



COYOTE HOWLER

PRESIDENT'S LETTER

September Events

September 1st - first day of classes for grades 1-5

September 1st: Kindergarten assessments

September 2nd: first day for AM kindergarten

September 3rd: first day for PM kindergarten

September 4th: Remember to complete the PTSA 'First Day Packet' online

September 7th: No school - Labor Day

September 11th: Coffee with the Principal at 8:30a

September 17th: Curriculum night and 5th grade parent meeting at 5:30p

September 24th: Silly Spaghetti Night at 6:00p

September 29th: Individual picture day

We're off to great places. Today is our day. Our mountain is waiting. So let's get on our way.

~ Dr. Seuss (with some editing)

Welcome back to school Coyote families!

The beginning of a school year always feels like we're off to great places... new 'grades' and teachers at school, new things to learn and new friends to meet. There's a feeling that just maybe anything can be accomplished.

That feeling is echoed as the PTSA plans for two NEW events for 2015-16 school year... yep, we're definitely off to great places as well...

•**Silly Spaghetti Night** – On September 24th we will be off to Italy via the Coyote Cafe! Join us for a fun, family dinner with entertainment – including a movie and student musicians (let us know if you have a budding musician who would like to participate)!

•**Orange Ruler Fun Run** – Coyotes are literally off to the races for our first Orange Ruler Fun Run! This two-week fundraising event culminates on October 14. More info will be sent home with students on September 23rd but be ready for an event that includes confidence-boosting messages, pig races (yes – you read that right – pig races), daily prizes and fun incentives. Money raised from our only fundraiser will fund grants to each and every classroom, education assistants (EAs) throughout the school, science, art, drama and MUCH MORE!

And just around the corner are some old favorites – Reflections, Math Club, Eager Reader, Spelling Bee, Science Fair, etc... Of course all the most current information and details can be found at www.cascaderidgeptsa.org and thru our monthly newsletter – the Howler. You can also like Cascade Ridge PTSA on Facebook – and when you like us by 9/19, you'll be entered for a chance to win a prize.

Please consider joining PTSA on this amazing, fun-filled, educationally enriching journey, as these plans are only possible with your help – whether a donation of time, money, both, or somewhere in between – your help is necessary to climb that waiting mountain.

Thank you in advance and please contact me with any questions, comments or feedback!

Here's to getting to great places together! Go Coyotes!

Kelly
kellyahuber@aol.com

NEW BIKE POLICY

Just in case you missed the Note from Natalie last week, there have been a few changes to the Bike/Scooter/Skateboard rules and procedures that you might want to be aware of:

1. **All students may ride their bike, scooter, or skateboard to school, regardless of grade level.** It will be the responsibility of the child's parent/s to determine if their child's level of physical ability and coordination as well as maturity and independence enable their child to safely ride their bike/scooter/skateboard to and from school by themselves.
2. **All bikes/scooters/skateboards will be stored outside in the bike racks.** Currently, our bike racks are by the covered basketball court in the back of the school. We will be adding additional bike racks in mid to late September by the small, gated playground on the north side of the school. Once those additional bike racks are installed, we will be communicating with students and families the procedure for bike/scooter/skateboard riders to follow when they are on school grounds. Until that time,



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all bikes/scooters/skateboards will need to be parked in the current bike rack area.

Cascade Ridge Elementary
Silly Spaghetti Family Dinner



Thursday, September 24,
2015

6:00 – 8:00 PM

Coyote Café

Special Guests

Cascade Ridge Student Musicians



Ticket prices and RSVP information coming soon.

Contact Angela Fischer at afischer515@yahoo.com with questions.

SILLY SPAGHETTI ENTERTAINMENT

Calling All Cascade Ridge Musicians! We want to showcase our talented Coyotes at the upcoming Silly Spaghetti Dinner that will take place on Thursday, September 24th 6:00 – 8:00PM in the Coyote Café. If your child is musically skilled and would like to provide a segment of our entertainment for the evening please contact Angela Fischer at afischer515@yahoo.com. We are hoping to fill 12 to 24 slots with performers that will take the stage for 5 - 10 minutes each. We will have a piano on site and request that other instruments be brought by the musicians.



GET READY CASCADE RIDGE!

The Orange Ruler Fun Run is coming to Cascade Ridge this fall - our new and only fundraising event for the year.

The Orange Ruler team has put together a fun-filled experience for our children and school that focuses on teamwork, staying active and believing in yourself. This critical program will help us raise needed funds that will be used for classroom grants, specialists and enriching programs like Eager Reader and Science Fair.

Please be on the lookout for the Orange Ruler Fun Run envelope coming home with your child on September 23rd.

Get ready to be your child's biggest supporter!

COFFEE WITH THE PRINCIPAL



Start this school year off informed and involved! Please join Principal Natalie Fowler in the Coyote Cafe for conversation and coffee on Friday, September 11th at 8:30am. This is the first of three coffee dates where Natalie will be sharing what is happening at Cascade Ridge this school year. Mark your calendar for future coffee dates: January 15, 2016 and April 22, 2016.

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)

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.

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.

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.

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.

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.

Caring Coyotes

Caring Coyotes is a yearlong program designed to reinforce the importance of community involvement and the spirit giving. Once each month the club meets after school to perform various community service projects. Students decide what local community initiatives to support – usually 3-5 outreach events per year.

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.

But wait, there's more...

While most of our programs are led by volunteers and therefore free to any/all students, some programs are offered in a classroom atmosphere either before or after school and are offered by outside vendor/professionals. While we are still confirming logistics, the following classes are slated for the 2015-16 school year:

- Sports/Yoga
- Drama
- Art
- Language Lessons
- Scratch/Technology classes

PLUS... there are some additional programs in the works... so stay tuned to both the next issues of the Howler and check the PTSA website frequently for updates and new additions!

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!



PARENT ED CORNER

Welcome back to school! I hope you had a fabulous summer, soaking up the unbelievable amount of sunshine and warmth that we were treated to here in the PNW! Great news! It turns out that Family Game Night is good for your family for more than just a fun time!!!! Executive function (the ability to formulate and pursue goals) is integral to learning and academic success. Sound boring? Here is an article that explains how Family Game Night can actually help develop those skills! Pull out the Monopoly!!!

<http://www.theatlantic.com/education/archive/2014/07/how-family-game-night-makes-kids-into-better-students/374525/>

Do you have a reluctant reader on your hands? This article has some easy, practical tips for you. <http://www.steverEIFman.com/featured-articles/for-parents/172-7-ways-to-encourage-reluctant-readers>

Not everybody is excited for school to start. The beginning of the school year can be fraught with anxiety and nerves. Here are a few articles that spell out some great coping strategies.

<https://www.psychologytoday.com/blog/growing-friendships/201108/back-school-worries>

<http://www.schoolfamily.com/school-family-articles/article/10799-ease-back-to-school-stress>

COME OUT AND PLAY!

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. 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.

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](#).

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.

FUNDRAISING WITHOUT EFFORT



Campbell's Labels for Education is great fundraiser! Last year, we were able to collect enough points to get over 50 school balls for the playground and gym! Two great ways to help:

Clip - Clip and save UPCs and beverage caps from participating products. Drop these in the designated box in the school's foyer. Go to <http://www.labelsforeducation.com/Earn-Points/Participating-Products> for a list of participating products.

Register online - You can also earn additional points electronically for qualifying products by enrolling your shopper's cards online. Participating stores include QFC, Fred Meyer, Albertsons and Safeway. Once you have registered online, Cascade Ridge will automatically receive points for qualifying items from your purchases at checkout. Register today at http://www.elabelsforeducation.com/Sites/Campbells_eLabels/Page/HomePage.



HOW IT WORKS: Get MORE from the products you love.

It's so easy to enjoy rewards from your favorite brands with *Kellogg's Family Rewards*®. Here's how the rewards and fun unfold:

1. COLLECT



Collect codes [Found on Packages](#) with the *Kellogg's Family Rewards*® logo. You'll earn rewards just for enjoying your favorite cereals, crackers, cookies, snacks and frozen foods

2. ENTER

Enter the codes to earn points, go to kelloggsfamilyrewards.com. To sweeten the deal, each time you enter a code, you could win FREE GROCERIES from Kellogg.

3. REDEEM

Redeem points and let the fun begin. Donate your *Kellogg's Family Rewards*® points to Cascade Ridge Elementary!

Do all your online shopping through Amazon Smile! Set your favorites to 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.

BOX TOPS FOR EDUCATION



Welcome back! Collecting and turning in box tops is an easy way for you to help earn money for our school. We are hoping to reach our goal of \$1,000 again this year. You can help by clipping, pasting, taping and turning in your collection sheets. 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 for more information.

It's so easy, simply follow these steps:

1. Clip, paste, and or tape your Box Tops to the collection sheet found on the school website at http://cascaderidgeptsa.org/Doc/PassiveFundraising/BoxTop_BackToSchool.pdf
2. Turn in your collection sheets at anytime to your classroom. Remember to write your teacher's name on the sheet!

The classroom that collects the most box tops by the end of the competition in February will receive a reward!

Questions? Contact our box top chair Elana Clayton at: elanaclayton@gmail.com

PTSA LEADERSHIP

Our PTSA leadership team has been working hard this summer planning programs and events to benefit our school community. If you have a question, idea, compliment or concern, feel free to contact anyone on the team.

| Position | Name | E-Mail |
|---------------------------|--------------------|--|
| President | Kelly Huber | kellyahuber@aol.com |
| Executive VP | Jaime Foreman | jaimeforeman@comcast.net |
| Treasurer | Krystl McCandlish | krystl@hotmail.com |
| Secretary | Stefanie Magnuson | stef.mag@hotmail.com |
| VP, Communications | Jackie Mueller | jackie.mueller1@comcast.net |
| VP, Community Relations | Angela Fischer | afischer515@yahoo.com |
| CO-VP, Fundraising | Michelle Lyman | chelle_lyman@yahoo.com |
| CO-VP, Fundraising | Khristie Tobler | krt17@comcast.net |
| VP of Programs | Carolyn Roberts | tycar74@hotmail.com |
| CO-VP, Volunteers | Kanika Arora | kanika.0810@gmail.com |
| CO-VP, Volunteers | Ajita Gopikrishnan | ajitagk@gmail.com |
| 5th Grade Committee Chair | Erinn Chapman | erinnmchapman@gmail.com |
| 5th Grade Committee Chair | Erica Fewel | erica_fewel@yahoo.com |

EVERY KID IN A PARK

For parents of 4th graders, learn how you get free admission to National Parks for the 2015-16 school year. Click [here](#) to sign up.

ISSAQUAH SCHOOLS FOUNDATION

How can you contribute to a great education for your child?

Donate to the Issaquah Schools Foundation **All in for Kids Annual Fund Campaign**, running now through November 17th! Your gift will fund programs and initiatives that elevate education for your child and every Issaquah School District Student. Please give what you can—\$5 a month to \$5,000 a year. Your donation will fuel success for students in every school, and every classroom. Visit www.isfdn.org to make your donation today.

Shop with Amazon and Give Back!

Visit www.amazon.com for all of your back to school shopping needs and please use the ISF site to take you there. Visit www.isfdn.org and click on the Amazon logo in the top left corner. Add the link to your bookmarks and up to 8% of your total purchase will be donated to the Foundation. Happy shopping!

Career Cruising for High School Students

Issaquah students in all of our high schools will be cruising into their future with **Career Cruising** starting this year. This powerful program will help students build a plan that connects their schoolwork to real life - and to their futures - by engaging students to learn about themselves, explore their options, create a plan, then bring that plan to life. Their work is supported by the high school career counselors who can see how each student is doing and help guide them along the way. Parents will also have access to their child's progress at all times through the parent portal. The Foundation will also be expanding this valuable tool into the community through **Inspire**, which connects students to the local community so they can ask questions of real working people and learn about internship opportunities.

Thank you Puget Sound Energy

Puget Sound Energy is helping to ensure that all Issaquah schools and classrooms are safe and emergency prepared. Every school will now have a fully functioning Automatic External Defibrillator (AED) and every classroom will be equipped with a fully stocked emergency backpack and first aid kit. Thank you Puget Sound Energy for keeping us safe!

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>

