

## **COYOTE HOWLER**

#### **December Events**

**December 6th and 7th:** No School - Conferences

December 8th: Sports Day

**December 12th:** Geography Bee

December 13th: Coyote Wear Day

December 15th: Sports Day

December 20th: Coyote Wear Day

**December 21st - January 1st:** No School - Winter Break

### **President's Letter**

Welcome to the hustle and bustle of December! We hope you were able to join us last month for some fun at our Book Fair or at Family Movie Night. As December kicks off, we are wrapping up our collection for Holiday Gift Barn. This program, brought to the community by the Issaquah Food Bank, serves over 1,200 students in the Issaquah School District and is a great way to get your family involved in giving back this holiday season.

If you have not had the opportunity to join our PTSA yet, please join today. It is easy to do, just follow the 'Join PTSA' link on our website. Joining PTSA shows you value and are invested in your student's education at Cascade Ridge. It also gets you access to our on-line school directory! Don't forget, PTSA membership also has its privileges! Check out this link for all the great discounts you can receive <a href="http://www.issaguahptsa.org/membership-has-benefits">http://www.issaguahptsa.org/membership-has-benefits</a>.

On behalf of the PTSA Board, we hope you have a wonderful holiday season!

Jaime Foreman

**PTSA** President

### Thank You!

PTSA wants to extend a sincere thank you to all of our volunteers! We could not possibly accomplish all that we do without your time and effort. Special thanks to:

- Krystl McCandlish for putting together our 2017-2018 Cascade Ridge Student Directory!
- Our Vision/Hearing Day Volunteers
  - Jean Zhou Chair, Darshan Bildikar, Stephanie Middleton, Jerrae Staples, Liping Xia, Nathalie Fusaro, Jyoti Bhana, Haishan Huang, Helen Fan, Erik Salmela, Letchmi Kanasu, Marci Bartholomae, Darlene Baker, Tiffany Parker, and Ripal Shah
- Our Book Fair Volunteers Thank you to everyone who helped set up, clean up and checkout registers during the fair!
  - Nathalie Fusaro Chair, Sarah Bothwell, Krystl McCandlish, Ginnie Lee, Elana Clayton, Kiran Chava, Michele Brady, Stacy Gazjuk, Kristen Maginnis, Angela Fischer, Megan Tedesco, Jin Liu, Lucy Ruan, Melanie Kusmik, Michelle Bowling, Carrie Haines, Kim Meyers, Jaime Foreman, Karen Chan, Joey Fox and Lisa Righetti.
  - Also, extra special thanks to our mascots Josh Fusaro, Allison Fusaro, Charlie Brady and Maggie Brady
  - We can't forget to thank our Story Time guest reader, Principal Tia Kleinkopf!!
- And of course, thank you to all of you who have signed up to support all our PTSA activities and help the teachers in your children's classrooms.

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 Stephanie Middleton know at <a href="mailto:stephwamsley@gmail.com">stephwamsley@gmail.com</a> and we will rectify in the next Howler.

### **Talent Show**



The 2018 Cascade Ridge Talent and Variety Show is one night only!

#### **REGISTRATION CLOSES ON JANUARY 12th**

Please join us on Thursday, January 25<sup>th</sup> for a night of entertainment!

Act One 5:30-6:30PM Intermission Act Two 7:00-8:00PM.

Calling all Cascade Ridge Performers grades K-5, the stage is waiting for YOU! Space is limited this year, there are 15 spots per Act so don't wait, sign up today. Can you sing, dance, or play an instrument? How about magic, or ball tricks, maybe some extreme hula-hooping or double-dutch jump roping is where you shine! How about getting a group of friends together for a performance? Show us your talent and creativity, we can't wait!

We are looking for a few **5th grade student MC's** to help keep our program flowing. Talent Show Committee will work with these students to create a script. If your child is interested they will need to sign up by selecting MC for their performance category. We are also looking for several **student comedians from all grade levels**. If your child would like to be on stage telling jokes while the stage is being reset please sign up by selecting student comedian as your performance category. These students will be responsible for coming up with their own jokes. The MC's and the comedians will need to be at a one rehearsal.

Registration opens on December 1, 2017 and will close once all spots are full or on January 12, 2017. Register by visiting the PTSA website, <u>http://cascaderidgeptsa.org/Home</u>. Please note all performers will be required to attend a dress rehearsal. Upon registration you will be prompted to select your rehearsal date, only one rehearsal is needed unless the student would like to attend both nights.

For questions contact Talent Show Chairperson, Angela Fischer (afischer515@yahoo.com)

### **Parent Ed Corner**

#### **From Parentwiser**

Visit <u>http://parentwiser.org</u> to find: current listing of parent education events, registrations, and resources across the Issaquah school district.

#### Upcoming **Parentwiser** Events

'Yes Brain' Online Interview with Tina Payne Bryson

#### Join us December 13 at 1pm

Join Parent *Wiser* for an exclusive online interview with NY Times bestselling author Tina Payne Bryson to discuss how to help kids cultivate a 'Yes Brain' instead of acting out or shutting down when faced with difficulties such as homework, screentime, eating, bedtime, or feeling challenged.

Link to attend: <u>https://zoom.us/j/844233598</u>. Limited to 100 attendees. View more parent ed in Issaquah district schools at <u>ParentWiser.org</u>.

Tina is the co-author (along with Dr. Dan Siegel) of the very popular parenting books 'No-Drama Discipline' and 'The Whole-Brain Child'. Get more info on Tina and Dan's upcoming book, 'Yes Brain' here: <u>http://www.tinabryson.com/yes-brain</u>.

ANGST Documentary: Raising Awareness Around Anxiety January 24, 2018 7:00 PM

Stress on the Rise *How to support your child's successful development* February 7, 2018 7:00 PM

Peaceful Parent, Happy Kids How to help children WANT to cooperate without yelling, bribes, threats or punishment May 16, 2018 7:00 PM

Peaceful Parent, Happy Siblings How to Stop the Fighting and Raise Friends for Life May 17, 2018 10:00 AM

#### <u>Technology</u>

Last month I attended iRules offered by Parentwiser. Presenter Janell Burley Hofmann shared some important information on how families can work together to set limits on technology use. Janell developed the iPhone contract, her website is a great resource and guide to help your family develop iRules principals and systems that will work best for your family. <u>http://www.janellburleyhofmann.com/irules/</u>

#### Relationships/Social Emotional Needs

This article was a great reminder to slow down and remember what your focus is: How a Parent's Affection Shapes a Child's Happiness for Life <u>https://www.gottman.com/blog/how-a-parents-affection-shapes-a-childs-happiness-for-life/</u>

Finding a healthy balance of setting limits and giving in too much is difficult, I found this article intriguing I hope you will too! <u>http://www.janetlansbury.com/2013/11/let-your-kids-be-mad-at-you/</u>



Did you know? **PTA** is a powerful voice for children, a relevant resource for families, schools and communities, and an advocate for the wellbeing and education of all children. Locally, **The Issaquah PTSA Council 2.6** is advocate for students at both the local and state levels.



Like **The Issaquah PTSA Council 2.6** on and **Washington State PTA** on Facebook to stay updated on issues and member benefits.

### **Family Movie Night**

Our first Family Movie Night on November 3rd was a fun and well attended event with 173 Cascade Ridge parents and children there to see Rock Dog. Thank you to our Movie Night Chair, Michelle Challey and her team of volunteers for all of their hard work making this event a success!

Next Family Movie Night will be held on Feb. 2nd. Save the date!

### **PTSA Newcomers Breakfast**

Are you a new family at Cascade Ridge this year? Whether you started back in September or are just joining us for the first time in January we would love to see you and your family at the Newcomers Breakfast on Tuesday, January 2nd in the Coyote Café. This is an open house gathering from 8:30AM until 9:00AM. Join our PTSA Hospitality Chairs for pastries, juice and coffee and meet a friendly face before heading to class. Contact Lara Buis <u>lararobin@yahoo.com</u> or April Gregory <u>amparnell621@yahoo.com</u> with any questions. Hope to see you there!

### **Geography Bee**

Cascade Ridge will be hosting a Geography Bee on December 12, 2017. The National Geographic Bee is organized by the National Geographic Society with the intent to inspire a student's curiosity about the world. The Geography Bee is designed for students in the 4<sup>th</sup> and 5<sup>th</sup> grades.

For more information, please visit: <u>https://www.nationalgeographic.org/bee</u>

To **REGISTER** your 4<sup>th</sup> or 5<sup>th</sup> grader for the Bee, please visit: <u>http://</u> <u>cascaderidgeptsa.org/Page/GeographyBee/Home</u>

Registration is now open and closes on November 30, 2017.

Study materials for the Geography Bee are located on the National Geographic website under the section called "Study Corner."

For any questions about the Geography Bee, please contact: <u>nigar.suleman@gmail.com</u>

Is your K-3 student highly motivated and interested in world geography? If we have enough interest and volunteers, we may be able to host a Geography Bee for grades K-3. If you are interested in this possibility, please email: <a href="mailto:nigar.suleman@gmail.com">nigar.suleman@gmail.com</a>.







#### Would you like to get involved with Girls on the Run this spring? Become a Practice Partner!

Volunteering as a Practice Partner is a fun way to get involved with the Girls on the Run and to see first-hand the positive impact of the program. This is a perfect opportunity for people who would like to directly interact and support the girls in the program!

Practice Partners assist the Coach(es) by attending a minimum of six 90-minute practices over the course of the ten-week program. While the Practice Partner is not responsible, nor authorized, to facilitate the Girls on the Run curriculum, they are there to support the Head Coach and the whole team of girls at their assigned program site.

**What is the expected time commitment for Practice Partners?** During the program season, Practice Partners will be expected to volunteer for a minimum of six 90-minute practices plus attend the end-of-season 5K, approximately 15 hours total. Most practice partners commit to one practice per week for a minimum of six weeks and often for the full ten weeks.

#### What are the requirements for being a Practice Partner?

- Submit a Practice Partner Application to GOTRPS
- Consent to a background check.
- Practice Partners must be 16 years or older
- · Participate in an online training session and read training materials provided by GOTRPS

#### **Can males be Practice Partners?**

Yes, males may volunteer as Practice Partners. As with male coaches, there must always be a minimum of two additional qualified female leaders (Coaches, Practice Partners) at every practice with male Coaches or Practice Partners.

#### What are some important qualities of Practice Partners?

Practice Partners are supportive, enthusiastic, and able to inspire positive social dynamics amongst team members. Practice Partners <u>do not have to be runners</u> but should have the ability to run or power-walk a 5K.

**Who do I contact if I have questions about Practice Partners?** Contact Vivian Syme, GOTR Program Coordinator, at <u>Vivian@girlsrun.org</u> or 206-528-2118. You may also contact Amanda Lumbard, parent and lead coach at Cascade Ridge, at <u>aklumbard@gmail.com</u> or Raelyn McKnight, teacher and site coordinator at Cascade Ridge, at <u>mcknightr@issaquah.wednet.edu</u>.

### **Art Docent Spotlight**



2nd grade self-portrait

Art Docents : Beth Robertson and Carina Leonardi

Teacher : Ms. Perkin

### **Volunteer Spotlight**

The PTSA Board would like to spotlight

#### Nathalie Fusaro

as our December Volunteer of the Month!

Thanks to Nathalie, our annual Book Fair was a huge success. Nathalie spent a lot of time coordinating, organizing and running this popular event. Then, the very next day, she graciously volunteered and spent the entire day testing our kiddos' hearing at Vision/Hearing day.

When not dedicating her time to our school, Nathalie enjoys watching her children play soccer, basketball, baseball and dance. She and her family also love a good movie night!

### Thank you Nathalie for all you do for Cascade Ridge!



### **Cascade Ridge Volunteer Opportunities**

We have a couple of events coming up and we'd love your help!

- Calling All Cookie Lovers and Bakers! Our annual Teacher/Staff Cookie Exchange is taking place on December 14. We need A LOT of cookies for this special event! If you would like to help, please email Amy Ketcham at <a href="mailto:aketcham@me.com">aketcham@me.com</a>. Each volunteer will provide four dozen cookies, which will be gifted to our wonderful teachers and staff for the holidays.
- Looking for Science Fair Committee Members!! We are so grateful Amy Hayes has volunteered to chair this popular event, but she needs a team to help make it successful. Taking place on March 22, this annual event provides an important growth opportunity for students of all grades to perform experiments at home and present their results at school. There are also cool demonstrations at the fair. This is a wellloved event and it cannot happen without a team of people! For more information, contact EnrichmentPrograms@cascaderidgeptsa.org.
- PTSA is looking for a new web admin! The web admin maintains the PTSA home page and ensures the information is current. Key duties include responding to PTSA emails from parents, sending eblasts as needed, creating registration pages for school events, customizing menu icons and adding volunteer positions as needed. This position does not require prior web experience. If interested, or for more information, please contact Swati Jain at <a href="mailto:swatijainshah@yahoo.com">swatijainshah@yahoo.com</a>
- VIS (Volunteers for Issaquah Schools) Committee Opening This position distributes information about our upcoming levy. If interested, please contact Jaime Foreman jaimeforman@comcast.net.

#### **Volunteer Procedures**

We are very grateful to our volunteers who give their time and their talents to the students and staff at Cascade Ridge. Please remember to get your Washington State Patrol Form filled out. **All volunteers must complete an online application.** Please complete the application as soon as possible to avoid a delay in volunteering: <u>https://issaquahvolunteers.hrmplus.net/</u>.

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 have any questions about volunteering with the PTSA, please contact Stephanie Middleton at <u>stephwamsley@gmail.com</u>.

### **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 <u>www.cascaderidgeptsa.org</u> (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! Starting in January, our Nominating Committee will be 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 Jaime Foreman at jaimeforeman@comcast.net or Sandy McNees at sandy mcnees@hotmail.com.

### **Your Dollars at Work**

Thanks to your generous donations during our Color Run, we have been able to fulfill the following teacher requests with our Coyote Grant funds:

- Pioneer storytelling from a professional storyteller to enhance the Pioneer unit in 3<sup>rd</sup> grade
- A 3D printer for 4<sup>th</sup> grade students to use to print physical maps during their study of Washington State
- \$350 to both Ms. Jayaraman's class and Ms. DeRemer's class for additional classroom books that appeal to boy readers

Teachers will have a second opportunity in the spring to request Coyote Grant funds.

### **Eager Reader is Coming**

Our annual Eager Reader program begins in January. Stay tuned for more information!

#### What is Eager Reader?

The Eager Reader Program is a voluntary reading program sponsored by the PTSA. It is designed to encourage students to read for their enjoyment outside of school. By giving away prizes along the way, students and parents will both have a fun incentive to participate and connect through the shared pleasure of reading. To earn prizes, LRC I, II, and K-2<sup>nd</sup> grade students must read or be read to for 120 minutes each week, and 3<sup>rd</sup>-5<sup>th</sup> grade students must read 180 minutes each week.

### **ENRICHMENT AND ENJOYMENT**

Cascade Ridge PTSA sponsors a variety of fun and engaging programs throughout the school year to enhance the learning environment. These programs provide meaningful opportunities for our students to learn new skills, strengthen existing skills and try new things.

There are many opportunities to participate in and volunteer for each of these programs. Whether big or small, one time or ongoing – our programs only happen with volunteer support.

For more information, please visit <u>www.cascaderidgeptsa.org</u> and click on the "Enrichment Programs" icon or contact Darlene Baker and Viji Vasu at <u>EnrichmentPrograms@cascaderidgeptsa.org</u>.

Keep checking the PTSA website and newsletters for more information!

#### **Before and After School Classes**

The PTSA has partnered with several vendors to offer specialty classes to our students before and after school. These classes provide a great opportunity to further enhance learning and fun. Winter 2018 classes include: Cartooning, Debate and Public Speaking, Zumba, Coding and Lego Engineering. Please visit the PTSA website and click on Enrichment Programs – Winter Classes for class descriptions, pricing and registration. Classes begin the second week of January!

To Register for Cartooning, Zumba, Debate and Public Speaking, and Coding, please visit:

http://cascaderidgeptsa.org/Page/Enrichment/WinterClassDescription

To Register for Lego, please visit: <u>http://leap4kidz.com/after-school-classes/cascade-ridge-jr-engineering/</u>

#### **Eager Reader**

Eager Reader is a voluntary reading incentive program, designed to foster a love of books and reading. Students read outside of school to earn weekly prizes. Each minute spent reading counts toward both individual and class totals for earning fun prizes.

EAGER READER STARTS ON JANUARY 8, 2018. More details to come!

#### **Engineering Night**

Engineering Night will be returning to Cascade Ridge on February 1, 2018. Come learn engineering principles and dynamics in designing, building, and re-engineering, among many more exciting topics!

#### Spelling Bee

The Spelling Bee is always a wildly popular event at Cascade Ridge. It will be held February 5, 6 and 8. This is a great way to help students improve their spelling and increase their vocabulary in a fun and supportive environment. Students will study at home and then compete in the Bee.

### **Family Engineering Night**

Cascade Ridge Elementary will host its second annual Family Engineering Night on Feb 1st, 2018 from 6:30pm-8:00pm. This exciting event is sponsored by the Issaquah Schools Foundation and will provide students and their families with interactive STEM experiences and the opportunity to enjoy learning engineering principles together.

- What:A night filled with hands-on activities to promote the engineering process,<br/>critical thinking and the opportunity to play and learn as a family
- **When:** February 1st, 2018 from 6:30pm 8:00pm
- Where: Cascade Ridge Elementary Multi-Purpose Room

Through participating in hands-on engaging activities, families will explore concepts such as Engineering Design Process, Reverse Engineering, Structural Design and Load, and many others.

We are in need of VOLUNTEERS for Setup, Cleanup, Running Stations and Preevent Kit Assembly to make this event a success.

<u>Setup Volunteers</u> will arrange tables and chairs, and lay out materials on tables. (4:30-6:30pm)

<u>Clean Up Volunteers</u> will pack up materials, move tables and chairs back into place, general room cleanup. (8:00-9:00pm)

<u>Station Volunteers</u> will help guide the activities, answer basic questions, and generally ensure the station is running smoothly (6:30-8:00pm)

<u>Kit Assembly Volunteers</u> will help package kits of materials prior to the event. This work can be done at home and on your own schedule.

To Volunteer, please visit: <u>http://www.signupgenius.com/go/</u>8050844ada623a46-2018

# Discover the fun of engineering through hands-on activities with your whole family!

### Issaquah School District



For more information please contact Emily Ma at emifma@yahoo.com

### **Fundraising Made Easy**

amazonsmile

You shop. Amazon gives.

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: <a href="https://smile.amazon.com/ch/91-2113434">https://smile.amazon.com/ch/91-2113434</a>



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 <u>www.boxtops4education.com</u>.



Cascade Ridge has partnered with Jamba Juice to raise money for our school. The fundraiser card is \$10 and contains 6 smoothies for you to purchase any smoothie and receive another of equal or lesser value for free. For every card purchased \$5 will come back to Cascade Ridge. Visit the <u>PTSA Passive Fundraising</u> or contact Holly Briscoe <u>hcrace@gmail.com</u> to order yours today!



#### Bellevue Magic Season Ice Arena presented by Alaska Airlines Visa Signature® card

Mention Cascade Ridge Elementary at the admission counter and a \$3 donation will be made to our PTSA for each paid rink admission during the dates listed below. Admission: \$14, 8 & under \$10, price includes skates.

Bellevue Downtown Park 10201 NE 4 <sup>th</sup> St.	Fundraising Dates: November 24 <sup>th</sup> – December 15, 2017 and January 2 <sup>nd</sup>
Bellevue, WA 98004	-15 <sup>th</sup>
(South of Bellevue Square)	Hours of Operation during dates listed above
	Mon: 3pm-9pm
www.bellevuedowntown.com	Tues: 3pm-9pm
	Wed: 1pm-9pm
	Thu: 3pm-9pm
	Fri: 3pm-11pm (open at 11am on 11/24)
	Sat: 11am-11pm
	Sun: 11am-6pm (open until 11pm on Jan. 14 <sup>th</sup> )



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 Please direct any questions to nicbrenner@yahoo.com



Cascade Ridge Coyotes – Get your Gear!

Cascade Ridge PTSA is excited to offer these new sports socks for just \$12 a pair. You an order online via the Passive Fundraising icon on our website and a portion of each sale comes back to the PTSA. The socks will be delivered to your child's classroom once payment is received. Please direct any questions to <a href="mailto:nicbrenner@yahoo.com">nicbrenner@yahoo.com</a>

Stay tuned for more easy opportunities to support Cascade Ridge PTSA. We have a Glassybady Road Show coming your way soon as well as local restaurant dining nights.

### **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 <u>Washington</u> <u>State Patrol Form</u> 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...

January 5th	
February 2nd	
March 2nd	
Play date times are as follows:	
11:20 - 11:45	1st and 4 <sup>th</sup>
11:45 - 12:10	2nd and 3 <sup>rd</sup>
12:10 - 12:35	K and 5 <sup>th</sup>
12:15-12:40	Science Tech

## 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: <u>http://cascaderidgeptsa.org/</u> Event/ViewElsewhere (you'll need to be logged into your PTSA account.)

Another way to stay connected: "Like" us on <u>Facebook</u>! 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: <a href="http://cascaderidgeptsa.org/Event/MonthCalendar">http://cascaderidgeptsa.org/Event/MonthCalendar</a>

