

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



January 2023

VOLUME 6, ISSUE 5

## From the Principal

Dear Cascade Families,

As we move into 2023, we certainly look forward to this new year with positivity and hope for a good year.

As we come back from winter break, we will have finished roughly 2/5 of our school year and will still have close to 20 days of our first semester to increase engagement and improve performance. Teachers are ready and available to help and provide support to students, but it is important to not wait too long. Teachers often want to provide support but are met with limitations when students or parents ask so close to the end of the semester. If your student is struggling, there is no better way to get help than to connect with your child's teachers as soon as possible to request support.

As we move into 2023, we have a few areas that we want to recognize and be aware of.

- One of the most important areas of school that has the highest connection to academic success is regular attendance. We ask for your support in making regular and on-time attendance a priority in the new year. Here's a brief illustration: missing just one (1) day a week over the time a student is in high school will add up to nearly a full year of school by graduation. Similarly, missing one (1) day every two (2) weeks for four (4) years amounts to close to a full semester by graduation. Even missing only two (2) days a month results in 18 days per year, which is 10% of a school year. We're also including being tardy as something we'd like help with. Very similar to days, minutes add up over time. For example, just missing 15 minutes per day adds up to an hour and 15 minutes per week, which is roughly 1 day per month, which would then become between 8-9 days over the course of a year. Miss 30 minutes per day, and now you're closer to 2 and 1/2 hours a week, 2 days a month, and nearly 16-18 days over the course of a school year. Adding all that up, when missing class becomes a pattern, it can make it extremely difficult to have success or to reverse trends.
- Part of our values and goals as a school and as a district revolve around preparing all students for life after high school and to that end, our staff members are still working hard to help our seniors complete their FAFSA and submit their college applications. In fact, nearly a quarter of the Class of 2023 have already completed their FAFSA. Let's keep that good work going Bruins!
- For those in 9-11 grades, when we get back from winter break, we will begin to prepare for the registration process for the 2023-24 school year. The registration process usually begins towards the end of February and runs through March, so be on the lookout for information regarding that process!

Thank you, and as always, I wish you and your family good health in this new year and look forward to continuing to work together in support of our students.

Sincerely,

Michael Takayoshi  
Principal, Cascade High School

[Mtakayoshi@everettsd.org](mailto:Mtakayoshi@everettsd.org)

**Micheal Takayoshi**  
Principal

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

**January 2**

No School – Winter Break

**January 6**

Learning Improvement Friday

**January 13**

Learning Improvement Friday

**January 16**

No School – MLK Day

**January 20**

Learning Improvement Friday

**January 27**

Learning Improvement Friday



*Welcome Cascade Bruins*

*To Bruin Community Parents*

**Bruin Community Parents is Cascade High Schools Parent Teacher Organization and invites you to join us now for the 2022-2023 academic year. Membership dues and fundraising events help to support extracurricular activities at Cascade and build a community of connected families. We invite all incoming and current parents to our in-person meetings on the second Wednesday of every month at 7 pm in the Cascade Library where you will learn about the exciting plans and news for the upcoming month.**

**Step 1 Choose Membership Type**

**Family Membership \$25**

**Individual Membership \$20**

**Step 2 fill out Google form or go to our website [chsbcp1.wixsite.com/website](https://forms.gle/hZTkML5MLpyKsuTk6)**

**<https://forms.gle/hZTkML5MLpyKsuTk6>**

Or



**Step 3 Payment Options**



Cash or Check  
Mail or Drop off at Cascade High School  
Checks Payable to Bruin Community Parents  
Memo Line: Membership



# Construction on Casino Road



This school year our campus will be impacted by work being done to the State Route 526 overpass by the Washington State Department of Transportation (WSDOT). The work will be seismic retrofitting the overpass to make the overpass safer in the case of seismic activity. This work will start likely this fall and carry on into the spring and will result in the closure of lanes of traffic

on E Casino Rd as well as our driveway closest to the overpass. East Casino will continue to be open, but please be aware that WSDOT will likely be using the center turn lane on E Casino to maintain two-way traffic during the seismic retrofit work. This will impact our traffic both coming to and leaving campus and will require extra caution as there will be WSDOT workers for this period of time. We've included some diagrams to help clarify where this work will be happening.





## Cascade Athletics

Congratulations to our November athletes of the month! Athletes are nominated by their coaches based on the following criteria: sportsmanship, commitment, integrity, enthusiasm, teamwork, achievement, and perseverance.

Our first winner is Aidan Kopra. Aidan was nominated by Coach Stenesen, his basketball coach. Coach Stenesen said the following about Aidan: “He has grown not just into a leader for the basketball team, but a leader that all the other players respect and listen to. He leads by example with a consistent effort in practice that is off the charts good. Aidan also stays humble when successful on the court. Aidan would rather use his energy to complement and encourage his teammates rather than use it to celebrate his own successes, which he has many of. In addition, he is a model student in the classroom and around the campus. He is the example I will use, and continue to use, when trying to teach the younger players in the program how to be a great student-athlete.”

Our second winner is Abby Surowiec. Abby was nominated by Coach Roberts, her basketball coach. Coach Roberts said the following about Abby: “Abby is a well-rounded player who is always given the toughest defensive assignment in games. Her offensive role changes based on the needs of the team each game. If we need her to play point guard, forward, or post, she does it without complaint. She leads by being the hardest working person on the floor. She listens when she is being coached and uses the advice to become a better player.”

Happy New Year Bruins! We hope you had a nice winter break and we’re excited to see what 2023 has to offer. Winter sports are now well into competitions. If you’re looking to attend a home event, here is a list to choose from over the next couple weeks:

- January 4<sup>th</sup>: Girls basketball vs. Meadowdale (jv at 5:45, varsity at 7:15 in the CHS gym)
- January 5<sup>th</sup>: Boys swimming vs Stanwood (2:45 at the Everett YMCA)
- January 7<sup>th</sup>: Boys basketball vs Lynnwood (c team at 12:00, jv at 2:00, varsity at 4:00 in the CHS gym)
- January 9<sup>th</sup>: Girls bowling vs. Anacortes (3:15 at Evergreen Lanes)
- January 10<sup>th</sup>: Boys basketball vs. Cedarcrest (c team at 4:00, jv at 5:45, varsity at 7:15 in the CHS gym)
- January 11<sup>th</sup>: Girls bowling vs. Everett (3:15 at Evergreen Lanes)
- January 11<sup>th</sup>: Boys wrestling vs. Marysville Getchell (jv at 5:45, varsity at 7:00 in the CHS gym)
- January 13<sup>th</sup>: Boys and girls wrestling vs. Monroe (girls at 6:00, boys at 7:00 in the CHS gym)

Full schedules for each sport can be viewed at [www.wescoathletics.com](http://www.wescoathletics.com)

Mark your calendars! Bru-Gull fest is Friday, January 20<sup>th</sup> at Cascade. This is our annual Cascade vs. Everett basketball game. 4 games in a row, starting with j.v. girls at 3:00, j.v. boys at 4:30, varsity girls at 6:00, and varsity boys at 7:30. Come join the fun as we take on our long-time cross-town rivals!

Spring sports start on February 27<sup>th</sup> this year! Make sure to have all eligibility paperwork completed in final forms. Please see Rhonda Covert or Scott Stencil in the main office if you need help. You will also need a current sports physical to participate. We offer the following spring sports:

- Girls: Softball, Tennis, Track and Field, and Golf
- Boys: Baseball, Soccer, Track and Field, and Golf

We hope to see you all out on the fields this spring!

A special note for our fans: Congratulations to our fans at athletic events this fall! You have all been exceptional in cheering on our teams and following our 2022 school motto “Be Loud, Be Proud, Be Bruin!”. Please continue to model this excellent behavior as we head into our winter season. Enjoy the games and cheer on your friends and classmates! Please remember to continue to cheer positively FOR our teams and not cheer negatively AT our opponents. Great job Bruins!



# Class of 2023 Senior Timeline of Events!

## 'TIS THE SEASON FOR SCHOLARSHIPS!



No time to delay, check out  
scholarships in Naviance!

- Scholarship Search Tool
- National Scholarship Search Tool



Scan the code &  
watch the "how  
to" video!

**Don't let the \$\$ pass you by...be sure to APPLY!!**



Registration is open January 3 - 27 for  
Spring 2022-23 World Language Assessment  
Students can register at the Treasurers' Office  
Questions, please contact Ms. Twedt at [htwedt@everettsd.org](mailto:htwedt@everettsd.org).



# Counseling Department Information

## Counselors:

Jason Himstedt	A - Chi	<a href="mailto:jhimstedt@everettsd.org">jhimstedt@everettsd.org</a>	385-6024
Debbie Wade	Cho - Gut	<a href="mailto:dwade@everettsd.org">dwade@everettsd.org</a>	385-6021
Anne Jensen	Guy – Li	<a href="mailto:ajensen@everettsd.org">ajensen@everettsd.org</a>	385-6023
Laura King	Lo - O	<a href="mailto:lking@everettsd.org">lking@everettsd.org</a>	385-6022
Elisabeth O'Brien	P – Sl	<a href="mailto:eobrien@everettsd.org">eobrien@everettsd.org</a>	385-6009
Pam Richards	Sm - Z	<a href="mailto:prichards@everettsd.org">prichards@everettsd.org</a>	385-6025

## Support Staff:

Tanys Aris	Success Coordinator - OTG	<a href="mailto:taris@everettsd.org">taris@everettsd.org</a>	385-6027
Phil Brandstetter	Admin Support Para	<a href="mailto:pbrandstetter@everettsd.org">pbrandstetter@everettsd.org</a>	
Kaeli Campbell	Success Coordinator – ML	<a href="mailto:kcampbell@everettsd.org">kcampbell@everettsd.org</a>	385-6193
Kalie Graham	Success Coordinator – ML	<a href="mailto:kgraham@everettsd.org">kgraham@everettsd.org</a>	385-6193
Jane Horton	Admin Support Para	<a href="mailto:jhorton@everettsd.org">jhorton@everettsd.org</a>	
Jana Kosiba	Facilities/Field Trip/Couns. Support Secretary	<a href="mailto:jkosiba@everettsd.org">jkosiba@everettsd.org</a>	385-6093
Debbie Mehaffey	Counseling & Discipline Secretary	<a href="mailto:dmehaffey@everettsd.org">dmehaffey@everettsd.org</a>	385-6010
Denise Redford	Intervention Specialist	<a href="mailto:dredford@everettsd.org">dredford@everettsd.org</a>	385-6013
Trish Roberts	College & Career Specialist Para	<a href="mailto:troberts@everettsd.org">troberts@everettsd.org</a>	385-6030
Stacy Robinson	Student Support Advocate	<a href="mailto:srobinson@everettsd.org">srobinson@everettsd.org</a>	385-6017
Holly Twedt	Success Coordinator - Assessment	<a href="mailto:htwedt@everettsd.org">htwedt@everettsd.org</a>	385-6041
Kris Vasquez	Academic Support Para	<a href="mailto:kvasquez@everettsd.org">kvasquez@everettsd.org</a>	385-6049

## Psychologist:

Kaitlin Kalkwarf	Resource Students L-Z	<a href="mailto:kkalkwarf@everettsd.org">kkalkwarf@everettsd.org</a>	385-6037
Ellen Winningham	Resource Students A-K (Extended Resource, Achieve, Life Skills)	<a href="mailto:ewinningham@everettsd.org">ewinningham@everettsd.org</a>	385-6039

## Sped Support Staff:

Jamice Fisher	Success Coordinator	<a href="mailto:jfisher@everettsd.org">jfisher@everettsd.org</a>	385-6169
Joy MacDonald	Paraeducator	<a href="mailto:jmacdonald@everettsd.org">jmacdonald@everettsd.org</a>	385-6067

## [CHS Counseling Webiste](#)

# 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 Stacy Robinson, Student Support Advocate at 425-385-6017 or Debbie Mehaffey, Counseling & Discipline Secretary at 425-385-6010 for assistance.

**Clothes for Kids** is a similar organization located in Lynnwood. Clothes for Kids is by appointment only. Shopping dates are 8/1/22-5/26/23. Please contact Stacy Robinson, Student Support Advocate at 425-385-6017 or Debbie Mehaffey, Counseling & Discipline Secretary at 425-385-6010 for assistance.



# Attendance Reporting

- **Parents/Guardians have 30 days to report their student's absence by e-mail or written note.**
- Please be sure to provide:
  - the student's name
  - the student's ID number
  - the reason for the absence
  - your name
  - attach a doctor's note if applicable

Attendance Email: [CHSAffendance@everettsd.org](mailto:CHSAffendance@everettsd.org)

Attendance Line: 425-385-6004

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

- [email](mailto:CHSAffendance@everettsd.org) regarding student absences to the following dedicated email account: [CHSAffendance@everettsd.org](mailto:CHSAffendance@everettsd.org)

**The following excuses are considered valid and acceptable per the Everett School District Attendance Policy:**

- [Illness](#)
- [Appointment](#)
- [Funeral](#)
- [Emergency](#)
- [Religious Observance](#)

Please note that running late, car trouble, missing the bus or oversleeping are considered unexcused absences

[Pre-Arranged Absence Form](#) This form is not mandatory. It is for teacher/student benefit. In order for an absence to be excused the attendance office must receive an [e-mail](#) with dates and reason for absence.

# CASCADE BRUINS



## College Entrance Exam Dates 2022-2023

### ACT TEST DATES

Register at [www.act.org](http://www.act.org)

Test Date	Registration Deadline	Late Deadline
October 22, 2022	September 16, 2022	September 30, 2022
December 10, 2022	November 4, 2022	November 11, 2022
February 11, 2023	January 6, 2023	January 20, 2023
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	June 23, 2023

### SAT TEST DATES

Register at [www.collegeboard.org](http://www.collegeboard.org)

SATURDAY Test Date	Registration Deadline	Late Fee Deadlines (online - phone)
August 27, 2022	July 29, 2022	August 16, 2022
October 1, 2022	September 2, 2022	September 20, 2022
November 5, 2022	October 7, 2022	October 25, 2022
December 3, 2022	November 3, 2022	November 22, 2022
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

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.





# 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 Shop*  
**PS**

CASCADE  
HIGH SCHOOL  
SPIRIT GEAR

TEE SHIRTS  
SWEATSHIRTS  
SPIRIT ITEMS

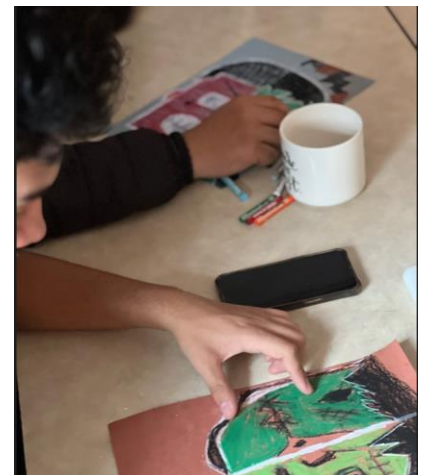
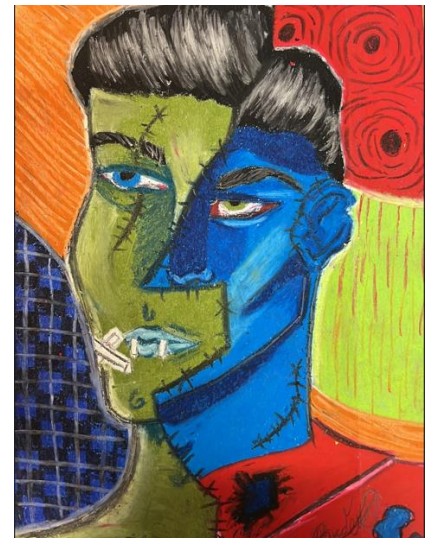


Visit our website for more details:  
[HTTPS://WWW.EVERETTSCHOOLSDISTRICTS.ORG/PAGE/39055](https://www.everettschoolsdistricts.org/page/39055)



# EvCC Seniors Study Frankenstein

Himstedt's EvCC seniors are working through their study of Frankenstein. They paused for a bit to answer this question after chapter 4: Are you able to imagine Frankenstein's monster if Picasso painted him? And look at how their imaginations answered!





# How Parents Can Improve Teen Mental Health

[A report](#) from the National Academy of Sciences, Engineering, and Medicine is raising alarm bells about the mental health of teens and young adults in the US. But, there is reason for hope. The report identified science-backed strategies for parents to use to ensure their teens remain mentally and emotionally healthy.

**Many Factors Influence Mental Health - Good mental health is more than not having a mental illness like anxiety or depression. It's a state of emotional and behavioral well-being that allows adults and teens to thrive. And there isn't a single cause, such as smartphones or bullying, that cleanly explains changes in mental health. Rather, many different factors influence mental health, all of which may explain in part why we're seeing increases in poor mental health among teens.**

Mental health is influenced by factors like family history, childhood experiences, and people's surroundings. Conditions like depression and anxiety can be [inherited from parents](#); however, parents mustn't think that because they have a condition, their children are destined to have it as well. It does mean that their children deserve extra protective factors, like strong [developmental relationships](#), and that parents taking care of themselves is a priority. Brain development throughout childhood and adolescence also impacts mental health. [Extensive brain growth](#) occurs during adolescence, and brains are shaped by the physical and social environment around us. Pollution, toxins, and drugs can interfere with brain development and are linked with poor mental health. These effects may be amplified by the social environment, particularly if teens experience toxic stress or [adverse childhood experiences](#), like abuse or neglect.

**Poor Mental Health Increasing Among Youth - Unfortunately, poor mental health is on the rise among teens. Compared to 2005, about [half a million more teens](#) reported a major depressive episode in 2014. About 32% of children and teens report having an anxiety disorder, making it the most common mental illness among young people. For decades now, suicide has been one of the [leading causes of death](#) for young people, ranking #3 for young teens and #2 for older teens and young adults. This is why so many people are concerned about TV shows like [13 Reasons Why](#), which raised worries about glamorizing suicide in teens.**

However, there are many science-backed strategies parents can use to help ensure their teen is mentally and emotionally healthy. These strategies can help parents turn down the heat on the many factors that affect teen mental health.

Parents' best bet is to use a balanced parenting style when raising a child because this approach to parenting leads to better mental health.

## Parenting Strategies for Supporting Teen Mental Health

- 1. Use a Balanced Parenting Style.** Parents' best bet is to use a [balanced parenting style](#) when raising a child because this approach to parenting leads to [better mental health](#). This parenting style balances warmth and rules, so teens know they are cared for even when they make a mistake. Other parenting styles, such as authoritarian parenting ("You'll do as I say because I said so!") or permissive parenting ("Think of me as your friend!") are linked with poorer mental health because these styles typically don't provide *both* the love and supervision teens need (and crave!) to develop in healthy ways.
- 2. Teach Teens How to Cope with Stress.** We all experience stress at some point in life. What matters is how we cope with that stress. When stress becomes overwhelming, it can lead to poor mental health. The report discusses the importance of [proper sleep](#), [nutrition](#), and [exercise](#) in helping young people (and adults!) manage stress. We offer a [stress management plan](#) that teaches teens how to apply a range of coping strategies into daily life. It includes



skills such as breaking problems down to be more manageable and teaches about the importance of reaching out for help.

3. **Role Model Self-Care.** Taking care of yourself is a [strategic act of parenting](#) because it models self-care. Taking time to enjoy hobbies and relax is vital to maintaining your health and well-being. You should encourage your teen to do the same so they don't develop the outlook that life is all work and no play.
4. **Know the Signs.** While it's common to see our teens dealing with stress, we may not always realize when there's more at play. Teens rely on adults to identify the signs that they may be dealing with anxiety or depression and steer them towards help. But some signs teens exhibit while struggling may be different than adults. For example, showing rage, irritability, or a lack of sadness in appropriate situations may be red flags. It's important to be able to recognize possible signs of adolescent depression and anxiety because if left untreated, they can greatly impact teens' lives and the lives of others around them. Learn more about [recognizing the signs of teen depression](#).
5. **Seek Professional Help.** [Reaching out for professional help](#) is a sign of strength. Sometimes, the problems in our lives become so overwhelming that we need help from someone with special training in counseling or therapy. They are able to support our ability to cope. Whether you're seeking help for yourself or for your child, professionals are eager to help you feel better. For guidance on how to prepare your child to seek help, [read this](#).

The mental health of our young people merits our attention because it's adults responsibility to keep young people safe and healthy. And when they feel better, we feel better too.

## January is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also [watch past school board meetings](#) on the district's YouTube channel. The Washington State School Directors Association (WSSDA) honors exemplary school boards that improve student learning and follow best practices of governance. Everett Public Schools Board of Directors has earned this honor for the seventh time this year for presenting exemplary evidence of ongoing professional development, addressing opportunity gaps and practicing governance that reflects the Washington School Board Standards.

## Delayed start or closed schools

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:00 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

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



## Snow routes are online

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

## Safety tip line

Do you or your student have a concern about someone experiencing bullying or harassment? **Report it!** You can talk directly with your school's office or you can call, text or email your concern.

If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods. Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

**3 easy ways**

Text or call  
 855-637-2095

 1350@alert1.us

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

FOR EMERGENCIES,  
PLEASE CALL  
**911!**

## First semester ends soon

This is a reminder first semester ends February 3. Report cards and Elementary Progress Reports will be both online and mailed/distributed by February 17.



## Good Citizenship Day



Good Citizenship Day is observed on January 13. On that day, social studies teachers coordinate a voter registration event in each history or social studies class attended by high school seniors. Students who will be eighteen years of age or older by the time of the next general election will be allowed to register to vote online in the classroom. Paper registration will also be made available in the classroom.

Registering to vote is easy. Visit the [Snohomish County webpage](#) for details on the three ways you can register to vote or update your registration or scan the QR code. Students who are 16 & 17 years old can now pre-register to vote.

You can sign up today, it's easy! Scan this QR code:





## Enero es el Mes de Agradecimiento al Consejo Escolar

El mes de enero marca la celebración anual de Reconocimiento al Consejo Escolar, una ocasión para agradecer el trabajo de los miembros del consejo escolar y celebrar la educación pública. Puede obtener más información sobre los [miembros del consejo en línea](#). También puede [ver reuniones anteriores del consejo escolar](#) en el canal de YouTube del distrito. La Asociación de Directivos Escolares del Estado de Washington (WSSDA) reconoce a los consejos escolares ejemplares que mejoran el aprendizaje de los estudiantes y siguen las mejores prácticas de gobernanza. El Consejo de Administración de las Escuelas Públicas de Everett obtuvo este reconocimiento por séptima vez este año por presentar evidencia ejemplar de desarrollo profesional continuo, abordar las brechas de oportunidades y practicar la gobernanza que refleja los Estándares del Consejo Escolar de Washington.

## Retraso en el inicio de clases o cierre de escuelas

Si debemos cancelar las clases o retrasar el inicio de las clases, usaremos nuestro sistema de comunicación con los padres para llamar por la mañana, generalmente alrededor de las 5:00 a.m., con un breve mensaje sobre el motivo del cierre o el retraso. También utilizaremos los medios locales y publicaremos el mensaje en nuestro sitio web. **Si no hay ningún anuncio sobre las Escuelas Públicas de Everett, la escuela tendrá sus actividades en el horario regular.** Más información y recursos para avisos sobre cierres o retrasos escolares se encuentran en el sitio web del distrito en la pestaña *Padres*.

En caso de inclemencias del tiempo u otras emergencias, por favor:

- revise su correo electrónico o teléfono para ver los mensajes del distrito
- escuche los anuncios de los medios de comunicación
- consulte el sitio web del distrito en [www.everettsd.org](http://www.everettsd.org)
- consulte las cuentas de [Facebook](#), [Twitter](#) o [Instagram](#) del distrito

## Las rutas restringidas por nieve están en línea

Las ubicaciones para dejar y recoger a los estudiantes en la escuela pueden cambiar en una situación de emergencia. Si su hijo viaja en autobús a la escuela, familiarícese con la [información de la ruta restringida por nieve](#) en el sitio web del distrito.



## Línea de consejos de seguridad

¿Usted o su estudiante tienen alguna preocupación acerca de alguien que esté experimentando bullying o acoso? **¡Denúncielo!** Usted puede hablar directamente con la oficina de su escuela o puede llamar, enviar un mensaje de texto o enviar un correo electrónico con su inquietud.

Si hay motivos para preocuparse por la seguridad en un camino designado hacia la escuela, llame al 9-1-1 de inmediato para obtener ayuda rápida y autorizada. Tenemos asociaciones sólidas con las fuerzas del orden público locales que comparten nuestro interés en escuelas y vecindarios seguros. La seguridad de los estudiantes es una prioridad para todos nosotros. Trabajando juntos, podemos ayudar a que nuestros vecindarios y escuelas sean lugares propicios para que los estudiantes aprendan y crezcan de manera segura.

**3 easy ways**

Text or call  
 855-637-2095

 1350@alert1.us

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

FOR EMERGENCIES,  
PLEASE CALL  
**911!**

## El primer semestre termina pronto

Este es un recordatorio de que el primer semestre termina el 3 de febrero. Las boletas de calificaciones y los informes de progreso de la primaria estarán en línea y se enviarán por correo/distribuirán antes del 17 de febrero.



## Día del Buen Ciudadano



El 13 de enero se celebra el Día del Buen Ciudadano. Ese día, los profesores de estudios sociales coordinan un evento de registro de votantes en cada clase de historia o estudios sociales a la que asisten los estudiantes del último año de preparatoria. Los estudiantes que vayan a tener dieciocho años de edad o más en el momento de las próximas elecciones generales podrán registrarse para votar en línea en el salón de clases. El registro en papel también estará disponible en el salón de clases.

Registrarse para votar es fácil. Visite el sitio web del [Condado de Snohomish](https://www.sno.wa.gov/elections) para obtener detalles sobre las tres formas en que puede registrarse para votar o actualizar su registro o también puede escanear el código QR. Los estudiantes que ahora tienen 16 y 17 años de edad pueden preinscribirse para votar.

You can sign up today, it's easy! Scan this QR code:





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• **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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• 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.

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