

Class of  
2038

COUGAR RIDGE ELEMENTARY SCHOOL

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**KINDERGARTEN**

## INTRODUCTIONS

- ▶ Shaun Cornwall, **Principal**
- ▶ Anne Miller, **Dean of Students**
- ▶ Michelle Franko, **Registrar**
- ▶ Danielle Kolesnikov, **Nurse**
- ▶ Lisa Cordier, **School Counselor**
- ▶ Lina Marin, **Family Liaison**
- ▶ Sarah Quint and Melissa Hirshberg, **PTSA Presidents**

## COUNSELING AT COUGAR RIDGE ELEMENTARY

In a comprehensive school counseling program, counselors design and deliver services directly and indirectly for their students to address academic, personal/social, and college/career needs based on national standards. School counselors help students manage emotions, apply interpersonal skills, and plan for postsecondary options. Counselors also deliver classroom lessons, facilitate small groups, offer short-term counseling, connect students with outside resources, and collaborate with families, school staff, and community members for student success.

**Contact Lisa Cordier**

e: [cordierl@issaquah.wednet.edu](mailto:cordierl@issaquah.wednet.edu)

p: (425) 837-6459

### Topics the school counselor supports...

- |                          |                  |
|--------------------------|------------------|
| ✓ Emotion regulation     | ✓ Self-advocacy  |
| ✓ Conflict resolution    | ✓ Self-esteem    |
| ✓ Making/keeping friends | ✓ Coping skills  |
| ✓ Executive functioning  | ✓ Family changes |
| ✓ Anxiety                | ✓ Grief/loss     |





# Welcome Families, My name is Lina Marin, your Family Liaison.

I am part of the ISD Equity, Belonging and Family Partnership Department. We host information sessions for families with a wide variety of topics throughout the school year. [Family Partnerships - Issaquah School District 411](#)

If you need interpretation, we arrange to host these sessions in your preferred language.



## Feel free to contact me.

[MarinIsazaL@issaquah.wednet.edu](mailto:MarinIsazaL@issaquah.wednet.edu)

Office: (425) 837-7008

Cell: 425 651-9245

Text: 252 563 3498

Languages spoken: English,  
Spanish.

## Schools I support:

Apollo, Briarwood, Cougar Ridge, Grand Ridge, Maple Hills, Newcastle, Cougar Mountain, Maywood, and Liberty

## How can I help you?

- Help families understand school systems, policies, and procedures.
- Understand and use school tools such as Family Access, Canvas and Clever as you support your child.
- Navigate the school district website and resources.
- Support you in connecting with school and district staff.





# ♥ Welcome to Kindergarten



**When:** Wednesday, March 12, 2025 from 6:30 to 8:30 pm

**Where:** Zoom – Presentations in English, Español and 普通話 [Register for the event](#)

**Who:** All parents and caregivers of incoming kindergarten students 2025-2026.

**What:** Information will include:

- Kindergarten preparedness
- general school day schedule (lunch and recess)
- classroom general information
- transportation
- immunization
- on-site before and after school care program
- differences between school systems in US vs some other countries



The event is designed for families **new to US public schools.**

If you need interpretation in another language (한국어, 日本語, русский or Tiếng Việt) or have any questions, please contact Lorna Gilmour [gilmourl@Issaquah.wednet.edu](mailto:gilmourl@Issaquah.wednet.edu)



# Cougar Ridge PTSA



Joining the PTSA is a valuable opportunity to support your child's education and build a stronger school community



- Purchase a Yearbook
- Receive a student directory
- Stay informed about school events and programs

Art Docent Program

Monthly Staff Luncheons

Book Fair

Staff Appreciation

Chess/STEAM After School Clubs

Angel Program

Gift-a-Book

Green Team

Student Council

Teacher Allocations

Safety Patrol

# Cougar Ridge PTSA

## School Events

Spooky Spaghetti- Oct.

Math & Literacy Night

BINGO Night

Movie Night

Lunar New Year/Heritage  
Festival

Spelling Bee

STEAM Fair

Field Day

End of the year Carnival

## Incoming Kindergarten Events

- Summer Playground  
Meet Ups

- September 3<sup>rd</sup>  
Tissues & Tears – 9:15am  
At Cougar Ridge

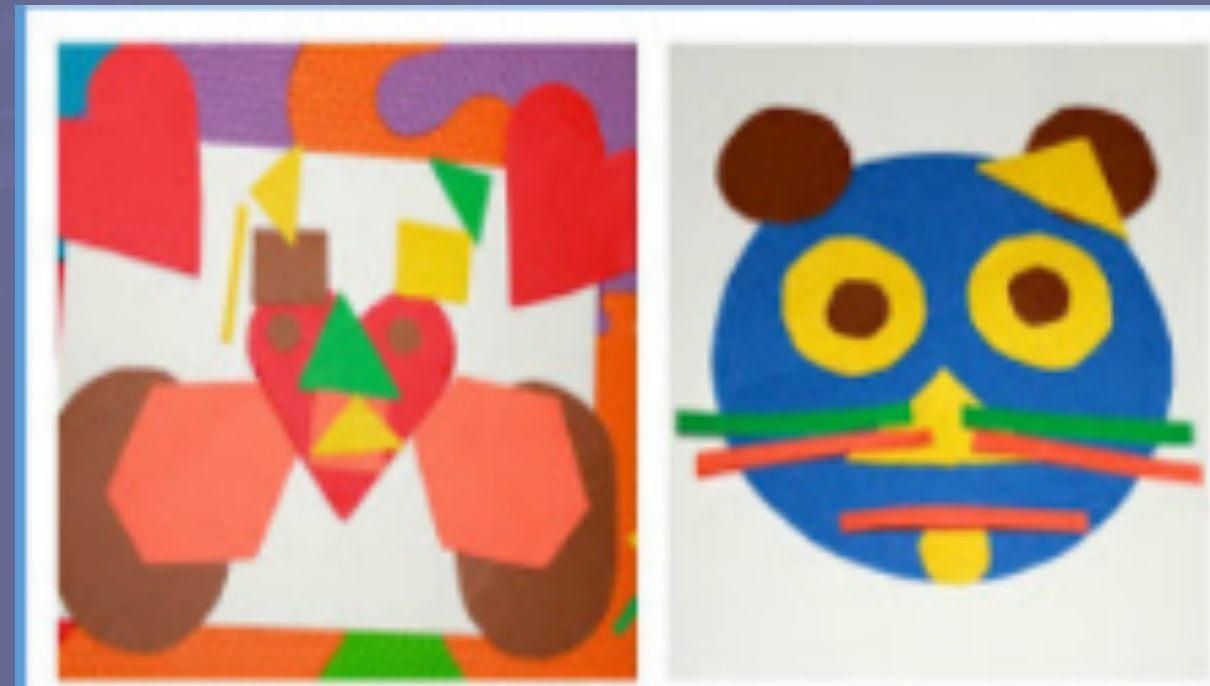




# Cougar Ridge PTSA

## Art Docent Program

- Once a month
- No art experience needed
- All lesson provided
- Get to know your student's classroom and classmates





# Cougar Ridge PTSA

## Let's Connect!



**Sign Up for Emails**  
**Bobcat Blast (weekly)**



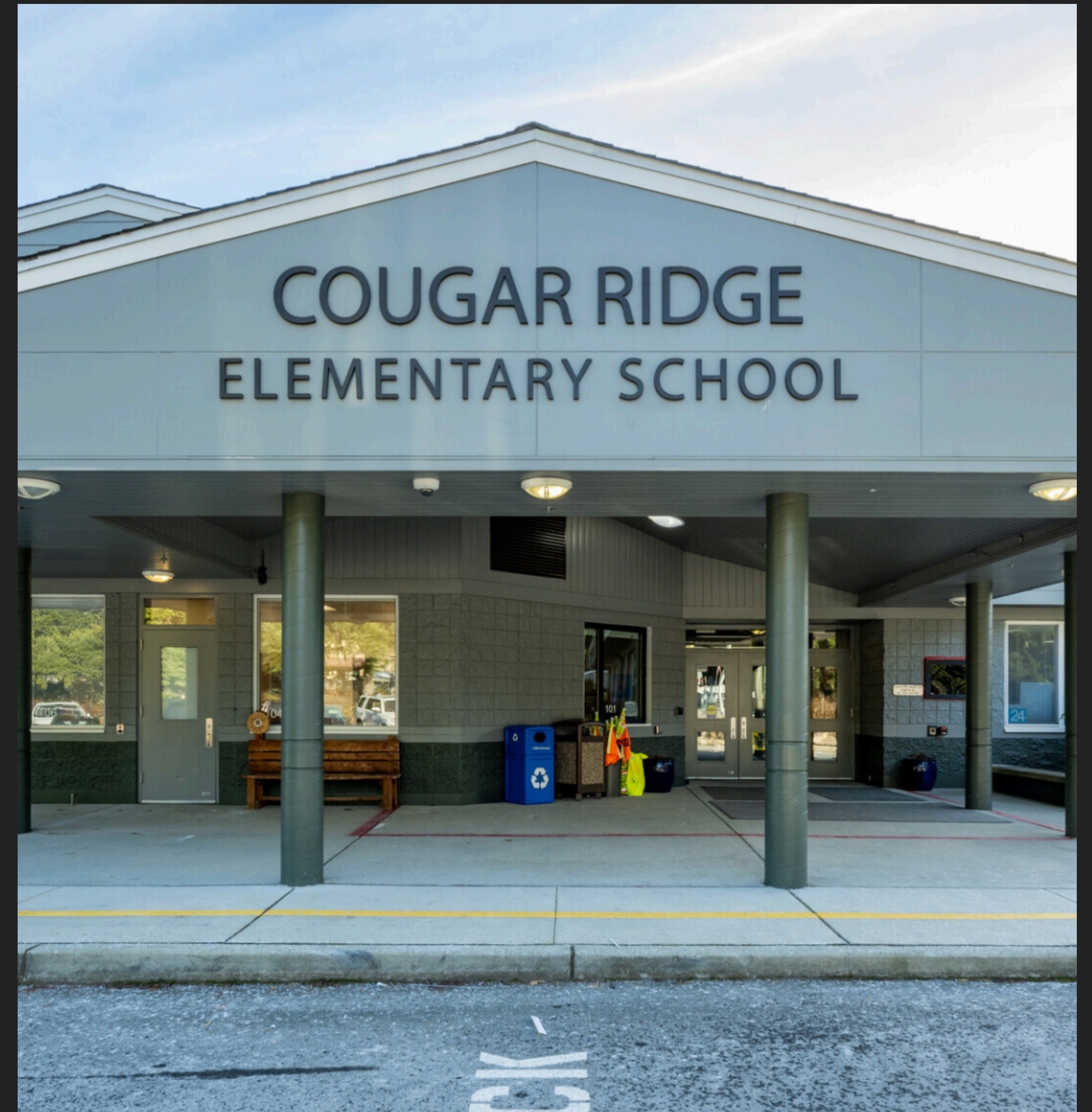
**Join our Incoming Kindergarten Facebook**  
**group**





## COUGAR RIDGE FACTS

- ▶ Approximately 450 students
- ▶ School was built in 1992
- ▶ School Colors: Teal and Blue
- ▶ Mascot is the Bobcat - Bobby!





## WHAT DOES KINDER LOOK LIKE?

- ▶ 4 teachers - 4 Paraprofessionals
- ▶ Approx 19 students per class
- ▶ Students have reading, writing, math, science/social studies, and purposeful play every day
- ▶ Each week, students have 2 classes of physical education (PE), 2 classes of music, and one library class.





## KINDERGARTEN TEAM

- ▶ Mrs. Stevens
- ▶ Mrs. Carroll
- ▶ Ms. Adams
- ▶ Mrs. Koch





## KINDERGARTEN DAY

- ▶ All students get Full Day
  - ▶ 9:15 am – 3:40 pm on Mon, Tue, Thur, and Fri
  - ▶ 9:15 am – 1:30 pm on Wednesdays
- ▶ If you want Half Day – indicate on online enrollment
  - ▶ 9:15 am – 12:15 pm on Mon, Tue, Wed, Thur, and Fri



A photograph of four young children of diverse backgrounds smiling together. From left to right: a boy with short brown hair in a blue and white checkered shirt, a girl with blonde hair in a yellow shirt, a girl with curly brown hair in a white shirt, and a boy with short brown hair in a pink shirt. The background is slightly blurred, showing colorful streamers.

YOU CAN HELP YOUR CHILD BE READY

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**PREPARING FOR KINDERGARTEN**





ISSAQUAH  
SCHOOL DISTRICT 411

# Kindergarten Readiness

## Independence and Health Skills to Develop Before Starting School

- ✓ Uses the toilet, washes hands, and blows nose independently
- ✓ Packs backpack and puts on coat and shoes independently
- ✓ Opens snack and food containers and eats independently
- ✓ Start a consistent bedtime and morning routine before school starts







**All children grow at their own pace. They all have unique strengths and skills to work on!**

Use this as a guide to identify opportunities to learn and grow. Students will continue to work on these skills in kindergarten!

### Social and Emotional Development


- ☐ Shares ideas and takes turns
- ☐ Names or identifies feelings
- ☐ Keeps trying when things feel hard  
and asks for help, if needed 
- ☐ Suggests solutions to problems

### Language and Communication


- ☐ Uses words to express wants, needs,  
thoughts, and feelings
- ☐ Remembers and retells an experience
- ☐ Takes turns in conversations 
- ☐ Follows one and two-step directions

If you have concerns about your child's development, talk to your preschool teacher, pediatrician, or contact Issaquah ChildFind at 425-837-7197 [Childfind@issaquah.wednet.edu](mailto:Childfind@issaquah.wednet.edu)

### Early Literacy

- ☐ Enjoys stories and knows how to turn  
pages in a book
- ☐ Knows some letters and letter sounds
- ☐ Writes the letters in their first name
- ☐ Claps syllables in words and engages  
in rhyming activities 
- ☐ Holds a pencil with 3-point finger grip

### Mathematical Thinking

- ☐ Counts 10 items accurately 
- ☐ Knows basic colors and shapes
- ☐ Sorts objects in different ways
- ☐ Compares quantities and uses words  
such as "more" and "less"



## Set Expectations

- Be a role model by showing your child a positive attitude about school and learning.
- Talk with your child about going to kindergarten and answer any questions they might have.
- Talk about how you expect them to behave at school and the importance of respecting teachers, students, and other staff.

## Practice Skills at Home

- Read to your child and tell stories daily — in English and/or your home language!
- Find the math in daily experiences (count, sort, name shapes, compare object, etc.)! Count or sort toys, laundry, food items...anything and everywhere!
- Teach your child their full name and practice writing their first name.
- Use everyday situations to practice taking turns, sharing, and following routines.
- Get plenty of exercise and spend time outdoors every day!
- Talk about feelings and help with calm-down strategies (such as taking deep breaths or counting). Help them use words to name feelings and solve problems.
- Encourage them to solve problems independently (try different ways). If needed, help them come up with solutions. Celebrate their efforts when they keep trying when things feel hard!



## KINDERGARTEN TIMELINE

- ▶ Kindergarten Registration: March 12-April 30 (online)
- ▶ District Kindergarten Night: March 12 (via Zoom)
- ▶ Kindergarten Screening: April/May (Cougar Ridge)
- ▶ PTSA Kindergarten Playdates: July/August (Lewis Creek Park)
- ▶ Kindergarten Bus Ride Along: August 12 (Issaquah High School)



## KINDERGARTEN TIMELINE CONT.

- ▶ Enrollment Verification Process: August (online)
- ▶ Meet the Teacher: August 27 (Cougar Ridge)
- ▶ Family Connection Meetings: Aug 28, 29, and Sept 2 (Cougar Ridge)
- ▶ First Day of Kindergarten: September 3 (Cougar Ridge)
- ▶ Curriculum Night: September (Cougar Ridge)



# KINDERGARTEN REGISTRATION

- ▶ Online through Qmlativ
- ▶ March 12-April 30
- ▶ Earlier the better!
- ▶ Help us spread the word!
- ▶ District Links - <https://www.isd411.org/enrollment/new-student-enrollment>

## Need help? Contact our registrar!

- ▶ Michelle Franko: FrankoS@Issaquah.wednet.edu



## ONLINE REGISTRATION PROCESS

- ▶ To enroll a student in kindergarten for the 2025-2026 school year, a child must turn 5 years old by August 31, 2025.
- ▶ Required Documentation: Parents/Guardians are required to provide, and return, the following documents to their neighborhood school to finish the registration process:
  - ▶ Parent identification
  - ▶ Proof of birth date (birth certificate or passport)
  - ▶ PSE Bill - no older than 30 days.
  - ▶ ONE of the following:
    - ▶ Home purchase papers or property tax statement
    - ▶ Lease/Rental agreement (original) on company letterhead.
    - ▶ Notarized verification of proof of residency
- ▶ You have successfully completed the kindergarten registration process when the online registration is completed and your neighborhood school has received all required documents.



## APRIL/MAY — KINDERGARTEN SCREENER

### ▶ Purpose

- ▶ Assist in making appropriate class placement
- ▶ Determine eligibility for ISF Funded Pre-Kindergarten Summer Program
- ▶ Baseline/snapshot of PreK skills
  - ▶ Letters, sounds, sight words, numbers, counting
- ▶ No prep needed
- ▶ Quick – 10-15 minutes, on site at Cougar Ridge
- ▶ Watch for email end of March/beginning of April, once enrollment application is complete



## AUGUST 12 — BUS RIDE ALONG

- ▶ Visit the ISD Kindergarten Transportation webpage to register!
- ▶ **Route Information:** New students registered in the ISD by August 1st will be able to get route information by the end of August. Go to the ISD Transportation website for route information.





## FAMILY CONNECTION MEETINGS

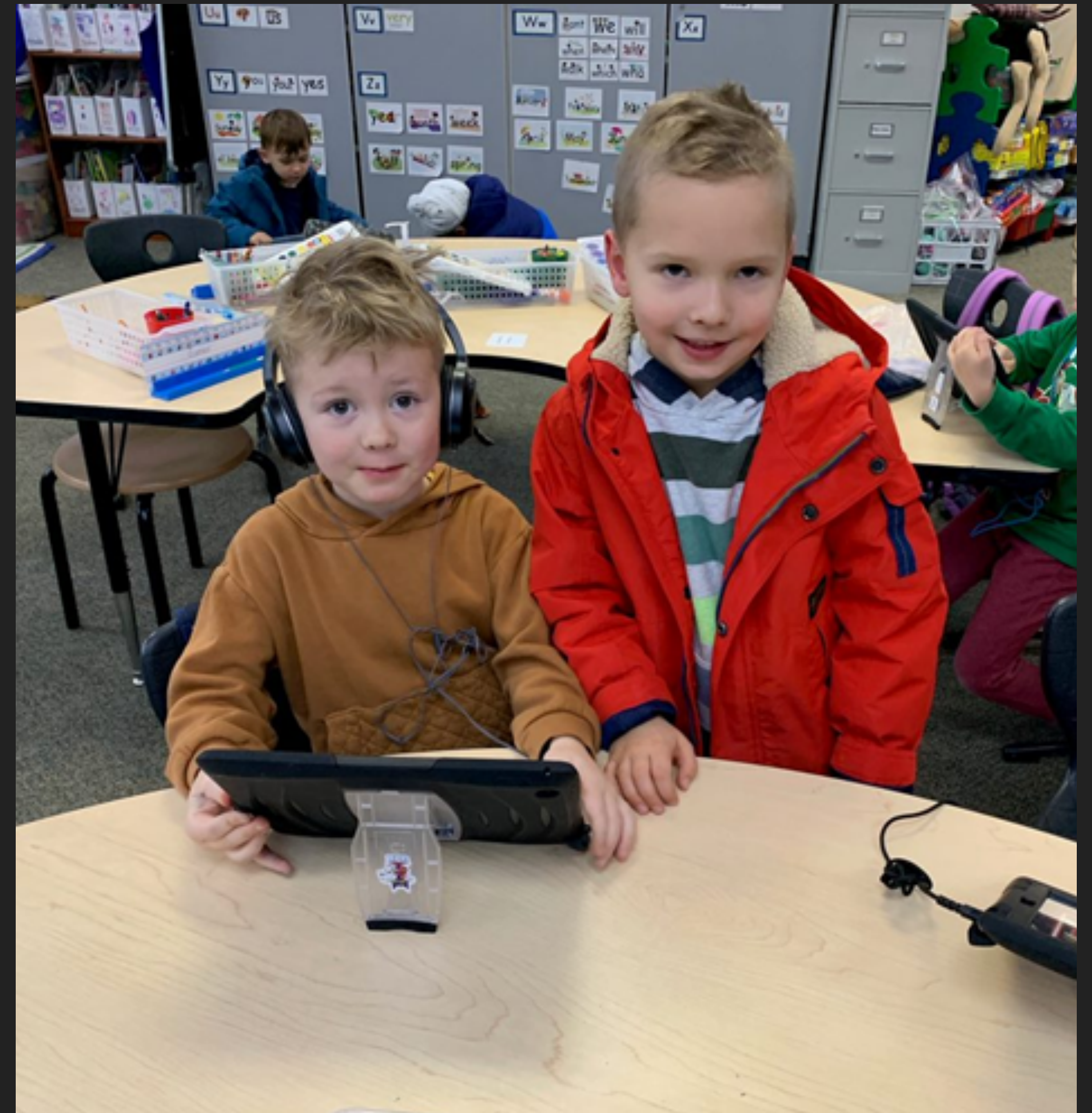
- ▶ An opportunity for families and the child to connect with the classroom teacher.
- ▶ During the first 3 days of school for grades 1-5
- ▶ August 28, 29, and September 2: Watch for an email in mid-August to sign up
- ▶ Grades K-5 teacher names will be available through Qmlativ end of August





## MEET THE TEACHER

- ▶ August 27, 2025
- ▶ Typically in the morning
- ▶ Students are encouraged to attend
- ▶ Drop off school supplies
- ▶ Look for more details in our Weekly Bulletin and on our website when it gets closer





# STAY CONNECTED

- Sign up for [Cougar Ridge E-News](#)
- Sign up for [ISD E-News](#)
- Visit Our Websites:

[ISD](#)

[Cougar Ridge Elementary](#)

[Cougar Ridge PTSA](#)

[Issaquah Schools Foundation](#)

## Sign Up for the Weekly Bulletin

Thank you for your interest in keeping in touch with the ISD and its schools! Please note, weekly bulletin email lists are updated each Friday, so it may take a few business days for your new subscription to become active. In the meantime, you can check out all [District Announcements](#) or [District News](#) on their respective webpages. For school information, please visit your school's homepage.

### Need subscription help?

If you have any trouble subscribing to a weekly bulletin or problems with an existing subscription, please send an email describing the issue to [weeklybulletin@issaquah.wednet.edu](mailto:weeklybulletin@issaquah.wednet.edu).

\* Required

Name \*

First Name

Last Name

Email Address \*

Please select all schools you wish to receive the newsletter from.

School District

☐ Issaquah School District

Elementary Schools

☐ Apollo Elementary

☐ Briarwood Elementary

☐ Cascade Ridge Elementary

☐ Cedar Trails Elementary

☐ Challenger Elementary

☐ Clark Elementary

☐ Cougar Ridge Elementary

☐ Creekside Elementary

☐ Discovery Elementary

☐ Endeavour Elementary

☐ Grand Ridge Elementary

☐ Issaquah Valley Elementary

☐ Maple Hills Elementary

☐ Newcastle Elementary

☐ Sunny Hills Elementary

☐ Sunset Elementary

Middle Schools

☐ Beaver Lake Middle School

☐ Cougar Mountain Middle School

☐ Issaquah Middle School

☐ Maywood Middle School

☐ Pacific Cascade Middle School

☐ Pine Lake Middle School

High Schools

☐ Gibson Ek High School

☐ Issaquah High School

☐ Liberty High School

☐ Skyline High School

Subscribe



## ADDITIONAL INFORMATION

- ▶ School Supplies (on website in August)
- ▶ School Lunch (sign up for My School Bucks, menus on district website) – work with your child to memorize their lunch number





### **DAYS OF OPERATION**

**MONDAY – FRIDAY**

*School break services are available through a separate registration process*

### **PROGRAM HOURS**

**6:30 AM – school start**  
**School end – 6:30 PM**

*There is no care provided during the school day for ½ day kindergarten students.*

### **LOCATIONS**

**All 16 Elementary Schools**

# **SCHOOL AGE CARE**

## **SERVING K-5 STUDENTS**

The Before and After School Care Program (BASC) provides a positive environment for children to grow socially, emotionally, and intellectually under the guidance of our well-trained team. We offer diverse activities to meet the interests and skill levels of our participants, including STEM, cooperative games, community service learning, art, and cooking.

During out of school time, children will be able to access many areas of our schools, including the gym, playground, and multi-purpose room. In addition to our well stocked club rooms, we provide a designated homework time, morning and afternoon snacks, family nights, enrichment activities, school break care, and summer day camps.

### **REGISTRATION INFORMATION**

[www.isd411.org](http://www.isd411.org)

Programs and Services ->  
Before and After School Care ->  
Registration Information

### **QUESTIONS?**

Email Michelle Morrison  
[morrisonm@Issaquah.wednet.edu](mailto:morrisonm@Issaquah.wednet.edu)





# IMMUNIZATION & HEALTH CONCERNS

**Danielle Kolesnikov, RN, BSN**

Washington State Certified School Nurse

On campus M-F 9am-4pm

Office Phone: 425-837-6421

Fax: 425-837-6405

Email: [KolesnikovD@issaquah.wednet.edu](mailto:KolesnikovD@issaquah.wednet.edu)





# Immunizations & Life-Threatening Health Conditions

*Requirements for Incoming Students*

**2025-26 School Year**



# Proof of Immunization Required

- New students need to provide a **medically verified immunization record** at the time of registration.
- A medically verified record can come directly from:
  - The **Washington State Immunization Information System (WAIIS)**.
  - A medical clinic or office where immunizations were given
  - Pharmacy records of immunizations given
  - Another state's or country's formal immunization database
  - Immunizations verified by the State Dept.



# CIS or WAIS Documentation

- A completed Certificate of Immunization Status (CIS) printed directly from the Washington State Immunization Information System (WAIS)
- A physical copy of the State CIS form **with a healthcare provider signature.**
- A CIS printed from MyIR.  
**Wa.myir.net or myirmobile.com**

**Washington State Department of Health** **Certificate of Immunization Status (CIS)** Reviewed by: \_\_\_\_\_ Date: \_\_\_\_\_  
Signed CIS on File? ☐ Yes ☐ No

Please print. See back for instructions on how to fill out this form or get it printed from the Washington State Immunization Information System.

Child's Last Name	First Name	Middle Initial	Birthdate (MM/DD/YYYY)

I give permission to my child's school/child care to add immunization information into the Immunization Information System to help the school maintain my child's record.

☒ **Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Conditional Status Only:** I acknowledge that my child is entering school/child care in conditional status. For my child to remain in school, I must provide required documentation of immunization by established deadlines. See back for guidance on conditional status.

☒ **Parent/Guardian Signature Required if Starting in Conditional Status** \_\_\_\_\_ **Date** \_\_\_\_\_

<input type="checkbox"/> Required for School <input type="checkbox"/> Required for Child Care Provider	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY	MM/DD/YY
<b>Required Vaccines for School or Child Care Entry</b>						
<input checked="" type="checkbox"/> <b>DTaP</b> (Diphtheria, Tetanus, Pertussis)						
<input checked="" type="checkbox"/> <b>Tdap</b> (Tetanus, Diphtheria, Pertussis) (grade 7+)						
<input checked="" type="checkbox"/> <b>DT or Td</b> (Tetanus, Diphtheria)						
<input checked="" type="checkbox"/> <b>Hepatitis B</b>						
<input checked="" type="checkbox"/> <b>Hib</b> (Haemophilus influenzae type b)						
<input checked="" type="checkbox"/> <b>IPV</b> (Polio) (any combination of IPV/OPV)						
<input checked="" type="checkbox"/> <b>OPV</b> (Polio)						
<input checked="" type="checkbox"/> <b>MMR</b> (Measles, Mumps, Rubella)						
<input checked="" type="checkbox"/> <b>PCV/PPSV</b> (Pneumococcal)						
<input checked="" type="checkbox"/> <b>Varicella</b> (Chickenpox)						
<input type="checkbox"/> History of disease verified by ID						
<b>Recommended Vaccines (Not Required for School or Child Care Entry)</b>						
<input type="checkbox"/> <b>COVID-19</b>						
<input type="checkbox"/> <b>Flu</b> (Influenza)						
<input type="checkbox"/> <b>Hepatitis A</b>						
<input type="checkbox"/> <b>HPV</b> (Human Papillomavirus)						
<input type="checkbox"/> <b>MCV/MPSV</b> (Meningococcal disease types A, C, W, Y)						
<input type="checkbox"/> <b>Mening</b> (Meningococcal disease type B)						
<input type="checkbox"/> <b>Rubella</b>						

**Documentation of Disease Immunity (Health care provider use only)**

If the child named in this CIS has a history of varicella (chickenpox) disease or can show immunity by blood test (titer), it must be verified by a health care provider.

I certify that the child named on this CIS has:

☐ A verified history of varicella (chickenpox) disease.

☐ Laboratory evidence of immunity (titer) to disease(s) marked below.

<input type="checkbox"/> Diphtheria	<input type="checkbox"/> Hepatitis A	<input type="checkbox"/> Hepatitis B
<input type="checkbox"/> Hib	<input type="checkbox"/> Measles	<input type="checkbox"/> Mumps
<input type="checkbox"/> Rubella	<input type="checkbox"/> Tetanus	<input type="checkbox"/> Varicella

☐ Polio (all 3 serotypes must show immunity)

\_\_\_\_\_  
Licensed Health Care Provider Signature Date: \_\_\_\_\_

\_\_\_\_\_  
Printed Name

I certify that the information provided on this form is correct and verifiable.

Health Care Provider or School Official Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
If verified by school or child care staff the medical immunization records must be attached to this document.



# Required Immunizations for K-6 Students

- 5 doses of DTaP (diphtheria, tetanus & pertussis) given in the appropriate time frames
  - 1 Tdap for students 7th grade and above
- 3 doses of Hepatitis B, given in the appropriate time frames
- 4 doses of polio (IPV) given in a specific time frames
- 2 doses of MMR (measles, mumps and rubella) given in the appropriate time frames
- 2 doses of varicella given in the appropriate time frames



# Missing Doses

- If students are missing doses, they will need to get **all the doses they are eligible** to receive **before** starting school.
- They can then attend school in a **Conditional Status** until the minimum valid date of the next vaccine is reached.
- They then have 30 calendar days to turn in documentation of having received the dose.
- This continues on until all vaccines have been administered and documented.



# Example

- If a child has all their immunizations except the 2-dose MMR series, and they get dose 1 of MMR the day before school starts (and it is documented with the school that day) the child can enter school because...
- Dose 2 of the MMR cannot be given until 28 days after the first dose.
- Beginning on day 29 after the first dose, the child has 30 days to get MMR dose #2.



# Exemptions

Parent and Child's Provider  
signatures

- Medical Exemption
- Philosophical/Personal Exemption
  - Except MMR
- Religious Exemption

Religion restricting care from  
medical professional

- Religious Membership Exemption



# Is My Kindergartener Too Young?

Children can receive their school immunizations at age 4. Contact your healthcare provider to schedule your appointment.





# Where Can I Get My Child Immunized?

- Your child's healthcare provider
- WithinReach, Family Health Hotline:  
800-322-2588  
<http://www.withinreachwa.org/>
- Community Health Access Program:  
206-284-0331 or 800-756-5437  
<https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/access-outreach-program/community-health-access-program>
- Your school nurse is a resource for you if you need assistance



# SUMMARY of IMMUNIZATION INFORMATION

- Washington State Law states that your student may register for school, **but MAY NOT attend school until provider-verified immunizations** have been received and validated by the school nurse.
- The child must have all immunizations they are eligible to receive prior to starting school.
- Or there is a **Certificate of Exemption** on file signed by the parent AND the licensed healthcare provider.



# Notify the School if your Child has a Life-Threatening Health Condition such as:

- Allergy requiring an EpiPen™
- Insulin-dependent Diabetes
- Severe Asthma
- A Seizure disorder
- A Cardiac condition
- Adrenal Insufficiency
- Other conditions



# Why does the school need to know?

- If your child has a life-threatening condition, **WA state law** says there must be an **emergency care plan and any associated medication** in place in the school building **before the child can attend school**.
- This is to keep the student safe in the event they experience a medical emergency during the school day.
- If your child has a life-threatening condition, let the school nurse know:
  - School Care Plan signed by provider, parent and RN
  - Medication prescribed by provider with ISD paperwork





**ISSAQUAH**  
**SCHOOL DISTRICT 411**

## Questions?

### Nurse Contact Info:

**Danielle Kolesnikov, BSN, RN, NCSN**

**Office: 425-837-6421**

**Email: [KolesnikovD@issaquah.wednet.edu](mailto:KolesnikovD@issaquah.wednet.edu)**



# QUESTIONS??

