



Newsletter

May 13, 2013

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Dear Robyn,

Please enjoy the current issue of our newsletter.

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All-School News

Spring Concert & Silent Auction 2013



Saturday, May 18th, Three Cedars Waldorf School Campus

Tickets: \$50 each - includes concert, light hors d'oeuvres, 2 complimentary glasses of champagne, and a delectable dessert

Doors open at 5:00 pm

Concert begins at 6:45 pm

Put on your party clothes and join us for this unique evening, full of surprises!

The evening will begin with a silent auction of thoughtfully selected, desirable items and experiences. These include a stay at a beach house, a trio of wines, a movie night hosted in a private home theater, and beautiful handmade items - a basket tote, a Japanese paper doll, a delicate shawl, and two fabulous sweaters, plus a few more items. There is also an evening at the Planetarium, hosted by Pat Beatie. Tickets will be available first to concert attendees; however, if any remain at the end of the evening, they may be purchased through the Front Office.

After the bidding and socializing have concluded, the evening will continue with a concert unlike anything you've experienced before! Members of our school community, including Heidi Person, Lauren Root, and Judy Beatie, as well as a few of their friends, will perform musical selections from *Skyfall*, *Hugo*, *Lord of the Rings*, *Romeo et Juliette*, *West Side Story* and more. The talent on stage will take your breath away!

How often do you have a reason to dust off your fancy duds? Dressy and semi-formal attire is highly recommended, but not required. (Please no jeans or shorts.) This night is about having fun, enjoying adult conversations, listening to incredibly talented musicians, and did we mention the fun?

There are still some tickets left. If you've been thinking about coming, now's the time to stop by or call the office to purchase your tickets!

May Faire 2013 Appreciations



Each year in May, the Three Cedars community gathers together to celebrate the return of spring with festive music and dancing, delicious food and treats, children's activities, and fun for all. Through the combined efforts of several dedicated parents and the addition of our first ever Garage Sale, this year's May Faire event was a huge success! We would like to extend appreciations to all of the parents, grandparents, extended family, and friends who participated in creating such a wonderful May Faire celebration.

Special thanks goes to the May Faire Team: Dashka Blyzniukova, Ginger Galando, Jeannette Nagel, Rachel Rodriguez, and Cris Wegmann!

A great many volunteers worked together to create the May Faire & Garage Sale event (in alphabetical order):

Laurieann Aladin, Cameron Altaras, Jeff Altaras, Lisa Anderson, Michael Ashe, Maggie Bailey, Flavio Batista, Carla Boon, Christiana Childers, Corey Colwell-Lipson, Flora Damasio, Tom Doggett, Pavel Dolezel, Sophie Dolezel, Sandra Duncan, Julie Elithorp, Martina Fischer-Klee, Rheann Fredricks, Matt Galando, Nelya Galiakbarova, Barb Geri, Hagit Golan, Emma Goldschmidt, Della Goldsworth, Julia Guderian, Keaton Guderian, Mary Haller, Kristi Hartman, Andy Held, Freeman Held, Andy Hoag, Stephanie Hoener, Ashley Jensen, Scott Jensen, Kimberly Johnston, Bernhard Klee, Erin Koehler, Ryan Lipson, Yadira Martinez, Jana McClain, Jenn Miller, Martha Mize, Leslie Morison, Asun Muir, Zebiba Nur, Brian Orlando, Tanya Orlando, Kamran Ozair, Beth Parker, Jared Parker, Heidi Person, Beverly Pressey, Ben Ralston, Jackie Ralston, Javier Rodriguez, Julia Rotella, Sabina Singh, Kris Solem, Scott Stanley, Sanae Stanley, Sara Suter, Julie Tredway, Juliana Tyler, Zhenia Umbers, Michael Wegmann, Luz Wigzell, Beth Wilder, Martin Wilder, Amanda Yuly, Shane Yuly, Johnny Zhu, Rose Zhu, and last, but certainly not least we would like to thank the students who performed and/or volunteered at the event, the faculty and staff, and every parent, neighbor, and friend from the extended community who attended and supported the event! Please let the office know if we inadvertently missed your name on our lists.



Additional appreciation goes to the following people and organizations: Albertson's, Fred Meyer, and PCC Natural Markets for their generous



donations; Caleah Dean, our beautiful May Queen; Cynthia Olsen for providing overflow parking; Steve Rice, our accordion player; Jo Scott and our Wilburton Neighbors; Trader Joe's in Kirkland and Redmond for an amazing array of flowers; Uncle Eyal's Falafel; and The Bluegrass Ryders for their lively music!

Photos are available to view, download, or purchase on [Smugmug](#). Please login to the secure pages of our website to access the password.

As a reminder, any parent that works for Microsoft and volunteered for the event may submit a request to have their donated hours matched by following this [link](#). MS employees need to sign in and select "Record Hours" under the *My Activities* tab. Then simply follow the on-screen prompts!

Thank you!

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!

Garden Appreciations

We would like to thank **Stephanie Hoener, Beth and Sophia Parker, and Beverly Pressey** for 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!

Middle School Foreign Language Program

After much discussion and consideration since we first announced the change in our approach to world language in the middle school, the middle school teachers and language teachers are excited to announce our new Middle School Foreign Language Program which will better meet the social and academic needs of our students. The new structure of this program will give us a great deal of flexibility in how we bring language and culture to the students, given their varying degrees of background and proficiency with these languages.

As it stands right now, Grade 6 will continue with both languages and will have two periods of Japanese and two periods of Spanish each week. With the longer class periods that will be part of our new schedule, this will be the ideal amount of exposure to each language in order for these students to achieve more proficiency.

Furthermore, Grades 7 and 8 will be combined and divided into two separate groups based on interest level and ease with foreign language learning. Each group will have 4 periods per week of alternating blocks of Japanese and Spanish. This will enable us to still be able to offer both languages to all students, while also providing a more intensive environment which, through more exposure, repetition, and daily practice, is more conducive to foreign language learning.

Question and Answer

1. Why will Grades 7 and 8 be combined and split again into two groups? Why won't they just stay with their own class for these alternating blocks?

This is will be beneficial to students both socially and academically. Primarily, with the smaller class sizes that we have in the upper grades, it is essential that the older students have more opportunities to learn with more diverse peer groups. The language classes are an ideal place to do this. Furthermore, having two separate levels will allow the language teachers to better accommodate new students who arrive without any previous exposure to either of our languages, as well as those students who already know quite a bit of the languages due to their family backgrounds.

2. What is the difference between the two levels?

Just as some students make a deep connection to music or the arts, others have a strong gift or connection to foreign language learning. It is essential at this stage of their development that we give them the opportunity to delve deeper into these subjects in order to move towards mastery. For those students, Group A would be the better fit. Group A is appropriate for those students who have basic knowledge of the language, and are more at ease in a class that is given primarily in the target language. There will be regular quizzes (oral and written), dictations, and evaluations as well as an average of about 30 minutes per week of homework assignments. This groups

requires a willingness to speak the foreign language in class as well as a bit more dedication. It would be a suitable option for those students who hope to enter Spanish or Japanese II in High School, or who are striving to become fluent. Group B is a better fit for those students who enjoy hearing the sounds of the language and learning about the culture, but do not feel driven to reach fluency. Those who are confused or overwhelmed by being immersed in the language might prefer to stay in Group B where more explanations are given in English. The emphasis in Group B will be on mastering the foundations of vocabulary and grammar needed for basic conversation, rather than continuously expanding into more complex grammar structures. Those in Group B might still enroll in Spanish or Japanese I in High School, but would do so with more confidence and mastery over the basic tenants of the language.

3. Will my child be able to choose one group for Japanese and a different group for Spanish?

No, the group must be the same for both languages.

4. How will the students be separated into the groups?

This process will begin with a conversation between parents and students. Then, with input from the language teachers, the parents and class teachers will make the final decision as to which group the student will join.

5. What if my child wants or needs to change groups during the school year?

There will always be the opportunity to switch groups based upon demonstrated performance, effort, interest, and responsibility.

6. What if my child only wants to take one language?

Being exposed to two different languages and cultures is truly a gift of Waldorf education, which is why we developed this plan that would allow all students to continue with both. The option to do only one language for the entire year will only be open to those students who are new to our school, those who are already fluent in one of the languages, or those who are overwhelmed by studying two languages and are struggling academically. This permission to remain in one language will be decided upon by teachers and is only for those students who need extra support. By only doing one language, it will allow the class teacher to have more opportunities for one-on-one tutoring during class time with these students, without inhibiting the students' learning in other subjects.

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.

Congratulations to our Graphic Designer!

Congratulations to Jane Higgins, grade 11 and 5 parent at the Seattle Waldorf School and graphic designer. Jane has been creating beautiful designs for SWS since 2006, and for our school since 2011, and she has recently learned that the 2013 SWS Calendar received a Best of Category: Calendars award from American Graphic Design and Advertising 28 and will be included in their upcoming hardcover book. The calendar she designed for our school could have won the same award! [Click here](#) for a list of her awards.

Drop-Off Procedure

We have noticed that an increasing number of Grade School students are being dropped off before a supervising teacher is on duty in the mornings. As a reminder, morning drop-off time is between 8:00 a.m. - 8:10 a.m. Students arriving earlier than 8:00 a.m. must at this time be accompanied on campus by a parent or carpool driver. That adult must remain with the student(s) in their charge until a TCWS faculty or staff member arrives to supervise students at 8:00 a.m.

We are aware that this window of time at drop-off is very narrow, and we are giving thought about how to most effectively work with our morning routine in a way that serves both for you as parents and for our faculty as they are preparing for their day. In the meantime, we are most appreciative of your diligent efforts in respecting our current policy.

After Care News

The After School Care program supports TCWS students who need supervised care after school hours. We are not able to provide care to students after they leave campus at dismissal time (for example for an appointment or other activities). *The only exception to this is for children of TCWS faculty, which is offered as an employee benefit.*

TED Talk Featuring Jack Petrash from the Washington Waldorf School in Bethesda, Maryland

Jack Petrash, Waldorf teacher for over 30 years, give a short talk about the future of education

<https://www.youtube.com/watch?v=imaW-TabxOE>

You can read a short biography of Jack here: <http://novainstitute.org/faculty/>

Diagnosing the Wrong Deficit

By Vatsal G. Thakkar

In the spring of 2010, a new patient came to see me to find out if he had attention-deficit hyperactivity disorder. He had all the classic symptoms: procrastination, forgetfulness, a propensity to lose things and, of course, the inability to pay attention consistently. But one thing was unusual. His symptoms had started only two years earlier, when he was 31.

Though I treat a lot of adults for attention-deficit hyperactivity disorder, the presentation of this case was a violation of an important diagnostic criterion: symptoms must date back to childhood. It turned out he first started having these problems the month he began his most recent job, one that required him to rise at 5 a.m., despite the fact that he was a night owl.

The patient didn't have A.D.H.D., I realized, but a chronic sleep deficit. [Click here](#) to continue reading this article.

Lack of Sleep Blights Pupils' Education

By Sean Coughlan

BBC News education correspondent

Sleep deprivation is a significant hidden factor in lowering the achievement of school pupils, according to researchers carrying out international education tests.

It is a particular problem in more affluent countries, with sleep experts linking it to the use of mobile phones and computers in bedrooms late at night.

Sleep deprivation is such a serious disruption that lessons have to be pitched at a lower level to accommodate sleep-starved learners, the study found. [Click here](#) to continue reading this article.

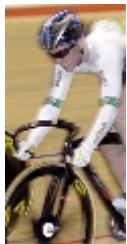
Biographies

Amie Aylward - Morning Glory Kindergarten Co-Teacher, Early Childhood Faculty Chair



Miss Amie is a Washington state native who grew up in the Goodenough Community, attending the Seattle Waldorf School from pre-school through eighth grade. As a former Waldorf student herself, she can speak confidently of the benefits and approach to this form of education. Miss Amie obtained a B.A. in Psychology from Western Washington University and once taught After Care at Three Cedars as a young college graduate! Her experience at Three Cedars and other early childhood programs during high school and college inspired her to pursue a career in Waldorf teaching. Her work experience also includes positions as a summer camp counselor, teacher, and director; an alumni outreach co-ordinator at the former Emerson College, UK; and a pre-school teacher at the Waldorf-inspired Tara's Tots in Seattle. Miss Amie completed the Waldorf teacher training and storytelling training at Emerson College, where she enjoyed cooking and organizing for events and community-wide festivals. During her time in Europe she took many opportunities to travel and especially enjoyed two trips to Israel to participate in the Healing Words Festival, an initiative using storytelling to create dialogue between the people of Israel and Palestine. All together, Miss Amie has been working with children for over fifteen years, and her interests include festivals, cooking and baking, nutrition, travel, hiking, fiber arts, singing, and puppetry. Miss Amie has been teaching at TCWS since 2010.

Christine Smith - Games and Movement Teacher



Mrs. Smith was born in Seattle and grew up in Seattle, WA; Media, PA; Redmond, WA; and Salem, OR. She studied Biology and Nutrition at University of Oregon and Oregon State University, before completing a B.S. in Education with a Major in General Biology from the University of Arizona. A cyclist, especially keen on mountain biking, Mrs. Smith holds a world record in master's level track racing and also enjoys mountain climbing, trail running, reading, and observing nature on John's Island in the San Juans. Mrs. Smith studied for two years with the Sound Circle Teacher Training program, has completed two summers of the high school training at the Center for Anthroposophy in Wilton, NH, and she is also in her fifth year of Spatial Dynamics training (spatially oriented movement exercises, activities, and games) with Jaimen MacMillan. In addition to her expertise in movement, Mrs. Smith teaches chemistry at Seattle Waldorf High School. Mrs. Smith joined TCWS in 2004.

Community Announcements

AWSNA Inform - May 2013

Read about: [Waldorf summer education events, Waldorf-inspired service weekend in Detroit, and more.](#)

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 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.)

Communication: Styles-Techniques-Attitudes



Four-hour workshop for parents, teachers and caregivers

Saturday, May 25, 2013, 10:00 a.m. to 3:00 p.m.

4 STARS/MERIT hours available

Adult and child, parent and teacher - there are simple approaches to improving our mutual understanding
offered by: Simplicity Learning Center

Click [here](#) for more information, including registration.



12453 Bel-Red Road, Suite 210
Bellevue, WA 98005
425.614.0145

Bellevue Farmers Market 2013



Opening Day – Thursday, May 16th

3 – 7pm

Bellevue Presbyterian Church

1717 Bellevue Way NE

- Foot-stompin' fiddle music by The Haggis Brothers

- Face painting for children
- Hourly drawings for market products

Fresh local farm products direct from the hands that grew it! Organic produce, grass-fed beef, pork, chicken, eggs, cheese, artisan breads, flowers, honey, jam, and more!

Saturday Market opens June 8th

10am - 3pm

downtown Bellevue

www.bellevuefarmersmarket.org

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 , and visit www.goodenough.org for online registration. Brochures will be available at the front desk.

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](#).

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.

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!

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

Seattle Housing Needed for Sound Circle Summer Intensives

Sound Circle Center is looking for host families to accommodate participants in the Sound Circle Summer Intensives.

The Summer Intensives are held at Bright Water School,
1501 10th Ave East, Seattle, WA 98102
the weeks of June 23rd-28th and July 1st-5th.

If you have an extra bedroom or space that you could offer for a guest, please contact Kim at information@soundcircle.org for more details, including reimbursement.

Classifieds

Puddle Gear

A FRESH Batch of Olle Pants has just arrived!

PVC and Phthalate free - Made in Sweden - light durable and simply the best to get your kids outside in all kinds of weather!

Abeko says there is no bad weather just bad clothing!

Navy Blue and Red with opposite patches... just in time for May showers! or Be ready for next September! 2013 price \$60

Wool power is on sale as well- instock only \$20 piece until June 15th!
(plus shipping)

Keep an eye on our [website](#)- we are looking into new and exciting items to add for fall 2013!

Forget-Me-Not Waldorf Inspired Preschool - Openings for 2013-2014



Forget-Me-Not Waldorf Inspired Preschool in my home in Kirkland, WA is a good match for families who want their children to develop not only in intellect but also in imagination, memory, a sense of beauty, and physical health.

Coming into this world, a young child brings two tremendous qualities - a natural ability to imitate and a strong will. Children learn by using their senses and by active experience.

Forget-Me-Not Preschool is designed for 3 and 4 year olds. Here children have endless possibilities for creative play, exploring nature, and learning social skills.

Forget-Me-Not Waldorf Inspired Preschool is accepting applications for 3 and 4 year-old children for the 2013-2014 school year.

Please, call Tanya 425-949-7091 or visit my website www.forgetmenotpreschool.com

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Sunday, May 19.
Please email submissions to newsletter@threecedarswaldorf.org.

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

Three Cedars Waldorf School
556 124th Avenue NE, Bellevue, WA 98008
425-401-9874 ~ <http://threecedarswaldorf.org>