

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



November 2020

VOLUME 4, ISSUE 3

## From the Principal

Dear Cascade Families,

As we move more fully into the Autumn, we also move forward with our distanced learning program for our students in Everett Public Schools. "The School of Pride" has always been Cascade High's motto, and while we are still within the midst of unprecedented times, I am proud of our school community. The tremendous effort that everyone is putting into this time is truly remarkable. The courage and persistence I'm seeing after two months into this adventure is humbling.

That said, if you have concerns or issues regarding keeping your student engaged or addressing some struggles they are having, we would like to hear from you. The very best way to get an immediate response is access call us at 425-385-6000 or connect with individual staff via the *Our Staff* link. Other resources that could be helpful to you in supporting your student are access to [Gradebook](#), [Home Access Center](#), and [Canvas for Parents](#).

Everything is being reinvented during this time, and we've been lucky to see some truly creative solutions in recent months. For example, this October, we had over 200+ families attend virtual sessions on College and Career Readiness, Financial Aid, Navigating Senior Year, 24 Credit Graduation Requirement, Supporting Teen Mental Health, and Family Tech support during our Virtual Curriculum Night. We want to recognize these and other efforts to reimagine opportunities for engaging our students in a wider conversation about career and college readiness. We will continue to come up with ways to keep those conversations going as well as trying to reimagine new ways to engage our student body and school community, ultimately working to continue to try to come together as a community to support each other.

Finally, great schools do not happen by accident; it really does take all of us. Therefore, a special thanks to our parents and guardians who are supporting our students through these challenging times. As a parent myself of students in distance learning, the efforts you are taking to support your students are truly appreciated and necessary. So much of the power of school is guiding students in being thoughtful about their own growth and about the principles and ideals that drive them forward and guide their actions and goals. You are such important parts of this growth, now more than ever, so we want to express our appreciation for all that you do to make learning possible for all of our Bruins.

Sincerely,

Michael Takayoshi  
Principal, Cascade High School  
[Mtakayoshi@everettsd.org](mailto:Mtakayoshi@everettsd.org)

**Micheal Takayoshi**  
Principal

**Cascade High School**  
801 Casino Road,  
Everett, WA 98203  
[www.everettsd.org/cascadehs](http://www.everettsd.org/cascadehs)

**November 6**

Learning Improvement Friday

**November 13**

Modified Learning Improvement  
Friday

**November 20**

Learning Improvement Friday

**November 25**

Early Release

**November 26-**

**27**

Thanksgiving Break

**Mondays &  
Tuesdays**

[A Day - Schedule](#)

**Wednesday &  
Thursdays**





[B Day - Schedule](#)



# High School

## Remote Student Schedule

### Friday, November 13, 2020

<b>LIF*</b>	
<b>Friday</b>	
 <b>Teacher office hours</b> 	7:30 – 8 a.m.
<b>1st</b>	8 – 9:10 a.m.
<i>Passing Time</i>	
<b>2nd</b>	9:20 – 10:30 a.m.
<i>Passing Time</i>	
<b>3rd</b>	10:40 – 11:50 a.m.
<b>Lunch</b>	Noon – 12:30 p.m.
Directed Independent Learning	12:30 – 1:20 p.m.
<b>LIF* Time</b>	1:20 – 2:35 p.m.
 <b>Teacher office hours</b> 	2:35 – 3 p.m.

*\*LIF- Learning Improvement Friday, students dismissed 75 min early*




# High School Remote Student Schedule

"A" Day Monday, Wednesday		"B" Day Tuesday, Thursday		LIF* Friday	
Teacher office hours	7:30 – 8 a.m.	Teacher office hours	7:30 – 8 a.m.	Teacher office hours	7:30 – 8 a.m.
1st	8 – 9:45 a.m.	4th	8 – 9:45 a.m.	1st	8 – 8:30 a.m.
Passing Time		Passing Time		Passing Time	
2nd	10 – 11:45 a.m.	5th	10 – 11:45 a.m.	2nd	8:40 – 9:10 a.m.
Passing Time		Passing Time		Passing Time	
Lunch	Noon – 12:30 p.m.	Lunch	Noon – 12:30 p.m.	3rd	9:20 – 9:50 a.m.
Passing Time		Passing Time		Passing Time	
3rd	12:45 – 2:35 p.m.	6th	12:45 – 2:35 p.m.	4th	10 – 10:30 a.m.
Teacher office hours	2:35 – 3 p.m.	Teacher office hours	2:35 – 3 p.m.	Passing Time	
*LIF- Learning Improvement Friday, students dismissed 75 min early				5th	10:40 – 11:10 a.m.
				Passing Time	
				6th	11:20 – 11:50 a.m.
				Passing Time	
				Lunch	Noon – 12:30 p.m.
				Directed Independent Learning	12:30 – 1:20 p.m.
				LIF* Time	1:20 – 2:35 p.m.
				Teacher office hours	2:35 – 3 p.m.



# Cascade Athletics



Hello Bruin Students and Families!

I hope you all are healthy and well.

In anticipation of boys' and girls' basketball, girls' bowling, boys' swim, and boys' and girls' wrestling starting December 28th (this could change), it is very important that you read this and act now to ensure you are cleared for practice/tryouts on the 1st day if you are planning to participate in one of these sports.

If you have not done so already, please start completing your eligibility forms by logging into Rank One sport at <https://www.rankonesport.com/content/Parent/Parent>

Some of you may need updated physicals. Start now scheduling those physicals as it may take some time to get an appointment.

If you have questions concerning paperwork or physicals, please email or call Mrs. Covert at [rcovert@everettsd.org](mailto:rcovert@everettsd.org) or (425)385-6018.

For you to be cleared to participate on December 28th, Rank One **MUST** be completed by December 17th and a current sports physical must be on file in the athletics' office.

## We hired an assistant football coach

We are happy to announce we have hired Dustin Lane as an assistant football coach.

If you are planning to sign with a college to participate in athletics next year, please notify Mr. Washington or Mrs. Covert.

## **COACHES' WEBSITES**

Please click [here](#) to view all coaches' websites.

Thank you,  
Michael Washington – Athletics' Director, <mailto:mwashington@everettsd.org>  
Rhonda Covert- Athletics' Secretary, <mailto:rcovert@everettsd.org>

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# Cyberbullying Information

Links to resources to inform about cyberbullying and digital safety are provided.

Cyberbullying Research Center:

- [Cyberbullying Fact Sheet: Identification, Prevention, and Response](#)
- [Digital Dating Abuse: A Brief Guide for Educators and Parents](#)

Common Sense Education:

- [Digital Citizenship Curriculum](#)
- [How I Can Connect Positively, Treat Others with Respect and Create a Culture of Kindness](#)

GoGuardian:

- [Digital Citizenship Week: Why Your Digital Footprint Matters](#)





# Supporting Teens!

Below is an article written during the early days of our remote learning environment. Author and psychologist, Lisa Damour's thoughts on supporting teens at home are still relevant and good reminders that teens need empathy and can still live up to high expectations during difficult times.

## Quaranteenagers: Strategies for Parenting in Close Quarters

By **Lisa Damour**

March 19, 2020

All normally developing teenagers strive for independence, yearn to be with their peers and look ahead to the future. Given this, how do we care for young people whose wings have been clipped, who aren't supposed to hang out with their friends and whose plans have been upended by coronavirus? Here are some strategies that might help to address these unforeseen parenting challenges, especially at a time when many adults are struggling to hold it all together and may not have easy access to their usual reserves.

### Make Space for Disappointment and Sadness

Teenagers everywhere are facing stunning losses. Once-in-a-lifetime events and [rites of passage such as graduations](#), proms and springtime on college campuses have been canceled. Performances, conferences and competitions for which teenagers have been preparing for months, if not years, have disappeared overnight.

While schools and teachers scramble heroically to get coursework online, gone are the clubs, teams, hallway flirtations and other interactions that leaven most students' days. The nourishment of school may be continuing in some form, but kids could rightly feel that it's long on vegetables and short on dessert.

Though we can't replace what's been lost, adults should not underestimate the power of offering outright empathy to disheartened adolescents. [In addition to experiencing anxiety about Covid-19](#), teenagers also have every right to be sad, angry and intensely frustrated about what has become of their year. Adults should not hesitate to say, "I hate that you have lost so much so fast and I am sorry it has happened. You'll get through this, but that doesn't make it any less miserable right now."

When it comes to navigating painful feelings, the only way out is through, and offering our teenagers the compassion they deserve paves their way toward feeling better.

### Make Space for Relief and Joy

The same teenagers who feel deeply upset about missing school and their peers in one moment may express delight and deliverance in the next. As much as they are grieving their losses, they may also be relieved at getting out of some commitments they never wanted to keep, or being spared ongoing daily interaction with classmates, teachers or coaches they dislike.

Let's not begrudge adolescents their welcome feelings. They did not ask for or cause the current situation and should not be made to feel bad about enjoying some aspects of it. We might say, "It's OK to feel relief now too," while reassuring teenagers that embracing the upsides of the disruption does not minimize what they've lost or their worries about the impact of the virus.

### Expect Friction Regarding Their Social Lives

If you're a parent who is sticking to the social distancing guidelines, your teenager is probably already frustrated with you, as some parents are still allowing their kids to hang out as usual.

To address this we might say, "I know that other parents are still having kids over, but we can't support that choice because it doesn't fit with [what experts are recommending](#)." From there, we can let our teenagers know that when turning down invites they are free to blame us, and that if local safety guidelines allow, we're open to their suggestions about how they might get together with friends outdoors, six feet apart.



When adolescents can't see their peers in person, it seems only fair to loosen the rules on how much time they spend connecting online. But all bets aren't off. Now, as always, rules are still in order to keep digital technology from undermining essential elements of healthy development. Sleep, productive learning, physical activity and face-to-face interactions (even if only with family members for now) should not be crowded out by life online.

#### Allow Privacy and Time Alone

Of course, few adolescents will want to spend all of their new at-home time with their parents or guardians. Teenagers who are formally quarantined, under shelter-in-place orders, or simply practicing social distancing will need and deserve privacy and time alone.

Make it clear that you welcome your teenagers' company, but don't take it personally if they want you nearby but quiet ([like a potted plant](#)), or if they want to [spend time holed up in their rooms](#) or in some other private space in your home.

While you are free to request or require your teenager's presence, think about approaching your teenager with an extra measure of consideration when making requests. For example, saying, "We're going to need you to supervise your sister for a couple of hours, but we know that you have plans too. How should we do this?" might be a good place to start.

#### Treat Teenagers as Problem-Solving Partners

As we scramble to figure out new rules, systems and routines for daily living, let's remember that adolescents are usually *at least* as creative as adults, and will appreciate being treated as such.

Don't hesitate to recruit teenagers' help. Instead of presenting them with a suggested daily program, we could say, "We're all having to invent new ways to arrange our days. Can you show me what you have in mind so that I can get a feel for your regular schedule and make sure you're covering all your bases?" Similarly, we might ask persistently grumpy teenagers how they themselves would like to balance their own right to be upset with our reasonable expectation that they not make life in close quarters miserable for everyone else.

There's a lot we still don't know about how the spring will unfold for our teenagers, but there are some truths about adolescents that can help us through this difficult time: they welcome empathy, they are resilient and adaptable, and they appreciate — and tend live up to — high expectations.

Leslie Brent, Student Support Advocate

Office: 425.385.6017, Google Voice: 425.610.9742

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## Looking for Assistance?

Due to Covid-19, there are a few changes to the process for Operation School Bell and Clothes For Kids:

**Operation School Bell** is a philanthropic program of the Assistance League. This program provides clothing to students who demonstrate need and attend school regularly. Operation School Bell is a non-profit program, totally run by volunteers and is not tax supported or government sponsored. There will not be school field trips to the Assistance League as in the past. Please contact Leslie Brent at [lbrent2@everettsd.org](mailto:lbrent2@everettsd.org) or 425-385-6017 if you would like to receive clothing from the Assistance League.

**Clothes for Kids** is a similar organization located in Lynnwood. Students need to make their own appointments with Clothes For Kids and make their own transportation arrangements when shopping at Clothes For Kids. Shopping dates are 8/10/20-3/26/21. Please contact Leslie Brent at [lbrent2@everettsd.org](mailto:lbrent2@everettsd.org) or 425-385-6017 if you would like to receive a clothing voucher from the Assistance League.



# Looking for assistance this holiday season, contact Volunteers of America.



## *Everett Holiday Giving Program*

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Dear Community Members,

Volunteers of America in partnership with community members, groups and churches would like to offer your family the opportunity to apply for the 2020 Holiday Giving Program. Holiday Giving has been a long standing tradition in Snohomish County and we hope that we will be able to help your family throughout the holiday season.

This year we will be accepting applications online at [www.voaww.org](http://www.voaww.org) or by phone (425)212-5342 beginning Friday, October 9th continuing until full.

Eligibility is based on income, family size and residing zip code. Currently we are only able to serve 98012, 98087, 98201, 98203, 98204 or 98208 based on our sponsors.

Depending on sponsorship, your family *may* receive a Christmas food basket, Christmas gifts for children, or a combination of items. Please be aware that *there is no guarantee that your family will receive sponsorship* even though we will make our best effort to find a sponsor match for your family.







# SENIOR CORNER: FOR SENIORS AND PARENTS!

As November approaches, the Senior Officers are thankful for their newly selected cabinet and how hard the Cascade Bruins are working remotely this year.

[Class of 2021 Senior Timeline](#)

Follow us on **Instagram**: [@CascadeBruins21](#).

Additionally, senior information can be found on **Canvas**: > [Cascade Student Body](#) > SENIOR 12<sup>th</sup>

## Some important dates:

1. **Senior Pictures** are due to Yearbook by November 15, 2020

Link for more information about senior pictures is here: <https://bit.ly/2HrQ7dQ>

Link to Submit senior pictures is here: <https://bit.ly/2FP2vEe>

2. **Senior Quotes** are to Yearbook by November 20, 2020

Link to submit these is here: <https://bit.ly/34lTGeQ>

3. **Graduation Announcements and Cap/Gown** orders are due by December 15, 2020

Herff-Jones is the Vendor we use for these orders. Your senior is NOT required to purchase from Herff-Jones; some students have created their own announcements. This is offered as the “formal” and “matching” announcements for CHS class of 2021.

[Here is a letter from Herff Jones](#)

The link to complete the **information cards** is here (all seniors should do this, whether they choose to purchase or not):

<https://bit.ly/35nBTYy>

The link to a **video** explaining how purchasing of caps & gowns works is here: <https://bit.ly/3md3zBA>


4. **Place Graduation Announcements and Cap/Gown orders** [HERE](#)







*CHS*  
*Class of 2021!*



*Senior Virtual Meeting*  
*Cascade High School*

**November 5, 2020**

**2:45 pm**

Seniors need to check their student email  
to get the Webinar Link



## EVCC FINANCIAL AID NIGHTS



### LEARN ABOUT THE FINANCIAL AID PROCESS

Attend one of the following virtual info sessions to learn more about the Financial Aid Process, FAFSA, WASFA, the FSA ID, College Bound Scholarship, and more! We'll explain what you need to know to apply for Financial Aid and help with common questions you may have.

**PLEASE PRE-REGISTER FOR ONE OF THE FOLLOWING INFORMATIONAL SESSIONS:**

### UPCOMING FINANCIAL AID NIGHTS

**Thursday, October 22, 2020 | 6:30 p.m.**

**Thursday, November 5, 2020 | 6:30 p.m.**

**Tuesday, November 17, 2020 | 6:30 p.m.**

**All sessions are presented in English and Spanish.  
Todas las sesiones se presentan en inglés y español.**

REGISTER FOR A SESSION AT: **[EverettCC.edu/OutreachEvents](https://EverettCC.edu/OutreachEvents)**

Everett Community College does not discriminate based on, but not limited to, race, color, national origin, citizenship, ethnicity, language, culture, age, sex, gender identity or expression, sexual orientation, pregnancy or parental status, marital status, actual or perceived disability, use of service animal, economic status, military or veteran status, spirituality or religion, or genetic information.





## 2020-2021 BOOK INFORMATION

### DUE DATES:

\*Senior Portraits are due before:  
November 15th

\*Junior, Sophomore, Freshmen Self  
Submitted Portraits due before:  
November 15th **MORE  
INFORMATION TO COME**

\*Senior Quotes are due before:  
November 20th

\*Senior Grad Ads are due before:  
March 1st

For more information about  
yearbook or how to purchase one,  
please visit:

<https://www.everettsd.org/domain/143>





# CHS Students picking up books!

Put Library Books on HOLD  
and come to the  
CHS Library to pick them up!

Note: stay tuned for future alternate pick up locations!

M-F 8:00 am-3:30 pm

**Call or email Mrs. Johnson**

Questions? (425) 385-6008  
KJohnson@everettsd.org



**Get your  
Bruin Gear  
online!**



**TINYURL.COM/  
BRUINGEAR**

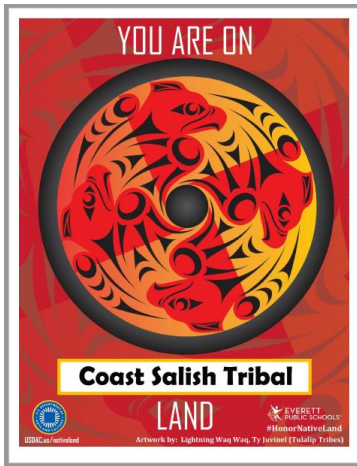




## Native American History Month

November is Native American History Month. What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

### Land acknowledgement



In the district's sustained work to build a culture of inclusive belonging for students, teachers, staff and the community, we join local, state, national and international efforts to acknowledge Native land.

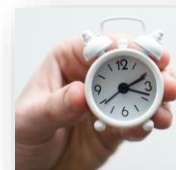
According to the U.S. Department of Arts and Culture, "In countries such as Canada, New Zealand and Australia, it is commonplace, even policy, to open events and gatherings by acknowledging the traditional Indigenous inhabitants of that land." Our Equity & Access Department encourages opening school and district events with this impactful Native land acknowledgment:

*"We respectfully acknowledge that we gather today on the traditional lands of the Coast Salish Peoples, who have lived in the Salish Sea basin, the San Juan Islands, and the North Cascades watershed since time immemorial. You are on Coast Salish Tribal Land."*

Learn more at Everett Public Schools Equity & Access [webpage](#) or at [www.usdac.us/nativeland](http://www.usdac.us/nativeland).

### Daylight Saving Time Ends

November 1, 2020, Daylight Savings Time Ends and we "fall back" one hour.



### Remember to vote Nov. 3

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 3 – postage is not required for ballots.



### School performance report

Our school's performance report is available online on each school's website. More information is available on the [Office of Superintendent of Public Instruction website](#). Click on "State Report Card" and select Everett from the list of districts.





## Let's Connect

You are invited to connect with district leaders and engage in conversation on November 16 from 5-6 p.m. (topic to be determined). We want to hear from you and hope you can attend a zoom meeting to share your thoughts. Please check your email for an invitation to connect with your school's regional superintendent and other district leaders. Be sure to check your email, RSVP required to receive the link for the zoom meeting. Let's Connect!

## Childcare Support

Snohomish County is offsetting a portion of childcare costs, in partnership with two nonprofits through the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

In cooperation with the Boys & Girls Clubs of Snohomish County and YMCA – Snohomish County, please [share this information](#) and visit their [FAQs](#) page and [Child Care Locator Map](#).



## Is your family prepared?



[Snohomish County Emergency Management](#) has helpful online resources to help you create, and practice emergency response plans with your family and neighborhood in preparation for bad weather.

## Social Media Directory

Follow our social media sites including school pages, district pages, teachers, clubs, and student groups. Stay connected to learn all the latest news!

Not sure your school has social media? Visit our [social media directory](#) for a list of accounts.





## Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child’s online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.

Know who is in the “buddy lists.” Get to know the cyberfriends as well as you do those who visit your home. Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:

- [Stop Bullying Now](#)
- [Ms. Parry’s Guide to Correct Online Etiquette](#)
- [Common Sense Media](#)



Find out what Everett Public Schools students learn about digital citizenship on the district [Learning Management Services website](#).

## FAFSA season has begun!

*Free Application for Federal Student Aid* (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



**EVERETT  
PUBLIC  
SCHOOLS®**

3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](http://www.everettsd.org)

- **Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:**
- **Title IX/Civil Rights Compliance Officer:**
- Mary O'Brien
- 425-385-4106
- [MO'brien@everettsd.org](mailto:MO'brien@everettsd.org)
- PO Box 2098
- Everett, WA 98213

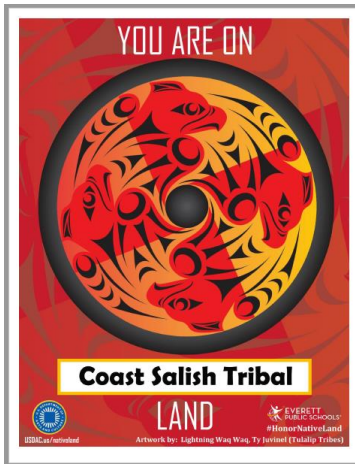
<ul style="list-style-type: none"> <li>• <b>Section 504 Coordinator:</b></li> <li>• Dave Peters</li> <li>• 425-385-4063</li> <li>• <a href="mailto:DPeters@everettsd.org">DPeters@everettsd.org</a></li> <li>• PO Box 2098</li> <li>• Everett, WA 98213</li> </ul>	<ul style="list-style-type: none"> <li>• <b>ADA Coordinator:</b></li> <li>• Randi Seaberg</li> <li>• 425-385-4104</li> <li>• <a href="mailto:RSeaberg@everettsd.org">RSeaberg@everettsd.org</a></li> <li>• PO Box 2098</li> <li>• Everett, WA 98213</li> </ul>
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## Mes de la Historia de los Indígenas Americanos

El mes de noviembre es el mes de la historia de los indígenas americanos. Lo que inició al inicio del siglo como un esfuerzo para obtener un día de reconocimiento por las significantes contribuciones hechas por los pueblos originarios americanos al establecimiento del crecimiento de los Estados Unidos, ha resultado en un mes completo designado para ese propósito.

### Reconocimiento territorial



En el trabajo sostenido del distrito para construir una cultura de pertenencia inclusiva para los estudiantes, maestros, personal y la comunidad, nos unimos a los esfuerzos locales, estatales, nacionales e internacionales para reconocer las tierras indígenas.

De acuerdo al departamento de artes y cultura de los Estados Unidos, “En países como Canadá, Nueva Zelanda y Australia, es habitual, incluso una política, el abrir eventos y reuniones para reconocer a los habitantes tradicionales indígenas de esa tierra”. Nuestro departamento de Equidad y Acceso exhorta abrir los eventos escolares y del distrito con este reconocimiento de tierra indígena poderoso:

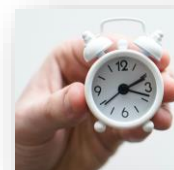
*“Reconocemos respetuosamente que estamos reunidos el día de hoy en las tierras tradicionales de las Personas de la Costa Salish, que han vivido en la Cuenca del Mar*

*Salish, las Islas San Juan y la Cuenca de las Cascadas del Norte desde tiempos inmemorables. Usted está en territorio de la Tribu de la Costa Salish (Coast Salish Tribal Land).”*

Entérese más en [página web](#) de Equidad y Acceso de las Escuelas Públicas de Everett o en [www.usdac.us/nativeland](http://www.usdac.us/nativeland).

### Se termina el horario de verano

El 1 de noviembre de 2020, el horario de verano se termina y retrasamos el reloj una hora.



### Recuerde votar el 3 de noviembre

Recuerde entregar su boleta en una urna buzón para boletas de votos cerca de usted o enviarla por correo antes del 3 de noviembre. No se requiere de estampillas postales para enviar las boletas.



### Reporte de desempeño escolar

Nuestro reporte de desempeño escolar está disponible en línea en cada uno de los sitios web escolares. Para más información visite [El sitio web de la oficina del Superintendente de Instrucción Pública](#). Haga clic en “State Report Card” y seleccione “Everett” de la lista de distritos.



## Conectémonos

Está invitado a conectarse con los líderes del distrito y participar en una conversación el 16 de noviembre de 5-6pm (el tema está por definirse). Queremos escuchar de ustedes y esperamos que pueda asistir a esta reunión vía Zoom para que comparta sus opiniones e ideas. Por favor revise recibir una invitación en su e-mail para que se conecte con el superintendente escolar regional y otros líderes escolares. Asegúrese de verificar su e-mail. Se requiere que confirme su asistencia para que reciba la liga a la junta en Zoom. ¡Conectémonos!

## Apoyo al cuidado infantil

El condado de Snohomish está compensando una parte de los costos del cuidado infantil en conjunto con dos organizaciones sin fines de lucro a través del paquete de estímulo económico por el Coronavirus conocido como “la ley CARES”

En cooperación con los clubs de “Boys & Girl” del condado de Snohomish y el YMCA del condado de Snohomish, por favor [comparta esta información](#) y visite sus página de [preguntas comunes](#) y el [mapa localizador de cuidados infantiles](#).



## ¿Está su familia preparada?



[El departamento de manejo de emergencias del condado de Snohomish](#) (Snohomish County Emergencia Management) tiene recursos de mucha ayuda para crear y practicar planes de respuesta de emergencia con su familia y sus vecinos en preparación al mal estado del clima.



## Directorio de redes sociales

Siga nuestros sitios de redes sociales incluyendo páginas escolares y distritales, maestros, clubs y grupos estudiantiles. ¡Permanezca conectado para enterarse de todas las últimas noticias!

¿No está seguro si su escuela tiene redes sociales? Visite nuestro [directorio de redes sociales](#) para consultar la lista de cuentas.





## Consejos de seguridad en línea

Mantenga la computadora en un área ocupada de su hogar.

- Use una aplicación para vigilar las actividades de su hijo/a en línea en su dispositivo.
- Platiquen sobre el ciberbullying. Pregúnteles si conocen a alguien que haya sido víctima. Pregúnteles si han ellos sido víctimas.
- Establezca cuentas de email y redes sociales con sus hijos. Conozca los nombres en sus pantallas y contraseñas y explique las razones de no incluir información personal en sus perfiles.

Conozca quién está en la “lista de amigos”. Conozca a los amigos cibernéticos de sus hijos, así como los que visitan su hogar. Los padres y tutores legales pueden encontrar de gran ayuda los siguientes recursos para iniciar una conversación sobre los peligros de participar en un bullying cibernético y cómo permanecer seguros en línea.

- [Detenga el bullying ahora](#)
- [Guía de etiqueta correcta en línea de Ms. Parry](#)
- [Sentido común en las redes](#)



Averigüe lo que los alumnos de las Escuelas Públicas de Everett aprenden sobre el civismo digital en el sitio web del distrito de [Servicios de Gestión del Aprendizaje](#).

## ¡La temporada de FAFSA ha comenzado!

La oficina de solicitud gratuita para la ayuda federal de estudiantes “Free Application for Federal Student Aid” (FAFSA) es una oficina que coordina a las escuelas de educación superior y a las instituciones financieras para ayudar a los estudiantes y sus familias a que paguen la universidad. Estén atentos a los eventos de finalización del FAFSA que ocurren en todo el distrito. Encuentre más información en [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



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#### Title IX/Civil Rights

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