

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



October 2021

VOLUME 5, ISSUE 2

From the Principal

Dear Cascade Families,

In last month's newsletter I shared that prioritizing our school community was our starting place this year, and that focusing on students receiving engaging and relevant instruction in service of returning positively to school for our students was very important. I can definitely report that the overall positivity of our student body is alive and well. While it has been heartening to watch students return to events like sporting events and other important elements of high school, just seeing them engage with one another during lunches, during classes, and during the school day in general has been wonderful. While this Fall has continued to provide our school community with unique challenges, we've been so incredibly impressed with all Bruins and so thankful for the support and advocacy that you, their families, have engaged in, to make this such a positive and relatively smooth start. Watching our students get to return to school, particularly the social elements, and as well adapt to changing circumstances, has been inspiring and reflects how important our overall community is to each of us. It also reflects that some of the greatest learnings we have in life and in work is learning how to collaborate, how to be part of a team, and how to problem solve and getting to see students return to doing that in person is incredibly uplifting.

This month, we want to continue to come together as a school community. On the evening of Wednesday, October 6, you are invited to engage with our annual Fall Curriculum Night. In past years this event has been on Cascade's campus, but this year, due to health and safety considerations, it will be virtual and more information about the event will be coming soon. 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,

A handwritten signature in black ink, appearing to read "Michael Takayoshi".

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

Learning Improvement Friday

October 6

CHS Open House

October 8

Learning Improvement Friday

October 13

PSAT Testing

October 15

Non-Student Day

October 21

Re-Take Day

October 22

Learning Improvement Friday

October 29

Full Day



Mark your Calendars Bruins!

CHS Fall Community Engagement Event

Wednesday, October 6

This year CHS Admin and teachers will be hosting a virtual Curriculum Night. More information will be coming out soon! Watch your email!

On Sale Now! Purchase the 2020-2021 Yearbook (last year)!



You can still purchase last year's yearbook if you did not have a chance. Last year's yearbook cost is \$60 regardless of ASB card. Please email Mr. Sibley at ssibley@everettsd.org if you have any questions.





Cascade Athletics

We are now over a month into our fall sports season! It's been great to see our fans back in the stands. Thank you, fans, for supporting Cascade Athletic programs! As a reminder, masks are required for all indoor sporting events. Thank you for your attention to this.

Would you like to attend a sports event in October? Here is a list of home options for the first 2 weeks:

- Monday Oct 4th
 - Boys JV tennis match vs. Marysville Getchell on the Bruin tennis courts at 3:30
- Tuesday Oct 5th
 - Girls soccer (JV 5:30 Varsity 7:30) vs. Shorewood at Everett Memorial Stadium
- Wednesday Oct 6th
 - Boys Varsity tennis match vs. Stanwood on the Bruin tennis courts at 3:30
- Thursday Oct 7th
 - Girls Swim meet vs. Archbishop Murphy at Everett YMCA at 2:30
 - Boys JV tennis match vs. Glacier Peak on the Bruin tennis courts at 3:30
 - Volleyball vs. Cedarcrest (C team and JV at 5:15, Varsity at 7:00) in the CHS gym
- Monday Oct 11th
 - Boys Varsity tennis match vs. Everett on the Bruin tennis courts at 3:30
- Tuesday Oct 12th
 - Girls soccer (JV 5:30 Varsity 7:30) vs. Meadowdale at Everett Memorial Stadium
- Wednesday Oct 13th
 - Boys JV tennis match vs. Shorecrest on the Bruin tennis courts at 3:30
- Thursday Oct 14th
 - Volleyball vs. ML Terrace (C team and JV at 5:15, Varsity at 7:00) in the CHS gym
- Friday Oct 15th
 - Varsity football vs. Shorewood at 5:00 at Everett Memorial Stadium

Although we have plenty of contests remaining in our fall sports season it's never too early to start thinking about winter sports. The following sports are offered this winter

Boys: Basketball, Wrestling, Swim

Girls: Basketball, Wrestling, Bowling

If you have questions about joining a sport you can email

Rhonda Covert (rcovert@everettsd.org)

Scott Stencil (ssencil@everettsd.org)

CASCADE BRUINS



Cascade Boys WRESTLING Fundraiser

Hello Bruin Students, Staff, and Parents!

The Boys Wrestling Program is selling Cascade Bruin Facemasks to raise money for tournament fees and expenses this year, and we have a great product for you! Bruin facemasks that come in Crimson or Gray, with a stylish outer shell and 100% cotton inner lining. Two-ply, washable, with easy ear adjustments. The masks are great for showing your support at *ALL Bruin* indoor sporting events, and for showing your school and community spirit at any time!

Use the QR code below to reach the online payment portal for Everett Public Schools, you will need to sign in with your student account or as a guest.

Click to [HIGH SCHOOLS](#), then [CASCADE HIGH SCHOOL](#), then [FUNDRAISERS](#)
to purchase today!

Masks cost \$15/each

Fundraiser runs from **September 23 thru October 5**

Masks will be delivered 3 to 4 weeks after the fundraiser closes

(in plenty of time for Indoor Winter Sports Seasons!)

Show your spirit, support your school and student-athletes and be comfortable
and in-style at the games!





2021-22 Yearbook Senior Due Dates!



*Senior Portraits are due before: **November 14th**

*Senior Quotes are due before: **November 21st**

*Senior Grad Ads are due before: **March 6th**

[Yearbook website](#)

Senior Journey Checklist

Seniors and families!

The senior year has started and although it can be such an exciting time, for many it also can bring a lot of stress and anxiety as students look at their options after high school.

To help with this journey, you can use our **Senior Journey Checklist** as a way to check out all options for the future and just explore. There are so many possibilities out there; 4-year colleges, 2-year colleges and technical schools, apprenticeships, gap year, employment, military and more. Exploring options that fit best and developing more than one plan can provide the opportunity for making an informed choice at the end of the year.

There many people to help seniors and families along the way! Check out the link or the QR code below to access the checklist and reach out for more help or information if needed. (naviance@everettsd.org)

<https://tinyurl.com/2vn9wse5>





Picture Re-Take Day

Thursday, October 21



If you would like your school pictures retaken, just bring in your picture packet to Dorian during lunches on Thursday, October 21st. Pictures will be retaken but you will keep the original CHS ID card. If you did not have your picture taken on Arena Day, September 16th, you will be called out of class to come to the cafeteria on the 21st to have your picture taken and will receive your CHS ID card at that time. You can pick-up a picture packet in the main office or cafeteria. Pictures can also be ordered on line [Dorian Studio](#)

More questions answered - [Picture Re-Take Day FAQ](#)

JOIN BCP

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

The you should join Bruin Community Parents (BCP), a Parent Teacher Organization (PTO).

Where does my \$20-\$25 annual membership go?

All membership fees, donations, and fundraising stays within the organization and goes to supporting Cascade Students and Staff. Some specific things we support are "Invest Ed", staff/student grants, staff appreciation and most importantly the

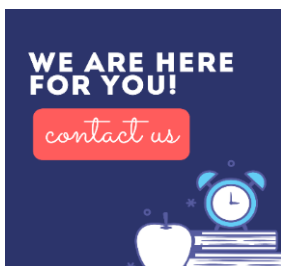
Bruin Community Parents Opportunity Scholarship Award.

We need your help so BCP can continue providing for the needs of our students and teachers.

<https://chsbcp1.wixsite.com/website>

(425) 405-0351

chsbcp@gmail.com



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. If your need is urgent 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
Anne Jensen	Hus-Mor	ajensen@everettsd.org	385-6023
San Le	Mos-San	sle@everettsd.org	385-6022
Pam Richards	Sao-Z	prichards@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

Looking for Clothing Assistance?



Operation School Bell is a philanthropic program of the Assistance League. This program provides clothing to student 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. Operation School Bell is by appointment only. Please contact Leslie Brent, Student Support Advocate (425-385-6017) or Debbie Mehaffey, Counseling & Discipline Secretary (425-385-6010).

Clothes for Kids is a similar organization located in Lynnwood. This program provides clothing to student who demonstrate need and attend school regularly. Clothes for Kids is by appointment only. Shopping dates are 8/2/21 – 5/27/22. Please contact Leslie Brent, Student Support Advocate (425-385-6017) or Debbie Mehaffey, Counseling & Discipline Secretary (425-385-6010).



Three Ways to Change Your Parenting in the Teenage Years

Young children and teenagers have very different needs.

BY **CHRISTINE CARTER** | FEBRUARY 12, 2020

“Wow. Ugh. That’s amazing!”

This is the usual wide-eyed response when people hear that I have four teenagers. Sometimes people grimace, like the mere thought of it is a bitter pill. They are thinking, I know, that teenagers are *hard*, which, of course, they can be. Everyone assumes I must be insanely busy, or maybe just a little insane, and that raising four teenagers must be nearly impossible.

These thoughts occur because many teenagers tend to be either terribly disorganized, requiring constant nagging, or tightly wound, perfectionistic, and in need of constant therapy. There’s also all that new neuroscience showing, unfortunately, that the brain regions that help humans make wise choices don’t mature until kids are in their mid-20s, and that many potentially life-threatening risks become more appealing during adolescence while the normal fear of danger is temporarily suppressed. Knowing these things can make it hard for us parents to relax.

Though teenagers *can* be hard to parent, the good news is that parenting teenagers is in many ways a hell of a lot easier than raising little kids. For this to be the case, however, our parenting needs to shift. Here are the three big shifts that parents of teenagers need to make to survive their kids’ adolescence.

1. We step down as primary decision makers and step up our coaching

When our kids are little, we have to manage pretty much every aspect of their lives. We set bedtimes, plan meals, and make doctor’s appointments. We arrange carpools and make all major decisions: where they will go to school, if they will go to camp, and where we’ll go on vacation. And when our kids are little, for the most part, they appreciate having involved and loving parents. It’s great having someone else manage your calendar and get you to your activities (mostly) on time.

But once kids reach adolescence, they need to start managing their own lives, and they do tend to fire us as their managers. Parents who are too controlling—those who won’t step down from their manager roles—breed rebellion. Many kids with micromanaging parents will politely agree to the harsh limits their parents set with a “yes, sir” or a “yes, ma’am” attitude, but then will break those rules the first chance they get. They don’t do this because they are bad kids, but because they need to regain a sense of control over their own lives.

The answer, according to neuropsychologist William Stixrud and long-time educator Ned Johnson, authors of *The Self-Driven Child*, is to hand the decision-making reins over to our teens. You read that right: By adolescence, we parents need to (take a deep breath and) let them make their own decisions about their lives. It’s not that we never say no anymore. Nor do we stop enforcing our family rules. It’s that we start to involve teens more in creating the rules, and we let them make their own decisions—which they are going to do anyway. Letting our kids become the primary decision makers does NOT mean that we become permissive, indulgent, or disengaged. It does mean that the quality—if not the quantity—of our support shifts. We give up our role as their chief of staff and become more like life coaches. We ask questions and provide emotional support.

2. We influence them differently

It’d be great if we parents could just download information to our teens—say, about sex and drugs—and know that they were going to use that information to make good decisions.

But giving teenagers a lot of information isn’t an effective way to influence them anymore. Interesting research on this topic shows that what is effective for elementary school children—giving them information about their health or well-being that they can act on—tends to be mostly **ineffective** for teenagers.



This is because adolescents are much more sensitive to whether or not they are being treated with respect. The hormonal changes that come with puberty conspire with adolescent social dynamics to make teenagers much more attuned to social status. More specifically, they become super touchy about whether or not they are being treated as though they are high status.

In the teenage brain, the part of themselves that is an autonomous young adult is *high* status. The part of them that is still a kid who needs our support is *low* status. They might be half independent young adult, half little kid, but they are hugely motivated to become 100 percent autonomous...even if they do know, on some level, that they still need our support and guidance.

When we give our adolescents a lot of information, especially when it is information that they don't really want or that they think they already have, it can feel infantilizing to them. Even if we deliver the information as we would to another adult, teenagers will often feel disrespected by the mere fact of our instruction.

So, when it's time to bring up the topic you want to influence your teen about, speak as you would to someone with the highest possible social status—someone you really, really respect. (I have to literally imagine that person in my head, and then imagine both the tone and the words I would use with that person.) Remember, if your teen feels disrespected, nagged, spoken down to, pressed upon, or infantilized, all bets are off.

3. We have a lot of hard conversations

Remember what you used to talk about with your kids before they hit puberty? There are days when I'd give anything to just be able to talk again about favorite foods and favorite colors and the tooth fairy. It isn't that every conversation was easy when they were young, but I rarely felt the kind of discomfort I now feel while talking to my kids about things like sex—or even their college applications. What starts as a casual conversation can quickly become an emotional minefield. It's hard not to let our own agendas creep in. And it can be really hard to manage our own big feelings about things.

Talking with teenagers about their lives can be stressful. But teenagers today are dealing with some really hard stuff, and we parents need to create safe spaces for our teens to talk about the hard things.

This takes a lot of courage. The simplest way to increase our ability (and, frankly, willingness) to have uncomfortable conversations with our teens is to practice doing it in baby steps. Instead of thinking about having a "big talk," broach a difficult topic in short observations and simple questions. Let teens lead; our real value comes when we listen rather than instruct. Even when we have a lot to say, it's more important to give them a chance to speak, to work out what they are thinking in a low-risk environment. Practice staying calm despite the discomfort. Keep taking deep breaths. Keep relaxing your shoulders. Notice your discomfort and welcome it. It's nothing to be afraid of.

As hard as it might be for us to watch, our teenagers are going to make mistakes. When they do, our anxious over-involvement won't help. What will help, though, is our calm presence. This is more good news, because it is far more enjoyable to practice calm presence than it is to freak out.

Above all, we'll do well to remember that *their* lives are their lives. It's their journey, not ours. Our role is *not* to steer them through life like we would marionettes, but rather to help them feel seen, and to help them feel safe. For that, we need only to coach instead of manage, listen instead of instruct, and breathe through our discomfort.



Earn world language credit



You can earn **world language credits** in 9th through 12th grade if you can fluently read, write, speak, and listen in a language other than English!

Take the world language assessment!



Earn up to four proficiency-based high school credits



Earn credit towards the world language course graduation requirement



Qualifying students can earn the Seal of Biliteracy: special recognition at commencement and on transcripts

Registration open now through October 29

Register at the treasurer's office. Cost is \$10

World Language Assessment:

Wednesday,
November 17, 2021
Registration required



Questions?
www.everettsd.org/WLA
WLA@everettsd.org



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CUSTOM DESIGN APPAREL



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Visit our website for more details:
[HTTPS://WWW.EVERETTSCHOOLSDISTRICTS.ORG/PAGE/39055](https://www.everettschoolsdistricts.org/page/39055)



Need help with your classes?

Want a: Tutor - Study Group - Quiet Place to Study
Come To

CHAT

(Cascade High Academic Tutorials)

Starting October 4th in the CHS Library
Mondays, Tuesdays, Wednesdays, Thursdays
After school until 3:30pm

Activity Bus at 4pm

Questions? Contact Ms.Vasquez at (kvasquez@everettsd.org)

Or stop by the library for more information!



College Entrance Exam Dates 2021-2022

****Dates subject to change or cancellation due to covid19 pandemic****

ACT TEST DATES

Register at www.act.org

Test Date	Registration Deadline	Late Deadline
September 11, 2021	August 6, 2021	No late fees
October 23, 2021	September 17, 2021	October 1, 2021
December 11, 2021	November 5, 2021	November 19, 2021
February 12, 2022	January 7, 2022	January 21, 2022
April 2, 2022	February 25, 2022	March 11, 2022
June 11, 2022	May 6, 2022	May 20, 2022
July 16, 2022	June 17, 2022	June 24, 2022

SAT TEST DATES

Register at www.collegeboard.org

SATURDAY Test Date	Registration Deadline	Late Fee Deadlines (online - phone)
August 28, 2021	July 30, 2021	August 17, 2021
October 2, 2021	September 3, 2021	September 21, 2021
November 6, 2021	October 8, 2021	October 26, 2021
December 4, 2021	November 4, 2021	November 23, 2021
March 12, 2022	February 11, 2022	March 1, 2022
May 7, 2022	April 8, 2022	April 26, 2022
June 4, 2022	May 5, 2022	May 25, 2022

CLASSES OF 2017 AND BEYOND*		
SUBJECT	SAT	ACT
Math	430	16
ELA*	410	14
Science	Not required for graduation	

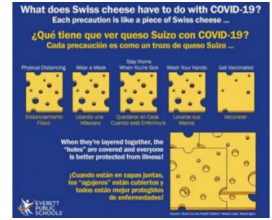
- ✓ The ACT & SAT exams are approved State Graduation Pathways and can be used for credit recovery as well.
- ✓ Contact the Assessment Success Coordinator for assessment graduation requirements or your Counselor.

* Students must take the SAT with Essay or the ACT with Writing exams to generate ELA scores for graduation pathway..



Healthy habits make a difference!

What does Swiss cheese have to do with COVID? Each precaution is like a slice of Swiss cheese. When they are layered together, the “holes” are covered, and everyone is better protected from illness. Thank you for doing your part to wear masks, practice social distancing, stay home when you are sick, wash your hands and get vaccinated when eligible.



It is very important for everyone to wear a mask properly:

- Put it over your face and mouth
- Be sure your mask fits snugly against the sides of your face and under your chin
- Make sure you can breathe easily

The updated [2021-22 COVID Family Handbook](#) provides information on what we are doing to keep students and staff safe while at school and what the process is if there is a COVID case in your child's class. It also shares things you can do to help keep your child and their classmates healthy. It is available on the district's website under the “Our District” tab on the COVID 2021-22 page. Thank you for being great partners in our community's health.

Hi, I'm Chatbot Chet!



Chatbot Chet is the newest member of our communications family and is available 24/7 to help answer questions.

Click the tab located on the lower right side of any EPS web page and “Let's Talk!”

Parent University

Parent University is an on-demand resource created to help parents and guardians become full partners in their child's education. Parent and family engagement in education positively impacts the academic and social success of children.



Our goal is to increase collaboration and involvement between schools, families, and the community; to educate, empower and connect families with resources that build parent and student confidence, enhance character development, and promote life skills to increase the likelihood of family success in academic endeavors.

Content includes a selection of pre-recorded videos and how-to documents that can be viewed at any time. You will find Parent University, at www.everettsd.org/ParentUniversity.



Bus safety reminder

As mornings become darker and darker, drivers, please keep an eye out for students walking and waiting at their bus stops.

Families, please have your students wait for the bus to come to a complete stop and the flashing lights and stop sign to be fully out before they cross the street.

Here is great graphic showing when to stop for school buses, and if you are ever in doubt--STOP!

Homeless resources

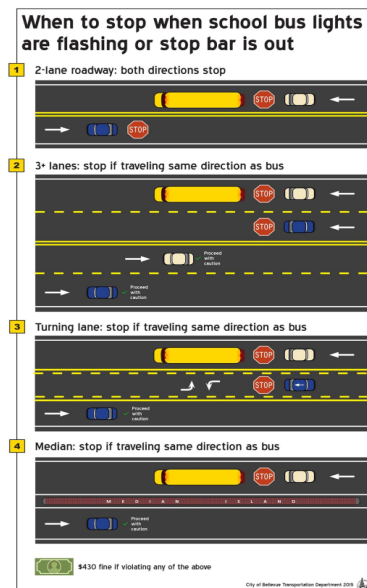
We care about all our Everett Public Schools families and know many are experiencing economic impacts due to changes in the economy. If not your family directly, you may know others who are starting to question whether there is any help available. If you are staying temporarily with someone else because 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.**





Job opportunities!

Everett Public Schools is hiring many positions. Please share with friends and family who may be interested in joining our team. Visit www.everettsd.org/jobs for jobs posted and how to apply.

WE ARE HIRING!

- BUS DRIVERS
- CUSTODIAL
- FOOD & NUTRITION
- HEALTH ROOM ASSISTANTS
- PARAEducATORS
- SUBSTITUTES
- TEACHERS

Join our team!

We offer a competitive wage, flexible schedule, training and much more.

EVERETT PUBLIC SCHOOLS

For more information or to apply, please click headline.

Did you miss a call from us?

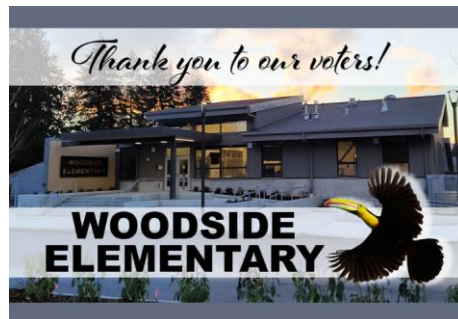
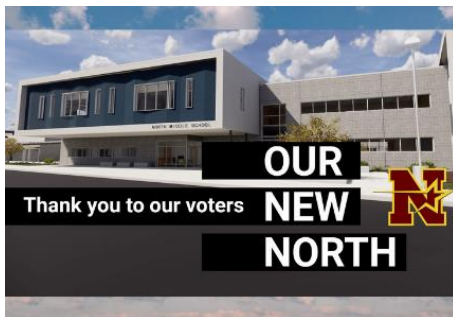
If you missed a call from your school, please first check your voice mail, email or mobile app for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all the calls. If messaging is still not being delivered, then you will need to update your contact information at your school.

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.

2016 Capital project showcase!

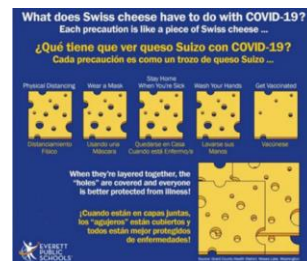
Thanks to community support for the 2016 Capital Bond, the North Middle and Woodside Elementary partial replacement and modernization projects are complete! Students and staff are enjoying their new schools. Curious how they look? Visit the district's homepage under school announcements to watch the celebration videos or click the images below to link directly to them.





¡Los hábitos de salud hacen la diferencia!

¿Qué tiene que ver el queso suizo con el COVID? Cada precaución que tomamos es como una rebanada de queso suizo. Cuando se apilan juntos, los “agujeros” se cubren y todos estamos protegidos mejor de las enfermedades. Gracias por hacer su parte de usar el cubrebocas, practicar el distanciamiento social, quedarse en casa cuando está enfermo, lavarse sus manos y vacunarse cuando sea elegible para hacerlo.



Es importante que todos usemos el cubrebocas adecuadamente:

- Póngaselo sobre el rostro y boca
- Asegúrese que esté ajustado en los costados de su rostro y por debajo de su mentón.
- Asegúrese que puede respirar con facilidad.

El [Manual para familias contra el COVID 2021-22 COVID](#) proporciona información sobre lo que estamos haciendo para mantener seguros a los estudiantes y al personal en la escuela y cuales son los procesos en caso de que

surja un caso de COVID en el salón de su hijo/hija. También incluye información sobre lo que usted puede hacer para ayudar a su hijo/a y a sus compañeros de clases a que se mantengan sanos. Este manual está disponible en el sitio web del distrito bajo la pestaña de “Our District” en la página de COVID 2021-22. Gracias por su trabajo conjunto en la salud de nuestra comunidad.

¡Hola, mi nombre es Chatbot Chet!



Chatbot Chet es el más reciente nuevo miembro de nuestra familia de comunicaciones que se encuentra disponible 24/7 para ayudarle con respuestas a sus preguntas.

Haga clic en la pestaña localizada en la parte baja derecha de cualquiera de las páginas web de EPS y “¡platiquemos!

Universidad para Padres

La Universidad para Padres es un recurso en demanda creado para ayudar a los padres y tutores legales a que se hagan de lleno socios participativos en la educación de sus hijos. La participación de los padres y de las familias en la educación impacta positivamente al éxito académico y social de los estudiantes.



Nuestra meta es aumentar la colaboración e involucramiento entre las escuelas, las familias y la comunidad para educar, empoderar y conectar a las familias con recursos que formen la confianza de los padres y alumnos, mejore el desarrollo de su carácter y promueva las destrezas vitales para incrementar las posibilidades del éxito de la familia en el aspecto académico.

El contenido incluye una selección de videos pregrabados y documentos de instrucción para cómo hacer algo que pueden ser vistos en cualquier momento. Puede encontrar la Universidad para Padres en www.everettsd.org/ParentUniversity.



Recordatorio de seguridad con los autobuses escolares

Ahora que las mañanas se están haciendo más oscuras, le pedimos a los conductores que tengan cuidado con los estudiantes que están caminando y esperando en las paradas de autobuses.

Le pedimos a las familias que pidan a sus estudiantes que esperen a que el autobús se pare por completo, destelle sus luces intermitentes y ponga la señal de Alto por completo, antes de cruzar la calle.

Aquí les presentamos una buena gráfica mostrando que cuando los autobuses escolares se paren, y si alguna vez tiene dudas, ¡PÁRESE!

Recursos para personas sin hogar

Nos preocupamos por las familias de las Escuelas Públicas de Everett y sabemos que muchas de ellas están siendo afectadas económicamente debido a los cambios en la economía. Si su familia no está siendo afectada directamente, puede que conozca a otras que puede que se estén empezando a preguntar si existen ayudas. Si se está quedando con alguien más porque perdió su hogar, o se está quedando en un hotel, campamento, albergue, en la intemperie o en un lugar no adecuado, usted y sus hijos tienen derechos especiales en la escuela. El programa KIT (Niños en transición de las Escuelas Públicas de Everett) brinda soporte a los estudiantes que califican como personas sin hogar bajo la [Ley McKinney-Vento](#). Los estudiantes sin una residencia fija, regular y adecuada para pasar la noche pueden calificar. El programa KIT trabaja para eliminar las barreras que impiden el éxito académico del estudiante. Si cree que su hijo/a califica, por favor complete el [Cuestionario de vivienda en línea](#). Para más información visite [el sitio web de KIT](#) o contacte a 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 recibir transporte de esa escuela, siempre y cuando sea en el mejor interés del estudiante.
- Inscribirse a la escuela inmediatamente sin los documentos usualmente requeridos por las escuelas.
- Recibir comidas escolares gratuitas.
- Recibir ayuda con los útiles escolares y otras necesidades.
- Recibir soporte extra para los jóvenes/chicos que están solos.
- Conectar a los niños pequeños con servicios de niñez temprana.
- Y referencias a otros recursos comunitarios.

Consiga recursos y actividades para sus hijos en [Sesame Street in Communities](#), que incluyen consejos para [cómo hablar con sus hijos sobre la falta de hogar](#) y [cómo crear un sentimiento de hogar](#) incluso si están moviendo mucho.

Si se encuentra en una situación de peligro, o necesita apoyo médico, emocional o físico, por favor [esta lista de líneas de ayuda directas nacionales](#) que ofrecen una gran cantidad de servicios. Todas las líneas directas en la lista son líneas de ayuda de 24/7

Cuando pararse si el autobús escolar está destellando sus luces intermitentes o la barra de Alto está puesta

- 2 carriles:** Ambas direcciones se paran
- 3+ carriles:** Párese si viaja en la misma dirección del
- Carril de vuelta:** Párese si viaja en la misma dirección del
- Camellón:** Párese si viaja en la misma dirección del autobús

\$430 de multa si viola las reglas anteriores

City of Bellevue Transportation Department 2015



disponibles en todos los Estados Unidos. En el condado de Snohomish, puede marcar 425-25-ABUSE (425-252-2873). **En caso de emergencias, marque 911 para la policía, diríjense usted y sus hijos a un lugar seguro, busquen atención médica y llamen a DVS para asistencia.**

¡Oportunidades de trabajo!

Las Escuelas Públicas de Everett están contratando para muchas vacantes. Por favor comparta con sus amigos y familia que puedan estar interesados en ser parte de nuestro equipo. Visite www.everettsd.org/jobs para empleos publicados y cómo aplicar.

¡Estamos contratando!

WE ARE HIRING!

- Choferes
- Custodios
- Alimentos y Nutrición
- Asistentes para la sala de salud
- Paraeducadores
- Sustitutos
- Maestros

Ofrecemos salarios competitivos, horario flexible, capacitación y mucho más.



Para más información o para aplicar, haga clic en el encabezado

¿Tiene una llamada perdida de nosotros?

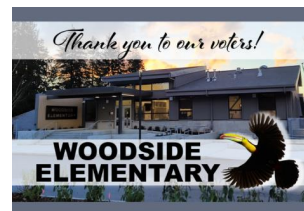
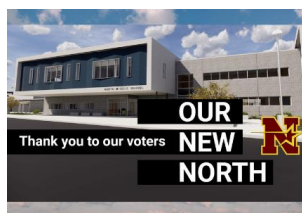
Si tiene una llamada perdida de su escuela, por favor verifique primero su correo de voz, email o aplicación móvil para ver el mensaje en lugar de regresar la llamada a la escuela. Las escuelas se inundan con frecuencia de llamadas telefónicas de los padres después de que se enviaron los mensajes automatizados, y no pueden atender todas las llamadas. Si no está recibiendo mensajes, entonces necesita actualizar su información de contacto en su escuela.

¿Tiene actualizada su información en la escuela?

Si su información de contacto ha cambiado, por favor avísele a su escuela para podernos comunicar con usted.

¡Muestra de proyectos capitales 2016!

Gracias al apoyo de la comunidad en el bono capital 2016, se han completado los reemplazos parciales de la escuela secundaria North Middle y la escuela primaria Woodside Elementary, así como los proyectos de modernización! Los estudiantes y el personal escolar están disfrutando de sus nuevas escuelas. ¿Tiene curiosidad de como se ven? Visite la página principal del distrito bajo "School Announcements" para ver los videos de celebración o haga clic en estas imágenes para ir directo a sus vínculos.





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:

Kevin Allen
 425-385-4100
 KAllen@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
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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:

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