



# COYOTE HOWLER

## May Events

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**May 4th:** Parent Play Day;  
Popcorn Friday

**May 4th:** Parents Night Out

**May 7th:** Site Council Meeting  
at 4:00p

**May 7th - 11th:** Staff  
Appreciation Week

**May 18th:** PTSA General  
Membership Meeting at 9:15a

**May 21st - 24th:** Kindness  
Week

**May 30th - June 1st:** 5th  
Grade Camp

## President's Letter

As our year begins to wind down, I want to take a minute to Thank YOU, all our wonderful Cascade Ridge families. I appreciate all the ways, big and small, that you make our school an amazing place to be.

Whether it is chairing an event, being a "worker bee" behind the scenes or volunteering on the front lines in your student's classroom, I want you to know I see YOU. I appreciate YOU. I know this school would not be the same without all of your hard work. THANK YOU!

Sincerely,

Jaime Foreman

Cascade Ridge PTSA President

# General Membership Meeting

Save the date for our final General Membership meeting of the year. Join us on Friday, May 18<sup>th</sup> at 9:15am at Cascade Ridge. We will vote on the interim budget for next year. All PTSA members are welcome and encouraged to attend! See you there!



## New Board Members

Congratulations Incoming PTSA Executive Board Members! Thank you to everyone who was able to attend last month's PTSA General Membership Meeting. Our membership elected the following individuals to the 2018 - 2019 PTSA Executive Board.

Congratulations and thanks to each and every one of these members who so willingly give their time and energy to our school and community.

Co-President	Stephanie Middleton
Co-President	AJ Henderson
Executive Vice President	Amy Hayes
Treasure	Lisa Righetti
Secretary	Sandy McNees
VP Communications	Swati Jain
Co-VP Fundraising	Angela Fischer
Co-VP Fundraising	Holly Briscoe
Co-VP Programs	Tiffany Parker
Co-VP Programs	Andrea Obert
VP Volunteers	Katie Mack
VP Community Relations	Paula Koransky

## 2018 - 2019 Fifth Grade Parents

Do you have a 5<sup>th</sup> grader next year and interested in joining the 5<sup>th</sup> grade planning committee? The committee consists of 5<sup>th</sup> grade parent volunteers who work with the school staff to ensure every graduating student has an extra special 5<sup>th</sup> grade experience during their last year. The success of the 5<sup>th</sup> Grade Committee is driven primarily by parent volunteers. We will be holding meetings periodically and will be creating sub-committees to oversee the various initiatives (i.e., service project, graduation ceremony and 5<sup>th</sup> grade cast off party)

If you'd like to learn more about the committee or be a part of the 5<sup>th</sup> grade committee please contact Sandy McNees, [sandy\\_mcnees@hotmail.com](mailto:sandy_mcnees@hotmail.com) or April Gregory, [amparnell621@yahoo.com](mailto:amparnell621@yahoo.com) .

## PTSA Committee Open Chair Positions

If you're looking for a way to get more involved at Cascade Ridge, please consider one of the following positions within PTSA. We would love to have you!!

- Website co-chair
- Color Run Silent Auction Lead
- Reflections
- Coyote Art Walk
- Spelling Bee co-chair
- Math Club
- Festival of Cultures co-chair
- Before/After School Programs
- Popcorn Fridays
- Kiln co-chair
- Safety Patrol Liaison (5<sup>th</sup> grade parent)

For more information or position-specific questions, please contact Stephanie Middleton. [stephwamsley@gmail.com](mailto:stephwamsley@gmail.com)

### Attention Cascade Ridge Families:

The week of **May 7th - May 11th** we are celebrating our favorite Superheroes...our amazing CRE teachers and staff!

**Your mission should you chose to accept it:  
Help give your favorite  
heroes a **SUPER** week!**



## STAFF APPRECIATION

## WEEK!

**Monday** - Surprise your teacher with a “super needed school supply”. Your room coordinator will let you know what they need most.

**Tuesday** - Power up your favorite heroes with some “ultra yummy treats”. Bring in a homemade or store bought treat for your teacher and/or any staff member.

**Wednesday** - Make a “powerful” statement by wearing your teacher’s favorite color.

**Thursday** - Tell your teacher, specialists, and favorite staff members why you think they are “SUPER” with an extra special thank you card.

**Friday** - Reward your heroes with a gift from their favorite things list on the PTSA website:  
<http://cascaderidgeptsa.org/Page/TeacherFavorites/Main>

*All week long students will also have the opportunity write notes to their favorite heroes and post them on our “Super Shout Out” board in the cafe (post it notes & pens provided in cafe).*



### Mission Information:

M “**S**uper Needed” Supplies  
Tu “**U**ltra Yummy” Treats  
W “**P**owerful” Colors  
Th “**E**xtra Special” Cards  
F “**R**ewarding” Gifts

# Parent Ed Corner

## Parentwiser Events:

*Peaceful Parent, Happy Kids*

How to help children WANT to cooperate without yelling, bribes, threats or punishment

**May 16, 2018 7:00 PM** [Skyline High School Theater](#)

**May 17, 2018 10:00 AM** [First Stage \(Kidstage\) Theatre](#), Issaquah

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.

In this talk with Dr. Laura Markham, you'll have a chance to ask questions about your own parenting, and you'll learn:

- 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

For parents only. Free for PTSA members of Issaquah School District, \$10 donation requested of non-members.

## Parentwiser Archives

Did you miss one of the live ParentWiser parent education talks? If so, not to worry! Our amazing student and parent volunteers have recorded some of the talks and made the replays available for you here. Please note: these talks are for Issaquah School District PTA members only. Please do not forward or share. Enjoy! Catch up on what you miss [here](#)

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

I came across this article from ParentToolKit about "down time" as summer is just around the corner! [Debunking the Belief That Downtime Is a Waste of Time](#)

# PTSA Volunteer Spotlight

The PTSA Board would like to spotlight

**Amy Hayes**

as our May Volunteer of the Month!

Amy has contributed so much time to Cascade Ridge this year! Most notably, perhaps, is her willingness to take on and chair the ever-popular Science Fair. Beyond that achievement, Amy is also a Room Coordinator, Yearbook Photographer, an at-home and classroom volunteer, Box Tops rep AND she recently helped with the Book Swap.

Amy, her husband, Tom, and their two boys, Cole (Kinder) and Ethan (Pre-school), are an active crew. They love to mountain bike, hike, ski and otherwise enjoy the beautiful PNW outdoors.

***Thank you, Amy, for all you do for Cascade Ridge!***



## Community Relations

We hope you all had a great spring break! It was nice to see everyone at our last Talk with Tia and General Membership Meeting. Thank you to our amazing bakers for the delicious breakfast treats! We would love to see some of you dads out there too, so we are doing something special just for you!



Friday, June 8th in the Coyote Cafe from 8:30-9am  
Block you calendars and save the date!

## Kindness Week

Mark your calendar for May 21<sup>st</sup> – May 24<sup>th</sup> for Kindness Week at Cascade Ridge. Be on the look out for more information in enews and on Facebook.



## Issaquah Schools Foundation Luncheon and Breakfast

*Don't miss Issaquah's event of the year*

The 20th Annual *Nourish Every Mind* Luncheon will again be at Meydenbauer Center. This is the event of the season to witness stories of impact from our students made possible by donors like you. Thanks to our generous Golden Apple Sponsors (Microsoft & Shelter Holdings) 100% of attendee's donations will go directly to support our students.

To register go to <http://isfdn.org/register/>





# BOOK SWAP THANK YOU!

**We had 183 students  
contribute 1,486 books!!!**



Thank you Cascade Ridge families for your enthusiastic support of the 4th Annual Book Swap! Gently used books were collected before school on Wednesday, April 25<sup>th</sup>. Then, during recess, students enjoyed hunting for “new to you” titles. Teachers were invited to choose titles for their classroom libraries and the remaining books were donated to local charities (Issaquah Food Bank and Eastside Baby Corner).

Special thanks to the students/families who donated 50+ books (**Maggie/Charlie Brady, Ethan/Kiera/Brandon Howe, Leela Singh & Miller/Vail Weisenberger**) and to **Denise Hsia**, Education Assistant, for donating advanced chapter books from her personal library. Way to go **2<sup>nd</sup> Grade Class** for the most participation!

Many thanks to **Dean Patti Foryan** and all the adult and student volunteers who made this event possible!

## **Adult Volunteers**

Amy Hayes, Tina Lackshin, Stephanie Middleton, Anne Miller,  
Carrie Lam and Jenny Zeng

## **Student Volunteers**

Maggie Brady, Charlie Brady, Gracie Brenner, Kaitlyn Cebull, Yufei Dai,  
Sienna Huntley, Amelia Huntley, Lana Klassen, Gabbi Perino,  
Devin Satenberg & Anna Schmidt

**Keeping saving those books (K-6<sup>th</sup> grade reading level) and  
look for the Book Swap to return again April 2019!**



## Upcoming Parent Night Out Dates

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!

**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 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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### **May 4th**

*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: <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>