

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

November 2019

VOLUME 3, ISSUE 3



From the Principal

Dear Cascade Families,

“The School of Pride” has always been Cascade High’s motto. A few years ago, in collaboration with students, parents, and staff, we began a process to define our shared values as a school community and used the word PRIDE as an acronym to help define those schoolwide values and expectations: **P**rofessionalism, **R**esponsibility, **I**nclusivity, **D**ignity, and **E**ngagement. We try to use that in our classroom norms, with our clubs and teams, and through schoolwide celebration and recognition.

Each week, our staff nominates students who they feel embody the PRIDE qualities and at the end of the week, those students get selected as Bruin “Students of the Week.” We see examples of these qualities in our students every day. This October, we had 100+ seniors in our library at our College Application Day applying to 4-year and 2-year colleges with support from counselors, our college and career specialist, and college admission representative. Every year our Food Drive is an inspiration and an example for the region in engagement and service to others. We want to recognize these efforts and the students that engage in them, and the best way to do that is by calling out that common language for expectations and values. Through that, we can better recognize and support each student in reaching their goals and work better together as a community.

This month, please have a conversation with your student about values and what values dominate your personal and professional life. While we want our students to engage positively with their community and ultimately strive to make themselves and their community better, we also want students to be thoughtful about their own growth and to be thinking about the principles and ideals that drive them forward, that guide their actions and goals. Part of the importance of this time in high school is a student’s academic, intellectual and skill growth, but of equal importance is growth in self-awareness, purpose, and character. This is why we often witness students who make the most gains in their time at Cascade are the ones who fully engage with the Bruin community. And what’s most impactful are that those students often grow not just in academic skill, but in maturity and deed.

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

November 1

Full Day

November 8

Full Day

November 11

Veteran’s Day - No School

November 15

Learning Improvement Friday

November 22

Learning Improvement Friday

November 27

Early Release

November 28

Thanksgiving Break - No School

November 20

Thanksgiving Break - No School



Be BRUIN Students of the Week



Professionalism - Juan Munoz

Responsibility - Joe Jenkins



Inclusivity - Antonio Aguilar

Dignity - Henry Nguyen



Engagement - Juelius Miller



Staff of the Month - Mr. Morrison



Be BRUIN Students of the Week



Professionalism - Kaden Brown

Responsibility - Jasela Sianipar



Inclusivity - Brock Gillis

Dignity - Ian Humphries



Engagement - Cesar Jimenez-Hernandez



Staff of the Month - Ms. Webster



Be BRUIN Students of the Week



Professionalism - Myra Villa

Responsibility - Tristen Wilhelm



Inclusivity - Destiny Monroy

Dignity - Hillary Coats



Engagement - Aubri Russell



Staff of the Month - Mr. Sibley



Be BRUIN Students of the Week



Professionalism - Azreal Hull

Responsibility - Rachel 'Dio' Chrisman



Inclusivity - Reece Miyake

Dignity - Michael Allen-Weissingen



Engagement - Lizbeth Salazar



Staff of the Month
Ms. Worthington





CASCADE HIGH SCHOOL

Associated Student Body

Dear Cascade Students and Families,

As we approach our third month of school and begin to dress in warmer and cozy clothes and switch from iced to hot coffee, I'd like to recap the amazing Autumn month of October for our Bruin family.

We kicked off October with Homecoming! This week brought out student participation and class competitions through spirit days, hallway decorations, lunchtime activities, morning greets, Volleyball Pink out game, and our BCP sponsored car bash, parade and tailgate before the football game. Our Homecoming assembly also featured outstanding performances from our band, choir, cheer, and Ill Moves Club. The senior class came out victorious in the end result winning the spirit trophy this year.

The ASB Officers held the first Senate/Student Council meeting, which includes student representatives from all of our clubs, sports, and 2nd period classes. Through the input we received, we have made steady progress to meet the physical and mental needs of our student body. Specifically, we heard that bathrooms locks and signage were an issue, so we reached out to district maintenance to repair the locks and are making new signs for the bathrooms. Students also recommended more lunchtime activities, so we reached out through a social media poll to see what students would like to see happen during the lunches and we will start weekly lunch time activities that engage the lunchroom in November.

Also, in the month of October, we had many clubs and sports accomplishments as well as service projects we would like to acknowledge. Our Marching Band hosted the Puget Sound Festival of Bands and did amazing. The Girl's Soccer team officially clinched a spot in the playoffs for this season, and our Math Team won 4th place in their first competition of the year. We would also like to thank the 100+ students representing their clubs and sports who helped out at Funfest, where we had mini-games and passed out candy and toys for the elementary schools. Lastly, we would like to give another big thanks to all the elementary students and their families for their food donations to the Volunteers of America at FunFest!

In the month of November, we have a couple of dates for our Bruin community to look forward to: Veteran's Day Assembly is on 11/6, Winter Sports begin on 11/18, and our Food Drive schedule begins on 11/25! Also, our Club/Group picture day is on 11/27.

I cannot wait for this month of November as we prepare for the biggest event at our school, the 58th Annual Food Drive. There are plenty of things to look forward in this chilly autumn month of November, and as we approach the season of giving, I hope our students continue to make bold choices that help and nurture one another because after all **"We are all Connected by the Crimson!"**

**Kind Regards,
Hilton Nguyen
ASB President
Cascade Highschool**



CHS BRUINS

Saturday Academy & Pancakes!

**SATURDAY, NOVEMBER 2
8-11 AM
CHS LIBRARY**

Do you need an opportunity to get caught up? Do you need some academic tutoring? Do you need pancakes? Saturday Academy is for YOU!



Class of 2020 Information!



[Class of 2020 Timeline](#)

Senior Yearbook Deadlines!

Senior Portraits are due before: **November 11th**

Senior Quotes are due before: **November 15th**

Senior Grad Ads are due before: **March 5th**

College App Day!

It was a great College App day on 10/24 where students completed college apps, financial aid, scholarahips and more! If your senior needs more help with figuring out what comes next and the steps to get there, come see Trish Roberts and/or Sarah Pewitt in the CHS Career Center or email Naviance@everettsd.org.





German News!

German Student Convention is coming soon! It is being held at Snohomish High School on November 11 and is an all-day event. This year's convention features musician, Eddi Huenecke, who will be performing for us in concert. The cost this year is \$22 and includes transportation from CHS, concert, lunch and all activities at the convention. Please contact Frau Lockwood for a field trip form!



Bruin Community Parents Help Tame the Inner Monsters!

eddi hüenecke
und der Top im blauen T-Shirt

Huge shout-out to BCP! Himstedt's seniors will be working on a project with Emerson Elementary:



Name of Project: Taming Your Inner Monster

Project Details: The main focus of English IV/EVCC is perspective; looking at text or other things through critical lenses. The seniors will have worked through Beowulf, Grendel, and Frankenstein under this umbrella and their own lives. Also discussing how all these people, albeit fictional characters, have inner monsters that need work. But, so do we. And we will dig into that work. The seniors will then get the experience, like Frankenstein, to create their own monster and come up with a story for this monster. All the while, the elementary students will have the same monster picture & create their own story to go with it. The seniors will not see these stories until the end of the work...and we will dig into the perspective of this ONE monster

from the view-point of a 5-6-7-year-old and a 17-18-year-old. Finally, the seniors will deliver the handmade monster to their elementary student & read kid friendly monster stories aloud to them (which also helps with many things as well 😊).

I wrote up a funding request and they have fully supported this project by covering the finances needed to purchase the monster kits! I am extremely grateful, and the seniors are looking forward to this experience!



Over 100 Pieces Included in Each Kit



The teen vaping epidemic – what parents need to know



Speaker: Jennifer Reid MPH Snohomish Health District Youth Tobacco Prevention Program

Parent Education Nights

| | | |
|-------------------|-------------------------------------|--------|
| Thursday, Nov. 7 | Eisenhower Middle School cafeteria | 7 p.m. |
| Monday, Nov. 18 | Heatherwood Middle School cafeteria | 7 p.m. |
| Thursday, Nov. 21 | Community Resource Center | 7 p.m. |

Get all your questions about vapor devices answered!

- Is this really an epidemic?
- I thought vapes were nicotine free?!
- Isn't vaping safe?
- What is that thing in the picture?

Snohomish Health District



Studies are Bruin in the Library!

When: Tuesdays and Thursdays

Time: 2:10PM – 3:30PM

DO HOMEWORK

Study for Assessments

READ

GroupWork on Projects

Tutoring by Appointment

TECH ASSISTANCE

Meet with a Study

STUDY

Come join us in the CHS Library!

Activity Bus available at 4pm





CASCADE HIGH SCHOOL

Attendance Policies

Lisa Haines, Attendance Secretary

(425) 385-6004

**To excuse an absence or tardy,
please do one of the following as stated below.**

Welcome to the 2019-20 school year.

Please read the information below outlining the CHS Attendance procedures.

- 1) **Written notes (paper) or an e-mail to chsattendance@everettsd.org are required to excuse a student's absence. You can also send a fax to (425) 385-6002 to excuse your student.** Phone calls reported to the attendance line need to be followed up with a note or e-mail.

Students who are running late to class in the morning or anytime during the school day, who do not have a note excusing their tardy or absence, will go directly to class. If the student has a note from a parent/guardian or doctor's note they will stop by the attendance office to receive a late pass to class. If your student needs to leave early for an appointment during the school day please send a written note and have your student drop it off to the attendance office. I will write them a pass to give to their teacher stating the time they need to leave class for the appointment and send them to the attendance office to sign out.

Students are not permitted to leave school or meet a parent in the parking lot. For safety reasons, parents/guardians on record with the school must come into the Attendance Office to sign out their students.

If a student leaves school without permission and without signing out in the Attendance Office, their absences will remain **unexcused**.

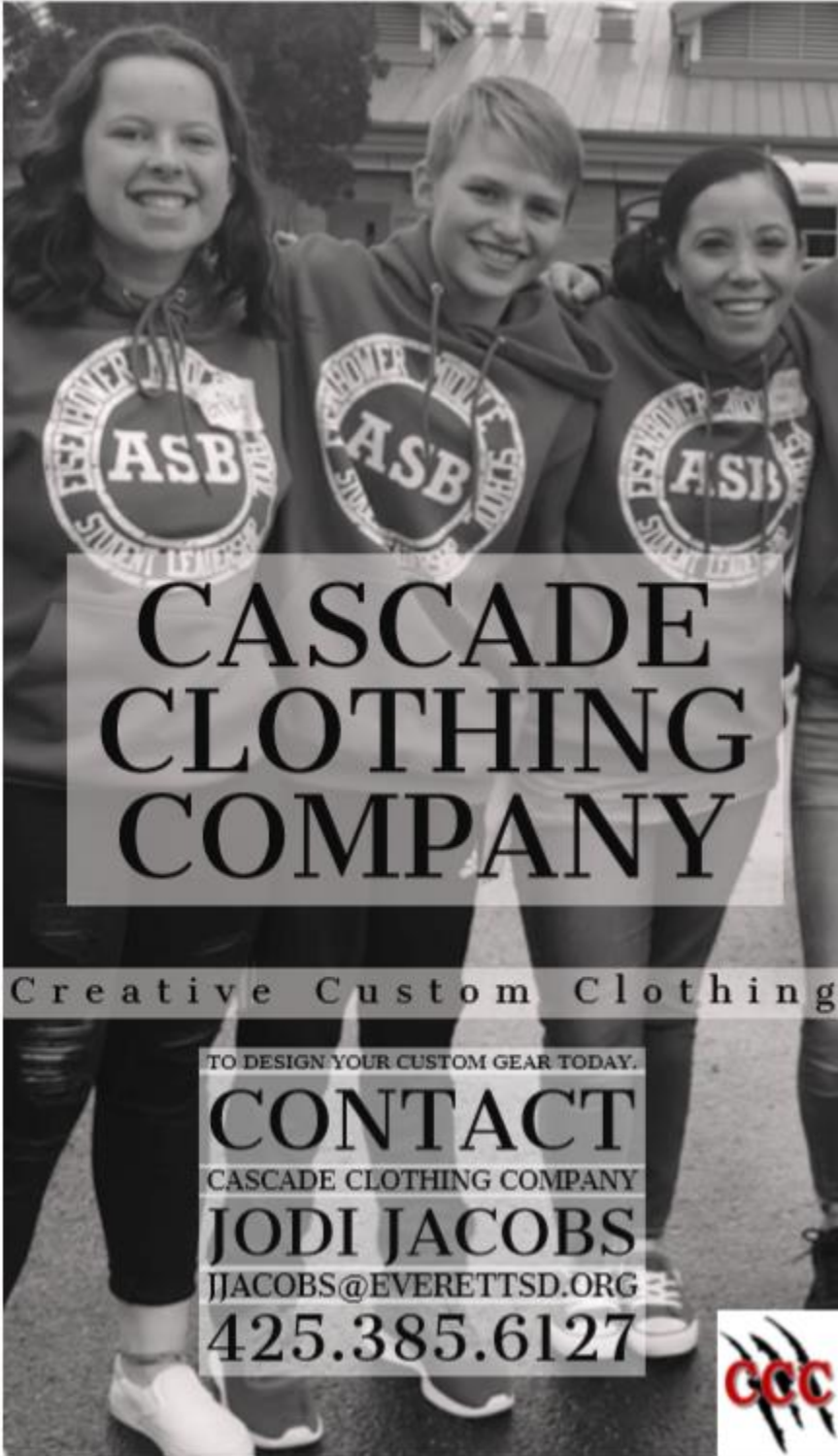
Do NOT text or call your student during class to have them leave. Teachers do not allow students to leave unless the Attendance Office calls to authorize it.

- 2) **Students must turn in their notes to excuse previous absences, early dismissals, bus notes, written by a parent, by 10:00 a.m. in the morning.** If your student forgets to turn in their absence note, they are welcomed and encouraged to bring it within the 30-day timeframe.
- 3) **Notes must be turned in within 30 days after a student returns back to school,** not including holidays or weekends, in order to have the absence excused. Notes turned in past the 30-day timeframe will be accepted; however, the absence is not excused and will be coded with **LN for late note**.



- 4) **IF you receive a phone call saying your student was marked absent in a class** and they say to you, “I was there,” please contact the teacher directly about this discrepancy or have your students stop by the attendance office for a pink Attendance Correction Request slip. The student will need to take care of this with the teacher who marked them absent. The teacher is the only one that can give permission to change an absence that is deemed a “mistake” as they are the only one who can verify if a student was in class, in the wrong seat or tardy. The 30 day policy or before 10:00 a.m. policy does not apply for fixing these mistakes.
- 5) If your student is out of school **over 5 days due to illness, a doctor’s note is required to excuse the absence. Homework can be requested for students out sick over 3 days.** Please be aware that we require 24 hour’s notice to teachers for homework collection. You are welcome to email teachers directly to request schoolwork.
- 6) **Pre-Arranged absence request:** If your student is going to be out of school due to vacations, surgeries, tournaments, appointments, etc., a pre-arranged absence form is required. These forms are found on-line or in the attendance office. This must be filled out by the student and signed by all teachers along with parent/guardian. The Principal will review and consider all Pre-Arranged absence requests before approval.
- 7) **PLEASE know what time your student has lunch or is in a PE class.** It is ***not possible to find your student during lunch and extremely difficult to find them during PE.*** If you must pick them up during either of these times, please send a note with your student asking for them to be dismissed at a specific time. Your student will bring that note to the attendance office before school begins to pick up a pass that will allow them to meet you at the attendance office at the time specified.
- 8) **Please remember that if your student missed the bus, overslept or is running late, or had car trouble, the absence will not be excused per ESD policy.**
- 9) **The following excuses are considered valid and acceptable per the Everett School District Attendance Policy:**
 - **Illness**
 - **Appointment**
 - **Funeral**
 - **Emergency gious Observance**






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CLOTHING
COMPANY**

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JODI JACOBS
JJACOBS@EVERETTSCHOOLSDISTRICTS.ORG
425.385.6127





PS

The Pride Shop

CASCADE

HIGH SCHOOL

SPIRIT WEAR

FOR MORE INFORMATION EMAIL:
JJACOBS@EVERETTSD.ORG



Accepting Highly Capable nominations until Dec. 18

Find forms, information and evening events on the [Highly Capable website](#). Referrals are for students currently in grades one through four for winter testing, which will take place on February 1, 2020.

Remember to vote Nov. 5

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 5 – postage is not required for ballots.

Everett Public Schools is hiring!

Are you interested in working for the school district? Full-time, part-time and substitute positions are available. The schedule for many classified positions is the same as the student day. Training is provided, and benefits are available for many positions. We have a strong need for substitute teachers, classified staff including regular and substitute paraeducators, office staff, custodial and food service positions.

Join us! <http://www.everettsd.org/jobs>



Did you miss a call from us?

If you missed a call from your school, please first check your voice mail or your email for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all of the calls. If you want to change your contact information, please let the school office know.

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.

Test scores show ... our students rock!

Did you know that our student assessment scores last year outperformed the state's average assessment scores **in every subject!** Students are working hard in their learning, and staff are providing students with the targeted, coordinated supports they need to excel. We have more work to do and are going to accomplish it by focusing on reading at early levels and strong monitoring and collaboration.

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.



Family health safety tip

Vaping has been in the news a lot this summer and fall due to many youth and young adults across the nation being hospitalized for respiratory issues, including respiratory failure. A few cases have been reported in our state. Teens may believe vaping is less harmful than smoking. Vaping devices are increasingly popular among middle and high school students and a new generation is getting addicted to nicotine. According to the Snohomish Health District's Washington Healthy Youth Survey:

11% of 8th graders, 23% of 10th graders and 31% of 12th graders currently use vapes.

Learn about the dangers of vaping as well as resources for teens to quit by visiting Snohomish Health District's webpage. The sooner one quits, the faster their body, and lungs, can rebound and repair themselves. www.snohd.org/273/Vaping-Vapor-Products

Is your family prepared?

Does your family have a plan in case of bad weather, school closure or delay? Who will pick up your student, if needed? How will you communicate if phone lines are jammed? Do you have needed emergency supplies in your car and at home?

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



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](#).



Food and nutrition

This month, the Food and Nutrition Department brings you mushrooms grown in the PNW! Be sure to give them a try this month in our vegetable medley and on the salad bar.

Did you know that mushrooms are composed of 90% water and contain over a dozen vitamin and minerals? Find out more by checking out the Harvest of the Month flyer on our website at <https://www.everettsd.org>. Don't leave me, I'm a fungi!



Safety tip line

Do you or your student have a concern about someone experiencing bullying or harassment? Or have you perhaps heard a rumor about someone bringing a weapon or drugs to school? **Report it!** You can talk directly with your school's office or you can call, text or email your concern.


If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods.

Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

Report it!

3 easy ways

Text or call

 855-637-2095

 1350@alert1.us

 <https://everett-wa.safeschoolsalert.com>



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