

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



October 2020

VOLUME 4, ISSUE 2

From the Principal

Dear Cascade Families,

In last month's newsletter I shared that our school community was starting this year focused on building from the experiences we had last spring in service of improving the experiences of our students, as well as recognizing the importance of working together in support of these improved experiences. This fall has proven to be one of unique challenges. Whether it was attempting a drive-in Freshman Orientation, trying to get nearly 1800 students their textbooks and school materials, or simply starting school in a virtual environment, overall, we've been incredibly impressed with our student body and so thankful for the support and advocacy that you, their families, have engaged in. It has been truly inspiring to see how well our students are adapting to these circumstances. At the same time, we recognize that this is not only different, but has been incredibly difficult and taxing on everyone. I bring up these two things because not only are they both relevant right now, but they also relate to the challenge we collectively face this year, which is to come together in support of one another as a community. Part of what we are communicating with our students in these first few weeks has to do with the fact that while we are currently distanced, some of the most important growth we have in life and in work is learning how to collaborate, how to be part of a team, and how to problem solve. I think that we are *all* getting a crash course right now on problem solving during uncertain times.

This month, we want to continue to come together as a school community. This October, two events we traditionally hold in this month will be held virtually. On the evening of Thursday, October 1, you are invited to engage with our annual Fall Curriculum Night, and later this month you are invited to participate with our annual High School and Beyond event. In past years these events have been two separate evenings on Cascade's campus, but this year they will be virtual. More information will come in following weeks regarding these events, but ultimately, our goal is to help you engage with the school, build strong connections with you, and most importantly, help you get access to information that will support both you and your student(s) in being successful at Cascade this year and beyond. We want to help you more effectively establish a system of support for your student and their future beyond high school.

Thank you for being a part of our Cascade community, for being a Bruin. I look forward to working with you and your student throughout this year, as well as during the connection opportunities this month.

Sincerely,

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

Micheal Takayoshi
Principal

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

October 1

CHS Virtual Curriculum Night

October 2

Learning Improvement Friday

October 9

Learning Improvement Friday

October 16

Teacher Workday – No Students

October 23

Learning Improvement Friday

October 30

Learning Improvement Friday

**Mondays &
Tuesdays**

[A Day – Schedule](#)

**Wednesday &
Thursdays**

[B Day - Schedule](#)




High School Remote Student Schedule

"A" Day Monday, Wednesday		"B" Day Tuesday, Thursday		LIF* Friday			
Teacher office hours	7:30 – 8 a.m.	Teacher office hours	7:30 – 8 a.m.	Teacher office hours	7:30 – 8 a.m.		
1st	8 – 9:45 a.m.	4th	8 – 9:45 a.m.	1st	8 – 8:30 a.m.		
Passing Time		Passing Time		Passing Time			
2nd	10 – 11:45 a.m.	5th	10 – 11:45 a.m.	2nd	8:40 – 9:10 a.m.		
Passing Time		Passing Time		Passing Time			
Lunch	Noon – 12:30 p.m.	Lunch	Noon – 12:30 p.m.	3rd	9:20 – 9:50 a.m.		
Passing Time		Passing Time		Passing Time			
3rd	12:45 – 2:35 p.m.	6th	12:45 – 2:35 p.m.	4th	10 – 10:30 a.m.		
Teacher office hours	2:35 – 3 p.m.	Teacher office hours	2:35 – 3 p.m.	Passing Time			
*LIF- Learning Improvement Friday, students dismissed 75 min early						Lunch	Noon – 12:30 p.m.
						Directed Independent Learning	12:30 – 1:20 p.m.
						LIF+ Time	1:20 – 2:35 p.m.
						Teacher office hours	2:35 – 3 p.m.



***CLASS OF
2021!***

Go Bruins!!!!

***WE ARE
HERE FOR
YOU!***

**MONTHLY WEBINARS
START 9.24.20!**

***CHECK YOUR
EMAIL FOR JOIN
LINK!***

**Each month is focused
on a topic.**

**Come join, ask questions,
get resources, & connect
with people in your
school and district who
can help you on your
journey!**



Cascade Athletics



There have been no updates to athletics this month. Please email Mike Washington at mwashington@everettsd.org or Rhonda Covert at rcovert@everettsd.org if you have any questions.

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

Looking for Assistance?

Due to Covid-19, there are a few changes to the process for Operation School Bell and Clothes For Kids:

Operation School Bell is a philanthropic program of the Assistance League. This program provides clothing to students who demonstrate need and attend school regularly. Operation School Bell is a non-profit program, totally run by volunteers and is not tax supported or government sponsored. There will not be school field trips to the Assistance League as in the past. Please contact Leslie Brent at lbrent2@everettsd.org or 425-385-6017 if you would like to receive clothing from the Assistance League.

Clothes for Kids is a similar organization located in Lynnwood. Students need to make their own appointments with Clothes For Kids and make their own transportation arrangements when shopping at Clothes For Kids. Shopping dates are 8/10/20-3/26/21. Please contact Leslie Brent at lbrent2@everettsd.org or 425-385-6017 if you would like to receive a clothing voucher from the Assistance League.

CASCADE BRUINS

Thank-you to Central Market and Winco for their generous donation of grocery bags to help distribution textbooks and school supplies to all Bruins!



WinCo
FOODS



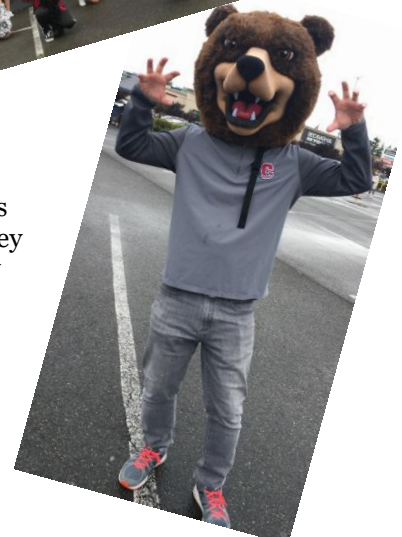
Welcome Class of 2024!

It was so great to meet many of our Class of 2024 at the Freshman Drive-In Event. While orientation looked different this year, our LINK Crew planned a great event that welcomed all of our new Bruins. Our Link Crew gave a great video tour of our beautiful campus and gave out prizes to the winners of the CHS Kahoot game. Freshman also got to watch our Cheer team perform and were gifted ived CHS Stickers and webcam covers from ASB.

As ASB President, I had the honor of teaching our freshman a well-loved Cascade tradition - The Pep Potty! This Cascade tradition started back in 1990 by current CHS Teacher Michelle Crews, when she was the Cascade ASB President.

A group of students usually lead this short event during assemblies. Students run around with the spirit flag and a decorated toilet seat (don't worry - it's cleaned and sanitized!). When opened, the toilet seat which has the words "Yell" or "Go Bruins" painted on the inside. When the pep potty is opened in their direction, students make as much noise as they can.

While I was sprinting around the Everett Mall Parking lot like it was the 500-meter dash, I was thrilled to see a smile on the Freshman faces as they honked and yelled at the pep potty. They are now officially members of the Bruinhood and hope this Freshman Drive-In event helped them feel a sense of belonging in our Cascade community.





2020-2021 BOOK INFORMATION

DUE DATES:

*Senior Portraits are due before:
November 15th

*Junior, Sophomore, Freshmen Self
Submitted Portraits due before:
November 15th **MORE
INFORMATION TO COME**

*Senior Quotes are due before:
November 20th

*Senior Grad Ads are due before:
March 1st

For more information about
yearbook or how to purchase one,
please visit:

<https://www.everettsd.org/domain/143>



Class of 2021 Information!

Class of 2021 Timeline

Class of 2021 Cap/Gown and Announcement Ordering Information





PNACAC'S 2020 COLLEGE FAIRS



*Scan now to
register!*



START YOUR COLLEGE SEARCH

EXPLORE YOUR TOP SCHOOL'S BOOTHS SEPTEMBER 15 - DECEMBER 31

LIVE VIRTUAL FAIRS



OCTOBER 19: 9AM - 12PM

OCTOBER 20: 4PM - 7PM

OCTOBER 21: 10AM - 1PM
4PM - 7PM

OCTOBER 22: 4PM - 7PM

REAL CONNECTIONS

- ATTEND LIVE PRESENTATIONS TO GET THE MOST OUT OF YOUR COLLEGE SEARCH
- CONNECT WITH OVER 100 COLLEGES FROM ACROSS THE US AND BEYOND
- CHECK OUT LIVE WORKSHOPS ABOUT THE COLLEGE SEARCH PROCESS, FINANCIAL AID OPPORTUNITIES, AND MORE

PNACAC college fairs connect students, families and counselors from Alaska, Idaho, Oregon and Washington with colleges and universities from all over the country in one convenient location. Advance registration is required.

Learn more online at

pnacac.swoogo.com/PNACAC



**Get your
Bruin Gear
online!**



**TINYURL.COM/
BRUINGEAR**





HAVE YOU BEEN FINANCIALLY IMPACTED BY COVID-19?

Assistance May Be Available if Your Household:

- Lives in Snohomish County and are unable to pay for life sustaining needs during March 1 to December 30, 2020
- Lost a source of income from job loss due to COVID-19 anytime during March 1 to December 30, 2020
- Has at least one member who has a health condition that puts them at higher risk for serious illness if they contract COVID-19 AND/OR a household member 65 years or older.

Your local Community Resource Center may be able to help with certain household expenses including: utility costs, food, transportation, medical care, and other life sustaining services.

North Counties' Family Services - Darrington

360-436-0308/360-436-0334 alanncfs@gmail.com

ChildStrive - Everett, Lynnwood, Edmonds

425-530-8907 Jazmin.lopezibarra@childstrive.org

YWCA - Everett, Lynnwood, Edmonds

425-626-1480 vdorway@ywcaworks.org

Sky Valley Resource Center - Sultan

360-793-2400

Arlington Resource Center

360-322-6988

Take the Next Step - Monroe

360-794-1022 www.ttns.org

CRC of Stanwood-Camano

360-629-5257 x1009 relief@cre-sc.org

CARES ACT RENTAL ASSISTANCE through 211 & Volunteers of America

- Up to three (3) months of rent assistance for past due amounts
- Relocation to another unit if your current unit is no longer affordable
- Please call 211 to apply for assistance





2020 High School & Beyond Event

The High School & Beyond event will be completely virtual this year. The Pacific Northwest Association for College Admissions Counseling has been in the process of designing remote opportunities for students and families to connect with colleges and universities from all over the country. The Washington-specific portion will take place live from October 19-23. The presentations will also be recorded and will remain available until December 31st.

The virtual event site is available here: <https://pnacac.swoogo.com/PNACAC>.

In order to participate, register using the blue button in the top right-hand corner of the page. Once registered, you will be able to preview the college fair booths beginning on September 15 all the way through December 31. College representatives and presentation will be “live” during the days and times below:

Washington student week live times October 19 - 23, 2020	
Date	Time
Monday, Oct 19	9 a.m. - noon
Tuesday, Oct 20	4 - 7 p.m.
Wednesday, Oct 21	10 a.m. - 1 p.m. AND 4 - 7 p.m.
Thursday, Oct 22	4 - 7 p.m.

Parent University

Everett Public Schools Parent University is available 24/7 online and mobile, for you to access important resources to help support your student’s remote learning. You can find details on how to access and log in to Canvas, how to view your student’s schedule, where to get meals, and much more. Resources will continue to be added throughout the year. You will find Parent University, and all other information related to remote learning, at www.everettsd.org/COVID2020-21



Website refresh

Feedback from families and the community to improve navigation and the layout of the district’s website was integrated into the redesign, which launched October 1. The new site features inviting visuals, reduced clicks and a standard experience with navigation among all school sites. The interface is user-friendly, attractive and a welcome change.



Community survey about strategic plan

The district is engaging the community as we start the process of creating a new strategic plan. Please look for a survey coming out on October 12 on the district website to provide your input.

Let's Connect

You are invited to connect with district leaders and engage in conversation on October 19 from 5 – 6 p.m. (topic to be determined). We want to hear from you and hope you can attend a zoom meeting to share your thoughts. Please check your email for an invitation to connect with your school's regional superintendent and other district leaders. Be sure to check your email, RSVP required to receive the link for the zoom meeting. Let's Connect!

Website tools for you

The website has tools to make your life easier. Sign in with your LMS password to:

- Add your student's school and teachers' calendars to your calendar view
- Filter calendar items by category
- Export calendar items to your personal calendar
- Access *Grades & More*, lunch menus and staff contact information from the home page
- Find directions and maps to event locations listed on the calendar

Mobile app

Families can [download the district mobile app](#) to easily access student information, grades, attendance, lunch balances, borrowed library books, calendars and more! Translate notifications and app functions into the language you prefer.



Did you miss a call from us?

If you missed a call from your school, please first check your voice mail, email or mobile app 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.

Is your contact information up-to-date at school?

If your contact information has changed, please let your school know so we can reach you.



Homeless resources

We care about all our Everett Public Schools families and know many are experiencing economic impacts due to changes in the economy. If not your family directly, you may know others who are starting to question whether there is any help available. If you are staying temporarily with someone else because you lost your housing, or are staying in a motel, campground, shelter, outside or are in an inadequate place, you and your children have special rights at school. Everett Public Schools' Kids in Transition (KIT) program supports students who qualify as homeless under the federal [McKinney-Vento Homeless Act](#). Students without a fixed, regular, and adequate nighttime residence may qualify. The KIT program works to eliminate barriers to students' academic success. If you believe your child qualifies, please complete the [online Housing Questionnaire](#). For more information, visit the [KIT website](#) or contact the KIT office at 425-385-4032.

Rights include:

- Keeping your children in the same school even if you move, and receiving transportation to that school, as long as it is in the student's best interest;
- Enrolling in school immediately without the documents schools usually require;
- Receiving free school meals;
- Getting help with school supplies and other needs;
- Receiving extra support for youth who are on their own;
- Connecting young children with early childhood services;
- and referrals to other community resources.

Get resources and activities for your children from [Sesame Street in Communities](#), including tips for [how to talk to your child about homelessness](#) and [how to create a feeling of home](#) even if you are moving around a lot.

If you find yourself in a dangerous situation, or in need of medical, emotional, or physical support, please see [this list of national hotlines](#) that provide an array of services. All hotlines listed are national hotlines providing 24/7 support across the United States. In Snohomish County, you may call 425-25-ABUSE (425-252-2873) **In an emergency, call 911 for the police, get yourself and your children to a safe place, seek medical attention and call DVS for assistance.**



EVERETT PUBLIC SCHOOLS®

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. The following employees have been designated to handle questions and complaints
- of alleged discrimination:

<ul style="list-style-type: none"> • Title IX/Civil Rights Compliance Officer: • Mary O'Brien • 425-385-4106 • MO'brien@everettsd.org • PO Box 2098 • Everett, WA 98213 	<ul style="list-style-type: none"> • Section 504 Coordinator: • Dave Peters • 425-385-4063 • DPeters@everettsd.org • PO Box 2098 • Everett, WA 98213 	<ul style="list-style-type: none"> • ADA Coordinator: • Randi Seaberg • 425-385-4104 • RSeaberg@everettsd.org • PO Box 2098 • Everett, WA 98213
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Evento de Preparatoria y Más Allá 2020 (High School & Beyond)

El evento de “High School & Beyond” será realizado completamente virtual este año. El consejo de la asociación de admisiones universitarias del pacífico noroeste (Pacific Northwest Association for College Admissions Counseling) ha estado en el proceso de diseñar oportunidades virtuales para que los estudiantes y sus familias se conecten con colleges y universidades de todo el país. La porción específica de Washington se llevará a cabo en vivo del 19 al 23 de octubre. Las presentaciones también serán grabadas y estarán disponibles hasta el 31 de diciembre.

El sitio para el evento virtual se encuentra aquí: <https://pnacac.swoogo.com/PNACAC>.

Para poder participar, regístrese usando el botón azul en la esquina superior derecha de la página. Una vez registrado, podrá tener una vista previa de los stands de la feria a partir del 15 de septiembre hasta el 31 de diciembre. Los representantes de las universidades y sus presentaciones estarán en “vivo” durante las fechas y horas siguientes:

Horarios en vivo para los estudiantes de Washington del 19 al 23 de octubre de 2020	
Fecha	Horario
Lunes 19 de octubre	9 a.m. – medio día
Martes 20 de octubre	4-7 p.m.
Miércoles 21 de octubre	10 a.m.-1 p.m. Y 4-7 p.m.
Jueves 22 de octubre	4-7 p.m.

Universidad para Padres

La Universidad para padres de las escuelas públicas de Everett está disponible 24/7 en línea y en medios móviles para que usted acceda a recursos importantes que le ayuden a brindarle apoyo a su estudiante, en su aprendizaje remoto. Puede encontrar detalles de cómo acceder e ingresar a Canvas, cómo ver los horarios de su estudiante, dónde conseguir comidas, y mucho más. Se seguirán agregando recursos durante el año. Encontrará la universidad para padres y toda la información relacionada al aprendizaje remoto en

www.everettsd.org/COVID2020-21



Actualización a nuestro sitio web

La retroalimentación de las familias y de la comunidad para mejorar la navegación y la distribución del sitio web del distrito fueron integrados como partes del rediseño que será lanzado el 1 de octubre. El nuevo sitio contiene visuales atractivas, reducción en clics y una experiencia estandarizada de navegación en todos los sitios escolares. La interface es amistosa, atractiva y un cambio bien recibido.



Encuesta comunitaria sobre el plan estratégico

El distrito está involucrando a la comunidad en su inicio del proceso de crear un nuevo plan estratégico. Por favor esté al pendiente de la encuesta que se emitirá el 12 de octubre en la página del distrito para que nos proporcione con sus opiniones y comentarios.

Conectémonos

Está invitado a conectarse con los líderes del distrito y participar en la conversación del 19 de octubre de 5 a 6 pm. (el tema por determinarse). Queremos escuchar de usted y esperamos que pueda asistir a la junta vía Zoom para que comparta sus opiniones. Por favor esté al pendiente de su email para la invitación a conectarse con su superintendente escolar regional y otros líderes del distrito. Verifique su correo. Requerimos que confirme su presencia a la junta para que reciba la liga a la junta Zoom. ¡Conectémonos!

Herramientas del sitio web para usted

El sitio web tiene herramientas para hacer su vida más fácil. Regístrese con su contraseña (password) de LMS para:

- Agregar los calendarios de la escuela de su estudiante y de sus maestros a su vista del calendario
- Filtrar elementos del calendario por categorías
- Exportar elementos del calendario a su calendario personal
- Acceder a calificaciones y más (*Grades & More*), menús de almuerzos e información de contacto del personal escolar desde la página principal
- Encontrar direcciones y mapas a lugares de eventos enlistados en el calendario

Aplicación Móvil

Las familias pueden [descargar la aplicación móvil del distrito](#) para tener fácil acceso a la información del estudiante, calificaciones, almuerzos, saldos, libros prestados de la biblioteca, calendarios iy más! Traduce avisos y funciones de la aplicación en el idioma de su preferencia.



¿No alcanzó a contestar una llamada de nosotros?

Si no alcanzó a contestar una llamada de su escuela, por favor verifique su correo de voz, email o aplicación móvil para ver el mensaje en lugar de llamar a la escuela. Las escuelas frecuentemente están inundadas con llamadas telefónicas de los padres después de haber recibido una llamada automatizada y no podemos atender todas las llamadas.

¿Está su información de contacto actualizada en la escuela?

Si su información de contacto ha cambiado, por favor infórmele a su escuela del cambio para que se puedan comunicar con usted.



Recursos para personas sin hogar


Nos preocupamos por las familias de las escuelas públicas de Everett y sabemos que muchos están pasando crisis económicas debido a los cambios en la economía. Si su familia no fue impactada directamente, puede que conozca a otras que se empiezan a preguntar si hay ayuda disponible. Si ustedes se están quedando temporalmente con alguien más porque perdieron su vivienda, o viven en un hotel, campamento, albergue, a la intemperie o están en un lugar inadecuado, usted y sus hijos tienen derechos especiales en la escuela. El programa de las escuelas públicas de Everett de “Kids in Transition” (KIT) da apoyo a los estudiantes que califican como personas sin hogar bajo [la ley federal McKinney-Vento de personas sin hogar](#). Los estudiantes que no cuenten con una residencia fija, regular y adecuada para pasar la noche pueden calificar. El programa KIT trabaja para eliminar las barreras del estudiante para que logre su éxito académico. Si usted cree que su hijo/a califica, por favor llene [este cuestionario en línea de vivienda](#). Para mayores informes, visite [el sitio web de KIT](#) o contacte la oficina de KIT al 425-385-4032.

Los derechos incluyen:

- Mantener a sus hijos en la misma escuela incluso si usted se muda, y que reciban transporte a esa escuela, siempre y cuando esté en el mejor interés de los estudiantes.
- Inscribirse de inmediato a la escuela sin los documentos normalmente requeridos por la escuela.
- Recibir comidas gratis de la escuela.
- Conseguir ayuda con útiles escolares y otras necesidades.
- Recibir apoyo extra con los jóvenes que están solos.
- Conectar a sus hijos menores con los servicios infantiles de temprana edad. Y,
- Remisiones a otros recursos comunitarios.

Consiga recursos y actividades para sus hijos de [Sesame Street en las comunidades](#), incluyendo consejos de [cómo platicar con sus hijos sobre el desamparo](#) y [cómo crear un sentimiento de hogar](#) incluso si se están mudando y moviendo mucho.

Si se encuentra usted en una situación de peligro, o necesita de apoyo médico, emocional o físico, por favor vea [estas líneas de ayuda nacionales](#) que ofrecen una cantidad de servicios. Todas las líneas de ayuda son nacionales y ofrecen soporte 24/7 en todos los Estados Unidos. En el condado de Snohomish, puede llamar a 425-25-ABUSE (425-252-2873) **En caso de emergencia, marque al 911 para la policía, busque usted y sus hijos estar en un lugar seguro, busquen atención médica y llame a DVS para recibir asistencia.**

 <p>EVERETT PUBLIC SCHOOLS[®]</p> <p>3900 Broadway Everett, WA 98201 425-385-4000 www.everettsd.org</p>	<ul style="list-style-type: none"> • Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación. 		
	<table border="0"> <tr> <td> <p>Title IX/Civil Rights Compliance Officer:</p> <ul style="list-style-type: none"> • Mary O'Brien • 425-385-4106 • MO'brien@everettsd.org • PO Box 2098 • Everett, WA 98213 </td> <td> <p>Section 504 Coordinator:</p> <ul style="list-style-type: none"> • Dave Peters • 425-385-4063 • DPeters@everettsd.org • PO Box 2098 • Everett, WA 98213 </td> <td> <p>ADA Coordinator:</p> <ul style="list-style-type: none"> • Randi Seaberg • 425-385-4104 • RSeaberg@everettsd.org • PO Box 2098 • Everett, WA 98213 </td> </tr> </table>	<p>Title IX/Civil Rights Compliance Officer:</p> <ul style="list-style-type: none"> • Mary O'Brien • 425-385-4106 • MO'brien@everettsd.org • PO Box 2098 • Everett, WA 98213 	<p>Section 504 Coordinator:</p> <ul style="list-style-type: none"> • Dave Peters • 425-385-4063 • DPeters@everettsd.org • PO Box 2098 • Everett, WA 98213
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