

Coyote Howler

Cascade Ridge PTSA Newsletter



President's Letter

Welcome back Coyotes! I hope everyone enjoyed our snow days and had a relaxing mid-winter break. Now it's back to school and we have a lot of fun events planned!

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 Susan Ho, our VP-Volunteers, at sh97062@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, 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 a new digital piano, five new digital cameras and twenty Micro:bits to be used to help teach computer science and coding skills. Thank you for supporting PTSA! We look forward to seeing you this month at the PTSA Social on March 15 at Paula Koransky's home, and the Science Fair on March 28.

AJ Henderson

Cascade Ridge PTSA President



March 4th

Site Council at
4:00p

March 13th

All Choir Festival at
6:00p

March 15th

PTSA Social at
10:00a

March 19th

Trudy Ludwig
Presentation at
6:00p

March 21st

2nd Grade Concert
at 6:30p

March 26th

4th Grade Concert
at 6:30p

March 28th

Science Fair at
6:00p

Science Fair

Thursday, March 28th, 2018

6:00-8:00 PM

The PTSA sponsored 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 Insect Safari and Microsoft HoloLens. 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.

Grades K-4 registration deadline is March 15th. There is still time to participate! Visit <https://cascaderidge.ourschoolpages.com/Packet/ScienceFair/EventRegistrationPacketPage/1> 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/ScienceFair/VolunteeringPacketPage/4> or contact Amy Hayes or Iris Leal at sciencefair@cascaderidgeptsa.org

Bingo Night



Due to the weather and school day cancellations, we have decided to postpone Family Bingo Night until May. A new date will be announced soon.

Pastries with PTSA



Friday, March 15th

10:00am - 11:30am

at the home of Paula Koransky, PTSA
Community Relations VP

This is a casual gathering for all parents (younger siblings welcome). 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 Thursday, March 14th.

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

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

Hidden in Plain Sight

PARENT/ADULT ONLY EVENT

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. Come to a *Hidden in Plain Sight* exhibit and learn what to look for and what to do if you find something.

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 of treatment, law enforcement, substance abuse prevention, and other parents.

This exhibit encourages parents to communicate with their children about at-risk behavior that could lead to alcohol or drug disorders. Because a strong parent-teen relationship is the most effective tool to prevent youth substance use.

March 4, 2019 6:30 PM @ Maywood Middle School [Register](#)

April 2, 2019 6:30pm @ Skyline High School [Register](#)

Sponsored in partnership by the Issaquah Schools Foundation, Influence the Choice drug prevention alliance for youth, City of Sammamish Police Department, Eastside Fire & Rescue, City of Sammamish Parks & Recreation, Issaquah PTSA Council 2.6, ParentWiser, City of Issaquah Police Department, Friends of Youth.

LIKE film documentary & discussion

For parents and students in grades 6-12. FREE for PTSA Members in the Issaquah School District, \$10 donation requested of non-members or guests.

Are you using technology, or is technology using you?

LIKE is a documentary about the impact of social media on our lives, and the effects of technology on the brain. The goal of this film is to inspire and help equip us to teach ourselves and our children to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care...but is that what's really happening?

Q&A with local experts from our schools & community will follow the film.

[Watch the trailer here!](#)

March 25, 2019 7:00pm @ Liberty High School
[Register](#)

March 27, 2019 7:00pm @ Issaquah High School (with Spanish subtitles) [Register](#)

March 28, 2019 7:00pm @ Skyline High School
[Register](#)

Register to reserve a seat. Walk-Ins seated if space available.

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Volunteer Spotlight

Please come back to the monthly Volunteer Spotlight section in April. In lieu of featuring a volunteer for March, we will be spotlighting two amazing volunteers for April!

Fundraising

Passive Fundraising

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.

Coming soon:

Based on your votes!

Mariners Cascade Ridge Day Out

Coming This May!

CASCADE RIDGE ELEMENTARY SPIRIT-WEAR 2019

CASCADERIDGESPRING.ITEMORDER.COM



Bling! Rhinestones



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**
ELEMENTARY

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