



# Coyote Howler

## A NOTE FROM YOUR PRINCIPAL

### Schools Where Everyone Belongs A Note on Bullying

We believe that Cascade Ridge Elementary is and should be a place where everyone feels that they belong. We want our school to be a place where our young children can experience the joys of working hard to learn something new and the joys of learning to work and play with a variety of different people- even those who they may perceive as being different from them.

We also know that our schools can be a place where bullying occurs. This is not because our school or others cause bullying but because school is a place where young children, who are learning to get along with others, come together in large numbers to learn and play. If we want our school to be a place where everyone feels that they belong, having a bullying prevention program in place is an important part of our work. The first step in a successful program is to educate all of our students about bullying. When I was going to school, we thought of bullying in terms of physical violence. A bully was someone who either hurt others physically or threatened to do so. The expression, "Sticks and stones may break my bones but words will never hurt me," was a popular response to name calling or other hurtful comments. We now know that bullying does not just involve physically hurting someone and that it is usually not a one time event.

I have been going into every classroom in our school to teach our students the following: ***What is bullying? What can you do if it happens to you or you see it happening to someone else?***

Bullying is when someone **purposely** and **repeatedly** hurts someone else's **body, feelings, or property**. We have shared with students several examples of each of these three categories. Physical bullying that hurts someone's body can include hitting, poking, kicking, shoving, or touching when asked to stop. Intentionally hurting someone's feelings is actually the more common form of bullying that occurs on our campus. This can include teasing, calling names, writing mean things, making threats, leaving someone out on purpose to hurt them, or telling others who they can or can't play with. Hurting someone's property can include taking your things without your permission or destroying something special on purpose to hurt you.

We have also emphasized to our students that we need to have them report bullying to an adult if it happens to them or if they see it happening to someone else. We've discussed all of the adults that a child could report to at school and, of course, to also report to you at home. Our goal is not to get children in trouble but to make sure that everyone understands it is not okay to bully others at our school and to help students stop bullying! I will continue to share information with you on our efforts at school to stop bullying and how we can all work together to continue to make Cascade Ridge a great place to learn and grow!

## Calendar of Events

### December:

- 5: Winterfest, 6-8:00 pm
- 9: Banking Day
- 10: K-Kids "Operation Sack Lunch"
- 12: Caring thru Sharing Gift Drive Ends
- 16: Banking Day
- 17: Chorus & Marimba Holiday Concert, 7 pm
- 18: Nominating Committee Nominees Due
- 22: First Winter Break Starts

### January:

- 5: School Resumes
- 6: Banking Day
- 8: Site Council, 7:45 am
- 9: Dad's Day on the Playground

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# MESSAGE FROM YOUR PTSA PRESIDENT



## HELP DECIDE HOW TO SPEND OUR EXTRA MONEY

In these tough economic times, I'm excited to report good news—thanks to the financial success of our recent Walkathon, we have some extra money to spend, and we need your help deciding how to spend it.

You may be aware that the PTSA has carried a significant reserve each year since our auction four years ago. One of our goals for the last few years was to increase our Walkathon fundraising in an effort to eliminate the need for a biennial Auction. This year, we believe that the Walkathon has reached a point where it can raise sufficient funds to support our annual operating budget. In addition to the financial success of our fundraising efforts, we've consistently not spent as much as we've budgeted each year.

It is now up to the General Membership to set our spending priorities. At our General Membership meeting on **January 29<sup>th</sup>**, we will be reviewing ideas from the membership (including the school staff and administration) about how to spend down some of our excess reserves. At the January meet-

ing, we will focus on generating ideas, narrowing the list down to a manageable number, and assigning a team to research and "vet" each idea prior to the next General Membership meeting (to be scheduled for March). At the March meeting, the teams will present their findings and the members present will vote on how to spend the money.

This process is one that our membership has used in previous years and was found to be successful. Please come and be part of this exciting opportunity to discuss ways to reinvest in our school and our children. We need as many voices as possible to end up with a quality result. If you have questions, call or email Susan Sansing, PTSA President, at 961-0651 or [susansansing@comcast.net](mailto:susansansing@comcast.net).

To participate in the vote, you must be a PTSA member. If you have not had an opportunity to join our PTSA, you can download a PTSA Order form from the Cascade Ridge PTSA website, [www.cascaderidgeptsa.org](http://www.cascaderidgeptsa.org) under "PTSA Forms."



## PTSA NOMINATING COMMITTEE NEEDS YOU!



At our next PTSA General Membership Meeting on **Thursday, January 29, 2008 at 9:30 a.m.** in the **Coyote Café**, we will be electing a nominating committee. This committee has the important task of recruiting candidates for the elected leadership of our PTSA. They will go to a short training class before making their recommendations at a future general membership meeting.

Take a moment to nominate someone (it can be you) who has knowledge of our PTSA goals and will

use sound judgment and skill in the evaluation of possible nominees. Members of the nominating committee remain eligible to become nominees for elected office but cannot have served on last year's nominating committee.

Please send an email with the name of your nominee by **Thursday, December 18** to Susan Sansing, PTSA President at [susansansing@comcast.net](mailto:susansansing@comcast.net). If you wish to remain anonymous, please state that as well.

# PROGRAMS & EVENTS



## CARING THRU SHARING HOLIDAY GIFT DRIVE

We have kicked off this year's Caring thru Sharing program! The Cascade Ridge Community is helping to brighten the holidays for 23 local families. These families have been identified by the Issaquah Food Bank. Some families have additional basic need items on their list this year. If you would like to contribute items in addition to the tag you may have chosen, please let us know. All items are due back to the classrooms on **December 12th**. Thank you so much!

Please contact Brooke Noone, [brookenoone@comcast.net](mailto:brookenoone@comcast.net) or Kirsten Luehmann [kirstenlueh@comcast.net](mailto:kirstenlueh@comcast.net) if you have any questions.



## OPERATION SACK LUNCH

Cascade Ridge K-Kids will be traveling to Seattle on **December 10th** to help with "Operation Sack Lunch." Students will help serve lunch to the homeless, sing holiday songs, and pass out socks and blankets.

Donations of socks and gently used blankets are now being accepted in the box outside the school office. Please help the homeless stay warm this winter.

Contact Marni Kurtz at [marni\\_kurtz@yahoo.com](mailto:marni_kurtz@yahoo.com) if you have any questions. Thanks!

## MARK YOUR CALENDARS



**Family Bingo Night**  
**January 30th**  
**6:00—8:00 pm**

## MORE BAKERS NEEDED



Now that your ovens are done with Thanksgiving, we're looking for more people who would like to help bake for Cascade Ridge events. It's an easy at-home job and a great excuse to bake some cookies with your kids to help their school. Also, you can always take a pass if you're busy for that event.

If you are able to do some occasional baking, please contact Kris Chambers at [kris@krischambers.com](mailto:kris@krischambers.com). Thanks for your help!

**Mark Your Calendars  
for the next  
Dad's Day on the Playground  
January 9th**

**Check out the Cascade Ridge PTSA  
website for details.**

# HEALTH & EDUCATION



## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL COMMUNICABLE DISEASE GUIDELINES



### KEEP YOUR CHILD HOME IF HE/SHE HAS ANY OF THESE SYMPTOMS:

**Fever** – over 100 degrees F. orally. Temperature should remain normal (98.6 degrees) for 24 hours before returning to school

**Sore throat** – especially if associated with fever or swollen glands

**Vomiting** – within the past 24 hours

**Diarrhea** – more than one occurrence in a 24 hour period

**Drainage from the eye** – the eye crusted and difficult to open (especially upon waking)

**Nasal discharge (yellow or greenish)** – If your child's nasal mucus has a color and is accompanied by a fever and/or coughing, sneezing, drowsiness, and general signs of not feeling well, your child

may be contagious and should remain at home until the symptoms subside. Call your doctor if you have any concerns or questions.

**Appearance/Behavior** – unusually tired, pale, lack of appetite, difficult to wake, confused

**Rash** – body rashes not associated with heat, or allergic reactions to medications

**Head lice** – contact school office or nurse if there is any indication of head lice or nits

**VERY IMPORTANT** - Remember to keep the school updated with new phone numbers and emergency contacts in case your student becomes ill at school. Any questions please call your school nurse.

**The most important thing you can do to prevent illness is for you and your child to wash your hands often with warm water and soap.**

### A TIP FROM THE READING TEACHERS



**This holiday season, consider giving a book or a magazine subscription as a gift...**



Children need to be exposed to a wide range of stories and books. They need to see themselves as well as other people, cultures, communities, and issues in the books they read. They need to see how characters in books handle the same fears, interests, and concerns that they experience. Selecting a wide range of culturally diverse books will help all children find and make connections to their own life experiences, other books they have read, and universal concepts.

Children use real life to help them understand books, and books help children understand real life. Choose books that invite children to respond with enthusiasm and understanding. Look for books with rich language, meaningful plots, compelling characters, and engaging illustrations.

- Pat Corra and Sheri Ogilvie

# THANK YOU

Thank you to—

- Sue Robison for doing the school taxes.
- Vicki Adamson & Judy Lunde for the 5th grade cookie sale—the fundraiser made over \$10,000 towards 5th grade camp.
- Lynette Springborn for Dad's Days on the Playground.
- Kellie Nadell for the Staff Appreciation Lunch.
- Mr. Cady & the 4th/5th grade choir for performances at the Veteran's Day Assembly and the Barnes & Noble event.
- Brooke Noone & Kirsten Luehmann for chairing the Caring thru Sharing Holiday Gift Program.
- Toni Osotio & Bona Park for chairing Reflections.

# VOLUNTEERS

## January Coyote Howler

The next issue of the Howler will be delivered **electronically** via Cascade Ridge E-News and posted on the PTSA Website on **Friday, 1/9**. Email submissions must be made to [howler@cascaderidgeptsa.org](mailto:howler@cascaderidgeptsa.org) no later than **Wednesday, 1/7** by 5 p.m. Questions? Contact Julie Anderson at [larsjulie@comcast.net](mailto:larsjulie@comcast.net).