



## Newsletter

*May 27, 2013*

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**Dear Robyn,**

Please enjoy the current issue of our newsletter.

### Table of Contents

[All-School News](#)

[Grades News](#)

[Community Announcements](#)

## All-School News

### May Faire, Garage Sale, Concert & Auction: what a success!

These past few weeks have been busy for all who joined in making our spring events a resounding success!

Our May Faire & Garage Sale raised approximately \$6,300. Far more than past years, and that is without the many volunteer hours which will be matched by Microsoft.

As for our Concert & Auction, approximately \$7,500 was raised on that truly exceptional evening.

We are deeply grateful for our parent community's initiatives in supporting the school through talent, work, and fun. We look forward to the spring of 2013-14!



## Salad Day - June 6, 2013



Support the TCWS Faculty and Staff with **SALAD DAY, Thursday, June 6th!**

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 meeting every Thursday from the end of the school day that continues until 5:30 pm. Thursday, June 6th, our community has the opportunity to feed the faculty and staff during their snack break. 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, 4th and 8th grade parent, at [christa\\_tinker@comcast.net](mailto:christa_tinker@comcast.net). I will contact you the week before and give you specifics of how this works and what people are bringing. Thank you for your time and energy!

## Board Update



Our school board is delighted to announce the appointment of Andy Hoag as a Board Member, and Treasurer. In Andy's words: "I am excited for the opportunity to join the board. The school has been incredibly open and



welcoming to us as we are new this year to Three Cedars Waldorf. My wife Leslie and I are parents to a sixth grader in Ms. Campana's class named Sophia. We also have a nine year old named Eli and have lived in Kirkland for almost 9 years now. Like many others in this community, I work for Microsoft and in our free time we love to ski, travel, cook and tend to a garden that is threatening to overtake our yard. We are grateful to have joined this Waldorf community and look forward to the work in front of the board and opportunity to meet many more of the families in the future."

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## Puppet Show: Mashenka & the Bear



**When:** Sunday, June 2, 2013

**Time:** 11:00 am & 1:00 pm

**Where:** Three Cedars Waldorf School's Trillium Hall  
556 - 124th Avenue NE, Bellevue

Presented by The Willow Branch Puppet Theater  
Featuring 12 silk and wool marionettes

Advance VISA/MC Reservations: \$ 7 child/senior & \$8 general admission

Call: 206-985-2059

At the Door: \$8 child/senior & \$9 general admission (suggested donation)

Click [here](#) for flyer.

## Volunteer Appreciation Evening

Dear Parent Volunteers,

So many of you support us in these magical and too often invisible ways. You sew costumes, make hundreds of beautiful gifts for May Faire, help the children with reading in the classroom, take walks to the park and the library, take time off work to go on field trips, apply for grants, fix our computers, coach our Frisbee team, plant flowers, paint fences and install pavers, come up with a marketing strategy, coordinate activities with parents in your classes, take on the responsibility of being a Board Member, and even make salads for the faculty once in a while, and much, much more. Every day of the school year we can see you somewhere on campus lending a helping hand.

Our faculty and staff's gratitude for your help is far greater than what would ever fit in a message, however sincere.

We want to invite you to attend our Volunteer Appreciation Evening on Saturday, June 1, from 7:00 p.m. - 9:00 p.m., so we can truly express the depth of our appreciation and gratitude.

This simple time together is orchestrated by the faculty, who are preparing drinks, sweets, and fun, for you. Please join us for this informal and friendly time in your honor! RSVP to the Front Office.

## End of Year Gifts

The end of the school year is nearly here! During the weeks preceding our summer break, those who wish to do so are invited to participate in our gift giving tradition. Beginning **Monday, June 3**, there will be a bag or basket placed outside of each classroom door, in which parents and children may place personal, consumable, or handmade gifts and cards for your class/kindergarten teacher.

Those who wish to make a monetary contribution to the teachers may do so in the front office until **Wednesday, June 12**. These donations will be pooled and distributed among the class, kindergarten, and subject teachers. *Cash only please.*

Please take a moment to stop into the office to sign cards for the teachers - you will find your child's class/kindergarten teacher's card in your class coordinator's mailbox in the front office, while the subject teacher cards will be available at the counter.

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## Garden Appreciations

We would like to thank **Stephanie Hoener** and **Kimberly Johnston** for recently tending to our parking lot islands and gardens! If you are interested in being a garden steward, please let Seraphina know. Volunteers are warmly welcomed after morning drop-off, before afternoon pick-up, or even on weekends. Thank you in advance!

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## Lost & Found - End of School Year

Please be sure to check the Lost & Found bin between now and the end of the school year. Lost & Found will be placed on picnic tables on the last day of school for families to look through and reclaim any missing items. Unclaimed items will be donated to Goodwill.

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## Last Day of School

**The last day of school for the Early Childhood program is Thursday, June 13th.** The kindergarten classes will be having a potluck at Wilburton Park on that day. All kindergarten families are encouraged to join the festivities. Please watch for an email with specific information

coming soon. *There is no Kindergarten After Care on June 13th.*

**The Grades program's last day is Friday, June 14th.** Dismissal is at 11:00 am, after the Grade Handshake. Students and their families may then enjoy an ice cream social on the plaza! *Please note, After Care is not offered on the last day of school.*

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## Notes from Dr. Witalis' Lecture 2 on Nutrition, taken by Bernd Zabel

Please click [here](#) to read about the effects of nutrition on a hormonal level.

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## Students can't resist distraction for two minutes ... and neither can you

*By Bob Sullivan, Columnist, NBC News*

Are gadgets making us dumber? Two new studies suggest they might be. One found that people who are interrupted by technology score 20 percent lower on a standard cognition test. A second demonstrated that some students, even when on their best behavior, can't concentrate on homework for more than two minutes without distracting themselves by using social media or writing an email.

Interruptions are the scourge of modern life. Our days and nights are full of gadgets that ping, buzz and beep their way into our attention, taking us away from whatever we are doing.

We've known for a while that distractions hurt productivity at work. Depressing research by Gloria Mark at the University of California, Irvine, says that typical office workers only get 11 continuous minutes to work on a task before interruption. With smartphones reaching near ubiquity, the problem of tech-driven multitasking — juggling daily tasks with email, text messages, social media etc — is coming to a head.

Click [here](#) to continue reading.

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## Waldorf Today News

Waldorf Schools – News from our sister schools and Waldorf Education worldwide – visit [www.waldorftoday.com](http://www.waldorftoday.com) to keep abreast of all things Waldorf.

Of particular interest, you may want to read about the Steiner School in Glasgow, which has recently relocated after a fire destroyed its building. The BBC posted a story at :

<http://www.bbc.co.uk/news/uk-scotland-glasgow-west-22248153>

*The school is accepting donations at : <https://mydonate.bt.com/charities/glasgowsteinerschool>*

## Grades News

### Appreciation Assembly - Grade 8 Families

The June 7th Appreciation Assembly is an in-school for grades students and parents of Grade 8 students. The assembly will take place at 11:35 am in Trillium Hall.

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### Grade 5 Olympiad



The annual 5th grade rite of passage known as "The Olympiad" took place again at Camp Killoqua on May 10 and 11 this year. 8 schools participated, bringing a total of 126 students together as classes for the evening performances - you had to be there, the singing, Greek recitation and humorous skits were great. The students were then divided into 8 "city-states" led by a King or Queen (class teachers) and a Host (parent chaperones.) Sleeping in cabins with students from other schools was great fun.

On Saturday morning, everyone put on a Greek tunic with a sash in their city-state's color, and greeted the priests (spacial dynamics and eurythmy teachers) robed in purple. The Games began with Eurythmy, the Olympic oath, and Pallas Athena lighting the Olympic flame, followed by the pentathlon activities of sprint, long jump, discus, javelin, wrestling and relay race. At the end, everyone received a medal and individual recognition from the King or Queen and the priest.



New this year was a complete emphasis on individual citizenship and athleticism, rather than winning. Students were supported to do their best, cheered on by their city state, and truly recognized as growing human beings engaged in challenging and important group work. The mood of Grace and Beauty prevailed, and the cheerful and positive feedback within each group was truly impressive. The 5th graders grew beyond themselves in a healthy and transformative environment. This event is justly called a rite of passage and will be remembered by everyone who was there.

*To view images larger, please click on the article title. You may then click on individual images to view them at full size.*

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### Grade 2 - Correction, All Community Play Performance

Please note the following correction to the time listed in the previous Calendar Update for the Grade 2 Play, All Community Performance:

- Friday, June 7 at 9:30 am in Trillium Hall

## Community Announcements

### *Community Events*

### Ultimate Frisbee

Ultimate will take place Thursdays when school is in session at Wilburton Park from 2 to 3:30 pm (possibly to 4). New players and beginners from grades 3 and up welcome. Teams will be forming for spring league play from March to late May. Hosted by TCWS parents David Hasbrook and Jenny Doggett.

### *Local Opportunities*

### Energy Medicine Sessions

In celebration of the business opening at a new location in Kirkland, Carla Boon (mom of a Morning Star student) is offering Three Cedars families a 20% discount for individual "Energy Medicine" sessions. Energy Medicine is an approach that involves balancing and restoring flow in the body's electromagnetic and subtle energies, working with 8 different energy systems (such as the aura, meridians, chakras) to optimize health and well-being. Clients learn tools to reduce and manage stress, as well as promote energetic balance, from the immune system to hormone balance to pain reduction, and much more.

Please visit [www.flow-flourish.com](http://www.flow-flourish.com) for more information and to schedule appointments. Thank you for your support! Carla Boon, Energy Medicine Practitioner, EEM-CP; Flow & Flourish LLC

*(20% discount for individual sessions; for Three Cedars students and immediate family members only; no cash value; offer expires 8-31-2013.)*

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### "Nature Deficit" And What We Can DO About It!





Three-hour workshop for parents, teachers and caregivers

**Saturday, June 1, 2013, 9 a.m. to 12 noon**

3 STARS/MERIT hours available

Let's talk about why watching insects outdoors is preferable to watching a documentary... every time!

offered by: Simplicity Learning Center

<http://www.simplicitylearningcenter.com/nature.aspx>

## Rock Your World to Health Forever!



*Discover how to embrace a plant-based approach to life that provides complete and balanced nutrition for you and your family.*

*Learn from one of the leading experts and counselors in macrobiotics who helped thousands recover and retain their health.*

### **Lectures, Cooking Classes with menu planning, Personal and Group Consultations**

Topics: Overcoming hypoglycemia (or more commonly known sugar cravings), 7 Key Steps to balanced life and healthy living; Healthy plant-based balanced dishes for the entire family.

June 7-9 Lake Hills Library and 21 Acres in Woodinville

<https://www.facebook.com/events/469360269810467/>

Please click [here](#) for flyer.

## *Camps*

### **Sahale Summer Camp, July 7-13, 2013**



With a focus on practicing skills of friendship: inclusion, collaboration and fun, this overnight camp is specifically designed to meet the needs of youth aged 9-12. Explore 65 acres on the Tahuya River where camp life includes games, drama, archery, art, music, nature exploration, group work together time. Campers benefit from a multigenerational staff and community which demonstrate how to build nurturing relationships and self esteem. Our staff includes Waldorf trained educators and student counselors, elders as mentors, family life educators and



professional musicians and artists who all volunteer to create a week of living in a magical village camp setting. For more information contact Irene Perler, Waldorf subject teacher, parent and camp director, at [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com) , and visit [www.goodenough.org](http://www.goodenough.org) for online registration. Brochures will be available at the front desk.

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## Camp Sprouting Spirits

Camp Sprouting Spirits is a Waldorf inspired summer camp where children learn about self-regulation through co-operative games, building fairy houses, cooking, arts, crafts, music, yoga and more! All activities are outdoors to maximize freedom, nature, and exploration. We take daily walks to Woodland Park/Rose Garden where our "inspiring artists" teach a yoga, drama, or music class. We also make most of our snacks (pizza, smoothies, salad...etc). Our days are filled with singing, storytelling, and imaginative play!

We are located in the Phinney Ridge Neighborhood of Seattle. For 2013, we have 3 week-long half-day sessions for around 15 children. Kids around 3-8 years old are welcome to register (I accept some 2 year olds if they are younger siblings). Camp runs Monday-Friday from 9:00am-1:00pm. We hold at least a 1:5 ratio, so your children have the attention they deserve.

For more information, including registration, please visit our [website](#).

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## Camp Roots at St. Edward State Park

Join Camp Roots at St. Edward State Park for a week of hiking, games and upcycled creativity. For boys and girls ages 8-12. Cam will be held August 12-16th from 10-4. Please see the [Camp Roots website](#) for more information, including registration.

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## Eastside Catholic Summer Courses & Camps

Join experienced Eastside Catholic faculty this summer for educational, fun, enriching, safe and affordable courses and camps.

At Eastside Catholic we believe in educating and inspiring students all year. Our summer programs will build upon curriculum from the school year or encourage exploration and thinking in a completely new subject or activity.

[Registration](#) is now open!

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## Summer Music Day Camp

### **Music Day Camp - Full Day**

*Girls going into 2nd through 5th grades*

The Seattle Girls' Choir hosts week long day camps for girls who love singing to build choral skills in a non-auditioned choir, exploring sound with various instruments and finding new reasons to love making music while meeting new friends!

Click [here](#) to receive email information about camp. Or click on [registration](#) to print forms and sign-up today.

### **Musical Mornings Camp - Half Day**

*Girls and Boys age 4 to incoming 1st grade*

Girls and boys will learn songs, play singing games, explore classroom instruments, and participate in musical story-telling activities.

Click [here](#) to receive email information about camp. Or click on [registration](#) to print forms and sign-up today.

Visit the Seattle Girls' Choir [website](#) for more information.

## *Sound Circle*

## Student Openings in our Second Year Teacher Training Program at Sound Circle Center



*Beginning September 2013*

Sound Circle Center in Seattle, WA still has openings in its 2nd year Waldorf Teacher Training class, beginning September 2013. We welcome students seeking to complete the training they initiated earlier or elsewhere.

Sound Circle's teacher training is a part-time weekend program during the school year, plus two weeks of summer intensives. For more information, see <http://www.soundcircle.org/content/teacher-training>.

Direct your inquiries ASAP to Sound Circle at [information@soundcircle.org](mailto:information@soundcircle.org) or 206-925-9199.

## Classifieds

### Martial Arts being taught in Bellevue!



We are currently enrolling for Summer Quarter. We have been in Bellevue for over 20 years teaching 8 styles including aikido, tai-chi, tae kwon do, karate, and kung fu. Practicing Martial Arts is a balanced and holistic way to build self-confidence, mental discipline, physical strength, emotional stability and self-defense skills. Please call 425-698-2700 with inquiries; as a member of the Waldorf community you will receive 25% off one month of training for your child(ren).

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### Satch & Sol Discount

Satch & Sol is sharing a savings code with Waldorf families!

Handmade in Mongolia by a fair trade artisan cooperative, the Satch & Sol line features felted slippers, hair bands and satchels. In celebration of the end of the school year, Satch & Sol is offering the following code, now through June 1st, to save 20% on all items in the online boutique at [www.satchsol.com](http://www.satchsol.com) : summer20

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### Granny AuPairs

**We connect families and Grannies worldwide.** We are located in Hamburg / Germany and were founded in 2010. Our philosophy emphasizes on a cultural exchange. Our Grannies experience a foreign country off the beaten tourist track. They live with the family and are integrated into the daily life of a foreign culture. Language barriers, different customs and mentalities must be mastered.

AND: Our Grannies have a lot of advantages over young au pairs: **They have life experience, they are adults and very reliable.** Therefore more and more families are opting for a Granny Aupair as the ideal childcare. Our Grannies play, paint, bake or sing with the children. They provide love and comfort and are there for the children when their parents are too busy.

E.g. Patricia, a mother in Vancouver just said: "The opportunity to have a Granny Aupair has taught us so many things, as we open our home and hearts to that person and there's so much to learn from the experience."

Currently we have approx. 100 women in our data base - mainly German Grannies, but also from Austria or Switzerland.

Please see our [flyer](#) for more information.

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## Lazure Services

Mommy, mommy I love my new room!

[www.LazureFinishing.com](http://www.LazureFinishing.com) Painting Waldorf Inspired bedrooms for the young.

Contact Hunter Kerr-Wilson at [livingspaces@gmail.com](mailto:livingspaces@gmail.com) or 206.387.1973

The newsletter is published every two weeks during the school year.  
The deadline for submissions for the next newsletter is Sunday, June 2.

Please email submissions to [newsletter@threecedars.org](mailto:newsletter@threecedars.org).

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

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