

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

May 2019

VOLUME 2, ISSUE 9



From the Principal

Dear Cascade Families,

Spring has finally appeared! The days are longer, and we see the sun more. This shift in seasons lightens everyone's mood a bit. It also signals the last few weeks of school are upon us. These next six weeks will be busy ones at Cascade. We will be giving more than 600 Advanced Placement exams during first two weeks of May. During the second half of May our sophomores, juniors, and some seniors will be taking Smarter Balanced Assessments. All our students will be taking final exams in June. In between, there is amazing work going on in classrooms. One of the great joys in my day is visiting classrooms and seeing what students are accomplishing across all subject areas.

On top of all the rigorous classwork and testing, students are involved in athletics, activities, and performances. And our seniors are making plans for their post-high school careers: in apprenticeships, in the military, in technical and community colleges, and in universities. We have hosted many colleges and career speakers over the last several months and many of our students have secured internships for the summer.

All these events are exciting; our students have bright futures in front of them. At the same time, making these decisions, taking high-stakes tests, and finishing the school year can also create stress. At Cascade, we've been focused on building positive relationships with students and creating a community where students can come to us if they are experiencing too much stress and need help coping. I've often asked students to make sure they have at least one staff member here at Cascade who they know would be there for them if they had a problem. I know that as a parent, my own children did not always come to me with their concerns, and I felt better knowing who the adult was at school they would talk to if they needed help.

So, I look forward to these last weeks of school, seeing students in classrooms, on the athletic fields and courts, in music and drama performances. I loved seeing our students' artwork displayed in the Community Resource Center during the district high school art show and am very much looking forward to our first annual Night of the Arts on May 16. I anticipate with great joy the senior events culminating in the graduation ceremony. I also want you to know that, if your child is experiencing too much stress because of these or other pressures, you or your child can contact a staff member here. We will listen and provide support.

Thank you for your continued support of Cascade High School and all our students.

My best regards,

A handwritten signature in black ink, appearing to read "Cathy Woods".

Principal, Cascade High School

Cathy Woods
Principal

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

May 3
Full Day - PAWS Schedule

May 10
Learning Improvement Friday

May 17
Learning Improvement Friday

May 24
Learning Improvement Friday

May 27
No School – Memorial Day

May 31
Learning Improvement Friday



CASCADE HIGH SCHOOL

Associated Student Body

Dear Bruin Families,

We are so excited to be transitioning into spring and the month of May. During April, we had some notable events worth recounting.

The first week of April was Spring Break and, as you can imagine, it was quite a task getting back into the swing of things once we returned to school. Despite this, we still were able to host a successful combined Senate and Student Council meeting. At this meeting, we gauged the representatives' interest on a variety of events and shared designs for campus murals which we are hoping to complete by the end of the school year. To the right is one of the many great art pieces that were submitted. We have some great artists here on campus!

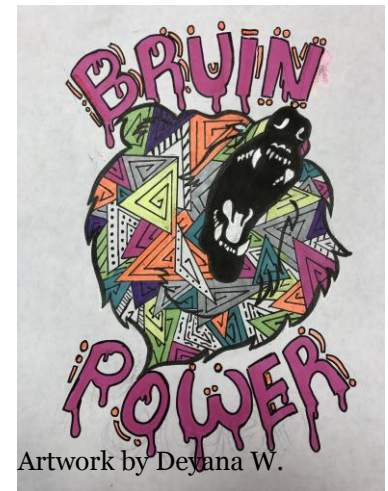
This month, we also hosted our annual Talent Show. This event was a huge success. We had acts ranging from dancing and singing to DJing and beatboxing! Many different students were able to participate, and the Bruin community came together on this night to celebrate the talent that we have on campus.

Our Drama Club just wrapped up their Spring production of "Little Shop of Horrors." This play was the first musical that our drama club had done in years and it was a such a joy to watch. The actors who participated in the production spent months refining and perfecting their performance and it sure showed.

Toward the end of April was Prom. Prom is always a popular event at Cascade and this year was no different! Students from all grades got together on Prom night to celebrate the 'Garden of Lights' and dance the night away! Our Junior Class did an amazing job hosting this event.

As we head into May and inch closer to the end of the school year, always remember,
'Bruins are Better Together!'

Joe Hofman
ASB President
Cascade High School





CASCADE FINE ARTS DEPT. PRESENTS THE FIRST ANNUAL

NIGHT OF THE ARTS

CELEBRATE THE ARTS

FOOD
LIVE ART
POETRY

ARTSHOW
LIVE MUSIC
DRAMA

Rooted in the ARTS

MAY 16TH 4-7:30^{PM} IN THE STUDENT CENTER

The Fine Arts Dept. is excited to announce the first annual Night of the Arts

Rooted in the Arts, May 16 from 4 - 7:30pm in the Cascade High School Student Center

Everyone is invited to come celebrate the arts in our community and see what amazingly talented students we have among us. An art will gallery showcase all levels of Visual Art from Intro to AP students as well as art from neighboring middle and elementary schools. We also invite staff members who would like to display artwork to submit. Opportunities will be provided for visitors to create art and watch artists creating their own work throughout the evening as well.

Live entertainment will be provided by our performing arts students in Choir, Band, Drama, Dance and Creative Writing.

Food for the event may be purchased to support the fundraiser for hunger awareness, the first annual Empty Bowls Project.

Empty Bowls Project

The concept of Empty Bowls began in 1990 when a Michigan art teacher wanted to find a way for his students to help fight the issue of hunger in our communities. Since then, the Empty Bowls Project has grown to be an international initiative. How it works: for a donation of \$5.00 participants choose a bowl created by our Ceramic and Art Club students. You will then be served a delicious meal of soup and bread. There will be many options of wonderful soups, stews, and chili that will meet dietary needs (vegetarian, vegan, gluten free, dairy free, meat lovers and more!) The bowl is yours to keep as a reminder that someone's bowl is always empty. All proceeds raised from this event will go to Volunteers of America, Everett Food Bank.

JOIN US DURING THE NIGHT OF THE ARTS FOR THE FIRST ANNUAL

EMPTY BOWLS PROJECT

PICK A HANDCRAFTED BOWL OF YOUR CHOICE - ENJOY A MEAL OF DELICIOUS SOUPS AND BREADS

ART THAT FEEDS THE SOUL

\$5.00 DONATION
SUPPORTS OUR LOCAL FOOD BANK

Rooted in the ARTS

KEEP YOUR BOWL AS A REMINDER OF ALL THE EMPTY BOWLS IN THE WORLD

PROCEEDS FROM THIS EVENT WILL BE DONATED TO THE VOLUNTEERS OF AMERICA FOOD BANK (VAFB). TABLE COLLECTIONS ARE PRIVATE HOMES AND WILL BE USED IN TRUST BY THE EVERETT PUBLIC SCHOOLS DISTRICT EXCLUSIVELY FOR THE ABOVE PURPOSE.

MAY 16TH 4-7:30^{PM} IN THE STUDENT CENTER



Cascade High School Senior Ball

Starry Night

June 1st, 2019 · 8:00 to 11:00pm
Lynnwood Convention Center

Ticket Sales May 22nd - 31st
\$30 per person · No ticket sales at the door

[Senior Ball Guest Pass](#)

[Class of 2019 Timeline](#)

Dates and times subject to change

[Seniors in danger of failing mailing dates](#)

Tuesday, 5/14
Wednesday, 5/29

[Graduation Information Packet](#)

[New date added...Mandatory Senior Check-Out](#)

Wednesday, June 12 – 8:00 am to 1:00 pm, CHS Gym



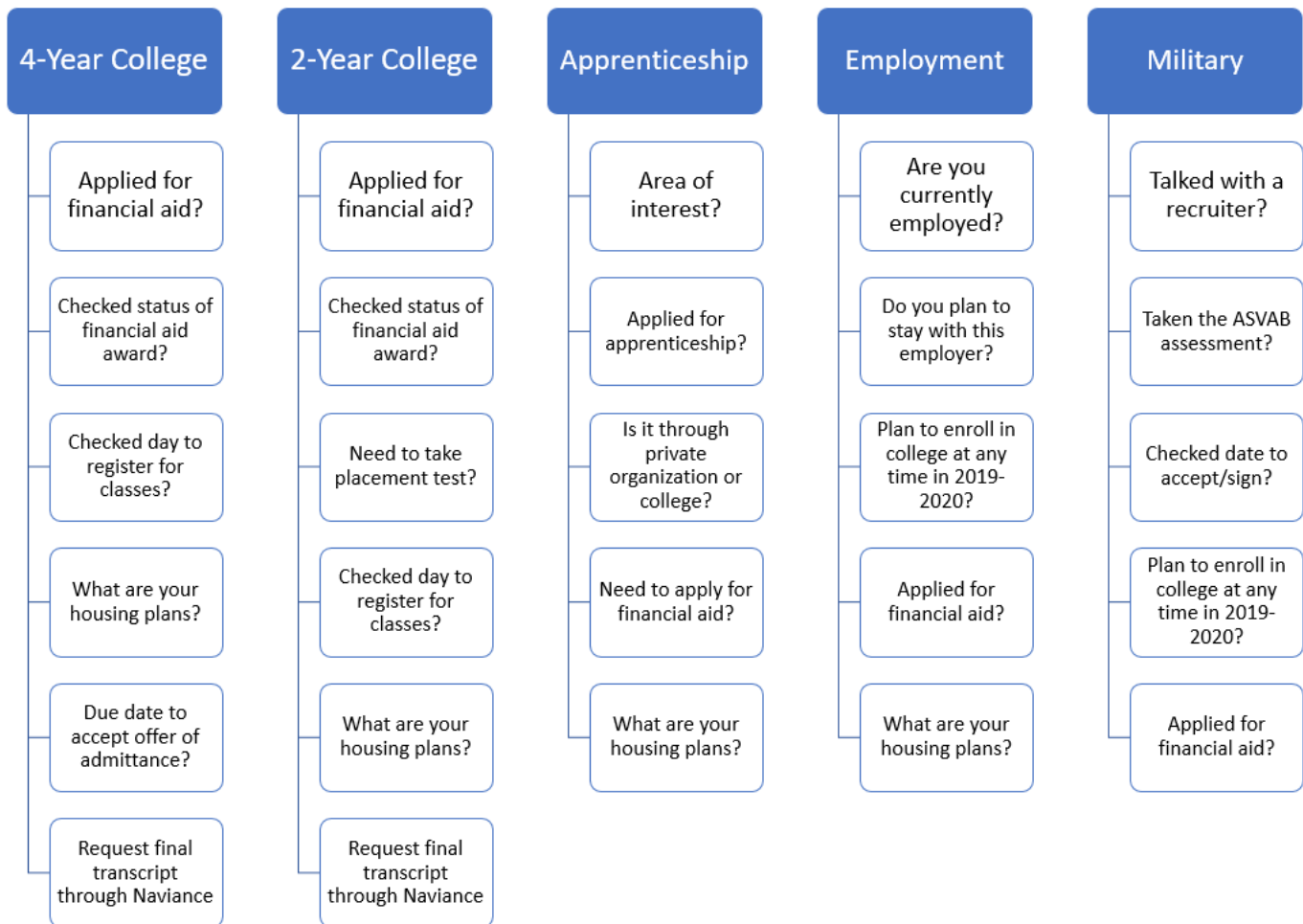


Class of 2019! With only a few weeks left, do you know what your next steps are? Check out the flowchart below and some questions to ask yourself regarding your future plans. If you need help, stop by the CHS Career Center and meet with Trish Roberts (College and Career Specialist) or Sarah Pewitt (High School and Beyond/Naviance Facilitator). We can help you navigate towards your future after graduation.



Please email naviance@everettsd.org

NEXT STEPS FOR SENIORS





Five Things You Need to Know about Vaping in 2019

Printed with permission from 3rd Millennium Classrooms

Teen nicotine use has skyrocketed in recent years, especially in the form of e-cigarettes, also known as vaping. According to the 2018 National Youth Tobacco Survey, there was a 78% increase amongst high schoolers and a 48% increase amongst middle schoolers who used e-cigarettes. These rates accounted for 1.5 million more students using e-cigarettes in 2018 than 2017. In fact, rates have risen so much and so quickly that in December 2018, the FDA declared teen vaping an epidemic. With all the conflicting messages about vaping out there, it's important to know the facts.



1. **MOST FORMS OF VAPING CONTAIN NICOTINE.** Electronic cigarettes, or e-cigarettes, are battery-powered devices that heat up e-liquid into an aerosol that's inhaled by the user. Many teens believe the e-liquid only contains water and flavoring and are attracted to flavors like mint or bubble gum. However, in addition to nicotine, e-liquid can contain many other harmful substances. Certain brands, such as JUUL, can even contain the same amount of nicotine in a pod as there is in a pack of cigarettes.
2. **VAPING DEVICES ARE EASILY CONCEALABLE.** Vaping devices have many names: vape, vape pen, e-cigs, e-cigarette, e-hookahs, mods, tank systems and many more. They are easily concealable and can be mistaken for a thumb drive. Many of them can also be charged through the USB port on computers, adding to the illusion. Some do not give off very much smoke, making them even harder to detect.
3. **TEENS UNDERSTAND SMOKING IS BAD, BUT THINK VAPING ISN'T.** Most teenagers have been warned about the dangers of cigarettes their whole lives, but not about vaping. Vaping is marketed as a "safe, trendy" alternative to smoking cigarettes. Teens see their peers vaping and want to fit in. And at first, they don't see many health effects, so they keep vaping because it seems like the cool thing to do. They rationalize it as "something that everyone just does." It's not until later that teens realize the effects vaping can have, and at that point, many of them are already hooked.
4. **VAPING NICOTINE NEGATIVELY AFFECTS DEVELOPING BRAINS.** Nicotine exposure during adolescence can disrupt the development of parts of the brain that control attention, learning, and susceptibility to addiction. It can also cause long-term structural and functional changes. And while teenagers might not notice any changes in their behavior, it's obvious to the adults around them. Students who are dealing with cravings or addiction can be very distracted and jittery. They may have a harder time paying attention or learning new things. Nicotine use may also cause mood-related disorders, like depression, fear, or anxiety.
5. **VAPING INCREASES THE LIKELIHOOD ADOLESCENTS WILL SMOKE CIGARETTES LATER ON.** Although most young people do not like the idea of smoking because of its side effects, studies show that teens who vape are much more likely to smoke traditional cigarettes. According to a recent national survey, nearly half of the youth who used e-cigarettes said they had intentions to use traditional cigarettes in the future, compared with only 22% who had never used e-cigarettes. Research also suggests that early nicotine use can serve as a gateway to addiction to other drugs and lead to addictive behaviors later on.

More information on vaping and talking to your teen about vaping can be found at <https://E-cigarettes.SurgeonGeneral.gov> . Specific information about Snohomish County Youth is available at <http://www.snohd.org/308/Healthy-Youth-Survey-Data>.

Sandra Olson, Intervention Specialist



Evcc English Class Author Talk!



Students from both of Himstedt's EvCC English classes participated in a two-hour on-campus event on Wednesday, April 10th, in order to deepen their learning about author perspective on the book, ***How It Went Down***, by Kekla Magoon. They started off discussing the book in their usual circle up fashion and then each student wrote one question down of the many they have been generating through the study to ask the author. They then, as a class, chose about 15 questions (out of 49!) to ask the author. Finally, they

had the most amazing opportunity through a Zoom Meeting, to speak to and ask the author, Kekla Magoon, these questions. Kekla is an amazing author and it was an absolute joy to speak to her. She complimented the students multiple times on their great questions, which I know made them happy. At the end, students were expressing how awesome the experience was and how they loved having their questions get asked. Thank you to Amalia Pimenta and Jen Russell for assisting me in this incredible experience and I am very grateful for the Norcliffe Foundation grant that paid for it!



Drop your kids off for a couple hours of relaxing fun with their favorite prince and princesses.

CHS Drama Hosts Princess Tea

*May 10, 2019
4:00 to 6:00 pm
CHS Cafeteria*

*\$5 per child
Questions email
mduell@everettsd.org*





Smarter Balanced Assessment – Spring Testing Schedule

Assessment/Survey	When	Who Tests	Purpose
SBA – ELA CAT	Tuesday, 5/21 3 hour late start	<ul style="list-style-type: none"> • 10th grade – ALL • 11th and 12th grade students who have not met standard 	To meet state assessment graduation requirements in English/Language Arts
SBA – ELA PT	Thursday, 5/23 3 hour late start	<ul style="list-style-type: none"> • 10th grade – ALL • 11th and 12th grade students who have not met standard 	To meet state assessment graduation requirements in English/Language Arts
SBA – Math CAT & PT	Wednesday, 5/29 3 hour late start	<ul style="list-style-type: none"> • 10th Grade – ALL • 11th and 12th grade students who have not met standard 	To meet state assessment graduation requirements in Math
WCAS (WA. Comprehensive Assessment of Science)	Thursday, 5/30 3 hour late start	<ul style="list-style-type: none"> • 11th grade - ALL 	Required for juniors for Accountability purposes.

*Refer to page 9 for bell schedules for May 21, 23, 29 and 30.
Further information provided through Blackboard Connect.*



Testing Bell Schedules

May 21nd		May 23th	
ELA CAT		ELA PT	
1 st Bell		7:25	
Testing / Tutorials		7:30 – 10:30	
All School Lunch		10:35 – 11:05	
1 st period	4 th period	11:10 – 12:06	
2 nd period	5 th period	12:11 – 1:07	
3 rd period	6 th period	1:12 – 2:05 (announcements)	
Buses Depart		2:12	

May 29th		May 30th	
Math CAT & PT		WCAS	
1 st Bell		7:25	
Testing / Tutorials		7:30 – 10:30	
All School Lunch		10:35 – 11:05	
1 st period	4 th period	11:10 – 12:06	
2 nd period	5 th period	12:11 – 1:07	
3 rd period	6 th period	1:12 – 2:05 (announcements)	
Buses Depart		2:12	



Saturday Academy?! When?

**May 18, 2019
8-11 AM @ CHS Library**



PANCAKE BREAKFAST
IS A GREAT WAY TO
START A SATURDAY!

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



Everett Public Schools Summer Program FREE Credit Recovery Classes at Cascade High School



7:30-1:30, Mon-Fri (no school July 4th & 5th)

- **Attendance required until complete** – Must attend first day, limited absences allowed
- **Limited time to complete course-**
6 - Week Credit Recovery: (Math, Science) July 1-Aug 9
3 - Week Credit Recovery: (English, History, Health, PE) July 1-July 19
- **Limited transportation provided** – more details will be posted on summer web site
- **Free breakfast and lunch available to all students ages 1-18**

*To sign up, See Mrs. Cole, on-time graduation success coordinator, letting her know you would like your student enrolled in the Free Summer Credit Recovery program aimed at helping them get back on track for on-time graduation. Classes fill up quickly so please let us know ASAP.

- Email scole@everettsd.org
- Call – 425-385-6027
- In person (office 127)



Lost and Found!

Have you lost a coat, cloths, or backpack?
Check in the bin outside the Career Center.

If you lost glasses, jewelry, phones or anything of value...check at the Treasurer's Office



Support Students and Support Biodiversity

Students in A.P. Environmental Science classes are doing service projects including beach cleanups, habitat restoration, growing native plant species, and fundraising and awareness campaigns. Here are two ways you can support students' conservation efforts, have fun, and learn something too!



1. Bowl to Save Marine Life

- Sunday May 19, 2-4pm
- Evergreen Lanes, 5111 Claremont Way, Everett, WA 98203

Do you enjoy bowling with your family and friends? Have you wanted to do your part to help protect our marine life? Come to our **Bowl to Save Marine Life** event. For only \$12 per person, you get unlimited bowling games for those two hours, the opportunity to win cool prizes, and have fun with your family and friends while contributing to the Marine Conservation Institute. <https://marine-conservation.org/>

- Reserve your spot or ask questions at: bowl4marinelife@gmail.com

2. Film: "Time for the Grizzly?"

- Free
- Monday May 20, 2:15-3:15 pm
- Cascade High School library

There will be snacks and conservation-related giveaways.

Grizzly bears have lived in the North Cascades for 20,000 years.

Today, fewer than 10 remain. After decades of research, the National Park Service, U.S. Fish and Wildlife Service and other agencies have released proposals to support recovery of this iconic species. Come see and discuss a short film by wildlife expert, TV host, filmmaker, and author Chris Morgan. Co-hosted by CHS students and the National Parks Conservation Association.



Contact Jack McLeod for more information about any of these events. jmcleod@everettsd.org

Summer school registration is open!

[Registration materials are now online.](#) Summer programs for high school students include opportunities to strengthen the skills and knowledge required for the district core expectations, repeat courses, extend their interests in academic areas, and take new courses. Tuition-based summer programs are offered for students through Online High School and at Cascade High School. Elementary and middle school summer programs are available for specific students who need academic support.



High school boundaries

Is your student planning to attend one of these high schools the 2020-21 school year?

- Cascade High
- Everett High
- Jackson High

If so, the high school your child will attend may change beginning fall 2020. [A committee](#) of parents, students and principals representing each of these schools has been studying current boundaries and recently recommended modifications to the superintendent. The board will review the superintendent's recommendation during their regular board meeting May 21. Following the board's decision, the district will communicate directly with families who will be affected by the high school boundary changes.

Spring safety reminders

Spring brings out the beautiful blooms on trees and flowers and warmer weather. It also seems to bring an increase in crime. Here are some general safety and awareness reminders to share with your family.

- Always tell family where they are going and when they will be there.
- Be alert to their surroundings – this means not wearing headphones or texting while walking.
- Walk or ride bikes in pairs and groups.
- Report anything suspicious or unusual to a trusted adult.

Graduation dates

Ceremonies for each of the four high schools are coming soon!

- Cascade High School, June 15 at 7 p.m. at Angel of the Winds Arena
- Everett High School, June 15 at 3 p.m. at Angel of the Winds Arena
- Jackson High School, June 15 at 11 a.m. at Angel of the Winds Arena
- Sequoia High School June 13, 6 p.m. at Everett Civic Auditorium



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 Officer/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