

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



February 2022

VOLUME 5, ISSUE 6

## From the Principal

Dear Cascade Families,

I hope this month's newsletter finds you well, and excited to finish out first semester and begin second semester! First off, I just wanted to express our gratitude to all of our families, students, and staff for the flexibility and perseverance shown over this first semester. I think we all could have predicted that this school year would be challenging but it's a different thing to actually live it, and while I have been so impressed and grateful for our school community's positivity and determination this year, it also gives me hope for the future. Speaking of the future, it always feels a bit surreal this time of year because in February we begin the process of starting to plan for next school year. Over the next few weeks and months, we will be communicating with you regarding much of the busy work of spring, including course registration for the 2022-23 school year, updates to activities or sports, this spring's graduation planning, and more. And as we've grown accustomed to during these last 2 years, much of what happens will unfortunately depend on the state of the pandemic, but again, I appreciate the entire Bruin community for getting through this time with grace and resolve. As we move into this spring, let's focus on learning from first semester and really striving to make this second semester better in all ways. And in support of that, I ask that you best support your student with a few simple requests these next few months.

- Please keep talking about the importance of on-time attendance every day. This has been a struggle this year as there are so many barriers, but if every student can improve their engagement by being on-time and in class regularly, every single student will see and experience direct benefits as well as our larger school community.
- Help your student stay on top of their academic progress and seek help from teachers if necessary. One of the great challenges this year has been pretty predictable. The chaos of the last two years has teachers have to completely reinvent the way they work with students, so if you're noticing your student struggle, we want to partner with you to figure out some solutions as soon as possible. If you haven't set up grade checks, you can by visiting: <https://www.everettsd.org/Page/26204>.
- Reassure and encourage your student with every chance you get. Beginnings and ends of semesters are stressful times in a typical school year, but ultimately the more adults in our students' lives who can provide support and comfort can make a huge difference.

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

In addition, I wanted you all to be aware of the replacement levies for our school and for the rest of our district. On February 8, residents in the Everett School District have the opportunity to decide on two replacement levies for our schools. Both the replacement Educational Programs and Operations (EP&O) Levy and the replacement Capital Levy provide vital funding for our schools that are not covered by state and federal funding.

**Micheal Takayoshi**  
Principal

**Cascade High School**  
801 Casino Road,  
Everett, WA 98203  
[www.everettsd.org/cascadehs](http://www.everettsd.org/cascadehs)

**February 4**  
Learning Improvement Friday  
**February 11**  
Learning Improvement Friday  
**February 18**  
Learning Improvement Friday  
**February 21-22**  
Mid-Winter Break  
**February 25**  
Learning Improvement Friday



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 value of our homes.

Local EP&O levy funding covers basic operating expenses and includes:

- Special education services (state funds \$35 million, actual costs are an additional \$10 million)
- Nurses (state funds 3 nurses, district must pay for the additional 9 nurses we need)
- Counselors (state pays \$4.3 million, actual costs are additional \$3.6 million)
- Safety and security (state pays \$400,000, actual costs are additional \$4.4 million)
- Additional program offerings such as summer school, early learning, elementary dual language, choice programs, orchestra, family partnerships and Diversity, Equity & Inclusion (DEI)
- Costs over state funding for full time, part-time and substitute staff
- Extra-curricular clubs, sports, activities, and more

The \$325.5 million capital levy provides funding to acquire, improve or maintain school facilities related to technology, increases safety and security, provides equal access to the same educational programs districtwide and pays for maintenance and mandatory upgrades.

After talking with many of you, I know you are interested in the facts about the upcoming levies so you can make an informed decision when you vote. You especially want to know how the levy will impact our programs here at Cascade High. If this levy passes, we will have some nice improvements, including:

- Replace our science building and add facilities to support an advanced manufacturing program
- Modernize our kitchen and cafeteria
- Install security fencing and an access control system
- Replace roofing at Bldg. #2
- Install new classroom locksets
- Replace our freezer and cooler
- Replace our gymnasium bleachers
- Upgrade security system
- Technology replacements/upgrades

If both levies pass, your new Everett Public Schools tax rate, starting in 2023, would be \$4.08 per \$1,000 of Assessed Value of your home. If you would like more information about the levies, please visit [everettsd.org/2022Levies](http://everettsd.org/2022Levies) or email [communications@everettsd.org](mailto:communications@everettsd.org).

Voting is one of the most important rights we have. It allows us to have a voice in government. Public education is critical to a free democratic society, and it is important for us to exercise our right to express our opinions. Please also encourage your friends and neighbors to vote by February 8.

Sincerely,

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

Michael Takayoshi  
Principal, Cascade High School  
[Mtakayoshi@everettsd.org](mailto:Mtakayoshi@everettsd.org)



# CHS 2<sup>nd</sup> Semester Schedule Corrections

## When?

First 5 days of classes ONLY

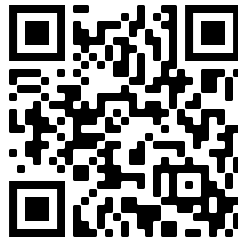
## Why?

These reasons ONLY:

- 1) I am missing a graduation requirement
- 2) I already got credit for this class
- 3) I don't have the pre-requisite or skill level for this class
- 4) I previously failed with this teacher
- 5) I want to add an AP course

## How?

Online at the following website: [www.tinyurl.com/5avakean](http://www.tinyurl.com/5avakean)



## When will I get my new schedule?

Check Gradebook/HAC each morning to see if you have a new schedule. Continue attending the class to which you were assigned until you see the change online. All changes will be made in the order received. Counselors will only notify students if the request cannot be accommodated.



# Cascade Athletics

Winter sports are wrapping up with post-season play starting soon!

The Wesco 3A district bowling tournament will be held at Evergreen Lanes on February 1<sup>st</sup>. The winning team as well as the top 5 bowlers will advance to the state tournament. Good luck Lady Bruins!

The Wesco 3A district swim meet will be held on February 11<sup>th</sup> and 12<sup>th</sup> at Snohomish Aquatic Center. Good luck gentlemen!

The Wesco 3A boys' and girls' basketball tournaments begin on February 7<sup>th</sup> and run through February 19<sup>th</sup>, with the top 4 placing teams advancing to the state tournament. Good luck to our boys' and girls' basketball teams!

Congratulations to Devin Gilbert for being selected as the Everett Herald's Athlete of the week for boys' basketball for the week of January 3<sup>rd</sup>. Devin scored 27 points, 12 rebounds, 3 blocks, and 2 steals in Cascade's 75-70 victory against Lynnwood

The Wesco 3A boys' and girls' district wrestling tournaments are on February 4<sup>th</sup> and 5<sup>th</sup>. The top wrestlers will advance to the regional tournament the following weekend. Good luck to our boys' and girls' wrestlers!

\*\* Please remember that masks are required for ALL indoor sporting events. This is a state regulation for high school sports, regardless of your vaccination status. Please help us continue our seasons. Also, remember that there is no food or drink allowed in the CHS gym during games.

Spring sports start on February 28<sup>th</sup>! This is a great opportunity to get outside and get involved! We hope to see many Bruins on the fields this spring.

Male sports offered are baseball, soccer, track and field, and golf. Female sports offered are softball, tennis, track and field, and golf.

All paperwork must be completed on rank one prior to tryouts, and a current sports physical must be on file at the school to be eligible.

Here is a link to the sports physical document that must be completed by the doctor:

[Physical Document](#)

Here is a link to Rank One. There are 4 forms that need to be completed online (informed consent, parental release of information, athletic emergency information, and eligibility questionnaire):

[Rank One Link](#)

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



**Presented by the Cascade High School  
Drama Club**

**Showtimes:**

**Thursday 2/3 at 3:30 pm  
Friday 2/4 at 7:00 pm  
Sat 2/5 at 7:00 pm**

Households will be seated together and masks will be required at all times.

Doors will open 30 minutes before showtime in the cafeteria.

**Ticket Prices:**

**General Admission \$8  
W/ ASB \$5**

**Reduced ticket is \$5 for  
qualifying families**

Tickets will be available for presale in the treasurer's office from January 26th - February 1st.

**\*Tickets for students and families that qualify for free and reduced prices MUST be picked up at the treasurer's office during the presale window.**



# 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](mailto:byoungberg@everettsd.org)) or complete the interest form at: <https://forms.office.com/r/CnHDS9F1w3>

**EVERETT SD**  
**Worksite Learning Experience**  
BREE YOUNGBERG [BYOUNGBERG@EVERETTSO.ORG](mailto:BYOUNGBERG@EVERETTSO.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

**CASCADE**  
HIGH SCHOOL  
**Follow us on:**  
Instagram: Cascade.Bruins  
Facebook: CascadeHSBruins  
Twitter: CascadeBruins



# 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: [CHSAttendance@everettsd.org](mailto:CHSAttendance@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:** [CHSAttendance@everettsd.org](mailto:CHSAttendance@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.

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## JOIN BCP

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### 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](mailto:chs.bcp@gmail.com)

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# 2021-22 Yearbook Sales

## January 24 trough February 4

\$70

Purchase at Treasurer's Window or [Online](#)

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## Cascade High School Senior

If you have not ordered your **Graduation Essentials** or your required **Cap and Gown** ACT NOW!

The deadine to insure on-time deliver is....  
April 1, 2022

Orders accepted online:

[CLICK HERE](#) for:

Short video to explain ordering and answers to the most commonly asked questions

Any Questions feel free to contact us:

Phone: 360-9102 Email: [jostenspnw@jostens.com](mailto:jostenspnw@jostens.com)

[Link to the Catalog in Spanish](#)

[Class Jewellery Link](#) - \$40 off Most Jewelry, Use code **SENIORGIFT40**

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## [Class of 2022 Timeline](#)

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# How Gratitude Changes You and Your Brain

New research is starting to explore how gratitude works to improve our mental health.

BY **JOSHUA BROWN, JOEL WONG** | JUNE 6, 2017

With the rise of managed health care, which emphasizes cost-efficiency and brevity, mental health professionals have had to confront this burning question: How can they help clients derive the greatest possible benefit from treatment in the shortest amount of time?

Recent evidence suggests that a promising approach is to complement psychological counseling with additional activities that are not too taxing for clients but yield high results. In our own research, we have zeroed in on one such activity: the practice of **gratitude**. Indeed, **many studies** over the past decade have found that people who consciously count their blessings tend to be happier and less depressed.

The problem is that most research studies on gratitude have been conducted with well-functioning people. Is gratitude beneficial for people who struggle with mental health concerns? And, if so, how?

We set out to address these questions in a recent research **study** involving nearly 300 adults, mostly college students who were seeking mental health counseling at a university. We recruited these participants just before they began their first session of counseling, and, on average, they reported clinically low levels of mental health at the time. The majority of people seeking counseling services at this university in general struggled with issues related to depression and anxiety.

We randomly assigned our study participants into three groups. Although all three groups received counseling services, the first group was also instructed to write one letter of gratitude to another person each week for three weeks, whereas the second group was asked to write about their deepest thoughts and feelings about negative experiences. The third group did not do any writing activity.

What did we find? Compared with the participants who wrote about negative experiences or only received counseling, those who wrote **gratitude letters** reported significantly better mental health four weeks and 12 weeks after their writing exercise ended. This suggests that gratitude writing can be beneficial not just for healthy, well-adjusted individuals, but also for those who struggle with mental health concerns. In fact, it seems, practicing gratitude on top of receiving psychological counseling carries greater benefits than counseling alone, even when that gratitude practice is brief.

And that's not all. When we dug deeper into our results, we found indications of *how* gratitude might actually work on our minds and bodies. While not definitive, here are four insights from our research suggesting what might be behind gratitude's psychological benefits.

## 1. Gratitude unshackles us from toxic emotions

First, by analyzing the words used by participants in each of the two writing groups, we were able to understand the mechanisms behind the mental health benefits of gratitude letter writing. We compared the percentage of positive emotion words, negative emotion words, and "we" words (first-person plural words) that participants used in their writing. Not surprisingly, those in the gratitude writing group used a higher percentage of positive emotion words and "we" words, and a lower proportion of negative emotion words, than those in the other writing group.

However, people who used more positive emotion words and more "we" words in their gratitude letters didn't necessarily have better mental health later. It was only when people used fewer negative emotion words in their letters that they were significantly more likely to report better mental health. In fact, it was the lack of negative emotion words—not the abundance of positive words—that explained the mental health gap between the gratitude writing group and the other writing group.

Perhaps this suggests that gratitude letter writing produces better mental health by shifting one's attention away from toxic emotions, such as resentment and envy. When you write about how grateful you are to others and how much other people have blessed your life, it might become considerably harder for you to ruminate on your negative experiences.

## 2. Gratitude helps even if you don't share it!

We told participants who were assigned to write gratitude letters that they weren't required to send their letters to their intended recipient. In fact, only 23 percent of participants who wrote gratitude letters sent them. But those who didn't send their letters enjoyed the benefits of experiencing gratitude, nonetheless. (Because the number of people who sent their letters was so small, it was hard for us to determine whether this group's mental health was better than those who didn't send their letter.)



This suggests that the mental health benefits of writing gratitude letters are not entirely dependent on actually communicating that gratitude to another person.

So, if you're thinking of writing a letter of gratitude to someone, but you're unsure whether you want that person to read the letter, we encourage you to write it anyway. You can decide later whether to send it (and we think it's often a good idea to do so). But the mere act of writing the letter can help you appreciate the people in your life and shift your focus away from negative feelings and thoughts.

### 3. Gratitude's benefits take time

It's important to note that the mental health benefits of gratitude writing in our study did not emerge immediately, but gradually accrued over time. Although the different groups in our study did not differ in mental health levels one week after the end of the writing activities, individuals in the gratitude group reported better mental health than the others four weeks after the writing activities, and this difference in mental health became even larger 12 weeks after the writing activities.

These results are encouraging because many other studies suggest that the mental health benefits of positive activities often decrease rather than increase over time afterward. We don't really know why this positive snowball effect occurred in our study. Perhaps the gratitude letter writers discussed what they wrote in their letters with their counselors or with others. These conversations may have reinforced the psychological benefits derived from the gratitude writing itself.

For now, the bottom line is this: If you participate in a gratitude writing activity, don't be too surprised if you don't feel dramatically better immediately after the writing. Be patient and remember that the benefits of gratitude might take time to kick in.

### 4. Gratitude has lasting effects on the brain

About three months after the psychotherapy sessions began, we took some of the people who wrote gratitude letters and compared them with those who didn't do any writing. We wanted to know if their brains were processing information differently. We used an fMRI scanner to measure brain activity while people from each group did a "pay it forward" task. In that task, the individuals were regularly given a small amount of money by a nice person, called the "benefactor." This benefactor only asked that they pass the money on to someone if they felt grateful. Our participants then decided how much of the money, if any, to pass on to a worthy cause (and we did in fact donate that money to a local charity).

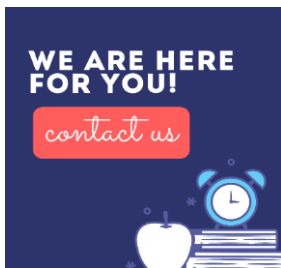
We wanted to distinguish donations motivated by gratitude from donations driven by other motivations, like feelings of guilt or obligation. So we asked the participants to rate how grateful they felt toward the benefactor, and how much they wanted to help each charitable cause, as well as how guilty they would feel if they didn't help. We also gave them questionnaires to measure how grateful they are in their lives in general.

We found that across the participants, when people felt more grateful, their brain activity was distinct from brain activity related to guilt and the desire to help a cause. More specifically, we found that when people who are generally more grateful gave more money to a cause, they showed greater neural sensitivity in the medial prefrontal cortex, a brain area associated with learning and decision making. This suggests that people who are more grateful are also more attentive to how they express gratitude.

Most interestingly, when we compared those who wrote the gratitude letters with those who didn't, the gratitude letter writers showed greater activation in the medial prefrontal cortex when they experienced gratitude in the fMRI scanner. This is striking as this effect was found three months after the letter writing began. This indicates that simply expressing gratitude may have lasting effects on the brain. While not conclusive, this finding suggests that practicing gratitude may help train the brain to be more sensitive to the experience of gratitude down the line, and this could contribute to improved mental health over time.

Though these are just the first steps in what should be a longer research journey, our research so far not only suggests that writing gratitude letters may be helpful for people seeking counseling services but also explains what's behind gratitude's psychological benefits. At a time when many mental health professionals are feeling crunched, we hope that this research can point them—and their clients—toward an effective and beneficial tool.

Regardless of whether you're facing serious psychological challenges, if you have never written a gratitude letter before, we encourage you to try it. Much of our time and energy is spent pursuing things we currently don't have. Gratitude reverses our priorities to help us appreciate the people and things we do.



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    | <a href="mailto:jhimstedt@everettsd.org">jhimstedt@everettsd.org</a> | 385-6024 |
| Debbie Wade    | Cr-Hol  | <a href="mailto:dwade@everettsd.org">dwade@everettsd.org</a>         | 385-6021 |
| Anne Jensen    | Hom-Mor | <a href="mailto:ajensen@everettsd.org">ajensen@everettsd.org</a>     | 385-6023 |
| San Le         | Mos-San | <a href="mailto:sle@everettsd.org">sle@everettsd.org</a>             | 385-6022 |
| Pam Richards   | Sao-Z   | <a href="mailto:prichards@everettsd.org">prichards@everettsd.org</a> | 385-6025 |

**Support Staff:**

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

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## 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.EVERETTSCHOOLSDISTRICT.ORG/PAGE/39059](http://WWW.EVERETTSCHOOLSDISTRICT.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.EVERETTSCHOOLSDISTRICT.ORG/PAGE/39055](https://www.everettschoolsdistrict.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](http://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](http://www.collegeboard.org)

| SATURDAY Test Date | Registration Deadline | Late Fee Deadlines<br>(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..



## Kindergarten registration begins in March

Do you have a child who will be 5 years old by Aug. 31, 2022? Registration begins on March 7, 2022. You can complete enrollment forms for kindergarten [online](#)! A [step-by-step parent walkthrough video](#) is also available as a resource.



### ***Dual-language Spanish Immersion Program***

The dual-language Spanish immersion program at Emerson Elementary School is an option for fall 2022. Families with children entering kindergarten will have the option to choose the dual language strand. This program gives elementary students an opportunity to complete the Everett Public Schools curriculum in a nontraditional and exciting way by immersing them in Spanish language and culture from kindergarten through twelfth grade. Students in the program will become proficient in both Spanish and English while learning the same curriculum content as their peers outside the program.

Priority will be given to students within the Emerson Elementary School attendance area. If a high number of students apply, a lottery will be conducted to select students. If the class is not filled from those in the Emerson attendance area, an additional lottery from beyond the school attendance area will be conducted.

## 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](http://www.everettsd.org/jobs) for jobs posted and how to apply.

## Did you know?

Every year OSPI publishes a report card for each district and each school within the district. You can [access the 2020-21 data](#) on the OSPI website.

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

The screenshot shows a search interface on the OSPI website. On the left is a map of Washington state. To the right, the heading reads "I want to see data for a school or school district". Below this is a search form with the label "School or District Name:". The input field contains the placeholder text "start typing" and has a "Go" button to its right. Below the input field are two links: "clear" and "See all schools and districts".

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



## Parent safety tip



Six ways your student can protect their online identities:

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

Learn more about online safety, digital wellness, cell phones and learning with technology with age-specific tips and tools on [www.common sense media.org](http://www.common sense media.org).

## Spring World Language Assessment (WLA) – middle school



The world language assessment for 7th and 8th grade students is March 16. Your student can earn high school world language credits if they can fluently read, write, speak and listen in a language other than English!

Register to take the world language assessment by February 18. Visit our page for more information at <https://www.everettsd.org/wla>

### WORLD LANGUAGE ASSESSMENTS

Middle school students can earn high school world language credits!



Register by February 18, 2022

## Do you have a student in special education?

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



## Remember to vote

Please remember to vote by February 8, 2022.







## Inician en marzo las inscripciones al Kínder

¿Tiene un hijo o hija que tendrá 5 años cumplidos para antes del 31 de agosto de 2022? Este 7 de marzo de 2022 iniciamos con las inscripciones. Puede llenar los formularios de inscripción para el Kínder [en línea!](#) Contamos con el recurso de un [video paso a paso para los padres de familia](#).



### **Programa de inmersión al español con lenguaje dual**

El programa de inmersión al español con lenguaje dual (en inglés como “dual-language Spanish immersion program”) de la escuela primaria de Emerson es una opción disponible para el otoño 2022. Las familias con niños y niñas que van a ingresar al kínder tienen la opción de elegir seguir el programa con lenguaje dual. Este programa le da a los alumnos de primaria una oportunidad de poder completar el plan de estudios de Everett Public Schools de una manera excitante y no tradicional de poder estar inmersos en el idioma español y su cultura desde el kínder hasta el 12vo grado. Los alumnos en el programa tendrán dominio del idioma inglés y del español aprendiendo el mismo plan de estudios que sus compañeros que no están en este programa.

Se le da prioridad a los estudiantes que viven dentro de la zona de asistencia escolar de la escuela primaria Emerson. Si un número elevado de estudiantes aplica, se realizará un sorteo para seleccionar a los estudiantes. Si la clase no se llena con alumnos de la zona de asistencia escolar de Emerson, se hará un sorteo adicional para alumnos fuera de la zona de asistencia escolar.

## ¡Oportunidades de empleo!

Las Escuelas Públicas de Everett están contratando para varios puestos. Por favor comparta estas oportunidades con sus amigos y familiares que puedan estar interesados en ser parte de nuestro equipo. Visite [www.everettsd.org/jobs](http://www.everettsd.org/jobs) para los puestos publicados y para saber cómo aplicar.

## ¿Sabía usted que?

Cada año OSPI publica un informe (report card) que mide a cada distrito y a cada escuela en el distrito. Puede [acceder a los datos 2020-21](#) a través del sitio web de OSPI.

Para revisar los datos del distrito escolar o escuela, ingrese el nombre y aparecerá una caja desplegable con las opciones. Seleccione la de su elección y consulte el informe.

De manera opcional puede seleccionar ver todas las escuelas y distritos y navegar al distrito o escuela de su elección.

**I want to see data for a school or school district**

School or District Name:

start typing

[clear](#)

[See all schools and districts](#)



## Consejos de seguridad para los padres



Le presentamos seis maneras en que sus estudiantes pueden proteger su identidad en línea:

1. Comparte con cuidado- no des una información personal a extraños o sitios desconocidos.
2. Ponte en modo privado (private)- Mantén tus ajustes de privacidad al máximo y limita los servicios de localización cuando sea posible.
3. Cierra tu sesión (log out)- especialmente después de usar computadoras públicas comunes.
4. Mezcla tus contraseñas- usa diferentes contraseñas para diferentes apps y sitios web.
5. Evite caer en trampas de dar clic- evita hacer quizzes y cuestionarios extraños.
6. Elige inteligentemente- selecciona un nombre de usuario apropiado.

Entérate más sobre la seguridad en línea, bienestar digital, celulares y aprendizaje con tecnología específica por edades con consejos y herramientas en [www.commonsensemedia.org](http://www.commonsensemedia.org).

## Evaluación de idiomas del mundo en primavera (WLA)- Escuela Secundaria (Middle School)



La evaluación de idiomas del mundo para alumnos del 7mo y 8vo grado es el 16 de marzo. ¡Su estudiante puede obtener créditos de preparatoria en idiomas del mundo si lee, escribe, habla y escucha fluidamente un idioma diferente al inglés!

Inscríbete para hacer esta evaluación antes del 18 de febrero. Visita nuestra página web para más información en <https://www.everettsd.org/wla>

### WORLD LANGUAGE ASSESSMENTS

Middle school students can earn high school world language credits!



Register by February 18, 2022

## ¿Tiene a su estudiante en educación especial?

¿Sabía que contamos con el PTSA de educación especial en el distrito? El PTSA de educación especial sirve a los estudiantes, familias y educadores que participan en Educación Especial. Exhortamos a los alumnos, familias, educadores y miembros de la comunidad a trabajar en conjunto para proveer programas y actividades que reconozcan el potencial de cada estudiante y para mejorar las oportunidades que se reciben y/o se buscan en servicios especiales para los niños y niñas en nuestro distrito. Conéctese con SEPTSA en [su página de Facebook](#).



## Recuerde votar

Por favor recuerde votar para el 8 de febrero de 2022





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  
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Everett, WA 98213



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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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