



# COYOTE HOWLER

## December Events

**November 30th - December 4th:** Holiday Gift Barn

**December 2nd and 3rd:** No school – Parent/Teacher Conferences

**December 4th:** Popcorn Friday, Parent Play Day, Coyote Gear

**December 7th:** Eager Reader ends

**December 7th:** Site Council at 3:30p

**December 8th:** Parent Ed from 6:30 - 8:00p at Cascade Ridge

**December 21st - January 1st:** No school – Winter Break

## PRESIDENT’S LETTER

### *The Barn, Books, Bells and Board*

Welcome to the holidays and welcome to the season of constant motion – shopping malls, parties, family photos, special meals, honored traditions... hopefully in the rush, you are able to find and linger on the meaningful moments that will be tomorrow’s cherished memories.

### **The Barn**

In PTSA we hope to create meaningful moments for those in need as we kickoff the season with ‘Holiday Gift Barn’ gift collection. Reaching beyond our Cascade Ridge borders is important not only for the families we help, but also benefits our children who are directly involved in learning lessons about giving, gratitude and grace. Each grade level is asked to participate by donating themed items – information was sent via room coordinators and is available on our website as well.

### **Books**

If you had a chance to attend the PTSA sponsored book fair in November, thank you! Your purchases support Cascade Ridge PTSA programs. The book fair also signaled the start of a Cascade Ridge tradition - Eager Reader. Please continue our reading momentum into the home stretch of the program by asking your students to read, read, read... whether a great holiday story or otherwise... let’s make sure we reach our school wide goal to earn an AWESOME reward!

**Bells**

Speaking of reading... you may have read recently that the Seattle School District adopted new bell times for the start and end of the school day. Did you know Issaquah School District is considering something similar? Elementary would start at 8am (ending at 225pm), the middle school day would start at 9am and high schools would start at 910am. The district wants community feedback for this important decision... please visit [www.issaquah.wednet.edu](http://www.issaquah.wednet.edu) for more information.

**The Board**

Want to be a part of the decision making for Cascade Ridge PTSA? Please consider a role on the nominating committee and help fill open board positions. (Check out the nominating committee article in this issue of the Howler.) At our January 22<sup>nd</sup> PTSA meeting, we will elect our nominating committee as well provide updates on family fun and educational events coming in the second half of the year – please join us at 830am on January 22<sup>nd</sup>.

In the meantime, no matter how you celebrate, enjoy everything the season has to offer.

Kelly

[kellyahuber@aol.com](mailto:kellyahuber@aol.com)

# EAGER READER

**Eager Reader** has entered the home stretch. Thank you for your support so far. We're in the final week but there is still work to do. We still have books to read and minutes to log right up until Sunday evening at 10:00 pm!



So far, the reading minutes are lagging behind the goal for each week. We have to reach the magic 500,000 minutes of reading. Why? Because there's an amazing assembly for the school if they reach their reading minutes goal. We're in danger of not earning the assembly!

Who is performing at the assembly? We can't say but we can tell you a couple hints:

1. This performer has achieved TWO Guinness World Records!
2. This performer has been voted Seattle's Best Prop Comedian.

How fun does that sound? We really don't want to miss out on all the fun so keep on reading!

How can we get there? Here are some tips:

1. Have older siblings read to younger siblings. Both kids will get credit for the same time.
2. Try to read an extra 15 minutes each day.
3. Take a book with you in the car (and maybe a flashlight too).
4. Log minutes as you go. Don't wait until the very last minute to log the time. Make sure all minutes read are approved.
5. Curl up with a great book during conferences. We have 2 days off from school to get in some extra minutes.

**We can do it! Keep on reading!**

# CARING THROUGH SHARING - HOLIDAY GIFT BARN

Cascade Ridge is once again collecting holiday gifts for Issaquah families in need. We are partnering with the Issaquah Food Bank to help fill their Holiday Gift Barn. The Food Bank will set up a 'store' where families can shop for needed items and holiday gifts. Caring Through Sharing representatives have visited each classroom and announced the theme for each grade level. You can bring in an item from that theme, OR donate a grocery gift card, OR donate gift wrapping supplies.

Donations will be collected in the classroom the week of **November 30-December 4**. All items need to be **new and unwrapped**. Please bring items to your classroom and leave them in the designated Caring Through Sharing boxes. Gifts will be delivered to the Gift Barn on December 7<sup>th</sup>!

If you have questions please contact your classroom rep. Participation is optional, of course. Thank you, in advance, for your help in making the holidays brighter for so many local families!

## PTSA NOMINATING COMMITTEE

Each school year the PTSA Nominating Committee puts together the slate for the PTSA Board for the following school year. Ideally the committee is made up of 5-6 PTSA members who recruit members of the Cascade Ridge community to serve on the PTSA Board. The committee meets several times between February and April to discuss potential candidates and the incoming Board members are voted on at the April PTSA general membership meeting. Several Nominating Committee members have already been appointed but we are still in need of several more. If you are interested in serving on the 2016-17 Nominating Committee or if you have questions about the committee please contact Kelly Huber at [kellyahuber@aol.com](mailto:kellyahuber@aol.com) Jaime Foreman [jaimeforeman@comcast.net](mailto:jaimeforeman@comcast.net)

## PTSA BOARD NOMINATIONS

Are you interested in being on our PTSA Board or do you know someone who would be really great in a board position next year? Please take a quick look at the Board

positions and their related job descriptions on our website [www.cascaderidgeptsa.org](http://www.cascaderidgeptsa.org) (click on PTSA and then Board Members) and let us know who would fit any of these positions. If you know of someone who would generally be a great Board member but you're not sure in which specific position, we also want to hear from you! Starting in January, our Nominating Committee will be collecting the names to slate for our 2016-2017 PTSA Board and we always want to get a diverse group of members from our broad community on the Board. Please contact Jaime Foreman at [jaimeforeman@comcast.net](mailto:jaimeforeman@comcast.net) or Kelly Huber at [kellyahuber@aol.com](mailto:kellyahuber@aol.com) with any names and ideas you have!

## FAMILY MOVIE NIGHT

Mark your calendars! On Friday January 8<sup>th</sup>, the PTSA is hosting our first ever movie night featuring Minions! Doors open at 6:30pm and the movie will start at 7pm in the Common Room.

Come dressed as your favorite Minion or in your jammies and bring your blankets or sleeping bags to sit on. Admission price is \$3 per person or \$10 for a family pass. Cost includes a drink, popcorn and sweet treat each. Additional snacks and drinks will be available for purchase.



## PARENT ED CORNER

Our first parent education night is right around the corner! I hope to see you there as this is going to be an amazing night full of great information that you don't want to miss. Remember, it's FREE! There is no child-care however, and is a grown-ups only workshop:

### **Be Keen on your Tween's Safety!**

Tuesday, December 8<sup>th</sup> at in the Cascade Ridge Elementary Coyote Café from 6:30p to 8:00p

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

Then, in January, we have another high profile presenter coming to our district...here are the details below:

### **Grading Practices** by Dr. Thomas Guskey, author of "On Your Mark"

Details: Wed, Jan 6, 2016 from 6:30-8:00pm at the Skyline HS Theater

Dr. Thomas Guskey, author of the book "On Your Mark" among other publications, will be speaking to parents of the Issaquah School District about challenging the conventions of grading and reporting. The ISD administration has brought Dr. Guskey to speak to educators across our district, but his evening presentation will be dedicated to parents. Peruse a copy of his book or just come hear new ideas about assessing student learning! Relevant for parents of any aged student in our district.

Finally, this time of year can be wonderful, but stressful too! Here are some reminders on how to slow down and maybe enjoy these weeks just a bit more!

<http://www.everydayfamily.com/slideshow/parenting-holidays-survival-kit/>

Happy December!

## REFLECTIONS FINALISTS ANNOUNCED

Thank you to all of our student artists who participated in this year's PTSA Reflections cultural arts competition. Twenty nine Cascade Ridge students submitted works inspired by the theme "Let your imagination fly". From dragons to paper airplanes to imaginary lands, the judges were surprised and delighted by the creativity and technical proficiency of the entries.

Primary participants(KG to 2nd grade)

Literature: Ishita Vig\* and John Rohleder

Visual Art: Aditi Sivakumar, Albert Li\*, Arma Verma, Emily Shang\*\*, Eric You, Juliana Malloy\*\*, Nikil Shetty, Riya Shah\*, Rohan Shetty, Tarana Bindal\* and Varun Sivakumar

Intermediate participants (3rd-5th grade)

Literature: Amal Masood, Nina Shetty\* and Pahal Thaker\*\*

Music: Ananth Krishnan\*

Visual Art: Amal Masood, Callie Kinnan, Himaja Kotti\*\*, Manu Gopal, Maggie Brady\*, Mayukhi Saraf\*, Mckenna Maffett\*, Nina Shetty\*, Sunny You\*, Tanvi Shah\* and Varsha Damodarasamy\*

\* Finalist

\*\* Honorable mention

All participants were honored at a reception on Thursday, November 19 at the school cafe, where their works were on display. Thanks so much to the parents who have supported these budding artists, encouraging them to submit their work and taking the time to attend the reception.

Congratulations to our 12 finalists whose work will represent Cascade Ridge at the Regional Level. The finalists who advance to State will be announced on January 12.

# BOOK FAIR



**THANK YOU** Cascade Ridge families for your generous support of the Book Fair! Together, we raised over \$3,000.00 and added over 200 new titles to classroom bookshelves. Final numbers are still coming in from the online book fair. Special thanks to all the wonderful volunteers who made it happen! We truly appreciate all the hours spent on decorations, set up, running the cash registers, helping students, and clean up!!!

Sarah Dunbar, Erinn Chapman, Debbie Hung, Michele Brady, Jaime Foreman, Lauri Kinnan, Tracey Perino, Jackie Mueller, Carolyn Scurrrell, Lara Buis, Jen Belding, Lorie Piper, Marloes Mac-Rae Oomes, Zhaoan Liu, Jessica Tran, Angela Fischer, Sandhya Kumar, Carrie Haines, PJ Maffett, Kelly Huber, Ajita Krishnan, Kanika Arora, Michelle Lyman and Melanie Carbon..

Thanks also to our enthusiastic middle school volunteers Matthew Hung, Annalise Haines, Annika Singh and Sophie Carbon. Volunteering at the Book Fair is a great way to earn NJHS service hours and we would love to have you back again next year!

And, last but not least, thanks to the 5th grade students who braved the crowds and brought Clifford and Geronimo Stilton to life Callie Kinnan, Audrey Rodman and Jana Wendl.



# HOLIDAY ICE SKATING FUNDRAISER



*It's a Cascade Ridge FUNdraising Opportunity!*

Cascade Ridge Families: Mention you are with Cascade Ridge Elementary and a \$3 donation will be made to your PTSA for each paid rink admission during the dates listed below!

**Admission:** \$12; For those 8 and under - \$9 (includes skate rental)

**Place:** Bellevue Downtown Park – 10201 NE 4<sup>th</sup> St., Bellevue, WA 98004 (South of Bellevue Square Mall)

**Dates:** November 27 – Dec 18<sup>th</sup>, 2015, and Jan 3 – 10<sup>th</sup>, 2016

Hours of Operation

Mon: 3 – 9 P.M.

Tues: 3 – 9 P.M.

Wed: 1 – 9 P.M.

Thu: 3 – 9 P.M.

Fri: 3 – 11 P.M. (opens 10A.M. Nov. 27<sup>th</sup>)

Sat: 11 A.M. – 11 P.M.

Sun: 11 A.M. – 6 P.M.

## LUNCH FOR BREAK

School breaks, for most children are a joyous time: time away from school and homework; the opportunity to sleep in late and stay up late; celebration with family and play time with friends. But for some children, school break is a time when their family doesn't have enough food. You may not realize this, but many children in our community struggle with food security when school is not in session.

LUNCH for the BREAK is working to make sure all Issaquah School District students have enough to eat, even when school is not in session, and provides a FREE BOX OF GROCERY ITEMS for each student in the family that can be used to make breakfast, lunch and snacks.

Lunch for the Break officially launched as a pilot program for Spring Break 2015. We served families from Clark and Issaquah Valley Elementary schools and were delighted when the program was a huge success, thanks to the generosity of ISD families and other community organizations. As need expanded, so did the schools we serve, which is currently Apollo Elementary, Briarwood Elementary, Clark Elementary, Issaquah Middle, Issaquah Valley Elementary, Maple Hills Elementary, Sunset Elementary.

With continued support from the community, we can make sure that no child in the ISD will go hungry because school is not in session.

For more information about this program, including how to donate, please visit: [www.lunchforthebreak.com](http://www.lunchforthebreak.com)

## OPEN PTSA POSITION

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 Art Docents. All you need to do is create an art gallery to showcase the work of the young artists!

The PTSA is only as strong as its volunteers. Plenty of support is available and the work is very fulfilling. Grab a friend and be co-chairs! If you are interested, please contact Carolyn Roberts at [tycar74@hotmail.com](mailto:tycar74@hotmail.com)

## MATH CLUB HELPERS NEEDED

Do you have a 2nd or a 3rd grader? Are you thinking about volunteering as a Math Club Coach when your child is in 4th grade? If so, here is a great opportunity for you to get a head start!

The Math Club Classes have started and the coaches are looking for parents who could help with the following:

- Grading the homework,
- Making copies of the homework for the next class
- Assistant Coaches to keep the class focused

Please contact Kanika: [kanika.0810@gmail.com](mailto:kanika.0810@gmail.com) if you would like to sign up or if you have any questions

## PTSA SPOTLIGHT VOLUNTEERS

The PTSA Board would like to "spotlight" Inna Paramonova and Leah Chambers for their dedication to our school community!

As our new art docent chairs, Inna and Leah immediately jumped into the job, working tirelessly all summer and well into the school year. Putting together "plug and play" curriculum that volunteers can take and teach in the classroom, they've already spent countless hours training volunteers, prepping materials, managing budgets, and making sure each child at Cascade Ridge benefits from creative and constructive art lessons.

They also created a new volunteer position to manage the clay and kiln portion of the art program, and also act as liaisons between the district and the school, scheduling trainings and making sure all our art docent volunteers can connect with training opportunities within the district.

It is a huge job, and they continue to make great strides in growing this fundamental PTSA program!

In addition to these duties, Inna and Leah also volunteer as art docents in their own children's classrooms, and help out with other classroom duties like reading and assisting in various ways. Leah also contributed her time at this year's Silly Spaghetti Night, taking pictures and documenting the evening for the yearbook.

We are so lucky to have Leah and Inna as part of our volunteer force, and the Cascade Ridge PTSA thanks them for their dedication!

If you would like to submit the name of a volunteer you feel deserving of this recognition, please email their name and your reasons for nominating them to Erinn Chapman [erinnmchapman@gmail.com](mailto:erinnmchapman@gmail.com)

## PTSA THANK YOUS

Thank you Lara Buis for making our first 2 Popcorn Fridays so much fun for the kids! The students look forward to these special Fridays and it won't be possible without the time and effort put in by Lara and her team of parents volunteers. On the popcorn Friday in November, we saw the smiling faces of Kellie Gazzard, Carol Folkman, Jen Belding, Marci Bartholomae, Karla Roger, Sandy McNees. Thank you for giving the school and the students your precious time!

A special thanks to Angela Fischer for hosting Newcomer's Coffee at her home to welcome the families that are new to CRE. Thank you Angela for your warm hospitality!

The book fair was made successful by the hard work of Nathalie Fusaro and Krista Gale. Thank you Nathalie and Krista for putting in those late hours so the students could stop by in the evening.

Thank you Ripal Shah, Ajita Gopikrishnan and Anamika Malhotra for coordinating the Reflections Program this year. We appreciate your hard work to ensure our kids have this opportunity to express themselves artistically.

Whether it is Coffee with the Principal, the General PTSA meeting or Silly Spaghetti, the baked goods are provided by our parent volunteers and for coordinating their efforts we are thankful to Loretta Brownlee. Thank you Loretta for making sure that for all the CRE events have those delicious goodies!

Thank you for taking out the time to provide the baked goods! Carrie Lam, Paula Koransky, Angela Fischer, Jaime Foreman, Carolyn Santos, Diana Torres, Diana Brown, Helen DiMeco, Krystl McCandlish, Alyssa Miikki, Sara Manning, Kayo Stone, Stacey Shiho Koy, and Kimberly Lanman.

# 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 soon after Winter Break, so be thinking about who you would like to nominate and keep your eyes open for the announcement. Erinn Chapman ([erinnmchapman@gmail.com](mailto:erinnmchapman@gmail.com)), our PTSA Volunteer Appreciation chairperson, will be happy to answer your questions.

## 5TH GRADE BABY PICTURES DUE



It's time to send in those baby pictures of your 5<sup>th</sup> grader for the yearbook! Each year, we feature our fifth-graders in a special Cascade Ridge Yearbook spread; we'd love to include every 5<sup>th</sup> grade student but cannot do it without your timely participation!

Please choose one picture of your child as a baby/toddler, and send as an attachment in an e-mail to your child's classroom photographer as soon as possible. December 11<sup>th</sup> is the last day of collection. See below for your classroom's contact (do NOT send to teacher):

Classroom Photographers

**Norton** – Jackie Mueller: [jackie.mueller1@comcast.net](mailto:jackie.mueller1@comcast.net)

**Page** - Stephanie Scott: [stephoscott@gmail.com](mailto:stephoscott@gmail.com)

**Pickering** – Ruth Steck: [ruth@rmsteckphotography.com](mailto:ruth@rmsteckphotography.com)

**Schaffer** – Marci Bartholomae: [kevin\\_marci@hotmail.com](mailto:kevin_marci@hotmail.com)

**Ullom** - Melanie Carbon: [melcarbon24@yahoo.com](mailto:melcarbon24@yahoo.com)

Thanks for your support and help with this very special project; it's a favorite tradition at Cascade Ridge and we appreciate your help in keeping it alive!

Sincerely,

The Fifth-grade Classroom Photographers

## BOX TOPS FOR EDUCATION



Thanks to everyone for sending in your Box Tops. Keep on clipping and turn them in anytime - they really add up!

If you aren't familiar with the "Box Tops for Education" program or want to see a list of eligible products, visit [www.boxtops4education.com](http://www.boxtops4education.com) for more information.

You can help raise money for our school in 2 easy steps:

1. Clip, paste, and or tape your Box Tops to the collection sheet found on the school website [here](#), or simply place Box Tops in an envelope/baggie.
2. Bring your collection sheets or envelope/baggie to your classroom teacher now until the end of February.

The classroom that collects the most Box Tops by the end of February will win a prize, so be sure to include your teacher's name with all Box Tops you turn in. Please remember that Box Tops that are expired or are missing the expiration date do not qualify.

Questions? Contact our Box Top chair Elana Clayton at: [elanaclayton@gmail.com](mailto:elanaclayton@gmail.com)

## CAMPBELL'S LABELS FOR EDUCATION

Thanks to the families who have been collecting Campbell's Labels for Education labels from participating products! Please remember that when you clip your labels, clip the whole UPC bar code for them to count towards our school funds.



## AMAZON SMILES

Still need to do your holiday shopping? Avoid the crowds this year and shop at home through Amazon Smile! Set your favorites to [smile.amazon.com](http://smile.amazon.com) and log on as normal. You will be asked to choose a charity. Please select Cascade Ridge Elementary PTSA (note: it currently says Tacoma which we are in the process of changing, it will not affect your donations).

Shop as you normally do, using your regular or Prime account and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases directly to the school.

## BROWN BEAR CAR WASH

The holidays are here so don't forget to get your Brown Bear car wash tickets from the fundraising team. Have a teen driver? They would absolutely love a few of these in their stocking! They make great stocking stuffers for mom or dad too!

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](mailto: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>



## 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...

**December 4th**

***How can a dirty rug turn into \$9 million dollars?***

In 1987, a group of Issaquah school district kindergarten parents wanted to replace a dirty rug in a kindergarten classroom. At the time, there was no mechanism in place where parents could donate directly to schools. That dilemma led to the creation of the Issaquah Schools Foundation, which since then has raised over \$9 million in support of local students.

***What is the Issaquah Schools Foundation?***

The Issaquah Schools Foundation is a non-profit organization that in cooperation with the Issaquah School District drives the resources to help all students achieve their potential. The Foundation works to bridge the gap between the funding that the state provides for basic education and the resources required to give our students the comprehensive education they need to succeed.

***What is the difference between the Issaquah Schools Foundation and the PTSA?***

PTSA operates at the school level to facilitate family involvement and support of each individual school. The Foundation focuses on the district level to support broader needs such as staff funding and district wide curriculum replacement. The Foundation also works to connect community resources to all schools within the district.

***How does the Issaquah Schools Foundation impact my children?***

Foundation programs reach every student in the district, every year. Some examples are the Healthy Youth Initiative, Highly Capable program support, Magnet program support, National Board Certification scholarships for teachers, new teacher classroom start-up funds, Pre-K/K summer school, and special services program support. The Foundation also supports many more initiatives annually through the grant process which is open to any teacher, administrator, or parent within the district.

***How can I get involved?***

If you haven't already done so, consider donating to the Foundation's *All In For Kids* campaign. Last year's average family donation was \$373, but any amount is welcomed – even \$1 per month. Beyond financial contributions, there are numerous volunteer opportunities through the Foundation. Consider asking your child's teacher if he or she needs help completing a grant application. Also, watch for more information in the spring about opportunities to attend the Nourish Every Mind Breakfast or Luncheon.