



COYOTE HOWLER

October Events

October 6th: Math Club Info Night at 7:00p

October 7th: Parent Play Day; Coyote Wear; Popcorn Friday

October 7th: Last day to order Coyote Wear

October 10th: No School

October 14th: PTSA General Membership Meeting at 8:30a

October 17th: Site Council at 3:30p

President's Letter

September certainly went by in a flash! It was great to see so many Cascade Ridge families at school on Thursday enjoying the Hawkathon! I hope you all had as much fun as I did. On behalf of the Cascade Ridge PTSA, thank you to all who donated and supported our students at Cascade Ridge.

I would like to invite everyone to come to our first general membership meeting of the year on Friday, October 14th at 8:30am in the Café. We will be voting on our 2016-2017 PTSA Budget and hearing about all the upcoming events at Cascade Ridge.

If you have not had the opportunity to do so, please join the PTSA today on our website, cascaderidgeptsa.org, under family registration. Once there you can also find many great opportunities to volunteer at different PTSA events.

Speaking of volunteering, we are still looking for a Treasurer for our PTSA Board. Please contact me if you are interested in learning more about this important position.

As always, please contact me with any questions or concerns at jaimeforeman@comcast.net.

Jaime Foreman

PTSA, President

HAWK-SOME! HAWK-TASTIC! HAWK-MAZING!

Any way you say it the **HAWK-A-THON** was a HUGE success! Not only did we meet our goal, we surpassed it – raising over \$90,000 in donations and corporate matching. We couldn't have done it without the help of the many, many volunteers. Parents, students, teachers, staff, family members, friends, and other community partners – we thank you all for your time and donations. From planning, decorating, and sending reminders, to set-up, concessions, games and activities, to the final moments cleaning up – the success of this event is due to each and every volunteer that helped along the way!

THANK YOU!



PTSA says :



We are grateful to all the volunteers who support the PTSA activities. Nothing would work without your generous effort. Special thanks to

- Emily Ma and Lisa Grady : for managing pre-ordered school supplies.
- Jaime Foreman and Sandy McNeese: for coordinating the First Day Packet
- Shalini Sivakumar : our webmaster, and Michele for aiding in her transition
- Angela Fischer: for organizing the first New Family Play Day, the Popsicle Social and Coffee with the Principal.
- Krystl McCandlish : for chairing the Hawkathon (please see her message of thanks for all who helped to make this happen).
- Sandy McNeese : for restocking the emergency preparedness items for each classroom.
- Khristie Tobler and Michelle Lyman: organizing staff appreciation luncheon
- PTSA board members: for the items served at the welcome back staff luncheon
- Parents from fourth grade : for items served at the staff lunch in September
- Nicole Brenner: for organizing the Coyote Wear fundraiser.
- Darlene Baker : for coordinating Popcorn Friday
- Carol Folkman, Connie Jackson, Laurie Jones, Jennifer Belding, Stephanie Scott, Jin Liu, Nadia Ali, Paula Koransky, Jaime Foreman, Connie Jackson, Marci Bartholomae, Noha Ashour : for providing popcorn during Popcorn Friday
- Peggy Sicilia and Michelle Lyman: for keeping the Reader Board current
- PJ Maffet: for taking charge of the PTSA bulletin board

- Ajita Krishnan, Carrie Ahlstrom, Carrie Lam, Dafna Tarlowe, Jennifer Mayes, Khristie Tobler, Linda Schnell, Nadia Ali, Nathalie Fusaro, Ooma Palaniappan, Ripal Shah, Sandy McNees, Zhaoan Liu : for helping out at Picture Day
- 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 lucky to have such a wonderful team of volunteers.

(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 us know at volunteers@cascaderidgeptsa.org and we will rectify in the next Howler)

Cascade Ridge Elementary would like to thank

- | | |
|----------------------------------|---------------------------------|
| Tingey Orthodontics | SpringFree Trampolines |
| ProRoofing | Five Guys Burgers |
| Carla Marsh | Narra Dermatology |
| Barre3 | Cathy Santiago |
| Eastside Pediatric Dental Group | Gilman Village |
| Mop Jack's | Lake Sammamish Family Dentistry |
| Mercury Coffee | SportsClips |
| StudioB | Columbia Fitness |
| Elite Sports Academy | Banic Chiropractic |
| Dulcy & Brent Mixson | Erinn & Heath Chapman |
| Laurie Jones | The Kovach Family |
| Mambo Blankets | Trader Joe's of Sammamish |
| Arena Sports Redmond | Karate West |
| Mathnasium of Issaquah | Adventure Kids Playcare |
| Carol Schweitzer | Banic Chiropractic |
| Nicole Brenner | Sylvan Learning Center |
| Melenic Kusnik/Toch Venture Kids | Ripal Shah |
| Hair of the Dog Grooming | Guitar Star |
| LaCasita | Ting-Chang Hsu |
| Party Carousel | Gretchen Frederick |
| Jennifer Mayes | Pinkabella |
| Nothing Bundt Cakes | E & A Boutique |
| Flat Iron Grill | Sorella Salon |
| Evolve Fitness | Gold's Gym |
| ISC Gunners | Trang Family |

Parent Education

Welcome back to another school year! Hopefully you have survived September and are starting to get into your rhythm. As was mentioned last year, the school district is coming together to provide parent education opportunities district-wide. We will still host one at Cascade Ridge later in the year, but will be promoting events from all over the district for parents to participate. This first one is a film that has been on my "must-see" list for awhile and here is a great opportunity to see it for FREE:

SCREENAGERS – Growing Up in the Digital Age

Film documentary followed by expert panel Q&A

Monday, Oct 17th 7:00-9:00pm

Issaquah High School Theater

For parents and students, ages K-12

Free for Issaquah PTSA members, \$5 donation requested for non-members

Sponsored by Parentwiser of Issaquah PTSA Council, Issaquah Schools Foundation, & Swedish Medical of Issaquah

Pre-register at: <https://www.eventbrite.com/e/screenagers-growing-up-in-the-digital-age-tickets-28061565899>

SCREENAGERS probes into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, *SCREENAGERS* reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. Watch the trailer at: <http://www.screenagersmovie.com/>, and a few additional insights:

- On [Dr. Oz](#),
- Good Morning America <http://abcnews.go.com/Lifestyle/screenagers-documentary-examines-impact-screens-tech-kids-development/story?id=36703516>
- PBS <http://www.pbs.org/newshour/bb/the-drug-like-effect-of-screen-time-on-the-teenage-brain/>

Here are a few more upcoming events as well:

Oct 19th – "Positive Parenting", by Issaquah School District and Brooks Powers, 7-8:30pm Issaquah High Theater

Oct 29th – “The Power of Me, Power of We” conference sponsored by Influence the Choice (Issaquah Schools Foundation) and Friends of Youth, 9am-4pm (<http://www.eventbrite.com/e/influence-the-choice-the-power-of-me-the-power-of-we-tickets-27446881361>)

Nov 7th – “Parenting the Developing Mind”, by Issaquah School District and Brooks Powers, 7-8:30pm Issaquah High Theater

Nov 21st – “Run/Hide/Fight Parent Training” by Police Officer Diego Zanella, Issaquah High Black Box Theater

Coyote Wear

Is it time to revamp your wardrobe? It wouldn't be complete without a few new Coyote Wear items! You can purchase Coyote Wear by logging into your PTSA account. We have several new items this year as well as a couple of updated colors on a few of our most popular items. Coyote Wear samples will be on display in the school lobby. If you have any questions, please email Nicole Brenner at nicbrenner@yahoo.com. Orders will only be taken for a limited time so don't delay and place your order by October 7th!

Volunteer Spotlight

We would like to shine the spotlight on two hardworking volunteers who have been slogging away behind the scenes during the summer break.

Lara Buis and Michelle Lyman

Thank you so very much for all your hard work, hitting the pavement and bringing in valuable sponsors and donors for the Hawkathon fundraiser.

We are always amazed by your enthusiasm, innovation and your knack for making a hard task look effortless and fun!

You truly are wonderful assets to the Cascade Ridge community, giving your time wherever there is a need, and we would like to shine the October spotlight on two valuable volunteers. Thank you for ALL that you do.

Reflections Cultural Arts Competition

Calling all coyote artists, choreographers, composers, photographers, videographers and writers!

We invite all our students to submit an entry for the annual PTSA Reflections Competition. Try for a chance to represent our school!

There are 6 categories : Choreography/Dance, Film/Video, Literature, Music Composition, Photography and Visual Arts.

Entries due : Thursday October 18 at 3pm.

You don't have to be a little Mozart, a future Beyonce or a budding Monet to participate.

Reflections is meant for everyone...

[See video](#)

For more information : <http://cascaderidgeptsa.org/Doc/Reflections/2016Reflections.pdf>

Questions? Email Anamika at : reflections@cascaderidgeptsa.org

The Reflections Reception - to recognize all the participants in the Reflections Competition and showcase the entries - will be held on

Tuesday, November 1st, at 6:30 pm in the school café.

Help Wanted: Treasurer

Are you good with numbers?

Will you be the one to help us in this time of need?

We are desperately seeking a treasurer, as our appointed treasurer will be moving from the state. This role is vital for the successful execution of the PTSA.

We are counting on you!!

See the [PTSA website](#) for a full description.

Interested? Please contact Ajita : volunteers@cascaderidgeptsa.org



Math Club

Coming Soon! Info Night for Parents

Please join us to find out more about the PTSA Sponsored Math Club

When: Thursday, October 6 at 7 p.m.

Who: For the parents of present 4th and 5th grade students

Where: the Coyote Café

What: Answers to many questions like:

- Registration
- Class Timings
- Curriculum
- Competitions
- Volunteer Opportunities
- Fee

4th Grade Coaches Needed!!

Are you passionate about Math? Would you like to share your love for math with an eager group of 4th grade students? Math Club Classes are coached by dedicated parent volunteers. **No coaches means no Math Club classes for 4th grade.**

We need at least 2 coaches per class. The curriculum and homework sets are available. Students will also have the option of competing in fun competitions that are held in the spring. Please consider volunteering for this very fulfilling role.

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

Site Council Members Needed

Are you interested in serving on Cascade Ridge's Site Council for the 2016-2017 school year? The Council's mission is to support Cascade Ridge's mission of challenging, supporting and celebrating each student as they learn, work to meet standards, and excel to be their best both socially and academically. Site Council consists of the Principal, Cascade Ridge Staff, a PTSA Executive Board representative and parent representatives from the CRE community and meets about 5 times a year. We have open positions for parent representatives for the 2016-2017 school year. If you are interested in finding out more about Site Council, please contact Sandy McNees at sandy_mcnees@hotmail.com.

Movie Night

Our first Family Movie Night will be on **Friday, November 4th at 6:30 PM** in the Coyote Café. This is a great event open to all our students and their families. Come in your comfy clothes and bring blankets and pillows to cozy up with friends for a movie and popcorn. You can also shop at the Book Fair before the show starts! Stay tuned for more details. If you would like to help with this event please contact our Movie Night Chair, Melanie Kusmik, at mkusmik@gmail.com.

PTSA General Membership Meeting



PTSA General Membership Meeting

Friday, October 14th

8:30am in the Café

2016 Legislative Assembly and Advocacy Training

October 21-22, 2016

Olympia, Washington

Are you interested in being part of the legislative process? Each year local PTSAs have a chance to send representatives to cast their PTAS's vote at Legislative Assembly. This vote sets the association's focus and direction with regard to our legislative priorities for the coming two years. If you are interested, please contact Jaime Foreman at jaimeforeman@comcast.net no later than Wednesday, October 12th.

Brown Bear Carwash

Order now!

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/Packet/PassiveFundraising>

THANK YOU FOR SUPPORTING CASCADE RIDGE PTSA!!



Fundraising

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.



Get **MORE** from the products you love through Kellogg's Family Rewards! Here's how it works:

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.

ENTER Enter the codes at www.kelloggsfamilyrewards.com to earn points. Each time you enter a code, you could win FREE GROCERIES from Kellogg's.

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

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...

October 7th

November 4th

December 2nd