

# Coyote Howler

## Cascade Ridge PTSA Newsletter



### President's Letter

February brings us 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 2020-21 school year. Thank you to our Nominating Committee – Laura Gehmen, Sandra Vanderzee and Casey Marcin - 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 Laura Gehmen at [lgehmen@gmail.com](mailto:lgehmen@gmail.com).

On February 4<sup>th</sup> we're excited to bring you our annual Spelling Bee! This year's event is one night only, so "BEE" sure to come out and support our amazing spellers. Eager Reader is still going strong and will end on February 9<sup>th</sup>. We're amazed by how many minutes the students are reading and we love seeing the excitement with the classroom competitions. Keep up the reading!

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 and Amy Hayes

Cascade Ridge PTSA Co Presidents



**Please check the PTSA [Web site](#) for the latest events**

**February 3rd** - Class Picture Day

**February 3rd - 9th** - Eager Reader

**February 4th** - Spelling Bee at 4:30p (Grades 1 - 3) and 6:30p (Grades 4 - 5)

**February 12th** - 5th Grade Concert at 6:30p

**February 17th - 21st** - No School - Mid Winter Break

## Talent Show Recap

The 2020 PTSA Cascade Ridge Talent Show was fantastic! We had 44 students come together to entertain us on January 21st . Dancers, singers, musicians, creative comedy and even mountain biking; it's clear our school is bursting with talent!

Thank you to our 5th grade Masters of Ceremonies Tarana Bindal, Airah Sofi, Ella Sullivan, Rev Boba and Mia Fischer

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.

First Grade Students: Virginia De Las Fuentes Ramos, Tuyet Duong, Melini Sehn, Reva Kulkarni-Jagtap, Shivani Dalakoti, Tiffany Zhang, Aadya Surve

Second Grade Students: Declan Gehmen, Zoe Henderson

Third Grade Students: Nolan Reeder, Zoya Syed, Giuliana Cassado, Diya Naidu, Jeremy Sehn, Clark Hohman, KC Deme, Reina Taheri, Sinjin Tran

Fourth Grade Students: Isha Kulkarni, Arnav Jagtap, Isha Patil, Aarohi Shrivastava, Camille Zurcher, Vicky Lin, Nicky Lin, Caroline Buis, Emily Schmidt, Willa Warren, Aubrey Wright

Fifth Grade Students: Cayla Tran, Hanna Reeder, Mia Fischer, Carly Maginnis, Makenna McNees, Hailey Roberts, Rohan Patil, Rishi Niranjana, Chloe Weiner, Natalie Challey

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 have organized and executed this well-loved event for the past several years!

### Curtain Closed!



*\*If you have a favorite photo from the show that you would like to share with the Yearbook Committee please email it to Jaime Foreman at [jaimeforeman@comcast.net](mailto:jaimeforeman@comcast.net). Just one photo per performer please.*

## Site Council Members Needed

Are you interested in serving on Cascade Ridge's Site Council? We are looking for

additional parent representatives to join us for the remainder of the 2019-2020 school year. This year our meetings will take place from 4-5pm on the following dates: November 4th, January 6th, March 2nd, and May 4th. We have already started meeting, but it isn't too late to join!

Site councils are intended to foster continuous improvement of the school's educational program, blend the values and perspectives of the community, staff, and students in school-wide decisions, and foster effective communication among all stakeholders in the school. Sometimes decisions are made at Cascade Ridge that community members might wonder about or question. Site Council is a great avenue for community members to direct questions, provide feedback and have their concerns heard. Site Council consists of the Principal, Cascade Ridge Staff, a PTSA Executive Board representative and parent representatives for the CRE community.

If you are interested in finding out more about Site Council please contact Paula Koransky at [paulakoransky@me.com](mailto:paulakoransky@me.com).

## All Staff Lunch

It's time for our February staff appreciation lunch and we are trying something new! We are inviting the entire school to help us treat our amazing Cascade Ridge teachers and staff to some delicious bites from around the world. We are looking for dishes that are special to your family or from another country that you have lived in or visited.

Please sign up and see more details at the link below. Staff really look forward to these lunches and will be so excited to try some new things!

<https://www.signupgenius.com/go/30E0D48ABAC2EA0FF2-around>

If you have any questions, please contact Emily Ma at [emifma@yahoo.com](mailto:emifma@yahoo.com) or Paula Koransky at [paulakoransky@me.com](mailto:paulakoransky@me.com). Thank you!

## Thank you

PTSA wants to extend a sincere thank you to all of our volunteers! We could not possibly accomplish all that we do without your time and effort. Special thanks to the following individuals and teams:

Popcorn Fridays – Many thanks to the amazing group of volunteers for helping support the following Popcorn Fridays:

- November: Carolyn Roberts, Darlene Baker, and Sandra Vanderzee
- December: Carolyn Roberts and Lily Roberts
- January: Carolyn Roberts, Sandra Vanderzee and Carrie Lam

December Staff Afternoon Treat – Many thanks to Paula Koransky and Emily Ma for set-up and clean up. Huge kudos to the Baking Committee lead by Amy Ketcham for providing amazing treats!

January Staff Appreciation Luncheon – A big shout out to the 3rd Grade Families for providing items for the January Staff Appreciation luncheon. Despite a 2 hour late start after 3 consecutive snow days, the 3rd Grade Families remembered to bring items on their first day back to school! Wow! CRE Staff really appreciated the effort and were super impressed that we were able to pull it off. A tremendous thank you to the 3rd grade Room Coordinators for their help with communications and to Amy Passalacqua, Michelle Lyman, Emily Ma and Paula Koransky for set up and clean up.



It is very important to us that we thank you for your volunteering efforts each month. If we have inadvertently missed a name or team from this list, please let Susan Ho know at [sh97062@gmail.com](mailto:sh97062@gmail.com) and we will rectify in the next E-Blast or E-Newsletter.

## Volunteer Spotlight

The PTSA Board would like to spotlight

**Andrea Reeder**

as our February Volunteer of the Month!

We chose to highlight Andrea because of her consecutive years of chairing the PTSA sponsored Eager Reader program. In addition to Eager Reader, you can find Andrea volunteering to help in a variety of roles and activities within the classrooms.

Andrea's family includes her husband, Adam, Hanna (5th grade), Nolan (3rd grade) and Davis (Preschool) who is super excited to go to Cascade Ridge next year!

Andrea loves volunteering in her children's classrooms as it provides her an opportunity to be a fly on the wall as well as allowing her to interact with them and their friends. Andrea especially enjoys Eager Reader because it's a fun reading competition that the entire school can participate in.

In her spare time, Andrea hikes, travels, gardens and decorates/stages homes.

A huge congratulations to Andrea! Eager Reader wouldn't be as successful without the hard work and efforts of Andrea!



## Science Fair



Science fair registration is coming up and we can't wait to see all the interesting experiments from your young scientists this year! We have some wonderful exhibits lined up and hope that you can join us for this fun, family event. The Science fair is scheduled for Thursday, March 19th from 6-8pm.

On February 11th we're excited to present an assembly by Jeff Evans, Science Magic, to inspire and excite our young scientists!

Online registration for all participants is due March 6th. Visit the Cascade Ridge PTSA website to register your scientist (registration coming soon!) and order a colorful display board. Ordering a display board through PTSA helps to fund the Science Fair, so please consider showing your support when you register your child. Thank you!

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, concessions, tear-down) please sign-up when registering your student for the science fair or contact [sciencefair@cascaderidgeptsa.org](mailto:sciencefair@cascaderidgeptsa.org).

## CPR Training

We are excited to offer the opportunity to take CPR training right here in our neighborhood. The School of Hearts Foundation is a non-profit organization that partners with local schools to provide evening CPR courses to community members.

Training will be held on February 25th at 5:45p at Cascade Ridge.

Follow the link for full details about the training and to sign up. Spaces are limited!

<https://www.eventbrite.com/e/cascade-ridge-elementary-ptsa-and-school-of-hearts-foundation-cpr-course-tickets-89195892315>

## Parent Ed Corner

ParentWiser continues to provide our community with learning opportunities that help us navigate relevant issues that we are all facing. Learn more below!

### *About ParentWiser*

ParentWiser is a parenting lecture series comprised of local and nationally-known experts who are invited to share the latest information in effective parenting with parents of the Issaquah School District.

ParentWiser is run 100% by volunteer parents!

We welcome volunteers to join our team, especially those with experience in email marketing, social media, and video recording. If interested, please contact us [here](#).

## Upcoming ParentWiser Events



*Plugged-in Parents: Keeping kids safe, happy  
& healthy in the digital age*

**February 10, 2020 7:00 PM**

**Register**

by **COMMON SENSE MEDIA & Jocelyn Skillman** LMHC, MHP, CMHS

Even the most in-tune parents could use some extra tips for keeping up with the fast-changing media landscape. Local Issaquah mental health therapist specializing in technology fixation, and youth screen time use, Jocelyn Skillman, partners with nationally acclaimed Common Sense Media to deliver a comprehensive presentation addressing the biggest concerns parents of elementary and middle schoolers have: managing screen time, getting a cellphone, cyberbullying, social media, apps, and more.

Jocelyn leads a thought-provoking discussion to help parents determine how to use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, and raise our kids to be media savvy consumers and creators.

For PARENTS of grades K-8.

**Issaquah High School, 700 2nd Ave SE  
Issaquah, WA 98027**

### **Other Events in the Area**

Escalation Workshop, Film Documentary &  
Discussion

**February 3, 2020 7:00 PM**

*Escalation* is a true story re-enacted in honor of Yeardeley Love, a 22-year-old college student who lost her life to an abusive relationship. Nobody saw the signs; but shocking to learn that 1 in 3 women, 1 in 4 men, and 1 in 2 trans

and non-binary people will experience relationship abuse. The One Love Foundation educates young people about healthy vs unhealthy relationships, and mobilizes them for change. (*Sponsored by Issaquah High PTSA. Public welcome.*)

[REGISTER](#)

**Issaquah High School, 700 2nd Ave SE  
Issaquah, WA 98027**

### **ParentWiser Past Events**

Check out ParentWiser's past events *Digital Safety 101 w/ Jo Langford, Seth Perler: Habits for Middle School Success, the Yes Brain with Tina Payne Bryson & several more* [here!](#)

### **Advocacy**

Did you know? **PTA** is a powerful voice for children, a relevant resource for families, schools and communities, and an advocate for the well-being and education of all children. Locally, **The Issaquah PTSA Council 2.6** is advocate for students at both the local and state levels.

Like **The Issaquah PTSA Council 2.6** on and **Washington State PTA** on Facebook to stay updated on issues and member benefits.



Read the latest [message](#) from the WSPTA executive director, Andrew Estep.



# Box Tops For Education

Our Winter Box Tops Classroom Competition is underway! Help us earn money for Cascade Ridge by collecting Box Tops to help your student's classroom win. The teacher of the winning classroom will receive an Amazon gift card they can use to purchase something fun or needed for the classroom.

Box Tops are due Wednesday, February 26th in the clear Box Tops Collection box in the school entryway. Make sure your teacher's name is on your collection sheet or baggie when you turn them in. To find downloadable collection sheets, visit <https://www.boxtops4education.com/>.