



# THE Ram Rock

RIDGECREST PTA NEWSLETTER | ISSUE 7 | APRIL 2018

## Hello, Ridgecrest Families!

*A letter from Laura James, RC PTA president*

It has been a busy month! I want to start with kinetic energy and rippling sound waves, or clapping two hands together, for **Meghan Nash** who chaired **Science Night!** What a blast the evening was, from simple machines to robotics to out of this world information on tides! If you haven't been to this event, I hope you'll come next year. The best part for me is seeing the students interacting and curious about the other student projects in the room. Thank you Meghan, students, and parents for the time you put into these astronomically cool projects to educate us all!



### Ridgecrest Scientists



B-8, I-21, N-35, G-53, O-68. Wait, you didn't have any of those on your card? Neither did the student who won the \*worst card of the night\* round. **BINGO = FUN!** That's all I can say. Congratulations to everyone who went home with a prize. With over ten rounds of BINGO played, there were many from our first winner taking home Seahawk gear, to one of the last taking blackout prizes of donut pillows and gift cards. And best yet, all proceeds went to the PTA to continue community events such as this one. Thank you to everyone who donated prizes and thank you to my fellow PTA officers, **Rachelle Mitchell, Ying Huang, Renee Calm, and Elaine Johnson** for making the night happen.

## BINGO!



These events can't happen without the many volunteers in our community. Many are family members, many are local high school students, many are parents in our community. We are stronger when we work together and I can't say enough how much I enjoy these events seeing everyone come together.

Speaking of our wonderful Ridgecrest community, the PTA recently requested nominations for this year's PTA Award winners. You would have seen the nomination submission forms come home in your student's Boomerangs. Well, the votes are in and I'm thrilled to say "Here are this year's winners!"

**Golden Acorn (volunteer):**  
**Neha Raichur and Tom Chin**

**Golden Apple (teacher):**  
**Nathan Christian, 3rd grade**

**Outstanding Advocate:**  
**Joan Forbush, school nurse**



We will formally announce the winners at the upcoming evening performances of the school musical **Aladdin**, so if you haven't gotten your tickets, which there are still some for Thursday, please come and see each of them honored during the intermission. Thank you, **Mrs. Early**, for donating two tickets for the musical to each winner! I have also invited them and a guest to join me and **Dr. McPeak** at the district level awards dinner where they will be recognized along with all PTA award winners across the district. Thank you to everyone who submitted a nomination. Please know if your nominee was not selected, they will still be notified with our sincere gratitude. To borrow Mr. Christian's motto "It Takes a Village" and our Ridgecrest Ram village ROCKS!!

If this letter played music, Black Eyed Peas would be turned up to 11 with "Let's Get it Started". The PTA has begun planning for next year's fun. **PLEASE JOIN US** in whatever capacity you're up for. We have everything from things you can do at home outside work hours to chairing an event. What we're currently looking for are two folks to backfill the Treasurer and Secretary positions. These two positions are considered PTA officers and are part of PTA decision making at it's executive level. Please let **Elaine Johnson**, current Treasurer, **Renee Calm**, current Secretary, or our nominating committee know if you have any questions or are interested. Let's get it started in here!

**Laura James**, Ridgecrest PTA President and proud mom of 2 Rams, 1 Ram graduate



Have a wonderful Spring Break!  
April 16-20



# Join the PTA!

**Be our Treasurer or our Secretary next year.**

Both the Secretary and Treasurer are Executive Board Officer positions. I know that may sound very formal and maybe a bit scary, but what it really means is they are required roles within the PTA with a set list of responsibilities, but there is flexibility in how and when it's done (meaning if you work full-time, like many of us, we get it! We work as a team to support everyone.). Officers are part of every key decision made within the PTA. Ask anyone in an orange PTA shirt what it's like to be one of the officers. This is my first year as an officer and I honestly LOVE being part of this amazing team. Ask Current Treasurer and Secretary about their experience!



## Treasurer

**(current Treasurer- Elaine Johnson)**

The Treasurer is the authorized custodian to manage the funds of the PTA on behalf of the membership and the board of directors. The Treasurer is chair of the budget committee and presents the budget to the board and membership at each meeting.

- Helps set up budget and reports on it at monthly meetings
- Counts money after each event to verify what's been turned in
- Deposits money to bank
- Enters transactions into Quickbooks program, and files backup paperwork for audit purposes
- Reconciles monthly bank statements
- Writes checks for various things that aligns with budget set out for year, and notifies board of changes/overages.
- Sends out budget info to staff and chairs of events so they know what their expectations are
- Submits all PTA money files for twice a year review and any other audit upon request
- Files yearly 990 taxes with IRS
- Files 2 state & charitable company required forms to keep PTA legal (I will look up doc names when I get my files back)

## Secretary

**(current Secretary- Renee Calm)**

The PTA Secretary is the official note taker for the PTA, specifically PTA meetings. Why is this important? Because PTA meetings, both general and board, are where all critical decisions are made and Membership votes occurs. Therefore, the Secretary attends both general PTA and board meetings to keep minutes (notes).

Most of the work can be done outside school hours and is based on scheduled events, so you can plan ahead for the majority of tasks.

Please let our **nominating committee members** know if you're interested or want to learn more:

**Rachelle Mitchell, Renee Calm, Ying Huang, Julia Prosser**

Thanks,

**Laura James**, [rcptapres@gmail.com](mailto:rcptapres@gmail.com)  
Ridgecrest PTA President and proud mom of 2 Rams, 1 Ram graduate

## UPCOMING EVENTS

# TASTE OF RIDGECREST

multi-cultural family event

Join us for the annual potluck celebrating our diverse heritage at this school!

SAVE THE DATE!

**Friday, June 15**

**6:00 – 8:00 p.m.**

*Cafeteria, Gym and Performance Room*

*“ Wait... what is it? What should I bring? ”*

Think of it as **Thanksgiving in June...** select your favorite family recipe, prepare it, then bring the whole family to school for dinner to enjoy. You'll sample flavors from around the world and right next door.

Don't feel like cooking?

We still want you there! Come for the fun and savor the TASTE(s) of RIDGECREST!

KK  
206-818-2028  
nkkant@gmail.com



Questions? Ask the  
Co-Chairs:



Betsy  
206-409-2129  
betsyeleanor@gmail.com

RIDGECREST PTA PRESENTS



**TALENT  
SHOW**

**OPEN TO ALL RIDGECREST STUDENTS**

**FRIDAY, JUNE 1**

**ARE YOU READY TO SHARE YOUR  
SPECIAL TALENT WITH US?**

**DETAILS TO COME HOME IN YOUR BOOMERANG.**

# HELP US RAISE FUNDS FOR OUR SCHOOL BY DONATING CLOTHES & HOUSEHOLD ITEMS!



Our **FUNDrive™**  
will be held at:

**Ridgecrest Elementary  
School  
16516 10<sup>th</sup> Ave NE**

**Sunday, April 29<sup>th</sup> 11am- 2pm**

and will benefit:

**Ridgecrest  
Elementary PTA &  
Girl Scout Troop  
42037 trip to NY**













learn more:

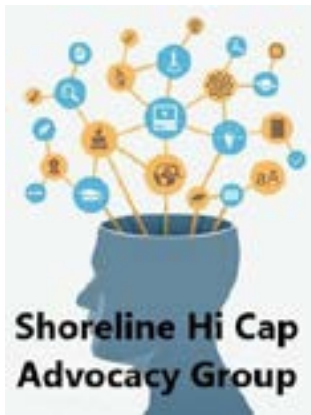
Email [rc.treasurer@yahoo.com](mailto:rc.treasurer@yahoo.com) or  
[girlscouttroop42037@gmail.com](mailto:girlscouttroop42037@gmail.com)

for additional info. Thanks for supporting your  
local community

**FUNDrive™**  
 **value village**

we accept:

-  CLOTHING
-  SHOES
-  BEDDING / TOWELS
-  ACCESSORIES
-  CDS, DVDS
-  ELECTRICAL ITEMS
-  TOYS & GAMES
-  KITCHEN ITEMS
-  KNICK-KNACKS
-  SPORTING GOODS



Free Event –Open to all  
Shoreline families

Shoreline Special Needs PTSA  
<http://shorelinespecialneedspta.org>

Shoreline HiCap Advocacy Group  
<http://www.shorelinehicap.org/>

Send questions to our guest speakers in  
advance to:  
[vicepres@shorelinespecialneedspta.org](mailto:vicepres@shorelinespecialneedspta.org)  
or  
[Shoreline.hicap.advocacy@gmail.com](mailto:Shoreline.hicap.advocacy@gmail.com)

# Understanding Our Kids' Anxiety – And How to Help

A community forum co-sponsored by the Shoreline Special Needs  
PTSA and the Shoreline HiCap Advocacy Group

Date: April 11, 2018

Time: 6:30pm – 8:30pm

Place: Shoreline Conference Center (Shoreline Room)  
18560 1<sup>st</sup> Ave NE, Shoreline 98155

## Program highlights:

Are you concerned about your child's anxiety? Looking for more ways to help? You're not alone! Join us for this community forum to connect with other parents and learn about:

- societal stressors and causes of anxiety
- ways that Shoreline schools are providing emotional and social support for students
- mindfulness practices and other strategies to reduce your child's (and your own) anxiety

## Panelists will include:

**Dr. Lori Lynass** has over 20 years of experience working to support student, families and schools. She has worked directly with over 700 schools, in over 90 districts and 3 state departments of education on their implementation of academic and behavioral systems of support. She is the proud parent of two Shoreline students, ages 9 and 12.

**Tom Doggett** is in his second year as counselor at Lake Forest Park Elementary. Mr. Doggett leads mindfulness practices regularly with the LFP student body. Prior to becoming a school counselor, he worked with as a children's advocate at a shelter for survivors of domestic violence.

**Sara Harvey Yao** is a leadership consultant who has developed and trained more than 4,000 leaders across the globe. Ms. Yao specializes in helping leaders navigate pressure and stress by staying present in the moment, and is the author of two books, Get Present and Drop In: Lead With Deeper Presence and Courage. She has two children, ages 12 and 15, attending Shoreline schools.

**Linette Bixby** is a WA State Certified Teacher and a Certified Mindful Schools Instructor. Ms. Bixby has provided mindfulness instruction for staff and students at Kellogg, LFP and Shorecrest, and has conducted small group stress reduction sessions for teens. She is a Shoreline resident and parent of two kids, ages 16 and 20.

**Cher Anderton**, MSW, LSWAIC is a mental health therapist in Shoreline whose practice focuses on trauma, anxiety, depression and parent coaching. Mrs. Anderton is also a certified Positive Discipline Parent Instructor and a school counselor at Echo Lake Elementary. She and her husband are Shoreline residents and have four children, ages 17, 16, 13 and 11.

Note: A limited number of free childcare spots are available on RSVP first come first serve basis. If you are interested in childcare, please email us at [shoreline.hicap.advocacy@gmail.com](mailto:shoreline.hicap.advocacy@gmail.com) with your name, the number of child(ren), and their names and ages. (Child needs to be potty trained.)