

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



February 2023

VOLUME 6, ISSUE 6

From the Principal

Dear Cascade Families,

I hope this month's newsletter finds you well as we close out first semester and commence with second semester!

Generally, this time of year we begin the process of starting to plan for our next steps. For 12th graders, it's working with counselors and teachers to determine our progress towards graduation and post-graduation plans. For 9th – 11th graders, it is planning next school year. Over the next few weeks and months, we will be communicating with you regarding the key elements of the spring, from course registration for the 2023-24 school year to this spring's graduation planning. Additionally, 2nd semester allows us to learn from 1st semester, so let's focus our students on what lessons they can take from first semester and really strive to make second semester better in all ways. And in support of that, I ask that you best support your student with a few simple requests these next few months.

- Please keep talking about the importance of on-time attendance every day. This has continued to be a struggle and while we recognize the significant barriers that can exist, we want to reiterate that if every student can improve their engagement by being on-time and in class regularly, every single student will see and experience direct benefits as well as our larger school community.
- Help your student stay on top of their academic progress and seek help from teachers if necessary. If you're noticing your student struggle in any class, please do not wait. Every teacher, counselor, staff member at Cascade wants to partner with you to figure out some solutions for students as soon as possible. If you haven't set up grade checks, you can by visiting:
<https://www.everettsd.org/Page/26204>.
- Finally, spring can represent opportunity, and while reassurance and encouragement can unfortunately be difficult to see or come by for students, let's make sure that our Bruins are hearing and experiencing positivity. That might mean encouraging them to join a team or club, or that might mean helping them focus their energies on doing their academic best, but ultimately the more support we can provide can make a huge difference.

Thank you for your continuing support of our Cascade Community. I look forward to the positivity and progress that spring can bring.

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

February 3

Learning Improvement Friday

February 6

No School – Semester Break

February 10

Learning Improvement Friday

February 17

Learning Improvement Friday

February 20-21

No School – Mid-Winter Break

February 24

Learning Improvement Friday



WOODY AND BUZZ A SPACE COWBOY SHOWDOWN

TOLO

FRIDAY, FEBRUARY 10
7:00 TO 9:00 PM
CHS GYM

TICKET PRE-SALE

FEBRUARY 1 - 10 (END OF 2ND LUNCH)

\$10 W/ASB
\$15 W/O ASB
\$20 GUEST

AT THE DOOR

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

*Guest passes can be found on the CHS website or
outside the Activities Center.*

*Guest passes and tickets **MUST** be approved and purchased by
Thursday, February 9th by the end of 2nd lunch.*



Need help with your Homework?

Peer Tutoring is available
in the Library during PAWS

or

Do you want to earn
service hours, strengthen your skills,
build your resume for job and college apps

Be a Peer Tutor

Sign Up Here



Or use the following link:

[Request to work with a Tutor or Request to be a Tutor](#)



German Class Activities

Advanced German students made cookies before the winter break: Pfeffernüße, Vanillekipferl, Haselnußkekse, Haselnußtrüffel and Zimtsterne. These are all traditional cookies that are popular in the German-speaking countries. They had to read and follow the recipes in German! Ms. Jones opened up the nutrition classroom after school for us so that we could bake the cookies and wash up. Thank you, Ms. Jones! The students worked hard, and the final results were delicious!



German 3 and 4 students have revived their “German buddies” partnership with Ms. Frink’s second grade class at Emerson Elementary. We recently taught them about Christmas traditions in Germany and we also shared the German alphabet with them. The Cascade students are great role models for the younger students, and it is fun to watch them share their love of learning.





Exploration, Mentorship, and Internship
Summer 2023 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 (or 10th graders if 16-years old by end of June)</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 3/31): <https://forms.office.com/r/0ivn1uTCam> or the QR code to the right

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





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

Winter sports are wrapping up! Here is a list of some of the dates for post-season tournaments

Boys and Girls Basketball district playoffs will start the week of February 6th (dates and times t.b.d.)

Boys wrestling sub-regionals are on Saturday, February 4th at Stanwood High School starting at 11 AM

Girls wrestling sub-regionals are on Friday, February 3rd and Saturday, February 4th (location t.b.d.)

Boys Swim and dive districts are from February 8th through February 11th at Snohomish Aquatic Center

Good luck to all our teams and athletes participating in the district tournaments!

Congratulations to Senior swimmer Noah Henderson who qualified for the state tournament while competing at the Kentridge Invite on January 7th!

Spring sports start on February 27th this year! Make sure to have all eligibility paperwork completed in final forms. Here is a [link](#) to the final forms registration page. 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 winter! 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 spring 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!



Counseling Department Information

Counselors:

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

Support Staff:

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

Psychologist:

Kaitlin Kalkwarf	Resource Students L-Z	kkalkwarf@everettsd.org	385-6037
Ellen Winningham	Resource Students A-K (Extended Resource, Achieve, Life Skills)	ewinningham@everettsd.org	385-6039

Sped Support Staff:

Jamice Fisher	Success Coordinator	jfisher@everettsd.org	385-6169
Joy MacDonald	Paraeducator	jmacdonald@everettsd.org	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.



5 Safety Tips for Teens: Talking About Teens and Safety

By Laura Putre

According to the National Center for Education Statistics, more than 700,000 students ages 12 to 18 are physically attached at school every year. If that isn't scary enough, studies estimate that one in five women is [sexually assaulted](#) while in college.

So, what can parents do to protect their teens out in the world, especially as they [head off to college](#)? Our experts have some ideas for keeping teens safe:

5 Ideas for Keeping Teens Safe

1. **Self Defense.**

It can't hurt to consider self-defense classes offered through the local police department or a local karate or Tae Kwon Do studio, says Brian Van Brunt, Ed.D., executive director of National Behavioral Intervention Team Association.

Self-defense programs like IMPACT and RAD (Rape Aggression Defense) teach the importance of being aware of your surroundings and using all your resources (yelling "No!" or kicking and punching) to deter or stop an attacker.

2. **Talk About It.**

Self-defense classes are only part of the solution, says Van Brunt. It's important for adults to proactively talk to their teenagers, not only about how to protect themselves in dangerous situations but also how to avoid those situations in the first place.

"You want to have the [conversation](#) before the problem occurs," he says. "I like to use this example – if you're a police officer or firefighter, you don't want to train at the moment when you're responding to a bank robbery or putting out a fire."

3. **Practice.**

Steven L. Pastyrnak, Ph.D., pediatric psychologist at Helen DeVos Children's Hospital suggests parents take the time to run through hypothetical situations with your kids. "If they're going to a party, run through what could happen. Say someone's driving them there. If the driver drinks at the party, what would your teenager do? Give them a sense of what their options are, good and bad."

4. **Put Safety First (And Mean It).**

It's important to let teens know that their safety comes before worrying about whether there will be a punishment, according to Pastyrnak. For example, [don't condone drinking](#), but do offer to provide a lecture-free ride home if your teenager needs it. (Save the discussion for later.) "If you keep open communication and keep judgment to a minimum, kids are more likely to seek you out," he says.

5. **Pay Attention.**

Rather than giving teens a handbook, Van Brunt says that his overarching advice to his own teenage children and those he counsels is, "Pay attention to your environment. Know what's around and how it affects the decisions that you make."

For older teens, he frames the alcohol discussion as, "drinking to get drunk is not a really good plan," pointing out that the bad things – [sexual assault](#), hangovers, vandalism – often happen when you're past the legal limit for driving. "I try to emphasize that if they're going to make the choice to drink, do it in a way that's maximizing the fun of that experience, rather than drinking as much as possible as quickly as possible."

Pastyrnak adds that parents should always ask their teen enough questions to be able to assess the potential dangers in a situation. And if the risks outweigh the benefits, parents should limit the outing. "Despite all that, teenagers are not going to tell us everything; and they're not going to ask for permission when they know that the answer will be no," he says. "Knowing that your kids will likely find themselves in an unsafe position, it's important to have conversations about potential risky situations as well."



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

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

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

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

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!

WWW.EVERETTSCHOOLSDISTRICTS.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.EVERETTSCHOOLSDISTRICTS.ORG/PAGE/39055](https://www.everettschoolsdistricts.org/page/39055)



Enrollment for kindergarten opens on March 6!

Will your child be 5 years old by August 31? On March 6, you can complete your child's online enrollment for kindergarten. An easy and quick process as detailed in the [step-by-step parent walkthrough video](#) available in multiple languages on our website www.everettsd.org/kindergartenenrollment. You can also enroll in-person at your neighborhood school.



Enrolling early in March will ensure invitations to your school's kindergarten events and participation in Everett Ready, a transition-into-kindergarten program offered for one week in August to all enrolled kindergarteners.

A **Kindergarten Enrollment - Kick-Off Webinar** will be held on Thursday, February 23, 2023, from 6:00 to 7:00 pm. Join us to meet the Superintendent and learn about Kindergarten in EPS. Information with a link to the webinar will be available on our website www.everettsd.org and www.everettsd.org/kindergarten by February 15.

EPS offers the following **Choice Programs** beginning in kindergarten— early enrollment is recommended as space is limited. Click on the links to receive additional information on the programs:

- [Lighthouse Cooperative](#) – 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.
- [Dual Language Spanish Immersion Program](#) – Located at Emerson Elementary School
Students are immersed in the Spanish language and culture with the majority of instruction being in Spanish. 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.
- [Port Gardner Parent Partnership](#) – located on Sequoia High School Campus
Parents/guardians are the primary educators of their children with support from classroom teachers in order to access curriculum materials and resources.

We are looking forward to welcoming you and your student to kindergarten!



Did you know?

Every year OSPI publishes a report card for each district and each school within the district. You can [access the 2021-22 data](#) on the OSPI website.

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

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

Calendar reminder

February 20-21 is mid-winter break.



High School and Middle School Summer Academy

Registration for Everett Public Schools High School and Middle School Summer Academy starts Monday, March 13.

High School Summer Academy includes district-facilitated credit recovery courses and credit advancement opportunities. In addition, career exploration, mentorship and internships are available through Everett Career Link.

Middle School Summer Academy focuses on exciting and engaging math and English Language Arts content for current 5th through 7th grade students. Academic lessons include math problem-solving and foundations as well as literature through close reading and novel studies, to help students build foundational skills needed for the next year.

High School and Middle School Summer Academy classes are located at Cascade High School and are scheduled for July 10 – 28, 2023. In-person summer programming is free to in-district students. Transportation and meals are provided.

In addition to in-person programming, online classes for high school students are hosted through OnlineHS.net. Online classes are scheduled for June 26 - August 3, 2023; tuition is \$350 per class for in-district students and \$450 per class for out-of-district students. Scholarships are available based on need. For more information or to register for classes, please visit <https://www.everettsd.org/domain/2422>.



Crosswalk safety reminder

Drive smart. Keep kids safe. It is important to be extra cautious this time of year when it is darker in the mornings and late afternoons. Make sure everyone gets home safely by staying alert, slowing down and following all traffic laws and signals.

Drivers:

- Eliminate distractions – put your phones down and keep your eyes on the road.
- Pedestrians can be unpredictable. Be alert at all times and don't assume they see you.
- Be extra cautious early in the morning, at night and in rainy weather.

Students:

- Plan a walking route to school or the bus stop. Choose the most direct way with the fewest street crossings and use intersections with crossing guards.
- Cross the street in a designated crosswalk. Be extra careful in rainy, foggy, or snowy weather.
- Always look left, then right, then left again before crossing a street and allow enough time to cross the street safely.
- Make eye contact with drivers before crossing the street. Never assume a driver sees you.
- Don't be distracted by electronic devices that take your eyes and ears off the road.



Parent safety tip

Six ways your student can protect their online identities:

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



Learn more about online safety, digital wellness, cell phones and learning with technology with age-specific tips and tools on www.common sense media.org.



National School Counseling Week

The week of February 6 to 10 is National School Counseling Week and highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. We love our counselors!



Do you have a student receiving special education?

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



Remember to vote

Please remember to vote by February 14, 2023.



¡Las inscripciones para el jardín de infancia se abren el 6 de marzo!



¿Su hijo tendrá 5 años el 31 de agosto? El 6 de marzo, puede completar la inscripción en línea de su hijo para el jardín de infancia. Un proceso fácil y rápido como se detalla en el [video tutorial paso a paso para padres](#) disponible en varios idiomas en nuestro sitio web www.everettsd.org/kindergartenrollment. También puede hacer la inscripción en persona en la escuela de su vecindario.

La inscripción temprana en marzo asegurará invitaciones a los eventos del jardín de infancia de su escuela y la participación en Everett Ready, un programa de transición al jardín de infancia que se ofrece durante una semana en agosto a todos los niños del jardín de infancia inscritos.

Un **seminario web de lanzamiento de la inscripción al jardín de infancia** se llevará a cabo el jueves, 23 de febrero de 2023 de 6:00 a 7:00 p. m. Únase a nosotros para conocer al superintendente y aprender sobre el jardín de infancia en EPS. Información con un enlace al seminario web estará disponible en nuestro sitio web www.everettsd.org y www.everettsd.org/kindergarten antes del 15 de febrero.

EPS ofrece los **Programas de elección** a continuación a partir de Kindergarten. Se recomienda la inscripción temprana ya que el espacio es limitado. Haga clic en los enlaces para recibir información adicional sobre los programas:

- [Lighthouse Cooperative](#): con sede en Jefferson Elementary School
Este programa K-5 cuenta con plan de estudios estándar del distrito con una superposición de la participación de los padres a través de voluntariado semanal en el aula y el apoyo a las actividades de enriquecimiento, tales como excursiones y lecciones de especialidad dirigidas por los padres.
- [Programa de inmersión dual en español](#): ubicado en la escuela Emerson Elementary School
Los estudiantes están inmersos en el idioma español y la cultura con la mayoría de la instrucción en español. Se les dará prioridad a los estudiantes dentro del área de asistencia de la Emerson Elementary School. Si el número de estudiantes solicitantes es elevado, se realizará un sorteo para seleccionar a los estudiantes.
- [Port Gardner Parent Partnership](#): ubicado en Sequoia High School Campus
Los padres/tutores son los principales educadores de sus hijos con el apoyo de los profesores para acceder a los materiales y recursos del plan de estudios.

¡Esperamos darles la bienvenida a usted y a su estudiante al jardín de infancia!



¿Sabía que?

Cada año OSPI publica un reporte de calificaciones para cada distrito y cada escuela dentro del distrito. Puede [acceder a la información 2021-22](#) en la página del OSPI.

Para revisar los datos del distrito escolar o de una escuela, escriba el nombre y aparecerá un cuadro desplegable con opciones. Seleccione su opción para ver el reporte de calificaciones.

Opcionalmente puede seleccionar "Ver todas las escuelas y distritos" y navegar hasta el distrito o escuela que desee seleccionar.

Recordatorio del calendario

Los días 20 y 21 de febrero son las vacaciones de invierno.



Recordatorio de seguridad en los pasos de peatones

Conduzca con inteligencia. Mantenga sus niños a salvo. Es importante ser muy cauteloso en esta época del año cuando es más oscuro en las mañanas y tardes. Asegúrese de que todos llegan a casa sanos y salvos manteniéndose alerta, reduciendo la velocidad y respetando todas las leyes y señales de tráfico.

Conductores:

- Elimine distracciones: deje su teléfono y mantenga los ojos en la carretera.
- Los peatones pueden ser imprevisibles. Manténgase alerta en todo momento y no dé por sentado que lo ven.
- Sea muy precavido por la mañana temprano, por la noche y cuando llueva.

Estudiantes:

- Planifique una ruta a pie para ir al colegio o a la parada del autobús. Elija el camino más directo con el menor número de cruces de calles y utilice los cruces con guardias de cruce.
- Cruce la calle por un paso de peatones designado. Sea muy precavido cuando llueva, haya niebla o nieve.
- Mire siempre a la izquierda, después a la derecha y de nuevo a la izquierda antes de cruzar una calle y deje tiempo suficiente para cruzarla con seguridad.
- Haga contacto visual con los conductores antes de cruzar la calle. Nunca asuma que un conductor lo ve.
- No se distraiga con dispositivos electrónicos que aparten sus ojos y oídos de la carretera.





Academia de verano de secundaria y preparatoria

La inscripción para la Academia de Verano de las Escuelas Secundarias y Secundarias de las Escuelas Públicas de Everett comienza el lunes 13 de marzo.

La Academia de Verano de la Escuela Secundaria incluye cursos de recuperación de créditos facilitados por el distrito y oportunidades de avance de créditos. Además, la exploración de carreras, la tutoría y las pasantías están disponibles a través de Everett Career Link.

La Academia de Verano de la Escuela Intermedia se enfoca en contenido emocionante y atractivo de matemáticas y artes del lenguaje inglés para los estudiantes actuales de 5^o a 7^o grado. Las lecciones académicas incluyen resolución de problemas matemáticos y fundamentos, así como literatura a través de la lectura minuciosa y estudios de novelas, para ayudar a los estudiantes a desarrollar las habilidades fundamentales necesarias para el próximo año.

Las clases de la Academia de Verano de la Escuela Secundaria y la Escuela Intermedia están ubicadas en la Escuela Secundaria Cascade y están programadas del 10 al 28 de julio de 2023. La programación de verano en persona es gratuita para los estudiantes del distrito. Se proporciona transporte y comidas.

Además de la programación en persona, las clases en línea para estudiantes de secundaria se realizan a través de OnlineHS.net. Las clases en línea están programadas del 26 de junio al 3 de agosto de 2023; la matrícula es de \$350 por clase para estudiantes del distrito y \$450 por clase para estudiantes fuera del distrito. Las becas están disponibles según la necesidad. Para obtener más información o para registrarse en las clases, visite <https://www.everettsd.org/domain/2422>.

Consejo de seguridad para padres

Seis formas en que sus estudiantes pueden proteger su identidad en Internet:

7. Comparta con cuidado: no dé información personal a sitios desconocidos o a extraños.
8. Actúe con privacidad: mantenga la configuración de privacidad en un nivel alto y limite los servicios de ubicación siempre que sea posible.
9. Cierre la sesión: sobre todo después de utilizar computadoras compartidas.
10. Combine contraseñas: utilice contraseñas distintas para aplicaciones y sitios web diferentes.
11. Evite los ciberanzuelos: evite las pruebas y los cuestionarios aleatorios.
12. Elija bien: elija un nombre de usuario apropiado.



Obtenga más información sobre seguridad en línea, bienestar digital, teléfonos móviles y aprendizaje con tecnología con consejos y herramientas específicos para cada edad en www.common sense media.org.



Semana Nacional del Asesoramiento Escolar

La semana del 6 al 10 de febrero es la Semana Nacional del Asesoramiento Escolar y destaca el tremendo impacto que los asesores escolares pueden tener a la hora de ayudar a los estudiantes a lograr el éxito escolar y a planificar una carrera profesional. ¡Nos encantan nuestros consejeros!



¿Tiene un estudiante que recibe educación especial?

¿Sabía usted que hay un PTSA de Educación Especial en el distrito? El PTSA de Educación Especial sirve a estudiantes, familias y educadores involucrados en educación especial. Ellos animan a los estudiantes, las familias, los educadores y los miembros de la comunidad a trabajar en colaboración para proveer programas y actividades reconociendo el potencial de cada estudiante y mejorando las oportunidades educacionales de los niños que reciben o buscan servicios especiales en nuestro distrito. Póngase en contacto con SEPTSA en [su página de Facebook](#).



Recuerde votar

Recuerde votar antes del 14 de febrero de 2023.



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 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



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

CASCADE
HIGH SCHOOL
Follow us on:
 Cascade.Bruins
 CascadeHSBruins
 CascadeBruins