

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



December 2021

VOLUME 5, ISSUE 4

From the Principal

Dear Cascade Families,

As we move into the late fall and early winter, the cumulative challenges of the last few years, on our students and ourselves, certainly add to an often already overwhelming time period. However, I'm really encouraging all of us to put our focus and energies into the positives. I certainly know how much I've been overcome the last few years by what we've seen within our school community's resilience, care for one another, and commitment to never stop finding ways to support others. Nowhere has that been more evident than in our annual Food Drive. This month, students and staff will participate in an event that I believe truly encapsulates what it means to be a Bruin. I've always shared with people when they ask me about Cascade High School that when I started at Cascade as an assistant principal in 2014, the first item that people referenced when wanting to introduce the school community to me was our food drive. And I believe that it, more than any other event, reflects the heart of our school community.

As we come to the end of the calendar year, it is important that we continue to strive to help each other through difficult times. Regularly the work that students engage in can be wider than within the context of the classroom, and in fact, often the best learning extends beyond the classroom. Whether it is students learning to step into leadership positions, or becoming increasingly confident in their problem-solving abilities, or simply learning how to navigate complex situations, sometimes the most profound work that students can engage in is being part of a larger community and being able to support each other with a greater sense of service. In the spirit of that, as we move closer to the end of the semester, it is important to continually ask questions and seek assistance as well. Good resources to utilize would be *Our Staff* link on our home page, [Gradebook](#), [Home Access Center](#), and [Canvas for Parents](#). As I reflect on this time, I consider how lucky and very thankful I am to be able to work in this community and among those who value and work for each other and for the greater community around them. Thank you, I hope you and your family have a happy and safe December.

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

December 3
Learning Improvement Friday
December 10
Learning Improvement Friday
December 17
Early Release
December 20-
31
Winter Break – No School



cascade's
60TH _____
annual
FOOD DRIVE!
NOV. 29 - DEC. 15



SCAN ME

- **DONATE NON-PERISHABLE FOOD ITEMS, MONEY, OR GIFTS TO OUR DRIVE!!**
- **ALL PROCEEDS GO TOWARDS HELPING OVER 100 FAMILIES IN OUR COMMUNITY**

Proceeds from this event will be donated to CHS 60th Food Drive. Funds collected are private monies and will be held in trust by the Everett Public School District exclusively for the specified purpose.



Class of 2022 Timeline



Washington College Grant gives **more money to more people** for **more types of education** beyond high school.

Learn more at: wsac.wa.gov/wcg
Access Washington College Grant
Apply for financial aid
Plan for more education

“ Without these kinds of funding opportunities, I would not have been able to go to college and fulfill my dream of graduating from college. ”

More types of education

Use financial aid for job training or college.

Washington College Grant covers:

- Workforce and training programs
- Approved apprenticeship programs
- Public and private colleges and universities

More money

Don't assume you won't qualify.

Washington College Grant provides:

- Full tuition and fees for public colleges for many families
- Half of Washington families can get a grant
- Guaranteed funding to eligible students

More students

Washington College Grant is not reserved for valedictorians or athletes.

Washington College Grant serves:

- All eligible students, no age limits
- Part-time and full-time students



Cascade Athletics

Congratulations to our fall state athlete participants! Trevor Krestel competed in the 3A state cross country meet and Saige Anderson competed in the 3A state Dive championships. Saige was also the District champion in dive!

Cascade Coaches have selected our Fall scholar athlete winners. Congratulations to Laura Alcantar-Soto and Ronan Mckague!

- Laura has a 4.0 cumulative GPA and is a 3-year letterwoman in cross country, a 4-year letterwoman in her winter sport (wrestling), and a 3-year letterwoman in her spring sport (track). In addition to sports, Laura has taken 7 AP classes, is an AP Scholar, is involved with the Everett Youth Advisory Board, participated in the CHS food drive, and is a CHS Link Crew leader.
- Ronan has a 3.98 cumulative GPA and is a 3-year letterman in football (co-captain this year) and a 2-year letterman in his winter sport (wrestling). In addition to sports, Ronan has taken 10 AP classes, 2 honors classes, has received the athletic award for football for the past 3 years, been involved with the CHS food drive, and is an academic tutor for AP Chemistry students.

Winter sports are underway! Here is a list of upcoming **home** sporting events:

- Dec. 2nd- Boys JV wrestling jamboree (5:30)
- Dec. 3rd- Girls JV and Varsity basketball vs. Oak Harbor (5:40 and 7:15)
- Dec. 6th- Girls JV and Varsity basketball vs. Marysville-Getchel (5:40 and 7:15)
- Dec 7th- Boys Swimming vs. Kamiak (2:30 at Everett YMCA)
- Dec 7th- Boys Wrestling Double Dual Meet (5:30)
- Dec 9th- Boys Swimming vs. Glacier Peak (2:30 at Everett YMCA)
- Dec 9th – Boys Wrestling Double Dual Meet (5:30)
- Dec 10th – Boys C team, JV, and Varsity Basketball vs. Shorewood (4:00, 5:40, and 7:15)
- Dec 11th – Girls JV and Varsity Basketball vs. Cedar Park Christian (1:15 and 3:00)
- Dec 13th- Girls Bowling vs. Anacortes (3:00 at Evergreen Lanes Bowling Alley)

For complete winter sports schedules, visit <https://cascadebruins.com/>

Spectators, please remember that masks are required at all indoor events regardless of your vaccination status. Noncompliance of this rule can result in a spectator being asked to leave. Please partner with us to ensure that our athletes are able to complete a full season. During contests, FOOD or DRINK will not be allowed in the gymnasium at all with the exception of the athletes actively playing/competing.

Mike Washington – Athletic Director
Rhonda Covert – Athletic Secretary
Scott Stencil – Athletic Coordinator



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.

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



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.



How to Bring Your Best Self to the Holidays

The holiday season.

It's called "the most wonderful time of the year".

But between buying gifts, hosting parties, trying not to break your healthy habits (or the bank), and attending family gatherings, it can also be the most stressful time of the year.

That's why it's super important to make time for self-care and self-love during the holidays.

We want to help you feel your best this holiday season. So we're sharing 20 self-care tips to reduce stress and help you get the most comfort and joy out of your holidays.

20 Ways for Parents to Reduce Holiday Stress With Self-Care

1. **Let It Out.** The holidays can bring up a lot of emotions, baggage, and discomfort. Maybe you're stressed about money. Maybe you're missing a departed loved one. Maybe you're dreading spending time with difficult family members. The worst thing you can do is keep everything in, so talk to someone: a friend, or someone you trust to provide you with a safe space to vent and be your sounding board.
2. **Make Healthy Choices (Most of the Time).** If you want the Christmas cookie, by all means have the Christmas cookie! We don't believe in a life of constant restriction, and the holidays are a time to make small allowances and treat yourself. Just watch your portion sizes and make sure to jump back on the healthy bandwagon the next day. As a rule of thumb, try to make healthy choices the majority of the time. And remember, too much sugar, salt, fat, etc. can impact your [motivation](#), mood and energy—another great reason to indulge in moderation.
3. **Carve Out Time for Self-Care.** We can't overstate the importance of self-care during the holidays. But I've got too much to do, you may be thinking. How am I supposed to make time for self-care? Our answer: when you are crazy busy is when you need self-care most. So make sure to schedule time for you this holiday season. Even [ten minutes](#) can positively impact your mental health, and it's enough time to get outside for a breath of fresh air, a quick meditation, fit in a quick workout, or chat with a loved one to help you reset.
4. **Meditate.** [Mindfulness practice](#) is a fantastic tool for helping you stay focused on the present and self-aware. There are tons of apps out there that offer short, guided meditations on a range of subjects to help you center yourself and keep calm through the holiday hustle and bustle.
5. **Recite Affirmations.** [Affirmations](#) are another great way to center yourself, and align with your intention for how you want to feel and show up for yourself and others during the holiday season. Try reciting and/or writing the following affirmation over and over when you need a reset: "I breathe in calmness and positivity". Or pick some other positive statement that aligns with your desired state.
6. **Be Active.** Fitting in some movement can help you relieve stress and anxiety, boost energy, work off those yummy holiday treats, and just feel better all around. So try to fit in physical activity where you can. It doesn't have to be super-intense or take a ton of time. Even five-minute walks around the block and taking the stairs instead of the elevator add up and can help increase your overall stamina.
7. **Say No.** It's easy to stretch ourselves too thin over the holidays by saying yes to all the things. While we encourage you to say yes to the things that are most important to you, we also want to remind you to be kind to yourself, guard your time, and to politely decline anything that drains you or feels stressful.
8. **Get Enough Sleep.** It may be tempting to clock some late nights shopping, wrapping gifts, celebrating, and cooking/baking, but adequate sleep is critical for us to feel our best in mind, body, and spirit and help keep our immune system strong, because no one likes to get sick. Aim to catch between seven and eight hours of zzz's a night.
9. **Stay Hydrated.** We tend to underestimate the importance of adequate water intake and forget to hydrate altogether when we're busy, but dehydration can often take a toll on the body and make you feel downright crummy. Aim to drink half your body weight in ounces a day and keep a reusable water bottle on you at all times so you're never left high and dry. Water helps boost energy and flushes toxins from your system, among other things.

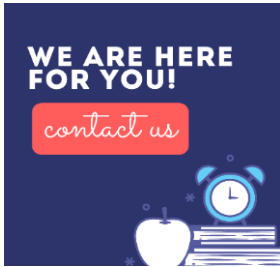


10. **Take Your Vitamins.** A lot of people tend to get sick around the holidays because they're stressed, overcommitted, and they're not eating well or sleeping enough. Taking vitamins can help give your immune system an extra boost when it needs it most.
11. **Limit Alcohol.** It's tempting to indulge in all the holiday cocktails, but as we know, alcohol can impair thinking, cause mood swings, raise blood pressure, lead to poor social judgment, lower inhibitions, decrease concentration, and lots more. Sure, you can enjoy a cocktail, but we suggest sticking to lower calorie drinks, like vodka, and adding sparkling water and some lemon or lime for flavor, instead of opting for sweet, high-calorie alcoholic drinks. You can also follow the one-to-one rule—for every alcoholic drink you have, follow it with a glass of water. And during the last hour or so of a party, switch to water completely. Your head will thank you in the morning!
12. **Take Action.** Procrastination can be a major source of stress and anxiety, so do yourself a favor and resolve to get as prepared and organized for the holidays as possible. Decorate early. Aim to complete your holiday shopping in early December and do as much of it as you can online away from the crowds. Plan your holiday meals and purchase as many nonperishable ingredients as you can in advance. Set a deadline on your phone calendar for when you'll send holiday cards out. Do whatever you can to avoid the last-minute madness.
13. **Breath...and Smile.** If the length of your to-do list or other worries are bringing you down, try two things:

Take some slow, deep breaths in and out. Studies have shown that this simple act can increase positivity, decrease emotional reactivity, improve brain health, and promote feelings of calmness.

Smile (even if you don't feel like it). There's something to be said for faking it 'til you make it. If you're feeling the opposite of happy, try grinning from ear to ear. Just the act of smiling can uplift you and snap you out of a funk.

14. **Pamper Yourself.** The holidays are a great excuse to treat yourself to a little pampering. Get a new 'do, go for a relaxing massage, give yourself a manicure, or do something else for you.
15. **Be Intentional.** Ask yourself what's most important to you during the holidays. What do you want to do? Who do you want to spend time with? How do you want to feel? Being clear on your priorities will help you stay focused on what matters most so you can have the most meaningful holiday experience.
16. **Make a Budget and Respect It.** We all want to be generous with our loved ones, but holiday shopping shouldn't jeopardize our financial health. A recent survey reported that a large percentage of the population is going into debt to deliver holiday cheer and this can be seriously damaging. So be realistic about what you can afford to spend on your loved ones, set yourself a budget, and stick to it. And remember: thoughtfulness doesn't have a value. Consider starting a swap with family members, trade materialistic gifts for experiences, make handmade gifts, or donate time or money to a charity you admire.
17. **Ask for Support.** If you've got too much on your plate or you're feeling overwhelmed, the best thing you can do is speak up and ask for help. People want to help, so reach out and be clear about what kind of support you need most.
18. **Take a Break From Social.** The holidays can be stressful enough without falling prey to the comparison game, which social media tends to fuel. So do yourself a favor and give yourself a break from social media as often as you can. We suggest adjusting your phone settings to limit your screen time, instituting social media-free weekends, leaving your phone out of your bedroom at night, and vowing to keep it out of sight during holiday activities that deserve your focused attention.
19. **Make a Holiday Gratitude List.** Instead of getting carried away by all the things you need to do, spend some time acknowledging, celebrating, and expressing gratitude for all you have to be grateful for this holiday season. Every night, do a brain dump onto a piece of paper of everything big and small you have to be grateful for. [Gratitude](#) has been shown to improve physical and mental health, sleep, self-esteem, increase mental strength, and lots more.
20. **Ditch the Perfection Mentality.** We all want the holidays to be memorable and meaningful, but if you're striving for perfect, you're setting yourself up for a lot of stress and disappointment. Perfection doesn't exist and chasing it will only make you crazy. Let go of having the "perfect" holiday and be okay with having an authentic, "good enough" one. We guarantee you'll end up enjoying yourself a lot more.



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.EVERETTSD.ORG/PAGE/39059



The Pride Steps
PS

CASCADE
HIGH SCHOOL
SPIRIT GEAR

TEE SHIRTS
SWEATSHIRTS
SPIRIT ITEMS

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



CHS LIBRARY OPEN

Until 3:30PM

After School

Tuesdays and Thursdays

Tutors Available

HAVE HOMEWORK?

Need Help?

Tutors available

@ the Library

During PAWS

See Ms. Vasquez in the library for a PAWS Pass

or fill out the [Request a Tutor Form](#)

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..



Parent University “Suggest a Topic” Form

We want to hear from our families! Everett Public Schools empowers parents and guardians to be engaged in their child's education. Parent University is a series of short informative on-demand videos and "how-to" guides, based upon parents' top concerns and areas of interest. We are seeking input from families as we develop videos this school year. Please visit the “Suggest a Topic” form and tell us about additional topics that will help meet the needs of you and your student(s).

[Link to Parent University webpage](#)

[Link to Form](#)



Replacement levies



Everett Public Schools board of directors voted to put two replacement levies on the February 2022 ballot. The 4-year replacement Educational Programs and Operations (EP&O) levy and the 6-year Capital levy would replace two levies expiring in 2022 and would start collecting in 2023.

Replacing both expiring levies within a stable tax rate, that also addressed the educational needs of all our students, was a primary goal in planning the renewal levies for the February 8, 2022 election.

Having good schools and facilities has a positive effect on our neighborhoods. Better schools help build a stronger community, which will improve our quality of life, keep crime down, and help increase the values of our homes. All students should be given the same opportunities regardless of their abilities, backgrounds, or family income. This funding will ensure all students in Everett Public Schools have the same opportunities to learn, grow and succeed.

Local EP&O levy funding allows Everett Public Schools to provide the quality education our community expects for our children, which goes beyond the minimum funded by the state. The proposed renewal levy rate is \$2.20 per \$1,000 of assessed property value (AV). This is an increase of 27 cents per \$1,000 AV. This covers basic operating expenses and includes:

- Special education services
- Additional program offerings such as summer school, early learning, elementary dual language, choice programs, orchestra, family partnerships, and Diversity, Equity & Inclusion (DEI)
- Additional guidance and mental health counseling services, nurses, health room assistants, staff mentors, and positive behavior coaches
- Student transportation
- Safety and security
- Extra-curricular clubs, sports, and activities



- Costs over state funding for full time, part-time and substitute staff

The \$325.5 million replacement Capital levy provides funding to acquire, improve, or maintain school facilities in the following categories:

- **Technology:** Our students benefit from ongoing integration of technology into their learning. \$96 million
- **Increased safety and security:** Our students will learn in buildings that are made to be safer and more secure. \$2 million.
- **Equal access, same experience:** Every student will have the same opportunity to learn in well-functioning, safe and modern spaces. \$172 million.
- **Maintenance and mandatory upgrades:** Our facilities are valuable community assets and must be maintained to increase their life expectancy and comply with state-mandated upgrades. \$54 million.

The passing of both the replacement EP&O and Capital levies will increase your Everett Public Schools-related property tax rates by an estimated \$0.84 per \$1,000 AV when compared to 2022 and an estimated \$0.33 when compared to 2021. However, the new tax rates will still be substantially lower than rates paid by district property owners prior to 2021.

For more information about the upcoming replacement levies, visit www.everettsd.org/2022Levies.

Volunteers in schools

The district will begin allowing school-based volunteers who are approved and meet the Washington State COVID-19 vaccination requirement beginning December 6. Please visit the [volunteer webpage](#) under the Parents tab for information on the application update and vaccination verification process.

The gift of attendance

Absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. Just a few missed days here and there, even excused absences, can add up and lost learning time can put your child behind in school.

This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student's chances for academic success and eventually for graduation. This holiday season give your children the gift of an education and the habit of attendance.





Family resources

Could you or a family you know use some help? Find information and links to helpful resources on the district's [Parent Tools webpage](#):

- Washington State Library – local and regional information about services and agencies offering help to families in a variety of ways including food, shelter, clothing, childcare, legal services, employment opportunities, and counseling
- Everett Public Schools [Kids In Transition \(KIT\) program](#) – supports homeless children and youth to continue their education
- Snohomish Health District for Snohomish County community dental resources for children and adults
- United Way of Snohomish County – 2-1-1 is a free telephone number that is your best "first call" to quickly find the right source of help. The information line is staffed by trained operators from Volunteers of America Western Washington who can connect you to a wide range of community services



Space still available in ECEAP preschool

Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income. ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Early Learning.

The six ECEAP sites within our school district are Cedar Wood, Hawthorne, Jackson, Lowell, Madison, and Silver Lake elementary schools. Space is limited – apply early! For an application or more information, please visit the [district ECEAP website](#) or call 425-385-4628.



Transitional Kindergarten Program

Everett Public Schools is offering **Transitional Kindergarten** for children who are not currently in an early learning program and are scheduled to begin kindergarten in the fall of 2022. This program will focus on foundational academic, social and self-help skills to jumpstart qualifying students toward success in school. Students will be screened in December and January and may qualify based on need. The Transitional Kindergarten classrooms will be located at several of the elementary schools in our district. Sites will be determined based on enrollment. **Transitional Kindergarten** will start on Tuesday, February 1 and will run through the last day of school, which is currently June 22, 2022.

To be eligible for Transitional Kindergarten, children must:

- be 5 years old by August 31, 2022
- live within the boundaries of Everett Public Schools





- not be currently enrolled in an early learning program
- demonstrate academic and/or social-emotional needs through a screening process

The screening is an assessment used to determine your child's developmental strengths and needs. During this time, your child will draw, count, name colors, jump and have fun! Following the screening, you will have an opportunity to talk about the results and ask questions about your child's development. At this time, families will also learn whether or not their child qualifies for Transitional Kindergarten.

If you are interested in Transitional Kindergarten, please complete the interest form linked here:

[Transitional Kindergarten Interest Form](#)

For questions or assistance, please contact:

Helen Cooley, P-5 Instruction & Early Learning Programs Administrative Assistant: 425-385-4088 (or 425-385-4024)

Please visit our [ECEAP page](#) to learn about preschool opportunities that your child may also qualify for.

Accepting Highly Capable nominations until Dec. 17

The Highly Capable program in Everett Public Schools is designed to meet learning needs and challenge students who have advanced thinking and academic abilities. "HC" classes, as they are often referred to, are open to students in second, third, fourth and fifth grade. HC students learn and study in self-contained classrooms with a fast-paced curriculum that encourages and inspires them to develop higher level thinking skills. HC classrooms are held in specific schools in the district, based upon qualified enrollment. The district provides transportation to students in HC classes.

Find forms, information and evening events on the [Highly Capable website](#). Referrals are for students currently in grades one through four for winter testing, which will take place in February with more information to come.

Delayed start or closed schools

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at www.everettsd.org
- watch district [Facebook](#), [Twitter](#) or [Instagram](#) accounts



Snow routes are online

School drop off and pick up locations may change in an emergency situation. If your child rides a bus to school, please become familiar with the snow route information on the district [transportation department's webpage](#).

Board of Distinction

Everett Public Schools board of directors earned high honors with the designation as a *Board of Distinction 2021*. Applications are reviewed by a panel of judges that includes former and current educational service district superintendents, State Board of Education board members, former school directors and other education leaders in Washington state. Scoring is based on how well applicants show alignment with the Washington School Board Standards, support their statements with data and demonstrate a link between outcomes and decisions made by the board.



Everett Public Schools board of directors front: April Berg, Caroline Mason, Andrew Nicholls. Back: Pam LeSesne, Traci Mitchell

Register to vote!

It's easy! Visit the [Snohomish County webpage](#) for details on the three ways you can register to vote or update your registration.

Formulario para Sugerir Temas de la

Universidad para Padres

¡Queremos escuchar a nuestras familias! Las Escuelas Públicas de Everett empoderan a los padres y tutores legales a que participen en la educación de sus hijos. La Universidad para Padres (Parent University) es una serie de videos breves e informativos en demanda y guías instructivas basadas en las inquietudes e intereses más importantes para los padres. Estamos buscando la opinión y los comentarios de las familias para el desarrollo de videos de este año. Por favor visite el formulario de "Suggest a Topic" y díganos acerca de temas adicionales que nos puedan ayudar a satisfacer las necesidades de usted y de sus estudiantes.

[Enlace al sitio web de Parent University](#)

[Enlace al formulario](#)





Reemplazo de exacciones



La junta directiva escolar de las Escuelas Públicas de Everett votó para poner dos exacciones de reemplazo en las boletas de este próximo mes de febrero 2022. La exacción de 4 años de reemplazo para los Programas Educativos y de Operaciones (EP&O) y la exacción para Capital de 6 años reemplazarían las dos exacciones que están a punto de expirar en el 2022 y se comenzarían a recaudar para el 2023.

Nuestro objetivo principal en la planeación para la renovación de estas exacciones en las elecciones de febrero 8, 2022 es la de reemplazar estas exacciones bajo una tasa fiscal estable que a la vez aborde las necesidades educativas de todos nuestros estudiantes.

Contar con buenas escuelas e instalaciones tiene un efecto positivo en nuestras comunidades.

Tener mejores escuelas ayuda a formar una comunidad más fuerte, que mejorarán nuestra calidad de vida, bajarán el crimen y ayudarán a incrementar el valor de nuestras viviendas. Se le debe dar a todos los estudiantes las mismas oportunidades sin importar sus capacidades, antecedentes o ingreso familiar. Estos fondos asegurarán que todos los estudiantes en las Escuelas Públicas de Everett tendrán las mismas oportunidades para aprender, crecer y tener éxito.

Los fondos de exacción local EP&O permiten a las Escuelas Públicas de Everett proporcionar la calidad de educación nuestra comunidad espera para nuestros hijos, que va más allá de los fondos mínimos financiados por el estado. La tasa fiscal para la renovación de las exacciones es de \$2.20 por cada \$1,000 del valor de la propiedad (AV) valorada. Este es un incremento de 27 centavos por cada \$1,000 AV. Esto cubre los gastos operativos básicos e incluye:

- Servicios de educación especial
- Programas adicionales como las escuelas de verano, aprendizaje temprano, primaria con idiomas duales, programas de elección, orquesta, asociaciones con las familias, y Diversidad, Equidad e Inclusión (DEI).
- Servicios de consejería mental y guía adicional, enfermería, asistentes para la sala de salud, mentores, y coaches de conducta positiva.
- Transporte estudiantil
- Seguridad y vigilancia
- Clubs extra curriculares, deportes y actividades
- Costos por encima de los fondos estatales para personal de tiempo completo, parcial y sustitutos.

El reemplazo de la exacción Capital de \$325.5 millones provee fondos para adquirir, mejorar o mantener instalaciones escolares en las siguientes categorías:

- **Tecnología:** Nuestros estudiantes se benefician de continuas integraciones tecnológicas en su aprendizaje. \$96 millones.
- **Incremento en seguridad y vigilancia:** Nuestros estudiantes aprenderán en instalaciones que están hechas para ser más seguras y más vigiladas. \$2 millones.
- **Acceso equitativo y una misma experiencia:** Todos los estudiantes tendrán la misma oportunidad para aprender en espacios modernos completamente funcionales y seguros. \$172 millones.
- **Mantenimiento y actualizaciones obligatorias:** Nuestras instalaciones son activos valiosos de la comunidad y deberán ser mantenidos para incrementar su esperanza de vida y cumplir con las actualizaciones obligatorias estatales. \$54 millones.



La aprobación de los reemplazos de exacciones de EP&O y Capital incrementarán su tasa de impuestos de propiedad relacionadas a las Escuelas Públicas de Everett en un estimado de \$0.84 por cada \$1,000 AV comparado con el 2022, y un estimado de \$0.33 comparado con 2021. Sin embargo, las nuevas tasas de impuestos continúan siendo sustancialmente bajas comparadas con las tasas pagadas por los dueños de propiedades por el distrito antes del 2021.

Para más información sobre los reemplazos de exacciones, visiten www.everettsd.org/2022Levies.

Voluntarios en las escuelas

El distrito comenzará a permitir voluntarios en las escuelas que estén aprobados y cumplan con los requisitos de vacunación para el COVID-19 del estado de Washington a partir del 6 de diciembre. Por favor consulte la [página de voluntarios](#) bajo la pestaña de “Parents” para información sobre la actualización del proceso de aplicación y verificación de vacunación.

El regalo de la asistencia

El ausentismo escolar se dispara en las semanas antes y después de las vacaciones de invierno conforme las familias tratan de meter un poco más de días de vacaciones. Con solo algunos pocos días de faltas escolares aquí y allá, incluso ausencias justificadas, pueden sumar y hacer que se pierda tiempo de aprendizaje que en consecuencia rezaga la educación de su hijo/hija en la escuela.

Esto es cierto desde el kínder hasta la preparatoria. Para ponerlo de manera simple, el exceso de ausencias a cualquier edad puede afectar las oportunidades de los estudiantes en su éxito académico y eventualmente su graduación. Esta temporada navideña dele a su hijo/hija el regalo de la educación y el hábito de la asistencia.



Recursos familiares

¿Usted o alguna familia que usted conozca requiere de ayuda? Encuentre información y enlaces a recursos de ayuda en la [página de herramientas para padres del distrito \(Parent Tools\)](#):

- Biblioteca del estado de Washington- información local y regional sobre los servicios y agencias que ofrecen ayuda a las familias en una variedad de formas tales como alimentos, albergue, vestido, cuidado infantil, servicios legales, oportunidades de empleos y consejería.
- [Programa de Niños en Transición \(Kids In Transition \(KIT\)\)](#) de las Escuelas Públicas de Everett – soporte a niños y jóvenes sin hogar para continuar su educación.
- Distrito de Salud del Condado de Snohomish para recursos dentales de la comunidad para niños y adultos.
- United Way of Snohomish County – 2-1-1 es un número de teléfono gratuito que puede ser su “primera mejor llamada” para encontrar rápidamente la fuente correcta de ayuda. La línea de información tiene operadores capacitados de Volunteers of America Western Washington que pueden conectarlo con una amplia variedad de servicios comunitarios.





Espacio todavía disponible para preescolar de ECEAP

Escuelas de Educación Temprana y Programa de Asistencia (ECEAP) es un programa de preescolar GRATUITO para niños de tres y cuatro años de edad de familias con ingresos limitados. ECEAP prepara a los niños para el kínder y provee servicios de soporte familiar, de salud y nutrición. Es financiada por Washington State Department of Early Learning.

Los seis sitios de ECEAP dentro de nuestro distrito escolar son: Escuelas primarias Cedar Wood, Hawthorne, Jackson, Lowell, Madison y Silver Lake. El cupo es limitado -¡Aplique temprano! Para obtener una aplicación o más información, por favor visite el [sitio web de ECEAP del distrito](#) o llame al 425-385-4628.



Programa de kínder de transición

Las Escuelas Públicas de Everett está ofreciendo **el Kínder de Transición (Transitional Kindergarten)** para niños y niñas que no está actualmente en un programa de aprendizaje temprano y están programados para iniciar el kínder en el otoño de 2022. Este programa se concentra en fundamentos académicos, destrezas sociales y autoayuda para darle un buen arranque a los estudiantes calificados para que tengan éxito en la escuela. Los estudiantes serán valorados durante diciembre y enero y pueden calificar basado en necesidad.

Los salones de clases del kínder de transición serán localizados en varias de las escuelas primarias en nuestro distrito. Los sitios serán determinados basados en la matriculación. **El kínder de transición** iniciará el martes 1 de febrero y continuará hasta el último día escolar, que es el 22 de junio de 2022.

Para calificar al Kínder de Transición, los niños y niñas deben:

- Tener 5 años cumplidos antes del 31 de agosto de 2022
- Vivir dentro de la límites escolares de las Escuelas Públicas de Everett
- No estar actualmente inscritos en algún programa de aprendizaje temprano
- Demostrar necesidad académica y/o socioemocional a través de un proceso de valoración.

La valoración es una evaluación utilizada para determinar el desarrollo, fortalezas y necesidades de los niños. Durante esta valoración, su hijo/hija dibujará, contará, nombrará los colores, saltará y se divertirá! Después de la valoración, usted tendrá la oportunidad de revisar y platicar sobre los resultados y hacer preguntas sobre el desarrollo de su hijo/hija. A partir de este momento, las familias también sabrán si su hijo/hija califica para el Kínder de Transición.

Si está interesado en el Kínder de Transición, por favor complete el formulario de interés en este enlace: [Formulario de Interés al Kínder de Transición](#)



~~Para preguntas o asistencia, por favor contacte:~~

www.everettsd.org



Helen Cooley, Asistente de Instrucción de P-5 y los Programas de Aprendizaje Temprano: 425-385-4088 (o al 425-385-4024)

Por favor visite nuestra [página de ECEAP](#) para enterarse sobre las oportunidades de preescolar a las que su hijo/hija pueden calificar.

Se aceptan nominaciones para alumnos altamente capaces hasta el 17 de diciembre

El programa de alumnos Altamente Capaces (Highly Capable program) de las Escuelas Públicas de Everett está diseñado para satisfacer las necesidades y retos de los estudiantes que tienen pensamiento habilidades académicas avanzadas. Las clases de “HC”, como frecuentemente se conocen, están abiertas para estudiantes en segundo, tercero, cuarto y quinto grado. Los estudiantes de HC aprenden y estudian en salones de clases autocontenidos con un plan de estudios acelerado que los motiva e inspira para desarrollar niveles de pensamiento más elevados. Los salones de clases están establecidos en escuelas específicas del distrito, basados en la matriculación de los adultos calificados. El distrito provee transporte a estudiantes en las clases de HC.

Visite el [sitio web de alumnos altamente capaces](#) para encontrar formularios, información y eventos vespertinos. Las recomendaciones (referrals) son para estudiantes que están actualmente del primer al cuarto grado para realizar la prueba de invierno, que se llevará a cabo en el mes de febrero. Esté al pendiente para más información.

Inicios tardíos o cierres escolares

Si debemos cancelar la escuela o retrasar la hora de inicio, usaremos nuestro sistema de comunicación para padres para llamar por la mañana, típicamente a las 5:30 a.m., con un mensaje breve sobre la razón por el cierre o retraso. Usaremos medio de comunicación locales y publicaremos los mensajes en nuestro sitio web. **Si no hay anuncios por parte de las Escuelas Públicas de Everett, la escuela abrirá con su horario regular.** Para más información y recursos para cierres escolares o retrasos visite el sitio web del distrito bajo la pestaña de *Parents*.

En casos de inclemencia climatológica u otras emergencias, por favor:

- Consulte su email o teléfono para mensajes del distrito
- Este al pendiente de anuncios en los medios sociales
- Consulte el sitio web del distrito en www.everettsd.org
- Esté al pendiente de las cuentas de del distrito de [Facebook](#), [Twitter](#) o [Instagram](#)

Las rutas de nieve están en línea

Los lugares para llevar y recoger a sus hijos de la escuela puede cambiar en una situación de emergencia. Si su hijo/hija viaja en autobús a la escuela, por favor familiarícese con la información de las rutas de nieve en [la página web del departamento de transporte escolar](#).



Distinción de honor 2021

Los directores de la Junta Escolar de las Escuelas Públicas de Everett obtuvieron la distinción de altos honores con la designación de *Board of Distinction 2021*. Las aplicaciones son revisadas por un panel de jurados que incluyen ex y actuales superintendentes de servicios educativos del distrito, miembros de la junta estatal de educación y otros líderes de educación del estado de Washington. Los puntajes se basan en el grado de alineación de los solicitantes con las Normatividades de la Junta Escolar de Washington, el soporte de sus conceptos con datos y demostrando un vínculo entre los resultados y decisiones hechas por el consejo.



Junta de directores de las Escuelas Públicas de Everett. Frente: April Berg, Caroline Mason, Andrew Nicholls. Atrás: Pam LeSesne, Traci Mitchell

¡Regístrese a votar!

¡Es sencillo! Visite la [página web del Condado de Snohomish](#) para detalles sobre las tres maneras que usted puede registrarse para votar o actualizar su registro.



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.

<p>Title IX/Civil Rights Compliance Officer:</p> <p>Kevin Allen 425-385-4100 KAllen@everettsd.org PO Box 2098 Everett, WA 98213</p>	<p>Section 504 Coordinator:</p> <p>Dave Peters 425-385-4063 DPeters@everettsd.org PO Box 2098 Everett, WA 98213</p>	<p>ADA Coordinator:</p> <p>Randi Seaberg 425-385-4104 RSeaberg@everettsd.org PO Box 2098 Everett, WA 98213</p>
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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:**

<p>Title IX/Civil Rights Compliance Officer:</p> <p>Kevin Allen 425-385-4100 KAllen@everettsd.org PO Box 2098 Everett, WA 98213</p>	<p>Section 504 Coordinator:</p> <p>Dave Peters 425-385-4063 DPeters@everettsd.org PO Box 2098 Everett, WA 98213</p>	<p>ADA Coordinator:</p> <p>Randi Seaberg 425-385-4104 RSeaberg@everettsd.org PO Box 2098 Everett, WA 98213</p>
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