

September 15, 2014

ALL SCHOOL NEWS

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Welcome to 2014-15!

Thank you for choosing our school and Waldorf Education for your children. Our team of faculty and staff is inspired by your trust and commitment, and enthusiastic at the prospect of carrying out the plans they have spent the summer preparing. Waldorf schools around the world have much in common: they take their inspiration from the pedagogical insights of Rudolf Steiner, and a pedagogical approach based on a profound understanding of human development. Yet each school is also unique, and reflects both the individualities of each of the teachers and staff members, and the particular 'color' of their relationships with one another. Their creativity and commitment to their task is seen in the classrooms as well as in the way the school works, its overall gesture, and its mood.



Our preparation for 2014-15, and the first few days of school, have been filled with a contagious enthusiasm for the task at hand. Our campus has been buzzing with excitement since the children have come back to the classrooms, and their joy and innate desire to learn is an inspiration for their teachers.

Our team of faculty and staff members is delighted to be back in school and to contribute their unique skills and gifts to your children. We are creating an inspiring and joyful 2014-15 school year, and we sincerely hope you will join us in this endeavor!

Transparency at TCWS

Our school is committed to transparency in every aspect of the organization. We strive for each action of the organization to reflect the mission and core values

we promote. Our statement of transparency is available on the Governance tab of the Parent Portal of the website, along with documents which articulate our governance, strategic plan, ED action plan, policies, financial statements, budget cycle, articles of incorporation and by-laws. We very much enjoy receiving questions on any of these topics: it means you are interested in the school as a whole, and paying attention!

Mission and Core Values

Mission – We educate our students to fulfill their highest potential – think clearly, feel deeply, impart meaningful purpose to their lives, and actively contribute to the positive development of society.



Educational Philosophy – Waldorf education is based on the pedagogical insights of Rudolf Steiner, his corresponding views of the stages of human development, and the ongoing research of the international Waldorf movement. Working from the ideals of Waldorf education, our school highly values the uniqueness of each individual and their contribution to the positive development of society. Through a broad, rich, and unique curriculum, we develop our students to their fullest potential – spiritually, ethically, intellectually, socially, and physically – while inspiring a life-long love for learning.

Core Values – We achieve our mission through our commitment to these fundamental values:

Inspiring a Love of Learning – We are committed to delivering a Waldorf curriculum based on Rudolf Steiner’s pedagogical insights, to guiding students towards mastery of fundamental academic and artistic subjects, and to inspiring creativity and a genuine life-long love of learning.

Achieving Academic Excellence – We are committed to providing our students with excellent academic preparation, and to guiding them towards the mastery of academics.

Integrated Arts and Academics – We value each student’s artistic development as a fundamental element of a healthy physical, emotional, and spiritual life. Our artistic education, including performance arts, music, movement, fine arts, and practical arts are all woven into our school educational experience in order to enhance the students’ physical and emotional well-being, intellectual capacities and performance, and healthy moral and spiritual development.

Understanding Our Connection to the Natural and Social Environment – We are committed to cultivating beauty, harmony, and sustainability in all aspects of our environment – physical, relational, local, and global. We cultivate reverence for nature through our practice of environmental awareness and stewardship.

Healthy Social Life – Our school is committed to creating a safe and affirming environment and cultivating a vibrant community for its students, their parents, faculty, and staff members. Inherent in the school’s mission is the belief that, as articulated by Rudolf Steiner: *‘The healthy social life is found when in the mirror of each human soul, the whole community finds its reflection and when in the community, the strength of each one is living.’* The school community recognizes and nurtures its diversity in all its forms, and fosters a welcoming environment through open and considerate

dialogue, creating a culture of mutual trust, understanding, and embracing of differences.

Community Satisfaction Survey

In addition to the feedback received through individual conversations and meetings with parents, teachers and staff, the Board of Trustees is taking a new step in gathering a wider range of community input via a Community Satisfaction Survey, starting with the 2013-14 school year. The survey is designed to gather your personal experience and impression of the school in a comprehensive way. The information gathered will help the Board, the Executive Director, Faculty and Staff to better determine which areas we need to focus on and improve. You will receive a link to the survey before the end of September. The survey will be open to all of the TCWS community (parents, faculty and staff) and will be completely anonymous. No personal information will be collected. We count on you to take the time to participate, and in so doing help us shape the school's current and future experience.



Administrative Transition

We have very much appreciated your patience these past two weeks, as **Shelly McSweyn** and **Pam Collier** – our new receptionist and office manager, respectively – explored the multi-faceted realities of their positions and discovered new ways to streamlining and coordinating many of our office processes. Those of us familiar with – and fond of – administrative work know that its beauty lies in what remains unseen! Forms, processes, systems, timing, flow: those are the ‘abracadabras’ of our magical office world. Magical, yet practical. While some of you may have wondered how – perhaps even if – new administrative staff can smoothly step into a well-oiled office culture, the answer is yes! Yet it will take another week or two for this yes to be unconditional: you may have to wait a few more minutes than you grew accustomed to, and even at times adapt to new ways as we continue to make sure that our processes are indeed necessary, and fully compliant with legal and licensing requirements. So, while a transition in administration is always a bit unnerving, it also offers us the invaluable opportunity to see what we are used to doing in a completely new light, and to make improvements we did not know were possible.

One of these improvements is our new After-School Care (ASC) sign-in/sign-out system, which involves a tablet, a software, and a pin number. **Cris Wegman**, ASC Coordinator, and **Asun Muir**, ASC Assistant, will walk you through the very simple ASC sign-out steps if you do not already know. The beauty of this system: we know for certain and in real time whether a child is with us or with you, and Leslye Coe, our faithful bookkeeper, no longer has to spend upwards of 20 hours per month tallying paper records of varying accuracy to prepare your ASC invoice. We are confident you will appreciate this additional layer of student safety and accounting precision!

Enrollment Update

We are making slow yet steady progress in our enrollment, with much interest for our early

childhood program. Our preschool is now full, and our kindergarten full-day (8:00 am – 3:00 pm) program a very popular option. We are very proud of our team of teachers and the program they offer daily, and on this strong foundation are well poised to focus our 2014-15 efforts on enrollment and retention.

Early Childhood Enrollment

Class	Licensed Capacity FTE	Number FTE Enrolled	Number Students Enrolled
Preschool – Full	8	6.9	13
Apple Blossom Kindergarten	17	14.1	15
Morning Glory Kindergarten	17	13.8	15
Total Early Childhood Students	42	34.6	43
Total Number of Early Childhood In-Process Applicants: 5			

Grade School Enrollment

Grade One	Grade Two	Grade Three	Grade Four	Grade Five	Grade Six	Grade Seven	Grade Eight
12	15	17	18	13	10	11	8
Total Grade School Enrollment : 104							
Total FTE for Budget Purposes: 137.6							
Total Number of Students Enrolled: 147							
Total Number of Grade School In-Process Applicants: 6							

Enrollment History

Program	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15
Early Childhood Number of Students	17	27	19	25	26	43
Early Childhood FTE	17	27	19	25	26	34.6
Grade School FTE	91	95	107	106	108	104
Total Number of Students	108	122	126	131	134	147

In Closing

As young schools often do, our school has gone through many stages since the founding parents' dream of 1993 for a Waldorf School in Bellevue. The 1995 incorporation of the Evergreen Waldorf School, through the move on our campus in 2001, and the amendment of the articles of incorporation in December 2005 were all steps forward to build our school. At this stage, with a program more solid than many schools of the same age, we are poised to welcome those families and children who are seeking a balanced and vibrant alternative to education. It is my most sincere hope – and the foundation of this year's focus and efforts – that our whole community will choose to join in the vibrant enthusiasm of our faculty and staff for the task as hand so well summarized by R. Steiner: *"Receive the children in reverence. Educate them in love. Let them go forth in freedom"*.

Geraldine Kline, Executive Director

August Community Work Day

Getting the School Ready – A Heartfelt THANK YOU to the August Work Party participants!

So much to do, so much to do! What looked like a daunting task on Friday was whipped into shape by Saturday, thanks for everyone's joyful efforts!

Beverly Pressey, Annette Campana, Ziyi Wang, Ivan Kavuma, Aurora Garcia, Ricardo Perez, Scott, Sanae, and Nikka Stanley, the Jensen Family, Carla Boon, Mark, Pam, David, and Natalie Collier, Mary and Ari Spurgin, Daniel Packer, Roslyn, Robert, Griffin, Santmo Herrera, Kris Solem, Rachel David, Stephanie Packer, Freeman Held, Thamis and Fernando Mendez, and Javier.

Shaping a Resilient, Collaborative TCWS Community

In our Beginning of Year Letter, we introduced this year's focus on building community, and our choice of the Pomegranate Center www.pomegranatecenter.org to guide our process, **focused on designing and implementing improvements to our playgrounds and outdoor spaces**. Our community process is held by the Pomegranate Steering Group, composed of faculty and staff members, and parents. Curious about what this is about? Before we get together as a community for our first Forum on October 2nd, you are warmly invited to chat about it with Steering Group members:

Laura Mason, Ben Ralston, Monica Lander, Mary Haller, Annette Campana, Cris Wegman, Stephanie Packer, Beth Parker, Geraldine Kline, Cameron Altaras, Chris Pressey.

All Community Forums will take place at **6:30 p.m. in Trillium Hall:**

Thursday, October 2

Thursday, December 4

Drop-off

A heartfelt Thank You for your diligence in honoring our drop-off and pick-up times this year these first two weeks of school! We would like to kindly remind you that we do not provide student supervision before 7:45 am for grades 1-8 or the 8:00 am drop-off time for preschool and kindergarten. Students who arrive on campus before these times must be accompanied by a parent or carpool driver who must remain with the student(s) in their charge until a faculty member arrives for morning drop-off supervision.

Program	Drop Off	Class Start	Classroom Door Closes	Dismissal	After-School Care
Preschool half-day	8:00 a.m.	8:00 a.m.	8:15 a.m.	12:00 p.m.	Not available
Preschool full-day	8:00 a.m.	8:00 a.m.	8:15 a.m.	2:45 p.m.	Dismissal to 6:00 p.m.
Kindergarten half-day	8:00 a.m.	8:00 a.m.	8:15 a.m.	12:00 p.m.	Not available
Kindergarten full-day	8:00 a.m.	8:00 a.m.	8:15 a.m.	2:45 p.m.	Dismissal to 6:00 p.m.
Grades 1–8	7:45 a.m.	8:00 a.m.	8:00 a.m.	3:00 p.m.	Dismissal to 6:00 p.m.

Dismissal

Dismissal time is busy and can be confusing for children and adults alike. We ask that parents take full responsibility for the safety of their child(ren) once signed out from school to eliminate the ‘who is in charge’ confusion. Our students’ safety is paramount: the close proximity of the parking lot and the heavy traffic demands a high degree of focus and intentionality around our dismissal procedure.

The campus rules we have in place during the school day apply any time a student is on campus, for any reason, including dismissal time:

- No pulling on the handicap parking signs.
- No standing on the picnic tables

- No climbing the rock walls of the trees

Please remember that playgrounds are used by our after-school care program and therefore not available for students not registered in the after-school care program.

Extended Care

For the 2014–2015 school year, TCWS offers two Extended Care programs: After-School Care and Break Care.

After-School Care

In recognition of working parents' needs, we have extended our After-School Care hours for both Early Childhood and Grade School to **6:00 p.m.** For detailed information about our Extended Care program, visit our [website](#).

Please note that Financial Aid grants are **not** applied to Extended Care (After-School Care and Break Care).

Break Care

To further support our working parents, Break Care is offered for three weeks during the 2014–15 school year for students in Grade 1 through Grade 5, with two available options: **8:00 a.m. to 3:00 p.m.**, or **8:00 a.m. to 6:00 p.m.**

October Parent-Teacher Conferences & Break: Monday, October 23 – Friday, October 31

In acknowledgment of the inconvenience in our calendar change for October, attendance for the October break is free of charge. Registration is required: [download the registration form](#).

Mid-Winter Break: Monday, February 16 – Friday, February 20

Spring Break: Monday, April 13 – Friday, April 17

Safe Pick-up

To secure a safe and smooth running pick-up time, please remember:

- The pick-up lane is not intended for parking. Keep it moving!
- If you like to chat with other parents or your child's teacher at dismissal, please park in one of our parking spaces.
- Please help students to their cars promptly, and supervise them directly – no games at dismissal time – to maintain safety and accuracy of dismissal and after-school care counts.

Dismissal Reminders

Dismissal time is always busy and can be confusing for adults and children alike. We ask that parents take full responsibility for the safety of their child(ren) once signed-out from school so as to eliminate the 'who is in charge' confusion. Our students' safety is paramount. The close proximity of our parking lot and heavy traffic demands a high degree of focus and intentionality around our dismissal procedure.

Please take care to ensure that proper respect for the campus is maintained. Campus rules that are followed during the school day apply any time a student is on campus for any reason. These include, but are not limited to:

- No pulling on the handicap parking signs
- No standing on the picnic tables
- No climbing the rock walls

Also, please note that the playgrounds are part of the After Care program and may not be used after school.

Smooth Pick-Up

To ensure a safe and smoothly running pick-up, please remember:

- The pick-up lane is not intended for parking. Keep it moving!
- Parents who wish to converse with teachers or other parents after school is dismissed are asked to park their cars in a parking space.
- Please help students to their cars quickly and supervise them directly – no ball games after school – to support students safety and accuracy of dismissal to parents and After School Care.

Parking Lot Etiquette

- Drive SLOWLY, both in the vicinity of the school and on our campus where the speed limit is FIVE MILES/HOUR, especially as you enter the parking lot. Your child(ren) and their friends are on campus!
- DO NOT PARK in the fire lanes, in front of the garbage enclosure, the handicap space, or on the sidewalks.
- RESPECT all parking signage, cones, and no-parking areas.
- Please respect no-parking signage for special events

- Children come and go from the parking lot throughout the day. We urge you to use a HIGH DEGREE OF CAUTION when driving through or parking on campus, for the SAFETY OF ALL.
- Handicap parking spaces are reserved for handicap parking only. The fine for illegally parking in a spot reserved for persons with disabilities is \$250.

Adult Education Series 2014-2015

Please join us for the first two events in our Adult Education Series this school year:

Childhood from Birth through Age Seven

Thursday, October 23 • 6:30 – 8:00 pm

Explore how the Waldorf curriculum works with the developing young child and how to support healthy development. Presented by Johanna Steegmans.

Johanna Steegmans was born, raised, and trained as a pediatrician in Germany, and moved to Seattle in 1989. She completed her training in Naturopathic Medicine at John Bastyr University, and was on the founding faculty of Sound Circle Center, teaching Early Childhood courses and the Foundation Year. Now, she travels and teaches here, in the USA, and abroad. [Get flyer](#)



A Healing Education Workshop

**Friday, Nov 7 • 6:30 – 8:00 pm &
Saturday, Nov 8 • 9:00 am – 3:00 pm**

Jeff Tunkey will lead a workshop based on the Association for Healing Education's approach to understanding the foundational needs of children and effective ways to strengthen their learning environment. Learn more at healingeducation.org.

Jeff Tunkey teaches both Extra Lesson and Physical Education at Aurora Waldorf School, near Buffalo, NY. The school's unique movement program incorporates traditional games, life sports and team sports, weekly tumbling/gymnastics, and whole-class developmental movement based on the Extra Lesson. Jeff is a graduate of the Spacial Dynamics inservice training. His website is movementforchildhood.com [Get flyer](#)



Movement for Fun – and Brain Development

Active play and movement are vital for all ages – for the developing brain and body from birth to adulthood, and for mental health and acuity throughout life. Physical activity not only fuels the brain with oxygen and decreases stress; every movement creates and strengthens connections within the brain and the nerve pathways throughout the body.

The result of a well-balanced childhood and youth is a balanced capacity for left brain/logical-analytic thought and right brain/social-synthetic thought. Creativity requires both hemispheres of the brain to work together.

In short, the connections created through fun, play and movement will strengthen the learning readiness of students of all ages. This talk will focus on the elementary-school years, and address the question of what kinds of movement and how much movement is vital for learning readiness, for athletic foundations, and for a generally healthy childhood. It will also point to the many connections between meditative scientific research of Rudolf Steiner, the founder of Waldorf education, and modern, “mainstream” experimental scientific research on brain anatomy, chemistry and neuro-functioning.

You Are Invited to Our Michaelmas Pageant

Friday, September 26, 2014

Wear gold, orange, or red!

Grades 1 – 8, 8:15 am

Tea and treats in the Foyer at 8:00 am, Michaelmas Pageant in the Plaza at 8:15 am, and Community work with the students until 10:00 am.

Buttercup, Morning Glory & Apple Blossom

Kindergartens, 11:30 am – 12:30 pm

Early Childhood Michaelmas Circle and Luncheon

Michaelmas Day is a regular school day – dismissal at 3:00 pm, after-school care offered until 6:00 pm.

Join us to celebrate Michaelmas, and thank you in advance for your contribution of unsprayed organic apples for our apple press on Monday, September 22!



St. George and the Dragon

Of all the legends found in the Waldorf curriculum, why is the legend of St. George highlighted through the festival of Michaelmas? And why is this story sometimes called 'St. Michael and the Dragon?' What does this have to do with apple pressing, blacksmithing and overcoming challenges?

This particular story is a compilation of legends about conquering a dragon, which points to the inner struggle in human beings when we face our greatest challenges and fears! The dragon or 'minotaur' from pre-Christian legends serves as an archetype of that within us which generates fear and doubt. In the story, the Angel Michael stands as the guiding, protecting, and strengthening force inspiring us when we have the courage, like Saint George, to face our fears with the illuminating light of intention in our minds. Courage is not being free of fear but choosing to act in the face of it. "Choosing to act" in the face of a challenge is a real accomplishment of will.

What does this mean for our students? Each fall, they enter new domains in their development, learning, and ways of seeing and being in the world. They need to enter the school year with a strong will impulse. Each child, student, and teacher takes hold of new and challenging tasks that call them to use their capacities of strength, courage, and love as well as a desire to fight for the right! These ideals can be heard in the children's verse:

*We will work, with our will, with our strength and our skill,
We will fight for the right, we will conquer the wrong.
With courage and grace, all life's task, will we face.*

Saint George's name is derived from the Greek word *Georgios* meaning "worker of the land." The festival of Michaelmas also marks the beginning of autumn where we can begin to observe in nature the 'battle between the forces of light and darkness' which can be seen in the dying and turning of the leaves as well as in the harvesting of fruits and vegetables. We must draw on our strength to 'plough the fields.' The children's inner involvement with Michaelmas is evident in their bold and striking illustrations, often with reds and golds. These illustrations also reflect the autumn mood. During Michaelmas day, the students are put to work apple pressing, enduring physical challenges, and tending the school's grounds. Their hearts and minds are filled with this great legend for many days leading up to the festivities. Outside classrooms, one can hear the many Michaelmas songs filling the air as the students bellow them out! Even on the first day of school, a student asked me, "When do we get to practice for Michaelmas?!" The pageant ends with a song setting the tone for the rest of the fall.

*Firmly on the earth I stand; Michael's sword within my hand;
When I conquer fear, the dragon's chains I tightly bind;
Michael's light within my mind; When I thrust against the monster's pride,
Michael is at my side. When I conquer within me fear and doubt, Michael in Heaven casts the dragon out!*

In the legend of Saint George from the 2nd century AD, George saves a kingdom whose princess is to be sacrificed to the dragon. A hermit tells George that in order to get to the golden palace he must first pass through the valley below and defeat a horrifying dragon. Three times George fights the dragon almost losing his life and finally he finds a chink in the dragon's armor and pierces it with his sword. He then is married to the princess and eventually ascends to the golden castle in the sky. In the legend of 'St. Martha and the Dragon', St. Martha is asked by the people of the land

to save them from a foul dragon that is stinking up the air and water, and devouring animals and villagers. It is said that St. Martha tames the dragon and makes the beast serve her will and the will of the land. In the French Legend of 'St. Michael and the Dragon', archbishop Ivor leads an army to defeat a dragon who is killing many in the land. All who ride with him are afraid, and yet when they approach the dragon, they find he has been slain and a tiny shield and sword remain by his side, stained with the dragon's black blood. In a dream, the angel Michael appears before the bishop and asks him to put these holy weapons in St. Michael's sanctuary on earth. In each legend, conquering fear, facing truth and finding hope empowers us to find hope within ourselves as we approach the new school year ahead.

This time of year offers us the time to reflect on our own dragons, and invites us to ask ourselves the questions: how do we best face them?

Salad Day: Thursday September 18

Invitation from Christa Tinker

Hello folks! Salad day is coming up, **Thursday, September 18.**

There is one day of the year that we as a community come together to hold up the Faculty and Staff at the school to say thank you. The faculty has a long meeting every Thursday from the end of the school day that continues on through dinner time. Thursday, September 18th, our community has the opportunity to feed the faculty and staff during their meeting. It's a lovely way to show them how much we appreciate the gifts they give our children each and every day.

I am hopeful that you can step forward and bring an offering. How does this happen? Initially, please drop me an email with what you'd like to bring. It's lovely to have a wealth of everyone's favorite salad dish, in addition to some desserts, bread, butter and cheese. If there is something that you really want to bring that shows your love and appreciation, it will be warmly welcomed. I hear from the faculty each year that this event is a big hit.

So, please [email me](#), [Christa Tinker](#), sixth grade parent. Thank you for your time and energy!

GRADE SCHOOL NEWS

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Ultimate Frisbee

Students in grades three through eight enjoyed their first week of Ultimate practice at Willburton Park, and

will do so every **Wednesday, 3:30 p.m. to 5:00 p.m.** You still can register your child for Ultimate Frisbee by using the registration form posted on our website in the Parent Portal, in the Extra-Curricular Activities section. Cost for Ultimate is \$200 for the year and includes practices, tournament fees, jerseys, and equipment. Your child is welcome to try the game for four sessions before you make the financial commitment. This year we offer two possibilities for dismissal from Ultimate: on the field 4:50 to 5:00 p.m., and at school 5:15 to 5:25 pm. Students who remain at school after 5:25 pm will be signed in our After-School Care program at the drop-in rate.



EARLY CHILDHOOD NEWS

[All School](#) [Grades](#) [Announcements](#)

Welcome Back to School

We early childhood teachers welcomed our students back to class with great joy this September. As always, the happenings in the first few days of school confirmed for us the value of the mixed age class as well as the importance of a predictable daily rhythm. In most schools each teacher begins the school year with a brand new batch of students, all of whom have much to learn about how things are done at school. In our program we benefit greatly from having the same children with us for multiple years following the same basic daily rhythm each year. The returning students come walking right in the first day, sit down at their cubbies and put on their slippers as if they were just here yesterday. They go about their work and play with confidence and complete trust in their caregivers. The new students are comforted by the mood of the returning students and are carried along in the rhythm simply by following the lead of their peers. The teachers have very little need for verbal instruction thanks to the already well-established healthy habits of their returning students.



In the first few days in the Morning Glory class, I repeatedly witnessed returning students shepherding new students throughout their day. They showed their new friends where to put toys away, how to knead bread dough, where to wash their hands. They modeled appropriate table manners, and shared the most important “rules” of the class such as: “Everyone is welcome to play” and “The teacher is the boss.” I could not have put it better myself! What a gift it is for the new students to have so many peers helping them to find their way in class. And a gift also for the returning students who were once new themselves and now experience an inward sense of

responsibility and pride in their growing capacities.

Today I was delighted to observe a student who first came to class last year when he was just 3 years old and needed a lot of support. Not so anymore! When it was time to clean up our toys after play he very busily helped and I heard him say “I’m doing a teacher job!” After nap he helped other children to put away their nap things and again I heard “I’m doing a teacher job!” Before it was time to go home he helped to straighten out the boots in the cubby room and once again said “I’m doing a teacher job!” Finally, when everyone was lined up on the bench ready to go, he came and stood directly in front of me and proudly announced “Miss Laura, I’m a big boy now!” A big boy indeed!

Laura Mason, Morning Glory Kindergarten Teacher

Michaelmas Celebration for Buttercup, Morning Glory & Apple Blossom Kindergartens – September 26, 11:30 am to 12:30 pm – Early Childhood Michaelmas Circle and Luncheon

ANNOUNCEMENTS

All School Grades Early Childhood

Back to School Essentials of Immune Protection

Seasonal changes bring the need for greater stress resilience. In early September, there were multiple reports of the respiratory illness HEV68 sweeping the US and Europe, putting over 1,000 children in intensive care units in 10 days. Yet the CDC has reported that we are at the end of the era of antibiotics. Now is the time to explore ways to protect your family against evolving pathogens. Jennifer Eddins, SM(ASCP), a lead microbiologist at a US hospital studied a commercial essential oil that kills pathogens in less time than traditional antibiotics. Learn how to revamp your medicine cabinet in a free talk “Beyond Stress” September 27 at the Dreamclinic in Bellevue. Register at www.beyondstress.info.

Saraswati Art Studio Open in Duvall

Dear friends, my name is Elena Kirkegaard (Gita), and I’m an artist and former volunteer art teacher at TCWS. I’m excited to announce the opening of my private, home-based Art Studio in Duvall, WA.

Saraswati Art Studio is Waldorf, Yoga, and Meditation inspired. *Total Creativity Program* for children grades 5-8 is composed of variety of artistic disciplines and mindfulness meditation practices that provide each child with a unique and meaningful experience of art. The program

features watercolor painting pastel and charcoal drawing – sculpture and clay modeling- creative movement (based on Q-Gong and Yoga dance) – mindfulness meditations (designed for children)- enchantment of chanting – healthy snacking

Please, see the website for more information: www.saraswatiartstudio.com
or feel free to call: (425) 305-0292.

Pigs and Pears

It's the time of year for Pigs & Pears. Pricing on pigs is below. For pears, we will have Packham Triumphs available approximately October 2nd. One lug averages 25-30lbs, usually on the higher side. We pack them in as full as we can without damaging the pears. One lug is \$30. [Please email us](#) if interested in ordering pigs or pears. An order form will be emailed to you to fill out for your pear order. Valley View Farms has Large Black/Duroc cross & Large Black/Berkshire cross available. Pricing is \$4.75 hanging weight.

Currently, pig hanging weights range between 180-240 lbs. Additional costs include the butcher and \$50 Abattoir fee per pig. You can use your butcher or I will coordinate sending it to Cullens Custom Meats You will be responsible to place the cutting instructions directly to the butcher. I am more than happy to help you put together your order. Cullens currently charges \$0.55/lb for cut & wrap and \$0.70/lb for cure & smoke. Once your pig is ready I will deliver to your freezer. Typically folks take home about 80% of the hanging weight. It really depends on how you order your cuts; also if you want the offal and lard and head. I get 4 quarts of lard from the leaf fat. You could get more from trimmings, depending again on how you want your cuts. Please [feel free to email](#) if you have detailed questions and we will make sure to get them answered for you, please provide your phone number as well. If you want half a hog let us know and we will put you on a list to pair up with the next person interested in half.

*Eat Well & Eat Pork,
Vince & Valley View Farms*

A Request from a Waldorf Student in Australia

I am a year 12 student from the Samford Valley Steiner School, QLD, Australia, in the process of producing my very first board game. I have started a [Kickstarter Campaign](#) to fund the production of my project and would love to have you on board.



Through Kickstarter you can purchase my game for as low as \$10 AUD. This money will only be paid if my project is successful and reaches its goal of \$7000. If successful, you will then receive your reward.

How can you help me?

Tell your friends – Share my campaign on any social networks (Facebook, Twitter etc) or email friends and family directly.

Pledge – Pledge by purchasing a reward which will be sent to you when the campaign finishes.

Comment – Once you pledge, a small comment goes a long way – boosting the projects activity – meaning more people will view my campaign.

Join us on [Facebook](#) **Follow us on** [Twitter](#)

Pick A Vowel (my game) is a game which involves reading, writing and a competitive attitude to win! It is strategic, unpredictable and most importantly fun! This game is perfect for families and will also make a lovely contribution to school classrooms.

View My Kickstarter Campaign

I realize you are very busy, but if you have the time to support my project in anyway at all, I would be extremely grateful.

I look forward to hearing from you.

Thank you so much in advance,
Sam Gallon

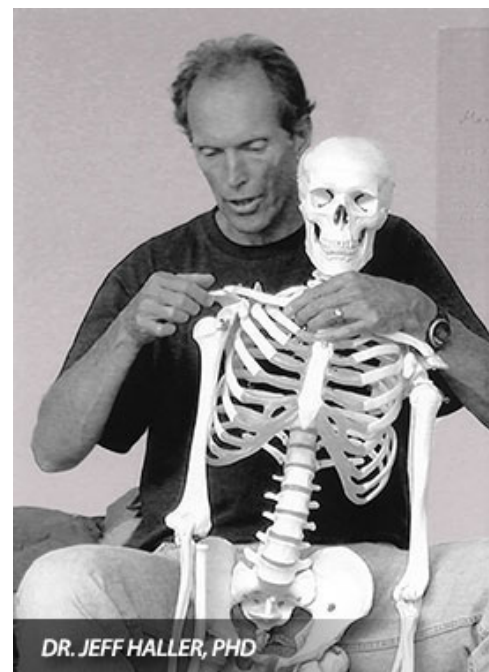
Introduction to the Work of Jeff Haller Ph.D., Feldenkrais® Trainer

(Father of Cole, fifth grade, and Grace, seventh grade)

**October 24–26 with
Free Lecture Demo on Friday Night**

Your children are at Three Cedars for a reason. Like me, you probably want them to deeply enjoy their childhood, remain connected to their own essential nature, and have a rich school experience that promotes their development through experiential learning.

What about you and your need to develop through on-going experiential learning?



When I am at Three Cedars, parents ask me what I do for my work. What I do for my work is, that I help people find a potential hidden within them that has existed since they were children but has been forgotten in the course of life. What you want for your children is often not so easy to find within yourself.

To the end of helping you remember and to enjoy the capacity to learn from your own attention and experience, I am offering a class called, Awareness Through Movement® to the parents of Three Cedars. All proceeds from the class will be donated to the school.

What is learning? One way to define learning is—the ability to function in a new way.

In this course, you will remember the pleasure of learning—experience carefully constructed movement experiences to help you function in your body in a more simple and pleasurable way—move more easily through larger ranges of motion—breathe more efficiently—reduce tension—and discover the value of turning your attention inward as a way to find new resources and outcomes you didn't know you had available to you.

You will:

- learn to breathe more easily
- learn what is good posture and self-organization from a biological perspective, (not what your mother told you).
- discover how to reduce stress and tension by moving with greater ease and support.
- discover a new found potential for freedom of movement.
- recover abilities lost due to past injuries.

Workshop details:

Where

Dreamclinic
15436 Bel-Red Road
Redmond, WA 98052

When

October 24-26, 2014
Friday 7 to 9 p.m. Free Lecture Demo
Saturday 9 a.m. to 4 p.m.
Sunday 9:30 a.m. to 3:30 p.m.

What to Wear

Warm, layerable, comfortable clothes easy to move in. Movement mats will be provided.

Cost

\$150 for Three Cedars parents, \$250 for two or bring a friend; Three Cedars teachers \$75

50% of proceeds after expenses to Three Cedars

To Register

Contact [Cameron Altaras](#), Parent Association Coordinator

For Questions

Contact [Jeff Haller](#) 425.502.8346

This workshop will be audio recorded and all participants will receive a copy of the recording.

For reference from people who have worked personally with Jeff Haller, please call Jeff at the number above.

Jeff Haller Ph.D. is a former university athlete, black belt in Aikido, has a MA in Intercultural Education and his Ph. D in Transpersonal Psychology. He trained personally with Dr. Moshe Feldenkrais, graduating in 1983, and has international recognition in the Feldenkrais community for his teaching in Feldenkrais Teacher Training Programs. He teaches regularly at Feldenkrais Guild annual conferences, known especially for his functional view of movement. For further information about Jeff you can visit his [website](#).

Sound Circle Workshops & Courses

Family Foundations: A Course to Nurture Parents of Young Children, Birth to 7

Saturdays, once a month, 8:15 a.m. to 3:30 p.m., October 2014 through May 2015

Seattle Waldorf School Grade School Campus

Classes begin October 11, 2014 [Get flyer](#)

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 workshops 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. A must have class for all Waldorf parents. Pre-registration required. [Please visit our website for more information.](#)

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

Saturdays, once a month, 8:15 a.m. to 3:30 p.m., October 2014 through May 2015

Seattle Waldorf School Grade School Campus

Classes begin October 11, 2014 [Get flyer](#)

Find the tools and support you need for these parenting years. 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 development supports an awareness of the thinking and feeling that creates parenting responses and actions. Through this carefully built process, parents can meet their child's world of Soul and Feeling while shepherding them through these unfolding phases. Pre-registration required. [Read more...](#)

Foundation Year: There is still time to apply!

Seattle Waldorf Grade School Campus

Classes begin Friday, September 5, 2014 [Get flyer](#)

Why is your child taking Eurythmy? How do you get a deeper understanding of Waldorf

education? Sound Circle's Foundation Year in Arts and Anthroposophy is a creative gateway into the work of Rudolf Steiner (1861-1925) and the profound world-view of Anthroposophy (the wisdom of becoming human). This program of discovery, self-transformation, personal growth and practical activity leads toward professions that renew culture and heal the earth. The Foundation Year also provides the requisite background for those planning to enter a Waldorf teacher training program. For additional information or to apply, [please visit our website](#).

Scribing the Sacred Year:

Contemplation, Consecration and Celebration, with Mary Oak

Saturdays, Sep 27, Nov 1, Dec 6*, Jan 31, Feb 21*, Mar 28, Apr 18*, May 23

Seattle Waldorf Grade School Campus

Community Festival: 8:15 to 9:10 a.m., followed by class: 9:15 to 11:00 a.m.

**Class only 9:15am-11:00 a.m.*

This course will reflect on the soul-mood of the season and to develop a deeper sense of one's festival life. This course deepens and develops the content in the "Alchemy of the Year and the Festival Life" from SCC's Foundation Year. It is open to graduates of SCC's Foundation Year (from all years!) and others who have a comparable understanding of the Festival Year. Participants will create their own Book of Blessings over the course of the year. [Pre-Registration required](#).

*Our newsletter is published once per month when school is in session.
Submission deadline for our next newsletter is Monday, October 13, 2014.*

