



COYOTE HOWLER

March Events

March 2nd: Parent Play Day;
Popcorn Friday

March 2nd: Family Movie
Night at 6:00p

March 5th: Site Council
meeting at 4:00p

March 5th: All About Growing
up for Girls at 6:30p

March 6th: All About Growing
up for Boys at 6:30p

March 9th: Parents Night Out

March 22nd: Science Fair at
6:00p

President's Letter

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! Contact Stephanie Middleton, our VP-Volunteers, at stephwamsley@gmail.com for ways you can help.

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, Geography Bee, Spelling Bee 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 fulfilling Coyote Grants for chapter books for 5th grade to support their reading curriculum and read out loud pens to help struggling readers in 1st grade be more successful in math. Thank you for supporting PTSA!

We look forward to seeing you this month at Movie Night on March 2nd, the PTSA Social on March 9th at Paula Koransky's home, and the Science Fair on March 22nd.

Jaime Foreman

Cascade Ridge PTSA President

Science Fair 2018

Thursday, March 22, 2018 6:00-8:00 PM

The Cascade Ridge science fair is almost here! We are excited to bring you an evening celebrating the wonders of science! There will be over 200 student and class projects to enjoy. We have some exciting exhibits lined up, from the Pacific Science Center to Skyline's STEM and Robotics clubs. Bring the family to this great Cascade Ridge tradition and enjoy a fun filled night with pizza, scientific snacks, drinks, and sweet treats for sale. This is also an opportunity to purchase some CoyoteWear for our next spirit day or a beautiful Glassybaby votive.



Grades K-4 registration deadline is March 5th.

There is still time to participate. Visit <http://www.cascaderidgeptsa.org> to register, order a colorful project display board, and find all kinds of information to help you with your experiments!

We need volunteers to pull off this great event!

Please sign up for one of the many volunteer opportunities for this event:

- Set-up
- Judging (No science background necessary!)
- Concessions
- Science Fair Event Support
- Tear-down

Sign-up here <https://cascaderidge.ourschoolpages.com/Packet/Volunteer>

or contact sciencefair@cascaderidgeptsa.org.

Capture your scientist in action!

Send us photos and videos of your scientist working on their project, and we will add them to our slideshow for the evening. Please submit the pictures to lloydraphael@hotmail.com by March 16, 2018. Please include your students name and grade level in the e-mail.

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 professional 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 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.

When:

Monday: **03/05/18** (girls and parents)

Tuesday: **03/06/18** (boys and parents)

Time: 6:30-8:30 pm

Location: Cascade Ridge Elementary School

Cost: \$40/family



Spaces are limited!

To register, click on this [link](#) or go to:

www.thewrightconversations.com/cre-puberty-workshop.html

From Parentwiser

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

Upcoming Parentwiser Events	
	<p>Hidden in Plain Sight <i>Spot signs of at-risk behaviors</i> March 12, 2018 6:30 PM Issaquah High School, 700 2nd Ave SE, Issaquah, WA Register April 16, 2018 6:30 PM Central Washington University, 120 228th Ave NE, Sammamish, WA Register</p> <p>Would you see the signs of youth alcohol or drug use in your home? Looks can be very deceiving - especially if you don't know what to look for. The "Hidden in Plain Sight" initiative helps parents spot signs of at-risk behaviors using an interactive display of a teenager's bedroom. After walking through the display, participants will learn more about adolescent development and common signs of substance use provided by professionals in law enforcement, treatment, substance abuse prevention, and other experts and parents. For parents only. Free for PTSA members of Issaquah School District, \$10 donation requested of non-members. ADULTS ONLY. Open house 6:30-7:30pm, with a presentation by experts 7:30-8:30pm.</p>
	<p>Peaceful Parent, Happy Kids <i>How to help children WANT to cooperate without yelling, bribes, threats or punishment</i> May 16, 2018 7:00 PM Skyline High School Theater Register May 17, 2018 10:00 AM First Stage (Kidstage) Theatre, Issaquah Register</p> <p>Are you tired of battling with your child? Do you wish you knew how to get your child cooperating without yelling and threats? Are you trying to find the sweet spot between spoiling and strict? Dr. Laura Markham gives you practical everyday strategies to help you raise a child who WANTS to cooperate, by working with your child rather than trying to manipulate or control. No parent is peaceful all the time, but it's completely possible to create a more peaceful home where affection, connection and humor help you resolve conflict happily, and where kids WANT to follow your lead.</p> <p>In this talk with Dr. Laura Markham, you'll have a chance to ask questions about your own parenting, and you'll learn:</p> <ul style="list-style-type: none"> • Why children misbehave -- and how to help them WANT to cooperate without yelling, threats, bribes or consequences • What research shows about how children develop self-discipline • The 4 power tools you can use to connect with children and help them with their emotions • Why yelling and timeouts actually cause more misbehavior • How you can create the relationship you want with your child

Glassybaby

During our Science Fair on Thursday, March 22nd (6-8pm) we will have a representative from Glassybaby come with a variety of glass votives to choose from. They will be on sale to take home that evening. We will also have an online link that week for those who cannot make it or want to continue shopping. Cascade Ridge will receive 10% of all sales made! For more information on Glassybaby, check out:

www.glassybaby.com



Volunteer Spotlight

The PTSA Board would like to spotlight

Emily Ma

as our March Volunteer of the Month!

Emily and her family (husband and two boys) relocated to Trossachs from the East Coast 6 years ago. They love to travel, explore the PNW, and watch their kiddos swim.

In addition to chairing this year's well-attended Engineering Night, Emily has been organizing our PTSA school supplies boxes for the past 5 years. She is also a Room Coordinator and Party Coordinator, and she has volunteered her time to help at the Book Fair, Picture Day, the Color Run, the Science Fair and Teacher Appreciation!



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:

- Our Engineering Night Chair, Emily Ma, and all the individuals who helped make this year's show the best one yet.
 - Carrie Haines, Michele Brady, Stephanie Middleton, Amy Passalacqua, Amy Hayes, Kathryn Tonder, Leticia Watson, Ali Evans, Anika Joarder, Manisha Tirumalai, Alex Xie, Ellen Lee, Tianren Xu, Julia Calin, Sonali Bhana, Ayeda Masood, Miles Ong, Tanvi Shah, Aayushi Dhebar, Grace Zheng, Kaylie Chon, Ioli Shrivastava, Aidan Gerth, Shoham Barak, Riya Baheti, Anuja Singh (TechVenture Kids)
- Our Eager Reader Chairs, Tiffany Parker and Dafna Tarlowe, and all the classroom volunteers who assisted with this year's program
 - Andrea Obert, Amy Hayes, Shelly McGraw, Jean Zhou, Sandra Vanderzee, Andrea Reeder, Katie Tonder, Darlene Baker, Tara Farhad, Michelle Lyman, Ooma Palaniappan, Chandra Poliseti, Ann Bouchy, Carrie Haines, Nathalie Fusaro, Samantha Stauch, Diane Pattillo
- Our Spelling Bee Chair, Reham Shehata, and all the volunteers who helped with the Bee's
- Tia Kleinkof, Krishnaveni Kalikivaya, Punitha Madhaven, Sudheer Jami, Zheng Chen, Rui Zhu, Lu Ruan, Erich Smick, Prachi Kulkarni, Darshana Dave, Mayuri Voora, Shankar Stanam, Neha Mathur, Stephanie Middleton, Bhavani Arutia, Sandy McNees, Ripal Shah, Sara Manning, Qiang Tian
- 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 stephwamsley@gmail.com and we will rectify in the next Howler.

Community Relations



Pastries with the PTSA

Friday, March 9th

10:00am - 11:30am

at the home of Paula Koransky, PTSA Community Relations VP

This is a casual gathering for all parents. Whether you are new to Cascade Ridge and looking to connect with other parents or have 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 Paula at paulakoransky@me.com by Wednesday, March 7th.

Dine Out and Parent Night Out

Join your friends from CRE community at an upcoming *Dine Out* this school year! Have a delicious dinner (without cooking) and raise money for our school in the process. Each Dine Out will give a portion of sales back to Cascade Ridge Elementary. Please mark your calendars and join us for dinner out!

The Ram - Dine out and support Cascade Ridge Elementary at the same time. Mention Cascade Ridge while you dine **Tuesday, March 6th**.



Hop Jack's - Dine out and support Cascade Ridge Elementary at the same time. Mention Cascade Ridge while you dine **Tuesday, April 24th**.



Parents Night Out - Karate West. Don't let your kids miss out ages 6-12 you can drop off your child for a Parent's Night Out. Kids will enjoy fun filled games and cool karate. No experience necessary 100% of the proceeds come back to Cascade Ridge. Price is \$35 for 3 hours, fun and pizza dinner. Dates 3/9, 4/6, 5/4, 6/1. [Pre-registration online required.](#)



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...

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March 2nd

April 6th

May 4th

Play date times are as follows:

11:20 - 11:45	1st and 4 th
11:45 - 12:10	2nd and 3 rd
12:10 - 12:35	K and 5 th
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: <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>