

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



April 2022

VOLUME 5, ISSUE 8

From the Principal

Dear Cascade Families,

As we enter the springtime, I wanted to take some time to recognize that with so many more events beginning to occur, it is important to acknowledge that these events are only possible due to the support we receive from the larger Cascade community, staff, parents, community members. I think we have all been very encouraged this year to see people returning to school events, getting involved, supporting the larger school community. I want to take some time here to acknowledge our appreciation for all of the hard work it takes to make Cascade High School a wonderful community.

Already this spring has felt like we starting to see what kind of school community we can be together, whether it is through increased in-person events or just beginning to learn how to have fun again as a school, as we move forward, my hope is that we can steadily increase the ways in which students, staff, families, and community partners can regularly come together to celebrate and support one another.

I am also so thankful for our community partners and their hard work in supporting our school and our amazing students, particularly our [Natural Leaders](#) and [Bruin Community Parents](#) programs. Ultimately, I want to encourage all of our families to continually find ways to be positively involved in your child's high school experience, and there is no time like the present to get started.

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

April 1

Full Day Schedule

April 4-8

Spring Break – No School

April 15

Learning Improvement Friday

April 22

Learning Improvement Friday

April 29

Learning Improvement Friday



CASCADE HIGH SCHOOL SPRING BALL

MASQUERADE BALL



APRIL 30 | 7PM TO 10PM |
ROSEHILL COMMUNITY CENTER

\$15 W/ASB OR \$20 W/O ASB

TICKETS ON SALE

IN THE BRUIN GARAGE

APRIL 20 - 29

*BEFORE SCHOOL AND
DURING BOTH LUNCHES*



Cascade Athletics

Congratulations to all of our winter athletes that competed in their respective state tournaments: Noah Henderson (swimming), Issac Bingay (diving), Laura Alcantar-Soto (wrestling), Juan Ramirez (wrestling), Elisabeth Olney (bowling), and our cheer program!

Issac placed 12th, Noah placed 13th in the 200 Individual Medley and 9th in the 100 Breast Stroke, and Cheer placed 4th in the gameday co-ed category and 8th in the non-tumbling small category! Congratulations!

Spring sports have now been underway for approximately 1 month! Here are some upcoming home events in the beginning of April following our spring break. Come check out our athletes in action!

- April 12th: Softball vs. Mariner (at Phil Johnson Ball Fields starting at 4:00). Boys Golf vs. Snohomish (at Walter Hall Golf Course starting at 3:00)
- April 13th: Baseball vs. Shorewood (at the CHS baseball field starting at 4:00)
- April 14th: Girls Golf vs. Monroe (at Walter Hall Golf Course starting at 3:00). Track meet vs. Monroe (at Everett Memorial Stadium starting at 3:30). Tennis vs. Everett (at the CHS tennis courts starting at 3:30). Softball vs. Shorecrest (at Phil Johnson ball fields starting at 4:00).
- April 15th: Soccer vs. Cedarcrest (at Everett Memorial Stadium starting at 7:30)

Come join us cheering on the Bruins!

Are you interested in participating in a sport next school year? Starting in late May/early June, there will be many opportunities to participate in summer workouts for various sports programs in preparation for next year. Check with the Athletics Office for schedules once they are published. You can also email rcovert@everettsd.org or sstencil@everettsd.org for more information once it becomes available. To participate, you must have a current sports physical, just like you would for fall, winter, and spring sports.

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



Check to see if these grad requirements are done....
Class of 2022!

- Fill out your High School & Beyond Plan Spring Senior Year survey in Naviance!
- Create and Upload your resume to the Naviance task.
- Complete the Career Interest Profiler Survey in Naviance
- Complete the Financial Aid Survey in Naviance
- Upload documentation of your post-secondary plan (next steps) in Naviance

Questions? Find Videos here!
<https://www.everettsd.org/Page/38023>

Class of 2022 Timeline



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
- 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

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



Looking for Donations!

The CHS Library is looking for STEM-style building/engineering games/3D puzzles and activities. Please see examples in the screenshots below.

Email apimenta@everettsd.org with questions!

Thank you!





9 Things to Do If You Feel Anxious

By [Sara Lindberg, M.Ed](#)

Everyone goes through periods of feeling anxious and worried. After all, it's a normal human experience. And whether you're dealing with occasional bouts of anxiety or trying to manage excessive worries, doubts, and fears, having tools to help you calm your mind and body can reduce the intensity and duration of these feelings.

Here are nine strategies that can relax your mind, ease your anxiety, and help you regain control of your thoughts so that you can feel better.

Understand the Connection Between Anxiety and Depression

While not a specific strategy, understanding the connection between anxiety and depression can help you determine if what you're dealing with is temporary or a sign of something more serious.

According to [Leela R. Magavi](#), MD, a psychiatrist and regional medical director for [Community Psychiatry](#), anxiety and depression are intertwined and frequently exacerbate each other. Part of the reason, she said, is because the same neurochemicals are implicated in both conditions.

More specifically, [Julian Lagoy](#), MD, a psychiatrist with [Community Psychiatry](#), explained that since decreased serotonin causes both [depression and anxiety](#), it's common for someone with depression to also feel anxious at the same time. That's why it's critical to acknowledge feelings of anxiety and share them with an expert, especially if you've been diagnosed with depression or are showing signs of depression.

Acknowledge Your Anxiety

Acknowledging when you feel anxious allows you to take steps to ease the symptoms. The first step is to accept that you cannot control everything. To do this, the Anxiety and Depression Association of America (ADAA) recommends putting feelings of stress or anxiety in perspective.

When you have an anxious thought that won't go away, ask yourself: "Is it really as bad as I think?" Take yourself through the process of breaking down the thought before jumping to the worst-case scenario. If you still answer yes, ask yourself the following:

- How do I know the thought is true (what is the evidence)?
- Can I reframe the thought into a more positive or realistic scenario?
- What are the chances the thing I'm worried about will actually happen?
- What is the worst possible outcome? How bad is this, and can I handle it?

This exercise is helpful for people who deal with chronic anxiety and worry.



Schedule a Worry Break

It may sound counterintuitive when looking at strategies to help you find relief from [anxiety](#), but allowing yourself a short worry break each day can free up your energy to focus on the task at hand. How you set this up depends on your routine. One way is to schedule a chunk of time later in the day, maybe 15 minutes after dinner, to go through your worries for the day.

Earlier in the day, you can write down any worries or anxieties that creep into your mind. Then, give yourself permission to deal with them later. This allows you to go about your day while still acknowledging that something is bothering you.

Later, when you go over the worry list, make sure to set a timer. Review what you wrote, identify any thoughts that are still causing anxiety, and cross off those that don't seem important anymore. Allow yourself a few minutes to sit with each concern.

Interrupt Your Thoughts

When [negative thoughts](#) or excessive worries run through your head, it can feel like there is no way to turn them off. One strategy to try is interrupting your anxious thoughts by doing something else. While it might not work every time, you may find that taking a break from overthinking can lead to fewer intrusive thoughts throughout the day. Here are some techniques to try:

- Practice deep breathing
- Take a mindfulness break
- Move your body
- Engage in an activity that brings you joy
- Call a friend or loved one
- Get outdoors and take a walk
- Keep your hands busy by drawing, knitting, doing a puzzle, or building something

Practice Mindfulness Meditation and Relaxation

[Mindfulness meditation](#), relaxation, and breathing exercises can help calm your mind and body, which may allow you to feel less worried. Plus, it only takes a few minutes each day to feel a difference. Use this time to be aware of what's going on in your mind and body. Start with five minutes a day and work your way up to mindful moments several times a day.

To help you get started, listen to a guided meditation, or recorded breathing exercises. Once you feel comfortable with the practice, you will find more focus and awareness throughout the day.



Engage in Diaphragmatic Breathing

1. Engaging in [diaphragmatic breathing](#) and registering bodily cues could help you better understand your emotional response to stress, according to Magavi. Many people who experience anxiety find it helpful to partake in guided body scan meditations while breathing slowly and deeply to identify how each emotion triggers disparate sensations in their body, Magavi said.

You can use this information to think about how to respond verbally or behaviorally. She recommends using diaphragmatic breathing and pranayama, which is alternative breathing or the practice of breath control.

Do One Thing Each Day That Brings You Joy

When you're feeling anxious and want to take your mind off the stressor, Lagoy says to carve out time to do the things you love, whether that is riding a bike, reading a book, painting, or catching up with friends.

“[Regular exercise](#) can help prevent or alleviate anxiety, as well as learning techniques like meditation, deep breathing exercises, or practicing mindfulness,” Lagoy said.

Consider What Your Anxiety Is Telling You

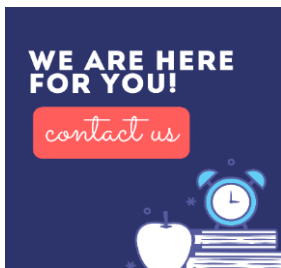
Feeling anxious isn't always a bad thing. In fact, anxious thoughts could be your [body's way of giving you valuable information](#). The next time you feel worry, fear, stress, or overwhelming thoughts of dread, stop, and take a deep breath. Instead of defaulting to “this is my anxiety talking,” reframe how you view the situation and ask yourself if your body is trying to tell you something. Do you need to slow down? Maybe you're getting sick, and your body is responding with stress. Or maybe, there is a real threat, and you need to take action.

Talk to a Mental Health Professional

Feeling anxious all the time can be a sign of a mental health issue like depression. If your anxiety becomes excessive and difficult to manage, ask your doctor for a referral to a mental health professional, or contact a mental health professional directly. Talking with a therapist, psychologist, or psychiatrist who can [treat the underlying issue](#) may help you feel better.

A Word From Verywell

Occasional bouts of anxiety and worry may just be a sign that you need to take a break and implement some of the strategies listed above. Adding exercise, meditation, diaphragmatic breathing, or a worry break into your day may help ease your mind. But if anxiety, nervousness, or worrying becomes excessive or begins to impact your life, it might be time to seek professional help.



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!

WWW.EVERETTS.D.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.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..



Kindergarten registration is open

Do you have a child who will be 5 years old by Aug. 31, 2022? Registration is open. 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. More information is available at www.everettsd.org/DualLanguageSpanish.



Easy access with district app



There is an app for that! Download and log into the district app with your LMS password to access your student's info quickly and easily, including grades, assignments and more. Set your delivery preferences for notifications from your selected schools and district. Quickly access contact information and connect with the press of a button. Customize the app to view the schools and feeds that you care about most, all in your native language. Your home for district and school communications. Simply the fastest way to be informed. Learn more at www.everettsd.org/MobileApp.

2022-23 calendar available

Our 2022-23 student calendar is available in English and Spanish. Visit the district's website under announcements on the homepage to view details.





Let's Connect



The April Let's Connect will focus on Family and Community Engagement and will be led by each school. More information on your school's date and how to register will be coming soon.

Thank you, volunteers!



April 18-22 is Public Schools Volunteer Appreciation Week, which provides a yearly opportunity for schools and families to honor and highlight the powerful contributions parents and caregivers provide at school and home to support student success.

We are grateful for the support our school community volunteers have given to support student success. Your help matters. Thank you so much.

Abiertas las inscripciones para el jardín de infantes

¿Tiene un hijo o hija que tendrá 5 años cumplidos para antes del 31 de agosto de 2022? Ya están abiertas 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. Contamos con más información en www.everettsd.org/DualLanguageSpanish.





Acceso fácil con la app del distrito



¡Tenemos una app para eso! Descargue la aplicación e ingrese a la app del distrito con su contraseña de LMS para acceder a información rápida y fácilmente, incluyendo calificaciones, tareas y más. Establezca sus preferencias de recibo de notificaciones de sus escuelas selectas y del distrito. Acceda rápidamente a la información de contacto y conéctese con solo presionar un botón. Personalice su app para ver las escuelas y la información que más le importa, todo en su propio idioma. Es el centro para sus comunicaciones del distrito y su escuela. Simplemente la manera más rápida de estar informado. Aprenda más en www.everettsd.org/MobileApp.

Calendario 2022-23 disponible

Nuestro calendario estudiantil 2022-23 está disponible en inglés y en español. Visite el sitio web del distrito bajo la sección de “announcements” de la página principal para ver detalles.



Let's Connect (Conectémonos)



La sesión de Let's Connect de abril se enfocará en la participación de las familias y de la comunidad. Será dirigida por cada escuela. Próximamente más información sobre la fecha y cómo registrarse.

¡Gracias voluntarios!



El 18-22 de abril es la semana de apreciación de los voluntarios de las escuelas públicas. Esta semana provee una oportunidad anual para que las escuelas y las familias honren y destaquen las poderosas contribuciones que los padres y encargados del cuidado proveen en la escuela y en los hogares para darle apoyo al éxito estudiantil. Estamos muy agradecidos por el soporte que los voluntarios de nuestra comunidad escolar han dado para apoyar al éxito de los estudiantes. Su ayuda importa. Muchas gracias.



**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.

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



**EVERETT
PUBLIC
SCHOOLS®**

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

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:

Title IX/Civil Rights

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KAllen@everettsd.org
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Everett, WA 98213

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