

Waldorf News

Three Cedars Waldorf School

June 3, 2011

Dear Three Cedars Parents, Guardians, Friends, and Relatives,

Please enjoy this issue of the Waldorf News.

ALL-SCHOOL NEWS

In Appreciation

Irene Perler has transformed the land around our school for the last 9 years and it is with gratitude that we honor her for the gift of gardening she has given to the Three Cedars community of students and adults. Irene and her husband are relocating to the Sahale Learning Center in Belfair, Washington to continue their work on the land and in the Goodenough Community. Mrs. Perler's knowledge of Biodynamic farming has brought enrichment to the gardens around the school. We will all miss seeing Irene shepherding her classes to plant flowers and vegetable gardens, weed beds, layer compost piles, rake leaves, lay straw on the muddy trails of the woods, carve pumpkins, create seasonal wreaths, feed the birds, build structures, make gifts for the school, create Michaelmas challenge courses, and live deeply into the world of nature that surrounds Three Cedars.

Mrs. Perler's love of gardening will remain in the hearts of many children for years to come and we wish her many blessings and a joyous journey on her path. Fare Thee Well, Irene, and know that your service to Three Cedars Waldorf School will echo in the land and in the students for all time.

Volunteer Thank You Gathering

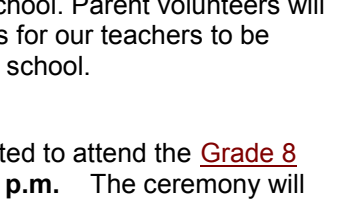
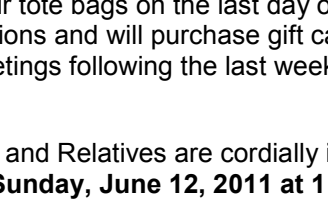
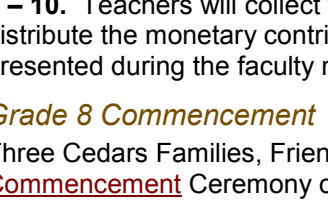
Three Cedars Waldorf School would like to thank this school year's community volunteers by hosting an intimate gathering to say Thank You for your continued support and commitment of our school and its endeavors.

This year TCWS parent, Rick Saada, will host our Volunteer Thank You Gathering. Rick, a parent of students in Grades 5 and 8, is graciously opening up his lovely home for this event. Mark your calendar and get your babysitters lined up! The gathering will be on Saturday, June 4th and is set to start at 6:30 and end at 8:30. We will be hosting hors d'oeuvres and cocktails. Bring your smiles and be ready to have good conversation, fun and laughter.

Click [here for a map](#) and a link to get directions to Rick's house.

Spring Faire Volunteer Acknowledgements

Thank you to the many volunteers who made this year's Spring Crafts Faire a huge success: Lisa Anderson, Angie Alkove, Michael Ashe, Maggie Bailey, Briana Bennett, Daria Blyzniukova, Amy Cao, Christiana Childers, Catherine Chilton, Leslye Coe, Corey Colwell-Lipson, Karen Crewe, Yvonne Cuthbert, Flora Damasio, Pavel Dolezel, Sophie Dolezel, Julie Elithorp, Annette Elsbree, John Elsbree, Barbara Engle, Tom Engle, Mary Gagliardi, Barb Geri, Michael Geri, Della Goldsworth, Buckley Guderian, Julia Guderian, Mary Haller, Jeff Haller, Grace Hansell, Tara Hansell, Jason Hartman, Robyn Hartman, David Hasbrook, Evelyn Heath, Andy Held, Freeman Held, Chris Helton, Petra Hines, Amy Hoff, Kim Holscher, Alix Hutsenpiller, Kimberly Johnston, Akihiko Lin, Emiko Lin, Flor Lozano-Byrne, Yadir Martinez, Anne McBride, Cassidy Miller, Jenny Miller, Martha Mize, Jeannette Nagel, Juliana Nason, Nicole Nielsen, Seraphina Orzel, Beth Parker, Jared Parker, Pocket Lady, Beverly Pressey, Michael Prestons and the Ukulele Ensemble, Ben Ralston, Jackie Ralston, Javier Rodriguez, Rachel Rodriguez, Stephanie Salazar, Eleanor Seidman, Ria Simpson, Sabina Singh, Geri Snyder, Jennifer Stahl, Katrina Stahl, Sanae Stanley, Scott Stanley, Gretchen Stude Whittlatch, Bert Sullam, SuperSones, Zhenia Umbers, Cait Walsh, Cris Wegmann, Luz Wiggell, Beth Wilder, Martin Wilder, Bernd Zabel, Nancy Zabel



Buildings and Grounds Work Party

A huge thank you to our amazing Building and Grounds Team, who completed a massive weeding project in the new landscape buffer on Saturday so that mulch could be blown in. We had such a great turn out that several other areas in need of weeding were tended to, and a new plum tree was planted in the plaza!

Thank you: Peter Bailey, John Bennett, Flora Damasio, Sophie Dolezel, Joanne Hasbrook, Stephanie Hoener, Rado Kico, Ryan Lipson, Hee Kyoung Park, Kris Solem, Sanae Stanley, Scott Stanley, Cris Wegmann. (Please let us know if we inadvertently missed your name.)

Be on the lookout for our next Work Party, to be scheduled sometime this summer!

Tree Donation

Thank you to Lisa Conaghan for the donation of a crabapple tree for our grounds. The Malus "Perfect Purple" tree was planted behind one of our beautiful "wavy" cedar benches between the fence to the Back Woods and the Climbing Ropes. We'll look forward to watching the pink buds blossom as the tree grows and are grateful for the new addition to our woods!

First Ever Three Cedars Games Day

Thursday, June 9 from 12:15 p.m. - 2:00 p.m.

Grades 2-8 students will meet after lunch to walk to Wilburton Park where they will play games, do relays, and watch the 8th grade and teachers participate in a heated, nail biting challenge game. Students should wear appropriate clothing and shoes, sun hats, sunscreen, and bring water bottles. (There is a fountain at the park for refills.) Students will return to TCWS in time for Thursday 2:30 p.m. dismissal.

End of Year Gifts

It's nearly time for end of year gifts for teachers! Parents who wish to make a monetary contribution to the fund for teacher gifts are asked to bring \$5 - \$50 to the front office by **Friday, June 10**. (Please make checks payable to "Robyn Hartman.") Please stop by the front office to sign a card for your class teacher (in your CC's box) and specialty teachers (on the counter) from **June 6 - 10**. Small, consumable, or handmade gifts and cards for your class teacher may be placed in the green tote outside your child's classroom door from **June 6 - 10**. Teachers will collect their tote bags on the last day of school. Parent volunteers will distribute the monetary contributions and will purchase gift cards for our teachers to be presented during the faculty meetings following the last week of school.

Grade 8 Commencement

Three Cedars Families, Friends, and Relatives are cordially invited to attend the [Grade 8 Commencement](#) Ceremony on **Sunday, June 12, 2011 at 1:00 p.m.** The ceremony will take place in Trillium Hall at Three Cedars. Please be sure to RSVP to the front office so that we may have an accurate account of who will be attending.

Commencement Ceremony Set-Up and Clean-Up

Grade 6 and 7 parents are encouraged to sign up to assist with set-up and clean-up of the upcoming Grade 8 Commencement Ceremony. Each year, the Grade 6 and 7 parents lend their support to the graduating Grade 8 class by providing flowers, desserts, and set-up/clean-up. If you missed the sign-up sheet at Tuesday's class parent night, please call, email, or stop by the front office to volunteer.

2011-2012 School Calendar

The 2011-2012 School Calendar is now available on the Three Cedars [portal](#). The calendar is updated regularly throughout the year, so be sure to check back for changes.

Recapitulative Movements with Terri Fristad

Developmental Support Educator, Terri Fristad, offers a two-morning workshop for parents of children from kindergarten through Grade 3 on the mornings of June 6 and 7, 8:20-10:15 in Trillium Hall. The workshop is during school hours.

The Recapitulative Movements are joyful ways of playing with your child(ren) to help revisit early stages of development and provide opportunities for integration, where that has not yet been completed. Due to our current lifestyles, children often benefit from time allowed for further development of these moves. Attendance both days is encouraged, as different moves will be shown each day, and we'll discuss what kind of help each gives. If you cannot attend both, please note in your registration.

Registration is required. Please sign up via email to Terri Fristad, extralesson@threecedars.org

Indicate your ability to attend both, or if only one day—please indicate which day. Also, please advise me of your child's name and class. I will have your email and you will receive a confirmation from me. I look forward to sharing with all of you.

Terri Fristad, Developmental Support Educator

Clothing Exchange

Save the date (and your kids' clothes!) for the annual Three Cedars clothing exchange! Thursday August 25th from 10am-12pm. Free to all Three Cedars families. Leave what you have, take what you need. No "equal" swap required. School approved clothing, outerwear, rain gear, shoes and boots welcome. Watch your e-mail this Summer for details or contact Corey at myblueskye@comast.net.

SmugMug Access

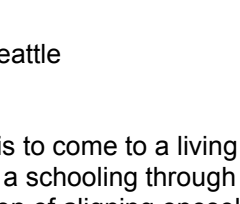
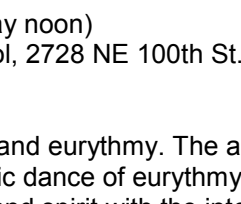
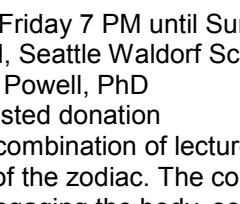
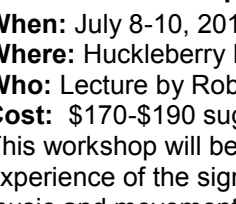
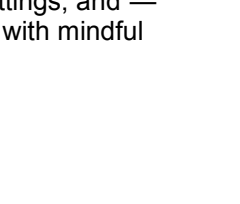
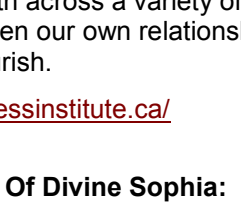
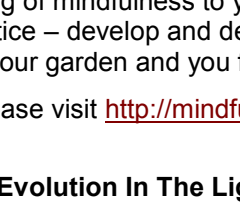
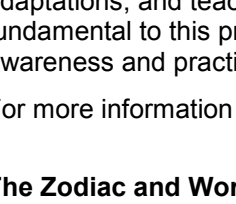
Just a reminder that many photos have been posted to SmugMug from Spring Faire and End of the Year Class Group Photos. To access these photos, please go to the [Community Portal](#) and sign in. Click on the "Secure Information" tab, then click on "TCWS Photos at SmugMug." This will open a new window which includes a link to the SmugMug site as well as the password you will need to access the photos. Be sure to copy the password before linking to SmugMug! At the SmugMug site, choose a photo gallery and input the password when prompted. Enjoy the pictures!

Invitation to a Puppet Show

Three Cedars Waldorf School is proud to host the Willow Branch Puppet Theater's presentation of *Snow White and the Seven Dwarfs* in Trillium Hall on Sunday, June 5th, at 11:00 a.m. and 1:00 p.m. Advance reservations are available by calling 206.985.2059. By mentioning that you are a part of the Three Cedars community, a discount is available at the door. Please join us for this special marionette performance.

MIDDLE SCHOOL NEWS

Grade 8 Class Play

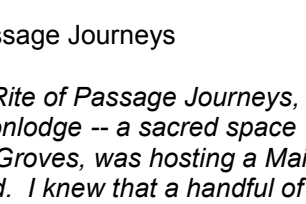
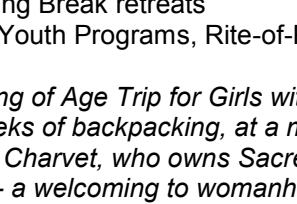
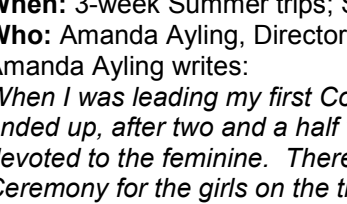


LOWER GRADES NEWS

Grade 3 Chicken Coop

This year's 3rd grade building project was a portable chicken coop. John Elsbree found a useful [design](#) made in Australia and led three other hands-on parents in measuring and sawing plywood and large pieces of lumber. The students sawed and drilled with hand tools, and enjoyed painting with brushes and rollers. The final assembly involved both parents and students in hammering doors and chicken wire, and tightening screws and hinges. The coop will reside at the David family's home in Kirkland, where it can be visited in the future.

Ms. Holscher, Grade 3 Class Teacher



EARLY CHILDHOOD NEWS

Kindergarten Potluck Picnic

To celebrate our last day of school on June 9th we would like to invite all kindergarten families to join us for a potluck picnic at Wilburton Park. Kindergarten parents and three-day students are asked to meet on top of the hill between the restrooms and the playground by 11:30 am. The younger children in school that day will be walking to the park with Mrs. Reilly and Miss Hoff and the 6 and 7 year old children will be "hiking" from Kelsey Creek Park with Mrs. Mason and Mr. Sears. Your child will not need to bring a packed lunch, just your potluck dish. We all plan to arrive shortly after 11:30 and having you all ready for us when we arrive will 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. Kid-friendly food is always much appreciated by the students! If you have a picnic blanket please consider bringing it along as there may not be enough picnic tables for everyone.

It is our expectation that at least one parent from each family attend this event. Please confirm your attendance a week in advance 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 there is no aftercare for kindergartners on this day.

The kindergartners will be responsible for 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 are interested in helping with this please let your class coordinator know.

COMMUNITY ANNOUNCEMENTS

This section provided as a free service to the TCWS community.

AWSNA Newsletter INFORM

Read about: [the new AWSNA Accreditation Chair, WaldorfFest, and this year's David Award winner.](#)

Upcoming Community Events

Ultimate Frisbee with Coach Hasbrook

Be sure to read your next newsletter for information about next year's Ultimate Frisbee practice sessions as well as summer opportunities in Seattle and Bellevue!

Upcoming Events

Ganbare Japan Children's Concert

We are excited to inform you that the Second through Sixth Grade students at Bellevue Children's Academy will be performing a music and drama show at Sammamish High School for Japan earthquake relief efforts.

As you know, the earthquake on March 11 was a terrible disaster for the people of Japan. Although the country is slowly beginning to recover, there are still many people who are experiencing great hardship. All net profits from concert ticket sales will be donated to the American Red Cross on behalf of the people of Japan affected by the recent earthquake and tsunami.

Event: Ganbare Japan Children's Concert

Performers: Students in Grades 2 – 6, Bellevue Children's Academy

Date: Sunday, June 5, 2011

Time: 2:00 p.m. to 3:15 p.m.

Location: Sammamish High School, located at the corner of Main Street and 140th Avenue SE in Bellevue

Advance Ticket Sales: \$15.00 by calling the school office at Bellevue Children's Academy at (425) 649-0791

Tickets at the Door: \$20.00

Parking: Available at Sammamish High School is free

Our students have been busy creating a fun and heart-warming show that elementary-grade students and families are sure to enjoy. If you have any questions, or would like to order advance tickets, please do not hesitate to contact us at (425) 649-0791.

We thank you sincerely for your kindness and generosity to the Japanese community at this difficult time.

Best regards,

Director

Bellevue Children's Academy

International Conference on Mindfulness with Youth:

Helping Children (K-12) Develop Mindful Awareness Inside the Classroom and Out

When: July 15-17, 2011

Where: The Banff Center, Alberta, Canada

Cost: \$345 Early Bird Registration

Mindfulness is a natural part of being human that involves present moment awareness and can be cultivated through formal and informal mindfulness exercises. Scientific research in this field demonstrates a multitude of positive outcomes in academic, psychological, and physical domains. Effects of mindfulness on the prefrontal cortex and interconnections involved in attention, working memory, emotional and behavioral regulation are of particular relevance to academic, psychological and social well-being and to the success of youth today.

Given modern day stressors at no other time in history have our youth been in such need of these important tools and practices that mindfulness provides. Join leaders in this emerging field in the spectacular setting of Banff National Park as we explore and discuss the practice, adaptations, and teaching of mindfulness to youth across a variety of settings, and — fundamental to this practice — develop and deepen our own relationship with mindful awareness and practice. our garden and you flourish.

For more information please visit <http://mindfulnessinstitute.ca/>

The Zodiac and World Evolution In The Light Of Divine Sophia:

Weekend Workshop

When: July 8-10, 2011 (Friday 7 PM until Sunday noon)

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

Who: Lecture by Robert Powell, PhD

Cost: \$170-\$190 suggested donation

This workshop will be a combination of lectures and eurythmy. The aim is to come to a living experience of the signs of the zodiac. The cosmic dance of eurythmy, is a schooling through music and movement, engaging the body, soul and spirit with the intention of aligning oneself harmoniously with the spiritual-cosmic world. The workshop offers a path to experiencing leading to the experience - over and beyond being earthly citizens - of becoming "citizens of the cosmos". No previous eurythmy experience is necessary, just wear comfortable shoes. Piano music played by California based pianist and composer Marcia Burchard. Visit www.sophiafoundation.org for more information

Contact: Anouk Tompot (206) 364-2074 or atompot@seattliewaldorf.org.

Sponsored by the Seattle Branch of the Anthropology Society:

www.seattleanthroposophy.org

Divine Sophia -- Holy Wisdom for Our Time

When: July 8-10, 2011 at 7:00-8:45 PM

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

Who: Lecture by Robert Powell, PhD

Cost: \$20 suggested donation

Robert will draw upon The Sophia Teachings and the ancient wisdom of the stars in a new way, including a "stellar code" for understanding the secrets of world evolution. This information is a new source of inspiration for understanding the past, present, and future. Concert pianist, Wolfgang Wortberg, will accompany the lecture. Visit www.sophiafoundation.org for more information.

Contact: Anouk Tompot (206) 364-2074 or atompot@seattliewaldorf.org.

Sponsored by the Seattle Branch of the Anthropology Society:

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Ongoing Events

On Being Welcomed Into Womanhood

When: 3-week Summer trips; Spring Break retreats

Who: Amanda Ayling, Director of Youth Programs, Rite-of-Passage Journeys

Amanda Ayling writes:

When I was leading my first Coming of Age Trip for Girls with Rite of Passage Journeys, we ended up, after two and a half weeks of backpacking, at a moonlodge -- a sacred space devoted to the feminine. Therese Charvet, who owns Sacred Groves, was hosting a Maiden Ceremony for the girls on the trip - a welcoming to womanhood. I knew that a handful of women, some of whom had traveled for two hours to get here, had gathered to perform this special ceremony and I puzzled at their extreme generosity in doing this for a group of girls they had never met and had no direct connection to.

[Read more at Rite of Passage Journeys.](#)

Please learn more about "Becoming A Young Woman," a spring break retreat for middle school girls, or our 3-week summer Coming of Age Trip for Girls, at: www.riteofpassagejourneys.org

We offer amazing trips for boys too!

Please contact Amanda Ayling, Director of Youth Programs / Rite-of-Passage Journeys at (425) 485-7396.

Classifieds

Lessons in Academic Drawing, Watercolor and Acrylic Painting, Sculpture and Design Composition

Elena Kirkegaard, artist and volunteer art teacher for the TCWS 8th grade, offers private and semi private lessons in academic drawing, painting, and sculpture. Children of upper grades and young adults who would like to build professional skills and deepen their creative abilities are welcome. Please e-mail her for further information or if you would like to see student's art work: lenakirkegaard@comcast.net

Forget-Me-Not Waldorf Inspired Preschool

Forget-Me-Not Waldorf Inspired Preschool in Kirkland (North Juanita) has three openings for 2011-2012 school year for three and four years old children and also is offering Summer Camp in July for three weeks.

Week 1 (July 5 - July 8) - Hawaiian circle, lei making crafts, shave ice and more!

Week 2 (July 11 - July 14) - A Russian circle and games, piroshki and borsch (making Russian pies and beet soup), showing a Russian Puppet Show "Swan Geese"

Week 3 (July 18- July 21) - A Summer Puppet Play and making simple marionettes with children.

Also walks, water and sand play, organic snacks, and cooked lunches!

Price for each week: \$150 (adjustable for two or three days) ,program starts a 8:30 in the morning and ends at 12:30 in the afternoon.

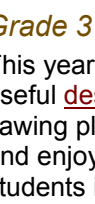
Please call Tanya 425-949-7091 or email tanya@forgetmenotpreschool.com for more information.

Mahalo and Spasibo

TCWS Alum Offers Violin Lessons

Hi, I am Alia Crum (class of 2009). I aspire to be a music education major in college. This past October I started giving private violin lessons to some TCWS 5th grade violin students with guidance from my mentor and experienced teacher, Judy Beatie. I have openings for new students this summer (incoming 4th grade viola students and all violin students are welcome). Students come to my house in the Lakehills, Bellevue area for weekly lessons. My current rate is \$15/45 minutes or \$20/hour. Please contact me by phone at [425.746.0416](tel:425.746.0416) or by email at magicalmusician@gmail.com (kindly type "violin lessons" in the subject line). Private lessons keep students enthusiastic about practicing through the summer months and add a wonderful bonus to the strings program once school starts again in the fall.

The Waldorf News is published every two weeks during the school year. Please email submissions to newsletter@threecedars.org. The deadline for the next newsletter is Friday, May 27.



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