

May 18, 2015

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A Message from the Executive Director's Message Pail

A brilliant and industrious landscape has been presented to me by the children and adults in this school community over my first few days with you. Thank you all who have made time to chat about your families and your passion for the Three Cedars Waldorf School experience. I have enjoyed learning from you, your children, and the school faculty.

This note is the first in many narratives, which will include varied pieces on child development, my discoveries in Waldorf education, collaborative work with the Board, the school vision, and administrative cogitations. Now, I would like to simply offer my first reflections on this impressive educational community.

Although the heart of each school revolves around joyfulness and optimism, Three Cedars Waldorf School facilitates perseverance in order to lead children toward the happiness of accomplishment as well as an appreciation for their innate talents. The gains from this approach are numerous... resilience, self-regulation, confidence, trust in the world, self-knowledge, and empathy. I am proud to contribute my efforts to such an empowering institution, and put my trust in our mission-driven educators and staff.

—Rob Schultz



I am delighted to announce we had three new students join Three Cedars Waldorf School just after Spring Break! **Paige Carlisle**, sister of Lauren Carlisle in grade 5, joined Ms. Urquiza's grade 2 class. **Mina Martinez** also joined the grade 2 class; and her sister, **Scarlet Martinez**, is in Morning Glory Kindergarten.

Please join me in warmly welcoming these three girls and their families to the Three Cedars Waldorf Community.

—Laurin Jones, Director of Admissions

Laurin Jones grew up in the Monterey Bay area in California. Upon graduating from UCLA, she began work releasing fledgling peregrine falcons into the wild as part of collaborative initiative to reestablish their plummeting population and delist them from being an endangered species. Subsequently she began field work in Central America with tropical birds of prey. After having children, it quickly became apparent life in a field camp was no longer a feasible reality, and in 1996, Laurin and her two children moved to Seattle—immediately connecting with the Seattle Waldorf community. Over the past 19 years, Laurin has had extensive trainings and worn many hats. She graduated from Sound Circle Center Waldorf teacher training in 2005, and has worked as an assistant in both the kindergarten and first grade. She is a licensed massage practitioner and Reiki master, having a private practice for the past seven years. She also is a licensed real estate agent. She is mother to two amazing children—her daughter is now 22, attended Seattle Waldorf School from preschool to eighth grade and is now pursuing a nursing degree; her son is currently a senior at SWS. Laurin enjoys surfing, snowboarding, backpacking, traveling, bird watching, and reading.



Road Construction and Parking Log Safety

With the nearby construction, Three Cedars families are experiencing an increase in traffic backups and delays. Although the construction is inconvenient, it will result in an improved sidewalk for walks to Wilburton Park and more organized traffic flow in and out of the Wilburton neighborhood (please see the orange flyer

on our Community Bulletin Board for details).

On the roads approaching the school, please be mindful of the construction workers and flaggers who are trying to keep traffic flowing safely while they complete their projects. Even though school administrators are in frequent communication with the city of Bellevue and the construction team supervisors, planned “local access only” detour routes shared with families might be temporarily unavailable. Flaggers are instructed to divert non-local through traffic away from the construction zone. As school families, we are considered local traffic. You may need to roll down your window and let a flagger know that you need to reach the school parking lot—or at the flagger's request,

you may need to use another detour route due to a temporary closure.

The Three Cedars parking lot is especially busy at arrival and dismissal times. During these last weeks of school, please be reminded to *drive very slowly* in the parking lot and to keep a close watch on your children—and any children around you!

We also kindly request your help with twenty-minute parking lot shifts in the morning and afternoon every day that school is in session. Please [visit the SignUp Genius page](#) and [volunteer](#) for a shift. If you don't want to sign up online, you may call Kristi Hartman at 206.683.0652 or send email to khartman@threecedarswaldorf.org.

Thank you for your continued patience, good humor, and much appreciated help!

Annual Appeal

The Three Cedars Waldorf School Annual Appeal is under way and will last until our fiscal year ends on July 31, 2015. In early April, letters were mailed to families, friends, and extended family in our community about the need to raise funds to cover our operating expenses this year. I want to especially thank all of you who made an extra effort to boost your Annual Appeal donations by participating in the Give Big 2015 event on May 5. The Seattle Foundation partnered with many philanthropic organizations to provide registered non-profits, including Three Cedars Waldorf School, with an opportunity to boost donated dollars through the application of stretch funding. A stretch fund percentage will be announced later this month by Seattle Foundation, and the terrific initial news is that, if the percentage is the same as last year, we will have raised almost \$10,000 through the Give Big program for our school! This is a terrific start and addition to the funds we have already raised this year, but it is not enough. It is important to remember that:

- *Everyone needs to contribute* to our Annual Appeal, even if you are not in a position to give a large donation.
- *Every donation counts* toward 100 percent participation. While it's wonderful if you can write a large check, even one dollar matters!

Why does my participation count, you might ask? When a non-profit organization applies for grants to support their programs, the organizations that offer grants want to know whether or not the immediate community supports the non-profit. You can demonstrate your support by making even a small donation. Full participation increases the chance we will receive grants that can add dollars to our budgets, and creates more room for spending in areas that we might not expect to receive grant money for. With exciting but expensive construction projects in our future, we need the support of grant money!

At this juncture, I am happy to report that almost half of our faculty have donated to the Annual Appeal. We have received some very generous donations from our families, for which we are very grateful. At this point, however, we have not even achieved ten percent of our participation goal at the classroom level. Thank you in advance for responding to our Annual Appeal with your support. Big or small, we need them ALL! Watch for a poster that shows progress toward our goal of 100 percent participation, and make sure you are part of the journey!

In gratitude for all you do in support of our school,

—Kristi Hartman, Director of Advancement



Kristi Hartman is a dual citizen of the United States and Canada, with family roots that stretch from the deep south of Louisiana and Texas, northward across the southern provinces of Canada. In that she believes there is nothing quite as fine as messing about in boats, her heart lies close to the water, and she has been an on-again-off-again Seattleite for most of her growing up years into adulthood. A former longtime live-aboard, Kristi and her

family own a house-barge on Lake Washington where she can be found in the summertime reading, and spotting turtles and Blue Angels. She has strong ties on land as well, with a love for growing all things plant and animal. Kristi's home crows, coos, clucks, barks, squawks and howls, and she tends her substantial menagerie, as well as a P-Patch plot along the Cedar River with her husband and three daughters who have grown up cloaked in the magic of Waldorf from tiny tot-dom. Kristi hails from a real estate, law and insurance background and education at PLU, and has completed early childhood coursework for the Child Development Associate certification. She credits her grandmother and mother with teaching her the value of lifelong community service. She brings with her non-profit development and volunteer training experience from 14 years in the Junior League of Seattle, tenacity advocating for youth with 18 years in the National CASA program, and diplomacy, serving seven years on the Women's Interclub Council Board for the Grand Fourteen Yacht Clubs of Puget Sound. Kristi loves coffee, bringing people together (usually over food), and considers herself a lifelong learner.

Donate to Three Cedars by Shopping at Fred Meyer

Fred Meyer is donating \$2.6 million per year to non-profit organizations in Alaska, Idaho, Oregon, and Washington, based on where their customers tell them to give. Here's how the program works:



- If you are a Fred Meyer customer and have a Fred Meyer rewards card and an online account, [sign up for Community Rewards](#) and [link your Fred Meyer rewards card](#) to Three Cedars Waldorf School. To create the link, you will need the email address and password for your Fred Meyer online account (you can easily set up an online account if you don't already have one). After you log in, you can search for Three Cedars by name or by our non-profit number, **94902**. Then, every time you shop and use your rewards card, you are helping Three Cedars Waldorf School earn a donation! You still earn your rewards points, fuel points, and rebates, just as you do today.
- If you do not have a Fred Meyer Rewards Card, they are available at the customer service desk at any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.

May Faire Recap

Silken banners billowed in the breeze and merry music filled the air the morning of our May Faire celebration on Saturday, May 2. In the plaza, the May Faire Queen, Three Cedars alumnus Paige Jeantette, and her court welcomed May pole dancers and distributed fairy-dusted flowers to the little ones.

Our school community welcomed Bellevue GirlChoir and Ionian Fiddles, who serenaded us with a cappella performances and a classical string concert. These performances enabled us to extend our festival to more than 50 young people and their families, and we hope they enjoyed seeing our school, meeting our community members, and experiencing a taste of what our school has to offer. Partnering with groups who share similar interests, such as music, is a great way to meet new families who might be interested in joining the Three Cedars community, as well as learning first hand about outside programs for our children that align with our curriculum.

Also new to our May Faire was caterer Taco del Mar, sponsored by Three Cedars' community business Audienz Marketing Consultants. We are grateful to sponsors Audienz and local Taco del Mar franchise owner Jeff Masterjohn, who helped us set pricing so we could feed the large group within our budget. Do you know of other community sponsors who might want to be involved with programs in our school? Thank you for putting them in touch with us!

Farmer Vince Carlson of Valley View Farm and his family made the trek from eastern Washington to bring us baby farm animals, fresh produce, eggs, and local honey. Farmer Vince delivers regularly to Three Cedars and donates five percent of his proceeds to our school when we enter "Three Cedars donation" in the comment section of his order forms. Please support a local farmer and enjoy healthy, locally grown goods while you generate funds for our school programs. Kristi Hartman will alert you to his deliveries. If you want to share the purchase of a side of beef or other large item, let her know and she will add you to a list.

To raise awareness of our garden program, we added a plant sale to the festival. The community tent held our Crafts & Tea group, which donated beautiful handmade items and offered them for sale to support our school. The group meets regularly and welcomes new members interested in all kinds of crafting. Children are welcome to attend with their parents. For more information and



meeting times, [email Karen Wegehenkel](#).

Japanese tea ceremonies, complete with graceful silk kimonos and tastes of tea and sweets, offered a peek into this beautiful tradition. We are most grateful to friends of Lin Sensei for making it possible for festival-goers to briefly step into another world. Thanks also to our grade eight students who participated in the ceremonies.

Our garage sale was refocused to a kids' sale this year, headed up by our early childhood families. Trillium Hall became a mecca for shoppers interested in outfitting their kids at bargain prices. New to our fundraising efforts is a consignment shop account, where any unsold consignable items were brought to be put up for sale. If you have children's clothing and gear in good used or new condition, [email Kristi Hartman](#) or 206-683-0652 to arrange for your donations to go to consignment and continue earning for Three Cedars.

Traditional favorites combining with new events made for a lovely May Faire celebration. It could not have been possible without the many, many helping hands lending support in every way. Your generous donations of time, treasure, and talent are all invaluable ways to ensure Waldorf education is available to our children and to children of the future. Coming together as a community to celebrate life's joys is an entry point! Thank you, one and all, for attending May Faire with your friends and families, and for welcoming newcomers so warmly.

Your feedback is encouraged and so helpful! Please take a moment to [email Kristi Hartman](#) with three things you loved about May Faire this year, and three things you felt could have been better, and why. Thank you!

—Kristi Hartman, Director of Advancement

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Grades Seven and Eight Track and Field

On a wonderfully warm sunny day, one of those special northwest spring days with blue skies but a chill in the air, seven Waldorf schools met at the Shoreline Community College stadium for the annual track and field meet. Our seventh and eighth graders prepared for this spring day with runs at Wilburton Park, a discus lesson from a former college discus competitor, long jumps in the playground sand pit, and by practicing javelin and shot put.

This is one of the first school events that involves the students in a competitive arena. At the meet, competitors are recognized for their achievement. Students have an opportunity to strive to attain their personal best. In doing so, some are pushed out of their personal comfort zone, allowing them to discover something new about themselves. Our children figure out that even though preparation does produce results, sometimes things beyond our control play a part in life's outcomes.

I saw children who, despite lingering whooping coughs and injuries induced by the recent Spring Reign Ultimate Frisbee tournament, gave their all and came away satisfied with their efforts. I also witnessed a brilliant one-mile run by a confident seventh-grade girl. I celebrated a seventh-grade boy who brought his class together with his sheer enthusiasm and group-building energy. I proudly cheered when an eighth-grade boy

achieved his goal of running the mile! There were many other shining moments and I can honestly say that their class teachers and I are very proud of them all.

—Cristine Smith, Games and Movement Teacher



A native of Seattle, Cristine Smith also spent parts of her childhood in Media, PA, Redmond, WA, and Salem, OR. She studied Biology and Nutrition at University of Oregon and Oregon State University before completing a BS in Education with a major in General Biology from the University of Arizona. A cyclist who is especially keen on mountain biking, Mrs. Smith holds a world record in master's level track racing. She also enjoys mountain climbing, trail running, reading, and observing nature. Mrs. Smith studied for two years with the Sound Circle Teacher Training program and has completed two summers of high school training at the Center for Anthroposophy in Wilton, NH. She holds a certificate in Spatial Dynamics (spatially oriented movement exercises, activities, and games) from the Spatial Dynamics Institute, NY. She joined Three Cedars in 2004.



Grade Five Pentathlon

After training for eight months in the rain, the cold, and the blistering “NW heat,” the fifth graders from Three Cedars and seven other schools met at Camp Killoqua for the annual Pentathlon. Like the Greeks almost 3,000 years ago, these earnest “citizens” threw javelins and the discus, jumped, ran, and wrestled for their city-states. Leaving the comfort of his or her own class, the fifth graders became part of, perhaps, Sparta, Athens, Thebes, or Megara. With their new-found friends, they joined in the spirit of the Greek games, learned lessons of truth and beauty, and maybe found strengths that sprang from being part of a greater good.

The events on Saturday started by greeting the gods and fellow citizens with a group Eurythmy performance of the EVOE, meaning *I see you and I recognize in you the highest that you may become*. This truly set the

mood for a day that was filled with uprightness, striving, and heart. Then, alumnus Carly Campana ran as Athena with the Olympic torch to officially start the events. As the students faced each of the five events, they were judged by the priests not only on the outcome of their efforts, but rather on the beauty, grace, and form with which they performed. Furthermore, the Queens of the city-states watched closely for the many authentic demonstrations of true sportsmanship and tact. Finally, at the end of the day, the students were recognized with medals and a laurel wreath. This moment for each child echoed the EVOE with which the day began, for they were all truly seen as their highest selves.

—Cristine Smith, Games and Movement Teacher;
and Stephanie Packer, Teacher, Class of 2017 and 2018



Stephanie Packer grew up in New Jersey, and graduated with a BA in Organizational Studies from the University of Michigan—Ann Arbor. During college, she spent a semester living and studying in Seville, Spain, where she formed a strong connection to the Spanish language and culture. This connection brought her back to Seville after graduation, where she taught English and American culture to both children and adults in various settings for several years. She also taught elementary school classes in a bilingual, public school setting. Simultaneously, she spent a few summers volunteering on a Biodynamic farm in Princeton, NJ, which sparked her interest in Waldorf Education. Stephanie went on to pursue this path by working in various roles at the Waldorf School of Princeton, and she completed her Waldorf Teacher Training at the Centro de Formación de Pedagogía Waldorf in Madrid, Spain.

Grade 4 Potlatch Prep

Each year, the grade four students from nine Waldorf Schools in the Puget Sound area come together for a three-day native Potlatch. Whidbey Island Waldorf School hosts the event on the grounds of Whidbey Island Institute, near Clinton, WA.

The students are joined in clans of around 25—with students from every school in each clan. Five native elders from around the nation share their traditions and wisdom with the students.



The last night of the gathering is the Potlatch giveaway. Every class has made a gift which is presented by their teacher. Then each class gets to choose a gift to take home. For this year's potlatch gift, each student in Ms. Spurgin's class made and decorated a primitive arrow. The bundle of arrows, tied with deer hide, is the Potlatch gift. The symbolism of the bundle of arrows comes from the Iroquois Confederation. An individual arrow can be broken; a bundle of arrows cannot. The messages of strength through unity and teamwork are very fitting for the fourth grade year.

The class also presents small gifts to the elders to thank them for coming. The class harvested stinging nettle, which was dried and put into reusable tea bags. Each elder received several tea bags of delicious, nutritious stinging nettle tea.

Special thanks to Andy Held for assisting with both gifts.

Spring Reign

The thrill of Spring Reign was in the air as the Three Cedars Lumberjacks drove up to their fifth Spring Reign* in Burlington, Washington April 25–26. Frisbees were flying everywhere, and the smell of kettle corn was in the air. There were 32 fields, and many friends and family crowded around to watch great plays, layouts, hand blocks, and high fives.

The Lumberjacks had three games on the first day. The first game was a wake-up call for the rest of the day and we won! After a lunch break, during which players traveled around greeting new and old Frisbee friends, the next two games were won and lost, respectively. The pizza at the end of the day tasted so good, and the team ate in a tired silence.

The next day we started by playing against Brightwater! It is always special to play against other Waldorf schools, and the field was full of friendly chatting. We lost, but were given a pineapple as a spirit gift. The next two games were hard, but we came through with a record of 3–3. It was so much fun, very tiring, and we can't wait for next year!

**Spring Reign is the largest co-ed youth Ultimate Frisbee tournament in the world with age divisions for elementary, middle school, and high school teams.*



EARLY CHILDHOOD NEWS

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Kindergarten Last Day Potluck Picnic 2015

To celebrate our last day of school on **Thursday, June 11**, we invite all early childhood families to join us for a potluck picnic at Wilburton Park. Children who attend school that day will walk to the park with their teachers, and we plan to arrive shortly after 11:30 AM. Parents of kindergarten and preschool children, along with and three-day students, are asked to meet at the top of the hill between the restrooms and the playground by 11:30 AM. Having you read to greet walking teachers and students when we arrive will be a wonderful greeting!



Once the children are assembled we will share some circle games, eat lunch, and gather to say our goodbyes before summer break. Please bring a potluck dish to share. Child-friendly food is always much appreciated by the students! Please also label your dish with all ingredients—we have many families who have special dietary needs. If you have a picnic blanket, please consider bringing it along as

there will 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 sign out sheets for the day to the park and you will be responsible for supervising your own children once we are all together. Please note that this is an early dismissal day and there is no afternoon care for early childhood students on this day.

The school will be supplying tableware for this event, and we will need a parent volunteer to arrive at school a little early to pick up the supplies and deliver them to the park. If you can help with this delivery, please let your class coordinator know.

See you at the Potluck Picnic!!

—Laura Mason, Morning Glory Kindergarten Teacher



Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. Though she and her sisters spent long hours playing in horse pastures, open fields, and woods surrounding their home, her favorite place was the dirt pile in her yard, where she spent many hours digging tunnels and making mud pies. Childhood vacations were spent hiking and camping in the Cascades as well as taking road trips to museums and historic

sites. Many of these experiences are well known to her students, as she brings them to life in the classroom through storytelling. Miss Laura attended local schools from kindergarten through high school, sharing a classroom with several friends for the entire 13 years. Throughout school, she loved vocal music programs, particularly performing at music festivals. After Miss Laura transferred her elder daughter to Three Cedars Waldorf School in the first grade, she began a new career as an early childhood teacher. She joined Three Cedars in 2002 as a preschool assistant, then served as a preschool teacher, and finally, as a mixed-age kindergarten teacher. Miss Laura received her Early Childhood In-Service Teacher Training Certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed enthusiasm for gardening, both of which she brings into her work as a teacher.

Extracurricular Activities and Young Children

As Waldorf early childhood teachers, we encourage a slow pace and simplicity in children's lives. We are often asked by parents what types of after-school and summer activities we would recommend, and we often reply that children do best with very minimal activities or none at all. We hope the following will help you understand the reasoning behind this general recommendation.

First of all, why do we find extracurricular activities, clubs, and camps so useful and enticing? Our modern culture certainly encourages many activities for children simply by the availability and marketing of such activities. The message that our children are better off if they engage in as many enrichment opportunities as possible seems to be everywhere. We are told that our children will be better students if we stimulate their thinking early and frequently, and that they will be more successful athletically if they learn specific skills early. There are very real benefits in some of these activities. For example, sports, martial arts, gymnastics, and dance develop movement, team work, and spatial awareness; music lessons develop rhythm, coordination, and musicality; art and drama nurture creativity.



There are other reasons that parents choose activities as well. Some parents simply need more child care than the school can provide and many of the organizations that provide classes offer a safe and fun environment for children who need care. Other parents worry that their child is not engaged enough at home and find their children are more manageable when engaged in activities. When parents ask themselves if their child would be bored or lonely or fighting with their siblings in their down time at home, the answer is often yes. And finally, these activities give parents an opportunity to meet other parents and have some adult conversations. As we all know, relationships with adults while raising small children can be a parent's saving grace! So considering all of this, why would a parent opt not to send their child to clubs, camps, or classes?

Consider the following metaphor: raising children is much like growing a plant from a seed. First you prepare and nourish the earth, then you put in the seeds and gently cover them; next, you water them and remove any weeds that may impede their growth. Finally, you wait patiently to see if they will grow. With the warmth of the sun and a little rain, the seeds will sprout, grow, and finally, bloom. If you give the new sprouts too much water or if the weather is too hot, the new plants will not thrive. For best results, the process cannot be rushed.

Children today have many wonderful opportunities for enrichment, but they often lack ample time to explore things in depth. When we engage them in too many different activities, we are sacrificing depth for breadth. While many children have the stamina to make it through after-school activities and are happy to participate, all children need downtime at home. They need self-guided time to call on their own resources and be creative. Non-directed free play is the natural mode of learning for young children—it fosters imagination, creativity, and innovation. When children's lives are dominated by adult-organized activities, there may be little time left to just be kids.

Therefore, as teachers, we recommend that you very carefully consider the number and quality of extracurricular activities you enroll your child in. Ask yourself what the benefit of the class truly is. If you do decide (or simply have a need) to send your child to a club or camp, consider the content of the program and choose one that will satisfy natural interests and support learning without exhausting or overwhelming your child. Classes that offer plenty of time for free play, time in nature and a balance of active and quiet activities generally are most beneficial. Keep in mind that

sports with a focus on specific instruction, competition, and rules may frustrate children who are not yet able to follow along physically and emotionally. Children start life with a love of movement—we don't want to squash that by enrolling them in activities for which they aren't developmentally ready! If you are

looking for specific activities that are very healthy for young children this summer, consider taking them swimming (or to swimming lessons), going to the beach to play in the sand and water, hiking in the woods, or playing in a wild natural area. Consider getting a dirt pile for your yard and some small shovels and buckets. Add a water source and you have a recipe for physics experiments and a lot of fun. We encourage you to get together with families from school as well. These children know how to play and likely will not need a lot of support from you when they are together.

To conclude, the most beneficial types of activities you can provide for your children allow for sustained engagement and self-directed play. Children need time—time to get bored, explore, tell and hear stories, play, rest, and ultimately, grow. Don't overwater or overheat your little sprouts—simply remove weeds from their garden, water them gently, and let them grow and flourish in their own time. Blessings on your summer!

—*Emma Goldschmidt and Laura Mason*

ANNOUNCEMENTS

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Willow Branch Theater Presents Mother Holle

You are invited to our marionette puppet performance of Mother Holle on **Sunday, May 31 at 11:00 AM and 1:00 PM in Trillium Hall** at Three Cedars Waldorf School. This Grimm's Fairy Tale is presented by The Willow Branch Puppet Theater Group using seven silk marionettes. Two of the puppeteers are from Three Cedars, one is a Waldorf preschool teacher from the Forget-Me-Not Preschool, and our story teller is a Waldorf teacher from Seattle Waldorf School.

Advance Reservations (Visa or MasterCard): \$7 child or senior, \$8 general. Call 206.985.2059.

Admission at the Door: \$8 child or senior, \$9 general admission.

Here's what's happening at Sound Circle Center:



Foundation Studies, NEW OPTIONS!

Now Offered Every Year at Sound Circle Center! Take just Friday or Saturday, or both. The next session begins September 2015.

Foundation Studies provide opportunities to study and strive for personal renewal and self-transformation. Deepen your perception and self-knowledge through artistic practice and skill development.

Foundation Studies will strengthen and nourish your soul, and fulfill the pre-requisite for entering the Waldorf Teacher Training Program at Sound Circle Center.

Applications now being accepted for September 2015 Foundation Studies. Application deadline is June 15, 2015. Please visit our website at www.soundcircle.org/foundation-studies for more information or to apply.

Parenting Classes: register now for fall 2015 classes!

One Saturday per month, October–May, Seattle Waldorf School

Parenting is a vocation, from which we sometimes need a vacation.

Parents, we hope that you will join us for a monthly day of renewal to learn more about the tools of your trade. Two series will be offered again this autumn: Family Foundations (birth to six-year-olds), and Soulful Parenting (seven to fourteen-year-olds). For a complete description and to register, please visit our website at www.soundcircle.org/content/family-foundations.

Introduction to Anthroposophy

Saturday mornings, 9:15 AM – 11 AM; presentations by selected faculty.

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

Cost: \$20 per session, payable at the door.

Next offering: March 28, 2015, "Temperaments," with William Gentner.

Are you curious about Anthroposophy? Would you like to understand more? Please join us for these introductory sessions on the various aspects of Anthroposophy. Join us for one or all sessions. No registration required. A detailed description of the topics can be found on our website, www.soundcircle.org/introduction-anthroposophy-saturday-sessions-sept-may.

Philosophy of Freedom, summer at Sound Circle Center:

June 29–July 3 and July 6–July 10

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

This course offers a rich opportunity to begin or deepen your understanding of Rudolph Steiner's seminal work on becoming free, creative thinkers. The Philosophy of Freedom gives one an experience of the essential qualities and tremendous potential of human life. Please visit our website, www.soundcircle.org/philosophy-freedom-and-artistic-expressions-philosophy-freedom, for complete program description, faculty bios, and cost.



Why Waldorf Works

Information About Waldorf Education

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 May 2015 newsletter, please visit [AWSNA Community Newsletter, May 2015](#).

Waldorf Resources: Waldorf Resources is a platform for educational professionals, provided by the International Forum of Steiner Waldorf Schools and the Pedagogical Section at the Goetheanum. We support teachers around the world with information about Waldorf Education and enable mutual exchange among professionals. www.waldorf-resources.org

Community Treehouse: An online space linking the Steiner Waldorf community worldwide. Use the chat forums to share information and discuss issues, read the latest Waldorf news streamed from Waldorf organizations across the world, arrange house exchanges, take couch surfing trips, and plan working holidays and youth exchanges within the worldwide Waldorf community. www.communitytreehouse.com

Loving Learning: A comparison of Waldorf and mainstream education—provides a voice for anyone interested in building a caring, thoughtful, creative community. Here, we share articles, info, perspectives and events about the joys of learning, Waldorf education and our shared community experience. <http://lovinglearning.org/blog/comparison-waldorf-mainstream-education/>

Sahale Summer Camp: Tenth Anniversary

June 22–28, 2015

With a focus on practicing skills of friendship such as 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, and group work-together time. Your child will benefit from a multigenerational staff and community who demonstrate and teach how to build 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 alumni parent, subject teacher, and camp director. Flyers are available in the office. [Register here](#).





Laura Ingalls Wilder Summer Camp

Relive the life of a pioneer girl! Do pioneer chores, hand-sew patchwork projects, and do crafts from the Little House books. Bake pioneer recipes, dress in pioneer clothes, and learn more about life in pioneer times. Lots of playtime in my big, beautiful back yard (swings, tire-swing, teeter-totter, and slide). July 14–18,

9:00 AM to 3:00 PM, \$305 (includes all materials and two authentic Laura and Mary snacks per day). Located in the Northgate area of Seattle.

See website at www.pioneergirlsummercamp.com

Contact Jacqueline at tpoems@comcast.net, or call 206.526.1373 for more information.

Every Kid in a Park

In the lead up to the one hundredth birthday of the National Park Service in 2016, the President's Every Kid in a Park initiative is a call to action to get all children to visit and enjoy America's unparalleled outdoors. In September 2015, every fourth-grader in the nation will receive an "Every Kid in a Park" pass that's good for free admission to all of America's federal lands and waters—for them and their families—for a full year. The free annual pass is valued at \$80, and includes admission to more than 2,000 federal recreation sites, including Yosemite, Yellowstone, and Grand Canyon national parks.

[Link to more information](#)

Our newsletter is published once per month when school is in session.
Submission deadline for our next newsletter is **Monday, June 1, 2015.**

