



"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

-Martin Luther King, Jr.

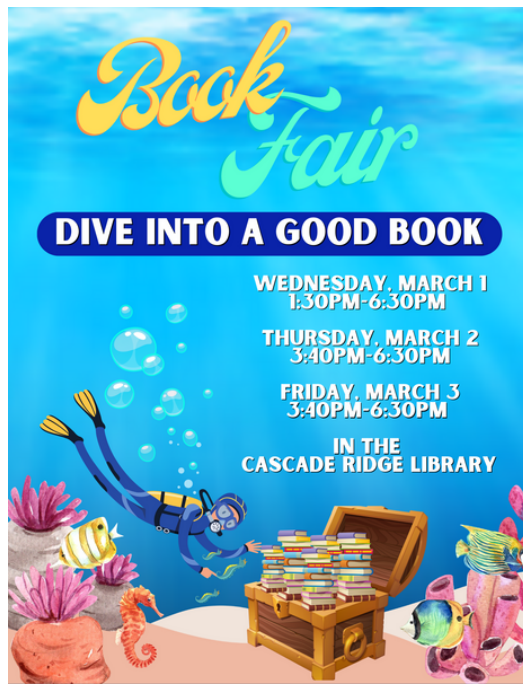
Calendar of events:

6-17 Eager Reader

20-24 No School Presidents Day
and Mid Winter Break



Today is the last day of Eager Reader. Way to FIN-ish strong, Coyotes! Please hold on to your completed reading logs at home and bring them to the Eager Reader table at the Book Fair (March 1st-3rd). Students may exchange their reading logs for a free book! [Click Here](#) for more details.



Come and peruse our ocean of books at the Scholastic Book Fair on March 1st-3rd! Fill up your home libraries and help fill the shelves in your students' classrooms by fulfilling your teacher wish lists, too. All book sales benefit our school! Find out more [here](#).

Volunteers are still needed to make this year's Book Fair a success! Sign up [here](#).

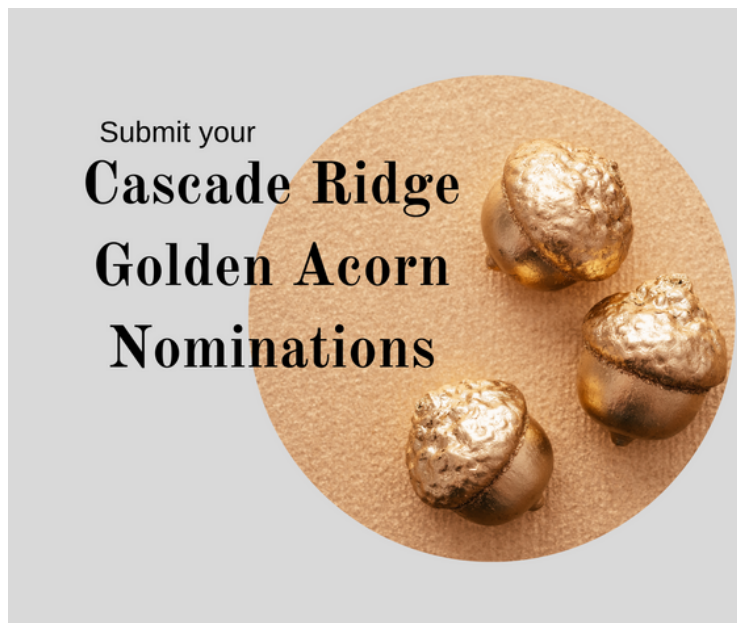


Jump in the Millennium Falcon and head to the nearest droid depot to secure a spot for our Science Fair on March 22! Registration for the Cascade Ridge S.T.E.M. Fair is now open! Spots are limited so please register ASAP [here](#).

Click [HERE](#) for more details.



Bring your family out to the ballgame! Our Mariner's Night is set for Saturday, May 6th against the World Series Champs and rivals, the Houston Astros. Tickets are available for sale now, but they won't last long for this match up! Purchase your tickets [here](#). Tickets are limited and sales end on March 15th.



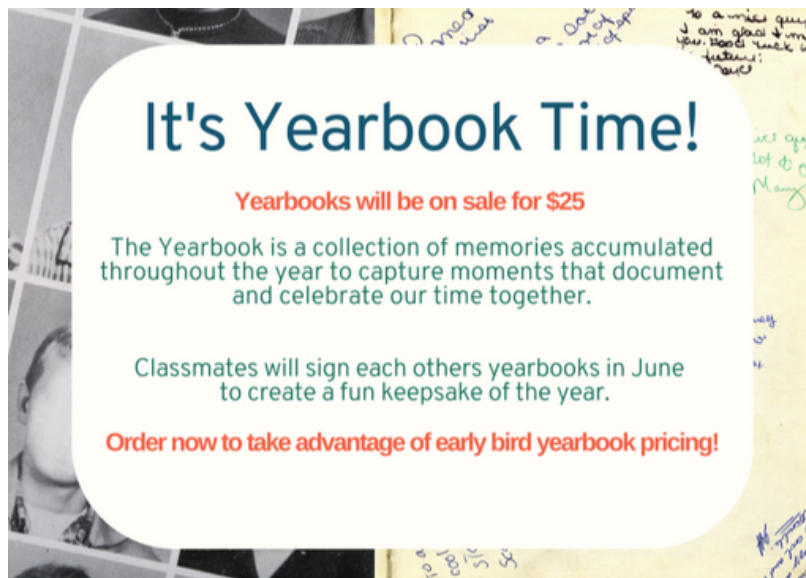
The Cascade Ridge PTSA recognizes volunteers, and community members who go above and beyond for the sake of our students and community through Golden Acorn awards for the previous calendar year. Please take a moment to recognize the extraordinary volunteers and advocates in our community by submitting a nomination [here](#).



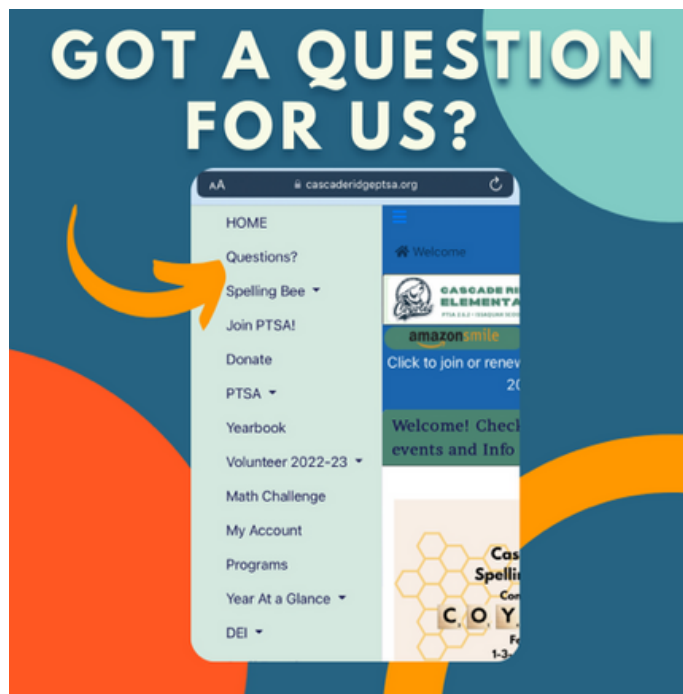
Our Heritage Festival is in May 2023!

Families love this chance to share their cultures and traditions with our school community. We already have representatives signed up for: Norway, Canada, Cuba, England, Egypt, Chile, Vietnam, the Netherlands, China, Morocco, Colombia, Mexico, Indian culture, Philippines and Pakistan!

If you are interested in hosting a table, please fill out [this form](#).



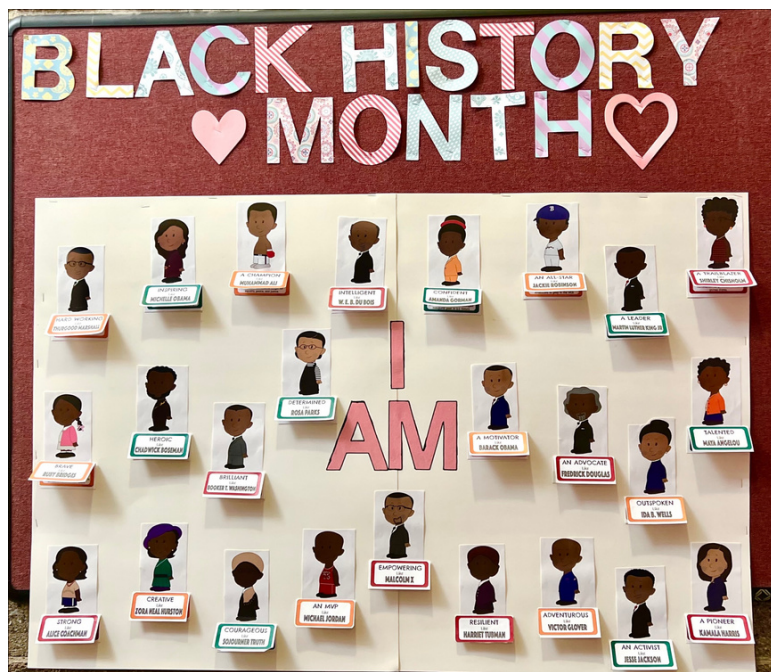
Order yearbooks [here](#)!



Do you have a question you'd like us to forward to Ms. Sehlin on your behalf? Is there a question you have for the PTSA or one of our programs? Please head to our website and click on "Questions?" for a chance to be heard. Questions may remain anonymous and will be forwarded for you, but if you'd like a response, please include your email address. Someone from our PTSA board will make sure to get back to you!



Want to get more involved in the PTSA next year or just want to hear more? Please contact the Nominating Committee by emailing nominatingcommittee@cascaderidge.org if you're interested in hearing more about these positions or any other roles for the 2023-2024 school year! We are happy to answer any questions. A conversation does not equal a commitment so please don't hesitate to inquire!



February is Black History Month, which is a time to reflect and celebrate the important contributions of Black individuals in the U.S. If you are on campus this month, take a chance to look at our latest Culture Corner display highlighting some of these heroes.



Issaquah Food & Clothing Bank

LUNCH FOR THE BREAK

Do you need extra help with food for your school-aged children during the February break?

Lunch for the Break provides nutritious breakfast, lunch, and snack options for children attending school in the Issaquah School District. The program helps alleviate hunger during school breaks by providing a week's worth of free grocery items for students to be able to prepare breakfast, lunch, and snacks for themselves.

The next Lunch for the Break will be Tuesday, February 21, 2023, 1:00 - 7:00 p.m. Registration is required by February 16!

Register [here](#). Questions? Email programs@issaquahfoodbank.org.



On February 2, a group of students in grades 1-5 competed for a chance to be the

Cascade Ridge 2023 Spelling Bee Champion! Congratulations to our winners! Every one of our participants showed a lot of courage and perseverance on that stage. We couldn't BEE more proud of your hard work!!

And, a special thanks to the Spelling Bee committee and volunteers. It took a big team and a lot of work to make this event happen and we are so grateful to all of you!



Stay warm and dry through the winter rain and let Smith Brothers take one thing off your list with their home grocery delivery service! Sign up to receive Smith Brothers Farms on your doorstep this season and get \$15 off your first order. Use code CASRIDPTSA to activate your discount.

Check it out [here!](#)



Did you know ISD ranks 203rd out of 314 Washington districts in terms of funding per student? That gap is partially covered through local bonds and levies, but also through the generosity of our community in supporting ISF and local PTSAs. The Issaquah School Foundation's Fall Step Up For Kids fundraising campaign is coming to a close and we need your help! Learn more about this program [here](#) and take a moment to listen to Superintendent Tow-Yick shared her perspective on the importance of supporting ISF in this [video](#).



If your family requires financial assistance with school meals and you would like to apply for free or reduced price lunches, please visit [My School Apps](#) to fill out an online application. If you prefer a paper application, you may print one of the district website on Lunch programs [webpage](#) under the section titled, "Free and Reduced Lunch Program."



Looking for a way to remove the winter sludge? Grab some Brown Bear Car Wash tickets and get your car nice and clean to start out 2023! You can purchase 1 ticket for \$10 or save by grabbing a pack of 5 for \$47 or 10 for \$90. [Order Here](#)

KNOWLEDGE SAVES LIVES

NEARLY 85% OF CAR SEATS AND BOOSTER SEATS ARE MISUSED,
RESULTING IN REDUCED EFFECTIVENESS

Car crashes are the leading cause of death for children 1 to 13. While you may already know the safest place for your youngest passengers is in the back seat—in a car seat, booster seat or seat belt—correctly choosing the right restraint may not be as simple as you think.

DID YOU KNOW?

- Every year, on average, more than a third of all kids under 13 killed in car crashes are not properly buckled up or in a car seat.
- Using car seats reduces the chance of infant and toddler fatalities by 71% and 54% respectively.
- Every year, on average, more than 100,000 children under the age of 13 are injured in traffic crashes involving cars, SUVs, vans, and pickups.



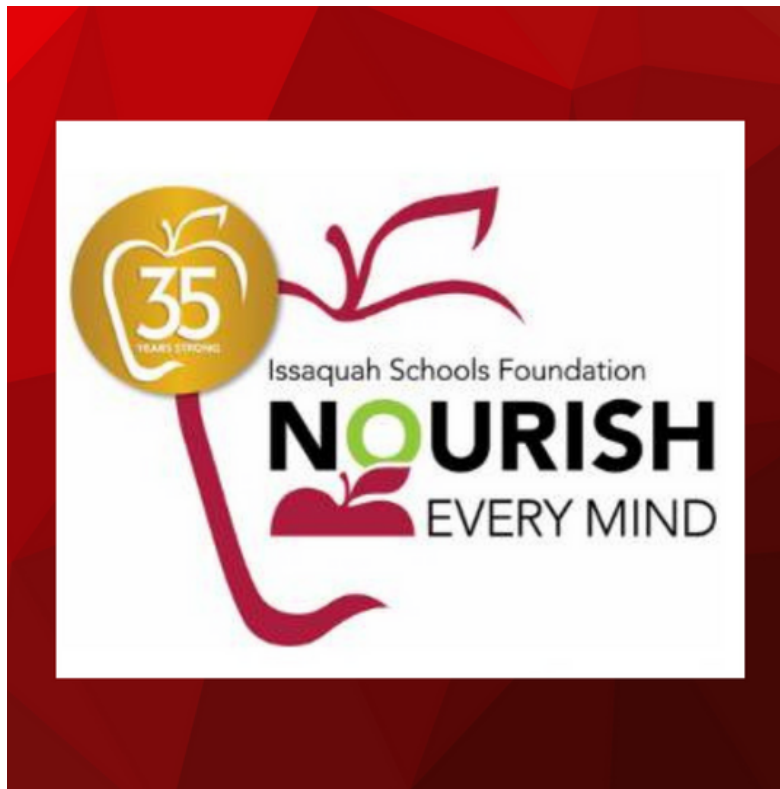
IS YOUR CHILD IN THE RIGHT CAR SEAT?

The Sammamish Police Department has two certified Child Passenger Safety Technicians who can help you get your child properly restrained in the correct seat, and make sure that seat is properly installed in the vehicle. Contact Officer Sawtelle below to schedule an appointment.



TO MAKE AN APPOINTMENT
SEND AN EMAIL TO
CHRIS.SAWTELLE@KINGCOUNTY.GOV

**SAFE
KIDS**
WORLDWIDE



Issaquah Schools Foundation's spring fundraising event is back and we're returning it to where it all began! Save the date for April 27 at the Issaquah Community Center to learn about the inspiring ways ISD students are impacted by community donations to ISF. Interested in being involved? Email infor@isfdn.org for more details.