



COYOTE HOWLER

President's Letter

March Events

March 2nd: Parent Ed -
Helping or hindering at 7:00p

March 3rd: Parent Play Day;
Coyote Wear Day; Popcorn
Friday

March 7th - 9th: Spelling Bee;
starts at 6:00p nightly

March 16th: Puberty
Workshop for Girls at 6:30p

March 20th: Puberty
Workshop for Boys at 6:30p

March 30th: Science Fair at
6:00p

Do you want to get more connected with people in our Cascade Ridge school community? Do you want to be an advocate for your student? Do you want to show your student that their education is important? Did you know getting involved in the Cascade Ridge PTSA does all of these things? Now is the perfect time to get involved by volunteering, chairing a committee or joining our PTSA board for next year!

Your PTSA dollars have been hard at work this year. We have brought you great programs and events including the Book Fair, Movie Night, Eager Reader and the Talent show. We are engaging students at recess with the YMCA PlayEveryday program, bringing art to students through the Art Docent program, and seeing kids explore their inner actor with the Drama program. We have also been able to help teachers by providing funds for instructional support, purchasing flexible seating for students, purchasing more challenging and diverse books for their classrooms and purchasing a leadership book study for Awesome Brigade. Thank you for supporting PTSA!

Finally, did you know that your PTSA membership gets you discounts at places such as Barnes and Noble, FedEx Office, Hertz car rentals, Key Arena and more? For a full list of discounts/benefits, please visit http://www.wastatepta.org/member/value_benefit/value_benefit.html. It is not too late to join PTSA! Go to our website, cascaderidgeptsa.org and sign up today!

We look forward to seeing you this month at the Spelling Bee, March 7-9, and the Science Fair, March 30th.

Jaime Foreman - PTSA President

Nominating Committee

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 (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 be a great Board member but you're not sure in which specific position, we also want to hear from you! Our Nominating committee has started collecting the names to slate for our 2017-2018 PTSA Board and we always want to get a diverse group of members from our broad community on the Board. Please contact Sandy McNeas at sandy_mcnees@hotmail.com or Angela Fischer at afischer515@yahoo.com before March 15th.

Pastries with the PTSA

A social gathering for all parents

Friday, March 10, 2017

9:30am - 11:00am

at the home of Angela Fischer, PTSA Community Relations VP

This is a casual gathering for parents only. Whether you are new to Cascade Ridge and looking to connect with other parents or been here all along, we'd love for you to join us.

- Just to socialize
- To meet the PTSA Board and put a face with a name
- To find out more about our volunteer opportunities and how you can get involved

Please RSVP directly to Angela Fischer at afischer515@yahoo.com by Wednesday, March 8th.



Spelling Bee

The Cascade Ridge PTSA Spelling Bee will be held March 7th - 9th.

We are super excited for all the students who registered for the Spelling Bee. It is going to be an amazing night!

For tips on how to study for the bee, and for K-5 word lists, please visit the Spelling Bee page at cascaderidgeptsa.org, and click on the tabs "Rules and tips" and "Practice word lists".



The bee will take place over three evenings in the Cafeteria, as shown in the schedule below. We are still looking for **great volunteers** to make the event a success. If you are interested to be a pronouncer, an usher, or to give out rewards, please contact us. For any questions please contact: spellingbee@cascaderidgeptsa.org.

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

Join us for the 6th Annual Spelling Bee		
KG	Tuesday, March 7th	4:30pm
3rd	Tuesday, March 7th	6:00pm
1st	Wednesday, March 8th	4:30pm
4th	Wednesday, March 8th	6:00pm
2nd	Thursday, March 9th	4:30pm
5th	Thursday, March 9th	6:00pm



COMING SOON
Volunteers Needed

Hello Cascade Ridge Parents!

The Festival of Cultures is an event where we celebrate our school diversity, while learning about our different cultural backgrounds and tasting flavors from around the world; a very fun and educational event!

Would you like to represent a country, to show your heritage, in this beautiful event?

Please send an email to:
FestivalOfCultures@cascaderidgeptsa.org

Volunteers Needed

We have a many exciting events on the calendar in March and April the [Science Fair](#), the [Spelling Bee](#), Book Swap and Festival of cultures. These events are not possible without help from volunteers, such as you! There are projects to complete prior to the events as well as the day of the event itself. The chairs have spelled out **their specific volunteer needs** in this edition of the Howler. Please support these wonderful ladies provide these valuable and popular opportunities for our children.

- Spelling Bee – March 7 – Reham Shehata <rkshehata@gmail.com>
- Science Fair – March 30 – Sandhya Kumar <sandhyarahulkumar@gmail.com>
- Book Swap – April 20 – Michele Brady <brady1093@yahoo.com>
- Festival of Cultures – April 20 – Reham Shehata <rkshehata@gmail.com>

Even more volunteer opportunities for upcoming PTSA events are posted on the [PTSA website](#). Do please take a moment and see if you are able to lend a hand to our hardworking chairs.

Still Seeking: Web graphics designer

Our webmaster is looking for help with graphics content in the PTSA website. If you can spare time for even a one-time tutorial, your help would be most appreciated. Please contact Ajita/Nadia at <volunteers@cascaderidgeptsa.org>

Seeking Nominations for 2017/18 Board

Our Nominating Committee has started collecting names of nominees for the 2017-2018 PTSA Board. Help us to form a dynamic, diverse group to advocate for our children! For detailed descriptions of the roles see <http://cascaderidgeptsa.org/Page/Ptsa/BoardMembers>.

Please contact Sandy McNees <sandy_mcnees@hotmail.com> or Angela Fischer <afischer515@yahoo.com> before March 15th.

Volunteer Spotlight

The PTSA Board would like a giant round of applause for Darlene Baker – someone who has taken on PTSA responsibilities this year with amazing enthusiasm and style.

Darlene answered the call to organize, along with Sage teacher, Sarah Lichtenberger, our inaugural Engineering Night on February 16th. The event - in which families had the opportunity to do hands on activities with their children - was a resounding success and we appreciate all the hard work behind the scenes. Every unexpected hitch was handled with ease, every detail well considered and organized and it was a pleasure to work under her leadership.

Darlene can also be seen each month at Parent Play Day, taking charge of the ever popular Popcorn Stand.



Thank you!

A big shout out to Tiffany Parker, for another successful Eager Reader Month. You really got our kids motivated to read with your lunch-time plugs and rewards, and made the minute collection super organized for the dedicated classroom reps. Thanks also to your team : Ajita Gopikrishnan, Ann Bouchy, Chandra Poliseti, Darlene Baker, Elizabeth Chiu, Ginnie Lee, Jaime Foreman, Jean Zhou, Jerrae Staples, Katie Tonder, Loretta Brownlee, Michelle Lyman, Nadia Ali, Ooma Palaniappan, P.J. Maffett, Tara Farhad, Teresa Mundel

Thank you so much Meixia Liu, chair of the Box Top Fundraiser, and her team Ajita Gopikrishnan, Amanda Buechler, Erica Fewel, Jacqueline Cheong, Jaemin Kim, Jean Zhou, Jennifer Mayes, Jiana Liu, Joyce Zheng, Julie Webster, Kara Huntley, Kendis Wilson, Kerri Shek, Lara Buis, Laurie Weisenberger, Li Chen, Michelle Woods, Nicole Brenner, Ooma Palaniappan, Prachi Kulkarni, Rikti Bindal, and Stefanie Magnuson for getting all those boxtops collected and submitted. Thank you also to all of the families that clipped and sent the boxtops in to support the school.

This month, we have seen an amazing turn-out of parent and middle school volunteers at PTSA evening events.

We are grateful to Melanie Kusmik for putting together another successful movie night, with the help of her fabulous team : Adrien Brown, Alex Piper-Wagner, Brenden Boyd, Brian Eccles, Charlie Gall, Chrisann Penz, Erin Chao, Evan Yee, Hannah Cohen, Hayden Kusmik, John Yang, Joyce Zheng, Kim Dang, Kristen Gehrett, Michelle Challey, Sahya Bikkula, Sanaa Syed, Shreya Raj, Stephanie Xu and Zoya Mir

Hats off to Darlene Baker and Sarah Lichtenberger for putting together Engineering Night, providing a remarkable evening of hands-on fun and learning for the whole family. Thank you to her team : Ajita Gopikrishnan, Carolyn Santos, Carrie Ahlstrom, Carrie Haines, Chandra Poliseti, Charlie Gall, Dave Kusmik, Dawn Zhao, Elana Clayton, Ioli Mathur, Jaime Foreman, John Yang, Joie Fox, Kathryn Tonder, Katie Manning, Kim Evans, Lawrence Su, Letchmi Dokka, Lonnie Hwang, Michelle Brady, Nadia Ali, Neha Mathur, Nigar Suleman, Paula Koransky, PJ Maffett, Ramya Krishna, Ripal Shah, Sandhya Kumar, Shalini Sivakumar, Ying Zheng, Yingwei Yang and Zac Jackson

And lastly, the February popcorn team - Carol Folkman, Jaime Foreman, Jen Belding, Marci Bartholomae, Noha Ashmour, Paula Koransky and Darlene Baker - for preparing and providing perfectly popped popcorn!

It is our hope that we thank by name each and every one of the amazing volunteers that make the PTSA activities possible. Please do forgive any inadvertent omissions from this list, and do let us know at volunteers@cascaderidgeptsa.org and we will correct the oversight in the next edition of the Howler.

Parent Ed Corner

Back by popular demand! *All About Growing-Up! – Puberty Workshop*

Learn all about puberty in this fun, informative workshop. From body changes and periods to mood swings and crushes. All About Growing Up is a 2-hour workshop for parents and their 9-11 year old children. Facilitated by educator Robin Wallace-Wright of The Wright Conversations, this family-oriented workshop provides a safe, comfortable environment to learn and talk about puberty. The evening includes a short video, interactive activities, and opportunities to get all questions answered. Healthy friendships and boundary setting are also covered. Come learn how to best support and guide your child as they begin their journey towards adulthood.

Date(s): Thurs – 03/16/17 (boys and parents) Mon - 03/20/17 (girls and parents)

Time: 6:30-8:30 pm Location: **Cascade Ridge Café** Fee: \$40/family

Spaces are limited! To sign up, go to www.thewrightconversations.com/cascade-ridge-puberty-workshop.html

Other events coming up in our district:

Brandyn Roark & Kire Dassel: *Helping or Hindering*

March 2, 2017 7:00 PM at Issaquah High School

Join us for an evening with Brandyn Roark and Kire Dassel to learn about various parenting styles (permissive, authoritative, authoritarian.) and how they affect a child's developing mind and their behaviors. We will introduce and explore several ways of problem solving with children, by using different parenting techniques, styles, and approaches.

The Gift of Failure: *Fostering Intrinsic Motivation and Resilience in Kids*

April 25, 2017 7:00 PM at **Issaquah High School**

What's the best way to motivate students to own their education, learn deeply and durably, and develop resilience? Research has shown that the key to all these things is intrinsic motivation, or motivation that comes from within. Jessica Lahey summarizes the current research on autonomy-supportive parenting and teaching, competence, rewards, praise, and failure. Finally, she explains how parents and educators can give students the support and encouragement they need in order to stay motivated over the long term.

SCIENCE FAIR 2017

The Cascade Ridge Science Fair is back!!!! This annual event is designed to help students explore the scientific methods, dig into the questions that interest them and foster a deep love for science! All children in the school can participate, either working alone or in pairs. Parental help is welcome, too!



Kids are encouraged to formulate a research question and explore a topic that interests them and present their findings (known as a report); or design and make an invention. So, pull out your best scientific idea and showcase it to the entire school.

Important dates to remember:

- Registration deadline is **March 13th 2017** so go online at www.cascaderidgeptsa.org to register now.
- Order your colorful project display boards and help fund the Science Fair by March 13th 2017.
- Share the moments by submitting the pictures at sciencefair@cascaderidgeptsa.org of your young scientist in action by March 24th 2017.
- Submit your projects on March 29th 2017 from 12:45 – 3:30pm or from 5:00 – 7:00 pm at the school gymnasium.
- Science Fair is on **Thursday, March 30th 2017 from 6:00 – 8:00pm.**

The night of the science fair is a fun event for all families at the school, whether your child did a project or not. Things to look forward to during the evening event:

- Prize distribution in 5 categories for K-2 and 3-5 grade.
- Exciting hands-on exhibits are available. Past exhibitors include salmon dissection, reptile, robotics, water rocket to name a few.
- Pizza/baked goods/ drinks are available for purchase (cash only).

This big night is not possible without your help and support. We are looking for VOLUNTEERS to make this a great event for our children and the community!!!!

DON'T FORGET TO ORDER YOUR DISPLAY BOARD WHEN YOU REGISTER!!!!

Parents Night Out

Hosted by Karate West in Issaquah!

Upcoming dates: 3/10, 4/7, 5/12, 6/2

Time: 6:30pm – 9:30pm at Karate West Issaquah

Tickets are \$35 per child and include 3-hours of non-stop fun and pizza dinner. All proceeds benefit Cascade Ridge PTSA.

Don't let your child miss out on Karate West's Parents' Night Out event. Kids ages 6-11 will enjoy a fun-filled night of the coolest karate games while parents get a night to themselves. No martial arts experience necessary. Online pre-registration required.

To register visit: karatewest.com.

Kids have a blast – Parents get a night out – Proceeds donated back to Cascade Ridge PTSA!

Eager Reader Recap

Another year of Eager Reader is in the "books." Congratulations to all our Eager Readers and thank you to all our students, parents, and teachers for their support of the Eager Reader program this year. The following classes won an Ice Cream Party for reading the most minutes in their grade:



- K – Osotio
- 1 – Bass
- 2 - Marckx
- 3 - Trull
- 4 - Murdock
- 5 – Herseth

Please join me in sending a big THANK YOU to all our classroom volunteers. They packaged and delivered approximately 2,000 prize bags to students over the 4 weeks of the program. They helped distribute books at lunch and some even scooped some ice cream. Eager Reader would not be possible without their help.

Jaime Foreman

Katie Tonder

Darlene Baker

Loretta Brownlee

Michelle Lyman

Jean Zhou

Ginnie Lee

Jerrae Staples

Ooma Palaniappan

Chandra Poliseti

Tara Farhad

Elizabeth Chiu

Teresa Mundel

Nadia Ali

Ajita Gopikrishnan

Ann Bouchy

P.J. Maffett

Additionally, thank you to Shalini Sivakumar for her hard work to set up and keep the website updated so we could easily log minutes online.

Thanks to everyone for their support in keeping their kids reading and tracking their minutes. We hope that they had fun and picked up some good habits along the way. Maybe they even found a new favorite book!

Glassybaby

Birthdays, Mother's Day, Teacher Appreciation – any reason is a great reason to purchase a Glassybaby! The roadshow is coming back to the Cascade Ridge Science Fair on Thursday, March 30, 6-8pm. A wide selection will be available for purchase that night or you can shop online that week. Cascade Ridge will receive 10% of all sales. For more information on Glassbaby, check out: www.glassybaby.com.

Amazon Smiles

Cascade Ridge benefits when you shop through Amazon Smile! Follow link below 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 our PTSA.

Start shopping: <https://smile.amazon.com/ch/91-2113434>

Box Tops for Education

It is Box Top Collection time! Collecting and turning in box tops is an easy way for you to help earn money for all the great programs



Cascade Ridge PTSA provides for our students. We are hoping to reach our goal of \$1,000 again this year. Be on the lookout for an email from your classroom box tops representative for how to turn in your box tops before February 14th. There is also a collection box in the school foyer. If you aren't familiar with the "Box Tops for Education" program or you want to see a list of eligible products, please visit www.boxtops4education.com.

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!!

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...

March 3rd

April 7th