

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



November 2021

VOLUME 5, ISSUE 3

From the Principal

Dear Cascade Families,

As we move more fully into the Autumn, we also continue to move forward with a number of elements that perhaps we missed out on during last year's distanced learning program. October had a great deal of those items, from homecoming to state testing to the various surveys that our student body has engaged in, the tremendous effort on the part of our student body and our staff has been truly remarkable. The continued persistence and resiliency of our entire community is remarkable.

That said, we are still in the middle of incredibly stressful times, therefore if you have concerns or are seeing things keeping your student from engaging positively in school, we would like to hear from you and see how we can best support. The very best way to get an immediate response is access call us at 425-385-6000 or connect with individual staff via the *Our Staff* link. Other resources that could be helpful to you in supporting your student are access to **Gradebook**, **Home Access Center**, and **Canvas for Parents**.

Last year we were having to reinvent everything, but this year, we're still having to find creative solutions to be able to do the things we traditionally are used to. For example, this November, we will be hosting virtual and in-person sessions for our students and their families to explore their high school and beyond plans, discuss college and career readiness, financial aid, and other key information to support students in their next steps. We want to recognize these and other efforts to reimagine opportunities for engaging our students in a wider conversation about career and college readiness and will continue to come up with ways to keep those conversations going as well as trying to reimagine new ways to engage our student body and school community, ultimately working to continue to try to come together as a community to support each other.

Finally, I want to recognize you. Considering how challenging the last 18 months have been, I want to thank our parents and guardians who are supporting our students in these challenging times. Great schools do not happen by accident, it takes all of us giving our best to supporting our students in their growth. As a parent myself of students in school, the efforts you have taken and are taking to support your students are truly appreciated and necessary. So much of the power of school is guiding students in being thoughtful about their own growth and about the principles and ideals that drive them forward and guide their actions and goals. You are such important parts of this growth and we want to express our appreciation for all that you do to make learning possible for all of our Bruins.

Sincerely,

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

Micheal Takayoshi
Principal

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

November 5

Full Day

November 11

No School – Veteran's Day

November 12

Learning Improvement Friday

November 19

Learning Improvement Friday

November 24-

26

No School - Thanksgiving Break



Class of
2022

MEETING

**Wednesday
November 3**

**9:20 am
Gym**

Come find out about
Cap & Gowns
Graduation Gear
Senior Week
and much more!

Class of 2022 Timeline



Cascade Athletics

We are wrapping up our fall sports season. Congratulations to diver Saige Anderson! She has qualified for the state dive finals. We have many other athletes competing at the district level at the time of this article. Good luck to all our athletes!

Winter sports are upon us! Girl's bowling starts on Monday, November 1st. All other winter sports (boys and girls' basketball, boys and girls wrestling, and boys swimming) begin on Monday, November 15th. All winter sports paperwork is due by **Tuesday, November 9th** (girls bowling paperwork is due ASAP)

To compete in a winter sport, you must have a current sport physical and all eligibility information completed in Rank One.

Click [here](#) for link to the sports physical document that must be completed by the doctor:

Click [here](#) for Rank One. There are 4 forms that need to be completed online (informed consent, parental release of information, athletic emergency information, and eligibility questionnaire):

Parents: If your student is participating in a winter sport, there will be a **mandatory** parent meeting on Monday, November 22nd in the evening. More details to come, but this will be a zoom meeting with all parents together, followed by a second zoom meeting with your specific sports coaches.

COVID information as it relates to winter sports:

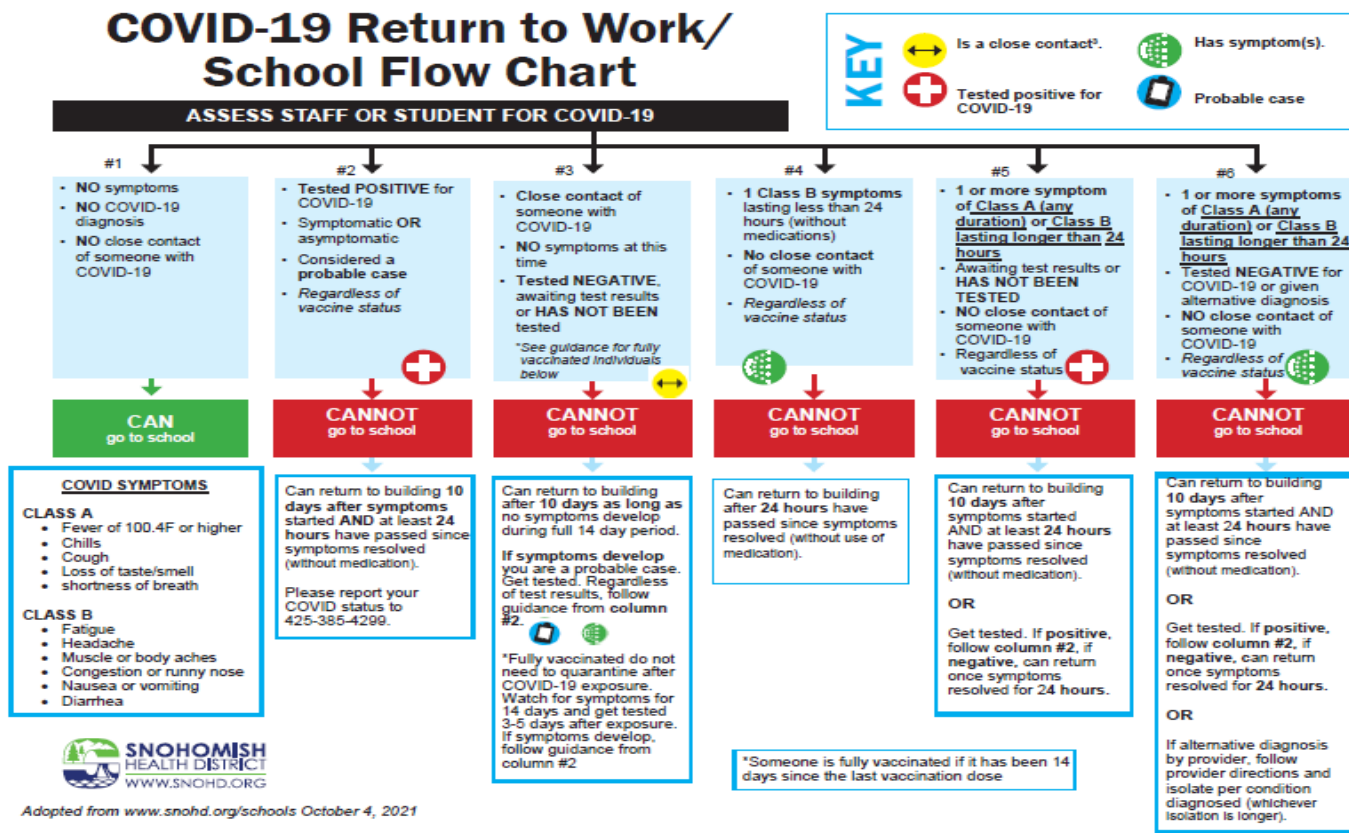
- Basketball and wrestling are considered high risk sports because of close contact. All athletes participating in basketball and wrestling will be required to complete a rapid COVID test at the school twice per week **UNLESS** they are fully vaccinated. If students are fully vaccinated, they can provide the school proof of vaccination and will not be required to test. Please keep this in mind as we get ready to start our seasons.

If you have questions about joining a sport you can email
Rhonda Covert (rcovert@everettsd.org)
Scott Stencil (sstencil@everettsd.org)





COVID-19 Return to Work/ School Flow Chart



A few important reminders from the Bruins Health Team.

- Students **CANNOT** be in school with symptoms. Students experiencing the following symptoms may **NOT** be on campus (**even with a negative covid test and despite vaccination status**):
 - Headache
 - Muscle Pain or body aches
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Fatigue
 - Fever
 - Cough
 - Loss of taste or smell
 - Chills
 - Shortness of breath or difficulty breathing
- If you come to school with symptoms, you will be placed on Quarantine and sent home.
 - If placed on quarantine, you may not come back to campus until you have been cleared by the nurse.
 - **Do NOT call the health room to be cleared.** The number for the nurse is on the Quarantine letter sent home with your student.
 - Please wait until ALL your symptoms have been gone for a full 24 hours before calling the nurse.
 - Leave a voicemail. Your call will be returned in the order received.
 - Do not return to campus until the nurse clears you to do so.

Thank you for helping us keep students and staff safe and healthy and helping us keep school open!

Your Bruins Health Team,
Senta Barrett – Health Room Assistant
Amber Nelson – Registered Nurse



Attendance Reporting

- **Effective as we begin the 2020-21 school year**, parents should **send an email** regarding student absences to the following dedicated email account: CHSAffendance@everettsd.org
- Please be sure to provide:
 - the student's name
 - the student's ID number
 - the reason for the absence
 - your name
 - attach a doctor's note if applicable

Attendance Email: CHSAffendance@everettsd.org

Attendance Line: 425-385-6004

If you leave a voicemail, please provide a **written note** or email within 30 days of your student's first day back to school.

Worksite Learning

Did you know you can earn credit for your job outside of school? Worksite Learning Experience (WSL) allows a student to earn .5 CTE credit for every 180 hours of work at their current job. Students will complete an initial set of paperwork, submit copies of paystubs and focus on learning objectives while they perform their normal job functions.

For more information, contact Bree Youngberg (byoungberg@everettsd.org) or complete the interest form at: <https://forms.office.com/r/CnHDs9F1w3>

EVERETT SD
Worksite Learning Experience
 BREE YOUNGBERG [BYOUNGBERG@EVERETTSD.ORG](mailto:byoungberg@everettsd.org)

- 1 Is the student 16 years old and currently working?
- 2 Student meets with WSL Coordinator to verify current / previous enrollment in qualifying course & complete WSL Plan
- 3 Student completes Worksite Learning paperwork and WSL coordinator meets with employer
- 4 Student works 180 hours (.5 CTE credit) or 360 hours (1.0 credit) and submits paystubs to WSL coordinator
- 5 Final employer evaluation is completed and students receive credit for WSL Experience



Drive-Through Food Pantry



EVERETT MALL

Friday, November 12

2pm - 5pm

1402 SE Everett Mall Way • Everett, WA 98208
South parking lot by Regal Cinemas

IN PARTNERSHIP WITH

Walgreens



United
Healthcare

offering flu vaccinations on site

voaww.org



Volunteers
of America®
WESTERN WASHINGTON

CHRISTMAS ASSISTANCE 2021

This year The Salvation Army Everett and Volunteers of America of Western Washington are partnering to provide Christmas Assistance to families in need. The Salvation Army will provide toys and gifts for children 17 and under, and the Volunteers of America will provide Christmas food baskets for each family. Both organizations will be using one online application system and provide one location for families to receive both their food box and gifts. Applications are available online now and are first come first served. Distribution will be Monday & Tuesday December 20th—21st, 2021 and information about pick up time and location will be provided once applications are approved.

*Things you will want to have ready before you begin your application

1. Picture ID of adult applicant
2. Recent utility bill with current address
3. Any 2 of the following for EACH child 17 and under in the household:
Birth Certificate, Social Security Card, Medicaid or Insurance Card, Letter of Legal Guardianship, Report Card, Passport

(Having these documents saved as a file on your computer or as a picture on your phone if using mobile, will be helpful in completing your application quickly)

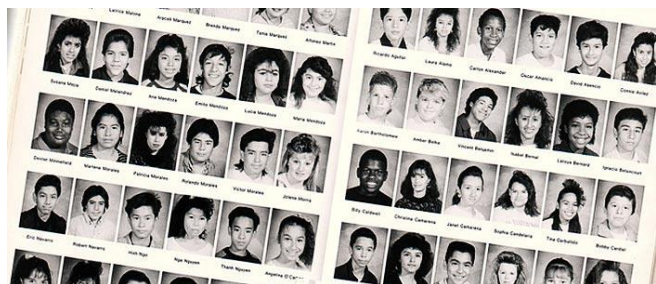
To apply, please go to <https://saangeltree.org>

- Scroll down and select “No” for “Do you have an invitation code”
- Enter your zip code in the box and select “Go”
If you live in Everett and receive an error message after submitting your zip code that states there are no services in your area, it is likely that we have reached our application limit. Please don't worry. Often times there are duplications in the system, and they will be cleared soon. You can reach out to the email address below for assistance.
Eligible Everett zip codes are: 98201, 98203, 98204, 98206, 98207, 98208, 98213
- Begin the online application process
Once you have completed the first page of the form, a pop-up will appear notifying you that a link specific to your application has been emailed to you to get back to your personal application should you happen to have internet trouble or need to finish completing the application at another time

For questions and assistance with your application, please reach out to:
EVAngeltreehelp@usw.salvationarmy.org and a staff member will get in touch with you as soon as possible.



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](#)



CHS LIBRARY NEEDS MORE MANGA!

JUJUTSU KAISEN? AOT? DEMON SLAYER? ONE PIECE? NARUTO? ONE PUNCH MAN?

WE'LL TAKE THEM ALL!



MANGA DONATIONS



gratefully accepted

*chs library reviews all manga for content and grade-appropriate reading levels.

Parents!

Do you have a manga collection lying around, unread and unloved?

Our Manga section is **CLEANED OUT!**

These books are **THE MOST** frequently circulated titles this month.

We would gratefully accept your gently used books!

Please email me with questions or details for donations.

Thank you for considering!

Amalia Pimenta,

apimenta@everettsd.org

Canva graphic design credit and thanks to CHS Junior Naaz Vemmerath-Kulangara.



Self Esteem

Most parents feel passionately about their children and only want the best for them. But what is self-esteem and self-worth?

What is self-esteem and self-worth?

We all begin life with a simple view of the world. As young children we trust easily and freely, we are full of adventure and life is full of possibilities. As we grow up, we learn to listen to what others think of us and what society tells we should be like. As we grow up, we look to the people closest to us to confirm or reject these ideas of ourselves. This all goes a long way to shaping our self-worth.

When you are positive with your children, encouraging them to feel good about themselves, you are building the foundations for a person who will be resilient later in life. They'll be better able to cope with life's ups and downs, trust their own judgement, see their potential and be more confident.

Start with you

You can usually get some clues from how you feel about yourself. How easy is it to list the things you really like about yourself? Can you be honest about your weaknesses without feeling like a total failure? Do you respect and look after yourself and expect the same from others? Look around and notice your achievements and don't overlook the little things! You don't have to be perfect – just feel that you are equal to those around you.

If this is really difficult, you're not alone. Many of us take on negative messages about being "over-confident" or "arrogant" but self-esteem is about the ability to be realistic. Most of us have strengths and weaknesses; self-worth is about recognizing both and still feeling ok about who you are.

Building self-worth in your teenagers

Encourage your young person to develop a sense of who they are. Find out what they believe in. What are their values in life? What qualities do they think are important and why? What does it mean to be trustworthy, honest, loyal, and courageous or compassionate, for example?

Most teenagers welcome a bit of healthy debate – they may hold very different views from yours but encourage them to think things through for themselves. Difference is ok; understanding that we can have different views to others can help them build necessary skills in accessing situations, making judgements and being tolerant.

Having healthy relationships is also an important part of your self-worth, so talk to your children about their friendships, relationships with teachers and family friends. What kind of qualities do they look for in a friend? What kind of friend are they? What is difficult and what works to resolve difficulties? Feelings can be powerful and overwhelming for many young people particularly in adolescence but talk about how they can express their feelings appropriately and safely.

What you can do

Accept strengths and weaknesses

Everyone has areas they can work on. But we're often much better at identifying these than the things we're good at. Look for opportunities to point out their successes, don't let a small achievement go unnoticed. Let them know the qualities you admire or like about them and why.

If you need to be constructively critical, be specific, avoid personal attacks and be prepared to give an example. "You're lazy, useless and treat this house like a hotel" could be "I get really frustrated when I have to climb over the mess in your room – please could you try to be a bit more tidy?"



Allow independence

Persuade them to take a pride in themselves, take good care of themselves. Look after their health, eat properly, and understand the importance of looking after their minds and bodies. Having self-respect means that we value ourselves and we are much less likely to be treated disrespectfully by others.

Deal with change

Develop a healthy attitude to change in all aspects of life. Enable them to see it as the natural way of the world, the ebb and flow of life. Where you can, allow them to have control over how they adapt to changes. Talk through managing change, understanding that change can be both fearful and exciting. Talk about how you can resolve problems as they arise, what are the different options, benefits and losses, all skills to build confidence in making decisions.

Encourage their aspirations

Everyone needs to know where they're going. Allow our young person to want to rule the world, go into space, invent an alternative fuel or be the next prime minister if they really want to. As they shape their future before them, their goals will become increasingly realistic but should challenge them just a little. Talk to them about how they hope to achieve their goals in life, what do they need to get there, who can help and what can they do now?

From Relate.org/uk

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

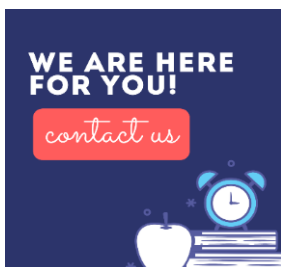
Bruin Community Parents Opportunity Scholarship Award.

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

chs.bcp@gmail.com



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-Hol	dwade@everettsd.org	385-6021
Anne Jensen	Hom-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).



**CASCADE CLOTHING
COMPANY**
CUSTOM DESIGN
APPAREL



NEED CUSTOM-DESIGNED & PRINTED T-SHIRTS OR SWEATSHIRTS? LOOK NO FURTHER THAN THE CASCADE CLOTHING COMPANY!



WWW.EVERETTSCHOOLSDISTRICTS.ORG/PAGE/39059



The Pride Shop
PS

**CASCADE
HIGH SCHOOL
SPIRIT GEAR**

TEE SHIRTS
SWEATSHIRTS
SPIRIT ITEMS

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



CHS LIBRARY

OPEN

Monday – Thursday

until

3:30PM

Homework Help - READ - Tech Assistance - MEET

STUDY - Prep for Tests – CHAT - Meet with Study Group

Activity Bus at 4:30pm

Study – Support – Safe – Space





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..



2021 High School & Beyond Event



SAVE THE DATE! The High School & Beyond event will be completely virtual again this year. We have partnered with VisitDays to design remote opportunities for students and families to connect with colleges and universities from all over the country. Washington-specific schools will be highlighted, including our local community colleges. The live event will take place on **Thursday, November 4th from 6 – 10 p.m.** The link to the virtual event site will be available soon, but in the meantime, mark your calendars for this upcoming opportunity to visit, ask questions, and explore several post-high school options!

Native American Indian and Alaska Native Heritage Month



November is Native American Indian and Alaska Native Heritage Month. What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

Daylight Saving Time Ends

November 7, 2021, Daylight Savings Time Ends and we “fall back” one hour.



Remember to vote Nov. 2



Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 2 – postage is not required for ballots.

Calendar reminder

This is a friendly reminder that there is no school the day before Thanksgiving.

November 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Outdoor visitors

“Outdoor” parent and PTA visitors are approved at schools. Please check with your school to see what options there are, sign in with the office when you arrive, be sure to be supervised by staff when outside and follow COVID safety protocols.



School performance report

Our school's performance report is available online on each school's website. More information is available on the [Office of Superintendent of Public Instruction website](#). At the bottom under data and research, click on "School Report Card" and select Everett from the list of districts.

Have you downloaded our mobile app?

News and information about our schools are as close as your smartphone. Download and log into the district app to access your student's info quickly and easily. See top stories, Parent University, Canvas, books checked out from the library, and find the staff directory, school websites, calendars and more.

Available for Apple and Android devices and can be downloaded in 3 easy steps:

1. On your smartphone, go to the iTunes App Store® or Google Play®
2. Search Everett Public Schools
3. Then select our app for free download

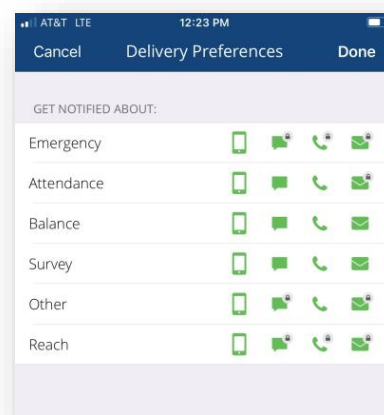


Once you've downloaded the app, log in to "student info" with your LMS password to see student-specific information for each of your children. Read content in one of many languages available in the settings. You are also able to set your delivery preferences.

Receive information the way you prefer

Thank you to all who were able to participate in our September 18 Let's Connect session. One of the action items that came from the session was to remind parents how to select their preferred method of communication so they will not get the same message in multiple formats unless they choose to. Below are some steps you can take:

- Download the district's mobile app. One of the many features is to select your delivery preferences. Once you have signed into your account, click on your profile tile and then "Edit Delivery Preferences" at the top.
 - Click on the icon for app, text, phone or email to turn off that mode. Green indicates the mode is turned on. Some modes are locked, as indicated with the lock in the upper corner of the icon.
- Keep your contact information current by updating the "Annual Student Update Form 2021-2022" in Home Access Center or by letting your school office know anytime there is a change.
- Please visit the communications department webpage for a list of timely and relevant information to strengthen connections among families, staff, and community.





Is your family prepared?

[Snohomish County Emergency Management](#) has helpful online resources to help you create, and practice emergency response plans with your family and neighborhood in preparation for bad weather.



Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child's online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.

Know who is in the "buddy lists." Get to know the cyberfriends as well as you do those who visit your home. Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:



- [Stop Bullying Now](#)
- [Ms. Parry's Guide to Correct Online Etiquette](#)
- [Common Sense Media](#)

Find out what Everett Public Schools students learn about digital citizenship on the district [website](#).

FAFSA season has begun!

Free Application for Federal Student Aid (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at www.fafsa.ed.gov.

Let's Connect – save the date

Mark your calendars. You are invited to connect with district leaders and engage in conversation on Monday, November 15 from 5 – 6 p.m.

We want to hear from you and hope you can attend a Zoom meeting to share your thoughts. Please check your email shortly for an invitation to connect with your school's regional superintendent and other district leaders. An RSVP is required to receive the link for the meeting. Let's Connect!





Have a safety concern related to schools? Report it!

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!

Everett Public Schools is active on social media!

We invite all Everett Public Schools families, students, friends, and community members to follow our social media sites including Facebook, Twitter, Instagram, and YouTube.

On our main district [Facebook](#), [Twitter](#), and [Instagram](#) pages, you will find emergency district communications, photos, videos, event postings, and content highlighting students, faculty, and accomplishments.

Visit our social media directory at www.everettsd.org/socialmediadirectory to follow along with school pages, district pages, teachers, clubs, teachers, student groups, and more. Stay connected with us to learn the latest news! We can't wait to see you there!

Evento de secundaria y más allá de 2021



¡RESERVA! El evento High School & Beyond volverá a ser completamente virtual este año. Nos hemos asociado con VisitDays para diseñar oportunidades remotas para que estudiantes y familias se conecten con colegios y universidades de todo el país. Se destacarán las escuelas específicas de Washington, incluidas nuestras universidades comunitarias locales. El evento en vivo tendrá lugar el jueves 4 de noviembre de 6 a 10 p.m. El enlace al sitio del evento virtual estará disponible pronto, pero mientras tanto, marque sus calendarios para esta próxima oportunidad de visitar, hacer preguntas y explorar varias opciones posteriores a la escuela secundaria.

Mes de la herencia de indígenas Americanos y de Alaska



Noviembre es el mes de los indígenas americanos y nativos de Alaska. Lo que inició al inicio del siglo como un esfuerzo para ganar un día de reconocimiento por las grandes contribuciones de los primeros americanos hechas al establecimiento y crecimiento de EE.UU., ha resultado en un mes completo designado a este propósito.



Termina el horario de verano

7 de noviembre de 2021, termina el horario de verano, retrasando una hora el reloj.



Recuerde votar el 2 de noviembre



Recuerde entregar su boleta electoral en un buzón de votos cerca de usted o mándelo por correo antes del 2 de noviembre. No se requiere de estampilla postal para mandar boletas.

Noviembre						2021
Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
	1	2 Elecciones	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Recordatorio del calendario

Un recordatorio que no habrá clases el día antes de Acción de Gracias.

Visitantes en el exterior (outdoor)

Los padres y visitantes del PTA están aprobados para visitar escuelas al “exterior”. Por favor consulte con su escuela para que opciones ofrecen, regístrese con la oficina a su llegada, asegúrese de ser supervisado por el personal cuando esté afuera y siga los protocolos de seguridad del COVID.

Reporte de desempeño de las escuelas

Nuestros reportes de desempeño de las escuelas ya están disponibles en línea en los sitios web escolares. Más información está disponible en el [sitio web de la Oficina del Superintendente de Instrucción Pública](#). Haga clic en “State Report Card” y seleccione Everett de la lista de distritos.

¿Ya descargó la app móvil?

Las noticias e información de nuestras escuelas están tan cerca como su celular. Descargue e ingrese a la app del distrito para acceder a la información de su estudiante rápida y fácilmente. Vea historias relevantes, Universidad para Padres, Canvas, libros sacados de la biblioteca, y encuentre el directorio del personal, sitios web escolares, calendarios y más.

Disponible para Apple y Android y puede ser descargado en 3 pasos sencillos:



4. En su celular inteligente, vaya a iTunes App Store® o Google Play®
5. Busque Everett Public Schools
6. Luego seleccione nuestra aplicación para descargarla gratis

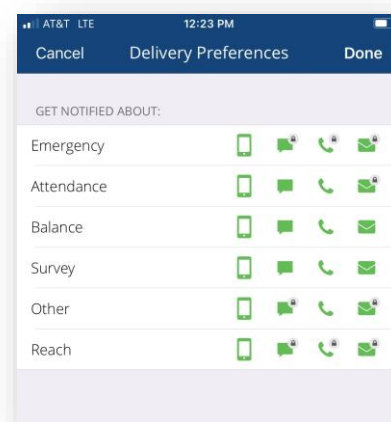
Una vez que la descargue, ingrese a “student Info” con su contraseña (password) de LMS para ver información específica de cada uno de sus estudiantes. Lea el contenido en uno de los muchos idiomas disponibles en ajustes (settings). Podrá también programar sus preferencias de entrega.



Reciba la información como usted la prefiera

Gracias a todos los que pudieron participar en nuestra sesión de Let’s Connect del 18 de septiembre. Una de las acciones que surgió en la sesión fue recordar a los padres cómo seleccionar su método de preferencia para la comunicación, para que no recibieran el mismo mensaje en varios formatos, a menos que ellos lo eligieran. Aquí están los pasos a tomar:

- Descargue la app móvil del distrito. Una de las muchas características es seleccionar sus preferencias de entrega de información. Una vez que ingrese en su cuenta, haga clic en su perfil y luego elija “Edit Delivery Preferences” en la parte de arriba.
 - Haga clic en el ícono para apagar el modo de app, teléfono o email. El color verde indica que el modo está activado. Algunos modos están con candado, como se indica con el candado en la parte superior derecha del ícono.



- Mantenga su información de contacto al día actualizando el formulario “the “Annual Student Update Form 2021-2022” en Home Access Center o avisando a su oficina escolar cuando haya un cambio.
- Por favor visite el portal del departamento de comunicaciones para una lista de información oportuna y relevante para fortalecer las conexiones entre las familias, el personal escolar y la comunidad.

¿Está su familia preparada?

[Snohomish County Emergency Management](#) tiene recursos de ayuda en línea para crear, y practicar planes de respuesta contra emergencias con su familia y vecinos en preparación para las inclemencias del clima.



Consejos para seguridad en línea

- Mantenga la computadora en un área ocupada de su hogar.
- Use una app para estar al pendiente de la actividad de su hijo/a en línea en su dispositivo.
- Platiquen sobre el ciberbullying. Pregunte si conocen a una víctima. Pregúnteles si han sido ellos víctimas.



- Den de alta las cuentas de email y de las redes sociales con sus hijos. Conozcan sus nombres de pantalla y contraseñas y explique las razones de por qué no incluir información personal en sus perfiles.

Sepan quien está su lista de amigos (buddy list). Conozca sus ciberamigos tan bien como los que lo visitan en su hogar. Los padres y tutores legales pueden encontrar los siguientes recursos de gran ayuda para iniciar una conversación sobre los peligros de participar en un ciberbullying y cómo mantenerse seguros en línea:



- [Detenga el bullying ahora mismo](#)
- [Guía de Ms. Parry's Guide para reglas de etiqueta en línea](#)
- [Sentido común en los medios masivos](#)

Entérese de lo que los estudiantes de las Escuelas Públicas de Everett aprenden sobre el civismo digital en el distrito en [sitio web de "Learning Management Services"](#).

¡Inició la temporada de FAFSA!

FAFSA o Aplicación para Ayuda Federal Estudiantil es una oficina del departamento de educación de EE.UU. FAFSA se coordina con las escuelas de educación superior e instituciones financieras para ayudar a los estudiantes y a sus familias a pagar la universidad. Está al pendiente de los eventos para llenar el FAFSA en nuestro distrito. Encuentre más información en www.fafsa.ed.gov.

Let's Connect – aparte la fecha

A note en sus calendarios, porque está invitado a conectarse con los líderes del distrito a participar en una conversación el lunes 15 de noviembre de 5-6pm.

Queremos escuchar de usted y esperamos pueda asistir a la junta Zoom para compartir sus opiniones. Por favor verifique su email dentro de poco tiempo para recibir la invitación a conectarse con su superintendente regional de su escuela y otros líderes del distrito. Se requiere que confirme su asistencia (RSVP) para recibir el enlace a la reunión. Let's Connect! (¡Conectémonos!)



¿Tiene problemas de seguridad relacionados con la escuela? ¡Repórtelo!

Puede llamar, enviar un texto o email con su problema o inquietud.

Si hay una razón que le preocupa en la seguridad en el área asignada para caminar a la escuela. Llame al 9-1-1 inmediatamente para recibir ayuda rápida y autorizada. Estamos fuertemente afiliados con seguridad pública quienes comparten nuestro interés en la seguridad de la escuela y comunidades.

3 maneras fáciles

Texto o llamada

☎ 855-637-2095

✉ 1350@alert1.us

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

FOR
EMERGENCIES,
PLEASE CALL
911!




La seguridad estudiantil es prioridad para todos nosotros. Trabajando juntos, podemos ayudar a que nuestras comunidades y escuelas sean lugares de apoyo para que los estudiantes aprendan y crezcan juntos.

¡Las Escuelas Públicas de Everett están activas en las redes sociales!

Invitamos a todas las familias, estudiantes, amigos y miembros de la comunidad de las Escuelas Públicas de Everett a seguir nuestros sitios de redes sociales incluyendo Facebook, Twitter, Instagram y YouTube.

En nuestras páginas principales para [Facebook](#), [Twitter](#), e [Instagram](#) encontrará comunicaciones distritales de emergencia, fotos, videos, publicaciones de eventos y contenidos destacando estudiantes, facultad y logros.

Visite nuestro directorio de medios sociales en www.everettsd.org/socialmediadirectory para seguir de cerca las páginas escolares, páginas del distrito, maestros, clubs, grupos estudiantiles, y más. ¡Conéctese con nosotros para enterarse de las últimas noticias!



EVERETT PUBLIC SCHOOLS®

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.

<ul style="list-style-type: none"> • Title IX/Civil Rights • Compliance Officer: • Kevin Allen • 425-385-4100 • KAllen@everettsd.org • PO Box 2098 • Everett, WA 98213 	<ul style="list-style-type: none"> • Section 504 Coordinator: • Dave Peters • 425-385-4063 • DPeters@everettsd.org • PO Box 2098 • Everett, WA 98213 	<ul style="list-style-type: none"> • ADA Coordinator: • Randi Seaberg • 425-385-4104 • RSeaberg@everettsd.org • PO Box 2098 • Everett, WA 98213
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¡Estamos emocionados de poderlo ver ahí!



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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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