

Cascade Ridge PTSA

# HOWLER



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## Calendar of events:

- 16 No School MLK Jr.
- 24 PTSA GM meeting 6:30 pm
- 25 Kindergarten Info night 5:30 pm  
in the Coyote Cafe
- 26 Choir winter concert 6:30 pm
- 27 No School Teacher work day



## SAVE THE DATE FOR THE NEXT PTSA MEMBER MEETING!

Our first member meeting of 2023 will be held in person  
on **Tuesday, January 24th at 6:30 PM**  
at Cascade Ridge in the cafe.

Come learn how our PTSA supports our Cascade Ridge  
community, and learn about upcoming  
events and activities!

Questions and comments are always welcome.

Join us on Tuesday, January 24 at 6:30 PM for our first PTSA Member Meeting of 2023! We will be meeting in the Coyote Cafe to update families on how the PTSA is supporting our school through our exciting programs and events. PTSA

board members will also be sharing more about all of the wonderful things we've got planned for our coyote community this spring. There will also be time for questions and comments from families about how the PTSA can make your student's experience at Cascade Ridge a great one.

All attendees will be also be entered in a drawing for a gift card!

Can't wait to see you there!

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A poster for the Cascade Ridge Spelling Bee 2023! featuring a honeycomb background, a cartoon bee, and the word COYOTES! spelled out with wooden blocks. The event is on February 2nd from 1-3-4:30 and 4/5-6:00. Registration is due by Jan 23rd.

**Cascade Ridge  
Spelling Bee 2023!**

**Come join the fun**

**COYOTES!**

**February 2nd**  
**1-3-4:30    4/5-6:00**

**All students who wish to participate must register by Jan 23rd!**

Registration for the Cascade Ridge Spelling Bee is open now through January 23rd. Your student will participate in a screener during school hours the week of 1/23-1/27. The top 5 spellers in grades 1-5 will move on to the school-wide competition that will take place on February 2nd.

for more info and to register [click here](#). We are also looking for volunteers to help us make this event a blast! Sign up to volunteer [here](#).

Check out these helpful hints to help your student get ready to BEE the best in the hive [here](#)!

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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](mailto: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!

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Our student Science Fair is a beloved tradition Cascade Ridge and we can't wait to bring this awesome program back to our school this year! We are looking for a Science Fair Chair to make this event happen. If you are interested in heading up our science/ STEM event, we want to hear from you! We need to have a chair in place by the end of January to make this event happen, so don't wait to sign up!

Interested, but nervous about taking on a chair responsibility? Don't worry! We have a team of PTSA leaders and volunteers who will help you through the process. Contact us at [community@cascaderidgeptsa.org](mailto:community@cascaderidgeptsa.org) with any questions or to volunteer!

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# KINDERGARTEN INFORMATION NIGHT

FOR PARENTS/ CAREGIVERS OF  
2023-2024 KINDER STUDENTS



Meet our





principal, Ms. Sehlin, and learn how to register your student!

**Join us on:**

January 25

5:30-6:30 PM

@ Cascade Ridge Elementary



Do you or your neighbors have a little one planning to start Kindergarten in the fall? ISD Kindergarten 2023-2024 Enrollment begins on February 1 and we can't wait to learn more about our newest group of Coyotes! Join our principal, Ms. Sehlin, on January 25 at 5:30 PM to learn more about how to complete the registration process for your student. This in-person event will be on-site at Cascade Ridge.

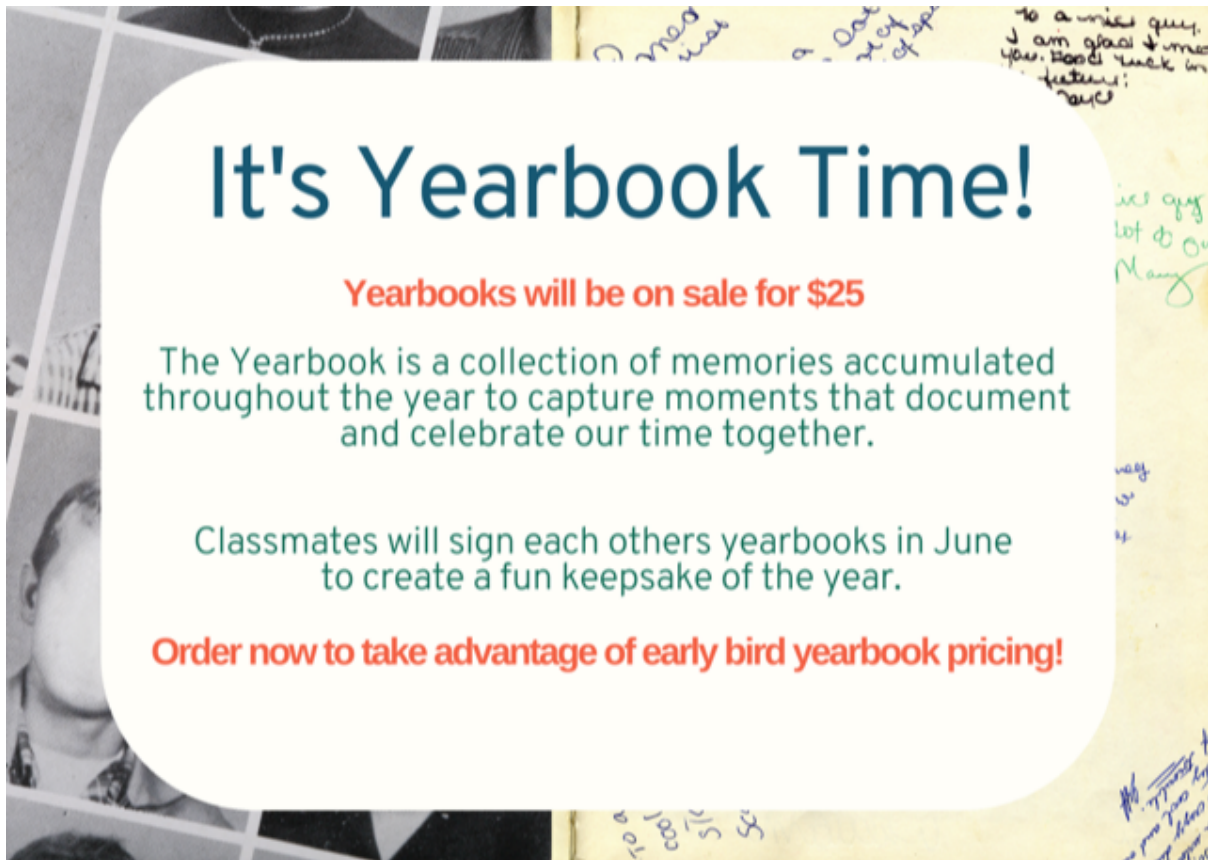
\*This evening's presentation is for parents/ caregivers only. Childcare will not be available.





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, and Pakistan!

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



# It's Yearbook Time!

**Yearbooks will be on sale for \$25**

The Yearbook is a collection of memories accumulated throughout the year to capture moments that document and celebrate our time together.

Classmates will sign each others yearbooks in June to create a fun keepsake of the year.

**Order now to take advantage of early bird yearbook pricing!**

Order yearbooks [here](#)!



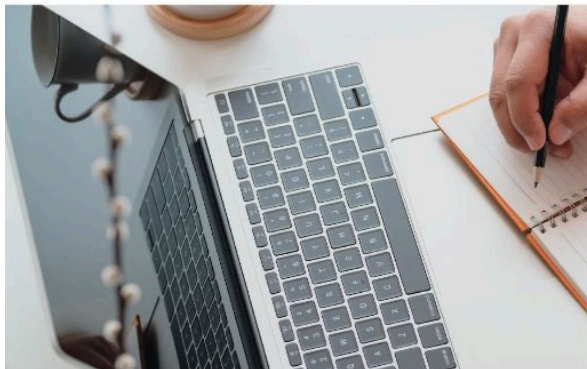


Have you had a chance to check out our latest Culture Corner display at school (in the stairwell near the office)? Thank you to the Liu family for putting together this wonderful display to share information on Lunar New Year with our students, staff and families!





If you are up at school this month, check out our newest Accessibility bulletin board display (next to the Culture Corner!) on Service Animals. Or, click [here](#) to view the information to share with your students.



### Cultivating Resilience

In children, powerful emotions come with the territory. Contending with academic pressure, social media stress, worries about the future, and concerns about mental health, it's easy for children—and parents—to feel anxious and overwhelmed. But it doesn't have to be that way. Join Dr. Damour and Reena Ninan as they share clear, research-informed explanations alongside illuminating, real-life examples, giving parents the concrete, practical information they need to steady their children through the bumpy yet transformational journey into adulthood.

Dr. Lisa Damour and Reena Ninan co-host the podcast *Ask Lisa: The Psychology of Parenting*. Dr. Damour is recognized as a thought leader by the American Psychological Association. She writes about adolescents for the *New York Times* and appears as a regular contributor to CBS News. She is the author of two *New York Times* best sellers and the soon-to-be-published book, *The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*. Reena Ninan is a television journalist who has worked as a White House correspondent, foreign reporter, and news anchor for CBS, ABC, and Fox News. She recently started her own media company, Good Trouble Productions.

ParentWiser is Sponsored by:



## Cultivating Resilience

Dr. Lisa Damour & Reena Ninan

**Wednesday**

January 18, 2023  
4:00 – 5:15pm

**100%  
Online**

Live on  
Zoom



Visit our website and subscribe to receive registration notifications and ongoing resources.

[www.parentwiser.org](http://www.parentwiser.org)  
[parentwiser@issaquahptsa.org](mailto:parentwiser@issaquahptsa.org)



Register now at:

[www.parentwiser.org](http://www.parentwiser.org)



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!](#)

## 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 seat is critical.

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

Our local food bank needs your help!

THE TROSSACHS FOOD PROJECT

issaquahsammamishfoodproject.org

**Saturday, Feb. 11th**  
**9:30 - 11:00 am**  
**Cascade Ridge Elementary**  
In the school parking lot

Please help us by donating non-perishable food items to help benefit those in need.

**This Month's Shopping list**  
please limit donations to what is listed below

Peanut Butter (16 oz jar only please, no jumbo size)	Ramen
Canned Tuna	Pasta & Pasta Sauce
Canned Chicken	Canned Fruit
Spam	Protein Bars & Snacks
Hearty Soup (Progresso, Campbell's Chunky, etc.)	Diapers sizes 5 & 6
Canned Pasta or Chili	Baby wipes
Cereal/Oatmeal	Incontinence supplies: male and female all sizes
Hamburger Helper/Pasta Roni/Rice a Roni	Laundry pods (pods only please)

This Issaquah Sammamish Food Project drive is on behalf of

**ISSAQUAH**

Food & Clothing Bank

Together we make a difference

**Does your car need a spa day?**

1  
Ticket  
\$10

5  
Pack  
\$47

10  
Pack  
\$90

**The Cascade Ridge PTSA receives a donation with**

Choosing the right restraint may not be as simple as you think.

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**

 **Step Up for Kids**

**DID YOU KNOW?**

When you **Step Up for Kids** you fund programs & resources from **STEM, the Arts, and Classroom Enrichment Grants at Your School?**

Watch our impact videos to learn more!



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](#).

**every purchase!**

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](#)

**Panera FUNDRAISING**

**HELP SUPPORT**

**Issaquah Schools Foundation**

**JOIN US IN THE CAFE OR ORDER ONLINE.**

**WHERE:** 775 NW Gilman Blvd, Issaquah, WA 98027


**WHEN:** Wed, Feb 1st **FROM:** ALL DAY LONG!!!

**FUND4U**  
Use this code during checkout

**USE OUR PROMO CODE AT ONLINE CHECKOUT ALL DAY**

- ✓ Online at Panerabread.com
- ✓ In the Panera App
- ✓ At the kiosk in cafe


Support the Issaquah Schools Foundation through Dining for Kids on February 1. Families may order Panera Bread for pick up or delivery and 20% of sales will be donated to ISF. Simply use the code FUND4U during checkout (online or at the cafe).

 **35 YEARS STRONG**

Issaquah Schools Foundation

**NOURISH**  
EVERY MIND





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](mailto:infor@isfdn.org) for more details.

## PTSA WEBSITE

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*Copyright © 2023 Cascade Ridge PTSA, All rights reserved.*  
You are receiving this email because you are the parent of a student at Cascade Ridge Elementary.

**Our mailing address is:**  
Cascade Ridge PTSA  
2020 Trossachs Blvd. SE  
Sammamish, WA 98075

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