# **Cascade Bruin News**

CASCADE HIGH SCHOOL NEWSLETTER



February 2021

VOLUME 4, ISSUE 6

## From the Principal

Dear Bruin Families,

I hope this month's newsletter finds you well. Hopefully as we move into second semester, you are healthy and safe. First off, I am excited to report that our first few students arrived on campus for inperson support recently! With our district moving to Stage 2 of our learning models on January 19, a handful of students in our Life Skills program began coming to school. So far it has been so heartening and wonderful seeing them arrive on campus. Our building and our staff who work in or with that program have taken significant precautions to make this process as safe as can be, and even though we are still in a period of a high level of uncertainty, it has certainly represented a moment of hope and anticipation for what I think we all want, which is a springtime that brings us some positive progress. I will be updating you on any changes as we move along, but it is also important to stay up-to-date with the overall news of the district and what learning model we are in. That information can be found on district website at <a href="https://www.everettsd.org/Page/36810">https://www.everettsd.org/Page/36810</a>

Additionally, while it seems unbelievable, we are beginning the process of starting to plan for next school year. Over the next few weeks and months, we will be communicating with you regarding much of the busy work of spring, including course registration for the 2021-22 school year, updates to activities or sports, this spring's graduation planning, and more. And as we've grown accustomed to during these last 12 months, much of what happens will unfortunately depend on the state of this pandemic. It is on that note that I want to express my gratitude for all of you, for the entire Bruin community. This hasn't been easy. As I've told many of you in personal conversations, as a father of three children in elementary school, much of these last 12 months have been an exercise in working harder than we ever had to work in all areas of our lives, just to keep going, to keep moving forward. As we move into this spring, I have hope and I also recognize that like everything these last 12 months, it is hard to know what the future specifically brings. In that spirit, I ask that you best support your student with a few simple requests these next few months.

- Please keep talking about the importance of attendance every day; this is particularly hard right now as there are more barriers than ever, but regular engagement is so key to success.
- Help your student stay on top of their academic progress and seek help from teachers if
  necessary. Distance learning has made teachers have to completely reinvent the way they
  work with students, so if you're noticing your student struggle, we want to partner with you
  to figure out some solutions as soon as possible. If you haven't set up grade checks, you can
  by visiting: <a href="https://www.everettsd.org/Page/26204">https://www.everettsd.org/Page/26204</a>.
- Reassure and encourage your student with every chance you get. Beginnings and ends of
  semesters are stressful times in a typical school year, but ultimately the more adults in our students' lives who can provide support and
  comfort can make a huge difference.

Thank you for your continuing support of our Cascade Community. I look forward to a spring that hopefully brings much needed progress and positivity.

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

February 1
Semester Break – No School

February 2

D Schedule

February 2

Learning Improvement Wednesday

February 10

Learning Improvement Wednesday

February 15 &

16

Mid-Winter Break - No School

February 17

Learning Improvement Wednesday

February 24

Learning Improvement Wednesday





# High School SCHOOLS 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.	
		LIW	8:40 – 9:55 a.m.			
P	assing Time	1st	10 – 10:35 a.m.	Passing Time		
2nd	10 – 11:45 a.m.	2nd	10:40 – 11:15 a.m.	5th	10 – 11:45 a.m.	
Passing Time		Pa	Passing Time		Passing Time	
Lunch	noon – 12:30 p.m.	3rd	11:20 – 11:55 a.m.	Lunch	noon – 12:30 p.m	
		Pa	assing Time			
Passing Time		Lunch	Lunch 12 – 12:30 p.m.		Passing Time	
		Passing Time				
3rd	12:45 – 2:35 p.m.	4th	12:35–1:10 p.m.	6th	12:45 – 2:35 p.m	
Passing Time		Passing Time		Passing Time		
Teacher	2:35 – 3 p.m.	5th	1:15–1:50 p.m.	Teacher	2:35 – 3 p.m.	
office hours	2.35 – 3 p.m.	Passing Time		office hours	2.00 5 p.m.	
		6th	1:55 – 2:30 p.m.	4		
		Teacher office hours	2:30 – 3 p.m.	4:		
eacher-dire ackground redictable tructure for	ning Improvement Wed octed independent learn so as to: 1) allow for te time slots (if teachers s r students to organize th oughout the day.	ing. Class perio eachers and stud chedule a live a	d structure is in dents to connect in ctivity), and 2) provide		0 a.m. – 3 p.m. 10 a.m. – 3 p.m.	

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# **Exploration, Mentorship, and Internship Summer 2021 Program Offerings**

Everett Public Schools is expanding the Career Link Program this summer to include opportunities for students in all grade levels, including incoming 9<sup>th</sup> Graders! We are excited to offer the following three summer courses, which all provide students an opportunity to learn about and work with local businesses. Each program is unique and allows students to complete one course or all three during their high school career.

#### Career Link – Exploration (.5 CTE Credit)

Geared Towards: Current 8th and 9th Graders

**Structure:** Virtual w/ synchronous zooms 2-3 times per week (6/28 - 8/5)

**Description:** Provides students a look at career opportunities in career clusters that are aligned with their abilities, interests and personalities to formulate academic and careers goals, while creating a plan for achievement of those goals through high school course and beyond planning. The 6-week summer course is focused on supporting in-coming freshman and current freshman with an intentional effort to recruit students who can benefit from additional guidance prior to entering high school. Special Education, EL, low income, and AVID students will especially benefit from this course.

#### Career Link – Mentorship (.5 CTE Credit)

Geared Towards: Current 10th and 11th Graders

**Structure:** Virtual w/ synchronous zooms 2-3 times per week (6/28 - 8/5)

**Description:** Provides students a look at career opportunities in career clusters that are aligned with their abilities, interests and personalities to formulate academic and careers goals, while creating a plan for achievement of those goals through high school course and beyond planning. Groups will work closely with a mentor to discuss solutions and ideas while applying problem problem-solving, collaboration, project management, human relations, presentation skills, and networking skills.

#### Career Link - Internship (.5 CTE Credit)

Geared Towards: Current 11th Graders

**Structure:** 90-hour in person job internship (days/times may vary)

**Description:** The Everett School District is partnered with the City of Everett to create the Everett Career Link program. The program serves to link local businesses with emerging local talent for a 90-hour summer internship. The program gives students a chance to "learn before they earn" by showing what it is like to work in a specific job or work environment while earning credit. The internship program is targeted towards current sophomores and juniors from all four high schools.

Have questions or want more information? Contact Mrs. Youngberg at <a href="mailto:byoungberg@everettsd.org">byoungberg@everettsd.org</a>
Ready to begin your journey? Complete the following application: <a href="http://bit.ly/EvCareerLinkApp">http://bit.ly/EvCareerLinkApp</a>
Once application has been submitted, you will be contacted regarding next steps.

See you this summer!



## **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 Ziply. <u>Washington's K-12 Internet Access Program</u> 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: <a href="https://www.everettsd.org/freeinternet">https://www.everettsd.org/freeinternet</a> to check for eligibility!



## **SENIORS!!!**

Class of 2021 Senior Timeline







## **APPLICATIONS OPEN NOW!**

2021 Manufacturing Internships and Fellowship Program

We're excited to announce the below programs available to Core Plus Aerospace students this year!

More information about each program is available in the attached flyers.

The application deadline for all programs is February 28, 2021.

PROGRAM	LOCATION	DATES	MINIMUM AGE	APPLICATION
			BY START OF	
			PROGRAM	
Manufacturing	Virtual	Spring 2021	At least 16 years	https://boeing.avature.net/Fellowship
Fellowship			old	
Core Plus Aerospace	Virtual	Summer	At least 16 years	https://boeing.avature.net/CPAInternship
Internship		2021	old	
Facilities Maintenance	On-Site – Multiple	Summer	At least 18 years	https://boeing.avature.net/FACInternship
Internship	sites	2021	old	

If you have any questions, email the Boeing Workforce Development Team at WorkDev@exchange.boeing.com.

Best Wishes,

The Workforce Development Team

**Boeing Commercial Airplanes** 





# **Cascade Athletics**

Some exciting news. We will be starting outdoor only conditioning only very soon. Students have received this information through their school email explaining how to sign up.

On February 1st, we will know the next steps for our sports' seasons. Currently there are three seasons tentatively scheduled to start on February 22nd with Fall Sports, followed by Spring Sports and then Winter Sports. The current order is **Fall (Feb 22-Apr 3)**: Football, G. Soccer, G. Swim, Volleyball, Cross Country, Boys' Tennis; **Spring (March 29-May 8)**: Baseball, Softball, Boys' Soccer, Girls' Tennis, Track, Boys' and Girls' Golf; **Winter (May 3-June 12)**: Boys' and Girls' Basketball, Wrestling, Boys' Swim, and Bowling. Each sport is subject to be changed however, so please continue to follow our website and checking your emails.

Please complete your eligibility forms now by logging into Rank One sport. Please click here to complete.

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

If you have questions concerning paperwork or physicals, please email or call Mrs. Covert at <a href="mailto:rcovert@everettsd.org">rcovert@everettsd.org</a> 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 <u>Dairy Farmers of Washington</u> and <u>Gesa Credit Union</u> 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** 



# Foundations of Manufacturing Class

Although we are still in full-remote teaching, students in the Foundations of Manufacturing class are engaging in hands-on learning by building their own electric guitar. This project has recently been introduced to the program through a partnership with STEM Guitar Project, which provides kits and standards-based curriculum. This addition to the course helps students understand how math and science work together and build the components and create a fully-functional and playable guitar. The project is still in the early stages where students are cutting the headstock, sanding the body and deciding on finishing designs, but they will soon be learning how soldering, wiring, and tension makes music possible.

Foundations of Manufacturing is a new three-period-block class where juniors and seniors combine their English, Math and CTE credit into one course through a manufacturing lens. Although the primary curriculum is based on Boeing's CorePlus Aerospace curriculum, students also engage in other application-based projects such as guitar building, roller coaster design, CAD/CAM software, and catapult engineering. Mrs. Youngberg, Ms. Lau, and Mr. Smith teach this unique course which will continue to grow and expand in the next few years. If you have any questions regarding the Foundations of Manufacturing class, please email Mrs. Youngberg at <a href="mailto:byoungberg@everettsd.org">byoungberg@everettsd.org</a>.













# 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.

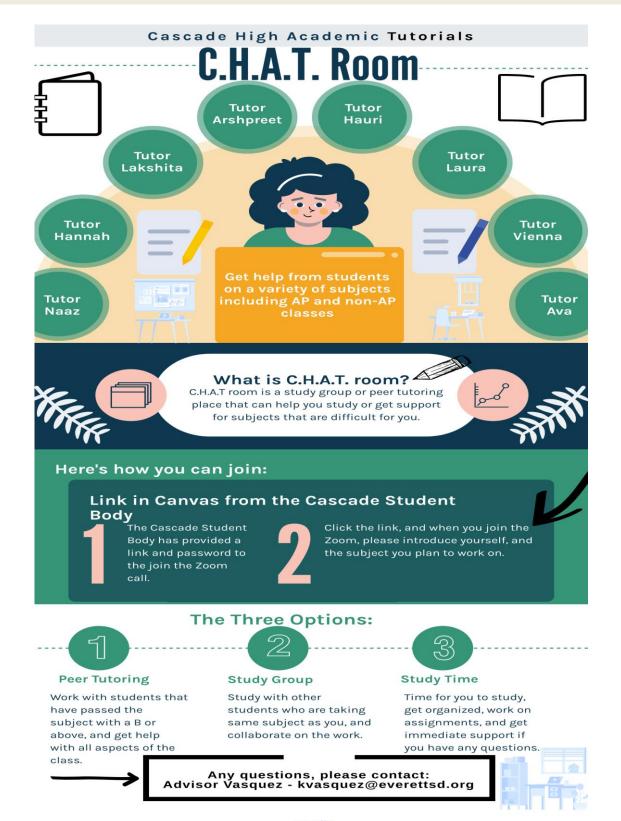
BCP uses dues, donations and fundraising for:
Invest ED, staff/student grant requests,
staff appreciation and most importantly,
The Bruin Community Parents Opportunity Scholarship Award.

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







PIKTOCHART





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.

<u>If your need is urgent</u>, please call Mrs. Mehaffey at 425-385-6010 or email Mrs. Mehaffey at <u>dmehaffey@everettsd.org</u> 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	dmehaffey@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!



# Signs of Depression During the Pandemic | Child Mind Institute

As the pandemic continues to limit our lives, one thing we need to be alert for is depression, in our children as well as ourselves. Feeling down in this time of cancelled activities and social distancing is unavoidable, and most of us are struggling to stay positive.

childmind.org





# Virtual CWU Field Trip!

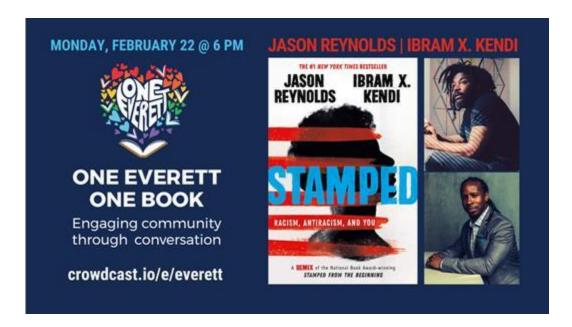
Trish Roberts (college and career) set up a virtual field trip for all sections of AVID! We all took a virtual college trip to Central Washington University January 13th to learn via webinar all about the college, the surrounding area, and got a chance to ask questions. The students commented how awesome it was despite being in the computer!

# STAMPED - Check it out!

We have an awesome opportunity to listen to Jason Reynolds and Ibram X. Kendi, the authors of <u>Stamped</u>, talk with Everett Community College's President Dr. Daria J. Willis on February 22 @ 6 PM.

This is part of Everett Reads so sign up soon, there are only 1,000 spots. https://www.epls.org/onebook

A facilitated discussion hosted by CHS, EHS and JHS librarians will take place at 4pm prior to the event for teens. Place a hold on STAMPED now and we will deliver or you can pick up at the CHS Library, or Feb 9<sup>th</sup> from 3-5! Email Ms. Pimenta if you have questions.









#### Parent safety tip



Six ways your student can protect their online identities:

- 1. Share carefully don't give out any personal information to unknown sites or strangers
- 2. Go private keep privacy settings high and limit location services when possible
- 3. Log out especially after using shared computers
- 4. Mix up passwords use different passwords for different apps and websites
- 5. Avoid clickbait avoid quizzes and random questionnaires
- 6. Choose wisely pick an appropriate username

Learn more about online safety, digital wellness, cell phones and learning with technology with age-specific tips and tools on <a href="https://www.commonsensemedia.org">www.commonsensemedia.org</a>.

## Kindergarten registration begins in March

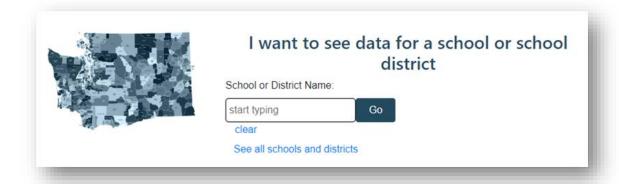
Do you have a child who will be 5 years old by Aug. 31, 2021? Registration begins on March 1, 2021. During school building closure, you can complete enrollment forms for kindergarten <u>online</u>! A <u>step-by-step parent walkthrough video</u> is also available as a resource.



## Did you know?

Every year OSPI publishes a report card for each district and each school within the district. You can <u>access the 2019-20 data</u> on the OSPI website.

To review the data for the school district or a school, start typing in the name and a drop box will appear with choices. Click on your choice to view the report card.



Optionally you can click on 'See all schools and districts' and navigate to the district or school you want to select.



### Free meals continue through the end of the school year!

Breakfast and lunch will be available at no charge for students learning on-site. Five-day meal kits will continue to be available for pick up each Wednesday for all kids; both remote learners and on-site learners. Meals include; fruit, veggies, whole grains, lean protein and milk. This program is available for all kids age 1-18, no qualification necessary. Follow @eps\_cafe on Facebook, Instagram and Twitter for the most up to date information.



#### Free internet access

The Office of Superintendent of Public Instruction (OSPI) has announced a K-12 Internet Access Program and we invite our families who qualify for this support to apply. Reliable connectivity in remote learning is key and in partnership with OSPI, Everett Public Schools can connect qualifying families to local internet providers including Comcast/Xfinity, Presidio and Ziply. Please visit the <a href="mailto:family tech page">family tech page</a> on the district's website for eligibility and application instructions or



#### https://www.everettsd.org/freeinternet.

#### **Frequently Asked Questions**



This is a reminder the <u>COVID 2020-21 Frequently Asked Questions</u> page is updated regularly. If you have a question that is not answered on the page, please fill out the form located on the page. We value your input as many of our families will benefit as we navigate this remote learning scenario together.

## Do you have a student in special education?

Did you know there is a Special Education PTSA in the district? The Special Education PTSA serves students, families, and educators involved in Special Education. They encourage students, families, educators and community members to work collaboratively to provide programs and activities recognizing each student's potential and enhancing the educational opportunities of children receiving and/or seeking special services in our district. Connect with the SEPTSA on their Facebook page.





## Consejos de seguridad para padres



Seis maneras en que su estudiante puede proteger sus identidades en línea:

- Comparte cuidadosamente No des información personal a sitios desconocidos o a extraños.
- 2. Usa el modo privado Manten tus ajustes privados a lo más elevado y limita los servicios de ubicación cuando sea posible.
- 3. Cierra tu sesión (log out)- Especialmente después de usar computadoras compartidas.
- 4. Mezcla las contraseñas- usa contraseñas diferentes para diferentes aplicaciones y sitios
- 5. Evita las trampas de los clics (clickbaits)- evita hacer quizzes y cuestionarios raros.
- 6. Elige inteligemente- Escoge un nombre de usuario (username) apropiado

Aprende más acerca de la seguridad en línea, bienestar digital, celulares y consejos adecuados

para tu edad de cómo aprender en línea con tecnología y herramientas en www.commonsensemedia.org.

### Las inscripciones al Kínder inician en marzo

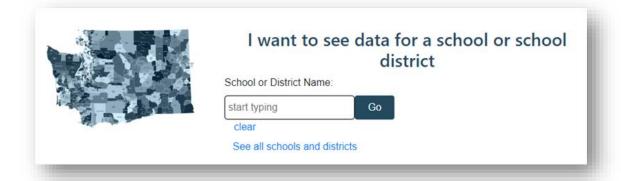
¿Tiene a un niño/a que va a tener 5 años cumplidos para el 31 de agosto de 2021? Las inscripciones inician el 1 de marzo de 2021. Durante el cierre del plantel escolar, ipuede completar sus formularios de inscripción al kínder en en línea! Contamos con un video paso a paso en detalle como un recurso adicional.



#### ¿Sabía usted que?

Cada año OSPI publica un reporte evaluativo (report card) para cada distrito y cada una de sus escuelas en ese distrito. Puede <u>acceder a los datos 2019-20</u> en el sitio web de OSPI.

Para consultar los datos del distrito escolar o de una escuela, inicie tecleando el nombre y aparecerá automáticamente un menú desplegable con la lista de las escuelas para que la seleccione. Haga clic en la escuela seleccionada para ver su reporte evaluativo.



De manera opcional, puede dar clic en See all schools and districts' y navegar al distrito o escuela de su elección.



### ¡Las comidas gratis continuan hasta el fin del año escolar!

Tenemos disponibles y sin ningún costo desayunos y almuerzos para los estudiantes que estén aprendiendo en el plantel escolar. Para todos los niños y niñas, continuaremos teniendo kits de comidas de cinco días para que las recoja cada miércoles. Esto aplica para alumnos remotos en línea y alumnos presencialmente. Las comidas incluyen: Frutas, verduras, granos integrales, proteínas magras y leche. Este programa es para todos los niños y niñas en edades de 1-18 años, no se requiere calificar. Síganos en @eps\_cafe en Facebook, Instagram y Twitter para la información más actualizada.



### Acceso gratis al internet

La oficina del superintendente de instrucción pública (OSPI) ha anunciado un programa de acceso al internet K-12, al cual estamos invitando a nuestras familias que califiquen para soporte que apliquen. La conectividad confiable en el aprendizaje remoto es clave, y en conjunto con OSPI y las Escuelas Públicas de Everett podemos conectar a las familias elegibles con los proveedores de internet local como Comcast/Xfinity, Presidio y Ziply. Por favor visite la página de tecnología para las familias en el sitio web del distrito para verificar su elegibilidad e instrucciones para aplicar o en https://www.everettsd.org/freeinternet.



#### **Preguntas frecuentes**



Este es un recordatorio de que la página de <u>Preguntas Frecuentes sobre el COVID 2020-21</u> se está actualizando regularmente. Si tiene una pregunta sin responder en esta página, por favor llene el formulario localizado en la página. Apreciamos sus opiniones y comentarios de los que muchas familias se benefician en la navegación de este aprendizaje virtual todos juntos.

#### ¿Tiene a un estudiante en educación especial?

¿Sabía usted que existe una asociación de padres, maestros y estudiantes (PTSA) de educación especial en el distrito? Esta asociación sirve a alumnos, familias y educadores en Educación Especial. Exhortan a los estudiantes, familias, educadores y a la comunidad que trabajemos en conjunto para proveer programas y actividades que reconozcan el potencial de cada estudiante y mejoren las oportunidades educativas de los niños que reciben y/o buscan servicios especiales en nuestro distrito. Conéctese con el SEPTSA en su página de facebook.







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



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.

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