

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



April 2023

VOLUME 6, ISSUE 8

## From the Principal

Dear Cascade Families,

Happy Springtime! I wanted to take some time to recognize that generally after spring break, the events start happening at a faster rate, and that they are often only possible due to the support we receive from the larger Cascade community, staff, parents, and community members. One of my most favorite events of the year are our annual middle school transition days at Eisenhower, Evergreen, and Gateway Middle Schools. On these days Cascade staff get to work with our middle school counterparts and welcome incoming Bruins, and the excitement that students and families have around attending upcoming school events, finding ways to get involved, choosing their courses, is something that I credit directly to the people that make up the Cascade High School community.

Spring is a time to come together, have fun, and celebrate and support our students and community.

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

Sincerely,

Michael Takayoshi  
Principal, Cascade High School

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

**Michael Takayoshi**  
Principal

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

**April 3 - 7**

Spring Break – No School

**April 12**

End of 3<sup>rd</sup> Quarter

**April 14**

Learning Improvement Friday

**April 21**

Learning Improvement Friday

**April 28**

Learning Improvement Friday



**THURSDAY, APRIL 13**  
**BOTH LUNCHES**

**Graduation  
Announcements  
Delivered**  
**During both lunches in  
the CHS Cafeteria**

**CLASS OF 2023  
IMPORTANT  
DATES**



**Important  
Graduation  
Information  
Meeting**  
**@ Paws in the CHS  
Cafeteria**

**WEDNESDAY, APRIL 19**  
**@ PAWS**



# CHS CULTURE NIGHT



**TUESDAY, APRIL 18**

**4:00-7:00 PM**

**CHS CAFETERIA**

**Come enjoy the Cultures of Cascade!**

**Fashion Show ~ Performances**

**Parade of Flags ~ Culture Booths**









## **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 Club

German Club students made Schwarzwälder Kirschtorte (Black Forest Cake). Yum! Thank you to Ms. Jones for letting us use the Food and Nutrition room. The cakes turned out very good.



On another note, advanced German language students are heading to Immersion Camp, “Deutsches Wochenende” at Camp Don Bosco in Carnation on March 24-25. Students speak German exclusively for 36 hours while participating in various activities like singing, dancing, creating skits, cooking, baking, doing crafts, hiking, and playing volleyball. We are looking forward to having a great time and learning a lot! This is our first time back at camp since the pandemic began.



# *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**



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

As the weather is finally starting to turn sunny, spring sports competitions are underway! The baseball and softball teams have each played 4 games, girls' tennis has had 3 matches, track and field had a jamboree and just completed their first official track meet, boys' soccer has played 4 games, and both golf teams have competed in matches.

Here is a list of upcoming home competitions after spring break

- Tuesday, April 11<sup>th</sup>: Softball vs. Shorecrest (4:00 at Phil Johnson ball fields); Baseball vs. Shorecrest (7:00 at Everett Memorial Stadium)
- Thursday, April 13<sup>th</sup>: Tennis vs. Edmonds-Woodway (3:30 at CHS tennis courts)
- Friday, April 14<sup>th</sup>: Soccer vs. Lynnwood (7:30 at Everett Memorial Stadium)
- Tuesday, April 18<sup>th</sup>: Girls' golf vs. Marysville Pilchuck (3:00 at Walter Hall Golf Course)
- Wednesday, April 19<sup>th</sup>: Boys' golf Wesco north match (2:30 at Walter Hall Golf Course)
- Thursday, April 20<sup>th</sup>: Multi-School track meet (3:30 at Everett Memorial Stadium)

For full schedules of all spring sports, visit [www.wescoathletics.com](http://www.wescoathletics.com)

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## Class of 2023 Senior Timeline of Events!

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# 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
San Le	Lo - O	<a href="mailto:sle@everettsd.org">sle@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:dmeahaffey@everettsd.org">dmeahaffey@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: [CHSAttendance@everettsd.org](mailto:CHSAttendance@everettsd.org)**

**Attendance Line: 425-385-6004**

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

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

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APPAREL



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**CASCADE  
HIGH SCHOOL  
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SPIRIT ITEMS

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



# How to Help Children and Teens Manage their Stress

*The pandemic pushed stress to historic highs. Here are healthy ways for children and teens to cope.*

*By: American Psychological Association*

In the short term, stress can push a child to practice for her piano recital or inspire a teen to study when he'd rather be out with friends. But [chronic stress](#) – for example, from unrelenting pandemic-related pressures, social unrest, or violence – is different. Left unchecked, [long-term stress can contribute to a long list of physical and mental health problems](#). Prolonged stress can cause high blood pressure, weaken the immune system, and contribute to diseases such as obesity and heart disease. It can also lead to mental health problems such as anxiety and depression – disorders that are becoming more common in youth.

More than two full years into the COVID-19 pandemic, mental illness is at an all-time high – especially among children. In fact, between 2016 and 2020, the number of children aged 3 to 17 diagnosed with anxiety grew by 29% and those with depression by 27%, according to a study published in 2022 in [JAMA Pediatrics](#). The finds also suggest concerning changes in child and family well-being after the onset of the COVID-19 pandemic. At the extreme end of the stress scale, nearly 270,000 children suffered tragic loss, [with COVID-19 claiming one or more of their caregivers](#).

Stress in young people doesn't always look like stress in adults. But like adults, children, and teens – even those with life-altering losses – can find healthy ways to cope. Together, young people and their parents or caregivers can learn to spot the signs of excess stress and, with the right tools, manage it.

## Sources of stress in young children

For young children, tension at home is a common source of stress. Children may be troubled by family discord, divorce, or loss, for example. Even happy changes, such as a new home, the arrival of a new sibling, or a beloved new stepparent can be hard on a child. School is another frequent source of concern for kids. Young children might be stressed about making friends, dealing with bullies, or getting along with their teachers. They might also be anxious about tests and grades.

More significant stress is also rising in this cohort. While pediatric emergency department visits declined during the pandemic, the number and proportion of mental health-related emergency department visits increased for children ages 0 to 11, compared to 2019, according to the Centers for Disease Control and Prevention ([Radhakrishnan, L., et al., Morbidity and Mortality Weekly Report, Vol. 71, No. 8, 2022](#)).

## Sources of stress in adolescents and teens

As children get older, their sources of stress expand. Teens are more likely than young children to be stressed by events or situations outside the home. Mental health crises are on the rise for this age group as well, with mental health-related emergency department visits increasing for kids ages 12 to 17 compared with 2019 emergency department visits. In particular, emergency departments saw increases in visits related to self-harm, drug poisonings, and eating disorders among this age group since the pandemic's [onset](#) ([Radhakrishnan, L., et al., Morbidity and Mortality Weekly Report, Vol. 71, No. 8, 2022](#)).

In addition, during the 2020-2021 school year, more than 60% of college students met the criteria for at least one mental health problem, according to the Healthy Minds Study, which collects data from 373 campuses nationwide ([Lipson, S.K., et al., Journal of Affective Disorders, Vol. 306, 2022](#)).

Peers can help buffer stress, but can also be a source of it. Social relationships are especially important in adolescence. Many teens worry about fitting in, their first romantic relationships, and peer pressure around substance use and sex.

## Recognize the signs of stress

Signs of stress in youth can show up in a number of ways:

- **Irritability and anger:** Children don't always have the words to describe how they are feeling and sometimes tension bubbles over into a bad mood. Stressed-out kids and teens might be more short-tempered or argumentative than normal.
- **Changes in behavior:** A young child who used to be a great listener is suddenly acting out. A once-active teen now doesn't want to leave the house. Sudden changes can be a sign that stress levels are high.





- **Trouble sleeping:** A child or teen might complain of feeling tired all the time, sleep more than usual, or have trouble falling asleep at night.
- **Neglecting responsibilities:** If an adolescent suddenly drops the ball on homework, forgets obligations, or starts procrastinating more than usual, stress might be a factor.
- **Eating changes:** Eating too much or too little can both be reactions to stress.
- **Getting sick more often:** Stress often shows up as physical symptoms. Children who feel stress often report headaches or stomachaches, and might make frequent trips to the school nurse's office.

### Stress management for kids and teens

Facing stressors is a fact of life, for children and adults. These strategies can help keep stress in check:

- **Sleep well.** Sleep is essential for physical and emotional well-being. Experts recommend [nine to 12 hours of sleep a night for 6 to 12 year olds](#). Teens need eight to 10 hours a night. Sleep needs to be a priority to keep stress in check. To protect shut-eye, limit screen use at night and avoid keeping digital devices in the bedroom.
- **Exercise.** Physical activity is an essential stress reliever for people of all ages. The U.S. Department of Health and Human Services recommends at least 60 minutes a day of activity for children ages 6 to 17.
- **Talk it out.** Talking about stressful situations with a trusted adult can help kids and teens put things in perspective and find solutions.
- **Make time for fun – and quiet.** Just like adults, kids and teens need time to do what brings them joy, whether that's unstructured time to play with building bricks or uninterrupted hours to practice music or art. Also, while some children thrive bouncing from one activity to the next, others need more down time. Find a healthy balance between favorite activities and free time.
- **Get outside.** Spending time in nature is an effective way to relieve stress and improve overall well-being. Researchers have found [that people who live in areas with more green space have less depression, anxiety, and stress](#).
- **Write about it.** Research has found that expressing oneself in writing can help reduce mental distress and improve well-being. Some research has found, for example, that [writing about positive feelings](#) – such as the things you're grateful for or proud of – can ease symptoms or anxiety and depression.
- **Learn mindfulness.** In a study of a 5-week mindfulness training program for 13 to 18 year olds, researchers found that [teens who learned mindfulness experienced significantly less mental distress](#) than teens who did not.

### How parents can help

Parents and other caregivers have an important part to play, by adopting their own healthy habits and helping children and teens find stress-managing strategies. Some ways parents can take actions:

- **Model healthy coping.** Caregivers can talk with children about how they've thought about and dealt with their own stressful situations.
- **Let kids be problem-solvers.** It's natural to want to fix your child's problems. But when parents swoop in to solve every little glitch, their children don't have a chance to learn healthy coping skills. Let your children try to solve their low-stakes problems on their own, and they'll gain confidence that they can deal with stressors and setbacks.
- **Promote media literacy.** Today's kids spend a lot of time online, where they can run into questionable content, cyberbullying, or the peer pressures of social media. Parents can help by teaching their children to be savvy digital consumers, and by limiting screen time.
- **Combat negative thinking.** "I'm terrible at math." "I hate my hair." "I'll never make the team. Why try out?" Children and teens can easily fall into the trap of negative thinking. When children use negative self-talk, though, don't just disagree. Ask them to really think about whether what they say is true, or remind them of times they worked hard and improved. Learning to frame things positively will help them develop resilience to stress.

### How psychologists can help

Psychologists are experts in helping people manage stress and establish positive mental health habits. [Visit APA Division 53 \(Society of Clinical Child and Adolescent Psychology\)](#) for advice about choosing a psychologist and information about evidence-based treatments.



## Kindergarten registration is open

Will your child be 5 years old by August 31? 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/kindergartenrollment](http://www.everettsd.org/kindergartenrollment).

Enrolling early 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.



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 Family Partnership K-12](#) – located on Sequoia High School Campus  
Port Gardner K-12 is a parent partnership program, where parents/guardians are the primary educators of their children. Our program is a blend of on-site classes taught by certificated teachers, and remote classes taught by parents/guardians in the home.

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

## Easy access with district app

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

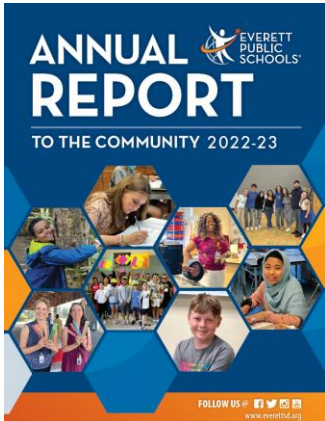




## 2023-24 calendar available

Our 2023-24 student calendar is available in English and Spanish. Visit the district's website under announcements on the homepage to view details.

## Annual Report available online



The 2022-23 Annual Report to the community is available [online](#). Everett School District serves over 20,000 students in 28 schools and is the twelfth largest school district in the state. The report provides information about our school district, schools, staff members and students and is designed to provide parents and community members with important demographic, budget, facility and student achievement data.

Additional information about our schools is available at the [Washington Office of Superintendent of Public Instruction](#).

## Thank you, volunteers!

April 17-21 is Public Schools Volunteer Appreciation Week, which provides a yearly opportunity for schools and families to honor and highlight the powerful contributions parents and caregivers provide at school and home to support student success.

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







## La inscripción para el jardín de infantes está abierta

¿Tendrá su hijo **5** años antes del 31 de agosto? Puede completar la inscripción de su hijo en línea para el jardín de infantes. Un proceso fácil y rápido como se detalla en el [video paso a paso para padres](#) disponible en varios idiomas en nuestro sitio web [www.everettsd.org/kindergartenenrollment](http://www.everettsd.org/kindergartenenrollment).

La inscripción anticipada asegurará invitaciones a los eventos del jardín de infantes de su escuela y la participación en [Everett Ready](#), un programa de transición al jardín de infantes brindado en agosto, durante una semana, a todos los niños inscritos en el jardín de infantes.



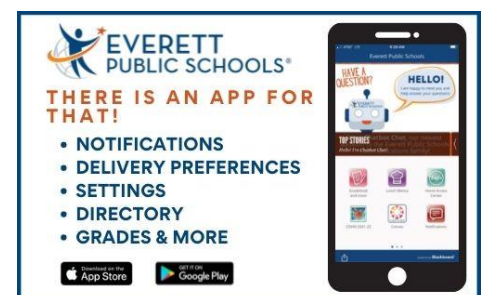
EPS ofrece los siguientes **Programas de Elección** comenzando en el jardín de infantes; se recomienda la inscripción temprana, ya que el espacio es limitado. Haga clic en los enlaces para recibir información adicional sobre los programas:

- [Lighthouse Cooperative](#) - Impartido en Jefferson Elementary School  
Este programa, del jardín de infantes a grado 5, presenta un contenido estándar del distrito con una superposición de participación de los padres a través del voluntariado semanal en el aula y apoyo para actividades de enriquecimiento, como excursiones y lecciones especializadas dirigidas por los padres.
- [Programa en dos idiomas de inmersión en español](#) – Ubicado en Emerson Elementary School  
Los estudiantes están inmersos en el idioma y la cultura española con la mayoría de la instrucción en español. Se dará prioridad a los estudiantes dentro del área de asistencia de la Emerson Elementary School. Si se postula una gran cantidad de estudiantes, se realizará una lotería para seleccionar a los estudiantes.
- [Port Gardner Family Partnership](#) - Jardín de infantes a grado 12 - Ubicado en el campus de Sequoia High School  
Port Gardner K-12 es un programa de asociación de padres, donde los padres/tutores son los principales educadores de sus hijos. Nuestro programa es una combinación de clases presenciales impartidas por profesores certificados y clases a distancia impartidas por padres/tutores en el hogar.

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

## Fácil acceso con la aplicación del distrito

¡Hay una aplicación para eso! Descargue e inicie sesión en la aplicación del distrito con su contraseña de LMS para acceder a la información de su estudiante de forma rápida y sencilla, que incluye las calificaciones, tareas y más. Establezca sus preferencias de entrega para las notificaciones de sus escuelas y distritos seleccionados. Acceda rápidamente a la información de contacto y conéctese con solo presionar un botón. Personalice la aplicación para ver las escuelas y las transmisiones que más le interesan,



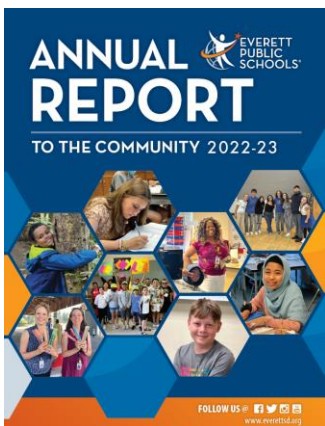


todo en su idioma nativo. Su hogar para las comunicaciones del distrito y la escuela. Simplemente, la forma más rápida de estar informado. Obtenga más información en [www.everettsd.org/MobileApp](http://www.everettsd.org/MobileApp).

## Calendario 2023-24 disponible

Nuestro calendario estudiantil 2023-24 está disponible en inglés y español. Visite el sitio web del distrito en anuncios en la página de inicio para ver los detalles.

## Informe anual disponible en línea



El Informe Anual 2022-23 para la comunidad está disponible [en línea](#). El Distrito Escolar de Everett atiende a más de 20,000 estudiantes en 28 escuelas y es el duodécimo distrito escolar más grande del estado. El informe proporciona información sobre nuestro distrito escolar, escuelas, miembros del personal y estudiantes, y está diseñado para proporcionar a los padres y miembros de la comunidad datos importantes como la demografía, el presupuesto, las instalaciones y el rendimiento académico de los estudiantes.

Información adicional sobre nuestras escuelas está disponible en la [Oficina del Superintendente de Instrucción Pública de Washington](#).

## ¡Gracias, voluntarios!

La Semana de Agradecimiento a los Voluntarios de las Escuelas Públicas es del 17 al 21 de abril, y brinda una oportunidad anual para que las escuelas y las familias honren y destaquen las impactantes contribuciones que los padres y cuidadores brindan en la escuela y el hogar para apoyar el éxito de los estudiantes.

Estamos agradecidos por el apoyo que los voluntarios de nuestra comunidad escolar han brindado para contribuir al éxito de los estudiantes. Su ayuda es importante. Muchas gracias.





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  
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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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