



Coyote Howler

A NOTE FROM YOUR PRINCIPAL

In just a few hours, lay-off letters will be arriving in our building for me to distribute to the affected teachers at Cascade Ridge Elementary School. Last Friday, we also shared with staff the reductions in hours for Educational Assistant support for next year. It is a difficult and challenging time for us because every one of the staff members affected by these reductions is a valued member of our school team.

What keeps us all going during these tough economic times is our focus on providing the best learning environment possible for your students. Even in the midst of challenging budget times, our spirits are not dampened because of the important work we have the privilege of accomplishing each day with your children!

Our traditional spring time school events are in full blossom! We have completed all of our WASL testing for our 3rd through 5th grade students. Last night our fourth grade students put on a fantastic recorder concert. Our fifth grade students are getting ready for camp next week. We have many field trips and concerts upcoming in the next few weeks. Our wonderful PTSA Board is finishing the year and preparing to hand over the reigns to our newly elected PTSA Board. It is indeed a busy time! We continue to appreciate all of your support as members of the Cascade Ridge family.

Colleen Shields
Principal

FINE ARTS NIGHT



Is TONIGHT!!

Bring your whole family and enjoy the student's artwork.

Sponsored by the Cascade Ridge PTSA

Calendar of Events

May:

- 1: Book Fair
Fine Arts Night
- 3: PTSA Survey deadline
- 6-8: 5th Grade Camp
- 7: Site Council, 7:45 am
- 11-15: Staff Appreciation Week
- 25: Memorial Day—NO SCHOOL
- 27: Volunteer Appreciation Luncheon, Library
- 28: PTSA General Membership Meeting, 9:30 am

June:

- 2: Kindergarten Open House 4-5:00 pm
- 4: Site Council, 7:45 am
- 5: Dad's Day on the Playground
- 12: Field Day
- 16: 5th Grade Castoff
- 17: Last Day of School!

Inside this Issue

From the PTSA President	2
More PTSA News	3
Programs & Events	4
Emergency Readiness	5
Parent Education	6
Thank you	7

Editor: [Julie Anderson](#)
President: [Susan Sansing](#)



MESSAGE FROM YOUR PTSA PRESIDENT



PLEASE COMPLETE THE PTSA SURVEY

It's hard to believe the school year is almost over. Before we can turn to summer and thoughts of vacation though, the PTSA must prepare an interim budget for the 2009-10 school year to present for vote at the May PTSA General Membership meeting. A budget committee has been appointed consisting of current and incoming PTSA Board members responsible for identifying the programs and grants they propose we continue and the fundraising needed to support them. Once the interim budget is approved in May, the 2009-10 Executive Committee will have the summer to solidify that budget and present a final version to the General Membership for review and approval in September.

As you know, the school district is facing considerable budget cuts which will impact every school in our district, including Cascade Ridge. These budget cuts will result in staffing and program cuts for our school and it is likely that the PTSA will be asked to help support the school through additional funding and/or volunteer time. Obviously, there are restrictions and limitations to what the PTSA can fund and we'll work closely with Colleen to identify areas of need as she receives more details. In preparation for this, the budget committee and current PTSA board are evaluating areas that we could possibly reduce or eliminate in our budget.

We really need your input in this prioritization

process. We developed a PTSA parent survey to help us identify the programs and grants that you value the most. If you have not had an opportunity to complete the survey, we've extended the deadline through **Sunday, May 3**. You can access it at <http://www.zoomerang.com/Survey/?p=WEB22949W2VA26>. If you have completed the survey, we really appreciate your feedback. The comments are very helpful as we consider our areas of focus for next year. In addition, we've asked the staff to provide feedback on the programs they wish to continue and where they believe the PTSA can make the biggest impact.

As the school and community's needs change, we hope to evolve the programs and funding offered by the PTSA. Our school and PTSA is fairly well-established now and we're finding that long-standing PTSA programs may no longer best serve those needs. We have found that our operating expenses have decreased over the years and we were excited this year to be able to eliminate the gift-wrap fundraiser and move the Walkathon to the fall as our Primary fundraiser. Additionally, we introduced the Festival of Cultures event this year and were really pleased with the participation and excitement over this event. We intend to continue to rise to the challenges ahead and appreciate your continued support.



PTSA GENERAL MEMBERSHIP MTG—MAY 28 FEATURED SPEAKER, DR. BIZZY RILEY, NATUROPATH

You won't want to miss the May 28th PTSA General Membership meeting on **May 28th** in the **Coyote Café** beginning at **9:30 a.m.** Business will include the important task of approving the 2009-10 PTSA Interim Budget. Based on the parent and staff survey results, we are considering some changes for next year that we'll be discussing.

In addition, at approximately **10:15 a.m.**, we will have a **guest speaker, Dr. Bizzy Riley, local Naturopathic Doctor**. Dr. Riley specializes in pri-

mary care natural medicine and will talk about how to let food be your medicine. Areas covered will include healthy foods for kids, how to get kids to like them and how to use food to prevent colds and flus. A Naturopathic doctor typically attends a 4 to 5-year nationally accredited naturopathic medical school. Naturopaths focus on finding and treating the root cause of symptoms.

This will be our final general membership meeting of the school year. We hope to see you there!

APRIL PTSA MEMBERSHIP MEETING RECAP

Thank you to everyone who was able to attend last month's PTSA General Membership meeting. In addition to our regular business, the membership elected the following individuals to the 2009-2010 PTSA Executive Committee:

President, Tina Yerges; Executive VP Chrisann Penz; Treasurer, Pam Gross; Secretary, Mary Jo Webb; VP Fundraising, Cathia Geller; VP Communications, Sarah Walden; Co-VP Programs, Danna Wickham & Ingrid Sellie; VP Volunteers, Deanne King; Co-VP Community Relations, Jaycee Cooper, Bona Park.

MEMBERSHIP & 1ST DAY PACKET CHAIRS FOR FALL

Are you interested in helping the school and the PTSA get off to a great start in the upcoming school year? If so, we have some great opportunities for you!!

After several amazing years of service, our current Membership Chair, Mari Jancola, and First Day Packet Chair, Kirsten Luehmann, are going to step down and move on to other opportunities. We have been very fortunate to have these two in these roles; these positions are key to getting things rolling at the beginning of the year and ensuring our PTSA membership requirements are fulfilled, important information is communicated early, and that the various orders (yearbooks, Coyote Wear, directories - to name a few) are made easy for the community to order when we're all at our busiest getting our kids back into their school routine. Thank you ladies,

for all your hard and dedicated work - we will miss you!!

We would like to get new chairs in the positions soon to provide the best opportunity for planning the process in the new school year. These two positions are also highly integrated and work together to ensure a clean and manageable process between developing and distributing the packets and ensuring all the information is consolidated and reported in a timely manner. The positions require some initial planning and coordination in August and consolidation and organization of the information in September. These are great positions to work from home and to work with a lot of data, so if you like spreadsheets, organizing data, and coordinating this important information, we would love to have you! Please contact Tina Yerges at tinayerges@msn.com or 557-0606.

VOLUNTEERS WANTED

VOLUNTEERS WANTED



WE STILL NEED VOLUNTEERS FOR FIELD DAY JUNE 12TH

PLEASE CONTACT CHRISANNPENZ@YAHOO.COM



PROGRAMS & EVENTS



STAFF APPRECIATION MAY 11-15



Cascade Ridge will be celebrating Staff Appreciation Week May 11-15. We will have daily opportunities to let the teachers and staff know how much we appreciate all they do.

MONDAY: We will have coffee, fruit and coffee cake/muffins. We need a few families to provide the fruit and pastry. Please contact Kellie Nadell at momtobobby@yahoo.com if you would like to help.

TUESDAY: Students bring in flowers and notes for their teachers and other staff they work with (PE, Music, Office, Educational Assistants...)

WEDNESDAY: Our local Girl Scouts will be baking special treats.

THURSDAY: Our 4th grade families will be asked to provide food for a Mexican lunch.

FRIDAY: On this day, classes or individuals have the opportunity to do something special for their teacher.

More information will be sent to room coordinators in the next 10 days.

ATTENTION ALL VOLUNTEERS!

You are invited to our Volunteer Appreciation Luncheon because...



YOU MEAN THE WORLD TO US!

Wednesday, May 27th
Cascade Ridge Library

4th/5th Grades 11:15 am – 12:00 pm

K/1st Grade 11:40 am – 12:25 pm

2nd/3rd Grades 12:05 pm – 12:50 pm



FINANCIAL EMERGENCY PREPAREDNESS



A CONVERSATION WITH YOUR KIDS

This month, with all the economic struggles we are experiencing our focus is on "financial" emergencies. After each 'natural' disaster in the news, there is an outpouring of help from outsiders to victims and survivors. Usually the help is quite soon after the disaster but wanes as time goes on. Recently in the news there have been reports on how financial stresses in the family affect children and the worry that they take on as a burden when they witness their own parents' stresses from these emergencies. We don't want them to worry, but we DO want them to join in the cause of disaster preparedness and family economics by teaching them how to live more frugally. In this situation it's best if the outpouring of help comes from within the family. We want to give children our best and in our area of affluence, many of our children have way more than we did 30 years ago.

To help them understand how important it is to save money, reduce our usage of natural resources and even how to sacrifice for the greater good, we need to teach them principals of financial wisdom. I suggest holding a family council once a week. Sit down with them and teach them what expenses are. Explain that there are utilities (gas, electricity, water, sewage, trash, phone, internet, TV or Satellite, mortgage, children's school expenses (field trips, school supplies, school clothes), children's sports and other outside activities. Then we have food, gas, home improvement, entertainment and saving up for a new car, college education, and

weddings! When children "see" how much money it takes to live, it's easier to ask them how "we" as a family can reduce our spending. What can they specifically do to help out? In school they learn valuable lessons on reducing our usage of natural resources. Many need more experiences with sacrificing for the greater good. Can we rent a movie instead of going out to the theatre? Rather than a \$300 birthday party at a fun center, can we do one at home and bake our own cake? Having them earn their own money by doing chores and paying for their own "fun" activities usually puts them in the position of weighing their options with more thought. Teach them how to budget. Teach them that every time they earn money, to put 50% away into a savings plan and then use the rest to save for something big, or for their entertainment activities. I've even tried having my daughters take over the bills for one month when they turn 16 so that they can read a bill, set up payment and see how much is subtracted from our checking account. Playing outside is free, taking a walk is free, having friends come over to play is free.

That said, to keep the economy going, it is important to spend some money out in our businesses. Let your children help decide how your family will do this and which businesses they would like to help out. Let's teach our children by setting a good example and wisely choose how to spend our money and how to save it for a rainy day.

**Summer Birthdays will be celebrated during
lunch with cupcakes on the following days:**

**June 1st: June Birthdays
June 2nd: July Birthdays
June 3rd: August Birthdays**

PARENT EDUCATION

A TIP FROM THE READING TEACHERS

Provide Reasons to Read

Consider your child's interests when helping them select reading materials. You might also include:

- **A funny comic strip** or the kids' page in your local newspaper.
- **A book** of amazing facts.
- **A collection** of sports cards.
- **Instructions** for how to play your favorite or new game.
- **A joke book.**
- **Recipes** to make for your family.
- Award-winning books, Caldecott and Newbery Medal winners, are available at the American Library Association online at www.ala.org.

- Pat Corra & Sheri Ogilvie

PARENT EDUCATION OPPORTUNITIES

Flyers are available for all classes at:

<http://www.issaquahpts.org/parented/main.htm>

DATE	TIME	LOCATION	TOPIC	CONTACT
5/4	7:00—9:00 pm	Issaquah Middle School	Understanding the Law: IEP and 504 Services	Sandra Lum 425-644-4589
5/6	7:00—8:30 pm	Grand Ridge Elementary	Helping Children Transition Smoothly to Kindergarten	Jessica Burles mjburles@ihmail.com
5/11	7:00—9:00 pm	Newcastle Elementary	The Minds of Girls & Boys by Michael Gurian	Nicole Baxter 425-226-2152
5/16	12:00—5:00 pm	Sahalee Fire Station	The Total Transformation (1st Half)	Cherry O'Neill Dwo-mci@msn.com
5/21	6:30—8:00 pm	Beaver Lake M.S.	Body Image and Eating Disorders	Alison Cathro 425-442-2704
5/23	12:00—5:00 pm	Sahalee Fire Station	The Total Transformation (2nd Half)	Cherry O'Neill Dwo-mci@msn.com



SCIENCE FAIR EXTRAORDINAIRE

The Cascade Ridge PTSA would like to extend our sincere thanks to Rajeev Goel for leading the effort to create the most successful science fair we have ever had at Cascade Ridge Elementary School. Under Rajeev's guidance, participation and attendance at this year's fair increased significantly and a number of new and innovative processes were introduced that streamlined registration, improved communications, and made the science fair more fun for the children and more entertaining for the parents. Throughout the busy months leading up to the fair, Rajeev was always there with a smile on his face and an answer to any issue that came up. We are all grateful to Rajeev for his hard work, expert planning, and unwavering enthusiasm in providing this excellent opportunity for our children to learn about science and have a great time with their friends, family, and teachers. **THANK YOU!!**



BIKE DRIVE

The ARAS foundation is having its annual bike drive on **Saturday, May 16th from 9am-1pm**. New and used bikes may be dropped off at:

Sammamish City Hall
228th Ave. SE and SE 8th
(across from Skyline H.S.)

This is a great opportunity to pass on a bike you no longer need or use that could greatly benefit someone in Africa who may use it to get to their job, school or even a local market. Having a bike can dramatically change people's lives! Contact (425) 868-8448 or mary@arasfoundation.org for more information.

Thank you Volunteers

Thank you to—

- ◆ **Roberta Renton** for chairing Eager Reader!
- ◆ Thank you to all the wonderful art docents who brighten our kids lives by adding art lessons each month to their classes and for all your work on Fine Arts night: **Diane Hormuth, Debbie Freeman, Laurie Bunnell, Connie McKune, Betsy Matias, Kim Anderson, Colleen Ducich, Pam Horne, Cindy Wilkes, Melanie Jennings, Janice McGuigan, Ali McKerlich, Julie Grubb, Dana Wickham, Lynette Springborn, Jennifer Shaw, Toni Osotio, Barb Sicuro, Jennifer Glauser, Bona Parks, Angela Gale, Ruth Hutson, Elizabeth Donovan, Heather Murphy-Raines, Elizabeth Byrne, Deanne King, Stephanie Mittmann, Carri Gest, Nataly Kagan, Grace Kim.**

June 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, May 29**. Email submissions must be made to howler@cascaderidgeptsa.org no later than **Wednesday, May 27** by 5 p.m. Questions? Contact Julie Anderson at larsjulie@comcast.net.