



12 MARCH 2011

# Waldorf Weekly News

NOTES TO THREE CEDARS PARENTS, RELATIVES, AND FRIENDS

## CALENDAR REMINDERS

### Wednesday, Mar 16

Students and Siblings  
Portrait Day  
AFFILIATED PRESCHOOL  
AND PARENT-TOT FAMILIES  
INCLUDED!

### Thursday, Mar 17

Parents Brown Bag  
Tea and Crafting  
DROP-IN 8:30 A.M. TO  
12 NOON

### Friday, Mar 18

NO SCHOOL  
FACULTY IN SERVICE DAY

### Saturday, Mar 19

Buildings & Grounds  
Work Party  
10:00 A.M. TO 2:00 P.M.  
CHILD CARE PROVIDED

### Monday, Mar 21

Festivals Team  
Meeting: May Day  
Planning  
3:45 P.M.

### Wednesday, Mar 23

Public Talk by Sonia  
M. Hoglander, BSEE:  
Creating a Healthy  
Home in a Toxic  
World  
7:30 P.M.

### Thursday, Mar 24

School Tour  
BY APPOINTMENT

### Thursday, Mar 24

Parents Brown Bag  
Tea and Crafting  
DROP-IN 8:30 A.M. TO  
12 NOON

### Friday, Mar 25

Grade 4 Class Play  
Community  
Performance  
6:20 P.M. AUDIENCE  
SEATED

### Wednesday, Apr 6

Public Talk by Sonia  
M. Hoglander, BSEE:  
"Making The  
Healthiest Baby's  
Room"  
7:30 P.M.

### Friday, Apr 8

Grade 5 Class Play  
Community  
Performance  
6:20 P.M. AUDIENCE  
SEATED

## Chamber Music Thanks!

The Fourth Annual Three Cedars Chamber Music Event, hosted at the home of **Laurie and Bill Rockenbeck** last weekend, was another smashing success this year! The combined efforts of parents, faculty, and friends of Three Cedars created another memorable and enjoyable evening for all. Thank you to everyone who participated in providing such excellent music for our delighted audience —

**Judy Beatie**

**Karen Crewe**

**Elaine Koga**

**Lili Kung**

**Lauren Root**

**Rick Saada**

**Cliff Watson**

Our lucky audience enjoyed a one-of-a-kind musical experience with a program that included a wide range of pieces, from Mozart and Brahms to Tennessee Williams. Karen and Cliff's operatic acting skills in the finale, a humorous piece from the musical "Monty Python's Spamalot," had the audience wondering at first and laughing hysterically by the end. Thank you to all who bid on tickets to the event at our Boots and Bandanas Benefit Evening in October 2010 and a huge thanks to the entire Rockenbeck Family for providing the venue, food, drink and their signature, gracious hosting. The musical talent surrounding the students at Three Cedars is utterly impressive and inspiring!

All of our supporters ~ who love classical music, excellent food, incomparable hosting, and unparalleled company ~ are encouraged to bid on next spring's event at this coming October 2011 Benefit Evening.... See more photos on page 3!



# Resources and Reminders

## SAVE THE DATE: BUILDINGS & GROUNDS WORK PARTY!

Calling all Three Cedars families: please save the date for **Saturday, March 19, 2011**. Between 10 a.m. and 2 p.m. we will be tackling many projects around the school, including landscaping improvements, planting, painting, cleaning and tidying! Volunteers are also needed to help supervise child care.

Please reply to the front office so that projects may be planned according to the availability and interests of volunteers: 425.401.9874 or info@threecedars.org. Thank you in advance! (Pizza lunch is provided to all volunteers, as well as healthier snacks for child care.)

## CRYING-IN-ARMS

Parents of young children may be interested to read [THIS POST](#) — and several responses from readers — regarding how parents may choose to co-counsel crying, rather than discouraging children from crying, as a healthy reliever of stress.

## PARKING LOT SAFETY

### Elementary Students

As a safety precaution, parents are reminded to please walk students across the parking lot if you are not dropping off or picking up at the curb. Drop-off time in the mornings is between 8:00 a.m. and 8:10 a.m. for elementary students. If you arrive before 8:00 a.m., please remain with your child until the morning attendant is present.

### Kindergarten Students

Parents and carpool drivers are asked to hold hands with all of our youngest children and siblings while walking through the parking lot. Thank you for ensuring that all students are safe.

## SAVE THE DATE! GRADE 4 CLASS PLAY

**Friday, March 25**

All Community Performance  
6:20 p.m. audience seated

## STUDY: MOST PLASTIC PRODUCTS TRIGGER ESTROGEN EFFECT

Three Cedars parents may be interested to review [THIS ARTICLE](#) regarding estrogen effects triggered by plastic products. Here are a few excerpts:

*Most plastic products, even those marketed as BPA-free, leach chemicals that act like the sex hormone estrogen, reveals a new study of 455 common products.*

*About 70% of the plastic items tested positive for estrogenic activity [EA], but that number jumped to 95% when they were subjected to "real world" conditions such as microwaving and dishwashing, according to the study, published this month in the peer-reviewed journal, Environmental Health Perspectives. Such EA exposure has been shown to alter the structure of human cells, posing potential risks to infants and children.*

*"Although BPA [bisphenol A] is the most notorious chemical with estrogenic activity used in plastics, it is not the only one, nor does it have the highest biological effect," a study co-author [George D. Bittner, a neurobiologist at the University of Texas, Austin](#), told Chemical & Engineering News.*

*"Almost all commercially available plastic products we sampled, independent of the type of resin, product, or retail source, leached chemicals having reliably-detectable EA, including those advertised as BPA-free," the study concludes. "In some cases, BPA-free products released chemicals having more EA than BPA-containing products."*

*Another recent study found that [Americans have twice as much BPA in their bodies as Canadians](#), but it couldn't figure out exactly why.*

*[U.S. cities and states, led by Connecticut and Minnesota are trying to restrict the use of BPA](#) in products aimed at infants and toddlers. The chemical is also widely found in the linings of metal cans and on [cash register receipts](#).*

**"What soap is for the body, tears are for the soul."**

—Jewish Proverb

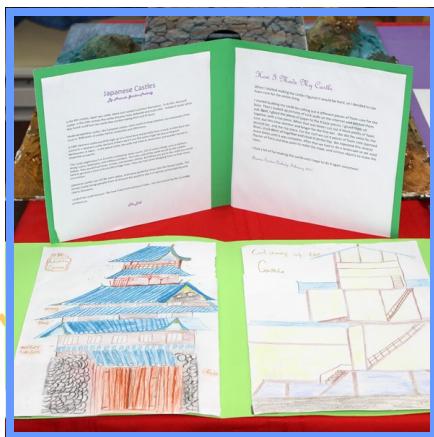
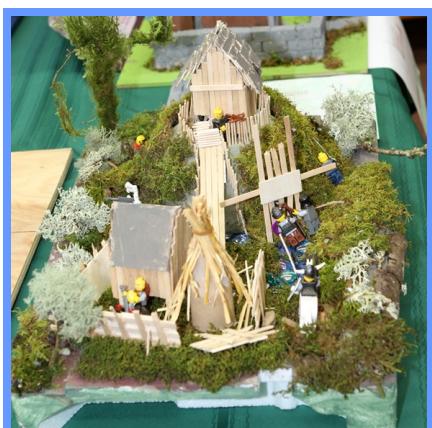
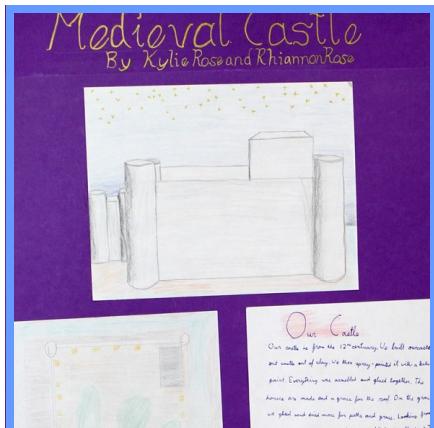
## Photo Gallery — Chamber Music *Benefit Hosted at the Rockenbeck Home*



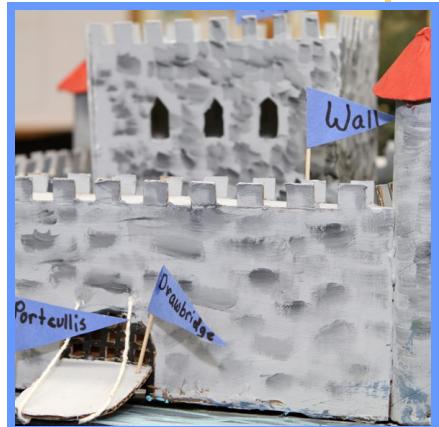
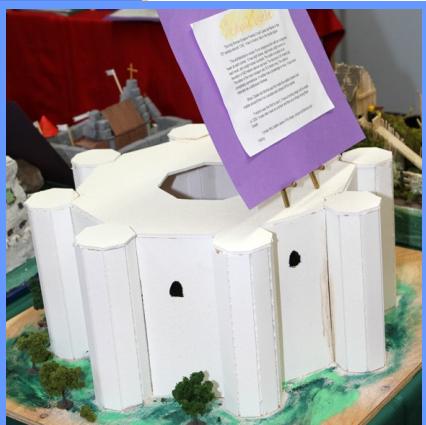
## Photo Gallery —Grade 8 *Woodworking*



## Photo Gallery —Grade 6 *Castle Projects*



## Photo Gallery —Grade 6 *Castle Projects*





# Three Cedars Waldorf School

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The original motivation for the Waldorf education movement was to promote the peaceful evolution of humankind by leading children away from narrow interests toward a broad worldview. Three Cedars Waldorf School continues the active development of that tradition. Consequently, it is not merely an act of compliance with federal law, but of free, willful and deliberate policy to offer Waldorf education to families who desire it for their children regardless of race, color, national or ethnic origin, class, gender, sexual orientation, family structure, or, to the extent our resources permit, their ability to pay.

Three Cedars Waldorf School opened our doors in 1995, in space rented from Unity Church in the Crossroads neighborhood of Bellevue. In 2001, the school purchased our current, permanent facility from the Temple De Hirsch Sinai, in the Wilburton neighborhood of Bellevue. Our school provides elementary grades 1-8 and mixed age kindergarten in service to Eastside families who desire Waldorf/Steiner education for their children.

a Candidate Member of



a Candidate Member of



Submissions to this newsletter may be made to [seraphinao@threecedars.org](mailto:seraphinao@threecedars.org) with "WWN" in the subject field of your message. The deadline is 5 P.M. Wednesday for inclusion in that week's edition. Submissions may be refused or trimmed by the editor to fit to the available space in a particular week's newsletter. Requests for a paper edition of this weekly may be addressed to the school office.

## Three Cedars Waldorf School Board of Trustees

### THANK YOU FROM THE BOARD

We would like to thank all members of the Three Cedars Waldorf School community who attended the All Community meeting this past Thursday evening, March 10, in Trillium Hall. We enjoyed the lively discussion, questions and sharing of perspectives from parents, Faculty, and the Executive Director. If you were not able to attend we look forward to seeing you at a future meeting.

A few reminders:

email address: [board@threecedars.org](mailto:board@threecedars.org)

portal link: <http://www.threecedarswaldorf.org/portal/BoardofTrustees.aspx>  
Includes policies, Board membership guidelines, and additional information

save the date: Thursday, May 12 – Community Ends discussion  
Open forum regarding the results expected from TCWS

Sincerely,

The Board of Three Cedars Waldorf School

Lisa Conaghan, Chief Governance Officer

Tom Doggett, Vice President

John Tinker, Secretary

Kelly Anderson, Trustee