

Coyote Howler

Cascade Ridge PTSA Newsletter



President's Letter

The sun is out and Spring Break is right around the corner! It's hard to believe we are in the final months of the school year!

I hope you all had a great time at the science fair. A huge thank you to Amy Hayes and her team for their amazing work! We had over 200 amazing student projects, many fantastic exhibitors, and lots to entertain everyone! Thank you for coming.

Before we head into spring break, please make sure you have your calendars marked for the upcoming fun at Cascade Ridge!

April 24 is our Book Swap at school. This is a great way to refresh your student's library! Be on the lookout for more information.

April 25 from 6-8pm we will be celebrating different cultures at Festival of Cultures. This is a great event where we celebrate our school's and community's diversity. Hope to see you there!

Enjoy your Spring Break! Whether it is a staycation or traveling near or far, enjoy time with your family.

AJ Henderson

Cascade Ridge PTSA President



April 5th

Parent Play Day

April 8th - 12th

Spring Break

April 23rd

5th Grade Concert
at 6:30p

April 24th

Book Swap at 9:00a

April 25th

Festival of Cultures
at 6:00p

April 30th

1st Grade Concert
at 6:30p

Science Fair Recap

Thank you to the over 60 amazing volunteers who made this year's Science Fair such a success! We'd especially like to thank Iris Leal, Sandra Vanderzee, Andrea Obert, Stacy Gazjuk, Tiffany Parker, Claire Raphael, Lloyd Raphael, Jeff Mucha, Chandra Polissetti, Lotte Goede, Nigar Suleman, Elana Clayton, and Vanya Avramova for going above and beyond.

This year's Science Fair started off with an exciting assembly, Volts and Jolts, presented by the Pacific Science Center in January. Over 200 students worked very hard for the next few months on their experiments at home and then turned in their final products on March 27th. The following day was the SCIENCE FAIR! Teachers signed up for a time to bring their students through the fair, both for students to present their work to volunteer judges and to see all the amazing work from their peers. Students walked around with ballots in hand and spent their time voting for the "Coolest Display", "Most Unique Topic" and "The Earth Award", among others.

Once all the judging was finished, it was time for the main event! Families enjoyed visiting all the amazing student projects and the many exhibits from our local science community. This year we featured a hands-on exhibit from the Pacific Science Center, Mathblast! Oxbow Farms brought worms and compost, teaching students about local conservation efforts, the Iron Patriots robotics team brought their volleyball shooting robot, Insect Safari brought an amazing selection of specimens and even a few live bugs. We also featured an edible insect station and we were thrilled that so many of

you tried the crickets and worms! IRG Physical Therapy got kids (and parents) moving all night, John O'Brien returned this year with the super popular Microsoft HoloLens technology and the Skyline Science Club dazzled with their energy and enthusiasm for chemistry. There were many more fantastic exhibits and we hope you were able to enjoy all of them. Last, we'd like to congratulate our award winners this year in grades K-2 and 3-5! They did an outstanding job on their projects and should be very proud of their efforts.

PTSA Volunteer Awards

PTSA service awards are given every year to outstanding volunteers for their service to our school and community. These awards recognize the contributions individuals have made at Cascade Ridge Elementary and within our local community.



Congratulations to this year's winners! We acknowledge and greatly appreciate your commitment to Cascade Ridge and our community!

- **Angela Fischer** – Lifetime Achievement
- **Carrie Lam** – Outstanding Advocate
- **Darlene Baker** – Outstanding Advocate
- **Amy Hayes** – Golden Acorn

- **Emily Ma** – Golden Acorn

These deserving volunteers will be honored at a district-wide reception in April. When you see these deserving recipients, please give them a pat on the back and thank them for all of their hard work on behalf of our school and community – and look for their names on the Golden Acorn plaque displayed in the front hall of our school.

Volunteer Spotlight

The PTSA Board would like to spotlight

Navreen Malik

as our April Volunteer of the Month!

We chose to highlight Navreen for April because despite being a new family to Cascade Ridge Elementary this year, Navreen has jumped in with both feet and eagerly volunteered for multiple volunteer activities over the past several months. Since joining Cascade Ridge Elementary in November, Navreen has volunteered to help with Engineering Night, Math Club, Spelling Bee, Science Fair, Library, Coffee with the Principal, Monthly Staff Luncheons, Staff Appreciation Week, and Bingo Night just to name a few activities!

Navreen's family has lived in Washington for the past 11+ years. They recently moved to Sammamish November 2018 from Auburn, WA. Navreen has a daughter, Airah Sofi, in 4th grade and another daughter, Zainab Sofi, in 1st grade. One of her personal goals is to raise conscious, responsible and strong girls who can make the world a better place. In her spare time, Navreen enjoys cooking, organizing, reading and traveling.

Navreen is passionate about volunteering because it helps her play a part in the quality of her kids' education and it also helps give back to the community we live in.

We are very fortunate to have amazing new families such as Navreen's at Cascade Ridge!



The PTSA Board would also like to spotlight

Peggy Sicilia

as our April Volunteer of the Month!

We chose to highlight Peggy for April because Cascade Ridge Elementary is going to miss all of her help and support. Peggy has been with Cascade Ridge since her oldest child started Kindergarten which was 10 years ago and still loves every moment! Peggy has been our “go-to” for the reader board for the past 4 ½ years, she helps with Color Run Decorations, Baking Committee, Staff Appreciation, 5th Grade Committee, and will be a Voice Mentor for ISD this coming school year.

Peggy has lived in Washington for 15 years (11 years in Trossachs) and has a family of “six”: her husband Jose, two sons Iralde Jose (Sophomore at Skyline), Fernando (7th grader

at Beaver Lake), a daughter Victoria (5th grade) and a very sweet beagle named Ani.

All of Peggy's three kids play premier soccer all year round so Peggy spends most of her late afternoons and weekends driving them to practice and games. In her spare time, Peggy enjoys walking the dog, baking, going to the gym, watching her kids' soccer games and spending time with friends. She also loves traveling to El Salvador (where she is from) and to Spain (where her husband's family is from) to visit family and friends and spend time on the beach.

Cascade Ridge will certainly miss wonderful long standing volunteers such as Peggy!



Festival of Cultures

Join us on April 25th 6-8pm at the Festival of Cultures in the Coyote Café!

Festival of Cultures is an event where we celebrate our school diversity, while learning about our different cultural backgrounds through games, entertainment, and tasting flavors from around the world; a very fun and educational event!



Country Representatives are needed!

Would you like to represent a country or a culture?

Download the [Country Information Form](#) and Email it, by Saturday March 30th, to FestivalOfCultures@cascaderidgepts.org

Our children will love seeing their cultures represented, and entertain us with a fashion show where they can show off their cultural attire.

New this year: Food Trucks! We are finalizing the line-up but so far we are looking forward to enjoying some bubble tea and Hong Kong style puff waffles!

We are excited to celebrate our diversity in this amazing event! You cannot miss it!

Mariner's Night

Bring your family along for a fun night at a Seattle Mariners game. Cascade Ridge Family night at the Mariners is Saturday April 27th 6:10PM vs. the Texas Rangers. The first 20,000 guests will receive a Mitch Haniger Bobblehead.

Click the link below to purchase your tickets. Tickets are \$17 each and will be delivered to your student's classroom.

<https://bit.ly/2TIq9Dx>

Yearbook Last Chance

Don't miss out on your opportunity to order a 2018-2019 Cascade Ridge yearbook for your student. Students love to look back on their year and have their friends sign their yearbook. Order your yearbook on our website cascaderidgepts.org by **Friday, April 19th**.

Family 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, May 17th from 6-8:30pm in the Coyote Cafe!** Don't miss out on the fun! *Tickets must be purchased in advance.* **Registration is open now until May 10th. REGISTER TODAY** on the Cascade Ridge PTSA Website! If you prefer to pay by cash or check, registration forms are available in the school lobby.

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.

Nominating Committee

Interested in supporting Cascade Ridge and working on our many fun events or joining the PTSA Board for the next year?

The PTSA Nominating Committee is working to identify the best candidates to support our Cascade Ridge Community, so that our kids and teachers have an amazing year!

There are a variety of roles available depending on your skill set, interests and availability. We would love to find a great match for you. If you are interested in any role or would like to learn more about them, kindly drop a note to us at nominatingcommittee@cascaderidgeptsa.org and we will get in touch with you.

Spelling Bee Recap

This year, the Spelling Bee withstood the snow storm and we made it through! We are so proud of each one of the participants and excited about everyone's motivation!

Special Congratulations to the following spellers:

- Kindergarten (Winning Word: Siren)
 - 1st - Yvaine Wang
 - 2nd - Alice Xiong
 - 3rd - Janaki Nair
- 1st Grade (Winning Word: abnormal)

- 1st - Yichen Zhang
- 2nd - Palakh Bindal
- 3rd - Sunehra Kadali
- 2nd Grade (Winning Word: vicious)
 - 1st - Charles Hsu
 - 2nd - Alvin Ye
 - 3rd - Thomas Hsu
- 3rd Grade (Winning Word: Kilimanjaro)
 - 1st - Isha Patil
 - 2nd - Arnav Jagtap
 - 3rd - Elliot Prudente
- 4th Grade (Winning Word: riviera)
 - 1st - Rohan Patil
 - 2nd - Manya Alapaty
 - 3rd - Yashveer Brar
- 5th Grade (Winning Word: endorphin)
 - 1st - Varnika Dokka
 - 2nd - Ishita Vig
 - 3rd - Sukhshaan Brar

Parent Ed Corner

Meet and discuss with author of *The Turning*, **Emily Whitman**, as she shares writing strategies, research adventures, and what it means to belong.



Thurs, **April 4th at 6:30-7:30pm** at the ISD Administration Building. All parents of grades K-8 welcome!

**This parent education opportunity is provided by Issaquah School District*

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

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

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.

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.

Challenge Success

Reduce Academic Stress without Sacrificing Achievement

For parents of grades K-12:

May 6, 2019 7:00 PM

[Register](#)

Skyline High School, Theater 1122 228th Ave
SE Sammamish, WA 98075

May 7, 2019 10:00 AM

[Register](#)

KIDSTAGE First Stage Theatre

120 Front Street North Issaquah, WA 98027

Based on the *Well-Balanced Student* by CHALLENGE SUCCESS, a Stanford University think-tank of educators, psychologists and

parenting professionals, speaker **Mary Hofstedt, School Program Director for Challenge Success**, shares research based insights on how to *reduce academic stress without sacrificing achievement*.

When we are too focused on grades and performance, we deny our children the time and energy they need to tackle the demanding work of growing up. In this presentation, you'll learn how you can establish a healthier home environment for your school-aged child, reduce academic stress without sacrificing achievement, and increase your child's resilience, creativity, and well-being.

This presentation is an interactive workshop coupled with opportunities for personal reflection, audience participation, and brief discussion. Parents leave with practical strategies for home and school.

Spring Enrichment

Check out the [PTSA website](#) under "Enrichment" for information and to register or click on the links below. Information may be subject to change. All classes are in the afternoon unless otherwise noted.

MONDAYS

[The Piano Keyboard Club with Musical Minds, Morning Class, Grades K-5.](#)

[3D Drawing and Perspective with Crimson Canvas, Grades 3-5.](#)

[It's Debatable with Grasshopper, Grades 1-5](#)

[Eastside Drama Kids, Grades 1-5](#)

TUESDAYS

Fly Spanish, Morning class, Year-round

[Battlebots Robotics with Leap4Kidz, Grades 3-5](#)

Fly Spanish, Year-round

[Karate with WA Shito Ryu Academy. Day may be subject to change.](#)

WEDNESDAYS

[Twisted Fairytales with Village Theater, Grades K -3](#)

[Kids Create with Code Club with Techventure Kids, Grades 2-5](#)

THURSDAYS

[Intro Jr. Robotics from Leap4Kidz, Grades K-2](#)

FRIDAYS

[Drawing & Painting with Museo Art Academy, Grades K-5](#)

Fly Spanish, Year-round

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