

Coyote Howler

Cascade Ridge PTSA Newsletter



President's Letter

February is gearing up to be another busy month at Cascade Ridge!

In the fall, PTSA voted in the Nominating Committee, who will find volunteers to serve on the PTSA Board and other chair positions for the 2019-20 school year. Thank you to our Nominating Committee – Tiffany Parker, Swati Jain, Priyanka Goswami and Laura Gehman - for tackling this responsibility. If you are interested in learning more about a position on the board or know someone who would be a good fit for a board position, please contact Tiffany Parker at tparker91@comcast.net.

The S-p-e-l-l-i-n-g B-e-e will be taking place on February 4, 5, & 7 this year. Register on the PTSA website to participate or just attend and cheer on our great Cascade Ridge spellers!

March 1 at 6pm the PTSA is hosting it's inaugural Bingo Night, bring the whole family and join us for a fun filled evening!

Whether you are attending or volunteering at a PTSA event, helping in your student's classroom or having fun at your student's Valentine's Day party, we look forward to seeing you at Cascade Ridge!

AJ Henderson

Cascade Ridge PTSA President



February 1st
Parent Play Day

February 4th
Spelling Bee at
4:00p

February 5th
Spelling Bee at
4:00p

February 7th
Spelling Bee at
4:00p

February 12th
2nd Grade Music
Concert at 6:30p

**February 18th -
22nd**
Second Winter
Break

Spirit Wear

CASCADE RIDGE ELEMENTARY SPIRIT-WEAR 2019
CASCADERIDGESPRING.ITEMORDER.COM

Bling! Rhinestones

CASCADE RIDGE ELEMENTARY

Spring 2019 Online Store
 OPEN
 MARCH 1st-10th

orders to be delivered
 to the classroom on
 Tuesday, April 2nd
 at Cascade Ridge

PTSA SPIRITWEAR CONTACT:
 CHRISTIE JUCHT
 CJUCHT@COMCAST.NET
 (425) 753 8321

**CASCADE
 RIDGE**
 E L E M E N T A R Y

CAR MAGNETS
 BAG TAGS
 BACKPACKS
 HOODIES + TEES
 PARENT & STAFF
 APPARAL TOO!

Golden Acorn Award

The Golden Acorn Award is presented to a school or community volunteer in recognition of her or his dedication and service to children and youth.

The Golden Acorn Award recognizes the contributions of an individual that has gone above and beyond in their volunteer efforts at Cascade Ridge Elementary, and within our local community.

The Cascade Ridge Elementary PTSA is seeking nominations for volunteers that demonstrate an outstanding personal commitment to improving the lives of children and youth through their service to the school, district, and community.

Award:

Since the beginning of this program in the 1930s, more than 54,000 Golden Acorn Awards have been presented to volunteers throughout Washington state. Recipients receive a certificate and pin, and a contribution is made in their name to the Washington State PTA Scholarship Program that benefits students.

If you would like to nominate someone for one of these awards, please click on the survey link below. We will be accepting nominations until February 28th.

<https://www.surveymonkey.com/r/CR-Awards2019>

Questions : Susan Ho - sh97062@gmail.com

Volunteer Spotlight

The PTSA Board would like to spotlight

Leticia Watson

as our February Volunteer of the Month!

We chose to highlight Leticia because she does a wonderful job volunteering in multiple roles for Cascade Ridge Elementary as well as the local community. As chair of the PTSA Before and After School Programs, she spends time coordinating with outside vendors, the Issaquah school district, and Cascade Ridge to provide a variety of enrichment options for Cascade Ridge Families.

Leticia's family has lived in Washington for 11 years. They started out in the Lake Washington

School District and moved to the Issaquah School District a little over two years ago. Leticia has a daughter, Emma, in third grade and a son, Matthew, starting his first year of preschool in the fall. In her spare time, Leticia enjoys spending time with family and exploring the local area. Her favorite hobbies are reading, singing, playing the piano, museums, musicals, and attending the opera and symphony. Also, she teaches kids at church and participates in her church choir.

Leticia enjoys volunteering because it provides an opportunity to build friendships in the community and a way to pay it forward to others. We're so fortunate to have amazing volunteers such as Leticia!



until February 15th. **REGISTER TODAY** on the Cascade Ridge PTSA Website!

Ticket price is \$3/person and includes four bingo cards plus one raffle ticket. Four bingo games (multiple winners per game) will be played. Fun prizes and special guest callers! Doors and concessions open at 6pm. Bingo games start at 6:30pm. Water, soda, chips, candy and yummy goodies provided by the PTSA Baking Committee will be available for purchase at the event. Pizza can be pre-ordered online when you register. Cheese and pepperoni pizza available for \$2/slice or \$15/whole large pizza. Plan ahead and order pizza for your whole family!

As with any great event, we are in need of volunteers to help with set-up, the check in table, concession sales, bingo checking, prize tables and cleanup. If you can help, please **SIGN UP TO VOLUNTEER!**

If you have any questions about Bingo Night, feel free to email Darlene Baker at darlene_baker2005@yahoo.com or Paula Koransky at paulakoransky@me.com.

Bingo Night!

Save the date and get ready to join us for our first Family Bingo Night hosted by the Cascade Ridge PTSA on Friday, March 1st from 6-8:30pm in the Coyote Cafe! Don't miss out on the fun! *Space is limited and tickets must be purchased in advance.* Registration is open now



Festival of Cultures

SAVE THE DATE: The Cascade Ridge PTSA will be hosting one of its most popular family events, **The Festival of Cultures on Thursday April 25th**, at Cascade Ridge Elementary School. This is a fun event dedicated to celebrating the wonderful diversity at Cascade Ridge and educating the students and parents about the different cultures of the world. More info about the event, signing up for booths, volunteering and signing up your kids for a fun Ethnic Costume Fashion show coming out soon....



School Yearbooks

A Cascade Ridge Yearbook is a great way for your student to remember their year and all the fun they had. Yearbooks are delivered to students the last week of school and many classrooms give time for students to sign each other's yearbooks. Don't let your student be left out!

Here is the link to order your Cascade Ridge yearbook: <https://cascaderidge.ourschoolpages.com/Packet/Yearbook/ProductsPacketPage/1>

Not sure if you ordered your student a yearbook? Go to <http://cascaderidgeptsa.org/Home> and click on "My Account" and look under "My Orders".

Box Tops

Do you know box tops are on many of the products in your home right now? For a list of products, please check out this link: <https://www.boxtops4education.com/earn/participating-products>. Be on the lookout for information about our Spring Collection Contest. In the meantime, keep collecting those Box Tops!

Science Fair

Thursday, March 28th from 6-8pm

Science fair registration is open and we can't wait to see all the exciting experiments from your young scientists this year! We have some fantastic exhibits lined up and hope that you can join us for this fun, family event.

Register:

Online registration for K-4th grade is due March 15th. Visit the [Cascade Ridge website](#) to register your scientist and order a colorful display board (limited quantities this year, so order early!).

Volunteer:

We need volunteers to pull off this great event! If you are able to volunteer for one of the many areas of this event (set-up, judging (no science background needed!), concessions, assistance with various activities at the Fair, tear-down) please sign-up when registering your student for the science fair or contact sciencefair@cascaderidgeptsa.org.

Talent Show Recap

The 2019 PTSA Cascade Ridge Talent Show was fantastic! We had 49 students come together to entertain us on January 22ND. Dancers, singers, musicians, comedy, martial arts and even mountain biking; it's clear our school is bursting with talent!

Thank you to our 5th grade Masters of Ceremonies Avery Clayton, Jordan McNees, Shaan Brar, Ishir Vig, Ishita Vig, and Anvesha Jain.

Adi Bharanidharan (5th grade), thank you for making us smile and laugh!

And a very special thank you to all the students who shared their gifts with us during Act 1 and Act 2 of the show.

Kindergarteners: Alice Xiong, Virginia De Las Fuentes, Siena Thomas Pease, Aadya Surve

First Grade Students: Delaney Wright, Zoe Henderson, Zhaoling Rong, Jayden Li

Second Grade Students: Aditya Bildkar, Abhignya Poliseti, Miller Weisenberger, Zoya Syed, Ava Jucht, Isabelle Choi, Reva Desai



Third Grade Students: Varun Sivakumar, Jiayi Xiong, Leo Zhang, Aubrey Wright, Willamena Warren, Arnav Jagtap, Emma Watson, Austin Shek, Camille Zurcher, Aashna Lalla, Laine

Buechler, Kaitlyn Kong, Grace Krueger, Payton Briscoe, Caroline Buis

Fourth Grade

Students: Vail Weinsenberger, Angela Fadillah, Meiling Hou, Rohan Patil, Jessica Charles, Mia Fischer, Tarana Bindal



Fifth Grade Students:

Varnika Dokka, Anarghya Poliseti, Aditi Sivakumar, Meghna Ramesh, Vedanth Ramesh, Sailor Storey



The show could not go on without the help of our PTSA and the many volunteers who showed up to set-up, check-in performers, work back stage, sell concessions, take photos and cleanup after the show. Thank you, thank you, thank you! Thank you also to our bakers who provided delicious sweet treats for our audience. Finally a huge thank you to Sandy McNees and Angela Fischer who organize and execute this well-loved event!

Curtain Closed, and that's a wrap...until next year.

Visit the [Cascade Ridge PTSA Web site](#) to view more pictures!

Parent Ed Corner

CRE Puberty Workshop 2019

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 guide your child as they begin their journey towards adulthood.

Date(s): Mon: **03/11/19** (boys and parents);
Tues: **03/12/19** (girls and parents)

Time: 6:30-8:30 pm **Location:** Cascade Ridge Library

Fee: \$40/family (child + one or both parents/guardians; addtl child \$20)

Space is limited! To register, click on this [link](#) or go to: thewrightconversations.com/cre-workshop.html

From Parentwiser

ParentWiser and Influence the Choice partner to bring you **TEEN VAPING** presented by Jerry Blackburn of Friends of Youth.

TEEN VAPING: The epidemic sweeping the nation?

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

Note: For PARENTS ONLY of grades 5-12. This is a FREE event.

Monday, February 4th at 7pm at Issaquah High School. [REGISTER HERE](#) *Attendance is FREE

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

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

Fundraising

Dine out at the brand new Sammamish **Evergreens Salad** on Thursday, February 7th. 20% of all proceeds will go to Cascade Ridge PTSA.

Amazon Smile- Simply go to smile.amazon.com and on your first visit, select 'Cascade Ridge Elementary PTSA' as the charitable organization to receive donations from eligible purchases. Your selection will be remembered for future purchases.

Bartell Drugs- If you have a Bartell Drugs 'B' Caring card, you can contribute 4% each time you shop! Sign up for a 'B' Caring card at <https://secure.escrip.com/signup/index.jsp?cid=300404&ct=63>

Register your card and select CASCADE RIDGE

Brown Bear Car Wash Tickets- For every \$5 ticket purchased, PTSA earns \$3.50 (normal price for basic exterior car wash is \$8.00). Order your tickets here: <https://bit.ly/2rop6Ne>

Coyote Gear- Gear up for spirit days! Order some Coyote Gear featuring the latest designs. <https://bit.ly/2UkQHMI>

Cascade Ridge Socks- Take your school spirit to the next level with some Cascade Ridge socks! Is your child playing basketball this season? Are they on a Cascade Ridge team? Encourage your team to wear matching Cascade Ridge socks! E-mail claireraphael@hotmail.com to order.

Be on the lookout for some exciting events in the near future... Cycle Bar, Seattle Mariners game, Seattle Sounders game, all supporting Cascade Ridge PTSA!