

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

February 2019

VOLUME 2, ISSUE 6



From the Principal

Dear Cascade Families,

We have been using the image of bridge-building as a way of envisioning our partnership with you in the education of the students at Cascade. In two ways this month, I am focusing on building bridges. The first is in bridging between current and future leadership at Cascade High School. The second is in the skills and habits that we can encourage in Cascade students to build a bridge to their successful future.

Regarding the leadership at Cascade, it has been an honor to serve as your principal these past 12 years. As you probably know, I will be continuing to serve in Everett Public Schools in a new role at the district level as Director of Career and College Readiness and On-time Graduation. It gives me great pleasure to ask you to help me welcome Mr. Michael Takayoshi as the new principal of Cascade High School beginning July 1, 2019.



Mr. Takayoshi has served as assistant principal at Cascade High School since 2014. He has developed positive relationships with students and families in our Cascade community through his involvement in all aspects of our school including academics, activities, athletics, and the arts.

While I will miss my Cascade family, I am excited that all our students will benefit from Mr. Takayoshi's leadership and commitment to building strong school, family and community partnerships. Mr. Takayoshi and I will continue to work together closely between now and July 1 to ensure a smooth transition for all the students at Cascade. Thank you for being an important partner in your child's education as we help them build a bridge to their future.

One of the most important habits that students can develop in school to ensure their success in the future is a habit of "showing up." Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

Here's how you can help:

- Talk about the importance of showing up to school every day; make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Ask us for help if you need it. Students who miss only two days a month are putting their graduation at risk. Please call your child's counselor if you have concerns. We are here to help.

Thank you for your continuing support of our Cascade Community.

Sincerely,

Principal, Cascade High School

Cathy Woods
Principal

Cascade High School
801 Casino Road,
Everett, WA 98203
www.everettsd.org/cascadehs

February 1

Learning Improvement Friday

February 8

Learning Improvement Friday

February 15

Learning Improvement Friday

February 18-19

Mid-Winter Break

February 22

Learning Improvement Friday



CASCADE HIGH SCHOOL

Associated Student Body

Dear Bruin Families,

January is always a tough time for high schoolers. Students are trying to realign their sleep schedule after a long Winter break, reset their body to being in class for 6.5 hours a day, and not to mention, prepare for finals. To remedy this, Leadership hosted some events throughout the month to bring some joy back into the school day.

Earlier this month, we hosted TOLO which was themed 'Into the Future.' We included games like Giant Uno, Giant Jenga, and even Mario Kart for students who wanted a break from dancing. The dance also included blacklights, so students brightened up their bodies and clothing with the help of fluorescent paint.

Every January, the Bruin Community celebrates Martin Luther King Jr. This year, our assembly was different than past years in that it was completely student-led. We attempted to do this because Dr. King advocated for the celebration of diversity and what better place to look for diversity than our student body! We had spoken word poems from our TYRO club and other verbal presentations from students who wanted to share what MLK's message meant to them. We also held a Cultural Fashion Show in which students could display traditional wear from their family's country of origin. This was a huge success and showcased the diverse student population we have at Cascade.

Toward the end of this month, I'm sure most students were preparing for, and dreading, finals week. Leadership attempted to help this by hosting Finals Fun Day. During this event, students were able to come to the cafeteria after school to have a quiet place study and receive some last-minute help before they took their exams. We had some wonderful teachers to give one-on-one support to students as needed. In addition to this, we had activities to help students keep calm during finals: Mr. Hurtig led two Yoga sessions in the Bear Space Theater, and we had a station in the cafeteria where students could make their own stress balls. To top this all off, we passed out some free treats like cookies, chips, and even TCBY frozen yogurt for students to enjoy during their preparation. This event is a popular one each year and we are thankful to have had many people volunteer their time to make this happen!

As we finish up first semester and lead into the second, always remember, ***'Bruins are Better Together!'***

Sincerely,
Joe Hofman
ASB President
Cascade High School



Class of 2019 Information!

Class of 2019 Timeline



Seniors! You may receive emails from colleges or programs where you have applied asking for you to send your mid-year transcripts. With the first semester wrapping up, please see the following FAQ's to make sure your mid-year transcripts will be sent through Naviance.



If I previously requested my transcript(s) to be sent through Naviance Student to a college or program do I have to put the request in again?

No. If you already submitted your transcript request(s) through Naviance *Student*, your school will send your mid-year transcripts to the same colleges/programs on your Colleges I'm Applying to list when official transcripts are updated and loaded into Naviance

If I never requested my transcript(s) to be sent through Naviance Student to a college or program do I have to put the transcript request in now?

Yes. If you submitted a college/program application and forgot to request your transcript, please log into Naviance and request your transcript(s).

Questions about the transcript process? Please email naviance@everettsd.org



Save the Date: Cascade Culture Night on March 20

Celebrate our school's incredible array of cultures and perspectives by attending our first annual Cascade Culture Night on March 20 in the CHS cafeteria. The free event, which will go from 6:30 to 8:30 p.m., will feature cultural dances, spoken-word poetry, interactive presentations, and LOTS of delicious food. Avocados Mexican Restaurant has already pledged to donate food, and other local eateries will also participate.



For more information about Cascade Culture Night, contact Mr. Cane at mcane@everettsd.org or Ms. Montalvo-Lopez at jmontalvo-lopez@everettsd.org or go to Room 614.





Why Listen to Your Adolescent?

Listening to the teenager can strengthen your relationship in many powerful ways
by Carl E. Pickhardt, PhD

So much of the quality of their relationship to the adolescent depends on parental communication -- particularly by how well they listen. Why is that? I think the answer is because truly listening is valuable in so many ways. Consider what a few of these might be.

- **LISTENING SHOWS COMMITMENT** : Truly listening doesn't come cheap. It costs setting other demands, preoccupations, and entertainments aside, and paying undistracted, uncritical, uninterrupted, uncontested, and undivided attention to what the teenager has to say, hardest to do when opposed to what is being said. To receive this parental effort is usually appreciated. "When I want to talk, my parents make time to hear, even when they disagree with what I have to say."
- **LISTENING IS AN ACT OF AFFIRMATION**: Adolescents feel valued when what they have to say is treated as worth listening to. Truly listening sends a powerful message about valuing the teenager. "When my parents take what I have to say seriously, I feel they are taking me seriously."
- **LISTENING ENCOURAGES RECIPROCITY**: When parents take the time to truly listen and to model how this paying attention is done, by example they encourage the teenager to do the same with them. To encourage adolescent listening, the parental model matters. "I listen to my parents because they listen to me."
- **LISTENING CAN YIELD CONSENT** : When parents want the adolescent to comply with what that young person doesn't want to do, sometimes listening patiently and giving a full hearing to the teenager's objections can cause her or him to cooperate with them. "I didn't get to do what I wanted, but I did get to have my say."
- **LISTENING TEACHES SPEAKING UP**: When parents listen, their interest encourages the adolescent to communicate. They give the young person permission to practice declaring themselves – stating feelings, beliefs, questions, needs, wants, disagreements, and limits. "I am comfortable expressing myself with other people like I do with my parents."
- **LISTENING IS EDUCATIONAL**: The best informant parents have about their adolescent's internal and external worlds of experience is the adolescent. So it behooves parents to listen to everything, including arguments, the young person has to say. "The more you let me talk, the more about me you get to know."

When parents choose NOT to listen, the consequences can be far reaching.

The adolescent can feel parents are too busy to listen. "My parents don't have time for me."

The adolescent can feel lack of listening is quietly hurtful: "My parents don't value what I have to say."

The adolescent can feel less inclined to listen back. "My parents tune me out, so I tune them out too."

The adolescent can feel less willing to work through disagreements. "My parents won't hear my say, so why should I do what they want?"

The adolescent can feel less practiced speaking up. "My parents don't listen much, so I've learned to shut up and not to say much."

The adolescent can tell parents less. "My parents don't want to hear, so they don't get to know."

I believe truly listening to their adolescent is worth the parental investment because there are so many payoffs when they do listen and so many problems when they do not. Most of all, listening is an act of giving and being given to, dedicating parental attention to your adolescent and receiving what is shared in return. In this way, listening enable connecting, while not listening can weaken that connection.

So, if you are inclined to New Year's resolutions for strengthening your parenting, one might be this: "Whenever my adolescent wants to talk, I resolve to give the very best listen that I can."

For more about parenting your adolescent, see my book, "SURVIVING YOUR CHILD'S ADOLESCENCE" (Wiley, 2013.) Information at: www.carlpickhardt.com Carl Pickhardt Ph.D. is a psychologist in private counseling and public lecturing practice in Austin, Texas. His latest book is WHO STOLE MY CHILD? Parenting through four stages of adolescence.

Leslie Brent
Student Support Advocate
425.385.6017



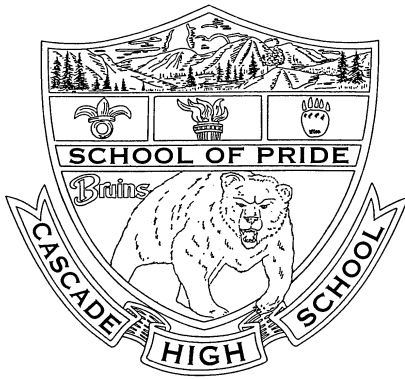
PAPAJOHNS

PIZZA

At THE CAVE

starting

February 11



CASCADE HIGH SCHOOL

Everett School District
801 E. Casino Rd.
Everett, WA 98203
(425) 385-6000
Fax (425) 385-6002

February 1, 2019

Dear Cascade Families,

This year, on Wednesday, February 20, 2019, all students at Cascade are being asked to complete a survey about their individual profiles as learners. The short survey prompts students to reflect on their own actions and thoughts as well as their general experience at our school.

The results from these surveys will be shared with pre-approved adults who work closely with your student(s) in the school and district. These social emotional learner profiles, alongside academic and attendance information, will allow adults to provide targeted, specific interventions that will support your student(s) in succeeding at school.

The Everett School District hopes that this dashboard will allow educators in our district to accomplish the mission laid out in our strategic plan - to inspire, educate, and prepare each student to achieve to high standards, contribute to our community, and thrive in a global society - and our vision that in order to lead and shape the future, our students will acquire the knowledge, attitudes and skills to adapt to the emerging needs of a changing world.

The questions that students will answer are research-backed, valid and reliable. If you have any questions, please feel free to contact Principal Cathy Woods at cwoods2@everettsd.org or 425-385-6001.

Thank you,
Cathy Woods
Principal, Cascade High School



Earn world language credit

Can you fluently read, write, speak, and listen in a language other than English?

Students in grades 7 through 12 can earn high school credit in a world language by successfully passing district-approved assessments and demonstrating language proficiency in the content areas of listening, speaking, reading, and writing in this language.

- Students can earn up to four credits, depending upon the level of proficiency they demonstrate on the assessments across all four content areas.
- Students will earn proficiency-based high school credits, may meet the world language credit requirement for graduation, and may qualify for the Seal of Biliteracy on their diploma.



March 13, 2019

Register January 18 - February 15

If you have questions about:

- a specific language exam, contact WLA@everettsd.org. There are many languages available.
- high school credit, contact your school counselor
- registering and paying for the tests, contact your high school treasurer or middle school office manager

For more information, see the [World Language Frequently Asked Questions](#) or contact WLA@everettsd.org.

Registration:

Students must register and pay the \$10 testing fee to the high school or middle school treasurer within the registration window.

ATTENTION:

Students retaking the same language exam in the same school year will pay the full price of the exam which varies by test vendor. Please confirm price with school before registering.

Test day schedule

High Schools		Middle Schools	
7:30 a.m.	Sign in	8:30 a.m.	Sign in
8 a.m.	Test begins	9 a.m.	Test begins

Most tests are untimed and students finish around noon. ALTA writing tests are limited to one hour.



Curriculum, Assessment, and Special Programs Department

World Language Registration © 2016 by Everett Public Schools. It is made available under a Creative Commons Attribution-ShareAlike 4.0 International License.





World Language Proficiency Assessment Registration Form

Student Name: _____

Student ID#: _____

Language: _____

To earn high school credit for this exam, you must be able to read, write/type, speak, and listen in the language you are requesting. If you are not fluent in any of the content areas, you are not eligible to test.

- ❶ I can READ in the language above YES or NO
- ❷ I can WRITE in the language above YES or NO
- ❸ I can SPEAK the language above YES or NO
- ❹ I can LISTEN and UNDERSTAND the language above YES or NO

**Some language exams require written responses be typed using the specific language keyboard:* I can TYPE in the language above YES or NO

I understand that I am able to take this exam at \$10 once this school year. Additional attempts in the same language this school year will be at the actual price of the test.

Student Signature: _____





EMPOWERED TO LEAD SUMMIT

2019

Everett Public Schools is hosting an Empowered to Lead Summit to promote awareness, networking and inclusion around issues of social justice leading to increased student sense of belonging and positive action in their school community.

-  **200 students from four high schools**
-  **Noted speakers**
-  **2 breakout sessions**
-  **Lunch**

FRIDAY • FEBRUARY 22

8:15 a.m. – 12:15 p.m. | Community Resource Center | 3900 Broadway | Everett, WA 98201

Applications open January 7 Register online at: bit.ly/EmpoweredtoLead

 **EVERETT PUBLIC SCHOOLS™** 3900 Broadway • Everett, WA 98201
425-385-4000 • www.everettsd.org **FOLLOW US @**   



Process to register for AP exams:

1. Please only one (1) registration form per student.
2. Students with any needed accommodations **MUST** talk to Mr. Takayoshi by February 15th
3. Students needing financial assistance must fill out the verification form on the back of the AP registration form or talk to Mr. Takayoshi. If assistance is given, the student **MUST** take the exam or reimburse the school.
4. AP exam payments can be made with cash or check (made payable to CHS) at the Treasurer's Office. Credit Card payment is also available, refer to number 5 below.
5. **Payment of AP exams by Credit Card – follow in this order.**
 - Go to the district online payment website at <http://paymentsonline.everett.k12.wa.us> using the student's district-assigned student id number as the **User Name** and the student's registered last name as the **Password**. **A \$3 processing fee is assessed for Credit Card payment.**
 - **Students must print out the receipt, and attach it to the (completed) registration form and turn in both to Ms. Sandico (Treasurer's Office) for the exam order to be placed NO LATER THAN MARCH 8, 2019.**



**AP exam registration and payment dates
Monday, February 4 through Friday, March 8**



CASCADE HIGH SCHOOL
 801 E. Casino Rd., Everett, WA 98203
 Phone 425-385-6000 --- Fax 425-385-6002

AP EXAM Registration Form
 Registration Dates: February 4-March 8, 2019

STUDENT NAME: _____ STUDENT ID# _____ GRADE _____

Print clearly

AMOUNT _____ DATE _____ Treasurer Signature _____

Check the exams you wish to take in May. The FINAL date for registering and paying for the exams is Friday, March 8, 2019. **The fee for each exam is \$94, except AP Seminar/AP Research (\$142).** You will receive confirmation of your registration after Spring Break, which will also indicate the **pre-administration session you MUST attend.** In late April you will be notified about the location and times for your exam(s). Please see Mr. Takayoshi if you have questions. If you need accommodations for the exam(s), please see Mr. Takayoshi by February 15th so he can make arrangements.

If you participate in the free or reduced lunch program or you meet any of the criteria listed on the reverse you only have to pay \$5 per exam (not payable by Credit Card; 3 exam maximum).

Students may pay by cash or check at the Treasurer's Office. Make checks payable to: Cascade High School. To pay online by credit or debit card, please visit: <https://paymentsonline.everett.k12.wa.us/> *Reduced price tests cannot be purchased online.*

Bring this completed form and your payment to the Treasurer's Office by March 8, 2019

Exams begin at 8:00AM and students report to testing locations 30 minutes before exam start times.

- | | |
|--|---|
| <input type="checkbox"/> Biology (McKay) 5/13/19 AM | <input type="checkbox"/> Calculus AB (Olson-Kelly) 5/14/19 AM |
| <input type="checkbox"/> Calculus BC (Olson-Kelly) 5/14/19 AM | <input type="checkbox"/> Chemistry (Wood) 5/9/19 AM |
| <input type="checkbox"/> Computer Science A (Shafer) 5/17/19 PM* | <input type="checkbox"/> Comp. Sci. Principles (Shafer) 5/10/19 PM* |
| <input type="checkbox"/> English Language (Bowers) 5/15/19 AM | <input type="checkbox"/> English Literature (Hunter) 5/8/19 AM |
| <input type="checkbox"/> Environmental Sci (Cherniak) 5/6/19 PM* | <input type="checkbox"/> Environmental Sci (McLeod) 5/6/19 PM* |
| <input type="checkbox"/> Environmental Sci (Rainey) 5/6/19 PM* | <input type="checkbox"/> German (Lockwood) 5/9/19 PM* |
| <input type="checkbox"/> Human Geography (Webster) 5/14/19 PM* | <input type="checkbox"/> Microeconomics (Youngberg) 5/17/19 AM |
| <input type="checkbox"/> Physics 1 (Wilson) 5/7/19 PM* | <input type="checkbox"/> Psychology (Cherniak) 5/9/19 PM* |
| <input type="checkbox"/> Research (McKay) No Exam in May*** | <input type="checkbox"/> Research (Sage) No Exam in May*** |
| <input type="checkbox"/> Seminar (Hurtig) 5/7/19 AM | <input type="checkbox"/> Seminar (Nelson) 5/7/19 AM |
| <input type="checkbox"/> Spanish Language (Montalvo-Lopez) 5/7/19 AM | <input type="checkbox"/> Statistics (Crum) 5/16/19 PM* |
| <input type="checkbox"/> Studio Art (Beebe) No Exam in May, portfolios due 5/10/19 | |
| <input type="checkbox"/> US Government/Pol (Webster) 5/6/19 AM | <input type="checkbox"/> US History (Roberts) 5/10/19 AM |
| <input type="checkbox"/> US History (Worthington) 5/10/19 AM | <input type="checkbox"/> US History (Kefalas) 5/10/19 AM |
| <input type="checkbox"/> World History (Rickard) 5/16/19 AM | <input type="checkbox"/> World History (Roberts) 5/16/19 AM |

*Afternoon Exams (12:00pm)

** [digital portfolios must be submitted by 8pm]

*** [work for submission completed with instructors in April]

I understand that students not taking examinations are responsible for paying the unused exam fee.

 Student Signature

 Date

 Parent Signature

 Date



Himstedt English II H

After the study of Elie Wiesel's Night, students worked with charcoal art by taking a memorable scene and recreating it with charcoal. Then, the students were asked to reflect on the experience, the medium.

Here are some of their responses:

- "Charcoal is used because it adds more of a dark and evil effect. When you draw with charcoal it makes everything smudge and not make sense."
- "Charcoal was used because it makes everything seem sad and melancholy. Makes us feel the moment. You also don't have as much control as you would with other mediums."
- "Darkness. Color would not have made any sense."



Himstedt EvCC English

Himstedt's EvCC English class has been working their way through The Joy Luck Club. Today, they are experiencing Chinese culture by eating Chinese food (some bought, some prepared) and playing Mahjong together.





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](#).) On 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.

Lunch payments are easy with the app



Want to see your student's lunch balance and pay a balance from your phone? If you're logged into the district's mobile app, you can find and pay your student's lunch balance under your student's info. An icon inside the app also 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 school news and information in Everett Public Schools is available on smartphones and mobile devices with a mobile app. The free mobile app 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.



Parent safety tip

Six ways your student can protect their online identities:

1. Share carefully – don't give out any personal information to unknown sites or strangers
2. Go private – keep privacy settings high and limit location services when possible
3. Log out – especially after using shared computers
4. Mix up passwords – use different passwords for different apps and websites
5. Avoid clickbait – avoid quizzes and random questionnaires
6. Choose wisely – pick an appropriate username

Learn more about online safety, digital wellness, cell phones and learning with technology with age-specific tips and tools on www.common sense media.org.



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 Aug. 31, 2019? Registration begins on March 4, 2019, at all district elementary schools.

High school growth forum

High School Growth Mitigation Committee hosts two additional community forums about student enrollment growth on Feb. 6 and 7. Details are on the district calendar.

In addition to these two community forums, the committee is providing an online community comment period through Feb. 26. Learn more about the High School Growth Mitigation Committee and your opportunity for ongoing online input on the [district home page](#).



Superintendent search

Superintendent Gary Cohn will retire at the end of this school year. The school board has begun the search for the district's next superintendent. Watch for ways you can participate in that search in the next few months, such as helping the board define the most important characteristics in the next superintendent.



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

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 Officer – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104
- Title IX Officer – Mary O'Brien, MO'Brien@everettsd.org, 425-385-4106
- 504 Coordinator – Becky Ballbach, rballbach@everettsd.org, 425-385-4063
- ADA Coordinator – Becky Clifford, rclifford@everettsd.org, 425-385-5250