

WEDNESDAY, MAY 8, 2019

PAWS SCHEDULE

1st Bell 7:25

1st 7:30 – 8:20

2nd 8:25 – 9:20

PAWS 9:20 – 9:50

3rd 9:55 – 10:45

1st Lunch 10:50 – 11:20

4th 11:25 – 12:15

4th 10:50 – 11:40

2nd Lunch 11:45 – 12:15

5th 12:20 – 1:10

6th 1:15 – 2:05

Buses Depart 2:12

Lunches Based on 4th Period

1st Lunch - 1, 3, 6

2nd Lunch 2, 4, 5, 7, Auto

BRUIN SPORTS

BRUIN HAPPENINGS

5/6-17 ~ AP Testing

5/10 ~ LIF - Employee Facilitated

5/10 ~ Princess Tea

BRUIN 5STAR APP EVENTS

STAFF & STUDENTS

- Senior vs. Staff Volleyball packets are out now! It's \$3 to play. You can play with 1 to 6 people!
- Attention all current sophomores and juniors! It's time to complete applications for the 2019-20 Link Crew team. You can find the digital application on Cascade's website under announcements. All applications are due by Friday May 17th. If you have any questions, please ask Mrs. Youngberg or Ms. Clark.

- Everett PRIDE shirts are now available for students and staff to purchase. These shirts are a wonderful way to show support and celebration of our LGBTQ population here at Cascade. Pick up an order form from Ms. Gomes classroom, room 609, or from our treasurer. All orders are due by May 8th to the treasurer's office.
- We are excited to announce, The First Annual Night of the Arts, on May 16th, 4:00 to 7:30 pm in the CHS cafeteria! The evening will include an art show, live performances by Drama, Band, Choir, Dance and Creative Writing. Food will also be available. Come celebrate our talented students in the arts!
- Would you like to help raise money for hunger awareness? Join us during the Night of the Arts and partake in the Empty Bowl Project. For a \$5 donation you get a handmade bowl of your choosing created by ceramic students, soup, bread and drinks! The bowl is yours to keep. So come May 16th, 4:00 to 7:30 to help our food bank and celebrate the arts! All events are held in the cafeteria!
- Do you enjoy bowling with your family and friends? Have you wanted to do your part to help protect our marine life? Than come to our Bowl to Save Marine Life event on Sunday, May 19th, from 2-4pm at Evergreen Lanes! For only \$12 per person, you get unlimited bowling games for those two hours, the opportunity to win cool prizes, and have fun with your family and friends while contributing to the Marine Conservancy? Any questions or would like to reserve your spot...Email: bowl4marinelife@gamil.com, contact 425-870-2865 or talk to Chris Rabideau. This event is through the AP Environmental Classes.

Quote for the day: Owning our story can be hard but not nearly as difficult as spending, our lives running from it.

LUNCH MENU

WEDNESDAY ~ Asian Cuisine

THURSDAY ~ Gobbler Gravy over Mashed Potatoes

FRIDAY ~ Chef Choice