

November 16, 2015



Grade five celebrated the ancient Hindu festival “Diwali” on November 10.

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### TCWS Collaboration with Seattle Waldorf School

Thank you all who were able to join the trustees from TCWS and SWS, Tracy, and me at our community meeting on November 4. Our presentation centered on the recent work the board has done to ensure that TCWS continues to enrich the lives of children. We also spoke about the transition plans for merging TCWS with Seattle Waldorf School. The evening was filled with great information, enthusiasm, and several appreciated questions from teachers and parents. As your Executive Director I offered my perspective of the merger at the community meeting, which I have included below.

Upon hearing that our board was considering a merger with Seattle Waldorf School, two immediate opportunities came to my mind. My first response was, “Brilliant!” Merging with SWS will improve our economy of scale, and create unprecedented financial and operational stability for our school. The multiple campus school can share administrative resources, enjoy robust regional marketing and admissions efforts, expand the colleagues and mentors teachers have, and increase the presence of positive energy and innovative ideas. Our community will also gain Tracy Bennett, of whom I am a great fan. Tracy is a compassionate, child-focused, parent friendly, high level head of school. She has mentored countless heads across the Western U.S., and personally provided me with priceless guidance in my work.

My second thought was more personal. This possibility gave me the opportunity to consider what I really want to do. I recognized that there should only be one executive director of the school, and although the Three Cedars campus would need a site manager I didn't feel that was where my passions exist. I'm an educator at heart, my greatest rewards come from guiding teachers, educating children, and working in partnership with parents to best serve the healthy development of children. The ED role, and even a site manager role, primarily involves management of operations, enrollment, and fundraising. I've successfully done this type of work over the years, but it isn't what I find to be most fulfilling. A few colleagues have already reached out with possibilities, and I'll be considering those in due time. I strongly believe that a merger with Seattle Waldorf School is in the absolute best interest of the school, and am working with Tracy and the school to assist in a successful transition.

Sincerely,  
Rob

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## Tea With Tracy

Tracy Bennett has been excited to learn more about our community. During her several visits to the Three Cedars campus she has spent considerable time hearing from faculty and staff. Tracy would also like to get to know our families too, and has set aside time for parents to drop in and say hello. She will be joining us for our Parent Partnership Meeting Tuesday, November 17, at 8:30 AM. She will also be hosting Tea with Tracy in our Executive Director's Office on both Tuesday, Nov 24 and Thursday, Dec 3.

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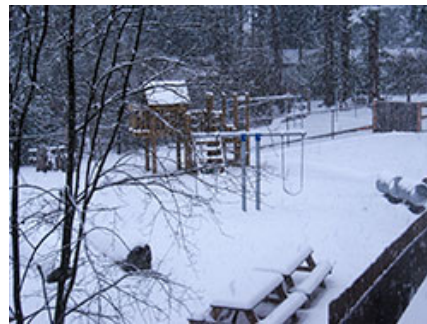
## Transition Team

Three Cedars Waldorf School and Seattle Waldorf School has established a Transition Team to help us with the merger. This group's work will focus on holding the spiritual, social and emotional health of our communities as we bring Three Cedars Waldorf School and Seattle Waldorf School together into one school. There will be smaller work groups focused on specific issues such as admission, finance, the Board, etc. The Transition Team will hold the larger picture, exploring how we begin a shared life as an institution while retaining the unique and treasured distinctive elements of our school cultures. The Transition Team is composed of members of both schools' communities, including teachers, administrators, staff, and trustees. Thank you to John Tinker, Thamis Esteves-Mendez, Annette Campana, Monica Lander, Laura Mason, Stephanie Packer, Aurora Garcia, Shelly McSweyn, Pamela Collier, Eva Elliott, Scott Graham, Nettie Fabrie, Mary Lentz, William Gentner, Jeff Hipolito, Bonnie Freundlich, Aurora Gregory, and Elaine Schmidt for serving on this important team.

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## Snow Days?

As chances for stormy weather increase, we want to remind you about our school closure policy. In the event of inclement weather, Three Cedars Waldorf School makes one decision—open or closed—for all classes. We do not have late start days.



For weather related school closures Three Cedars Waldorf School follows the announcements made by Bellevue Public Schools. We do our best to pass on this information through our website. Please check the **Alerts and Messages** box on the **Parents** page of our school website at [threecedarswaldorf.org/parent-log-in](http://threecedarswaldorf.org/parent-log-in). Additionally, to get more information about events local to Bellevue, a notification app such as FlashAlert ([flashalert.net](http://flashalert.net)) gives you a way to subscribe to alert messages from the Bellevue School District.

## Food Drive

All around us in nature, we see signs of the imminent winter. The leaves are losing their vibrant colors and falling to the ground; the days are getting grayer and shorter; and the outer darkness seems to be enveloping the Earth (at least in our hemisphere!). It is no coincidence that these darkest of days are marked with numerous festivals—Thanksgiving, Diwali, Hannukah, Advent, and many others. These celebrations symbolically remind us to consciously carry our inner light and warmth into darkness, and most importantly, to share that light with others.

In this spirit, we will be looking outwards to our wider community of Bellevue residents for part of our upcoming Thanksgiving festival. The children will be sharing brief offerings with the elderly at the nearby Evergreen Court Retirement and Assisted Living Community. Furthermore, we will again be partnering with Hopelink to host a food drive at our school. From now until **Wednesday, November 25**, please consider bringing light into the life of those in need by donating any of the following items listed below. They may be left in boxes in your child's classroom, or outside the office.

### Most-Needed Foods

Canned meals	Vegetables (canned)
Canned meat	Pasta
Cereal	Peanut butter
Dry beans	Rice Soup
Fruit (canned)	Tomato products

~Stephanie Packer

## Coat Drive

As the cold weather approaches and the days grow darker, we are reminded by our luminous Lantern Walk to ignite our inner light. With this impulse, second graders would like to commence our annual coat drive and give to others who are in need of support during the winter months to come. Blankets, wool socks, sweaters, and coats are welcome! Please bring your donations to your child's teacher and they will be donated to WIC before Christmas.

Thank you in advance for your kindness and support!

*~Aurora Garcia, Teacher, Class of 2022*

## Fall Salad Days

Our annual Fall Salad Day event spanned two days this year and conveniently coincided with Parent-Teacher Conferences. The faculty and staff of Three Cedars Waldorf School offer big, happy, thanks for the delicious abundance shared by our generous parent community. Teachers and staff gratefully paused midday to enjoy scrumptious salads, savory soup, fresh bread, gourmet cheeses, and delectable desserts—and a rare opportunity for relaxed conversation with everyone at the same table.

Heartfelt thanks go to Krista Tinker for organizing this special event, and to its many contributors: Lisa Anderson, Lily Antonitsas, Lily Cui, Ethan Deng, Thamis Esteves-Mendez, Martina Fischer-Klee, Mary Gagliardi, Neyla Galiakbarova, Kristi Hartman, Petra Hines, Molly Kirrene, Tanya Orlando, Dana Oskoui, Beth Parker, Amy Powell, Rachel Rodriguez, Kris Solem, Vickie Wang, and Cris and Michael Wegmann.

## Holiday Crafts, Cookies, and Community

This year's Three Cedars Winter Bazaar will be held on December 4 at the school. Our Crafts & Tea group is already preparing hand warmers, gnomes, knitting needles and other wonderful gifts to be sold as a fundraiser for the school. We are also planning to have some yummy baked goods for sale.

A lot is happening behind the scenes. 6th grade children are working on flyers and posters, Crafts



& Tea is creating lots of fun items for sale, the Parent Partnership Group and teachers are helping wherever they can. We are now ready to plan the baking sessions and organize the day of the event. We NEED YOUR HELP!

Please SIGN UP for baking, helping on the day of the Bazaar, or both:

[Signup Genius link](#)

If you cannot volunteer for any of these events, please consider donating self-baked cookies (ingredients list included please), handmade crafts, or any of the following miscellaneous items we still need for the Bazaar:

- 4 hot plates
- 3 narrow metal cans/pitchers for candle dipping (15 inches or taller)
- Paper cups, plates, napkins
- Apple cider (not spiced, just the juice)

Flyers will come home with your child before Thanksgiving.

This is going to be a wonderful event which includes the Winter Garden of Lights Spiral. The Spiral will be open to the community from 2:00-3:00pm. Separate classes will occur during the evening (see separate article for times).

We would love to have you join us in this community initiative. Please stop by the Crafts & Tea gathering in Trillium Hall on Thursday mornings to volunteer or lend your talents. We will also be getting together around Thanksgiving weekend for some fun in the kitchen as we make delicious treats and get to know each other.

Last, but not least, PLEASE SHARE this event with your friends and family! You can use the [TCWS Facebook link](#).

If you cannot join us but still want to share your talents, please contact [Karen Wegehenkel](#), (206) 229-0248, or message us at “[Crafts and Tea, Three Cedars Waldorf School Moms](#)” on Facebook.

We look forward to meeting you.

*~Karen Wegehenkel, TCWS Parent Volunteer*

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## Help Publicize Three Cedars Waldorf School by Sharing Posts

Did you know that Three Cedars Waldorf School is on Facebook?

We are actively working to extend our reach so more people know about Waldorf and our school and we need your help. If you're a Facebook user, please **Share** our posts with your FB friends to help us extend our reach even further. As an example, last week 2 posts were shared 22 times which helped us reach 4,300 people! Also, please **Like** the TCWS page and any posts that catch your eye.

Thanks for contributing to helping our school thrive.



# GRADE SCHOOL NEWS

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## What's Happening in the Grades

### Grade One | Fairy Tales

The children continue their year's journey by learning the letters of our alphabet. The letters arise through images similar to the beauty and artistry that our ancestors experienced during the development of language. Fairy tales exist with great archetypal wisdom and eloquent phrasing, thus enriching the vast expanse of the first grade child's language development. Comprehension and vocabulary are enhanced naturally during this exploration as students retell the stories told to them. In addition to the basic phonics learned through listening, reading and writing, fluency and phonemic awareness are strengthened. The art of bringing reading, writing, and speaking to the first grade Waldorf student is truly a remarkable experience.



### Grade Two | Arithmetic

In their Arithmetic block, second graders are reviewing, consolidating and rediscovering times tables by drawing magical number stars... 12 pointed star; 10 pointed star, 8 pointed star, 6 pointed star... and all the wonderful patterns that these beautiful designs unveil within the number world. In addition, the students continue to march, clap, jump rope, and toss bean bags as they count. They will continue to work with the four processes using greater quantities and moving written operations from horizontal to vertical positioning.



### Grade Three | Time and the Class Play

Stories from the Old Testament continue to enrich our working in the Third Grade. We are focusing on the story of Noah's Ark, and use its themes to practice slant line drawings, paint with more form, and write longer texts that we have done in previous blocks. **We will bring our play,**

**Noah and the Flood, to Trillium Hall on Thursday, November 19th and Friday, November 20th, both performances are scheduled at 9:00 am. Everyone is welcome!**



#### **Grade Four | Local Geography and History**

Through the study of geography and history, a conscious relationship to the earth is cultivated, orienting the student in space and time. Following the Waldorf principle of “begin where you are at,” the students will map their classroom and their bedrooms, followed by the school; then branch out into the neighborhood, become acquainted with the Seattle region as a whole, and ultimately, extend to the entire state. Concurrently, students will explore local history in both blocks through biographies and stories.



#### **Grade Five | Greek Mythology**

The ancient Greek mythological stories offer insight into the beliefs and religion of ancient cultures. However, these timeless tales are also very much a part of modern Western culture. Of these tales Cicero said, “They have sweetened our characters and softened our customs; they have made us pass from the condition of savages to true humanity.” We will explore the archetypal characteristics and mythologies associated with the Greek gods and goddesses.



The fifth grade celebrated an ancient Hindu festival called “Diwali” on November 10. They transformed their classroom into a meditative yet festive space that drew gasps of wonder from their peers who visited throughout the afternoon. Fifth graders spent nearly 2 1/2 hours of their morning creating three beautiful rangolis out of plant-dyed rice. Further, with the help of Rheann Fredricks a few weeks before, the children crafted beautiful clay votive holders which were placed evenly around each rangoli. Overall, the children had a truly memorable and sensory-rich experience on Diwali. They were filled with creative ideas and the results were breath-taking. Thank you to Rachel Rodriguez and Lisa Anderson who spent their day with us serving homemade chai and supporting the class as they worked on these beautiful creations. Finally, thank you to Boris Bobrov who took beautiful pictures of the children’s hard work.

#### **Grade Six | Geometry**

During the past few years of form drawing and freehand

geometry practice, the students worked to perfect their own bodies as a drawing instrument. Now, with the increased emphasis on *precision*, students will be given drawing tools (a compass and a straight edge) to create beautiful geometric constructions based on the 6-, 12-, and 24-segment division of the circle. They will learn to accurately divide the circle, bisect lines and angles, construct parallel and perpendicular lines, and copy an angle. These sequential processes will serve as a foundation for the proofs of more analytical geometry in years to come.



### Grade Seven | Physics

Our physics block will continue the exploration of acoustics, thermodynamics, electricity and optics begun in sixth grade, but our primary focus will be in the new area of mechanics. We will explore the “six simple machines”—the lever, the pulley, the wedge, the screw, the inclined plane, and the wheel, especially in its application as the pulley—through hands-on activities. Gradually, we will begin to apply our newly learned algebra to understand the laws that underlie the science of mechanics. Equations will allow us to make predictions and we will test them through our own experience.



### Grade Eight | Geometry

The study of geometry offers the opportunity to work strongly with the inner imagination and intuition. By picturing and examining the inherent laws of form, the student is gratified and stimulated both intellectually and aesthetically. We will, like Euclid, work with compass and straight-edge to perform various constructions and derive an understanding of geometric relationships. We will study the Pythagorean Theorem and Golden Ratio, along with Platonic solids, the formulae for volume and surface area, and the relationship of the cone, cylinder, and sphere.

## Dia de Muertos

Photo: Altar de muertos in celebration of Dia de Muertos. [Learn more here.](#)





## Grade Seven Class Trip

*There was a lot of hiking we didn't want to do,  
And when the tour guide said "McDonald's"  
Ayuub said "Boo"!*

On the second week of school the seventh grade from SWS invited us to join them on a four-day long camping trip to the Grand Coulee. Our classes drove and hiked to several places, including the Grand Coulee Dam, which is the most power-producing plant in the USA. When on a tour of the insides of the dam we found out that it went 200 feet under the surface of the lake. We also went up to the Grand Coulee visitor center and

learned, how the Grand Coulee was formed. Afterward we all got ice cream from a nearby ice cream shop.

Next day we hiked up the Steamboat Rock, once during the day and once during the night, which was much more challenging. Once we got up there, the sky was very clear, so we turned our flashlights off and gazed at the constellations and the Milky Way.

During this trip we had many fun moments: hiking in the canyons were interesting, as well as sliding down a steep rocky slope. When we went to a lake with a thick layer of brownish-white minerals, the mud was so thick that we could walk across the lake (and get muddy!). We also had a scavenger hunt, in which we split into teams to find different objects.

Another wonderful part of the trip was the different themed dinners we had every night. At first it was Greek chicken and Baklava, then Mexican Tacos, but all of our meals were delicious.

The views and the hikes were amazing. I especially enjoyed watching sunrises.

I am also very glad that it was a joint trip with the seventh grade from SWS. It was really fun

camping with them and we all had a great time. The chaperons and teachers organized it very well.

At first I didn't want to do you all the hiking but in the end it turned out that I enjoyed the trip very much.

*~Slava Trifonov, Student, Grade 7*

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## Ultimate Frisbee Update

As the days grow dark earlier TCWS shortens practices. The practice schedule for Ultimate Frisbee shifts in December. Parents who need after-school care for their children on Wednesdays after practice will need to buy a drop-in card at the school office. All Ultimate schedule changes are listed below.

Sep 23 – Nov 18: Wednesdays, 3:30 PM – 5:00 PM, Wilburton Park.  
Pickup is 5:15 PM at TCWS.

Dec 2 – Jan 27: Wednesdays, 3:30PM – 4:30 PM, Wilburton Park.  
Pickup is 4:45 PM at TCWS.

Feb 3 – Jun 8: Wednesdays, 3:30PM – 5:00 PM, Wilburton Park.  
Pickup is 5:15PM at TCWS.

Ultimate Frisbee registration forms

~Mary Haller

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## Seven Hills Ultimate Frisbee Middle School Team Tryouts

Seven Hills is a new Ultimate Frisbee organization dedicated to bringing together young people who are passionate about improving their Ultimate skills, who exemplify spirit of the game, and who are exceptional ultimate players with a strong sense of community.

Register now for middle school tryouts! Tryouts will be held **Sunday, December 6** at Franklin High School. Tryouts for girls will be held from **10 AM to 1 PM**. Tryouts for boys will be held from **1 PM to 4 PM**. Tryouts are free of charge. For more information, please visit [www.sevenhillsultimateclub.com](http://www.sevenhillsultimateclub.com). If you have questions, send email to [sevenhillsultimate@gmail.com](mailto:sevenhillsultimate@gmail.com).

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## Tweens and Teens

A few weeks ago, Ms. Packer attended an Adult Education evening at Seattle Waldorf School. Laura Katsner, a noted local child psychologist, spoke about healthy development among Tweens and Teens. Ms. Packer's notes are shared below.

By their very nature, **teens are moody**, but we are not as empathetic as we ought to be. Although it can be frustrating for us to watch them make mistakes for which they 'ought to know better', it is important for them to **learn through trial and error**. It is how they become competent.

Many challenges can occur during this developmental stage. It is important to recognize that **these challenges are in fact normal and beneficial** to tweens and teens.

### **Some Important Observations about Tweens and Teens:**

- **They seem oppositional:** Though they may seem this way, it is not always true. They are in the process of identity formation and it is normal and expected that they will challenge that dominant paradigm. That usually means that they will challenge parents the most. This is healthy for their process of individuation.
- **They seem disconnected from family life:** They may seem this way but this is not necessarily true. They are going through a process of individuating from their parents and this is healthy and normal. It does not mean that they do not want to be a part of the family.
- **Other Adults and Communities see a much 'rosier' side of the child:** Parents are a secure base for teens and tweens and this safety allows for them to more intensely show emotion, push boundaries, etc. They displace a lot onto the family but it is because they feel safe and secure to do so.
- **They are more argumentative:** We are the enforcers of rules and policies and thus seem like the 'Bad Guys'. If we keep natural consequences clear and consistent, we do not even need to engage in arguments or explanations.
- **They just seem different suddenly:** Around 12 years old, the child's brain is actually remodeling itself. There is a pruning of neural pathways in the prefrontal cortex and this greatly affects their abilities with respect to Planning, Reasoning, Judgement, and Impulse Control.

Truly, these challenges are good. It is how our tweens and teens will **learn and build resilience**. It is important for us to remember to engage mostly in Positive Parenting, which means being available for 'face time', showing interest, having healthy routines and clear consequences, actively working to build the relationship, and giving praise and rewards where applicable.

It is also important to remember that all children are wired differently with respect to their temperament. Some are 'always sunny'; others are 'always stormy', and most are like a mixed bag. They have a genetic predisposition towards this and for that reason, we cannot compare one child directly with another.

### **Seven Main Predictors for 'Good Outcomes' (all evidence based)**

**1. Self-Control:** This trait is both built-in and buildable, and it is more important than one's IQ. It entails building the capacity in children to be patient, to wait for things, to have techniques for coping with challenges. There is some interesting research done about delayed gratification, and it is a skill. **We adults must model this.** Also, when using praise to build this skill, it must be specific, genuine, and selective.

**2. Academic Success:** Each child comes into the world with **natural drives for learning**. It is

our job to help keep that flame alive.

**3. Social Thriving:** All children seek to experience power and all will experiment with social cruelty. It is our job as parents and educators to socialize them out of this behavior. Studies show that social conformity actually drives behavior more than peer pressure, and that by the middle of high school, students no longer wish to be 'popular' as they can begin to perceive the pressures involved with being part of that group

**4. Secure Attachment:** this happens when children feel accepted exactly as they are, when parents/teachers show genuine interest in who they are, and when they feel adults have respect for their feelings, are attuned to them, and are responsive to their developmental needs.

This **does not mean always** making them happy!

**5. Physical Health:** This one is fairly obvious. Teens and tweens need adequate exercise, proper nutrition, dedicated time in nature, adequate sleep, technology management, and recreation and leisure. Statistics now show that the average tween&teen spends 7.5 hours per day using technology.

**6. Strong Character:** This comes from having authoritative parenting which does not allow for excess indulgence or neglect. Children need warmth, structure, limits, follow-through, and natural consequences coming from parents. Also, it is important to show respect for a child's separate and different thoughts and feelings. Adults should not simply dismiss those, but rather, ask questions. Key advice for parents is to pick your battles, and make them over behaviors, not thoughts and feelings.

**7. Emotional Flourishing:** It is important to remember that a little stress is a good thing but too much pushes one past optimal performance. It can truly create a 'brain block', so it is helpful to give children tools for managing their stress. For example, slow breathing, mindfulness techniques, infusing positive emotion, and staying involved in After-School activities! At least one after school activity should be non-negotiable. Teens and tweens need other adults and elders to look up to as mentors. Also, the hours between 3:00 and 6:00 pm tend to be the most problematic for teens and tweens who do not have hobbies.

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## EARLY CHILDHOOD NEWS

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### Making Time For Play

During the past few weeks our preschool and kindergarten classes have been bubbling. Children have been earnestly exploring new concepts and learning about each other through play. Each day our warm and simple spaces await the workings of little hands and hearts. Creative play is a big part of our day together. Children imitate the deeds of the adult world, which in turn is transformed into play. This is the work of the young child, which helps them weave the daily activities of life into meaningful ideas.



It is vital for us as the caretakers and parents of children between the ages of three and seven to create experiential spaces for open-ended self-directed play. Some areas allow our children to have a quiet place to be free of high levels of stimulation. It is in these spaces where creative play lives. As the adults we have unique opportunities to foster children's development by supporting their own personal rhythms. When children are given their own places we allow their needs, gifts, difficulties, and uniqueness to shine through in their creative play. A very simple object such as a basket can have endless uses a boat, a bed, or a sink. There are moments when children say, "I am bored". When we allow our children to feel this temporarily uncomfortable moment their natural creative abilities grow and they become aware of new possibilities. Moving beyond boredom inspires creative play. As they grow older, and are allowed to experience this same process, this same creativity will lead them to discover complex solutions and practice innovation.

It is a beautiful gift to be a part of creative play in the early childhood years, as we are busy laying foundations through real daily work the children's creative play unfolds around us. The younger children in the class engage in more stationary explorations where they may want a house built up around them and have the other children come for a visit. The older children in the class may plan storylines ahead of their play, and often orchestrate the unfolding of very complex workings. These can sometimes last for weeks. The diverse human abilities our children are gaining through play is priceless.

Through creative play the children engage emotional, social, and intellectual abilities. These strengthen the supportive bridge that will help them successfully transition into the grade school levels. The love for learning stays alive and well when our children are provided with ample time for creative play during their early years. Our ultimate goal is to support the children and avoid hurrying them through this time of childhood. We have a few sweet years with our young ones when everything they see, hear, touch and play lay the magical foundation for their life. We move so fast these days, but we owe it to our children to slow down and let them play!

*~Monica Boucher, Apple Blossom Kindergarten*

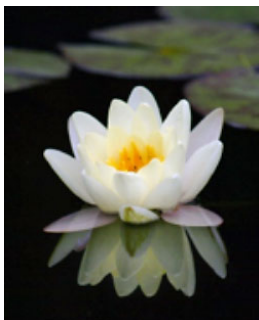
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### Friday Meditation

Come join us in **Trillium Hall at 8:15 AM on Friday mornings** for **10 minutes** of quiet and peace before you start your day.

This group is for people who want to be more connected with themselves and to create positive change within that radiates throughout life. We hope you can join us!

**Since this is a quiet time, please do not bring small children unless they can sit quietly.**

## Winter Garden of Light

Our **Winter Garden of Light** is a pathway during this special season to guide us in experiencing gratitude for the earth's gifts and compassion and love for all of life. This lovely festival of light is a time for the human spirit to gather warmth and peace.

**All enter and leave in silence.** On **December 3rd and 4th**, Three Cedars grade school's children and community adults walk the evergreen spiral with gentle harp music filling the room with calmness. One by one each child will journey through the garden path, spiraling into its center to receive light for their candle and place their light along the path before returning to their seats. As the light grows, a warming experience reaches the quiet depths of their souls and a feeling of reverence for all of life arises. [Please see the flyer for details.](#)

## Winter Bazaar Holiday Crafts, Cookies and Community

Please join us for our **Winter Bazaar** on **December 4th, 11 AM to 5 PM**, at the Three Cedars Waldorf School. Our Crafts & Tea group has been preparing hand warmers, gnomes, knitting needles and other wonderful gifts to be sold as a fundraiser for the school. To get you into the holiday mood, grab a homemade cookie, some holiday punch, and enjoy our student's music. You will also have the opportunity to make your own beeswax candle. [Please see flyer for details.](#)



## True Holidays—Saturday, December 5

We invite you to The Goodenough Community's **True Holidays Celebration** this year on **Saturday, December 5, from 6 PM to 11 PM** at the Mercer Island Congregational Church, 4545 Island Crest Way, Mercer Island, WA.



The True Holidays Celebration is a fun and family-friendly community event that has become an annual tradition for 28 years for many, including those beyond the Goodenough Community.

Activities include the following:

- **7:30 PM: Contra dancing** with Sherry Nevins
- **8:00 PM: Short program** to reflect on experiencing more joy and connection, and less stress over the holidays.
- **9:00 PM: More joyous dancing**

Admission is free and childcare is provided. There will be a silent auction and treats and drinks for sale, with a portion of proceeds donated to Northwest Harvest.

This event also is a good way to meet the folks behind Sahale Summer Camp, which many Three Cedars students have enjoyed for more than 10 years. (*Sahale Summer Camp 2016 will be Sunday, June 26, through Saturday, July 2, 2016*)

For more info, please contact Kirsten Rohde: 206-719-5364 or [office-gec@goodenough.org](mailto:office-gec@goodenough.org).

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## The Elves and the Shoemaker

You are invited to a marionette puppet performances of the Brothers Grimm fairy tale *The Elves and the Shoemaker*. Dolores Rose Dauenhauer is the director of the Willow Branch Puppet Theater Troupe and owns the Rudolf Steiner Bookstore and Children's Shop. Most of our puppeteers and storyteller are from Waldorf schools and preschools in the Puget Sound area and one owns Joy's Waldorf Dolls. Performances are as follows:

**Date:** Sunday, December 13, 2015

**Two Show Times:** First show at 11:00 AM, second show at 1:00 PM

**Location:** Three Cedars Waldorf School, Trillium Hall (555–124th Ave NE, Bellevue, WA 98005)

**Admission:** Advance reservations \$7 child/senior, \$8 general. Visa or MasterCard.

At the door \$8 child/senior, \$9 general.

For more information, call **206.985.2059**.



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## The Winter Solstice Bus Trip, December 19, 2015

***A time of play and relaxation with family and friends!***

From grandchildren to grandparents, this day-long adventure has proven itself for more than 20 years. First,



there is a cozy bus ride to **Leavenworth**. On the bus there is time for eating, getting acquainted, and singing—it's the holiday season, you know! In addition we usually stop for snow play in the mountains where the snow is deep. Our time in **Leavenworth** is long enough for some shopping and experiencing Christmas sights and sounds. We finally arrive at **Eagle Creek Ranch** where we board horse-drawn sleighs for a ride through the forest followed by a feast

brought with us. The day ends with a return trip home on the bus.

Through the years, we have not really heard a complaint and many people have said it is one of the most delightful of days. Colette Hoff will be the guide for the event this year.

This day was created years ago, by a group of adults who wanted to put all of the pleasures of the holiday season into one day. Come and join us, and you will find that many of us return year after year because we wouldn't want to miss it.

Cost includes transportation, sleigh ride, and a hearty dinner:

\$90 for adults (18 and older)

\$75 for teens (13 to 18)

\$55 for children (3 to 12)

Free for children under 2

For more information or to register by phone, please call Elizabeth Jarrett-Jefferson at 206.313.9803, or send email to [elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com). **Please register by December 14, 2015.**

## Seattle Waldorf School Parent Education Series

All presentations in the series are free and open to the public, and run from **7:00 PM to 8:30 PM**.

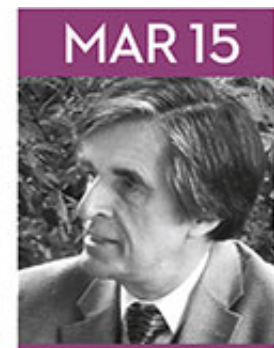
**Tuesday, January 12:** Gregory Jantz, Ph.D.,  
How Depression, Anxiety, and Addiction Affect  
Our Teenagers; Seattle Musical Theater

**Tuesday, March 15:** Douglas Gerwin, Ph.D.,  
Turning Education on Its Head; Seattle Waldorf High School Campus

For more information, visit [seattlewaldorf.org/our-programs/parent-education-series](http://seattlewaldorf.org/our-programs/parent-education-series).



**Gregory Jantz, Ph.D.**



**Douglas Gerwin, Ph.D.**



## Sound Circle News

Here's what's happening at Sound Circle Center. Classes will be held at Seattle Waldorf School, Grade School Campus, 2728 NE 100th Street, Seattle, WA 98125.



### **Family Foundations: Birth to Age Seven**

One Saturday a month, October 2015 through May 2016, 9:00 AM – 3:30 PM, including a communal lunch (10/10, 11/7, 12/5, 1/9, 2/6, 3/5, 4/2, 5/21)

In this heartfelt course 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 workshop 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.

### **Soulful Parenting: Guiding the Soul Forces of the 7 – 14-Year-Old**

One Saturday per month, October 2015 through May 2016, 9:00 AM – 3:30 PM, including a communal lunch (10/10, 11/7, 12/5, 1/9, 2/6, 3/5, 4/2, 5/14)

In this course of exploration and inquiry into the development of the 7–14 year old child, parents will find a deepened resource into their own world of Soul and Feeling. Understanding their child's growth supports a parent in being aware of the thinking and feeling that creates their parenting responses, and actions. Through this carefully built process, parents can meet their own souls, while shepherding their children into living out of theirs.

### **Taste of Anthroposophy**

For more information, visit [soundcircle.org/taste-of-anthroposophy](http://soundcircle.org/taste-of-anthroposophy)

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## Information About Waldorf Education



Why Waldorf Works

**Inform Newsletter:** The Association of Waldorf Schools of North America (AWSNA) is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico. To read their November 2015 newsletter, please visit [AWSNA Community Newsletter, November 2015](#).

**AWSNA Northwest Regional Conference:** Save the date for *Scythe and Compass: Traveling the Path of Moral Development*. February 14–16, 2016, Seattle Waldorf School High School Campus. Keynote speaker: Douglas Gerwin. For more information, contact [northwest@awsna.org](mailto:northwest@awsna.org).

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## Tall Chief Update

### From Farmer Erick

In this update I want to report on a single subject of concern to me, other local farmers, and a growing number of people both within our community and beyond: the disposition of the Tall Chief Golf course. I have two sections in this update:

**Tall Chief: the short story**—where we are and what needs to be done (for those of you already aware of the situation and ready to help);

**Tall Chief: the longer version**—providing some of the background and reasons for what is outlined in “the short story.” [Click to read the full update...](#)

## CLASSIFIEDS

[All School](#)

[Grades](#)

[Early Childhood](#)

[Announcements](#)

### Organizing and Cleaning

Are you daunted by the prospect of organizing your basement, your office, or your whole house? Are you too busy to keep your house clean? Are you moving in or out?



**Squared Organizing Services (S.O.S)** comes to the rescue of busy parents who dream of an organized, spotless, and inviting home. S.O.S. supports you in creating an organized and pleasant home environment. For more info, call 206.596.6264 or visit [squaredorganizingservices.com](http://squaredorganizingservices.com)



BEFORE



AFTER



Waldorf woodworking and practical arts teacher **Mike Kline** is also a practicing artist. His work is available as originals and archival quality prints and can be viewed on his website [www.mklineart.com](http://www.mklineart.com) or by scheduling a private studio visit.

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## Lost and Found

An Apple Blossom Kindergarten child is missing a brand-new Hanna Anderson coat. The coat is pink with flowers, size 110. Please return to Apple Blossom teachers if found. Thank you!

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Our newsletter is published once per month when school is in session.  
Content for the next issue is due **Monday, December 7.**

