

Coyote Howler

Cascade Ridge PTSA Newsletter



President's Letter

Happy New Year! I hope you had a wonderful and relaxing winter break with friends and family. We have so many great events coming up this month, there is something for everyone!

Eager Reader starts Monday, January 7. This is a great time for kids to crack open all those great books they received over the holidays. The PTSA will also host our Talent Show on January 22 at 5:30pm in the Coyote Café. Come check out our amazingly talented students! Engineering Night will be held on Thursday, January 31 at 6:30pm, also in the Coyote Café. This is a night filled with interactive STEM experiences to promote the engineering process. It's also a fun opportunity to play and learn as a family. We look forward to seeing you there!

We would like to invite everyone to join us for our second General Membership meeting on Friday, January 11 at 9:15am in the Coyote Café. We will be reviewing the budget and outlining all the exciting upcoming events at Cascade Ridge. If you have not yet had the opportunity, please join the PTSA via our website (cascaderidgeptsa.org) under family registration.

Welcome Back Coyotes!

AJ Henderson



January 4th

Parent Play Day and Popcorn Friday

January 7th

Site Council meeting at 8:30a

January 7th

Eager Reader Begins

January 10th

Class Picture Day

January 11th

PTSA General Membership Meeting at 9:15a

January 21st

No School - MLK Day

January 22nd

Talent Show at 5:30p

January 28th

No School

January 31st

Engineering Night

Volunteer of the Month

The PTSA Board would like to spotlight

Claire Raphael

as our January Volunteer of the Month!

We chose to highlight Claire because Claire has been instrumental in building a robust social media presence for Cascade Ridge Elementary's PTSA. Her responsiveness and expertise has significantly helped improve the reach of our Facebook page as well as our brand new Instagram account.



Along with her role as Social Media Chair, Claire also volunteers in the classroom as a party coordinator, co-manages the PTSA's passive fundraising efforts, worked on the Color Run Committee, and managed communications for the Science Fair.

Claire has lived in Trossachs for 4 years with her husband Lloyd and two sons: Oliver (2nd) and Jack (Pre-K). After living in the Seattle area for 20 years, she is a wealth of local information. Just ask her where you can potentially pet a wallaby near the Plateau.... Claire is a freelance marketing and social media consultant, and in her spare time she loves to try new workout classes, pet puppies, and plan adventures with her family.

We are absolutely thrilled to have her on the team and super thankful for all her efforts and contributions!

Eager Reader

Eager Reader begins January 7 so have those books ready to read! The program will run for 4 weeks. Information packets will be online the first week of January.

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-2nd grade students must read or be read to for 120 minutes each week, and 3rd-5th grade students must read 180 minutes each week.

Science Fair Committee

Our annual Science Fair is coming up on March 28th and we need YOUR help! Please consider joining the planning team so we can make this event even better than last year! Amy Hayes and Iris Leal will co-chair the Science Fair and they are looking for volunteers to help plan the event. Committee members will meet 2-3 times between January and March and will work closely with the co-chairs to plan, coordinate, and implement all aspects of the Science Fair and our very popular Family Science Night. This is one of our most popular events and we can make it the best ever, but we need YOUR ideas and help to do it! If you're interested in being part of the committee, please email Amy Hayes at triluna99@yahoo.com for more information.

PTSA Membership

Did you know that we are less than 55 members away from having 100% PTSA membership?? Let's kick off the new year with a goal of getting to 100%! If you are new to the school, visit the Cascade Ridge PTSA website and sign up for a membership. If you're a Cascade Ridge veteran, it's time to check and see if you've renewed your membership for this year. Every family needs to renew each year.



PTSA sponsors a number of fantastic events throughout the school year (Eager Reader, Festival of Cultures, Science Fair, Bingo Night, etc.), staff appreciation and enrichment for our children (teacher grants, art docent program, before and after school programs, etc.).

Thank you for joining PTSA and supporting Cascade Ridge!

<https://cascaderidge.ourschoolpages.com/Package/Join/FamilyInfoSignedInPacketPage/0>

Site Council

The Cascade Ridge Site Council is a shared decision-making committee comprised of parents and staff representing the Cascade

Ridge community. Its purpose is to ensure full representation of this community in decisions and policies that impact our common goal of improving student learning. YOU are a part of this community and your voice matters.

Should you have questions, concerns or ideas regarding our school community and student learning you can email the Site Council PTSA rep, Amy Hayes, at triluna99@yahoo.com and they will be brought up at the next Site Council meeting. The following is a list of our meeting dates for the remainder of the school year:

January 7th, March 4th, May 6th

You can also speak directly to a Site Council representative:

2018-2019 Site Council members

Staff Reps

- Illene Deremer (K-2)
- Demetra Trull (3-5)
- Tia Kleinkopf (Principal)
- Patti Foryan (Dean of Students)
- Angie Ahlemeyer (Classified staff)
- Donna Cleary (Office Registrar)

Parent Reps

- Matthew Gehmen
- Swati Jain
- Qibo Fan

Family Engineering Night



The third annual Cascade Ridge Family Engineering Night is coming up on Thursday, January 31st 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, critical thinking and the opportunity to play and learn as a family

When: January 31st, 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.

Thank you to those who have already signed up! We are still in need of VOLUNTEERS for Setup, Cleanup, Running Stations and Pre-event Kit Assembly to make this event a success.

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

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

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

Kit Assembly Volunteers 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 sign up the PTSA website or email Emily Ma at emifma@yahoo.com

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

Parent Ed Corner

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: March 11 & 12, 2019 (one session will be for boys and one for girls -right now that is TBD)

Time: 6:30-8:30 pm

Location: Cascade Ridge Elementary School

Be on the look out for registration information in the New Year!

Parent Education from Parentwiser

DIGITAL SAFETY 101 with Jo Langford

January 9, 2019 7:00 PM

[Register Here](#)

Jo Langford helps parents balance kids' digital lives with boundaries, etiquette and good judgment. He provides an overview of adolescent digital behavior with the risks and benefits of online life. Jo will discuss the social sites you need to know about --the good, the bad and the ugly, all explained! Including a primer on sexting, cyberbullying and more.

Learn to set limits, monitor behavior, and start the important conversations around kids' relationships to tech in a connected world. PLUS a healthy dose of Q&A.

Jo Langford is a dad, therapist and sex educator for kids and parents in greater Seattle. Jo has worked over 20 years at the intersection of adolescence, sexuality, technology and behavior, providing training for organizations and therapy to adolescents and families around a gambit of sexuality themes, including LGBTQ issues, internet safety, digital citizenship and comprehensive sex education. Jo also authored the books Spare Me the Talk, a Guy's/Girls

Guide to Sex, Relationships and Growing Up. (Buy your book in advance and bring it along for book signing!)

For PARENTS of grades 3-12. (This is a PARENT ONLY event due to the sensitive nature of some content).

Free for current PTSA Members and VOICE Mentors in the Issaquah School District, \$10 donation requested of non-members.

Register for the # of seats you wish to reserve. Walk-Ins admitted only if space available.

Teen Vaping

The epidemic sweeping the nation?

February 4, 2019 7:00 PM

[Register Here](#)

Smoking is out, but is vaping any different? Find out why the FDA and American Medical Association is calling vaping / juuling an "urgent public health epidemic"; explore the impact vaping has on our young people and how parents can help.

Jerry Blackburn discusses and explores with parents:

- dramatic impact of nicotine on the brain
- nature of vaping and associated products
- aggressive unregulated marketing to youth
- dangers/concerns of vaping consumption

- how parents can reduce the risk of use for youth

Jerry Blackburn, M.ED., CDP is the Program Manager for Substance Abuse and Prevention Services with Friends of Youth, Issaquah

For PARENTS of grades 5-12

FREE Attendance

Issaquah HS Theater, 700 2nd Ave SE, Issaquah, WA 98027

Other Events in the Area

Parenting with Identity in Mind with Rosetta Lee

January 23, 2019 11:30 AM

Rosetta Lee, a highly-regarded, local and national expert in diversity, inclusion and equity will discuss parenting with identity in mind.

Learn how to create positive self-identity in our children and teach them to be positive influences on others. The goal is to create inclusive communities which support everyone's success.

For parents of children of all ages.

Presented in partnership with Friends of the MI Library.

Mercer Island Community and Event Center,
8236 SE 24th Street, Mercer Island, WA 98040

Talent Show



Please join us at the PTSA Talent Show on Tuesday, January 22nd at 5:30PM in the Cascade Ridge Café. All the performance spots have filled so come support your friends and classmates as they take the stage. If you are interested in volunteering or have a middle school or high school student looking for volunteer opportunities please contact Angela Fischer at afischer515@yahoo.com.