



Coyote Howler

PTSA PRESIDENT'S MESSAGE

Welcome back from break! Hopefully you all had a great, restful vacation and are ready for a busy month ahead at Cascade Ridge. We will be starting the month right off with our 4-week Eager Reader program on March 1st and our Book Fair and Spelling Bee on March 4, 5, & 6! We hope to have a big turnout of kids participating in these fun and educational events. Check out the details on our website and later in the newsletter.

We also hope that many young Cascade Ridge scientists (not just our 5th graders) are preparing science projects to share with the community at our Science Fair on March 21st. Science Pete and his crew have been working hard to ensure we have another great event and we expect it to be full of many interesting and educational experiments for all in the community to enjoy. This is a big event for kids and grown-ups and requires a lot of involvement from many people, so if you can find the time in your schedule to volunteer, this is a great (and rewarding) opportunity. Be sure to find more exciting details in this newsletter and on our website, and I hope to see you there!

Finally, we will round out the month on March 28th with Fine Arts night. This is a great opportunity to see some of your child's artwork as well as create something new. We will also be hosting the Bellevue Art Museum's traveling art exhibit this year so it's sure to be a fun event for all who come. Again, more details later in this newsletter and online.

Please do not forget that our Nominating Committee is working diligently to fill the slate for our 2013-14 Cascade Ridge PTSA Executive Committee. If you know of anyone (including yourself) that would be interested and excited to be a part of our Board for the next school year, please contact me or anyone on this year's Nominating Committee. The PTSA provides many services and activities to the Cascade Ridge community, we have a lot of fun in the process, and we need your help to continue the great tradition!

As you hopefully know through ongoing updates from Erica Fewel and Cathia Geller, our wonderful Issaquah Schools Foundation (ISF) Representatives, the Foundation is critically important to the ongoing welfare of our district students. We would like you to know about the upcoming annual *Nourish Every Mind* Luncheon that is a bunch of fun to attend and it benefits the ISF's ongoing work. Our PTSA will host a table at the luncheon and we would love to fill it. If you are interested in attending the luncheon on May 9th at 11:00, we would love to have you join in the fun. Just contact me directly, and I'll reserve you a seat!

See what I mean? Busy months are ahead and we hope to have everyone involved.

Have a great March and beginning to Spring!

Deanne King, PTSA President
deannewking@live.com

Calendar of Events

March:

- 1:** Dad's Play Day
- 1-29:** Eager Reader begins
- 4:** Site Council, 6:00 pm
- 4-6:** Book Fair, Library
- 4-6:** Spelling Bee
- 6:** Kindergarten Registration, 2-6pm
- 6-20:** 2nd Grade CogAt Testing
- 7:** Kindergarten Registration, 10-3pm
- 13:** Altered Dismissal Times
- 15:** Report Cards go home
- 18:** 5th Grade visit to BLMS
- 21:** Science Fair, 6-8 pm
- 28:** Fine Arts Night, 6-8pm

April:

- 5:** Dad's Play Day
- 8-12:** Spring Break
- 19:** Coffee with Principal/PTSA General Membership Mtg
- 25-26:** Talent Show

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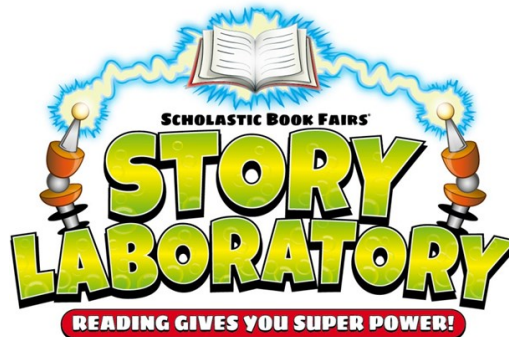
Editor: [Nichole Wengert](#)
President: [Deanne King](#)

PROGRAMS



GET READY FOR EAGER READER! MARCH 1ST - 29TH

Get ready - Get set - GO! Eager Reader starts March 1st! Please register and keep track of your minutes online. Prizes will be awarded each week for reading the minutes required. Also, a pizza party will be awarded to the one class in each grade level with the most minutes read. Finally, the school is working towards a school goal of 275,000 minutes to earn a super cool performance by the Noise Guy! Questions? Contact Lauri Kinnan: laurikinnan@yahoo.com or Neena Rana neenarana@yahoo.com



The Scholastic Book Fair is coming to Cascade Ridge March 4-6! It features thousands of fun, engaging, and affordable books kids want to read...just in time to support your Eager Reader! And, this important fundraiser will add new books to our Library and classroom bookshelves.

Monday, March 4 from 3:00 PM-7:00 PM

Tuesday, March 5 from 3:00 PM-7:00 PM

Wednesday, March 6 from 1:00 PM-7:00 PM

We need your help to energize our Book Fair! Please share your talents and join us for one or more shifts. Volunteer opportunities include: set-up/decorations, preview days, purchase days, and clean-up. Check out Volunteer Spot to sign up! <http://vols.pt/61cLh4> Questions? Contact Book Fair Co-chairs Michele Brady brady1093@yahoo.com or Grace Lee gracia_lee@yahoo.com.

DAD'S PLAY DAY

March 1st
10:55-11:20 (3rd/4th)
11:20-11:45 (1st/2nd)
11:45-12:10 (Kindergarten)
11:50-12:15 (5th/Science Tech)

Questions?
Lynette Springborn

PROGRAMS CONT.

Have You Heard The Buzz? Cascade Ridge PTSA Spelling Bee



Join us for the 3rd Annual Spelling Bee!

KG:	March 4, 6:00p
3 rd :	March 4, 7:30p
1 st :	March 5, 6:00p
4 th :	March 5, 7:30p
2 nd :	March 6, 6:00p
5 th :	March 6, 7:30p

Complete rules, tips and practice word lists are available online at: cascaderidgeptsa.org



**THURSDAY, MARCH 21ST
6:00 - 8:00 PM**

The Cascade Ridge 2013 Science Fair is right around the corner! There will be hundreds of great student experiments, many hands-on activities, and Jet City Pizza will be there with hot slices of pizza to purchase. We will also have lots of sweet treats, snacks, and drinks, so come along to this great Cascade Ridge tradition and make it a great night with the family!!

For grades K-4, the **Registration deadline is March 7th**, so be sure to go online at cascaderidgeptsa.org to register, order a colorful project display board, and find all kinds information to help you with your experiments!

We still need volunteers to pull off this great event! If you are able to volunteer for one of the many areas of need (set-up, judging, concessions, assistance with various activities at the Fair, tear-down), visit our website for more info and contact sciencefair@cascaderidgeptsa.org to sign up! Remember, all event volunteers will receive a free slice of pizza!

PROGRAMS CONT.



Fine Arts Night & Dinner March 28th 6-8 pm

Please join us for Cascade Ridge's Fine Arts Night, Thursday March 28th at 6:00 pm. See beautiful art created by the students, enjoy dinner in the cafe, and make some art on your own! Visiting artists Betsy Matias of Henry and Mei and Maureen Doherty of Black Horse Art Studio will be on hand for live art demonstrations and projects for students. Also, the Junior League of Seattle and Bellevue Arts Museum's "Art of Discovery" exhibit will be showcased in our library. Featuring works by acclaimed Northwest artists such as William Cumming, Jacob Lawrence, Joan Stuart Ross and more. This is a rare opportunity to get up close and personal with art that only travels outside the museum once a year. Guaranteed to be an enjoyable evening for all, so mark your calendars...we look forward to seeing you there!

If interested in volunteering for this event, please contact Jackie Mueller jackie.mueller1@comcast.net, Alesia Romero adgewitz@gmail.com or Tamra Kaufman tamra_kaufman@hotmail.com.



Cascade Ridge Talent Show Thursday, April 25th & Friday, April 26th

Individual or group performances welcomed

Register by April 4th

For more information go to PTSA website or click [here](#)

Questions? Nga Selbig selbigs@comcast.net or Stephanie Scott stephoscott@gmail.com



FUNDRAISING



Spring is almost here; time to get your car sparkling again!

Get a clean car, save money and earn \$\$ for Cascade Ridge PTSA! For every \$5 ticket purchased CRE PTSA earns \$3.50 (normal price for basic exterior car wash is \$6.39). To purchase car wash tickets email Nathalie Fusaro at: nathaliefusaro@hotmail.com and provide the following information:

- Your name
- Your email address
- Your child's name
- Your child's teacher
- How many tickets you would like to purchase

Then place a check payable to CRE PTSA (\$5/ticket) in the black PTSA box in the school foyer. Tickets will be delivered to your child's classroom within a week of your payment being received. Also, look for the car wash ticket sales table at the upcoming Spelling Bee and Science Fair.

SPRING COYOTE WEAR COMING SOON!



Don't miss out on the new looks for Spring! All new Coyote Wear will be available for purchase in mid-March. Samples will be on display in the school lobby soon!

We will be offering some of the same items sold during the Fall sale, such as Basketball Shorts and Dry-fit T-shirts. In addition, new items will include Skyline Socks, Baseball Hats, Tye-Dye T-shirts, and CRE logo umbrellas.

Online ordering begins March 11th
<http://cascaderidgeptsa.org>

Last day to order Spring Coyote Wear is March 22nd.

Questions? Contact:
Nichole Wengert nwengert@msn.com

PARENT EDUCATION

DATE	TIME	LOCATION	CLASS	CONTACT
3/25	11:30am-1:30pm	Boys & Girls Club Teen Center, EX3	Sammamish Plateau Parents Networking Group	Cherry O'Neill dwo-mci@msn.com or 206-550-3809 cell
3/25	7:00pm-9:00pm	Boys & Girls Club Teen Center, EX3	Sammamish Plateau Parents Networking Group	Cherry O'Neill dwo-mci@msn.com or 206-550-3809 cell

PARENT EDUCATION CONT.

ADOLESCENT DEPRESSION AND SUICIDE



Skyline PTSA will host a presentation on adolescent depression and suicide. This presentation for parents will cover adolescent development and mental health, signs of depression and anxiety in teens, red flags for suicide risk and what parents can do to create a supportive environment and, if necessary, intervene in a crisis.

- Depression affects an estimated one in eight adolescents in the United States today.
- In a recent Washington State survey, nearly one in four high school students said they had seriously considered suicide, and one in ten reported a suicide attempt in the last year. These rates are even higher for some more vulnerable groups of youth.
- Each week, an average of two youth between 10 and 24 die by suicide in Washington.

Dates:

Tuesday, March 5th
7:00 - 8:30pm

Location:

Skyline High School
Room 2402

1122 228th Avenue SE
Sammamish, WA 98075

Cost:

Free to Issaquah
School District Parents

WELCOME Karyn Brownson, LMSW, King County Trainer
Youth Suicide Prevention Program: <http://www.yspp.org/>

For more information please contact Skyline PTSA Parent
Education Representative, Roseann Popa: order2popa@comcast.net

YSPP
Youth
Suicide
Prevention
Program

Washington State
PTA
everychild.one voice.



CONGRATULATIONS to our **2013 Classroom Enrichment Grant** winners! Nine recipients, including our very own **Zana Moore**, received balloons and notice of their award on Friday, February 15. Included among the winning projects were grants for Replacing Antiquated VHS Stock with DVDs for Science and other Curriculum Support at Cascade Ridge Elementary, Math Support and Enrichment at Issaquah Middle, and a History Day at Liberty. Hats off to the staff who dedicated hours of personal time to completing their applications AND to our wonderful Balloon Brigade volunteers. See the complete list of winners at [2013 Classroom Grant Winners](#).

Kick Your High Schooler Out of Bed on Saturday, March 9

He or she should be at the Issaquah Community Network's **Youth Job Skills Fair** at Issaquah High School. Hosted in part by the Issaquah Schools Foundation, the **Youth Job Fair provides students ages 14-24 'need to know' information about finding a job and discovering their passion.** In addition to learning how to conduct an interview, write a resume, put your best foot forward and keep a job once you've landed it, participants will have the opportunity to meet with local business leaders from various professions to learn the 'inside story' about careers in their field. **The Job Skills Fair is FREE and runs from 11:00 am – 3:30 pm at Issaquah High School. Advance registration is required. Go to www.isfdn.org/yjsf for more information.**

NEM Count Down

March 1 marks 69 days to one of the best events of the spring—the **15th Annual Nourish Every Mind Benefit Luncheon**. If you want to become part of the team ensuring the event's success, join us as a Table Captain. Cathia Geller, our intrepid Table Captain Chair, can tell you everything you need to know at our **March 22 Table Captain Kick-Off**. Contact Cathia at cathia@cathiageller.com. You're also welcome to come as a *guest* – just let us know!

Did You Get Your Year-End Tax Receipt?

Letters were mailed at the beginning of February. Email Tina Weber, tweber@issaquahschoolsfoundation.org if you didn't receive yours.

Donors Helping Kids Get on Track at Tiger Mountain High School

ISF donors are helping Tiger Mountain High School move one step closer to completion of a multi-purpose Teen Center. When fully realized, the Teen Center will offer Tiger Mountain students a safe and healthy after-school environment and the opportunity to satisfy high school credit requirements, prepare for state tests and gain skills for career and life. **A \$2,400 grant from the Foundation will underwrite one of the first phases—staff time to assist students with homework assignments, credit retrieval and state exam preparation.** We are grateful to our donors for making it possible to invest in this much needed project.

It's Time to Speak Your Mind about Building Better Schools

You have ideas on how to make our schools better. Share them with those who can help implement change. **The Community Forums Network is hosting the third survey in its Education Funding series.** Your responses will be compiled and packaged as a "Where's the consensus?" REPORT for policy makers and the media. **BONUS!** By taking the survey, you'll qualify the Foundation for a grant of up to \$2,500. Follow the link, CommunityForumsNetwork.org, complete the survey and select Issaquah Schools Foundation as the beneficiary. **Hurry, the survey closes on March 31.**

VOLUNTEERS

FESTIVAL OF CULTURES

A **BIG** Thank You to **Bona Park** for chairing this year's Festival of Cultures! Thank you for your dedication, time and effort you put into this event. Your attention to every detail made for a wonderful, fun-filled event for our community!

Thanks to all our gracious and magnificent host families, who created a truly amazing evening of color, cuisine, and culture!

- Australia - Melanie Carbon & Vicki Watt
- Colombia - Ana Malloy
- Egypt - Samah Desouky
- England - Carolyn & Mark Scurrall
- France - Alex Lagrave, Angie Lukens & Diana Verrue
- Germany - Christie Jucht
- Holland - Michelle Lyman
- India - Rituja Indapure
- Iran - Cathia Geller
- Ireland - Michelle Devaney
- Israel - Lori Harnick
- Japan - Hiroko Chirillo & Tomoko Dua
- Korea - Yeun Choi & Bona Park
- Mexico - Kristen Miller
- New Zealand - Sophie Selbig
- Scotland - Deirdre Sherwood
- USA - Rachel Schnebele
- Venezuela - Julie Gall & Alesia Romero
- Vietnam - Nga Selbig

Special thanks

to Stephen Rozmiarek for designing and formatting the terrific Festival of Cultures cookbook, and to all the families & CRE staff who contributed all the wonderful recipes for the cookbook!

Thank you to all the amazing performers who graciously shared their craft and talent with our community.

Thank you to the following individuals who helped organize and volunteer at this event:

Mr. Dunham, BLMS student volunteers, Jaycee Cooper, Diana Verrue, Helen DiMeco, Katy Chung, Melanie Kusmik, Kristi Lincicome, Carmen Pong, Peggy Rodman, Marci Bartholomae, Cathia Geller, Ganga Pingili, Kim Evans, Laura Fortner, Rajeev Goel, Alice Guilbert, Lauri Kinnan, Kristen Maginnis, Sangeeta Peri, Lihong Sun.

Lastly, a huge thank you goes out to our sponsors who helped make this event possible: Aahaar Indian Eatery, Albertsons, Chan's Place, Chipotle, Cucina Cucina, Fred Meyer, Hop Jack's, Jenny Pho, La Casita, Macky's, Pabla Indian Cuisine, QFC, Safeway, Similan, Thai Ginger, Trader Joe's, Tutta Bella, Uwajimaya Bellevue, World Market, Yoko Teriyaki.



- ◆ Two thumbs up for **Alice Guilbert** and **Nga Selbig** for bringing happiness to school in the form of Birthday Celebration Cupcakes! Thank you for helping our kids feel special during their birthday month. Your efforts are very much appreciated!
- ◆ Thank You, **Kris Chambers**, and your fabulous Baking Committee, for providing tasty treats for the recent Newcomer's Coffee. The scones and muffins went perfectly with the coffee and tea!