

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



March 2022

VOLUME 5, ISSUE 7

From the Principal

Dear Cascade Families,

As we move into the springtime, I would like to focus on the *Engagement* part of our schoolwide PRIDE expectations. This is a time when student and family engagement is as important as ever. It is a time in which the excitement of beginning our spring sports programs, of beginning to register for next year's courses, of beginning to look forward and hope towards positive progress as the months move by is felt by all, and it's a time to spend thinking and planning for the future.

Usually in March, all students will be preparing for what comes next. For our 12th graders, that means working towards a strong finish and graduation. For students in grades 9-11, that means registering for next year's courses. For current 8th graders, that means the start of the exciting transition into high school. Our students have High School and Beyond Plans in their student Naviance. If you don't already know how to access your students' Naviance, have them show you. It's a great way to talk about their plans for college, career, and life readiness as they move toward graduation from Cascade. The courses they select for next year should move them toward their goals for the future. The [course catalog for the 2022-2023 school year](#) is also online. Please take some time to review this with your student.

To learn more about offerings for next year and how these can move your student toward their goals, please attend our Spring Open House on March 2. You will see details about this informative and interactive event elsewhere in this newsletter. Due to still being in a social distancing mode, we will be holding this event virtually again, and you will receive a resource with our course catalog, direct information from teachers and students about various courses, and a synchronous registration question and answer session for you to get more information about programs and options for students for next year's classes. Additionally this month, students will be meeting with their counselors in-person and registering for classes. I strongly encourage each student to take at least one class that stretches them, and Advanced Placement class, a College in the High School class, or another class that will require hard work and deep thinking, aligns with their interests, and moves them forward toward their goals. With only 4 years in high school, we want to ensure that the time they spend challenges, enriches, and supports them in becoming confident and strong adults.

In reflection it can be amazing how quickly the four years a student spends in high school goes, and how critical these years can be. The decisions made during these years can absolutely have a lifelong impact, therefore at Cascade we want to ensure that the time students have with us establish a strong foundation for their future. Our goal is that our students graduate ready for career, college, and to make a positive impact in their community, and the best way to do this is through high levels of engagement throughout these processes.

Sincerely,

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

Michael Takayoshi
Principal

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

March 4
Learning Improvement Friday
March 11
Learning Improvement Friday
March 18
Learning Improvement Friday
March 25
Full Day Schedule



Cascade Athletics

Spring sports are here! Congratulations to all of the student-athletes that are participating. The first home games for each sport are on the following dates:

- Baseball: March 16th vs. Oak Harbor at 4:00
- Softball: March 21st vs. Arlington (at Phil Johnson Ballfields) at 4:00
- Soccer: March 18th vs. Marysville-Pilchuck (at Everett Memorial Stadium) at 7:00
- Tennis: March 15th vs. Mariner at 3:30
- Boys Golf: TBD (check Wesco athletics for updated schedule)
- Girls Golf: March 17th Jamboree at Walter Hall Golf Course
- Track and Field: TBD (check Wesco athletics for updated schedule)

Congratulations to our Winter Scholar Athletes! These athletes were chosen by our winter coaches.

- Our boys recipient is swimmer John Graham. John has a 3.967 cumulative GPA while taking 4 AP classes and 5 college in the high school classes. He was selected as the December rotary student of the month. John was a district qualifier in swimming. In addition, John plays tennis, runs track (state qualifier), and this year took on cheerleading as well! John has volunteered for the CHS food drive, Volunteers of America Food Bomb, and he has planted flowers at Legion Memorial Park and Forest Park.
- Our girls recipient is cheerleader Revy Roberts. Revy has a 3.741 cumulative GPA and has taken multiple AP and college in the high school classes at Cascade. Like John, Revy was also selected as a Rotary Student of the Month. Revy is a 2 year cheer captain and her team has placed 2nd in state and 2nd in nationals in 2019, as well as state champions in 2021! Revy has volunteered with South Everett Mukilteo Rotary, Project Pink, Safe Haven, Halloween Funfest, and the CHS food drive.

Winter Sports Post-Season Success!

- Our boys and girls basketball teams both won thrilling district playoff games against Marysville-Pilchuck, with the girls winning 31-30 and the boys winning 64-63
- Congratulations to bowler Elisabeth Olney! She was the district champion and competed in the state bowling tournament
- Congratulations to swimmer Noah Henderson! He was the district champion in the 100 breaststroke and the 200 individual medley. Noah set the school record in the breaststroke with a time of 59.90 seconds.
- Congratulations to diver Isaac Bingay! He placed 4th in the district dive meet and qualified for the state tournament
- Congratulations to wrestler Juan Ramirez! He placed 5th at the regional tournament and qualified for the state tournament.
- Congratulations to wrestler Laura Alcantar-Soto! She was the district champion and regional champion and will compete at the state wrestling tournament.
- Congratulations to our cheer squad for qualifying for and competing in the state cheer championships!

Check next month's bulletin to see how our athletes fared at their state competitions!

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



Save the Date!

**Cascade High School
Family Registration Night**

Wednesday, March 2

6:00 pm

Virtual link will be sent out and available on the CHS website

*Find out about the new and exciting
things happening at*

Cascade in 2022-2023

Come learn about:

AP Coursework
Registration & Pathways
Course Offerings
Bruin Clubs & Athletics





Cascade High School Blood Drive

Community Fundraiser Benefiting Cascade High School HOSA

Monday, March 28th & Tuesday, March 29th
Blood Drive will be held in the CHS Gymnasium

Want to Signup for the CHS Blood Drive?

Blood Drive - Monday, March 28th and Tuesday, March 29th

Location: CHS Gymnasium

Students, families and friends are welcome to sign up!

Signups are all done electronically - [CLICK HERE for singup link](#)

Can't make it on March 28th and 29th...you can donate anywhere Bloodworks NW is operating. If you donate between March 21st through April 2nd and mention "Cascade HOSA sent you", we will get a donation. [Click here for Bloodworks NW and signup information](#)

World Language Assessment

Registration for World Language Assessment will open on February 23 - March 31. Please see treasurer, Ms. Nesci, to register for the assessment. If this is your first time taking the WLA test or if it's the first-time testing in a language, the fee is \$10.00. Please reach out to Ms. Mayan or Ms. Nesci with any questions.

[More information located on the Everett School District website.](#)



School Stakeholder Annual Survey

School Stakeholder Annual Survey

The school stakeholder annual survey (SSAS) is an important source of information for school leaders and school staff to guide the school improvement planning process and to improve learning outcomes for students. There are separate surveys for students, families, and staff.

Students will complete the survey in class on March 7, 2022.

Families can find the family survey information which includes the survey link into the announcement section of our

school website. The survey information and generic link will be emailed out as well.



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: CHSAAttendance@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: CHSAAttendance@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



Congratulations, Onima Street!

CHS German language student, Onima Street, was recently selected to be a juror for the "Youth 4 German Cinema Program 2022."



This is a program sponsored by the Goethe-Institute (the cultural branch of the German government) and the *Berlin & Beyond Film Festival*. Onima was chosen from among a group of students from across the US, Canada, Mexico, Central America and the Caribbean to participate as a juror in the ninth annual program of Youth 4 German Cinema.

She will go to San Francisco next month to be part of the 26th *Berlin & Beyond Festival*. As an aspiring young filmmaker, this is a super cool opportunity for Onima. As a member of the jury, she will go behind the scenes of the film festival, learn about filmmaking, film criticism and international films as a whole. She will also get to help select the two winning films which are being screened at the festival. The Goethe-Institute is providing round-trip airfare to San Francisco, accommodation and food.



Class of 2022 Timeline

Cascade High School Senior

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

The deadline 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

[Link to the Catalog in Spanish](#)

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





GRADUATION CELEBRATIONS!



Graduation Ad/Celebration (Seniors Only)

Grad ad orders are due before **Sunday March 6th!**

Note, grad ads will be available to purchase starting in February.

What is a grad ad/celebration?

Graduation Celebrations are a wonderful way to add a personal touch to your senior's yearbook. These are kept secrets and are a nice surprise when seniors pick up their books. Grandparents, siblings and friends can also submit grad ads. [Email Mr. Sibley](#) or look at a previous CHS yearbook for examples!

Can I pay online?

Yes! Online payments are accepted until March 6th

Please visit the [CHS website](#), click on the [student tab](#), then the [yearbook tab](#) to pay online.

What do I need to do to have a grad celebration made?

1. Download a grad celebration form from the yearbook website
2. After completing the grad celebration form, please email the form and all digital photos to: chsgradads@gmail.com
3. Please pay online at <https://wa-everett.intouchrecepting.com/> or drop off a check at the Treasurer's Office for our Treasurer Ms. Nesci.

Questions?

Please contact Mr. Sibley: ssibley@everettsd.org

How much does a grad ad cost?

The cost of a grad ad depends on how big of an ad you would like to purchase. Note, you can purchase as many ads as you would like. All profits made by grad ads goes directly into the yearbook account so we can purchase new equipment (cameras, printers, etc.) and so we can try and keep yearbook costs down in the future when possible.


Eighth Page Ad (35 words/1 photo): \$30

Quarter Page Ad (75 words/3 photos): \$60

Half Page Ad (100 words/4 photos): \$120


Full Page Ad (200 words/8 photos): \$240






CASCADE SENIOR HIGH SCHOOL

ENTREPRENEURSHIP



KNOWLEDGE

Entrepreneur




TEAM **RISK TOLERANCE**

ASSERTIVENESS

<ul style="list-style-type: none"> • 213CTE • 1.0 CTE credit for 2 semesters • Grade levels: 10-12 • Prerequisites: Foundation of Business and Marketing, or Social Media Marketing or Business and Finance 	<ul style="list-style-type: none"> • The course focuses on business opportunity, starting, operating, and maintaining a business. Help student develop critical thinking, problem solving, and innovation related to accounting, finance, marketing, and business management. Students will be members of DECA and can participating in DECA competitions to compete with others all over the world.
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REGISTER FOR ENTREPRENEURSHIP





Foundations of Business & Marketing

"More Knowledge = More Money!"

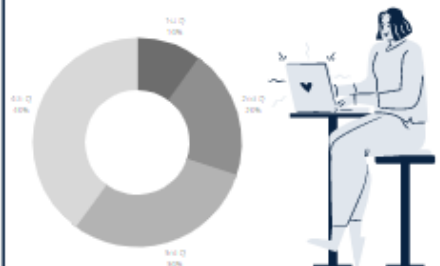
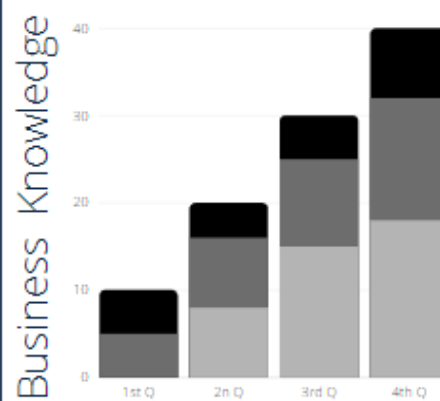
211CTE

Grade Levels: 9-12

Credit: 1.0 CTE or Elective credit

Length: Two semesters (yearlong)

Fee: Current DECA regional, state, and national fee.



In this introductory course, students learn the fundamental business concepts that successful businesspeople need. The class combines practical project-based learning, classroom practice, and business simulation to give students the skills and knowledge necessary for business success in today's world. Students in this course are members of DECA which provides opportunities to travel, practice leadership, and compete with students from around the world.



Seniors! Need help with your award? Need help understanding your financial aid award?



Check your email to see if there is an email from the college letting you know that your award is ready to view.



Check the postal mail at your home to see if you were sent any information about financial aid.



Check the information from the college and read instructions carefully. They may have specific timelines or need additional forms turned in.



If you need help understanding your financial aid award offer, contact Trish Roberts (troberts@everettsd.org) or Mrs. Pewitt (naviance@everettsd.org) to set up an appointment.



Don't delay! Check it today!



EVERETT CAREER LINK Exploration, Mentorship, and Internship
Summer 2022 Program Offerings

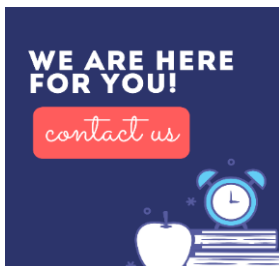
Everett Public Schools has partnered with Snohomish STEM and the city of Everett to provide three incredible opportunities for incoming 9-12th graders. Each program is unique and allows students to complete one course or all three during their high school career.

<p>Career Link – Exploration (.5 CTE Credit)</p>
<p>Geared Towards: Current 8th and 9th Graders</p> <p>Structure: Virtual w/ synchronous zooms 2-3 times per week</p> <p>Description: Provides students a look at career opportunities in career clusters that are aligned with their abilities, interests and personalities to formulate academic and careers goals, while creating a plan for achievement of those goals through high school course and beyond planning. The 6-week summer course is focused on supporting incoming freshman and current freshman with an intentional effort to recruit students who can benefit from additional guidance prior to entering high school. Special Education, EL, low income, and AVID students will especially benefit from this course.</p>
<p>Career Link – Mentorship (.5 CTE Credit)</p>
<p>Geared Towards: Current 10th and 11th Graders</p> <p>Structure: Virtual w/ synchronous zooms 2-3 times per week</p> <p>Description: Provides students a look at a specific industry by working to solve a driving question with the guidance of a business mentor. Groups will work closely to discuss solutions and ideas while applying problem-solving, collaboration, project management, human relations, presentation skills, and networking skills.</p>
<p>Career Link – Internship (.5 CTE Credit)</p>
<p>Geared Towards: Current 11th Graders</p> <p>Structure: 90-hour in person job internship (days/times may vary)</p> <p>Description: The Everett School District is partnered with the City of Everett to create the Everett Career Link program. The program serves to link local businesses with emerging local talent for a 90-hour summer internship. The program gives students a chance to “learn before they earn” by showing what it is like to work in a specific job or work environment while earning credit. The internship program is targeted towards current juniors from all four high schools.</p>

Have questions or want more information? Contact Mr. Chemiak at bchemiak@everettsd.org

Ready to begin your journey? Complete the following application (due 4/1):
<http://bit.ly/CareerLink2022>

Once application has been submitted, you will be contacted regarding next steps.
See you this summer!



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
Tanys Aris	Success Coordinator – OTG	taris@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!

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The Pride Steps
PS
CASCADE
HIGH SCHOOL
SPIRIT GEAR

TEE SHIRTS
SWEATSHIRTS
SPIRIT ITEMS

Visit our website for more details:
[HTTPS://WWW.EVERETTS.D.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..



Mindfulness Practices for Parents



Are you looking for ways to create more well-being for you and your family?

Parents and caretakers will experience mindfulness practices and learn how their own practices of mindful awareness will benefit their family to be more grounded, connected, and aligned, especially during these tough times.

Date: Tue, March 15, 2022

Time: 7:00 - 8:30 pm, via Zoom

Instructors: Space Between

[**Register Here**](#)

Join us in learning about mindful awareness practices. In this workshop, we will:

- * Define & demystify mindfulness - What it is and is not and how to make it accessible
- * Explore several mindfulness practices that can be used immediately
- * Introduce practices for presence, connection and support for ourselves and our teens
- * Review the teen brain and why mindfulness practices can help - [Teen Brain - 7 Things to Know](#)

This workshop is sponsored by Forefront in the Schools. To learn more about Forefront, please visit their website: <https://intheforefront.org/programs/forefront-in-the-schools/>

For questions about this workshop, please contact us: info@spacebetween.community



Water, Depression & Anxiety

From Solera Mental Health

Can drinking plenty of water help alleviate depression and anxiety?

Several approaches can be taken to help manage mental health issues like depression, anxiety, and PTSD. Common approaches to managing mental health include: counseling, medications, removing stressors from your life, exercising consistently, getting enough sleep, proper diet, meditation, yoga, etc. The list goes on. There is one simple remedy that's been right in front of you all along, that you may not have picked up on yet: Helping your depression and/or anxiety by staying adequately hydrated throughout the day. Every system in the human body counts on water to function, and the brain is no exception. In fact, about 75 percent of brain tissue is water. Research has linked dehydration to depression and anxiety, because mental health is driven primarily by your brain's activity. Long story short, dehydration causes brain functioning to slow down and not function properly. It is important to think of water as a *nutrient* your brain needs.

How dehydration contributes to depression

Depression is a complex mental illness that has many moving parts in the inter-functionalities between your brain and body. Though it would be overly simplistic to say that dehydration is a direct cause for all types of depression, dehydration and depression are causally connected in many ways; in fact, one resulting symptom of chronic dehydration actually turns out to be depression.

Dehydration causes depression in at least three ways:

Dehydration Saps Your Brain's Energy. Dehydration impedes energy production in your brain. Many of your brain's functions require this type of energy become inefficient and can even shut down. The resulting mood disorders that result from this type of dysfunction can be categorized with depression.

Social stresses such as anxiety, fear, insecurity, ongoing emotional problems, etc., including depression can be tied to not consuming enough water to the point that your brain's tissue is affected.

Dehydration impedes your brain's serotonin production. Depression is frequently related to subpar levels of serotonin, which is a critical neurotransmitter that heavily affects your mood. Serotonin is created from the amino acid tryptophan, but sufficient water is needed.

Dehydration can also negatively impact other amino acids, resulting in feelings of dejection, inadequacy, anxiety, and irritability.

Dehydration increases stress in your body. Stress is one of the most prominent contributing factors to depression, along with a sense of powerlessness and inability to cope with stressors.

Dehydration is the number one cause of stress in your body. In fact, it's a self-perpetuating cycle: dehydration can cause stress, and stress can cause dehydration. When you're stressed, your adrenal glands produce extra cortisol, the stress hormone, and under chronic stress, your adrenal glands can become exhausted, and resulting in lower electrolyte levels. Drinking sufficient water can help reduce the negative psychological and physiological impacts of stress.

Dehydration and anxiety

As with depression, dehydration rarely causes anxiety as a cause by itself, but not drinking adequate water puts you at risk for increased anxiety symptoms now, and possibly the development of higher anxiety levels in the future. In short, dehydration causes stress, and when your body is stressed, you experience depression and anxiety as a result. Therefore, you want to ensure you are properly hydrated daily, especially if you are naturally anxiety prone.

Water has been shown to have natural calming properties, likely as a result of addressing dehydration's effects on the body and brain. Drinking enough water is an important step in managing your anxiety. Even if you're not experiencing anxiety, drinking sufficient water can create feelings of relaxation.

Dehydration and panic attacks

Panic attacks are common results of high anxiety caused by dehydration. Panic attacks typically have physical triggers, and one of those triggers is dehydration. When dehydration occurs, if you're prone to panic attacks, you can easily begin to panic, even to the point of feeling like you're dying.



When dehydrated, you expose yourself to many of the symptoms that trigger panic attacks, such as:

- Increased heart rate
- Headaches
- Muscle fatigue and weakness
- Feeling faint/lightheaded

While keeping yourself hydrated may not stop the panic attacks, they may become less frequent, or at least some of the triggers may be diminished.

How can you tell if you're dehydrated?

Some dehydration signals are pretty obvious, but not all. Signs of dehydration you may or may not have been aware of include:

- Increased hunger. Hunger and thirst signals come from the same part of the brain, so it's no surprise that they might be confused. Hunger, even when you know you've eaten enough, probably means you need to drink some water, not eat more.
- Dryness. Dehydration is reflected in common signs of dryness, including dry, itchy skin, dry mouth, chapped lips, etc.
- Headache. Lack of water facilitates a shortage of oxygen supply to the brain, resulting in a headache.
- Fatigue and weak/cramped muscles. Muscle weakness, spasms, cramping, etc., are common signs of dehydration.
- Bad breath. Bad breath usually means you need some water to refresh yourself. Dehydration induces dry mouth, which means you're not producing enough saliva to help your mouth fight off odorous bacteria.
- Rapid heartbeat, rapid/shallow breathing, fever, cloudy thinking. These can be signals of severe dehydration, and you may need to seek medical attention.

How much water should you be drinking every day?

- Your ideal daily water intake depends on your gender, stress levels, weight, climate, exercise levels, whether or not you're sick, etc. But a rule of thumb is 11.5 cups (92 oz.) of water per day for women, and 15.5 cups (124 oz.) for men. If you have a hard time stomaching plain water, try adding a squeeze of lemon or lime juice. Avoid beverages as much as possible that contain sodium, as sodium dehydrates you: soda/diet soda, energy drinks, etc.
- You should ramp up your fluid intake accordingly if one or more of the following apply to your situation:
- Engaging in long, intense workout sessions
- Illnesses with fever, diarrhea, vomiting
- Hot or humid climate
- Pregnant/breastfeeding mothers
- Chronic health conditions
- Dieting

You can verify how hydrated you are based on the color of your urine. If you're adequately hydrated, your urine will be a very clear/pale yellow color. If you're dehydrated, your urine will be a dark yellow or tan color. If it's a dark yellow color and of a thick/syrupy consistency, that means you're very dehydrated. Drink some water!

Conclusion

Keeping yourself adequately hydrated is not a cure-all for depression or anxiety. You will definitely want to seek the assistance of a mental health professional.

But getting in the habit of drinking enough water daily will definitely help alleviate many of the causes and symptoms of mood volatility. Think of it as a viable part of the foundation of your long-term mental health management plan.



Thank you voters



Thank you to everyone who took the time to vote, and all those who volunteered to sign wave and share the importance of the levies.

The Education Levy is the second largest revenue source for the Everett School District, making up about 14% of the budgeted general fund. The renewal of the levy provides funding for the next four years.

The Capital Levy provides funding for six years and makes up over 95% of the district's capital fund. As a reminder, the district website has a [list of projects](#) that are able to be funded thanks to the capital levy.

Kindergarten Kick Off!

If your child will be five years old by August 31, 2022, you can learn more about enrolling into kindergarten in a virtual webinar on March 3 from 6-7 p.m. More information to come but SAVE THE DATE now!



Kindergarten registration begins this month



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.



Annual School Stakeholder Survey



To guide the Everett Public Schools' continuous improvement process, each year schools survey students, families, and staff. This information helps us to understand our specific strengths and challenges that impact school quality.

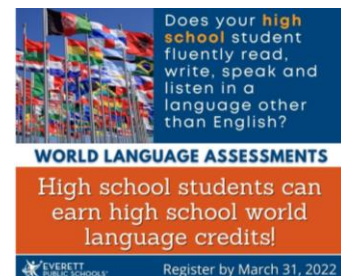
The School Stakeholder Annual Survey is only one of many pieces of data analyzed by school leaders and staff. In addition to survey data, student achievement, attendance, discipline, and program data is evaluated to create School Improvement Plan goals.

Students in grades 3-12 will be taking this survey in class. Families will also be invited to take the survey which runs March 1 to April 1. More information about this survey will be coming home soon!

Spring World Language Assessment (WLA)

The world language assessment for High School students on April 20. You can earn high school world language credits if you can fluently read, write, speak, and listen in a language other than English! Register to take the world language assessment by March 31. Visit our page for more information:

www.everettsd.org/wla



What is Lighthouse Cooperative?



Lighthouse Cooperative is a choice program within Everett Public Schools housed at Jefferson Elementary School. This K-5 program features standard district curriculum with an overlay of parent involvement via weekly classroom volunteering and support for enrichment activities such as field trips and parent-led specialty lessons. Classroom teachers and families work together weekly, building a strong community of students, families, and staff as children move through all six grades with the same classmates. Learn more [here](#).

Port Gardner Parent Partnership School (K-12)

Port Gardner is a parent partnership program, where parents/guardians are the primary educators of their children. The program is a blend of on-site classes taught by certificated teachers, and remote classes taught by parents/guardians in the home. On-site courses include both core academic areas and electives. High school level classes are credit-bearing and may be used towards earning a diploma through Everett Public Schools. Students enrolled in Port Gardner are public school students in an alternative public school program. For more about the program and enrollment information please visit: [Port Gardner Parent Partnership](#) or call 425-385-5150



Education Support Professionals Week



March 14-18 help us recognize the important work education support staff does for schools and students every day. We encourage you to take a moment and say thank you to office staff, crossing guards, paraeducators, maintenance staff, food and nutrition services professionals, bus drivers and many other education support staff who help schools and the district function smoothly.

Daylight saving time begins March 13

Daylight Saving Time begins on Sunday, March 13 at 2 a.m. On Saturday night, set your clocks forward one hour (i.e., losing one hour) to “spring ahead.” There will be more light in the evening. Also called Spring Ahead, Summertime and Daylight-Saving Time.



Let's Connect



The March Let's Connect will focus on Family and Community Engagement. More information on the date and how to register will be coming soon.

Update emergency contacts

Please call your school if your phone number or emergency contact information changes at any time during the school year. This is the contact information used by the Everett Public Schools automated phone system in emergencies and to share important school information with families.





Parent University – suggest a topic



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

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

Content includes a selection of pre-recorded videos and how-to documents that can be viewed at any time.

If you have additional topics you would like to suggest, please fill out our [“Suggest a Topic” form](#). The form is also available on our Parent University webpage at www.everettsd.org/ParentUniversity.

We value your partnership as we continually improve this resource for families.

Do not miss out!

Our school is using Peachjar to send flyers home electronically.

Just go to the home page of our school website and click on the Peachjar Eflyer button to check it out. You do not need to login to receive or view school eflyers.



No action is required on your part. You should have already received a welcome email from Peachjar that includes a username and password. This is provided so you can manage your account and flyer delivery preferences. Don't worry if you've forgotten your password, you can reset it at any time. If you cannot locate your welcome email, you can [go to Peachjar and sign up!](#)

This system is used exclusively for the distribution of school-approved flyers. Your email address will not be shared or used for any other purpose.



Gracias votantes



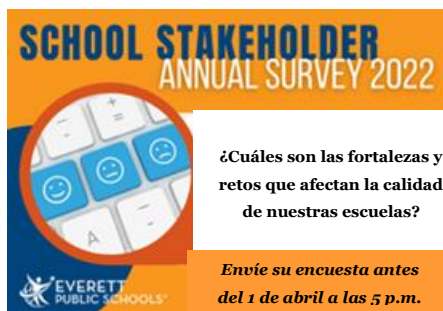
Gracias a todos por haberse dado el tiempo de ir a votar y a los que fueron voluntarios para promover con pancartas y compartir la importancia de estas exacciones.

La exacción educativa es la segunda fuente de ingreso más grande para las Escuelas Públicas de Everett, siendo el 14% del fondo general presupuestado. La

renovación de esta exacción provee fondos para los próximos cuatro años.

La exacción capital provee fondos por seis años para el 95% del fondo capital del distrito. Como recordatorio, el sitio web del distrito tiene una [lista de proyectos](#) que van a ser posibles gracias al financiamiento proveído por esta exacción capital.

Encuesta anual a estudiantes, padres y personal escolar (Annual School Stakeholder Survey)



Para guiar el proceso de mejora continua de las Escuelas Públicas de Everett, cada año las escuelas hacen una encuesta a los estudiantes, familias y personal escolar. Esta información nos ayuda entender nuestras fuerzas y retos en específico que afectan la calidad escolar.

La encuesta escolar anual a estudiantes, padres y personal escolar (en inglés como “School Stakeholder Annual Survey”) es solamente una de muchas de las piezas de datos analizadas por los líderes y personal escolar. Además de los datos de esta encuesta, se evalúa el aprovechamiento del estudiante, su asistencia, disciplina y datos del programa para crear las metas del plan de mejora escolar.

Los estudiantes del 3er al 12vo grado harán esta encuesta en su salón de clases. Las familias también serán invitadas a realizarlo a partir del 1 de marzo al 1 de abril. ¡Estaremos enviando más información sobre la encuesta próximamente!

¡¡ Iniciamos con Kínder !!

Si su hijo(a) tendrá 5 años cumplidos para el 31 de Agosto del 2022, usted puede aprender como registrarlo(a) para kínder, estaremos ofreciendo un seminario virtual el 3 de Marzo de 6 -7 p.m. Más información muy pronto, pero ¡APARTE LA FECHA ahora!





Inician las inscripciones al Kínder este mes



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

Evaluación de idiomas del mundo en primavera (WLA)- Escuela Preparatoria

La evaluación de idiomas del mundo para los alumnos de preparatoria es el 20 de abril. ¡Puedes obtener créditos de idiomas de preparatoria si puedes leer, escribir, hablar y escuchar con fluidez un idioma diferente al inglés! Regístrate para hacer esta evaluación antes del 31 de marzo. Visita nuestra página para más informes: www.everettsd.org/wla

¿Su estudiante de preparatoria lee, escribe, habla y escucha un idioma diferente al inglés?

WORLD LANGUAGE ASSESSMENTS

¡Los alumnos de preparatoria pueden obtener créditos en idiomas!

EVERETT PUBLIC SCHOOLS Regístrate antes del 31 de marzo

¿Qué es el programa “Lighthouse Cooperative”?



Lighthouse Cooperative es un programa de elección (choice program) de las Escuelas Públicas de Everett establecido en la escuela primaria Jefferson. Este programa para alumnos del Kínder al 5to grado ofrece el plan estándar de estudios del distrito con el agregado de la participación de los padres a través de un voluntariado semanal y con su apoyo en actividades enriquecedoras como excursiones y lecciones de especialidades dirigidas por los padres. Las maestras de los salones de clases y las familias trabajan en conjunto semanalmente, formando una fuerte comunidad entre estudiantes, familias y personal escolar a través de los seis grados escolares en compañía de sus mismos compañeros de clase. Entérese más [aquí](#).



Escuela de Asociación de Padres de Port Gardner (K-12)

Port Gardner es un programa de asociación de padres, donde los padres/tutores son los principales educadores de sus hijos. El programa es una combinación de clases presenciales impartidas por maestros certificados y clases ocasionalmente impartidas por los padres/tutores en el hogar. Los cursos presenciales incluyen las dos áreas, clases académicas básicas y clases electivas. Las clases de nivel de escuela preparatoria otorgan créditos y pueden usarse para obtener un diploma a través de las Escuelas Públicas de Everett. Los estudiantes matriculados en Port Gardner son estudiantes de escuelas públicas en un programa de escuela pública alternativa. Para obtener más información sobre el programa y la inscripción, visite: [Port Gardner Parent Partnership](#) o llame al 425-385-5150

Semana de los profesionales de soporte a la educación



La semana de 14-18 de marzo nos ayuda a reconocer la importancia del trabajo que realiza el personal de soporte a la educación para las escuelas y sus estudiantes todos los días. Los exhortamos a que se den un momento para agradecer al personal de la oficina, a los guardias de cruces escolares, a los paraeducadores, personal de mantenimiento, profesionales de servicios de alimentos y nutrición, conductores de autobuses y muchos otros del personal de soporte que ayudan a que las escuelas y el distrito funcionen sin contratiempos.

El horario de verano inicia el 13 de marzo

El horario de verano (**Daylight Saving Time**) inicia el domingo 13 de marzo a las 2 a.m. Adelante su reloj una hora (vamos a perder una hora) el sábado por la noche. Tendremos más luz por las tardes. Este cambio se conoce también como “Spring Ahead”, “Summertime” y “Daylight Saving Time”.



Let's Connect (Conectémonos)



La sesión de Let's Connect este mes de marzo se enfocará en la participación de las familias y la comunidad. Próximamente más información sobre la fecha y cómo registrarse.



Actualice sus contactos de emergencia

Por favor llame a su escuela si su número de teléfono o información de contacto de emergencia ha cambiado o cambia durante el año escolar. Esta información de contacto es usada por las Escuelas Públicas de Everett en el sistema telefónico automatizado para emergencias y para compartir información importante de la escuela con las familias.



Parent University (Universidad para padres) – sugiera un tema



La Universidad para Padres es un recurso por demanda creado para ayudar a los padres y tutores legales a que participen de lleno en la educación de sus hijos. La participación de padres y familia en la educación afecta positivamente el éxito académico y social de los niños y niñas.

Nuestra meta es aumentar el nivel de colaboración e involucramiento entre las escuelas, las familias y la comunidad para educar, empoderar y conectar a las familias con recursos que formen la confianza de los padres y el estudiante, mejoren el desarrollo de carácter, y promuevan las habilidades para la vida con el fin de incrementar las probabilidades del éxito de las familias en sus metas y aspiraciones académicas.

El contenido incluye una selección de videos pregrabados y documentos de cómo hacer algo que pueden ser vistos en cualquier momento.

Si tiene algún tema adicional que le gustaría sugerir, por favor llene nuestro [formulario de "Sugiera un Tema"](#), que está también disponible en nuestra página web de Parent University en www.everettsd.org/ParentUniversity.

Apreciamos su trabajo en colaboración con nosotros para continuar mejorando este recurso para las familias.

¡Manténganse enterado!

Nuestra escuela usa Peachjar para enviar folletos electrónicos a casa.



Simplemente visite la página web de nuestra escuela y haga clic en el botón de Peachjar Eflyer para que lo revise. No necesita ingresar para recibir nuestros folletos electrónicos escolares.

No se requiere de ninguna acción de su parte. Usted ya debió haber recibido un email de bienvenida de Peachjar que incluye un nombre de usuario y contraseña, que son proporcionados para que pueda manejar su cuenta y preferencias de recibo de los folletos. No se apure si se le olvidó su contraseña, la puede reiniciar en cualquier momento. Si no puede localizar su email de bienvenida, visite [Peachjar y regístrese!](#)

Este sistema es usado exclusivamente para la distribución de folletos aprobados por la escuela. Su email no será compartido o usado para otro fin.



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

• Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación.

• **Title IX/Civil Rights Compliance Officer:**

• Kevin Allen
• 425-385-4100
• KAllen@everettsd.org
• PO Box 2098
• Everett, WA 98213

Section 504 Coordinator:

Dave Peters
425-385-4063
DPeters@everettsd.org
PO Box 2098
Everett, WA 98213

ADA Coordinator:

Randi Seaberg
425-385-4104
RSeaberg@everettsd.org
PO Box 2098
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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