

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

March 2023

VOLUME 6, ISSUE 7



From the Principal

Dear Cascade Families,

I'd like to spend a little time this month focusing on the *Engagement* part of our schoolwide PRIDE expectations. Spring brings a great deal of activity and excitement to our campus, from the thrill of getting to see our hard-working 12th graders finish out their time in school and graduate to the nervous energy of future Bruins getting introduced to Cascade, this is a time when student and family engagement is as important as ever.

Usually in March, all students will be preparing for what comes next. For 12th graders, we're moving towards a strong finish, commencement, and next steps. For everyone else, it's registering for next year's courses, including current 8th graders at Eisenhower, Evergreen, and Gateway middle schools. This is a natural time to discuss with students their plans for college, career, and life readiness after high school, as this month they will be spending time directly thinking and working on their future goals. Next year's course catalog is online, and your student should have a physical copy that they have been given, this is a great place to start.

To learn more about offerings for next year and how these can move your student toward their goals, please attend our Spring Bruin Informational Night on Wednesday, March 1 at Cascade. You will see details about this informative and interactive event elsewhere in this newsletter. This evening is an opportunity to talk and get direct information from staff about various courses, programs, and options for students for next year's classes.

Additionally, this month, students will be meeting with their counselors in-person and registering for classes. I strongly encourage each student to take at least one class that stretches them, and Advanced Placement class, a College in the High School class, or another class that will require hard work and deep thinking, aligns with their interests, and moves them forward toward their goals. With only 4 years in high school, we want to ensure that the time they spend challenges, enriches, and supports them in becoming confident and strong adults.

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

Sincerely,

Michael Takayoshi
Principal, Cascade High School

Mtakayoshi@everettsd.org

Michael Takayoshi
Principal

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

March 3

Learning Improvement Friday

March 10

Learning Improvement Friday

March 17

Learning Improvement Friday

March 22

SAT Testing – 4 hour Late Start

March 24

Full Day – Regular Schedule

March 31

Full Day – Regular Schedule



CASCADE HIGH SCHOOL
PRESENTS



BRUIN INFO NIGHT

MARCH 1st
5:00-7:00PM

Agenda

5-7 Dinner Available

5:30-7 Dept/Clubs/Activities/Athletics-GYM

5:30-6 Administration Welcome and CHS Info-Cafe

6-6:25/6:30-6:55 Counselor Registration Information (repeat session)-Cafe

6-6:25/6:30-6:55 Counselor Running Start/AP/College in the HS Info (repeat session)-Library

801 E Casino Road - Everett, WA - 98203

STUDENTS AND FAMILIES WELCOME





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](#)



**SAT
SCHOOL DAY
- IS -
Wednesday, March 22nd**

Juniors! You will be taking the SAT during the school day on Wednesday, March 22nd.
Questions? Visit Ms. Twedt in activities center.

**Attention all 11th grade Bruin Families:
School Day SAT is here!!**

When is the SAT?

March 22, at Cascade High School. The SAT is administered at the beginning of the school day. (This is a 4-hour late start day for grades 9, 10, and 12. Buses will provide transportation for these students 4 hours after their normal pick-up time.)

In addition, students in all other grades can take the SAT at their own cost on a Saturday. You can find a location for Saturday testing by searching the College Board Website.

How do I sign up?

You already are!

Who will take it?

All juniors.

How much will it cost?

There is no cost for juniors.

What can I bring?

- An [approved calculator](#)
- Acceptable photo ID
- Two No. 2 pencils with erasers

What else should I know?

Please leave your phone, smartwatch, or other personal technological devices at home. If your electronic device makes noise or you're seen using it at any time, including during breaks, you may be dismissed immediately, and your scores can be cancelled.

Is there a practice test?

Yes! You can find the practice test on the College Board website.



• What is the SAT?

What is the SAT?

The SAT is a widely used college admissions exam **that can be used to fulfill a [Graduation Pathway](#)**. The SAT is comprised of two sections which measure student's knowledge and skill in the areas of Evidence-Based Reading and Writing, and Mathematics.

Evidence-Based Reading and Writing (EBRW) is a combination of the Reading test and Writing and Language test scores. As the name suggests, this test requires students to use evidence in analyzing text and evaluating writing just as they will be required to do in the college classroom and career environment.

Mathematics questions evaluate students' ability to apply their knowledge and skills in mathematics through problem solving and modeling, similar to what they would encounter in college courses in the sciences.

When considered in conjunction with other measures, such as course history and grade-point average, SAT scores are useful in evaluating whether or not a student is academically prepared for college.

• Benefits of taking the SAT

- **The SAT opens doors.** Most four-year colleges require you to submit an admission test scores as part of your application. The SAT is accepted by almost all U.S. colleges.
- **It helps guide your choices.** Many colleges publicize the average SAT score of their admitted students, allowing you to see how your score compares with those of the students at the colleges you are considering.
- **It helps you qualify for scholarships.** Some colleges and educational organizations award scholarship money to students based in part on SAT scores.
- **It helps colleges find you.** You can opt in to the Student Search Service[®] when registering for the SAT to receive free information from colleges and scholarship programs.
- **It focuses on the skills needed for college.** The SAT is all about the skills and knowledge needed to be successful in college. By studying for the SAT, you are also sharpening important skills at the heart of education.

From the College Board website: <https://bigfuture.collegeboard.org/plan-for-college/applying-to-college/tests/5-ways-the-sat-can-help-you>

• Who takes the SAT and when?

Everett Public Schools offers the SAT at no cost to all juniors during the school day. In addition, students in all other grades can take the SAT at their own cost on a Saturday.



EVERETT CAREER LINK

SUMMER PROGRAMS APPLICATIONS NOW OPEN

BENEFITS TO STUDENTS

- Exploration of career options in various fields
- Building community connections and networks by connecting with students from across the district and employers from across the region
- Enhancing employability and 21st Century skills
- Informing and motivating course and career planning
- Boosting resume and college application

EXPLORATION PROGRAM - JULY 10-28

Students will work with fellow 8th or 9th grade peers to meet with a variety of panelists and to learn about careers in an industry they are interested in!

This program is virtual!

MENTORSHIP PROGRAM - JULY 10-28

Students will work in a small group of fellow 10th or 11th grade students to interview industry professionals to answer an industry specific question.

This program is virtual!

INTERNSHIP PROGRAM - SUMMER DATES VARY

Students ages 16 and older will gain hands on experience working in an industry they're excited about and will learn directly from the pros!

Internships are 90 hours over 5-8 weeks!

APPLICATIONS DUE MARCH 31



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 Big Goals and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX/Clery Rights Compliance Officer: Kevin Allen, 425.388.4100, kallen@everettsd.org, PO Box 2086, Everett WA 98213; Section 504 Coordinator: Cassie Peters, 425.388.4063, cpeters@everettsd.org, PO Box 2086, Everett WA 98213; ADA Coordinator: Sarah Seaberg, 425.388.4104, sseaberg@everettsd.org, PO Box 2086, Everett WA 98213



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

- Cascade Boys swimmers performed admirably at the district tournament! Congratulations to Noah Henderson who won the district championship in the 200-meter Individual Medley. Congratulations to Yurii Onofriichuk who placed 4th in the 200-meter Individual Medley. Both advanced to the state championships. Congratulations to our medley relay team that also qualified for the state championships. Finally, congratulations to Isaac Bingay who finished 2nd in dive and qualified for the state dive championships.
- Cascade Boys and Girls wrestling teams each sent 5 athletes to the regional tournaments, and we had 2 boys qualify for the state championships. Congratulations to Carlos Garcia and Daron Rainey for advancing to state!
- Congratulations to our cheer team! In January they placed first at Jamz National Championships in Las Vegas. They followed that up with a third-place finish and school record total score in the Washington State Cheer Championships in February. Outstanding job!
- Congratulations to Melisa Chim who qualified for and competed in the state bowling championships in February!

Congratulations to our January and February athletes of the month!

- Our January male athlete of the month was wrestler Juan Ramirez. Juan was nominated by Coach Brandstetter for showing great leadership and encouraging underclassmen to work hard every day. Juan wrestled in the district championship match but was unfortunately injured and lost a chance to wrestle at state this year (he participated in state last year as a junior).
- Our January female athlete of the month was bowler Melisa Chim. Melisa was nominated by Coach Cherniak for qualifying for the state bowling tournament in just her second year of competitive bowling. Pretty amazing accomplishment!
- Our February male athlete of the month was swimmer Yurii Onofriichuck. Yurii was nominated by Coach Smith for winning a wide variety of events throughout the season. Yurii will compete in the 200 individual medley at the state tournament prior to the release of this newsletter.
- Our February female athlete of the month was wrestler Harmony Guilfoile. Harmony was nominated by Coach Malmberg for having an amazing work ethic on the mat. She showed humility when she won and grace when she (rarely) lost. Harmony came in as a 9th grader and qualified for the regional tournament this season.

Attention Senior multi-sport athletes: The Robert Polk Memorial Scholarship is now listed on Naviance, and the application is due at the end of March. If you competed in 2 or sports, you are eligible to apply for this prestigious scholarship.

Spring sports are now underway! Good luck to all of our spring athletes as they prepare for competitions. You can find game and competition schedules for all of our spring sports at www.wescoathletics.com

Attention parents: Spring sports parent meeting is on Thursday, March 2nd at 6:00 in the Cascade cafeteria. First part of this meeting is with the athletic department staff. Second part of the meeting is with individual team coaches. Thank you for partnering with us 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!

**Don't
forget!!**



WA State Grad Requirements Your High School & Beyond Plan!



Upload a Resume



Complete Career
Interest Profiler Survey



Financial Aid Survey



Upload Post-Secondary
Plan



12th Gr. High School &
Beyond Plan Survey

Check out the "how to"
videos **HERE!** →





Class of 2023 Senior Timeline of Events!

Graduation Ad/Celebration Forms for Seniors are Due Before Sunday March 5th!

For more information about Grad Ads, please visit <https://www.everettsd.org/Page/6322>

Or email Yearbook Advisor Mr. Sibley: ssibley@everettsd.org





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
San Le	Lo - O	sle@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.



LOCAL WEEKLY OPPORTUNITY
FRESH PRODUCE & MORE

**FREE FRESH PRODUCE AND SOMETIMES OTHER ITEMS
ARE AVAILABLE TO EVERYONE EVERY FRIDAY
PRESENTED BY MILLENNIA MINISTRIES**

WHEN: EVERY FRIDAY
WHERE: THE BOYS & GIRLS CLUB - 2316 12TH ST, EVERETT
(ACROSS THE STREET FROM HAWTHORNE ELEMENTARY)
TIME: 2-3:30PM



Food Resources and Workshop Offer

If you're in need of food support- Millenia Ministries is out at the Boys and Girls Club on Hawthorn giving out boxes of food, including lots of fresh produce and sometimes items that meet more cultural needs! Every Friday from 1pm-3:30 or when they run out of food!

Questions? Reach out to Stacy Robinson, srobinson@everettsd.org or 425-385-6017

Want support creating routines for your students (any age)? Monday, Feb 27th from 11am-1pm, Housing Hope is hosting a workshop to give families tools to build a daily structure.

- Come hungry! A complimentary meal is provided at every one of our in-person workshops.
- No way to commute? Not a problem! They offer free van transportation to and from your home.
- Bring your family! We have free childcare for the duration of each workshop.
- Take home a themed giveaway and certificate of completion to show for your work.
-

Interested? Sign up here: [Creating Routines for Children Tickets, Mon, Feb 27, 2023 at 11:00 AM | Eventbrite](#)

Back at it for the Third Time!

Upon the conclusion of their study of Frankenstein, Kelsey/Himstedt's EvCC seniors took to "playing" Frankenstein by creating their own "monster." They were then paired up with a first grader at Emerson Elementary, who are doing a research project over the wild animals that the seniors are sewing. Overall, the project was a success and seniors left saying, "My first grader was so cool" and "Ugh I miss my kid already!" Thank you to BCP for once again funding the sewing kits and Pimenta for helping with the field trip paperwork and chaperoning!





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)



Tools and tips to help your teen get organized

By: *The Understood Team*

At a glance –

- Being disorganized can make school tough to manage.
- Trying strategies at home can help teens build organization skills.
- Simple tools like planners and timers can make a huge difference.

When teens are disorganized, they can get overwhelmed by school. Multiple classes, deadlines, and projects in middle and high school can be tough to manage. Learning organization strategies can help teens be more efficient. It can also be a confidence-booster. Try these solutions and tools to help your teen get organized and stay organized.

Use a planner.

As your teen's academic and social schedule gets busier, a planner can help keep things organized. A planner is basically a calendar combined with an assignment notebook. A good planner usually has a weekly view, a column for each day, and a list of classes on the side.

Having a [planner with a monthly view](#) gives kids a broader look at events and assignments. This is especially helpful when planning how to break down longer projects and goals. You can even put up a big wall calendar at home, to make it easier to see the whole month. Some teens may prefer digital planners and calendars. In that case, encourage your child to focus on the bigger picture – the full week or month – and not just on the daily view or to-do list.

Teens can also try [organization apps](#) like Google Keep, Remember the Milk, and Evernote. These can help your child remember tasks and deadlines.

Use a multi-compartment backpack.

A sturdy backpack can help teens keep school supplies in order. Try to find a multi-compartment backpack with two to three large pockets – one for books, one for notebooks, and one for personal items. The zippered pockets can hold smaller school supplies. It's also helpful to use a [backpack checklist to keep track of what's inside](#).

Try a watch or timer.

Watches and timers are simple but powerful organization tools. Teens can use them not just to keep track of time in general, but to keep track of how much time they have to do a specific task. Timing activities helps them learn how much time to budget the next time around. Teens can use a timer app on a smartphone. Or if you want to go low-tech, try an egg timer.

Color-code belongings.

[Color-coding](#) can help teens stay organized, especially at school. Assigning a color to each class or subject is a quick way to organize things visually. Have your child choose different colors for each class. (Try matching the color of the textbook covers, if possible.) You can also use color-coding to get organized at home. For example, if your teen has a sibling and they get their belongings mixed up, assign a color to each child. Stick to one color for each child's everyday items like toothbrushes, laundry bags and towels. You can also use color-coded bags to store different gear, like a yellow bag for basketball and a red one for dance. You can even color-code labels and bins. Read how one mom made a [docking station](#) to help her son keep track of winter gear.

Declutter messy rooms with office supplies.

Show your teen how basic supplies can help keep stuff organized and easy to find. Here are some ideas:

- Use accordion files to store and transport mail, electronics chargers, and other small household items.
- Rely on binder clips or folders to keep stacks of paper together, like homework materials or recent birthday cards.
- Take advantage of pencil boxes to store the pens pencils and highlighters kids need for taking notes.

Use a locker organization system.

For many teens, school lockers are a mess of crumpled papers and piled-up folders. Avoid this by working with your teen on a [locker organization system](#).

Help teens figure out when they'll visit their locker during the day. Have a map of where things go in the lock – you can even use shelves. It's also important to schedule regular locker cleanup day.



Watch this short video on locker organization for more ideas. (You can use these same systems at home [to organize your child's dresser drawers.](#))

While working on locker organization, don't forget to show your child [how to use a combination lock](#). [This cheat sheet](#) can help your child remember the combination.

There are lots of ways to set up your teen to get more organized. Start small, then branch out as you get more comfortable. Remember that it can take time for teens to learn organization skills. Getting and staying organized can be a real challenge for some kids. Find [out why some kids struggle so much with organization](#).

Key takeaways

- Try organization strategies little by little. You don't have to do everything at once.
- Teens might prefer digital planners and calendars over paper ones.
- Teens can use simple tools to declutter their locker and bedroom.



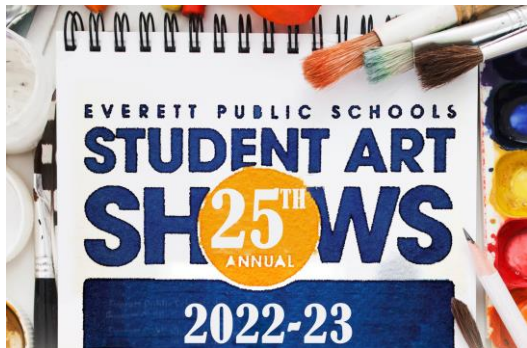
Saturday, March 18th, 2023
7:00 to 10:00 pm
Rosehill Community Center

Tickets go on sale in the Bruin Garage Wednesday, March 8th, before school and during both lunches in the Bruin Garage. Approved guest pass and ticket purchased must be done by Thursday, March 16th by the end of 2nd lunch.

[GUEST PASS](#)



Annual Student Art Shows



Everett Public Schools, in partnership with the Everett Public Schools Foundation, is celebrating 25 years of student art shows.

The elementary art show will be on display at the Community Resource Center (CRC) (3900 Broadway) from February 22 to March 15, 2023. There will be an elementary art show open house on March 2, 2023, from 6 – 7:30 p.m. for families to view the art show in the evening. The elementary art show can be [viewed virtually on the district's website](#).

High school art will be displayed for public viewing from March 22 to May 4. All participating students, their family members and friends are invited to the High School Art Show Reception on May 4, 2023, 6 – 7:30 p.m. at the CRC. Awards will be announced at this reception.

Middle school art will be displayed for public viewing from May 8 to June 8. All participating student artists and their family members and friends are invited to attend the Middle School Art Show reception on June 8, 2023, 6 – 7:30 p.m. at the CRC. Awards will be announced at this reception.

Annual School Stakeholder Survey



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

The School Stakeholder Annual Survey is only one of many pieces of data analyzed by school leaders and staff and results are carefully and thoughtfully reviewed. In addition to survey data, student achievement, attendance, discipline, and program data is evaluated to create School Improvement Plan goals. Your opinion is important to us!

Students in grades 3-12 will be taking this survey in class. Families will also be invited through social media, on the school homepages under the announcements and through normal channels of communications from principals to parents to take the survey which runs February 22 to March 31.



Update emergency contacts

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



Safety procedures

Our highest priority is to provide a safe and secure learning environment for our students. We would like you to know what we do in case of emergency so you not only know what to expect, but also so you can feel confident we practice and plan on how to keep your child safe.

If we are alerted of an immediate threat at or around our school, we would implement a lock down. This is a precautionary measure while the nature of the threat is evaluated. In a lockdown, staff is trained to lock classroom doors, shut off the lights, close the blinds and instruct students to sit away from the sightline of the doors or windows. The perimeter doors remain locked, including the front office and no one will be allowed in or out. In addition, the phones will not be answered, so please don't call the office at this time.

Law enforcement will validate if the threat is legitimate. If there is no threat to our students and staff, we would lift the lockdown and families would receive a communication from the school informing them of the lockdown and that it was not a legitimate threat. That communication may not come until later in the day.

If law enforcement validates the threat is real, the school will remain in lockdown as long as necessary. In this case, families will receive communication either from the school or the district office with information about the lockdown and what is known at the time. In lengthy lockdowns, families will receive ongoing communication with updates as available, including when the lockdown is lifted. Again, these communications would either come from the school or the district office depending on the situation.

I hope this helps you understand the lockdown plan and how we will communicate with you. You can find more information about our safety responses and plans on the [Safety and Emergency Preparation](#) website.





Education Support Professionals Week

March 13-17 help us recognize the important work education support staff does for schools and students every day. We encourage you to take a moment and say thank you to office staff, crossing guards, paraeducators, maintenance staff, food and nutrition services professionals, bus drivers and many other education support staff who help schools and the district function smoothly.



Daylight saving time begins March 12



Daylight Saving Time begins on Sunday, March 12 at 2 a.m. On Saturday night, set your clocks forward one hour (i.e., losing one hour) to “spring ahead.” There will be more light in the evening. Also called Spring Ahead, Summertime and Daylight-Saving Time.

Kindergarten registration begins this month

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

Parent University – suggest a topic

Parent University is an on-demand resource created to help parents and guardians become full partners in their child’s education. Parent and family engagement in education positively impacts the academic and social success of children. Content includes a selection of pre-recorded videos and how-to documents that can be viewed at any time.

If you have additional topics you would like to suggest, please email communications@everettsd.org. We value your partnership as we continually improve this resource for families.



Do not miss out!

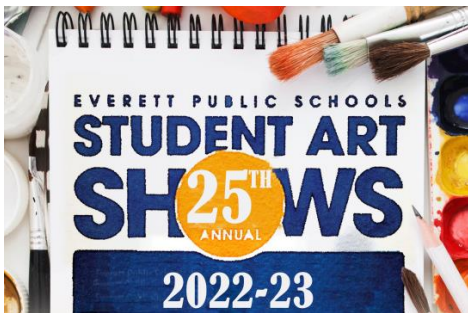
Our school is using Peachjar to send flyers home electronically. Just go to the home page of our school website and click on the Peachjar Eflyer button to check it out. You do not need to login to receive or view school eflyers.



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

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

Muestras de arte de los alumnos anuales



Las Escuelas Públicas de Everett, en sociedad con la Fundación de las Escuelas Públicas de Everett, celebran el 25 aniversario de las muestras de arte de los alumnos.

La muestra de arte de la primaria se exhibirá en el Centro de Recursos Comunitarios (CRC) (3900 Broadway) del 22 de febrero al 15 de marzo de 2023. El 2 de marzo de 2023, de 6 p.m. a 7:30 p.m., tendrá lugar una jornada de puertas abiertas de la muestra de arte de la primaria para que las familias vean la muestra de arte en la tarde. Puede ver la muestra de arte de la primaria de forma virtual en [el sitio web del distrito](#).

El arte de la escuela secundaria se exhibirá al público del 22 de marzo al 4 de mayo. Todos los alumnos participantes, los miembros de sus familias y amigos están invitados a la Recepción de la Muestra de Arte de la Escuela Secundaria el 4 de mayo de 2023, de 6 p.m. a 7:30 p.m., en el CRC. Los premios se anunciarán en dicha recepción.

El arte de la escuela media se exhibirá al público del 8 de mayo al 8 de junio. Todos los alumnos artistas participantes y los miembros de sus familias y amigos están invitados a la recepción de la Muestra de Arte de la Escuela Media el 8 de junio de 2023, de 6 p.m. a 7:30 p.m., en el CRC. Los premios se anunciarán en dicha recepción.



Encuesta Anual de las Partes Interesadas de las Escuelas



Todos los años, las escuelas realizan una encuesta de alumnos, familias y personal para que sirva de guía al proceso de mejora continua de las Escuelas Públicas de Everett. Esta información nos ayuda a comprender nuestras fortalezas y desafíos específicos que afectan la calidad escolar.

La Encuesta Anual de las Partes Interesadas de las Escuelas es solo un componente de los datos que analizan los líderes escolares y el personal, y los resultados son evaluados detenidamente y en detalle. Además de los datos de la encuesta, también evaluamos los logros, la asistencia y la disciplina de los alumnos y los datos de los programas para crear los objetivos del Plan de Mejora Escolar. ¡Su opinión es importante para nosotros!

Los alumnos de tercero a duodécimo grado responderán esta encuesta en sus clases. También invitaremos a las familias a través de los medios sociales, en las páginas de inicio de las escuelas debajo de los anuncios, y a través de los canales de comunicaciones normales de los directores a los padres para que respondan la encuesta que estará abierta del 22 de febrero al 31 de marzo.

Actualice sus contactos de emergencia

Le pedimos que llame a su escuela si cambia su número de teléfono o información de contacto de emergencia en cualquier momento durante el año escolar. Se trata de la información de contacto que utiliza el sistema de teléfonos automático de las Escuelas Públicas de Everett para emergencias y para compartir información escolar importante con las familias.



Procedimientos de seguridad

Nuestra máxima prioridad es brindar un entorno de aprendizaje seguro a nuestros alumnos. Nos gustaría que esté informado sobre lo que hacemos en caso de emergencia para que usted sepa lo que puede esperar y pueda estar seguro de que practicamos y planificamos cómo proteger la seguridad de su hijo.

Si recibimos una alerta de una amenaza inmediata en nuestra escuela o sus alrededores, implementaremos un cierre de emergencia. Se trata de una medida de precaución mientras se evalúa la naturaleza de la amenaza. Durante un cierre de emergencia, el personal fue capacitado para cerrar con llave las puertas de los salones de clases, apagar las luces, cerrar las persianas e indicar a los alumnos que se sienten alejados de la línea de visión de puertas o ventanas. Las puertas perimetrales, las que incluyen la oficina principal, permanecen cerradas con llave y no se permite la entrada ni la





salida de nadie. Adicionalmente, no se atenderán los teléfonos de manera que le pedimos que no llame a la oficina en esas circunstancias.

Las fuerzas de seguridad validarán si la amenaza es legítima. Si no existe una amenaza para nuestros alumnos y personal, cancelaremos el cierre de seguridad y las familias recibirán una comunicación de la escuela informándoles sobre el mismo y el hecho de que no se trataba de una amenaza legítima. Es posible que la comunicación se envíe más tarde el mismo día.

Si las fuerzas de seguridad validan que la amenaza es real, la escuela permanecerá en cierre de seguridad todo el tiempo necesario. En ese caso, las familias recibirán una comunicación de la escuela o de la oficina del distrito con información sobre el cierre de seguridad y lo que se sabe hasta ese momento. En el caso de cierres de seguridad prolongados, las familias recibirán comunicaciones constantes con actualizaciones según se encuentren disponibles, lo que incluye el momento en el que queda sin efecto el cierre de seguridad. Una vez más, dichas comunicaciones serán enviadas por la escuela o la oficina del distrito dependiendo de la situación.

Espero que lo anterior lo ayude a comprender el plan de cierre de seguridad y la manera en la que nos comunicaremos con usted. Puede acceder a mayor información sobre nuestras respuestas y planes de seguridad en el sitio web de [Preparación de Seguridad y Emergencia](#).

Semana de los profesionales de apoyo educativo

Del 13 al 17 de marzo, acompáñenos para brindar reconocimiento al trabajo importante que realizan todos los días los profesionales de apoyo educativo para las escuelas y alumnos. Lo alentamos a dedicar un momento y dar las gracias al personal de la oficina, guardias de cruce peatonal, auxiliares educativos, personal de mantenimiento, profesionales de servicios de comidas y nutrición, conductores de autobuses y muchos otros miembros del personal de apoyo educativo que contribuyen al funcionamiento de las escuelas y del distrito.



El horario de verano comienza el 12 de marzo



El horario de verano comienza el domingo 12 de marzo a las 2 a.m. Debe adelantar una hora sus relojes el sábado a la noche (es decir, perderá una hora). Dispondremos de más luz por las tardes. También se denomina “adelantar en la primavera” y hora de verano.



La inscripción en jardín de infantes comienza este mes

¿Su hijo tendrá 5 años de edad al 31 de agosto? El 6 de marzo puede completar en línea la inscripción de su hijo en jardín de infantes. Un proceso sencillo y rápido que se explica en detalle en el [video de explicación paso a paso para los padres](#) disponible en diversos idiomas en nuestro sitio web: www.everettsd.org/kindergartenrollment.

También puede inscribirse en persona en la escuela de su vecindario.



Inscribirse con anticipación en marzo le garantizará que recibirá invitaciones para los eventos de jardín de infantes de su escuela y que participará en Everett Ready, un programa de transición al jardín de infantes que se ofrece durante una semana en agosto a todos los alumnos de jardín de infantes inscritos. ¡Quedamos a la espera de la oportunidad de darle la bienvenida a usted y a su alumno al jardín de infantes!

Universidad para Padres: sugiera un tema

La Universidad para Padres es un recurso a pedido que fue creado para ayudar a padres, madres y tutores a convertirse en socios plenos de la educación de sus hijos. La participación de padres, madres y familias tiene un impacto positivo en el éxito académico y social de los niños. El contenido incluye una selección de videos grabados previamente y documentos explicativos a los que se puede acceder en cualquier momento.

Si tiene temas adicionales que le gustaría sugerir, escriba a communications@everettsd.org. Valoramos su cooperación a medida que mejoramos continuamente este recurso para las familias.

¡No se lo pierda!

Nuestra escuela utiliza Peachjar para enviar folletos a los hogares de forma electrónica. No tiene más que visitar el sitio web de nuestra escuela y hacer clic en el botón de “Peachjar Eflyer” (folleto electrónico de Peachjar) para probarlo. No tiene necesidad de iniciar sesión para recibir o acceder a los folletos electrónicos de la escuela.



No tiene necesidad de hacer nada. Ya tendría que haber recibido un mensaje de correo electrónico de bienvenida de Peachjar que incluye un nombre de usuario y contraseña. Se proporcionan para que pueda gestionar su cuenta y preferencias de folletos electrónicos. No se preocupe si olvidó su contraseña, puede restablecerla en cualquier momento. Si no puede encontrar su correo electrónico de bienvenida, puede [visitar Peachjar e inscribirse](#).

Este sistema se utiliza exclusivamente para la distribución de folletos aprobados por la escuela. No se compartirá su dirección de correo electrónico para ningún otro fin.



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