

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

May 2020

VOLUME 3, ISSUE 8



From the Principal

Dear Cascade Families,

I hope this message finds you safe and healthy. As we continue in this difficult time, it is a reminder to me about how school is more than a physical place but a community, and that what is most challenging during this time is the difficulty of continuing to be a community while apart. As such, we are doing our best to keep doing the things we can to stay together. Look for the weekly Connected by the Crimson challenge as a way to help keep our students connected.

We appreciate so many parents/guardians and students and the things you have done during these trying times, especially the continuing to engage and learn with teachers. If you or your student has struggled to connect, we want to remind you that our staff are still working hard to engage our students in learning activities and to make sure to ask for help. As a parent of elementary age children, I can relate to difficulties of balancing multiple students while trying to get work done from home, not to mention taking care of myself and my family during a time of significant upheaval and stress. In an attempt to provide more structure and predictability, the teaching and learning structures that will start April 20th will hopefully help students and teachers but also help families with better ideas of how to support continuing engagement.

Ultimately though, our priority has to be the safety and well-being of all. Know that while our teachers and staff have worked hard to quickly adapt to this new environment and are doing their best to support new learning, it is important to know that this does not replace in-person connection. In these times, we need to start first with connecting with each other, checking with each other. So again, if you or your student are struggling or in need of help, please don't remain silent. Since we are not in our building, teachers should have multiple means to communicate, from email to online learning platforms like Google Classroom or Canvas. Parents have access to these resource – just let the teacher know and they can add you. Additionally, each teacher's website should direct you to the resources they are using at this time.

I appreciate each and every one of you, and hope you are and stay safe and healthy.

Sincerely,
Michael Takayoshi
Principal, Cascade High School
Mtakayoshi@everettsd.org

Michael Takayoshi
Principal

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

Student Quick Links

- [Access Student Email](#) – your login is your student ID@apps.everettsd.org
- Instructions for accessing student email: [Video Link](#) or [District webpage link](#)
- [Student Tools](#)
- [Tech Support](#)
- [Contact Teachers](#)
- [Food Assistance](#)
- [Student Engagement Materials](#)

CHS Staff Message
to Students!



CASCADE HIGH SCHOOL

Associated Student Body

Dear Cascade Students and Families,

During this time, no one would have imagined the predicament we would all be in today. Only a few weeks ago, Washington Governor Jay Inslee announced the cancelation of any reopenings of any K-12 school in the state for the rest of the school year due to this global pandemic. This has been a massive change to many of us, and I'm sure we have all faced many struggles and challenges during this time. I know this might be disappointing to many of our students as well as a hard transition, but I wish that all is well for you as well as for your friends and family as we further adapt to this situation.

Even with a major setback like this, we hope to still re-engage with our student body to assist with their needs. We are currently trying out a few ideas that would normally play out throughout the year but on a more virtual scale to cope with this change. This month, we have recently pushed out ASB elections with the voting links being sent through the school outlook email. We have also done virtual spirit weeks in order to help boost the morality of our peers.

In the future, we hope to continue to find new ways of engagement to help boost our connections with one another even if it's virtually. You can expect any further updates on the Cascade High School official Instagram (@Cascade.Bruins) or on your school outlook email which can be accessed using your student ID and birthdate. We hope to finish the year strong and continue to engage our peers to be the best versions of themselves. There is so much I would love to do for my last year of high school, and I am sure many students share that common interest, but in this time we shouldn't let this set us back, but remind us to keep persevering, so that one day we can all see the growth that was achieved by each and every one of one during this time.

Remember we are all connected by the crimson, and even in these difficult times, there may seem to only be darkness, but fear not because with every darkness there is light. Don't forget that you can rely on each other for help, and there will always be those around you who will always lend a helping hand. I hope you all continue to grow and lift each other up and rise together as one. Be the best you that you can be and continue to fight on!

Wishing you all the best,
Hilton Nguyen
ASB President
Cascade High School



Important Information for Seniors!

One of your tasks as a **SENIOR** in the class of 2020 is to complete the **High School and Beyond Plan Senior Year Survey (May-June)**.

You can access your **High School and Beyond Plan Senior Year Survey (May-June)** by logging in to [Naviance Student](#).



Here is a [VIDEO](#) to help you locate your HSBP Senior Year Survey.

Click the link to the survey [INSTRUCTIONS](#) for the survey to help you answer specific questions.

Your **High School and Beyond Plan Senior Year Survey (May-June)** is also a **graduation requirement**.

***If you have any questions, please talk with your Career and College Readiness teacher, school counselor, or email naviance@everettsd.org.**

Seniors!

Did you earn a college scholarship?

Please tell us about it on the form below!

We are trying to gather ALL scholarships offered to our students (EVEN if you will not accept them).

If you applied to three colleges and ALL three offered a scholarship, please LIST all three, even if you will not attend there.

You may access this form multiple times! You will be entering each scholarship separately.

[CLICK HERE](#) for the Class of 2020 Scholarships Received form

Information from this form will be used to celebrate you. This information will be shared with the Everett School District and possibly listed in graduation publications.



Senior Class President Message

Hey, Seniors. This is Erin Cotton, your Senior Class President, with a few words of encouragement for you. I know that many of you feel robbed of your senior year because of the circumstances. Additionally, many of you were in the homestretch of your highschool days. Meaning, your sports, your dances, and your events that you have looked forward to, have been sadly taken away from you, and it feels like we all wish for just a little more time to be together. Unfortunately, there is really nothing anyone can say to make this feel better. We are all grieving, so whether you are angry, sad, or even in denial, I want to let you know, it's okay to feel this way. You all have every right to be upset and to feel things as well as maybe not feel anything. Whatever it is, it is valid.

Although it may feel like it, our senior year isn't over quite yet. I know many of you are probably tired of hearing this but take this time to make the most of it. If you need to focus on academics, you have time. If you need to work on your well-being, you have time. If you need to be supported by friends, you have time. We just need to figure out how to do all these things in our own special way.

On a final note, the Senior Class Officers, Cabinet and Advisors have been working really hard to help all the seniors feel celebrated and loved. We have a couple things planned in the end of April and early May to spread a little positivity. Such as t-shirt sales, and even though we won't get to wear them at school, it's mostly just for memory's sake, and we plan on using some of the Senior funding to offset the pricing. We also are holding a virtual Senior Week the second week of May over Instagram to celebrate Seniors. It will be on the main cascade instagram @cascade.bruins and the senior instagram @chsbruins2020. I hope that all the seniors feel supported throughout the rest of the year.

To parents, please try and find ways to support and help them through this. Reason being that, especially in these times, their mental and emotional well-being is important. Whether your child is going to college, military, jobs or whatever they choose, support them. You were given this extra time just before they leave to cherish them. Many of us are adults now, and please, take this time to love them a little more.

-Erin Cotton
Senior Class President

Class of 2020!



SENIOR CLASS SHIRTS

BUY ONLINE FOR \$12 + \$3 CONVENIENCE FEE
SOLD APRIL 27TH - MAY 8TH

Seniors! Order a class shirt to celebrate the seniors and for memory's sake! The Senior Class has offset the price to make it easier for purchase.

How to Purchase

- 1) Go to the Cascade Website
- 2) Click on the Link that says 'Payment Online' on the Right hand Side Bar
- 3) Follow Instructions for Log In
- 4) Select the student
- 5) Select 'Items at Student's School'
- 6) Select the Link for Senior T-Shirts

HEY SENIORS!

We need senior photos!

Homecoming pictures? Sports photos? Snaps of you and your fellow class? From freshmen year to graduation, we want to celebrate our seniors!

Send photos to:

cascadeclassof2020@gmail.com

Send them is ASAP

SENIOR CLASS

SEND IN YOUR PLANS FOR AFTER HS AND YOUR FAVORITE PIC OF YOURSELF TO BE FEATURED IN A VIDEO DURING SENIOR WEEK!



Send submissions to:
[@LOPEZ.HAZIEL](https://twitter.com/LOPEZ.HAZIEL)

Or email:
cascadeclassof2020@gmail.com
(SUBJECT LINE- FUTURE PLANS)



CAP AND GOWN Q'S

Contact HERFF JONES

13027 Bothell Everett Highway -UNIT E
425-357-1338 - Open M-F 9am-4pm.

The store front says "National Achievers". It is across the street from Fred Meyer- in the same complex as AM/PM, Gourmet Latte, Momi, and the bike shop.

2020 Presidential Inauguration

Students the 2020 Presidential election will soon be here, and it will be historic! We are planning a trip to the East Coast to witness the next Presidential Inauguration in DC! Please consider joining us on this once in a lifetime opportunity to participate in Democracy in action! If interested, please contact Ms. Webster at Mwebster@everettsd.org.





Sample daily schedule– family view

High school

Time	M	T	W	Time	Th	F
8:00-9:00	Breakfast & independent reading	Breakfast & independent reading	Breakfast & independent reading	8:00-9:00	Breakfast & independent reading	Breakfast & independent reading
9:00-10:00	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary	9:05-9:50	<i>5 min. transition</i>	
					Period 1 (45 min.)	Period 4 (45 min.)
10:00-11:30	Period 1	Period 3	Period 5	9:55-10:40	<i>5 min. transition</i>	
					Period 2 (45 min.)	Period 5 (45 min.)
					<i>5 min. transition</i>	
11:30-1:00	Lunch and Physical Activity	Lunch and Physical Activity	Lunch and Physical Activity	10:45-11:30	Period 3 (45 min.)	Period 6 (45 min.)
					<i>5 min. transition</i>	
11:30-1:00	Lunch and Physical Activity	Lunch and Physical Activity	Lunch and Physical Activity	11:30-1:00	Lunch and Physical Activity	Lunch and Physical Activity
1:00-2:30	Period 2	Period 4	Period 6	1:00-2:30	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary
2:30-3:30	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary	2:30-3:30	Independent work / connect with teachers as necessary	Independent work / connect with teachers as necessary

(20)



Connected By The
CRIMSON



Bruin Athletic Updates!

Hello Bruin Students and Families!

I hope this email finds you all safe and healthy. I wanted to give you an update on athletics. I am hearing from coaches that student-athletes have been busy with workouts and activities they have been providing to the student-athletes. Track & Field is participating in a virtual meet. There are many creative activities going on during this unprecedented time. We are also hoping we get an opportunity to celebrate senior athletes' outstanding careers.

NEW COACHES



On April 20, 2020, we hired Mr. Dave Roberts as our new head girls' basketball coach. Technically, he is not new as this is his third time coaching this program and we are excited about his return. Mr. Roberts also teaches AP World History, AP U.S. History, and ELL History for us and we are excited he will be returning to work with our student-athletes



On April 9, 2020, we hired Mr. Damon Morrison as an assistant football coach. Mr. Morrison is also a special education teacher for us, and we are very happy he will work with our student-athletes.

LETTERING FOR ATHLETES

There have been some questions concerning letter for spring athletes. For spring student-athletes, all returning players who participated at the varsity level last year will receive a letter. New varsity players and freshmen will receive a letter on a case by case basis as determined by the head coach.

ATHLETIC FEES

Spring sports athletic fees: The district is currently working on a process to refund parents the already paid sports fee.

AWARDS

We are in the process of nominating and selecting a variety of student-athletes and parent awards. expect those to be announced in the next newsletter.

COACHES' WEBSITES

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

Thank you,
Michael Washington – Athletics' Director, mwashington@everettsd.org
Scott Stencil – Athletics' Coordinator, [sstencil@everettsd.org](mailto:ssencil@everettsd.org)
Rhonda Covert- Athletics' Secretary, rcovert@everettsd.org



School closure resources



Watch for all Coronavirus updates at www.everettsd.org/COVID-19.

3-D printers loaned to help support local health care systems

Everett Public Schools is grateful to be able to loan ten 3-D printers, through an agreement with Ignition Partners, to support manufacturing N95 masks, visors and other critical medical and safety equipment for our local health care systems. [Click for full article](#).



Frequently Asked Questions



Did you know we have an [FAQ page](#) on our district website? We actively add content as we develop answers that apply to our students, staff and community. If you do not see your question answered, there is also an '[Ask a Question](#)' form where you may submit your question. Hoping this is a helpful resource for all!

Emergency meal schedule update

Go to https://bit.ly/EPS_EmergencyMeals for schedule of locations and times.

Due to physical distancing standards, and for the safety of our staff, meals will no longer be delivered directly to homes.

How families can help:

- Please take advantage of curbside pickup and stay in your car
- Avoid socializing with other families
- Leave the school property immediately after receiving your meals
- If you do walk-up, stand six feet behind the family in front of you, only stand in line with people you live with
- Pick up your meals at a later time in the meal service
- Pick the meal option for your child
- Follow directions provided by Everett Public Schools staff



Thank you for your understanding as we make these necessary changes to keep everyone safe.



Social & Emotional Health during school closure

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Please visit the district's website for [links and resources](#) for social & emotional health.



Kindergarten registration

During the current school closure, you can register for kindergarten online. Please visit the [registration page](#) on the district's website. If you have questions, please email the Early Learning Department at EarlyLearning@everettsd.org. Thank you!

Teacher Appreciation Week

Since 1984, National PTA has designated one week in May as a special time to honor the men and women who lend their passion and skills to educating our children. This year, Teacher Appreciation Week is May 4 – 8, 2020.



National School Nurse Day



National School Nurse Day, May 6, 2020, is a time to celebrate the specialty practice of school nursing. In 1972, the National Association of School Nurses (NASN) created National School Nurse Day to recognize school nurses and acknowledge their role in the educational setting. NASN applauds the contributions school nurses make every day to improve the health, safety, and academic success of all students.

The theme this year – School Nurses: Supporting Students in Times of Crisis – reinforces the changing times of 2020. This year, more than ever, all members of our school communities, school nurses included, have been required to take on unprecedented roles and adapt quickly to changes in their jobs. It is reflective of the significant roles school nurses have in the health care of their school communities to help make a healthier place for children and families to learn and grow during this crisis.



3900 Broadway
Everett, WA 98201
425-385-4000
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.

Designated to handle inquiries about nondiscrimination policies are:

- **Title IX/Civil Rights Compliance Officer** – Mary O'Brien, MO'brien@everettsd.org, 425-385-4106, PO Box 2098, Everett, WA 98213
- **504 Coordinator** – Becky Ballbach, RBallbach@everettsd.org, 425-385-4063, PO Box 2098, Everett, WA 98213
- **ADA Coordinator** – Randi Seaberg, RSeaberg@everettsd.org, 425-385-4104, PO Box 2098, Everett, WA 98213