

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

APRIL 2018

VOLUME 1, ISSUE 8



From the Principal

Dear Cascade Families,

Sometimes staying involved with teenagers' education can be tricky. Teens are seeking more independence, but parent and family involvement is important for student success in school. Here are some ways you can be involved:

- Make time to talk about school. Many high school students spend a good portion of their day outside of their home, not just in classes, but in extracurricular activities, sports, jobs, and with their friends. But if you take time as often as possible to talk about what's going on at school, they will see that it is important to you. Be sure to ask questions that are open-ended. Car trips, mealtimes, and standing in line at the store are great times to have short, but meaningful conversations.
- Emphasize the importance of attendance. Help them see the importance of coming to school each day and participating. If they are struggling with attendance, contact their counselor or an administrator so we can help.
- Check their grades online and offer assistance if their grades are slipping. Help them by ensuring they have a quiet place and a regular time for studying each day. Don't hesitate to contact their teacher if you have questions or concerns.
- Students (grades 9-11) have recently registered for classes for the 2018-19 school year. Ask your student what classes they are planning to take. They can show you their course requests online. Talk to them about the importance of taking courses that challenge them as well as maintaining balance.
- Consider joining one of our parent organizations. Bruin Community Parents (BCP) meets the second Wednesday of each month at 7:00 pm in the Cascade library. They are a support organization for the school and all our students and staff. Natural Leaders is an organization for parents who speak a language other than English at home. This group meets the second and fourth Wednesday of each month at 9:30 am at Cascade. Contact Conchita Chinchilla (cconchilla@everettsd.org) if you would like more information about our Natural Leaders.
- You are welcome to volunteer at Cascade! We are looking for parents to walk about during lunches, greet students, and to help us ensure student safety by having additional adult presence. If you are interested, please contact me directly (cwoods2@everettsd.org).
- If you have any concerns or are not sure how to help your student at school, please contact their teacher, counselor, or contact me and we will find a way to help.

I very much value the partnership we have with the families of our students. It is a privilege to work with you and your children each day. I enjoy seeing you at sporting events, music concerts, drama performances, and other activities around our school!

Sincerely,

Cascade High School Principal

Cathy Woods
Principal

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

April 2-6

Spring Break

April 13

Learning Improvement Friday

April 20

Learning Improvement Friday

April 21

Saturday Academy, 8 to 11 am

April 27

Learning Improvement Friday



CASCADE HIGH SCHOOL

Associated Student Body

Dear Cascade High School Students and Families,

Thank you to everyone for helping Cascade have an awesome month of March. From Tolo and Talent show, to Kindness Day, to students getting multiple awards at State club competitive competitions, there are many points of pride to be remarked. Our students are constantly accomplishing and creating new things to benefit our school and community.

Recently, we held the ASB elections for CHS for the 2018-19 school year. Congratulations to next year's ASB officers:

President: **Joe Hofman**
Vice President: **Beraca Jehoiada**
Secretary: **Madelyn Barrett**
Treasurer: **Sabrina Reilly**
Public Relations Officer: **Makayla Hammer**
Ambassador: **Airam Lopez**

Next year is going to be a fun, successful school year at Cascade!

Class Officer Elections are going to be coming around in April to elect next year's class officers, so be sure to be looking for candidate campaign ads and voting information once it is available!

The 2017-18 school year has turned out to be great, full of many exciting, new, and memorable experiences. As we are winding down the year, it may be easy to slow down or lose track of goals but stay strong to the end. The consistent support of our students and staff helps us all to reach our individual and group goals that are still in reach. Cascade High school is always growing and improving due to each of our students, so keep it up!

Sincerely,
Connor Robinson
ASB President
Cascade High School



Cascade High School Junior Prom

Enchanted Forest

April 21, 2018 · 8:00-11:00pm

The Everett Yacht Club
404 14th Street
Everett, WA 98201

Ticket Sales ~ April 11th -20th
\$15 w/ASB and \$20 w/o ASB

[Spring Prom Guest Pass](#)

(Completed guest pass due Thursday, April 19th, by the end of 2nd lunch)



Missing Something???

Old Lost and Found Items of value (keys, glasses, jewelry, etc.) prior to September 2017 will be available to reclaim in the main office until June 1, 2018, and then disposed of (keys) or donated to a local charity.





12 CHS DECA Students Attended the State Career Development Conference



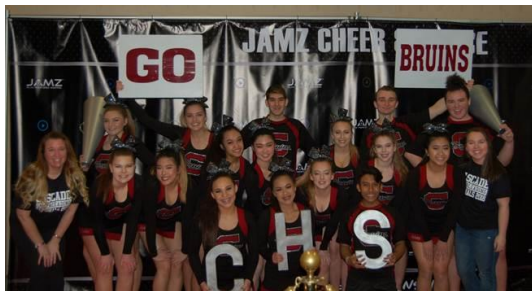
Students competed in a variety of events which either involved an on the spot presentation or a presentation which was prepared in advance. The students performed very well. The team of Harneet Aujla and Casey Lauristen earned an 8th place out of 20 finish on a project, which had previously qualified for Nationals. The team of Van Nguyen, Mitchell Morris, Xeindria Chandran had also already qualified for Nationals. Mitchell Morris finished 2nd out of 58 in

the event of Quick Serve Restaurant Management earning a spot at Nationals and a \$140.00 scholarship.

In addition, while at the conference Harneet, Xeindria, Van and Mitchell presented during a break out session regarding their School-Based Enterprise projects and previous experiences at Nationals.



Congratulations to all DECA students that competed and good luck to those moving on to Nationals is in Atlanta in April.



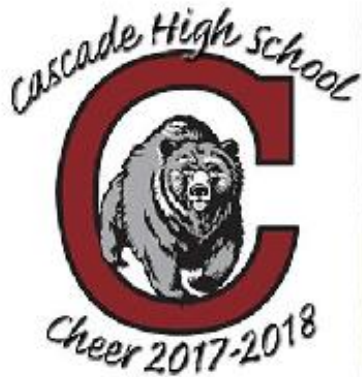
Congratulations CHEER!

CHS Cheer placed 3rd in Sideline Performance at Jamaz Nationals in Las Vegas!





Cascade Bruins

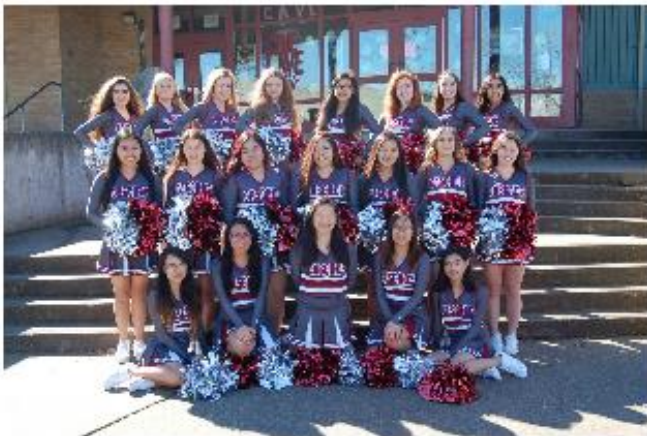


Cheer Tryouts

Crimson Squad AND Silver Squad

Tryout packets are available at the Cascade High School Main Office or online at:

<https://www.everettsd.org/Page/6611>



Application is due by April 10th!
Must have Rank 1 completed for
the 2017-2018 school year and a
current physical on file with your
school.

Questions? Please contact Coach Trish at troberts@everettsd.org.



Cascade High students study Malala's profile in courage

(The Herald article, March 18, 2018)



Cascade High School students (from left) Jonathan Lopez, Esther Martinez and Aumnia Alissa discuss Malala Yousafzai's book "I Am Malala" during class on Feb. 27 in Everett. (Ian Terry / The Herald)



Students study Malala Yousafzai's book "I Am Malala" during one of Jennifer Dow Himstedt's sophomore English classes at Cascade High School. (Ian Terry / The Herald)



Cascade High School English teacher Jennifer Dow Himstedt leads a discussion during class on Feb. 27. (Ian Terry / The Herald)

[Click here to read article](#)



Readathon Winners!

Readathon prizewinners received an extra special treat—a beachy picnic lunch on March 15th with a favored staff member, held in the library.

Twenty-six CHS staff members volunteered to buy lunch for a student as a prize for our Readathon in February. They brought in a “specially requested” lunch to share with their lunch buddy. Our students were pretty thrilled! They gave up their treasured lunchtime with friends to eat lunch in the library and get to know a staff member better. Students and staff are committed to continually improve everyone’s sense of belonging here at CHS.



CHS Staff Staff! *Staff nominating Staff*



Ms. Sage

Ms. Sage’s students say she is full of fun an always willing to help!



Ms. Sage nominated Ms. Richardson because “I always see her smiling in the hallway and her students always talk about how patient she is!” Her students say that she is caring, kind, and makes learning fun!



Ms. Richardson



Cascade Bruin Robotics Team the Bear Bots Has Done It Again!

We attended our second district competition this last weekend and it was a very challenging weekend but we made it into the finals again. This was no small task as we battled 36 teams for 2 days but in the end, we came in second losing again for the second time to Everett's FRC team Jack in the bots.

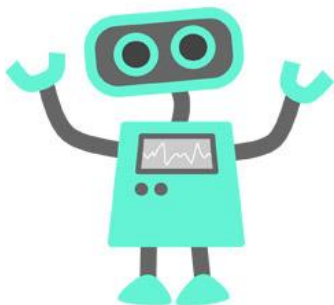
So please give a big high 5 to the team the next time you see them in class or in the halls.

Your Cascade Bruin Bear bots are the following students:

Adrienne Kann	Aidan Bruner	Airon Maiden	Anita Mean	Billy Tran
Daisy Cisneros	Daniel Ramirez	Ethan Kuntz	Henry Beason	John Tucker
McKenzie Muster	Michael Muster	Nolan Brown		

Whats next: It looks like we are going to advance to the Pacific Northwest Championship in Portland April 4-8.

So please give them a great big hand, as they are an amazing team!





Tech Challenge at Sno-Isle

Congratulations are in order for these talented young men. Left to Right Keeghan Ordonez, Westin Saunder, Marco Valenti and Josh Kappel competed in the UTI Top Tech challenge at Sno-Isle. Keeghan and Westin finished 7th out of 30 teams and both won a \$1000 scholarship to UTI. Congratulations!



Medical Careers Club Competes!

Cascade Medical Careers Club (HOSA) traveled to Spokane and competed in the Washington State HOSA State Competition for Future Health Professionals. There were 1440 students competing across a number of events. Please congratulate the following students from Cascade that placed: Quynh Pham placed 3rd overall for Pathophysiology, Quynh Pham and Kennedy Patterson placed 4th overall for EMT. Helene Mulema Tulu placed 5th overall for Healthy Lifestyle event. Arriana Ayala placed 7th overall for Sports Medicine. Jessica Stoller placed 7th overall for Vet. Science. The top three overall finishers qualified to compete at the National Competition in Dallas, Texas at the end of June.





Kindergarten registration happening now

Do you have a child who will be 5 years old by Aug. 31, 2018? Registration began March 5 at all 17 district elementary schools. Which school will your kindergartner attend? To find out, click on *School and Route Finder* under the *Parents* tab, or call transportation at 425-385-4144.

Easy access with district app

Download and log into the district app to quickly and easily access your student's info. You can also pay lunch balances, see books checked out from the library, and find the staff directory, school websites, calendars and more.

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.

Thank you, volunteers!

April 16-20 is Public Schools Volunteer Appreciation Week. We are grateful for the many volunteers who support students and staff, many of them each and every school day. With activities ranging from reading with students, to playground supervision support, Watch D.O.G.S., and chaperoning field trips, your help matters. Our volunteers contribute to making school the best part of students' day. Thank you!

ECEAP preschool accepting applications for 2018-19

Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income.

ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Early Learning.

The five ECEAP sites within our school district are Garfield, Hawthorne, Lowell, Madison and Silver Lake elementary schools.

Space is limited – apply early! For an application or more information, please call 425-385-4628 or visit the [district ECEAP website](#).





Innovation Expo June 6 – save the date!

Students and families will enjoy seeing and interacting at booths from every school in the district at this year’s [Innovation Expo](#) June 6, 5-8 p.m., at Angel of the Winds (formerly Xfinity) Arena. Each school's booth is different and showcases something the students at that school are learning.

The STEM competition is a favorite part of the event for many students and families. See the best student projects from around the district and hear what the students learned by doing them. Learn more and download forms at <http://www.everettsd.org/expo>.



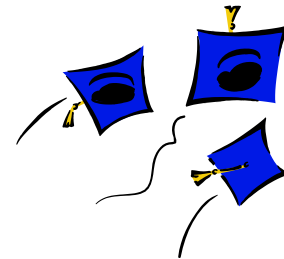
Class of 2018 Timeline

~ APRIL ~

- 17 ~ Senior Meeting – Cafeteria – 9:19 am
- 17 ~ Senior Parent Meeting – Cafeteria – 6:00 pm
- 20 ~ Graduation Announcement Delivery (Lunches)

~ MAY ~

- 1 ~ Mandatory Senior Meeting - Cafeteria - 9:19 am
- 24 ~ Scholarship/Awards Night - Cafeteria @ 7:00 p.m.



~ JUNE ~

- 2 ~ Senior Ball - Nile Golf & Country Club
- 5 ~ Senior Tea - 3:00 pm
- 11 & 12 ~ Senior Finals
- 14 ~ Graduation Practice & Cap & Gown Distribution
- 15 ~ Graduation Practice & Jubilation
- 16 ~ Class of 2018 Graduation @ Noon & Senior Celebration

Dates and times are subject change!




Class of 2018
Senior Parent Meeting
Tuesday, April 17
6:00 pm
CHS Cafeteria



DO YOU LIKE PANCAKES? HOW ABOUT PANCAKES MADE BY CASCADE HIGH SCHOOL STAFF MEMBERS?

**SATURDAY
ACADEMY** **4/21/2018
8-11AM
LIBRARY**

Do you need an opportunity to get caught up? Do you need some academic tutoring? Cascade High School teachers and administrators are here to help!



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