

Jackson Wolf News

HENRY M. JACKSON HIGH SCHOOL NEWSLETTER



FEBRUARY 2018

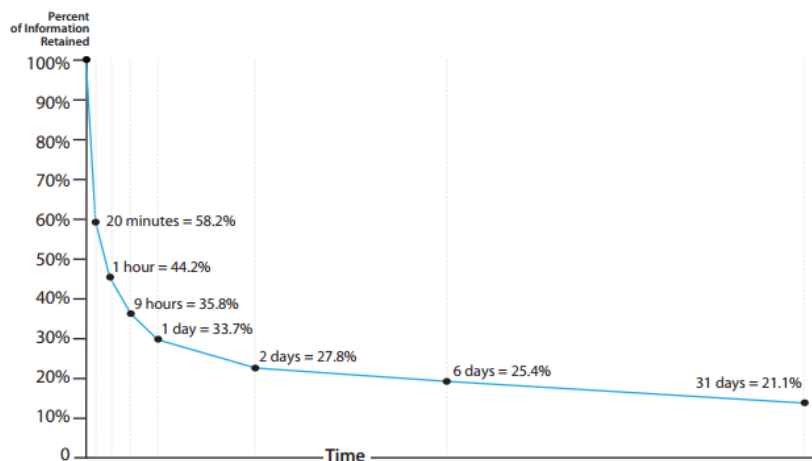
VOLUME 1, ISSUE 3

From the Principal

Hello, Timberwolf Families! It's hard to believe that spring semester is now underway. This is also the home stretch for our seniors, and we look forward to continuing to support their goals of graduation and beyond.

Last month, teachers from our AVID program (Advancement Via Individual Determination) shared with a number of their colleagues the importance that repetition plays in learning. Research as early as that by Hermann Ebbinghaus in the late 1800s supports the notion that memory is fragile and that our brains are actually designed to begin forgetting within minutes of initial exposure to information.

The Curve of Forgetting



What he and modern research has shown is that the way to make long-term memory more reliable is to incorporate new information gradually and repeat it in timed intervals.

Dave Peters
Principal

Henry M. Jackson High School
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Mill Creek, WA 98012
www.everettsd.org/jacksonhs

Feb. 2, 9, 16, & 23
Learning Improvement Fridays

Feb. 5-9
ASB Executive Board Campaign Week

Feb. 7
Coffee with the Principal / JHS Tour

Feb. 9
Evacuation Drill

Feb. 12
1st Semester Report Cards Mailed

Feb. 13
ASB Exec. Board Campaign Speeches

Feb. 15
Running Start Info Meeting

Feb. 19 & 20
No School: Mid-Winter Break

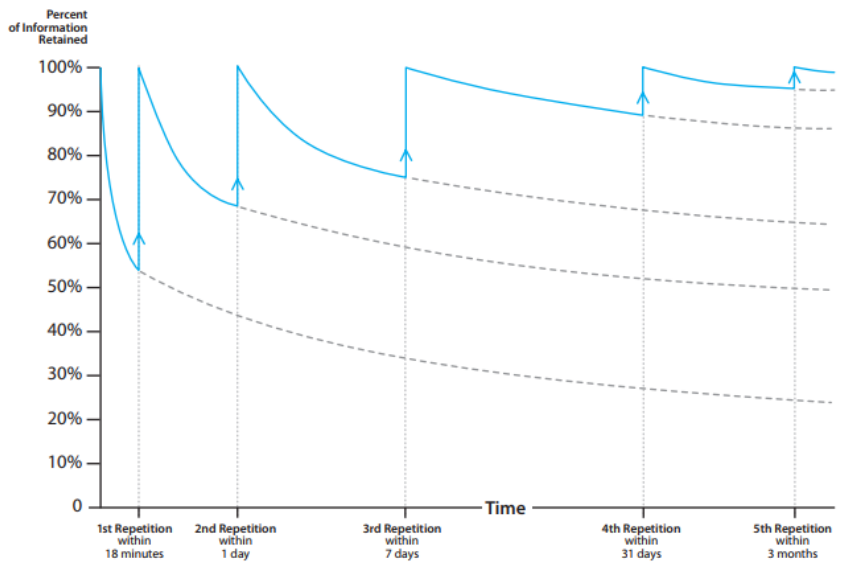
Feb. 22
AP Exam Payments Due

Feb. 26
2018-19 Pre-Registration Kick-off
Video

Feb. 27
5th Period Advisory Sessions Begin



Rate of Forgetting with Study/Repetition



In his book *Brain Rules*, researcher and author John Medina explains that learning occurs best when new information is incorporated gradually into the memory rather than when it is jammed in all at once. If, for example, you have limited time to study in a week, it is far better to space out numerous repetitions over each day than to squeeze them all together. This leads to two (of his twelve) brain rules: “Repeat to remember” and “Remember to repeat.” Here are links to the Brain Rules website where you can learn more about [short-term memory](#) and [long-term memory](#).

Nick of Time Foundation

Youth Heart Screening—Wednesday, March 14, at JHS

One high school-aged athlete suffers a sudden cardiac arrest every three days in the U.S! The leading cause of death in young athletes on the playing field is an undetected heart condition. The best way to detect these heart conditions is through a heart screening using an ECG (Electrocardiogram) and in some cases an Echocardiogram (ultrasound) of the heart.

The Nick of Time Foundation, in partnership with the University of Washington Medical Center, conducts ON-SITE heart screenings for adolescents and young adults ages 14-24. Screenings consist of a Heart Health Survey asking about possible signs and symptoms or family history of a heart condition. An ECG is performed that analyzes the electrical signals of the heart. In some cases, a limited physical exam or Echocardiogram of the heart is conducted. The results are reviewed on site by cardiologists and sports physicians experienced in heart screens.

A completed Health History form, including parent permission (if under 18), for EACH student must be turned in to the school to make an appointment. Click for the Health History form:

<http://nickoftimefoundation.org/wp-content/uploads/2017/08/NoTF-History-Perm-7-17.pdf>

To learn more about the organization click this link: <http://nickoftimefoundation.org/>

Watch this video to see the screening process in action: https://youtu.be/cfN8tpT_PG8



The PTSA will be assisting the Nick of Time Foundation with this event at JHS, coordinating the hospitality area to provide breakfast, lunch, and drinks to the many volunteers who will be working the event. Sign-Up Genius links will be advertised soon for donations of food, drinks, supplies, and volunteer needs for the hospitality area (setup, manning tables at breakfast and lunch, cleanup, non-medical event positions).

AP Exam Registration

AP exam registration opened in January, and the payment deadline is Thursday, February 22. [Attached](#) is the registration form. Need more information? Check out the [AP Bulletin](#). Still have questions? Attend our AP Information Night on Thursday, March 1, at 7 p.m. in the JHS library.

Key Club Request for Donations

As part of the Kiwanis Children's Cancer Program community service project, Jackson Key Club will be making coloring kits for children who are hospitalized and fighting cancer. We will decorate shoe boxes, fill them with coloring supplies and goodies, and deliver them to Seattle Children's Hospital. Any donations of shoeboxes as well as coloring supplies will be greatly appreciated. Donations can be delivered to Deb Kalina's classroom, or you can email her (DKalina@everettsd.org) to arrange for your donation to be picked up by a Key Club officer. Key Club plans to deliver the boxes around Valentine's Day.

Are You Registered to Vote?

Students studied Dr. King's legacy in January. Among the advice he shared with the world is the responsibility and privilege we all have to vote. Registering to vote is easy. Click the link under [QuickLinks](#) on the district website.

Lunch Payments Just Got Easier



Want to see your student's lunch balance and pay a balance from your phone? If you're logged into the mobile app, you can find and pay your student's lunch balance under your student's info. A new icon inside the app gives a shortcut to deposit funds for your student's lunch account. To make a payment, look for the green chef's hat icon.

The latest news and information from schools in Everett Public Schools is available on smartphones and mobile devices with a free mobile app that is available in the online iTunes® and Google Play® app stores.

Once you've downloaded the app, log in to "student info" with your LMS password to see student-specific information for each of your children.



Free Tax Preparation

United Way certified volunteers offer FREE tax preparation at several locations in Everett and throughout Snohomish County for families who made less than \$66,000 in 2017. Call 2-1-1 or visit the [United Way website](#) for more information.



Access a Teacher's Website from a Smartphone

Use this nifty [help sheet](#) for accessing teacher websites with a smartphone.

Did You Know?

Lots of valuable information about how our school is helping students achieve is available online. Our *School Performance Report* is linked directly from our school's home page. (Look under *QuickLinks* for a link to [OSPI Washington State School Report Card](#).) At that site you can browse through historical performance data for more than a decade—for any school in the district or the state. By following the prompts on that OSPI website, you can also find current and historical data aggregated at the district level.

Do You Have a Student in Special Education?

Did you know there is a Special Education PTSA in the district? The Special Education PTSA serves students, families, and educators involved in Special Education. They encourage students, families, educators, and community members to work collaboratively to provide programs and activities recognizing each student's potential and enhancing the educational opportunities of children receiving and/or seeking special services in our district. Connect with the SEPTSA on [their Facebook page](#).

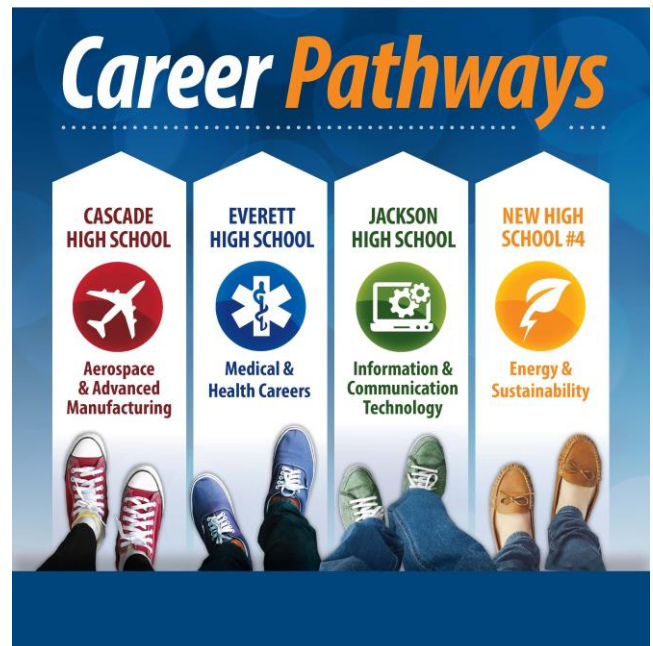
Kindergarten Registration Begins in March

Do you have a child who will be 5 years old by August 31, 2018? Registration begins on March 5, 2018, at all 17 district elementary schools. Which school will your kindergartner attend? To find out, click on [School and Route Finder](#)—under the *Parents* tab on the district website or [linked](#) on the JHS homepage—or call the transportation office at 425-385-4144.

Career Readiness

Did you know our state will add 740,000 jobs in the next five years? But, according to a University of Washington research study, there is now a mismatch between the jobs opening and local residents seeking those positions. As a result, many local openings are filled by people from outside our region. Washington Roundtable members believe in the concept of “Washington jobs for Washington kids.” For that concept to be a reality, Washington high school graduates must go on to earn a postsecondary credential. Today, fewer than 1 in 3 do so.

The 2018 Capital Bond funds will pay to transform portions of each of our existing three high schools into high tech vocational learning and training centers. In these centers, students will gain a head start on credentials that could enable them to live and work right here in our communities. The fourth high school (funding of which will be provided in the 2018 Capital Bond) will include a high tech vocational learning center in its design.



Hear what [local leaders are saying](#) about the career pathways plan and creating opportunities for students.



Upcoming Dates of Interest

LIF days are listed in the [JHS online calendar](#), the [EPS online calendar](#), and the [EPS student school year calendar](#).

- Feb. 5-9 ASB Executive Board Election Campaign Week
- Wed., Feb. 7 Coffee with the Principal & JHS Parent Tour (Sponsored by JHS PTSA and JLC Parent Reps)
- Fri., Feb. 9 [Evacuation Drill in 3rd Period](#)
- Mon., Feb. 12 1st Semester Report Cards Mailed
- Tues., Feb. 13 Special Election
- Wed., Feb. 14 ASB Executive Board Election Speeches
- Thurs., Feb. 15 Running Start Info Meeting
- Feb. 19 & 20 No School: Presidents Day/Mid-Winter Break
- Thurs., Feb. 22 Deadline for AP Exam Payments
- Mon., Feb. 26 2018-19 Pre-Registration Kick-off Video in 2nd Period Classes
- Feb. 27–March 23 5th Period Advisory Meetings for 2018-19 Course Requests
- Thurs., March 1 AP Information Night
- Wed., March 7 School Day SAT for Juniors
- Sun., March 11 Daylight Savings Time Begins: Set Clocks Forward One Hour
- Thurs., March 15 Running Start Info Meeting
- Fri., March 16 End of 3rd Quarter
- Tues., March 20 8th Grade Family Night
- April 2-6 No School: Spring Break
- April 10 & 11 AP Bubble Sessions
- Thurs., April 12 Make-up AP Bubble Session
- Wed., April 18 RSVP Forms for 2018-19 Distributed to Students in 1st Period
- Thurs., April 19 Spring Blood Drive
- Fri., April 20 RSVP Forms Due
- Tues., April 24 Special Election
- May 7-18 AP Exams
- May 22 & 24 SBA ELA Testing
- May 23-25 Late AP Exams
- Mon., May 28 No School: Memorial Day
- Wed., May 30 SBA Math Testing
- Wed., May 30 Senior Awards Night
- Thurs., May 31 District Athletic Awards Night
- Sat., June 2 Prom
- Tues., June 5 WCAS Testing
- Fri., June 8 Early Release with Lunch
- Fri., June 8 Mom & Me Tea
- Fri., June 8 Staff vs. Seniors Basketball Game—*benefitting the Staff Scholarship Fund*
- Thurs., June 14 Senior Inspiration Night
- Fri., June 15 Graduation Rehearsal & Senior BBQ
- Sat., June 16 Graduation, 4-6 p.m., xFinity Arena
- Tues., June 19 Last Day of School (Early Release)—*subject to change due to inclement weather make-up days*



Helpful Links & Resources

- Check Jackson's [home page](#) for links to our most current **athletic events, club meeting times, daily announcements, activities calendar**, and more.
- Parents, keep up with your student's academic progress, assignments, attendance, and more via [LMS](#) (click the "Grades & More" icon at the top of any district or school webpage, then the blue "Info" button). If you don't know your LMS login ID/password, contact LMS@everettsd.org.
- For **Naviance help**, any student or parent can contact Sarah Pewitt, High School & Beyond Facilitator, at Naviance@everettsd.org or 425-385-4183 (email is preferred).
- Follow these **JHS Twitter accounts**: @HMJacksonHS, @announceJHS, @jhswolfpack, @classofJHS2018, @jhsasb2019
- Follow **JHS ASB** on Instagram.
- The Jackson High School app "**JHS CONNECT**"—for students, parents, staff, and anyone else interested in JHS—is FREE in the app store.
- Go to the district [communications webpage](#) for information about Everett Public Schools' [FREE mobile app](#) for parents, students, and staff, or download the "Everett Public Schools" app from your phone's app store.
- Follow Everett Public Schools on [Facebook](#) and [Twitter](#).
- At the bottom of any district webpage, you can sign up for [InTouch](#) announcements right to your email box about twice a month.

AP Capstone: [College Board AP Capstone Overview](#)

AP Capstone: [Program Brochure](#)

AP Capstone: [Student Brochure](#)

[Attendance Reporting](#)

Bell Schedule: [Early Release WITH Lunch](#)

Bell Schedule: [LIF Day](#)

Bell Schedule: [Regular Day](#)

[Bullying Prevention](#) (*free resources at stopbullying.gov*)

Calendar: [JHS Activities Calendar](#)

Calendar: [School Year Calendar, 2017-18](#)

Calendar: [Student Art Calendar, 2017-18](#)

[District Course Catalog for 2017-2018](#)

[Frequently Used Phone Numbers](#)

[Honor Society Tutor List](#)

Lunch Schedules: [2017-2018, Fall Semester](#) | 2017-2018, Spring Semester

Maps of School: [Lower Level](#) | [Upper Level](#)

[Pre-Arranged Absence Form](#)

[Private Vehicle Driving Form](#)

PTSA: [PTSA Membership Form](#)

PTSA: [Wolf Tracks newsletter, current school year issues](#)

PTSA: [Wolf Tracks newsletter archives](#)

[Pyramid of Interventions: Study Halls, Extended Day Tutorials, etc.](#)

[School Bus Snow Routes Info](#)

Student Handbook: [Everett Public Schools Student Responsibilities & Rights Policies](#), 2017-18

Student Handbook: [Henry M. Jackson High School Student Handbook](#), 2017-2018

[Student Schedule Change Policy](#)

[Transcripts](#)



[Volunteer Application Online](#)

Everett Public Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are:

- **Affirmative Action Office** – Carol Stolz, cstolz@everettsd.org, 425-385-4106
- **Title IX Officer** – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104
- **504 Coordinator** – Becky Ballbach, rballbach@everettsd.org, 425-385-4063
- **ADA Coordinator** – Becky Clifford, rclifford@everettsd.org, 425-385-5250

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