teacher Training in Marin. Mr. Sears then moved to Whidbey Island and completed his Waldorf Early Childhood Teacher training certification at Sound Circle Center in Seattle. Mr. Sears then taught in the Early Childhood program at Whidbey Island Waldorf School for three years. A striving banjo player, Mr. Sears is also an avid woodworker using traditional hand tools and counts as one of his more interesting projects that of helping a friend build a custom home. Mr. Sears' son has attended Waldorf K-8 in CA and WA, and his son is a tenth grader at the Seattle Waldorf High School. This is Mr. Sears' second year as co-teacher of the Morning Star Kindergarten at Three Cedars.

Lauren Root - Strings Teacher



Mrs. Root was raised as the daughter of an officer in the U.S. Army. She was born in Garmisch, Germany and then lived in Moscow, USSR; London, UK; Monterey, CA; Fort Bragg, North Carolina; Honolulu, HI; Fort Leavenworth, KS; Nebraska City, NE; Springfield, VA; Carlisle, PA; Fort Benning, GA; not necessarily in that order. She attended the Peabody Conservatory of Music in Baltimore and earned a Bachelors of Cello. After attending business school for a year in Syracuse, NY; she moved to Whidbey Island, WA and taught cello for a few years before settling in Bellevue, WA for the last twenty-five years. Mrs. Root teaches cello privately and has been involved with the Seattle Youth Symphony Orchestras for twenty years and Marrowstone-In-The-City children's programs for seventeen years. Decades of performing and touring with chamber music ensembles and orchestras was put on hold with the birth of her son, now a TCWS alum. Mrs. Root joined TCWS in 2002 and teaches introductory strings to Grade 4, intermediate strings to Grade 5, and the Grades 6-8 Strings Ensemble classes.

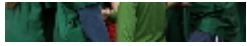
Community Announcements

Ultimate Frisbee - Thursdays at Wilburton



DISC UP!

THREE CEDARS ULTIMATE THURSDAYS AT WILBURTON PARK
2:00 TO 3:45 pm



TCWS students began playing ultimate after school in January, 2010, at Wilburton Park. A small but dedicated group of 1st to 4th grade girls and boys showed up every week and worked on their teamwork (head), running (heart), and throwing/catching (hands). In the spring of 2011, TCWS students formed a team, the Geckos, that competed in the Seattle Elementary School League. The Geckos had much fun playing and even won almost all of the team's games. In April, 2011, the Geckos attended Spring Reign, the world's largest youth ultimate tournament, and had 4 games of ultimate fun followed by much needed pizza.

In the fall of 2011, more TCWS girls and boys began to play ultimate after school and a second team was formed, the Frost Giants. In late October, 2011, the Frost Giants attended Fall Drizzle, a middle school tournament, and had 4 fun games of ultimate that included 3 victories. On March 17, 2012, both the Geckos and the Frost Giants will begin the 2012 Seattle Spring League season and compete with other schools in their respective leagues. All students are welcome to come out on Thursdays. For more information including ultimate summer camps contact David Hasbrook 425-453-6191 or check out <http://www.discnw.org/youth/home.html>

Your Family's Health - Cooking Classes with Melanie Waxman



Learn how to make delicious balanced meals for your entire family. Participate in three in-depth cooking classes focused on preparing easy and nourishing dishes, including yummy, sugar-free deserts. Gain a new understanding of how your kids' health and behavior are affected by what they eat, and walk away with many recipes, food-based remedies for colds, tummy aches, and other kids' and adults' ailments.

Melanie Waxman is a vegan chef and mother of seven vibrant, healthy children. She is also the author of Eat Me Now, Mr. Hoppity's Color me Cook Book for Kids and many other inspirational books on healthy lifestyle. For more info, please visit her [website](#).

[Download flyer for more details](#)

Announcements from Sound Circle Center - March 2012



for Arts & Anthroposophy

Our winter newsletter with articles and information about Sound Circle Center is available [online](#), where you can also sign up for our forthcoming Spring issue.

Foundation Year Open House
Sat. March 17th, 1:00- 2:00pm

For more information, click [here](#). No registration necessary.
Location: Seattle Waldorf School, 2728 NE 100th St, Seattle.

Sound Circle Center will offer its eighth **Foundation Year course** beginning in September 2012. This course may be taken independently to deepen creativity and study Anthroposophy, or as a prerequisite for Waldorf Teacher Training. If you are curious to know more, please join us to meet program directors and some of our faculty, students and alumni. Sample course descriptions and schedules will be available.

Parent Map Lecture Series

PARENTMAP *ParentMap offers \$3 off parenting lectures!* The ParentMap Lecture Series presents national thought-leaders on current parenting issues. School discount code: LSSCH12. More details: parentmap.com/lectures

Next in the Series

Will Puberty Last My Whole Life?



Julie Metzger and Rob Lehman

May 1, 2012 7-9 p.m.

Seattle Children's Theatre

[Tickets](#): \$20

Topic age range: 8-14 years

Real questions and real answers for parents having conversations with their kids about puberty and sex. Learn from local experts, Metzger and Lehman, how to guide your child on their journey through adolescence.

Learn more about [this lecture](#)

The Frog Prince - Marionette Show



THE FROG PRINCE Marionette Performance

Date: Sunday, April 1, 2012

Times: 11:00 am & 1:00 pm

Location: Seattle Waldorf School's Huckleberry Hall 2728 NE 100 Street, Seattle, WA 98125

Presented by: The Willow Branch Puppet Theater

Ticket Information:

Advance Visa/MC Reservations: \$7 child(to 12)/senior \$8 general admission

At the Door: \$8 child/senior \$9 general admission

Please call: 206-985-2059

Click [here](#) for flyer.

DoloresRose Dauenhauer, Artistic Director

The Willow Branch Puppet Theater

www.willowbranchpuppettheater.com

New Art Classes at AWE Studio with Janet Lia



AWE Studio is committed to helping everyone get in touch with their artistic abilities. At AWE Studio, everyone will gain confidence as they produce beauty, and practice the joy of self-expression.

Artist/Educator Janet Lia has been inspiring all ages to create artwork for over 20 years. Janet practices the gift of developing artistic confidence with people so that they create beautiful artwork.

The AWE Studio atmosphere is intimate, nurturing, and supportive. Classes are limited to small groups, or private sessions. Students receive plenty of individual attention.

[NEW ART CLASSES at AWE STUDIO FLYER](#)

Rite of Passage Journeys



Many Waldorf students join Rites of Passage Journeys for their summer adventures. Join them!

Discover the wonders of Washington's lush rainforests and wilderness beaches this summer with Rite of Passage Journeys' backpacking explorations. Whether you are a fearless mountain trekker or a first-time camper, our one- to three-week programs will offer an exciting and unique coming of age experience with a small group of new friends and fantastic mentors. Join us for a life-changing adventure, exploring both the wilderness of the outer world and the depth of the inner self.

For more information, check out <http://riteofpassagejourneys.org/>

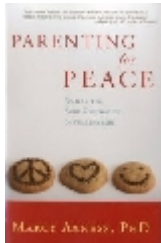
Laura Ingalls Wilder Summer Camp



Re-live the life of a pioneer girl! Do pioneer chores, hand-sew patchwork projects, and do crafts from the Little House books. Bake pioneer recipes, dress in pioneer clothes, and learn more about life in pioneer times. Lots of playtime in my big, beautiful back yard (swings, tire-swing, teeter-totter and slide). July 16-20 and July 23-27, 9:00am – 3:00pm, \$285 (includes all materials and 2 authentic Laura and Mary snacks per day). Located in Northgate area of Seattle.

See website at www.pioneergirlsummercamp.com, contact Jacqueline at tpoems@comcast.net, or call 206-526-1373 for more information.

Book: Parenting for Peace



Parenting for Peace: Raising the Next Generation of Peacemakers
by Marcy Axness

If we really want to change the world, let's raise a generation "built for peace"... from the very beginning. *Parenting for Peace* is a user-friendly scientific roadmap for how to do exactly that... while bringing more joy into family life!

Parenting for Peace details a unique seven-step, seven-principle matrix for hardwiring our babies and children with the brain circuitry for such essential peacemaker capacities as self-regulation, empathy, intelligence, trust and imagination. The win-win is that a child wired in this vibrantly healthy way is a joy to parent, and as an adult has the heart to embrace and exemplify peace, the mind to innovate solutions to social and ecological challenges, and the will to enact them. To be successful in a changing world.

Parenting for Peace offers readers a user-friendly shortcut around today's information overload, because it gives them the most important research from dozens of leading experts woven together with its own empowering perspectives on bringing more joy into family life.

Parenting for Peace is available for purchase from Amazon.com. See what others are saying about *Parenting for Peace*:

Marcy Axness' book has a beautiful message supported by sophisticated understanding of the underlying science. I have borrowed her remarkable translations of findings from our NIH-funded projects in my own lectures.

Curt Sandman, fetal brain development researcher

"A beautifully written call to action with gentle and clear guidance in how to get here. Marcy Axness is a soul guide in a world in need of her vision."

Kim John Payne, author of Simplicity Parenting

I was overjoyed as I read Parenting for Peace, not only as a parent, but as someone who has fought the establishment to prove that there is an audience out there starving for this type of information. I know parents, soon-to-be parents, grandparents and many others will read this book with enthusiasm."

Betsy Chasse, co-creator of What The Bleep Do We Know?

"Parenting for Peace sends a clear, practical message to humanity about how to reap the true promise of our biology: evolve our own consciousness to ensure the future evolution of our species. Read, learn and enjoy."

Joe Dispenza, author of Evolve Your Brain: The Science of Changing Your Mind and Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Friday, March 23.

Please email submissions to newsletter@threecedars.org.

We only intend to send you helpful information and respect your decision to modify your subscription.

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425-401-9874 ~ <http://threecedarswaldorf.org>