



# COYOTE HOWLER

## January Events

**January 5th:** Parent Play Day and Popcorn Friday

**January 8th:** Eager Reader begins

**January 8th:** Site Council Meeting at 4:00p

**January 12th:** PTSA General Membership Meeting at 9:15a

**January 15th:** No School - MLK Day

**January 17th:** Talent Show Rehearsal at 6:00p

**January 18th:** Talent Show Rehearsal at 4:00p

**January 25th:** Talent Show at 6:00p

**January 29th:** No School

*Editor's Note: They say that good things come to those who wait. Well, that's certainly true with the monthly Howler. Unavoidable delays have led to the late publishing of the Howler the past two months. We will work to publish on schedule for the remainder of the year. Thank you for your continued support!*

## President's Letter

Happy 2018! I hope you enjoyed a wonderful holiday celebrating, relaxing and recharging with family and friends. We have so many great events coming up this month, there is sure to be something for everyone!

Eager Reader is starting this month. Time for the kids to crack open all those great books they received over the holidays. Be on the look out for more information about this program coming home and get ready to help your child's class win!

We have our second General Membership meeting of the year on January 12<sup>th</sup> at 9:15. We will be voting in our Nominating committee, reviewing the budget and talking about upcoming events. We look forward to seeing everyone there.

We have amazing talent at Cascade Ridge and it will be on display at our annual talent show on January 25<sup>th</sup> at 6pm in Cafe. Be sure to attend and cheer on our students.

Get ready for some fun in January and I look forward to seeing you around Cascade Ridge!

Jaime Foreman

Cascade Ridge PTSA President

## Eager Reader

Eager Reader begins January 8 so have those books ready to read! The program will run for 4 weeks. Information packets will be going home the first week of January so please check those folders and backpacks!

### *What is Eager Reader?*

The Eager Reader Program is a voluntary reading program sponsored by the PTSA. It is designed to encourage students to read for their enjoyment outside of school. By giving away prizes along the way, students and parents will both have a fun incentive to participate and connect through the shared pleasure of reading. To earn prizes, LRC I, II, and K-2<sup>nd</sup> grade students must read or be read to for 120 minutes each week, and 3<sup>rd</sup>-5<sup>th</sup> grade students must read 180 minutes each week.

## Thank you

PTSA wants to extend a sincere thank you to all of our volunteers! We could not possibly accomplish all that we do without your time and effort. Special thanks to:

- Our Baking Chair, Amy Ketcham, and all the individuals who generously donated cookies for the Staff Cookie Exchange
  - Michelle Lyman, Laura Gehmen, Angela Fischer, Carolyn Santos, Paula Koransky, Sandra Vanderzee, Jerrae Staples, Nicole Brenner, Krystl McCandlish, Joy Konieczka, Tiffany Parker, Janet Hohmann, Christie Jucht, Erinn Chapman, Joey Fox, Kristen Maginnis, Carina Leonardi, Shirly Shemesh, Andrea Obert, Michelle Bowling, Sandy McNees, Michelle Woods, Amy Hayes, Steph Middleton, Claire Raphael, Lara Buis, Andrea Reeder, Amy Passalacqua and Mi Goelkel.
- Our Geography Bee Chair, Nigar Suleman, and all the individuals who gave their time make the event successful

And of course, thank you to all of you who have signed up to support all our PTSA activities and help the teachers in your children's classrooms.

It is very important to us that we personally thank you for your volunteering efforts each month. If we have inadvertently missed a name from this list, please let Stephanie Middleton know at [stephwamsley@gmail.com](mailto:stephwamsley@gmail.com) and we will rectify in the next Howler.

# Volunteer Spotlight

The PTSA Board would like to spotlight

## **Amy Ketcham**

as our January Volunteer of the Month!

Amy is our PTSA Baking Committee Chair. She and her team of bakers have supplied delicious baked goods for several PTSA events, most recently providing 1440 cookies for our annual holiday Teacher Cookie Exchange!

Amy and her family moved to Sammamish in August 2016 from California. She, along with her husband and their five children, have embraced life in the PNW and they spend most of their free time enjoying high school theatre productions and the various sports activities of the kids.

Thank you Amy for all you do for Cascade Ridge!



# Talent Show



The 2018 Cascade Ridge Talent and Variety Show is one night only!

**REGISTRATION CLOSES ON JANUARY 12<sup>th</sup>**

Please join us on Thursday, January 25<sup>th</sup> for a night of entertainment!

Act One 5:30-6:30PM

Intermission

Act Two 7:00-8:00PM.

Calling all Cascade Ridge Performers grades K-5, the stage is waiting for YOU! Space is limited this year, there are 15 spots per Act so don't wait, sign up today. Can you sing, dance, or play an instrument? How about magic, or ball tricks, maybe some extreme hula-hooping or double-dutch jump roping is where you shine! How about getting a group of friends together for a performance? Show us your talent and creativity, we can't wait!

We are looking for a few **5th grade student MC's** to help keep our program flowing.

Talent Show Committee will work with these students to create a script. If your child is interested they will need to sign up by selecting MC for their performance category. We are also looking for several **student comedians from all grade levels**. If your child would like to be on stage telling jokes while the stage is being reset please sign up by selecting student comedian as your performance category. These students will be responsible for coming up with their own jokes. The MC's and the comedians will need to be at a one rehearsal.

Registration opens on December 1, 2017 and will close once all spots are full or on January 12, 2017. Register by visiting the PTSA website, <http://cascaderidgeptsa.org/Home> . Please note all performers will be required to attend a dress rehearsal. Upon registration you will be prompted to select your rehearsal date, only one rehearsal is needed unless the student would like to attend both nights.

For questions contact Talent Show Chairperson, Angela Fischer ([afischer515@yahoo.com](mailto:afischer515@yahoo.com))

## PTSA Volunteer Service Awards

Our wonderful Cascade Ridge community is extremely generous with volunteer time. This school year, we will have had hundreds of volunteers involved in the many events and programs sponsored by the PTSA. All that we do throughout the year would not be possible without this active involvement.

The Washington State PTSA Council honors outstanding volunteer service for children by awarding the following award(s) annually to PTSA volunteers.

### *Outstanding Advocate*

Recognizes and honors an individual for continued and dedicated service to ALL children, and a demonstrated commitment to helping create strong policies relating to the health, welfare, safety, and education of children and youth. Volunteers who try to change things for the benefit of children at a local unit (school), district, state or national level are advocates.

**Award:** The recipient receives a plaque and pin and a \$75 scholarship is given in the recipient's name to the Washington State PTA Financial Grant Foundation.

### *Honorary Lifetime Membership*

An Honorary Lifetime Membership is awarded to an individual as recognition of distinguished service to children and youth. The purpose of the Honorary Lifetime Membership is to honor an individual who has made significant contributions to the development and growth of PTA local unit (school) or council.

**Award:** The recipient receives a Life Membership pin, congratulatory card, and an Honorary Life Member card.

### *Golden Acorn*

Recognizes the contributions of an individual that has gone above and beyond in their volunteer efforts at Cascade Ridge Elementary, and within our local community. Volunteers that demonstrate an outstanding personal commitment to improving the lives of children and youth through their service to the school, district, and community are awarded the Golden Acorn.

**Award:** The recipient receives a certificate and pin and a \$65 scholarship is given in the recipient's name to the Washington State PTA Financial Grant Foundation.

We will be seeking nominations for this award in the very near future, so be thinking about who you would like to nominate and keep your eyes open for the announcement.

Questions : Stephanie Middleton [stephwamsley@gmail.com](mailto:stephwamsley@gmail.com)

# Family Engineering Night

The second annual Cascade Ridge Family Engineering Night is coming up on Feb 1st, 2018 from 6:30pm-8:00pm. This exciting event is sponsored by the Issaquah Schools Foundation and will provide students and their families with interactive STEM experiences and the opportunity to enjoy learning engineering principles together.

**What:** A night filled with hands-on activities to promote the engineering process, critical thinking and the opportunity to play and learn as a family

**When:** February 1st, 2018 from 6:30pm – 8:00pm

**Where:** Cascade Ridge Elementary Multi-Purpose Room

Through participating in hands-on engaging activities, families will explore concepts such as Engineering Design Process, Reverse Engineering, Structural Design and Load, and many others.

Thank you to those who have already signed up! We are still in need of VOLUNTEERS for Setup, Cleanup, Running Stations and Pre-event Kit Assembly to make this event a success.

Setup Volunteers will arrange tables and chairs, and lay out materials on tables. (4:30-6:30pm)

Clean Up Volunteers will pack up materials, move tables and chairs back into place, general room cleanup. (8:00-9:00pm)

Station Volunteers will help guide the activities, answer basic questions, and generally ensure the station is running smoothly (6:30-8:00pm)

Kit Assembly Volunteers will help package kits of materials prior to the event. This work can be done at home and on your own schedule.

To Volunteer, please visit: <http://www.signupgenius.com/go/8050844ada623a46-2018>

***Discover the fun of engineering through  
hands-on activities with your whole  
family!***

# Cascade Ridge Spelling Bee

Join us for the 6th Annual Spelling Bee		
KG	Monday, February 5th	4:30pm
3rd	Monday, February 5th	6:00pm
1st	Tuesday, February 6th	4:30pm
4th	Tuesday, February 6th	6:00pm
2nd	Thursday, February 8th	4:30pm
5th	Thursday, February 8th	6:00pm
<i>Registration is required. Find out more and register online at <a href="http://cascaderidgeptsa.org">cascaderidgeptsa.org</a> by Jan 31st 2018.</i>		

Registration is now open for students to join the spelling fun at the 7th Annual Cascade Ridge Spelling Bee. [Register online](#) by **January 31<sup>st</sup>, 2018**

All grades are welcome to join in this friendly competition of oral spelling ability. Participants will take the stage one at a time and will be asked to spell a word out loud.

The bee will take place over three evenings, as shown in the schedule above, to accommodate each grade. Please sign up to volunteer for one of the following positions: Usher, Award Giver, Tech Person, Pronouncer or Judge.

Complete rules, tips, and practice word lists are available online at [cascaderidgeptsa.org](http://cascaderidgeptsa.org).

Questions? Feedback? Contact [spellingbee@cascaderidgeptsa.org](mailto:spellingbee@cascaderidgeptsa.org).

We look forward to 'Bee-ing' at the Spelling Bee!

# Parent Ed Corner

Please Join Us!

**For:** Anxiety and Your Child | Presented by Deb Grover

**January 24, 2018 | 6:30-7:30pm |** In the Café at Cascade Ridge Elementary

Be ready for an interactive discussion with Deb Grover on the following:

- mindful coping techniques
- practical application tools
- debunking the myths
- neuroscience

Deb is the Marketing and Outreach Director for Community of Mindful Parenting (CMP). She is also a trained Roots of Empathy facilitator and graduate of many mindful parenting programs. Deb obtained her Bachelor's in writing and psychology from the University of Puget Sound and her MBA from Seattle University.

Currently, Deb leads discussions with community groups on the topic of mindfulness tools to address stress and anxiety in children and teens. She has speaking engagements in the Lake Washington & Bellevue school districts and is a frequent panelist for ParentMap and various conferences.

*From Parentwiser*

Visit <http://parentwiser.org> to find: current listing of parent education events, registrations, and resources across the Issaquah school district.

## Upcoming Parentwiser Events

'Yes Brain' Online Interview with Tina Payne Bryson

**Join us December 13 at 1pm**

Join *ParentWiser* for an exclusive online interview with NY Times bestselling author Tina Payne Bryson to discuss how to help kids cultivate a 'Yes Brain' instead of acting out or shutting down when faced with difficulties such as homework, screentime, eating, bedtime, or feeling challenged.

**Link to attend:** <https://zoom.us/j/844233598>. Limited to 100 attendees. *View more parent ed in Issaquah district schools at [ParentWiser.org](http://ParentWiser.org).*

*Tina is the co-author (along with Dr. Dan Siegel) of the very popular parenting books 'No-Drama Discipline' and 'The Whole-Brain Child'. Get more info on Tina and Dan's upcoming book, 'Yes Brain' here: <http://www.tinabryson.com/yes-brain>.*

ANGST Documentary: Raising Awareness Around Anxiety

**January 24, 2018 7:00 PM**

Stress on the Rise

***How to support your child's successful development***

**February 7, 2018 7:00 PM**

Peaceful Parent, Happy Kids

***How to help children WANT to cooperate without yelling, bribes, threats or punishment***

**May 16, 2018 7:00 PM**

Peaceful Parent, Happy Siblings

***How to Stop the Fighting and Raise Friends for Life***

**May 17, 2018 10:00 AM**

## Holiday Gift Barn

Thanks so much to everyone that participated in donating to the Holiday Gift Barn! We filled up 4 vans/SUV's of stuff and it took up pretty much the whole foyer at school! What a blessing your donations were to the families that were able to "Shop" at the Holiday Gift Barn for their families.

A great big thank you to the classroom Holiday Gift Barn reps: Tiffany Parker, Jin Liu, Mi Goelkel, Jeanna Schmidt, Nermeen Youssef, Nigar Suleman, Michelle Woods, Dakota Krueger, Angela Fischer, Nathalie Fusaro, Lara Buis, Sandy McNees, Laura Gehmen, Connie Jackson, Andrea Reeder, Angela Nicola, Jaime Forman, and Shannon Romanski. They talked to all the kids about the program, brought in a collection bin, monitored donations, and collected them all from the classrooms. The collections wouldn't have been as successful without all their hard work!

A special thank you to Tiffany Parker, Nathalie Fusaro, and Angela Fischer for being willing to load up all the collections in their vehicles and driving the donations down to the Pickering Barn! Cascade Ridge is such a generous school!



## Did you know????

**There will be 3 Renewal Levies for our Issaquah Schools on the February 13th, 2013 ballot!**

The school board approved 3 renewal levy ballot measures to go before voters on February 13th after input from community members, legislators and district residents. After much discussion, the school board and ISD administration approved a plan to keep our high quality of education in Issaquah, while taking into consideration the tax impact on our community.

[Please click here for more information and to review the ballot measures and tax impact.](#)

[Please click here for details and to endorse these ballot measures](#)



# Fundraising Made Easy



Do all your online shopping through Amazon Smile! The link below will take you directly to the Cascade Ridge PTSA sponsor page. Shop as you normally would, using your regular or Prime account. Amazon will donate 0.5% of eligible AmazonSmile purchases directly to the PTSA. Start shopping: <https://smile.amazon.com/ch/91-2113434>



Collecting and turning in Box Tops is an easy way for you to help earn money for Cascade Ridge PTSA. We are hoping to reach our goal of \$1,000 again this year. Start collecting your Box Tops today and keep an eye out for turn-in dates and class competition details. If you aren't familiar with the "Box Tops for Education" program or want to see a list of eligible products, please visit [www.boxtops4education.com](http://www.boxtops4education.com).



Cascade Ridge has partnered with Jamba Juice to raise money for our school. The fundraiser card is \$10 and contains 6 smoothies for you to purchase any smoothie and receive another of equal or lesser value for free. For every card purchased \$5 will come back to Cascade Ridge. Visit the [PTSA Passive Fundraising](#) or contact Holly Briscoe [hcrace@gmail.com](mailto:hcrace@gmail.com) to order yours today!



Order your Brown Bear Car Wash tickets today! 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 \$8.00). PTSA Website: Now you can order your car wash tickets from the PTSA website with an option to pay via credit card or check. The tickets will be delivered to your child through their classroom, within a few days after payment is received. We have 4 packages available online: • 1 for \$5 • 4 for \$20 • 10 for \$50 • 20 for \$100 <http://cascaderidgeptsa.org/Package/PassiveFundraising> Please direct any questions to [nicbrenner@yahoo.com](mailto:nicbrenner@yahoo.com)



### **Cascade Ridge Coyotes – Get your Gear!**

Cascade Ridge PTSA is excited to offer these new sports socks for just \$12 a pair. You can order online via the Passive Fundraising icon on our website and a portion of each sale comes back to the PTSA. The socks will be delivered to your child's classroom once payment is received. Please direct any questions to [nicbrenner@yahoo.com](mailto:nicbrenner@yahoo.com)

**Stay tuned for more easy opportunities to support Cascade Ridge PTSA. We have a Glassybody Road Show coming your way soon as well as local restaurant dining nights.**

## Come out and Play!

Don't forget to join your student(s) on the playground throughout the school year! On the first Friday of each month, we invite all Dads (Moms, grandparents or other special guests too) to join us on the playground during recess. The kids love to see their loved ones during the school day. Visitors sign in at the front office, get a visitor's badge and then join your student outside for recess! Please remember to get your [Washington State Patrol Form](#) filled out. This must be turned in before you can attend a play date! Forms can be found in the office or online on the school website under Quick Links. A new one needs to be filled out every year. Upcoming dates are...

Upcoming dates are...

### February 2nd

March 2nd

*Play date times are as follows:*

11:20 - 11:45	1st and 4 <sup>th</sup>
11:45 - 12:10	2nd and 3 <sup>rd</sup>
12:10 - 12:35	K and 5 <sup>th</sup>
12:15-12:40	Science Tech

## Cascade Ridge PTSA: We're Online, All the Time!

Did you know you can have school and PTSA events automatically added and updated into your calendar app of choice? Checkout the details at: <http://cascaderidgeptsa.org/Event/ViewElsewhere> (you'll need to be logged into your PTSA account.)

Another way to stay connected: "Like" us on [Facebook](#)! Get the most up to date information on all upcoming school and PTSA events, Spirit Days, late-breaking news and everything else relevant to our school community right in your news feed. If you like our page already but aren't seeing our news on your feed, make sure to check our page every Monday for new posts. Don't forget to tell your Cascade Ridge friends to like us too!



## Calendar Update

In an effort to ensure the school-year calendar is always current, we will not be printing it in the monthly Howler. You can always find the most up to date information on the PTSA Web site at: <http://cascaderidgeptsa.org/Event/MonthCalendar>