



COYOTE HOWLER

PRESIDENT'S LETTER

Remember you're the one who can fill the world with sunshine.

~ Snow White

As we head into the home stretch of this year's fundraiser, Snow White was definitely onto something. At Cascade Ridge we each have the ability to help enrich our school environment and have a meaningful impact on our students – every day!

If you have not done so already, please consider supporting PTSA through the Orange Ruler Fun Run. Hopefully by now you've had a chance to look through the materials that were sent home last week and understand how important your help is to continuing the many activities, programs and events at Cascade Ridge – which total over \$150 per student each year!

On behalf of PTSA thank you in advance for your donation and for adding a little more sunshine to our school!

Kelly

kellyahuber@aol.com

PS – And speaking of sunshine... I would love to see your bright, shining faces on October 2nd at our general membership meeting – **everyone** is welcome to attend at 8:30am in the Cafe! We will be voting on our standing rules and our budget for 2015-16, as well as learning more about upcoming events and a recap of some we've just wrapped up.

October Events

October 1st: Math Club
Informational Meeting at 7:00p

October 2nd: PTSA General
Membership Meeting at 8:30a

October 2nd: Popcorn Friday,
Parent Play Day, Coyote Gear

October 5th: Site Council
Meeting at 3:30p

October 7th: Parent Education
- Sleep & Learning at 7:00p -
Sunset Elementary

October 8th: Fun Run Money
Due

October 12th: No School

October 14th: Orange Ruler
Fun Run at 9:00a

THE ORANGE RULER FUN RUN STARTS TODAY!

Welcome to Our Fall Fundraiser!

This important program will help us raise much needed funds that will be used for instructional support, staff grants, science fair, math club, eager reader, Art Docents, Great Kids program and much more. Over the next two weeks, we need your support to help make this one of the most successful fundraisers our school has ever had.

We're excited to be working with Orange Ruler, as they offer our school a fresh and innovative way to help us reach our goals. In addition to helping us raise money, their program emphasizes the importance of teamwork, being active, thinking of others and believing in yourself.

The program also streamlines the entire fundraising process to make it easy for you to help in this important cause. Just follow these four simple steps:

STEP 1

Register your child or children by going to orangeruler.com/signup

STEP 2

Send donation requests via email or Facebook to your friends and family.

STEP 3

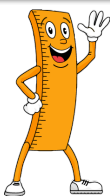
Enter cash or check donations on your personalized page as soon as you receive them to ensure your child receives credit.

STEP 4

Turn in all check and cash donations in the collection envelope provided on Turn-in Day (envelope also used to record check and cash donations). Please make sure all checks are payable to Cascade Ridge Elementary PTSA.

All donations are 100% tax-deductible and we accept all company matching programs

PROGRAM DATES AND PRIZES



Turn-In Day **10/08/2015**

(donations due):

Fun Run Day: **10/14/2015**



Traveling Mascot

The top class wins the Traveling Mascot!



Amazon Gift Card

\$100 Amazon Gift Card for the teacher of the top class



Pig Race and Pig Beauty Contest!

Top 10 classes get a class pig to decorate and race



Special Privilege Day

The top class wins Free Recess featuring a Kickball Game with Team Fowler and Team Sehlin!



Jamba Juice!

Top 3 classes receive Jamba Juice!



Kona Ice Party!

All classes that reach 100% of their goal will get shaved ice provided by Kona Ice

PTSA Does THAT?!

PTSA PROVIDES EDUCATIONAL ENRICHMENT FOR OUR CHILDREN!

- PTSA funds **EDUCATIONAL AIDES (EAs)** for classrooms
- PTSA funds **READING SUPPORT** for students
- PTSA Funds **ART & SCIENCE ENRICHMENT** for the classroom
- PTSA brings you the annual **SCIENCE FAIR**
- PTSA celebrates our diversity with **FESTIVAL OF CULTURES**
- PTSA celebrates the arts by presenting the national **REFLECTIONS ART CONTEST**
- PTSA offers **Before & After School Programs**
- PTSA encourages reading through **EAGER READER** and annual **BOOK FAIR**
- PTSA encourages students to let their talent shine at our annual **TALENT SHOW**
- PTSA brings you the **SPELLING BEE/GEO BEE**

PTSA SUPPORTS OUR SCHOOL!

- PTSA gives our teachers **GRANTS** to purchase classroom resources
- PTSA gives our teachers **GRADE LEVEL GRANTS** to purchase Shared Resources
- PTSA **PROVIDES VOLUNTEERS** - room parents, classroom volunteers, library volunteers
- PTSA hosts **STAFF APPRECIATION EVENTS** throughout the school year
- PTSA funds Mrs. Fowler's **GREAT KIDS PROGRAM**

WHO IS PTSA?*

PTSA COMMUNICATES!

- Monthly newsletter - **The Howler**
- Bi-Monthly e-blasts - **Coyote Connection**
- PTSA **Reader Board** updates in front of school
- Cascade Ridge PTSA **Facebook Page**
- PTSA provides an annual **School Directory** to members
- PTSA compiles an **Annual Calendar** for members
- PTSA invites EVERYONE to quarterly **General Membership Meetings**

PTSA BUILDS COMMUNITY

- PTSA hosts **Parent Play Day** on the playground
- PTSA hosts **Parent Education Nights**
- PTSA offers **Coyote Wear** to show school spirit
- PTSA coordinates community events like **Silly Spaghetti Night**
- PTSA cares by **Sponsoring Need Based Drives**

***YOU!**

THANK YOU
Cascade Ridge families for
helping to build a strong
PTSA and a strong school!

TOTAL COST EACH YEAR?
~\$150 PER STUDENT!!!!
Your financial support make
these things (& more) possible!

NEW FAMILY PLAY DATE



Our first "New Family Playday" was a great success! Thank you to families (new & old) who attended despite the threat of rain! Thank you to Angela Fischer for organizing the event and to 7th graders Anna Fischer and Jane Huber for leading some fun 'introduction' games to help everyone start the school year off right!

SILLY SPAGHETTI NIGHT

Grazie Mille! (Thanks a million) to all our CRE families (340+ attendees) who attended Silly Spaghetti and made it a fun evening for all!! We will recap this great event in next months edition of the Howler.



Cascade Ridge Elementary Annual Scholastic Book fair

The Scholastic Book Fair is coming to Cascade Ridge November 4th – 6th. The theme this year, **Monster Book Fair: Reading is So Much Fun You'll Get GOOSEBUMPS!**, surrounds students in the celebration of reading with hundreds of fun, engaging, affordable books for them to discover. Giving kids access to good books, and the opportunity to choose their own books, motivates them to read more. And, all purchases benefit our school!

Wednesday, November 4th from 1:00-7:00 PM

Thursday, November 5th from 3:00-7:00 PM

Friday, November 6th from 3:00-5:00 PM

We need your help to make it happen! Please share your talents and join us for a shift...or two. Volunteer opportunities include: set-up/decorations, cashier, and clean-up. Check out VolunteerSpot <http://vols.pt/nFL4EV> to sign up or contact Krista Gale galesintheusa@gmail.com.

Thank you!

Questions? Contact Book Fair Co-chairs Nathalie Fusaro nathaliefusaro@hotmail.com or Krista Gale

galesintheusa@gmail.com



EAGER READER SET TO BEGIN NOVEMBER 9!

Our annual Eager Reader program begins November 9th. Eager Reader is a voluntary reading incentive program designed to foster a love of reading. Students read outside of school to earn prizes. Each minute spent reading counts towards both individual and class totals en route to fun prizes including: gift cards, books, and more! The program runs for 4 weeks, ending December 7. Families will receive more information early in November.



REFLECTIONS

"Let Your Imagination Fly"



Entries from all grades and all abilities are welcome in the following six categories: Visual Arts, Literature, Dance Choreography, Film Production, Photography and Music Composition. The Reflections Program is a National, Washington State, and local PTA cultural arts competition. Each year it gives Cascade Ridge students the opportunity to create their own original art work focused on a specific theme. Full program details can be found on [WA State PTA Reflections](#) page or [National PTA Reflections page](#).

For any questions or to volunteer please contact the PTSA Reflections Program Chair [Ripal Gandhi](#)

Entries must be turned in to the Cascade Ridge office between Monday, October 26th through November 2nd.

PTSA OPEN VOLUNTEER POSITIONS

Warning!!!

Science Fair Cancelled??

Help Save the Science Fair!!

The Science Fair needs 2 Chairpersons:

- ◆ Day Time Event Chair
- ◆ Evening Event Chair

We have more than 30 volunteers signed up to support the chairpersons. Consider volunteering to make sure our little scientists are able to showcase their science experiments.

Please sign up to chair this important event on the [PTSA website](#)

Also seeking:

Chairperson for The Coyote Art Walk

A Chairperson is needed to coordinate an Art Walk to exhibit the beautiful creations of our coyotes. The work is cut out for the Volunteer. The artwork will be created under the guidance of the classroom art docents. All you need to do is create an "art gallery atmosphere" to showcase the work of the young artists!

Chairperson may also schedule professional artists for students and parents to view during the event, and organize art and craft activity stations.

To volunteer, please contact [Carolyn Roberts](#)

PARENT ED CORNER

Mark your calendars for three great upcoming parent education opportunities in our district!

Sleep: What Every Parent Should Know

Date Change! Wednesday, 10/7th at 7pm @ Sunset Elementary, Issaquah

Join us for a discussion with speaker, Dea Barnett, a child and adolescent psychiatrist and parent of two teenagers, to learn how the biological sleep patterns of our growing kids affect their academic performance, and how parents can support sleep needs for optimal learning throughout the school years. More background at <https://sleepfoundation.org/sleep-news/school-start-time-and-sleep> and Dea's Facebook Group *Start School Later Issaquah*, now with over 430 members.



What's Really Happening at IHS, Speaker: Resource Officer Diego Zanella

Tuesday, Oct 27th at 7pm @ Issaquah High School, Auditorium

For parents of students in grades 6-12

Parents, please join us for a discussion with Officer Zanella: .

- Learn how kids are misusing technology
- Learn the consequences of partying
- Learn about kids' substance use and abuse
- Get to know our new school resource officer
- Get your questions answered

Come hear Officer Zanella share what he sees happening with teens today. We hope this evening continues to build our IHS community and helps parents become better informed so that they can have candid conversations with their kids.

Be Keen on your Tween's Safety!

Tuesday, December 8th at in the Cascade Ridge Elementary Coyote Café

Join Kim Estes from Savvy Parents Safe Kids for a parenting workshop for parents of kids ages 8-12

This workshop will cover topics such as:

- * Cell Phones –tool or tricked out toy?

- * What you need to know about sleepovers
- * When your Tween becomes a babysitter
- * Staying home alone. Are they ready?
- * Tweens and body safety
- * Out & About: School and neighborhood safety
- * What safety tools work and which ones don't?
- * The questions every parent should be asking.
- * Why now is the time to step up your game plan!

We all want to keep our kids safe... and if you have a child between 8-12 be sure to join us and learn easy tips and tools that make safety fun not scary.

These are fantastic and FREE opportunities for parents and families. We hope to see you there!

Happy October!

5TH GRADE PARENTS

Looking forward to a great year with the CRE 5th grade class of 2015-2016!

The 5th grade parent meeting was held on Thursday, September 18th during curriculum night. We will be sending a survey to you this week to vote on fundraising to offset the cost of camp, as well as, an opportunity to sign up to volunteer at the various events. A copy of the presentation from the parent meeting will also accompany the survey.

Any questions, please contact Erinn Chapman erinnmchapman@gmail.com or Erica Fewel erica_fewel@yahoo.com

PTSA VOLUNTEER SPOTLIGHT

The PTSA Board would like to “spotlight” Nicole Brenner for her dedication to our school community!

Nicole is our coyote wear extraordinaire! She does a great job of coming up with new coyote wear items so our kids are stylish, sells our coyote wear at different events, manages all the orders and gets everything delivered! Nicole has also volunteered to sell Brown Bear car wash tickets for us this year! Thank you Nicole!

If you would like to submit the name of a volunteer you feel deserving of this recognition, please email Erinn Chapman erinnmchapman@gmail.com



PTSA THANK-YOU'S

Thank you to Lisa Grady and Emily Ma for managing the ordering and delivery of our school supplies.

A HUGE thank you to Michele Brady for coordinating the First Day Packet. The PTSA website is managed by Michele Brady and Shuling Huber, and we are grateful for making all this information so readily accessible.



Thanks, thanks and thanks again to Angela Fischer for organizing the first New Family Play Day, the Popsical Social and all the treats for Coffee with the Principal.

A very special thanks to the Klahanie QFC for generously donating popsicles for the Popsicle Social again this year!

Thank you to Jaime Foreman for restocking the Emergency Preparedness supplies for each classroom.

Sincere thanks to Ann Brooks for planning a fabulous Back to School luncheon for our teachers and staff and to our PTSA board members for providing the delicious spread.

Thanks again to Nicole Brenner for getting our kids set up with their Coyote Gear.

Our kids will enjoy another year of the ever-popular Popcorn Fridays thanks to Lara Buis.

Thank you to Peggy Sicilia and Michelle Lyman for keeping us all up to date with the

Reader Board, and Erinn Chapman for her wonderful Bulletin Board displays and creatively spotlighting our outstanding volunteers.

And of course, thanks to all of you who have signed up to support all our PTSA activities and help the teachers in your children's classrooms. We are so proud of our wonderful team of volunteers.

VOLUNTEER PROCEDURES

We are so proud of our volunteers who give their time and talents to the students and staff at Cascade Ridge!

For the safety of our school community, all visitors and volunteers are asked to sign in at the office upon arrival and sign out when leaving. Volunteer Badges need to be worn and visible at all times. If you do not have a Volunteer Badge with your picture on it, please come to Picture Day on September 29th to take your free picture.

Please remember to get your [Washington State Patrol Form](#) filled out. New this year, all volunteers must complete an online application. Please complete as soon as possible to avoid a delay in volunteering! The application is on the school website (under Quick Links) and also on the PTSA website.

All new volunteers are required to attend a mandatory **Volunteer Orientation**. This includes anyone who will be volunteering in the classroom or through one of our PTSA programs. Please mark your calendar for **one** of the following dates for a meeting in the Café.

Friday, Oct 2nd at 9:30am (immediately following the PTSA General Membership Meeting)

Friday, Jan 15th at 9:30am (immediately following Coffee with the Principal)

BROWN BEAR CAR WASH

As the new school year ramps up don't forget to get your Brown Bear car wash tickets from the fundraising team. 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). You can purchase tickets by emailing Nicole Brenner at nicbrenner@yahoo.com with the number of tickets you would like, your student's name and student's teacher. Then simply deposit a check in the black PTSA box located in the CRE lobby and we will send your tickets home with your student.



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>



ENRICHMENT AND ENJOYMENT

Cascade Ridge PTSA sponsors a variety of programs during the school year. Please remember as you complete your First Day Packet, there are many opportunities to volunteer for any of these programs. Whether big or small, one time or ongoing - our programs only happen with volunteer support. For more information, please contact Carolyn Roberts at tycar74@hotmail.com.

Keep checking the PTSA website and newsletters for more information!

Reflections

Start creating! 'Reflections' is a national, cultural arts competition where students create their own original works in one of the following categories: literature, music composition, photography, visual arts, film/video, dance/choreography. The theme for 2015-16 is 'Let Your Imagination Fly'.

Deadline for submissions is November 2 by 3:00pm.

Contact Ripal Shah at gandhiripal@gmail.com for more information.

Eager Reader

Eager Reader is a voluntary reading incentive program, designed to foster a love of reading. Students read outside of school to earn prizes. Each minute spent reading counts toward both individual and class totals en route to fun prizes – including gift cards at participating merchants, books and a kindle!

Eager Reader starts on November 9th and continues for four weeks.

Contact Tiffany Parker at tparker91@comcast.net for more information.

Art Docent

Led by parent volunteers in each classroom, the Art Docent program teaches students about famous works of art, artistic concepts and techniques through the completion of hands-on monthly projects.

Contact Leah Chambers at leah@leahchambers.com or Inna Paramonova at innapar@yahoo.com for more information.

Math Club

Numbers your thing? 4th and 5th graders interested in honing their math skills are invited to join the Cascade Ridge Math Club. Our talented mathematicians meet Monday or Wednesday mornings before school en route to a regional Math Olympiad in the spring, where our Coyotes are pitted against students from other schools.

Contact Kanika Arora at kanika.0810@gmail.com for more information.

Holiday Gift Barn Collection

Holiday Gift Barn Collection supports our community by offering a collection point for gifts and groceries during the holiday season. Each classroom needs a parent-volunteer coordinator and is assigned a category (for example – pajamas or art supplies) and families are asked to participate by donating items.

The event starts on November 30 and culminates in a caravan delivery to the Issaquah Food Bank in early December.

Contact Marci Bartholomae at kevin_marci@hotmail.com for more information.

Science Fair

How can you tell if an egg is raw or hard boiled by looking at it? What is oobleck? How does soil impact the growth of plants? These questions and more may be answered this year at the 14th Ridge Science Fair! The much-anticipated event lets students explore a topic of their choice. Students work on their project over several weeks and proudly display their work. Join all our budding scientists on March 31, 6-8 pm for a spectacular scientific show!



Spelling Bee

Historically, Cascade Ridge has held a Spelling Bee every other year, alternating with the Geography Bee. This year the Spelling Bee will most likely be held toward the end of February. This is a great way to help students improve their spelling and increase their vocabulary in a fun and supportive environment.

Contact Reham Shehata at Rkshehata@gmail.com for more information.

Enrichment Opportunities Coming Your Way....

The PTSA is happy to connect you with some outside enrichment classes. These classes are supplied and run by vendors for a fee. We have tried to provide a wide variety of options so there will be something appealing to all. Please check out the following websites to see what they will be offering at Cascade Ridge this fall:

www.techventurekids.org and www.eastsideenrichment.org

Space is limited and registration is on-going so don't delay!

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...

October 2nd

November 6th

December 4th

COYOTE WEAR FRIDAYS

Is it time to revamp your wardrobe? It wouldn't be complete without a few new Coyote Wear items! This year, we will have "Coyote Wear Fridays" in conjunction with Popcorn/Parent play date Fridays so don't be caught without your Coyote Wear! You can purchase by logging into your PTSA account. We have several new items this year (scarf, hat, etc.) as well as a couple of updated colors on a few our most popular items. If you have any questions, please email Nicole Brenner at nicbrenner@yahoo.com. Coyote Wear samples will be on display at a few September school events as well as in the school lobby after August 31st. Orders will only be taken for a limited time so don't delay! You can purchase Coyote Wear by logging into your PTSA account. The deadline to get your order in is **October 5th**.