



# COUGAR RIDGE WEEKLY

Parent Newsletter

Volume 14, #1

Sept. 2, 2009

Cougar Ridge Elementary School  
4630 167th Ave SE  
Bellevue, WA 98006

Office Phone: 425-837-7300  
Attendance Phone: 425-837-7232  
Office Hours: 8:00 am—3:30 pm

This newsletter is also available on our school website:

[www.cougar.issaquah.wednet.edu](http://www.cougar.issaquah.wednet.edu)

PTSA website:

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

Jackie Tanner, Principal  
Natalie Fowler, Program Assistant  
Margie Calderwood, Principal's Secretary  
Teri Feely, Secretary / Attendance



*Our wonderful PTSA volunteers worked hard to get the "First Day Packets" ready for over 560 students!*

## Calendar



2nd	First Day of School (Grades 1-5)
3rd	First Day of School (all Kindergarten classes)
7th	Labor Day- No School
9th	First Day Packets are DUE
10th	All School Curriculum Night 6:00-6:45 pm Kind-2nd Grades 6:45-7:15 pm Chance to meet Other staff 7:15-8:00 pm 3rd-5th Grades 8:00-8:30 pm 5th gr. Camp Mtg
16-18	5th Grade- Camp Orkila
22nd	Student Council, 7:20 am, MPR
23rd	September Birthday Celebrations- during lunch
25th	Class & Individual Pictures
29th	Kindergarten Story Night, 7-7:45 pm
30th	Spirit Day

### From the Principal, Ms. Jackie Tanner

For me there is nothing more exciting than the beginning of a new school year. There is the thrill of buying new school supplies, the anticipation of finding out who your teacher will be, the reconnecting with friends, and the welcoming of the return of a set schedule. It is truly a joyous time! As we begin this new school year, I wish to thank all of you for a wonderful first year at Cougar Ridge. Cougar Ridge is an extraordinary place for both children and adults and I feel very blessed to be serving as your principal. I firmly believe great schools come about when all the members of the community work together for the benefit of our children. As we embark on the 2009-2010 school year, I am committed to working closely with all of you. Working together as a learning community we can make this a successful year for all.

**So here's to another great school year!**

**It is critical for your child's safety that you complete the school forms in the Opening Day Packet and return the packet by Wednesday, September 9th.**

### **Avenues For Communication**

Always mentioned in the list of traits of effective schools is communication. Working closely with the PTSA and the Community Advisory Site Council (CASC), we have developed a PTSA/School Handbook. The handbook is available in its entirety on the school website (go to "About Our School"). Many of your questions can be answered by referring to the Handbook before calling the school office or the teacher.

The Cougar Ridge *Weekly* will be on the school website ([www.cougar.issaquah.wednet.edu](http://www.cougar.issaquah.wednet.edu)) every Thursday. [Information turned in to the office by **Noon** on Tuesday will appear in that Thursday's *Weekly* as space allows.] For the first two weeks there will be school, district, PTSA and community notices coming home as programs are initiated for the new school year. Following this, flyers will be kept to a minimum and information will be communicated only via *The Weekly*.

There is a community information bulletin board in the main hallway of the school. Announcements and services such as tutoring, babysitting and piano lessons may be posted there. Also check the display case in front of the school for school-related information and PTSA and CASC news.

Our staff has voicemail and e-mail and are happy to respond to your messages. Classroom teachers do not answer their phone during class time. For any emergency please call the office directly.

Our school's and PTSA's websites: [www.cougar.issaquah.wednet.edu](http://www.cougar.issaquah.wednet.edu) and [www.cougarridgeptsa.org](http://www.cougarridgeptsa.org).

We are here to serve the students and parents in our community. Welcome to the 2009-2010 school year!

**Concerns About Classroom Placement** - Placement concerns will be addressed in a timely manner after the first two weeks of school. If you have concerns, here's our process:

1. No changes will be considered until the third week of school.
2. Meet with the teacher to identify concerns. Problem-solve.
3. If concerns continue, fill out a *Review of Assignment* form and submit to the principal.
4. The principal reviews the form and consults parents and teacher to set a course of action which may include: observations of the child in class, discussions with parents and teacher, or consultations with the school Guidance Team and possibly other teachers at the grade level.
5. After looking into the situation and consulting with everyone involved, the Principal determines if and when a placement change may be made.

**Communicating with Your Child's Teacher** - If you wish to meet with a teacher, we ask that you call and schedule an appointment. You can leave your request on the teacher's voice mail. A time will be set up as soon as it can be scheduled. Teachers meet regularly for staff meetings, planning meetings and in-services, etc., both before and after school. If they know of an appointment ahead of time, they have an opportunity to adjust their schedule so as not to keep other staff waiting. We appreciate this courtesy.

**Parent Teacher Conferences:** This year parent/teacher conferences will be **Tuesday, November 3rd** and **Wednesday, November 4th**. There is no school on these days for students.

**E-News:** Have you been receiving our school's E-News? Because E-News is such an important source of information, we use student records to automatically subscribe all families to their correct school E-News listservs three times a year. If you would like to unsubscribe, use the link at the bottom of the E-News message. If you are not receiving our school's E-News messages and would like you can go to [www.issaquah.wednet.edu](http://www.issaquah.wednet.edu) and click on "E-News" and then on "Cougar Ridge" and subscribe.

**Family Access:** Family Access gives parents and students online access to student information, including attendance, class schedules, and immunization records. Parents can also verify online that the emergency contact information and personal information on each student is correct.

Upon completed registration and submittal of your e-mail address, you can set up your Family Access by visiting the Issaquah School District website at [www.issaquah.wednet.edu](http://www.issaquah.wednet.edu) and clicking on the Family Access link.

For questions about Family Access logins or to update your family's phone number and physical address, contact Cougar Ridge's registrar at 425-837-7300. If you have forgotten your log in and/or password, log in to Family Access and ask that your log in/password be emailed to you.

Please make sure your e-mail address in Family Access is correct. Besides being used to e-mail your log in/password if you forget, e-mail addresses are used to contact parents in an emergency and used by teachers to communicate and correspond with you regarding your student and class activities.

**2009-2010 Bell Times-** The school hours for 2009-2010 are:

Grades 1-5 & FDK	MTThF	8:30 - 2:53	WED	8:15 - 12:30
AM K	MTThF	8:30 - 11:03	WED	8:15 - 11:03

In the morning when arriving at school, children should walk to the covered area behind the school and wait by their classroom number marked on the pavement. Children are dismissed through the main corridor of the school. Parents are asked to remain in front of the school and stay away from the classrooms at the starting and dismissal times.

**Parking-** When parents come to volunteer or visit at school **PLEASE** be sure to park only in unnumbered spots or on the street. Numbered spots are assigned to staff and the spot marked **AUCTION** is also reserved. Thank you.

**A link to the Transportation's** "School Bus Information for Parents and Students" can be found on the school web site ([www.cougar.issaquah.wednet.edu](http://www.cougar.issaquah.wednet.edu)).

**Transportation Department & BUS PASSES-** The Transportation Department has informed us that bus passes will not be issued yet and the date for this will be announced later this month. **Please utilize the busses; it helps the traffic congestion in the parking lot!**

**What's for lunch?** Families can check whether tomorrow is brunch-for-lunch or chicken-nugget day online at [www.issaquah.wednet.edu/documents/lunch/current.pdf](http://www.issaquah.wednet.edu/documents/lunch/current.pdf). To find the menu from the District's homepage, click on "Students" and look under "Popular links." For families without online access, a limited number of printed menus will be available in the school's main office. Happy eating!

**MyLunchMoney.com:** The Issaquah School District has been using myLunchMoney.com, as an option to prepay for your child's school lunch, and ala carte food items using your credit or debit card.

Enrolling and funding an account is simple and completed online. Once your account is established, you can fund your students' account, check balances, and view student purchases. Your personal information and your debit or credit card information is protected by the most advanced internet security.

To enroll, go to <https://www.mylunchmoney.com/About.aspx> and click on ENROLL NOW. Create an account for yourself and your children. You will need your student's 7-digit district identification number, date of birth, school, and grade. Each student in the district has their own 7-digit number. If you do not know your student's district identification number you can find it on Family Access. To access "Family Access" just go to the district website [www.issaquah.wednet.edu](http://www.issaquah.wednet.edu) and follow the links. Or, you can call the Food Service Office and we can give you the number.

To fund your student's account, choose "Fund Student" from the menu options. Select either the recurring payment option called *Smart Pay* (\$50.00 maximum) or *Pay as You Go* (\$100.00 maximum). With *Smart Pay* you can choose to have money taken from your debit or credit card account when your student's balance reaches a low balance amount. You can determine at what dollar level you would like the money to be deposited. If you choose *Pay as You Go*, you can elect to be notified by e-mail when your child's balance reaches \$5.00 or less. Then you can go to MyLunchMoney.com and make a payment.

The Issaquah School District Food Service department has enrolled in MyLunchMoney.com to provide this convenience to interested families. You may still send cash or checks to pay for your child's lunch. MyLunchMoney is an independent agency and not controlled by the Issaquah School District, therefore, there is a fee of \$1.95 per transaction that will be charged to your debit or credit card.

If you have additional questions, please call the Food Service Office at 425.837.5060, 5064, or 5061. We will be happy to take your call and answer your questions.

You may also call MyLunchMoney's toll-free customer support center at 1.800.479.3531 for questions or assistance with enrollment. Support personnel are available Monday - Friday from 8:00 am ET to 7:00 pm ET. Or you may e-mail them at [mlmsupport@sl-tech.net](mailto:mlmsupport@sl-tech.net).

**5<sup>th</sup> Grade Camp** - Camp Orkila dates are September 16th-18th.

**Curriculum Night-** Thursday, September 10th. *Parents only please!* Please meet in your child's classroom. Kindergarten-2nd Grades will meet from 6-6:45 pm. 3rd-5th Grades will meet from 7:15-8:00 pm. The time from 6:45-7:15 pm will be an opportunity to meet the other staff. Fifth Grade has a Camp Orkila parent meeting following the Curriculum portion of the evening.

**Lost and Found**-- We had several boxes of lost items that were donated to a charity at the end of last year. Please label your child's outer clothing, book bag and lunch box with their first and last name. You are asked not to send items in a glass container to school. The lost and found is kept in the hallway between the gym and multi-purpose room.

**King County Fire Codes** (Fire Lanes) - Ordinance 8868 addresses fire lane requirements and states that the fire lanes will be well marked and that **there shall be no parked vehicles within this area**. Vehicles parked in this area are **subject to towing**. Please cooperate with us and do not leave a car parked in the fire lane.

**PLEASE NOTE THE POLICY IN "OVER THE COUNTER MEDICATION" ORDERS:**

Students are **not** allowed to carry medication with them during the school day (not even cough drops)! The exception to that are inhalers that have been approved for self-administration by the parent, physician, school nurse and principal). The Issaquah School District is authorized to administer prescription or over the counter oral medication to student in accordance with state law. Medication administration forms are available in the school office. The administration of any prescription or over the counter medication to a student by a district employee must be requested and authorized **in writing by both the parent and a licensed health care provider**. Specific instructions are needed for administration of the medication. Epi Pen and Epi Pen Jr. are the only medications administered by injection that school staff would be trained to administer. All medication must be in their original containers, with prescription medications with the prescription label attached, and over the counter medications must be labeled with the name of the student and **must be brought to school by an adult**. If the student must carry emergency medication, please contact the school nurse.

**From the Nurse's Office - Emergency Medications** - In the event of a major disaster such as a severe earthquake, schools may be responsible for the care of their student for as much as 72 consecutive hours. With this in mind, it is important to consider those students who require daily medication for their health and well-being. Students receiving anticonvulsant medication would certainly fall within this category. In order for schools to be prepared to meet the needs of these students, it would be necessary to have a three day supply of medication along with doctor's orders providing the required information for daily administration. Contact Karen Herring at 837-7244 if you have questions or need forms.

**Vision and Hearing Volunteers Needed!**- Volunteers are needed to help with the Vision and Hearing Screening that is scheduled for Friday, October 16th. No experience is necessary, and training will be provided. If you can help, please contact Elaine Sakamoto at 425-957-7609 or at ehsieh1@aol.com. Your help will be greatly appreciated!

**Holiday Program to help families in need-** If your family is in need of some extra assistance in terms of food, clothing, necessities, please contact your school nurse ASAP to obtain information on the Issaquah Food Bank Holiday Program. There will not be a separate District Holiday Program this year. The Food Bank program fills up quickly so be sure to contact your school nurse before the end of October.

**H1N1 Flu:** There is still much buzz about H1N1 flu, and we have been preparing by performing extra wipe downs of schools with special new sanitizing machines, scheduling meetings with local government officials, convening our pandemic flu committee, and staying up-to-date with health agencies to make sure we are following best practices to keep everyone safe. At this point, health experts' [guidance is the same as in the spring](#) when H1N1's impact in schools was not any more severe than a regular flu strain: Monitor children every morning and keep them home if they are not feeling well, use good hygienic practices such as washing hands thoroughly and covering coughs, and keep informed through *official websites* such as [Seattle-King County Public Health](#) and the [Centers for Disease Control](#). During the year as any suspected or confirmed cases of H1N1 flu arise, we will work closely with health officials to develop an appropriate response and communication plan. While our fingers are crossed for a healthy start to school, we are ready for the usual sniffles and sneezes as well as anything more significant that may arise this particular cold and flu season.

**Family Education Rights and Privacy Act** - *families' right to restrict what information is released about students.* Please see the 3 page informational handout in your students' First Day Packet for important changes in the Family Privacy options for the Issaquah School District.

**Please leave Fido home when you visit our school!** The District has put in place a policy that prohibits all animals on campus unless they are a documented medical aide or provide a specific educational value. While we also love our pets, our schools need to be places that are safe, clean, hygienic, and comfortable for every student and adult who uses the public space. Thank you for understanding!

**Is your child interested in learning Spanish or Mandarin Chinese this year?** Foreign language classes will begin in late October and will be held one day a week after school in the Multipurpose room. Classes will be held only if minimum participation is met. For more information and a registration form please email Suzanne Marston at [smarston7@comcast.net](mailto:smarston7@comcast.net) or pick up a flyer and form near the school's main entrance.