

FRIDAY, APRIL 28, 2017

LIF SCHEDULE – DISTRICT DIRECTED

1st Bell 7:25

1st 7:30 - 8:13

2nd 8:18 - 9:01

3rd 9:06 - 9:49

1st Lunch 9:54 - 10:24

4th 10:29 - 11:14

4th 9:54 - 10:39

2nd Lunch 10:44 - 11:14

5th 11:19 - 12:02

6th 12:07 - 12:50

Buses Depart 12:57

Lunches based on 4th period

1st Lunch – 1, 2, 3, 4

2nd Lunch – 5, 6, 7 & Auto

BRUIN HAPPENINGS

4/25-30 ~ DECA Nationals

4/28 ~ CHS Talent Show

4/28 ~ LIF – District Directed

4/29 ~ AP Practice Exam

4/29 ~ Spring Prom

BRUIN SPORTS

4/28 ~ Boys Soccer vs. Mt. Vernon – Away – 7:00 pm

4/28 ~ Baseball vs. Mt. Vernon @ Home – 4:00 pm

4/28 ~ Softball vs. Lake Stevens @ Home – 4:00 pm

4/28 ~ Girls Tennis vs. Lake Stevens @ Home – 3:30 pm

STAFF & STUDENTS

- If you played at least 2 sports during your high school career, earned a minimum of 2 letters in 1 sport and 1 in another, plan on attending a college or technical school in the fall and have a minimum 2.5 cumulative GPA then you are eligible to apply for the Dwayne Lanes Athletic Scholarship. Application information can be picked up from Rhonda in the Athletics Office and are due No Later than May 5th.

- Attention all current sophomores and juniors. It is time to apply to become a Link Crew Leader for the 2017-18 school year. Please see Mrs. Youngberg if you have any questions.
- Prom is coming up on April 29th, remember to purchase your ticket April 24-28 for \$15 w/asb and \$20 w/o asb or you can buy at the door for \$25 w/asb or \$30 w/o asb. You must turn in completed guest passes and purchase their tickets by April 27th.
- Celebrate creativity and expression! You can now pre-order a copy of Tyro, Cascade's literary and art magazine. Bring \$8 (cash or check) to the Treasurer. This year's Tyro magazine will feature writing and art created by dozens of Cascade students. If you have questions, visit Mr. Cane in room 614.
- Attention Current NHS Members: Your reflections are due Friday, April 28th and are required in order to participate in NHS Next year. SENIORS! Your reflection must be completed in order to receive your honor cords for graduation! If you have any questions about how to complete it, go talk to Mr. Roberts in room 604!
- Senior vs. Staff Basketball Game signups will be taking place on Friday, May 5 starting at 7:00 am. The team is limited to the first 15 players. The Senior vs. Staff Basketball Game will be on Friday, June 9.
- Spring Madness 2nd period class competition Monday, April 10 through Friday, April 28. Ask your 2nd period teacher about it.
- Want to give a shout out to a fellow Bruin? Here's your chance! Every day during your lunch there is a Bruin Shout Out Box outside the Activities Center.

Quote for the day: There is no greater agony than bearing an untold story inside you.

LUNCH MENU

FRIDAY ~ Chef's Choice