

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

December 2018

VOLUME 2, ISSUE 4



From the Principal

Dear Cascade Families,

As I shared last month, we use the word PRIDE as an acronym to define schoolwide expectations at Cascade High School. This month, students and staff participate in Cascade High School's annual food drive, one of the largest school-based food drives in the area. This truly is a 3-week long celebration of our school community's sense of Responsibility (the "R" of PRIDE).



Students respond to a need in our community and provide food, other necessities, and gifts for families who have requested assistance through the Volunteers of America foodbank. Tens of thousands of food items, tens of thousands of dollars, and hundreds of gifts are donated to fill this need. Our students both make donations and solicit and collect donations

at local stores and from friends and family members. Students also have opportunities to select the gifts and food for families from the donations. Businesses and community friends of Cascade High School make significant donations every year, for which we are extremely grateful. Students and alumni from Cascade will deliver the boxes to over 150 families on December 20. Every year, there are thousands of food items remaining which we donate to the local food banks so that the entire community benefits.

I'm telling you all this because I want you to know that teaching responsibility at Cascade goes beyond teaching students to do their school work, to follow rules, and to be kind to their classmates. Responsibility also means responding to the needs around you with a sense of community service. The food drive is the largest and most visible community service project at our school, but by no means the only time students are engaged in serving the community. I am so humbled each year to see the outpouring of generosity among our students, staff, and the greater Cascade community. Besides helping families in need, the annual Cascade High School food drive also brings the students and staff together to work for a common goal. We have fun with contests to see which class can bring in the most food items, gifts, and money, but in the end, the goal is to work together.

I am very thankful to be able to work in this community and among these students who know that they have a responsibility not only to themselves, their family, and their school, but also to the greater community around them. Thank you for sharing these wonderful young people with us at Cascade and thank you for your support of our school and our annual food drive!

Sincerely,

Principal, Cascade High School

Cwoods2@everettsd.org

Cathy Woods
Principal

Cascade High School

801 Casino Road,
Everett, WA 98203

www.everettsd.org/cascadehs

December 7

Learning Improvement Friday

December 14

Learning Improvement Friday

December 21

Learning Improvement Friday

**December 24 –
January 4**

Winter Break – No School



CASCADE HIGH SCHOOL

Associated Student Body

Greetings Bruin Families,

The month of November was truly notable. We were quite busy with various events and celebrations that continue to bring our community closer together. Here's a brief snapshot of our November events!

At the beginning of the month, we held one of our quarterly Senate and Student Council meetings. These meetings are instrumental to our community as they allow students to be vocal about the climate of our school and provide feedback for what can be done to improve our activities. At this meeting, we gathered feedback regarding Homecoming and campus improvements and are looking forward to making improvements in the future.

This year, our Veterans Day assembly was a hit. We were able to collaborate with Brian Sequin of Puget Sound Honor Flight. Check out their amazing work at www.PugetSoundHonorFlight.org. There were musical performances by our band and choir, and a wonderful recognition ceremony for our veterans that were present for the event.

Winter sports began this month and we wish the best of luck to our wrestling, basketball, bowling, and boys swim/dive teams as they start their season. The Bruins finished the fall sports season strong with a state appearance by our Girls swim team! The Bruin Drama club just finished their Production of "Is He Dead" which was truly an event to remember. If you missed it, don't worry! The drama club, in addition to our other clubs, will soon offer more opportunities to showcase what they do!

Our 57th Annual Food Drive will take place in December so be on the lookout for some upcoming announcements about this HUGE Bruin event!

November is a time to be thankful for those around us. As the Holiday season nears, we are reminded of how thankful we are to have such a wonderful and diverse community here at Cascade. Thanks for another great month. Always remember, **'Bruins are**

Better Together!'

Sincerely,
Joe Hofman
ASB President
Cascade High School



57th Annual Food & Gift Drive

December 3 to December 19

Shopping Day ~ December 19

Delivery Day ~ December 20

The students of Cascade High School will be sponsoring 175+ families from Volunteers of America for the holidays with food and gifts



Want to help?

We are looking for donations of:

Boxes ~ Wrapping Paper ~ Gift Cards ~ Cash



Non-Perishable Food ~ Gifts for Babies to 18 Years Old

Questions Contact Activities - 425-385-6014

Proceeds from this event will be donated to families within our community, VOA and other community organizations.

Funds collected are private monies and will be held in trust by the Everett Public School District exclusive for the specified purpose.

Food Drive Spirit Week

Monday December 17	Tuesday December 18	Wednesday December 19	Thursday December 20	Friday December 21
<i>Sweet Dreams</i>	<i>Candy Cane</i>	<i>Festive Sweater</i>	<i>Food Drive Pride Day</i>	<i>Winter Wrap-Up</i>
				
<i>Wear your comfiest pajams</i>	<i>Wear red & white or stripes</i>	<i>Wear your favorite Festive Sweater</i>	<i>Deck out in Crimson & Grey or Cascade Food Drive Gear</i>	<i>Bundle up for the Winter Cold</i>



Class of 2019 Information!

Class of 2019 Timeline



NAVIANCE

Need help on....

- Scholarships?
- Financial Aid?
- College or Post-Secondary Applications?
- Navigating Naviance *Student*?
- Just trying to figure out what to do after graduation?



Come meet with Mrs. Pewitt the High School and Beyond/Naviance district facilitator. She is at CHS every **Tuesday** all day in the Career Center.

Can't make it there? Email her any time with your questions at naviance@everettsd.org



Latino Club Award goes to...

In November, the Latino Club Award went to Trisha Roberts. Thank you for all you always have done for our Latino Club!



EvCC English Class's Frankenstein Creations

Did you know Mary Shelly wrote Frankenstein because of a ghost story contest between her and her friends? Well, Himstedt's EvCC classes just got through studying the novel and got to play Frankenstein by creating a monster and Mary Shelly by creating a ghost story to go along with it! Here are images of their creations. Their stories were incredibly creative—I mean, scary!



Bruins are better together!



German Student Convention

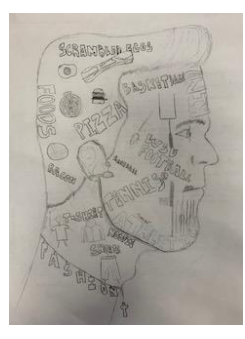


Thirty-eight German language students traveled to Squalicum High School in Bellingham on November 10 for the annual “German Student Convention.” It was also attended by language students from other regional high schools. Students were able to join in singing and traditional folk dancing. Some played soccer; others learned German board games. In the “Olympiade” competition, students balanced potatoes on wooden spoons, designed the best paper airplane and retrieved gummi bears from a bowl of whipped cream. Many Cascade students won prizes. A lunch of bratwurst and potato-leek soup was served, and at the end of the day, students enjoyed a traditional afternoon treat, “Kaffee und Kuchen” (coffee and cake). Fun was had by all!

A more “serious” field trip was on November 30: the “Career Booster” at the University of Washington, where students can meet representatives from German companies, universities, foundations, exchange organizations and the German Honorary Consul to learn more about succeeding with German. Students can explore options for career paths, professional training, German university degree programs without tuition fees, scholarships and apprenticeships in Germany and the U.S.

Himstedt’s 10th Honors Work

Himstedt’s 10th Honors students worked for a little over a month learning about culture and what their cultural identity is. They then wrote a reflective essay explaining their cultural identity. Their final task, after studying Frida Kahlo, was to think about what a self-portrait would say about their perspective on their own cultural identity. They then created an artistic work that portrayed aspects of this identity. They could do it digitally as well as hard copy. Here are a few samples 😊





First Lego League Qualifying Event

The Everett District and Cascade High School Robotics team are hosting First Lego League Qualifying event on Dec 8th and 9th in the CHS gym.

<https://www.firstinspires.org/team-event-search/event?id=38251>

FLL North Sound Everett Qualifier (Sat) (Qualifying Event)

Dec 8 and 9, 2018

Program: FIRST LEGO League

Start time: 8:00 am
End time: 5:00 pm

Western Washington FLL Qualifying Tournament at Cascade High School in Everett, WA

Event Info: <https://firstwa.org>

Address

Cascade High School
801 E Casino Rd
Everett, WA 98203 USA

There will be 40 different teams competing each day in hopes of advancing to the state championship in Kent in February. This event is free to attend and is a lot of fun for the whole family. We also need volunteers so please pass the word.

<https://www.firstinspires.org/robotics/fll>





Fall Sport Teams Rocked the GPA!

Congratulations to the following Fall sport teams and coaches who have been recognized by the WIAA as either a Distinguished Scholastic Team (3.0 – 3.49 Team GPA) or an Outstanding Scholastic team (3.5 or above GPA).

- **Cheerleading** - Coaches Trish Roberts, Emily Chambers and Kayla Sears
Crimson Squad – 3.266 GPA
Silver Squad – 3.085 GPA
- **Cross Country** - Coaches Steve Bertrand, Bill Hull, Jodi Jacobs and Sue Wilson
Boys – 3.260 GPA
Girls – 3.400 GPA
- **Freshman Football** - Coaches Joe Hanrahan and Martavious Burkhalter
3.000 GPA
- **Soccer** – Coaches Michelle Crews, Treva Casto, Nikki Bowlden and Claire Wambold
Varsity - 3.353 GPA
JV - 3.236 GPA
- **Tennis** - Coach Bryan Sachse
JV - 3.403 GPA
- **Volleyball** - Coach Tayler Steen
C team - 3.276 GPA
- **Swim and Dive** - Coaches Eric Smith, Jen Sund and JoLynne Abbe
3.501 GPA ***Outstanding***
- **Tennis** - Coach Brian Cherniak
Varsity - 3.584 GPA ***Outstanding***



CONGRATULATIONS TO Eric Smith for being named “Coach of the Year” for Girls Swim.

This honor comes from a vote by all of the coaches in our region, and is quite an honor. Swim is a non-cut sport. What is greatly admirable about Coach Smith’s leadership is his whole-hearted enthusiasm for swimmers of all levels. Kids know that he cares about them as individuals, not just their race results.



The gift of attendance

Absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. Just a few missed days here and there, even excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student's chances for academic success and eventually for graduation. This holiday season, give your children the gift of an education and the habit of attendance.

Graduation rates jump to 95.7%

Our graduation rate jumped even higher for the 11th year in a row. Now 95.7 percent of our students graduate on time! Learn how strategic staff actions helped bring the graduation rate from 53 percent just 15 years ago to this year's all-time high.

<http://bit.ly/2018gradrates>

Parent safety tip

Before you take your child to a friend's sleepover or party, make sure you know a few important things first.

- Find out about the friend's "house rules" and who else will be at home, like parents, another adult, brothers, or sisters.
- Ask about what they plan to do during the visit.
- Talk with your child about things that are important to you: no guns, violent TV and video games, alcohol, tobacco, and other drugs. Take this time to review behaviors that are healthy and those that are dangerous.
- If your child does not have his or her own cell phone, be sure to have the telephone number of where he or she can be reached.
- If there is a change of plans, you need to be told.

Get to know other parents

- Talk with them on the phone.
- Meet them at neighborhood or school events.
- Greet them when dropping your child off at their home.

Communication is key

School-aged children need and want more independence. Good communication, with clear expectations, helps parents and children trust that what is going on is safe.

Source: *HealthyChildren.org*

Snow routes are online

School drop off and pick up locations may change in an emergency situation. If your child rides a bus to school, please become familiar with the [snow route information](#) on the district transportation department's webpage.





Family resources

Could you or a family you know use some help? Find information and links to helpful resources on the district's [Parent Tools webpage](#):

- Washington State Library – local and regional information about services and agencies offering help to families in a variety of ways including food, shelter, clothing, childcare, legal services, employment opportunities, and counseling
- Everett Public Schools Kids In Transition (KIT) program – supports homeless children and youth to continue their education
- Help for military families
- Snohomish Health District for Snohomish County community dental resources for children and adults
- United Way of Snohomish County – 2-1-1 is a free telephone number that is your best "first call" to quickly find the right source of help. The information line is staffed by trained operators from Volunteers of America Western Washington who can connect you to a wide range of community services.

Delayed start or closed schools

If we have to cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:45 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at www.everettsd.org
- watch district [Facebook](#), [Twitter](#) or [Instagram](#) accounts



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