

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



January 2021

VOLUME 4, ISSUE 5

From the Principal

Dear Bruin Families,

On behalf of the faculty and staff of Cascade High School, I would like to wish you and your family a warm and restful winter holiday break. As we move into 2021, I want to share my gratitude for the support of the entire community in what was probably one of the most challenging years of our lives collectively. We certainly look forward to and hope for positive developments in this new year.

As we come back from winter break, we will have finished roughly 2/5 of our school year, and will still have close to 20 days of our first semester to increase engagement and improve performance. Teachers are ready and available to help students. A good time to connect would be teacher office hours, which are two times per day, one in the morning from 7:30 to 8:00 and another in the afternoon from 2:35 to 3:00. Teachers are available to provide support to students who request assistance and parents may contact teachers asking for this time and attention for their students, too. If your student is struggling, there is no better way to get help than to request extra time during these office hours.

As we move into 2021, we will also be slightly changing our daily schedule. As you've probably heard or read, all Everett secondary schools will have a new schedule starting in January. Monday and Tuesday remain the same but starting on Wednesday, January 6, 2021, Wednesdays will now have a student day that is 10AM-2:30PM. Teachers may have asynchronous or synchronous activities that day, but it is important to note that this day is not optional. Students will still need to log in and participate to be counted as having attended and teachers will still assign activities. Thursday will be an A day (1-3), and Friday will be B day (4-6). We hope this new schedule will make remote learning easier for everyone. For example, it creates an opportunity for a mid-week check. One of the issues that we've seen with remote learning is that students and teachers often feel stuck with less time to really resolve any learning struggles. Having the shorter day in the middle of the week means that teachers will have more of an ability to assess where students are and then respond during the 2nd half of the week. We know how hard change is, so we can understand the challenges associated with these changes particularly in a time that is so uncertain, but we hope this schedule in the long run will be better for all involved.

Finally, I just wanted to share a few items that I believe should give us all hope as we enter this new year:

- ✓ Each year we take the Panorama Survey, which is a measure designed to look at student perceptions of a number of items (school culture, academics, their own abilities, etc.). We celebrate seeing both relatively good participation as well as data that indicates that our student body is growing in their belief that they can make Cascade a welcoming, safe, and inclusive environment. Data points have consistently grown over the past few years in student sense of safety, sense of belonging, and in their relationships with their teachers. It is our responsibility as an entire community to keep growing those areas in service of a more effective and welcoming school community.

Micheal Takayoshi
Principal

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

January 6

Learning Improvement
Wednesday

January 13

Learning Improvement
Wednesday

January 18

MLK Day – No School

January 20

Learning Improvement
Wednesday

January 27

Learning Improvement
Wednesday

**Monday &
Thursday**

A Day – Schedule

**Tuesday &
Friday**

B Day - Schedule



- ✓ Additionally, while we've seen students continue to have amazing academic accomplishments even in the midst of this pandemic (for example, next month our Foundations of Manufacturing class will be crafting electric guitars!), we've also seen students continue to persevere and move forward. For example, some of our early common assessment data from various content level teams indicates that students who are regularly participating in their classes are generally making progress at rates that would be expected, which again, underscores the importance of regular attendance and meaningful engagement throughout certainly this time but always.
- ✓ Part of our values and goals as a school and as a district revolve around preparing all students for life after high school and to that end, our staff members are still working hard to help our seniors complete their FAFSA and submit their college applications and in fact, over a quarter of the Class of 2021 have already completed both of those items. Let's keep that good work going Bruins!

Thank you, and as always, I wish you and your family good health in this new year and look forward to continuing to work together in support of our students.

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

CASCADE
HIGH SCHOOL
Follow us on:
 Cascade.Bruins
 CascadeHSBruins
 CascadeBruins



Free Internet Access for Students

Reliable connectivity in remote learning is key and in partnership with the state, Everett Public Schools can connect qualifying families to local internet providers including Comcast/Xfinity, Presidio and Ziplly. [Washington's K-12 Internet Access Program](#) will give to eligible families free internet access to enable student learning during remote learning.

This internet access opportunity will provide you with faster, stronger and more reliable connectivity than hotspots or tethering to mobile devices, which will better support your student. If eligible, your free internet access is available through June 30, 2021. Please send your student to this web address: <https://www.everettsd.org/freeinternet> to check for eligibility!




SENIORS!!! [Class of 2021 Senior Timeline](#)

CASCADE
HIGH SCHOOL
Class of 2021
Cap & Gown/Announcement Orders

Herff Jones Links
Contact Card: <https://hj-contact-card.herokuapp.com/>
Senior Meeting Video: <https://www.youtube.com/watch?v=e9Tz66sw6IE>
Ordering Links: www.highschool.herffjones.com or
www.nationalachiever.com/classmeeting2021/

Herff Jones Contact: 425-357-1338





High School Remote Student Schedule

Effective: January 4, 2020

| "A" Day Monday, Thursday | | "LIW" - "C" Day Wednesday | | "B" Day Tuesday, 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. | Building professional learning | 8 – 8:40 a.m. | 4th | 8 – 9:45 a.m. |
| <i>Passing Time</i> | | LIW | 8:40 – 9:55 a.m. | <i>Passing Time</i> | |
| <i>Passing Time</i> | | 1st | 10 – 10:35 a.m. | <i>Passing Time</i> | |
| 2nd | 10 – 11:45 a.m. | <i>Passing Time</i> | | 5th | 10 – 11:45 a.m. |
| <i>Passing Time</i> | | 2nd | 10:40 – 11:15 a.m. | <i>Passing Time</i> | |
| Lunch | noon – 12:30 p.m. | <i>Passing Time</i> | | Lunch | noon – 12:30 p.m. |
| <i>Passing Time</i> | | 3rd | 11:20 – 11:55 a.m. | <i>Passing Time</i> | |
| <i>Passing Time</i> | | Lunch | 12 – 12:30 p.m. | <i>Passing Time</i> | |
| 3rd | 12:45 – 2:35 p.m. | <i>Passing Time</i> | | 6th | 12:45 – 2:35 p.m. |
| <i>Passing Time</i> | | 4th | 12:35–1:10 p.m. | <i>Passing Time</i> | |
| Teacher office hours | 2:35 – 3 p.m. | <i>Passing Time</i> | | Teacher office hours | 2:35 – 3 p.m. |
| | | 5th | 1:15–1:50 p.m. | | |
| | | <i>Passing Time</i> | | | |
| | | 6th | 1:55 – 2:30 p.m. | | |
| | | Teacher office hours | 2:30 – 3 p.m. | | |
| <p>*LIW - Learning Improvement Wednesday. Students engage in teacher-directed independent learning. Class period structure is in background so as to: 1) allow for teachers and students to connect in predictable time slots (if teachers schedule a live activity), and 2) provide structure for students to organize their teacher-directed independent learning throughout the day.</p> | | | <p>*LIW Hours Staff Day: 7:30 a.m. – 3 p.m. Student Day: 10 a.m. – 3 p.m.</p> | | |



We did it, Bruins!!

Even in the middle of a pandemic, the Bruin community rallied together to ensure the 59th Annual Food Drive could happen – and we exceed all expectations!! We had an AMAZING outpouring of support from students, current staff, retired staff, alumni, EPS staff, and members of the community.

All of the donations collected provided food support for more than 185 families:

- 65 families from Cascade, Eisenhower, and Evergreen received multiple boxes of canned /boxed food, bags of fresh food (bread, milk, eggs, meat, veggies, fruit) and pantry staples (oil, salt, flour, sugar) from Safeway, and multiple gifts for all the children.
- 120 families received a box of food through our 2-4pm drive up food box event!
- 8 SUVs full of food donated to the Volunteers of America Food Bank – which will help even MORE families in our community!
- Boxes of protein bars and snacks were donated to The Hand Up Project- for backpacks given to people in our community who are currently unhoused

Some highlights of the 59th Food Drive:

- For nearly two decades, Don and Jan Jensen have donated turkeys to our food drive in memory of their son Brett, a CHS Class of 2001 alumni. This year, the Jensen family provided \$30 Winco cards to each of the 65 families
- 35+ alumni returned to CHS to make sure the deliveries made it to all of the families – we also had BCP parents and staff help, too!
- All the donations were collected at 5 drop off days – totaling about 10 hours of collecting – that’s about 1500 cans per hour!



- There are SO many great stories of Bruin supporters that are “Heroes of the Food Drive.” We’ll be highlighting them in the coming days and weeks on our Instagram page - Follow along at Cascade.Bruins (<https://www.instagram.com/cascade.bruins/channel>)





OVERALL FOOD DRIVE TOTALS:

Cans: 15,104+
1st place- Seniors!! – 6170
2nd place- Juniors– 5329
3rd place- Sophomore – 1807
4th place- Freshman – 1798

Money – \$6,208.42
Online money donations
1st- Alumni - \$1905 ☺
1st Juniors - \$780

Gifts: 700+ - multiple gifts for each of the 175 kids!
1st- Juniors!!

So, so, proud to be a Bruin!!!
See you all next year for Cascade's 60th Annual Food Drive!





Cascade Athletics

Happy Holidays Bruins!

As you are already aware, WIAA has modified the start of athletic seasons. Currently, a season is scheduled to start on February 1st. Please click [here](#) to view all tentative sports dates. We will keep you updated on any changes as they occur.

We still plan to have seasons so please complete your eligibility forms by logging into Rank One sport at <https://www.rankonesport.com/content/Parent/Parent>

Ensure to schedule physicals now as it may take some time to set up an appointment. We want you to be ready when we start competing.

If you have questions concerning paperwork or physicals, please email or call Mrs. Covert at rcovert@everettsd.org or (425)385-6018.

COACHES' WEBSITES

Coaches website can be viewed by clicking [here](#).

Thank you,
Michael Washington – Athletics' Director, mwashington@everettsd.org
Rhonda Covert- Athletics' Secretary, rcovert@everettsd.org

2021 Smart Choices Scholarship Program

Applications due April 1st, 2021

In conjunction with the WIAA, the [Dairy Farmers of Washington](#) and [Gesa Credit Union](#) proudly announce the 2020-2021 Smart Choices College Scholarship Program which will award two (2) \$5,000 scholarships and eight (8) \$1,000 scholarships to graduating seniors from WIAA member high schools for excellence in athletics/activities, academics, leadership and community service throughout their high school careers.

Applicants are required to fill out an [online application](#) that includes an essay question. Judging is based on the following criteria:

- Athletic/Activity Excellence (30%)
- Academic Achievement (30%)
- Leadership (20%)
- Citizenship/Community Service (10%)
- Originality/Creativity of the Essay (5%)
- Financial Need (5%)

[Learn More and Apply](#)



Tyro

Do you like art or writing? Are you interested in having your work published or creating a magazine?

JOIN TYRO!

Digital zoom meetings every monday from 2:45 to 3:30

Email us at cascadehstyro@gmail.com for more information



JOIN BCP

Are you a parent of a student at Cascade High School?

What does my \$20-\$25 annual membership do?

BCP is a PTO (Parent/Teacher Organization) and all membership dues stay within the organization.

BCP uses dues, donations and fundraising for:

Invest ED, staff/student grant requests,
staff appreciation and most importantly,

The Bruin Community Parents Opportunity Scholarship Award.

Despite distance learning, the needs are still there and the only way BCP can continue to offer our support is through YOUR membership fees and donations.

For more information about BCP,
how to become a member or donate please go to the website or email:
<https://chsbcp1.wixsite.com/website> **OR** chs.bcp@gmail.com

Awarded recently by BCP:

2015: Six \$500.00 scholarships

2016: Five \$500 scholarships

2017: Seven \$500 scholarships

2018: Five \$500 scholarships

2019: Four \$1,000 scholarships

2020: Two \$1,000 scholarships



Cascade High Academic Tutorials

C.H.A.T. Room

Get help from students on a variety of subjects including AP and non-AP classes

What is C.H.A.T. room?

C.H.A.T. room is a study group or peer tutoring place that can help you study or get support for subjects that are difficult for you.

Here's how you can join:

Link in Canvas from the Cascade Student Body

1 The Cascade Student Body has provided a link and password to the join the Zoom call.

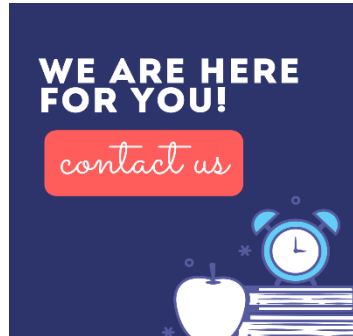
2 Click the link, and when you join the Zoom, please introduce yourself, and the subject you plan to work on.

The Three Options:

- 1 Peer Tutoring**
Work with students that have passed the subject with a B or above, and get help with all aspects of the class.
- 2 Study Group**
Study with other students who are taking same subject as you, and collaborate on the work.
- 3 Study Time**
Time for you to study, get organized, work on assignments, and get immediate support if you have any questions.

**Any questions, please contact:
Advisor Vasquez - kvasquez@everettsd.org**





The Cascade Counseling Office is available to support you during school hours 7 am–2:30 pm. If you would like to speak to your counselor or a counseling support staff member, please let us know. You may email your counselor or counseling support staff directly or you may call the counseling office at 425-385-6010.

Please note that Counselors are working remotely. Counselors are available by email.

If your need is urgent, please call Mrs. Mehaffey at 425-385-6010 or email Mrs. Mehaffey at dmeahaffey@everettsd.org Mrs Mehaffey will ensure that you receive an immediate response from your counselor or a counseling support staff. If your urgent need is outside of school hours, please contact the 24 Hour Care Crisis Line (VOA) 425-258-4357 or 911.

Counselors:

| | | | |
|----------------|---------|--|----------|
| Jason Himstedt | A-Co | jhimstedt@everettsd.org | 385-6024 |
| Debbie Wade | Cr-Hur | dwade@everettsd.org | 385-6021 |
| Raj Kleckley | Hus-Mor | rkleckley@everettsd.org | 385-6023 |
| San Le | Mos-San | sle@everettsd.org | 385-6022 |
| Kim Taylor | Sao-Z | ktaylor@everettsd.org | 385-6025 |

Support Staff:

| | | | |
|-----------------|-----------------------------------|--|----------|
| Leslie Brent | Student Support Advocate | lbrent2@everettsd.org | 385-6017 |
| Stacey Cole | Success Coordinator – OTG | scole@everettsd.org | 385-6027 |
| Debbie Mehaffey | Counseling & Discipline Secretary | dmeahaffey@everettsd.org | 385-6010 |
| Sandra Olson | Intervention Specialist | solson2@everettsd.org | 385-6013 |
| Trish Roberts | College & Career Specialist Para | troberts@everettsd.org | 385-6030 |
| Kris Vasquez | Academic Support Para | kvasquez@everettsd.org | 385-6049 |

Be safe and stay healthy! We miss you!



Tips for Supporting Learning

How to help your teenagers get the most out of remote education

During the coronavirus crisis, parents have suddenly been thrust into the role of managing the education of their children. What exactly this looks like will depend on your child's age as well as their individual learning profile. Still, there are a few guidelines and principles that can be helpful for any parent supporting a high school student at home.

How do students learn?

High school is a critical period for adolescents to develop the necessary skills for whatever paths they choose in their transitions to adulthood. They learn to become independent thinkers as they apply knowledge from the classroom to real-life scenarios. They continue to build on their primary education across subjects by learning how to:

- Read and think critically
- Write research papers
- Give oral presentations
- Communicate in foreign languages
- Understand that problems can be solved in multiple ways

Adolescents are exposed to more in-depth topics across a variety of disciplines. As they tackle new material, adolescents often benefit from chunking information into smaller pieces and working at a flexible pace to gain mastery. Access to a variety of resources—including visual and/or audio files, charts, graphs and hard copies of material—will increase engagement.

Lastly, adolescents require opportunities for social-emotional learning. They take pride in achieving independence and maintaining their social relationships. During this period of social distancing, it will be crucial to provide as many opportunities as possible to help teens feel connected to their friends.

How should parents work with teachers of high school students?

It will be important for both parents and high school students to be in contact with teachers, guidance counselors and other school staff. Use this opportunity to teach your adolescent how to advocate for their needs, especially as they advance to college or work. Some topics you and your high schooler may discuss with the teacher and relevant staff include:

- How to access online resources and materials for class
- Potential changes to remaining coursework, assignments and exams
- How grades will be calculated or adjusted
- Opportunities for remote tutoring or individual support
- Feedback specific to the student's work and level of engagement
- Status of final exams, college entrance exams, AP exams or Regents exams
- Information about scholarships for college
- Status of previously scheduled events

How can parents best support their students?

While teenagers crave independence, parents can still offer their support and guidance in a number of ways:

- **Stick to a schedule.** Establish a daily routine with them to emphasize that schoolwork remains a priority. Set clear expectations for when schoolwork is to be completed and when preferred activities will become available.
- **Set up an effective workspace.** Help your adolescent set up the materials they need for remote learning. Headphones can be useful to minimize external noise. Help them determine how they will be keeping track of assignments, due dates and exams, such as in a planner or electronic calendar.
- **Support executive functioning.** Discuss with your adolescent what your level of engagement will be throughout the remote learning period. Your student may need reminders to start assignments, complete work on time, break larger tasks down into smaller parts or develop efficient study skills.



- **Set clear boundaries.** When it comes to homework, offer support and guidance, answer questions, help explain instructions and review final work as needed. What is most beneficial to teens is teaching and modeling organizational and problem-solving skills to facilitate a level of independence. Above all, offer encouragement as they, too, are adapting to this novel and unique environment.
- **Build independence.** When you can, provide your teenager with just enough support that they can master the task at hand. Then, reduce support gradually. If your teen wants you to stop reminding them about doing their work, agree that you will not provide any reminders as long as they show you that they completed their work each day. If they can manage this for a while, gradually decrease the number of days you check their work.

What's the best schedule for students?

First off, know that there's no right answer here — it's important to be realistic about what you and your family can manage right now, and that likely won't be sticking to a full schedule every day. Work with your adolescent to create a realistic schedule for getting work done in specific, though somewhat flexible, time frames.

It's also important for teens to have regular periods of time in which they can virtually socialize with their peers. These virtual hangouts can be incorporated into their schedules (maybe at lunch time, for instance) to ensure that they get plenty of time to connect with friends and classmates.

Lastly, providing a consistent and nurturing environment is important for teenage development. This includes fostering healthy habits for sleep, nutrition, exercise, and self-care. Teens need **8 to 10 hours of sleep** per night. It is also recommended that teens get about **30 minutes of exercise 3 to 5 days per week** while eating a **balanced diet** of fruits, vegetables, whole grains and protein.

What are some ways to address challenges with high school students?

Right now, even adolescents who are typically on top of their work may be struggling to manage their academic demands without the usual support of their teachers and their regular schedules. As a result, your teen may appear more irritable and less motivated, but this may be because they are feeling overwhelmed or demoralized. It is typical for adolescents to resist adult guidance, but in this situation, they may need more support from you. Here are some ways that you can support your teen during these challenging times:

- **Take a cooperative stance.** Your adolescent will be more likely to accept guidance if you approach them in a way that promotes open communication and negotiation. Allow them to make choices about how they will fulfill their responsibilities and offer them advice on how they can succeed. This does not mean that you have to relinquish your authority as a parent but allowing them to be involved in the decision-making process communicates respect for their ideas and need for autonomy.
- **Observe their strengths.** While your adolescent may be struggling in some areas, the current circumstances may also bring out strengths that you didn't know they had.
- **Take their concerns seriously.** Remember that what may seem trivial to you could mean the world to your teen. They may be anxious about maintaining friendships or worrying about their future. Don't downplay the importance of these concerns to make your teen feel better. Instead, take time to hear out their concerns and give validating statements such as, "I know you are anxious about losing your friends, and I understand how much that is weighing on you."
- **Recalibrate your expectations.** It is important to be realistic about how much your child can accomplish while learning remotely.

Looking for Assistance?

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.



JOIN US!

FINDING YOUR FUTURE AT SNO-ISLE TECH

UPCOMING EVENTS



SNO-ISLE TECH OUTREACH & INFORMATION SESSIONS

Sno-Isle TECH is using a virtual platform to connect with students this year! Join us for an opportunity to learn about our school and the 22 technical training programs we offer. Held via Webinar, no pre-registration required. Space is limited to 500 per session. If you get denied entry we encourage you to try one of our many other scheduled sessions. [Click here](#) to join any of the sessions.

DECEMBER 8,9,10

& 15,16,17

JANUARY 6,7

3 PM & 7 PM

APPLICATION OPENS/ VIRTUAL OPEN HOUSE

Take this opportunity to meet and speak to teachers, and get your questions answered. Displays and demonstrations galore! Application assistance will also be available. [Pre-registration](#) for Open House is required via Hop-in. This is a very short process. Application for the 2021-2022 school year will open at 5pm this same evening, via our [website](#).

JANUARY 14

5:00 PM/5:30-7:30 PM

PRIORITY APPLICATION WINDOW CLOSES

Students who have application complete and submitted by this date are guaranteed an interview in their first choice program.

FEBRUARY 5

VIRTUAL 2021-2022 STUDENT INTERVIEWS

FEBRUARY 24 & 25

VIRTUAL MAKE UP INTERVIEWS

MARCH 5 & 19

NOTIFICATION OF 2021-2022 STUDENT STATUS

APRIL 1

WHAT CAN INTERESTED STUDENTS DO NOW?

- If you are new to the Sno-Isle TECH application process, you will first need to [create an account](#) in Survey Monkey. When the application opens, you will use this account to apply for a Sno-Isle TECH class. Be sure to save the user name and password you create for your SurveyMonkey account.
- [Register](#) to attend our open house.

Reach out to us with questions: 425.348.2220
 HausmannTA@mukilteo.wednet.edu
 SCInfo@mukilteo.wednet.edu

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@SNOISLETECH

@TECHSNO

SNOISLETECH.COM



**Get your
Bruin Gear
online!**



**TINYURL.COM/
BRUINGEAR**





January is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also [watch past school board meetings](#) on the district's YouTube channel.

Delayed start or closed schools

If weather and road conditions call for closing school buildings, all learning will be cancelled, including remote learning. Remote learning must be cancelled because students who may be learning in the building may not have their devices at home, and teachers who have been working in the building may not have the equipment or resources to teach from home.

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:00 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.** [Click for more information and resources on school closures or delays.](#)

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


Safety tip line


Do you or your student have a concern about someone experiencing bullying or harassment? **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.

3 easy ways

Text or call

 855-637-2095

 1350@alert1.us

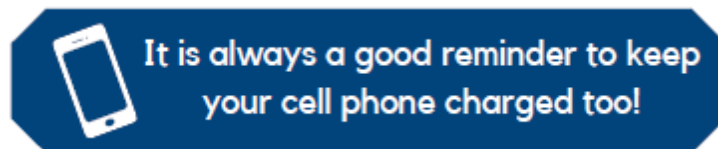
 <https://everett-wa.safeschoolsalert.com>

FOR EMERGENCIES,
PLEASE CALL
911!

What to do if power goes out during remote learning

If you lose power or internet at home, please do the following, if possible:

- Contact your teacher or school to report the outage
- Continue to work on previously assigned learning activities
- Participate in on-demand activities if possible



It is difficult when things happen that are out of our control, and we thank you in advance for your patience and flexibility.



Upcoming “Let’s Connect” opportunities

There are three “Let’s Connect” opportunities in January, with more information on how to register coming soon.

- January 21, Budgeting Process and Finances
- January 25 and 28, Strategic Plan



Social & emotional health

The outbreak of COVID-19 may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person’s characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.



Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Please visit the district’s [social & emotional health webpage](#) for more information.



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:**

• **Title IX/Civil Rights Compliance Officer:**
• Mary O'Brien
• 425-385-4106
• MO'brien@everettsd.org
• PO Box 2098
• Everett, WA 98213

Section 504 Coordinator:
Dave Peters
425-385-4063
DPeters@everettsd.org
PO Box 2098
Everett, WA 98213

ADA Coordinator:
Randi Seaberg
425-385-4104
RSeaberg@everettsd.org
PO Box 2098
Everett, WA 98213



Enero es el mes de apreciación de la Junta Escolar

El mes de enero marca el periodo anual de Reconocimiento de la Junta Escolar- este es un tiempo para honrar el trabajo de los miembros de la junta escolar y celebrar la educación pública. Puede enterarse más acerca de [los miembros de la junta escolar en línea](#). También puede [ver las juntas pasadas de la junta escolar](#) en el canal de YouTube del distrito.

Inicio tardío de clases o cierres escolares

Si el clima o las condiciones de los caminos están para cerrar los planteles escolares, todo el aprendizaje será cancelado, incluyendo el aprendizaje remoto. El aprendizaje remoto debe ser cancelado debido a que puede haber estudiantes aprendiendo presencialmente en los planteles que no tienen dispositivos en sus hogares, y los maestros que han estado trabajando desde los planteles puede que no cuenten con el equipo o con los recursos para impartir su enseñanza desde casa.

Si debemos cancelar la escuela o retrasar el inicio de las clases, utilizaremos nuestro sistema de comunicación para padres para comunicarnos en la mañana, típicamente alrededor de las 5:00 a.m. con un breve mensaje indicando la razón del cierre o retraso de clases. También utilizaremos medios locales y publicaremos el mensaje en nuestro sitio web. **Si no hay ningún anuncio de las Escuelas Públicas de Everett, significa que las escuelas estarán funcionando en su horario regular de clases.** [Haga clic para más información y recursos sobre los cierres o retrasos escolares.](#)

En los casos de condiciones inclementes del clima u otro tipo de emergencias, por favor haga lo siguiente:

- Verifique si ha recibido mensajes del distrito en su email o teléfono
- Este al pendiente de escuchar anuncios por los medios de comunicación
- Visite el sitio web del distrito en www.everettsd.org
- Vea las cuentas del distrito de [Facebook](#), [Twitter](#) o de [Instagram](#)

Línea de informantes para reportes de seguridad

¿Usted o su estudiante están preocupados de que alguien esté siendo víctima de bullying o acoso? **¡Repórtelo!** Usted puede hablar directamente con su oficina escolar o puede llamar, mandar un texto o un email con su reporte.

Si existe una razón de preocuparse por la seguridad en las áreas designadas para caminar a la escuela, llame inmediatamente al 9-1-1 para recibir ayuda rápida y autorizada. Tenemos una fuerte relación con la seguridad pública local quien comparte con nosotros el interés de tener escuelas y vecindarios seguros. La seguridad de los estudiantes es una prioridad para todos nosotros. Trabajando juntos, podemos ayudar hacer que nuestros vecindarios y escuelas sean lugares que promuevan el aprendizaje y crecimiento seguro de los estudiantes.

3 maneras sencillas

Por texto o llame al

 855-637-2095

 1350@alert1.us

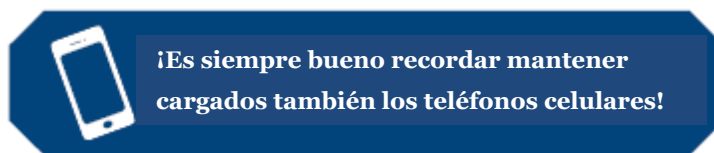
 <https://everett-wa.safeschoolsalert.com>

FOR EMERGENCIES,
PLEASE CALL
911!
Para
emergencias

Qué hacer cuando se corta la energía durante el aprendizaje a distancia

Si pierde energía o internet en casa, por favor haga lo siguiente si es posible:

- Contacte a su maestro o escuela para reporta el corte





- Continúe trabajando en actividades de aprendizaje previamente asignadas.
-
- Participe en actividades por solicitud (on demand) si es posible.

Es difícil cuando suceden eventos que están fuera de nuestro control. Por eso le agradecemos de antemano por su paciencia y flexibilidad.

Próximas oportunidades de “Let’s Connect”

Habrá en enero tres oportunidades de “Let’s Connect”. Publicaremos más información sobre cómo registrarse pronto.

- 21 de enero, Proceso de Presupuestos y Finanzas
- 25 y 28 de enero, Planeación Estratégica



Salud Socioemocional

El brote de la pandemia del COVID-19 puede ser muy estresante para la gente y sus comunidades. El temor y la ansiedad sobre una enfermedad pueden ser abrumador y causar emociones fuertes en los adultos y los niños.

Todos reaccionamos diferente ante las situaciones de estrés. El impacto emocional de una emergencia en una persona puede depender de las características de la persona y sus experiencias, sus circunstancias sociales y económicas y su comunidad y disponibilidad de recursos locales. Las personas pueden llegar a tener más estrés si ven o escuchan repetidamente imágenes y reportes sobre la pandemia en los medios de comunicación.



Los niños reaccionan, en parte, en lo que ven de los adultos que los rodean. Cuando los padres o encargados de su cuidado están enfrentando el COVID-19 con calma y confianza, pueden proveer el mejor soporte para sus hijos. Los padres pueden ser las personas que traen más tranquilidad alrededor de ellos, especialmente en los niños, si están mejor preparados. Por favor visite [la página web de salud socioemocional](#) para más información.



3900 Broadway
 Everett, WA 98201
 425-385-4000
www.everettsd.org

• 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.

Title IX/Civil Rights Compliance Officer:

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 425-385-4106
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 PO Box 2098
 Everett, WA 98213

Section 504 Coordinator:

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Randi Seaberg
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