

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



May 2023

VOLUME 6, ISSUE 9

## From the Principal

Dear Cascade Families,

Happy May! As I mentioned in my newsletter article last month, Springtime brings excitement, positive energy, as well as a significant amount of events. It is a busy time! These next 8 weeks will be busy ones at Cascade. We will be starting this month with our Advanced Placement exams, with over 500 being taken the first two weeks of this month. During the second half of May our sophomores, juniors, and some seniors will be taking Smarter Balanced Assessments for Math and Literacy, and the Washington Comprehensive Assessment of Science. All our students will be taking final exams in June. In between, there is amazing work going on in classrooms, and students are working on and accomplishing remarkable things across all subject areas, and across many different activities. Our seniors are working to finish strong and make plans for their post-high school careers through apprenticeships and other organizations and ventures. On top of all these things, this is also a time for student life are involved in athletics, activities, and performances.

All these events are energizing as our students have bright futures in front of them. At the same time, all of the activity in the spring can bring a great deal of stress. Over these last few months, our goal is help students have success both academically and socio-emotionally, and while we will be working hard to help students get their grades up, pass their exams, etc., we also want students and their families to know if for any reason, a student needs help, you or your child can contact a staff member here. We will listen and provide support.

Thank you for your continued support of Cascade High School and all our students.

Sincerely,

A handwritten signature in dark ink, appearing to read "Michael Takayoshi".

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)

**May 5**  
Learning Improvement Friday

**May 12**  
Learning Improvement Friday

**May 19**  
Learning Improvement Friday

**May 26**  
Learning Improvement Friday

**May 29**  
Memorial Day – No School



# Night of the Arts

*You are invited to attend the second annual night of the arts at Cascade High school.  
This year's theme The Arts are Bruin at Cascade High School.*

*We are so excited to once again offer a chance to celebrate the talented artists of Cascade High School.  
We will be showcasing all the arts from the visual to the performing arts.*

**May 17, 2023**  
**4:00 to 7:30 pm**



**The Visual Arts:** We will be showcasing all our art classes in drawing, painting, Ceramics, mixed media, photography, digital art, and sculpture.

**Live On-Stage Entertainment:** We have live music from our own choir and band. We have our first-place winter guard perform as well! We will also get to enjoy poetry and stories from our Tyro creative writing club students. They will have a special booth and free activities for you to enjoy like blackout poetry.

**Food:** We will be selling beautiful ceramic handmade bowls made by our own cascade high school students inspired by the empty bowls project and they come filled with delicious soup made by our own nutrition class. We are planning to have educators rising club sell Italian sodas and cookies. More clubs are thinking about joining and will be a surprise when you get to the event!

**Activities:** We are planning to have free face painting and special Night of the arts coloring pages and bookmarks. We will have ceramic bears that you can paint or glaze for \$5 or \$10. We will also have shrinking ink art for three dollars.



Hope you can all join us in celebrating another awesome year of creating art together at Cascade High school!





# **Saturday Academy & Pancakes**

*Saturday, May 20  
8:00 to 11:00 AM  
CHS Library & Cafeteria*

**We will have staff on site for the purpose  
of supporting your student in helping to  
get their grades up as we near the end  
2nd semester.**



**We will have core subject teachers there  
to help and breakfast of chocolate chip  
pancakes available.**





## Tuesday May 23 & Thursday May 25, 2023

### SBA Testing- ELA/Math      GR: 9|11|12 Late Arrival

1st Bell	7:25	
Sophomores SBA TESTING	7:30-10:30	
Juniors and Seniors still needing a pathway will be invited to test.		Students that are testing will be picked up at the regular pick-up time, with no changes in time or location.
LUNCH		Students that are NOT testing that will be taking district transportation will be picked up 3 hours later. For example, if regular pick-up time is 6:45AM, than pick-up time will be 9:45AM.
Students who are NOT testing, and do NOT need district transportation can arrive before the start of 1 <sup>st</sup> /4 <sup>th</sup> Period.		
All School Lunch		
10:35-11:20 (cafeteria)		
1 <sup>st</sup> /4 <sup>th</sup> Period	11:25-12:15	<b>Sno-Isle TECH Students:</b> Students that are scheduled to test should be testing at CHS and should <b>not</b> attend Sno-Isle.
2 <sup>nd</sup> /5 <sup>th</sup> Period	12:20-1:10	Students that are <b>not</b> testing should still attend Sno-Isle.
3 <sup>rd</sup> /6 <sup>th</sup> Period	1:15-2:05	Transportation will be provided at the front entrance at 7:30 a.m. like usual with no interruptions.
Buses Depart	2:12	When Sno-Isle students return, they should report to the cafeteria.
		<b>NJROTC Students:</b> Will not be attending NJROTC due to the shorter class periods.
		



## **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](#)



Bruin Community Parents presents  
**Cascade High School**  
**FAMILY FUN NIGHT**



**FRIDAY, MAY 12<sup>TH</sup>**

Cascade High School Cafeteria  
Doors open at 5:45pm | BINGO starts at 6:30pm

**\$5 Bingo (3 cards, 10 games each)**

**\$6 Meal (pizza, chips, drink & a treat)**

**Mini Silent Auction**

**ALL ARE WELCOME**

**STUDENTS, STAFF, FAMILY & FRIENDS!**



**CLASS OF 2024**  
**JUNIOR**  
**JAMBOREE**

**RSVP HERE**  
PLEASE RSVP BY APRIL 28TH

**May 5th**

**FOR EISENHOWER ALUMNI ONLY**  
PLEASE BRING PHOTO ID

PIZZA

LIMBO BINGO

CORN HOLE

PHOTO BOOTH VOLLEYBALL

DRINKS

MUSIC AND MORE!

**6:30PM**  
**@**  
**EISENHOWER**  
**MIDDLE**  
**SCHOOL**

**RSVP still open!**



# 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

We are approaching the end of our spring sports season. Congratulations to all of our athletes and teams that will be participating in the upcoming district and state events

(names and teams advancing to be determined)

Congratulations to our April athletes of the month!

Our female athlete of the month is tennis player Salina Nguyen. She was nominated by her coach Gina Corpening, who said the following about Salina: Salina, a senior, has played tennis all four years at Cascade. She is currently a Varsity Co-Captain as voted by her teammates at the end of last season. Salina is dedicated to her tennis team and as a team leader always has encouraging words for the less experienced players. As a player Salina is our number 1 singles player. She has fought hard in every match and held her own against some very strong opponents. I have had the privilege of seeing her skills grow since first coaching her as a freshman. She shows exceptional sportsmanship during matches and as a spectator, cheering on her teammates even if she has had a tough match or a loss

Our male athlete of the month is golfer Niko Pishue. He was nominated by his coach San Le, who said the following about Niko: To quote the great John Wooden; "The true test of a man's character is what he does when no one is watching." Well, coaches are watching and what we see is something I hope all our younger players can strive to be. Niko is one that does the right thing 100% all the time. He is kind to his teammates, a mentor to younger players, a hard worker that goes about his business and his teammates are better people because of his presence. We can always rely on Niko to be on time, his positive attitude, infectious smile made practice and match enjoyable even when things aren't the greatest. He drives teammates to practice, and he is often the last one off the course to ensure that his teammates are well taken care of.

Mark your calendars. The Everett School District Athletic Awards Banquet will be on Thursday, June 1<sup>st</sup> at Cascade High School at 6:00. We will be recognizing athletes from Cascade, Everett, and Jackson, including the winners of the Robert C. Polk Memorial Scholarship and the Everett Coaches Association Athlete of the Year scholarship. Dessert will be provided.



# Class of 2023 Senior Timeline of Events!

## Class of 2023!



### 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!**







# German Immersion Camp

Advanced German language students (Chovy Leone, Evan Macnow, Brendan Black, Gavin Hastings, Andrew Vlahovich, Jessica Luna-Mercado and Kailyn Glauser), attended immersion camp at Camp Don Bosco in late March. Along



with students from other area German language programs, they spoke exclusively German, cooked, baked, played games, danced, sang and performed skits. All of them were able to gain confidence in their speaking abilities. As their teacher, I was very proud of their effort and performance! Es hat viel Spaß gemacht!



On another note, the German Club is taking a trip to Leavenworth in May for the annual Maifest celebration, including the parade of Bernese Mountain Dogs. We are looking forward to spending the day in a festive atmosphere.







# 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:lking4@everettsd.org">lking4@everettsd.org</a>	385-6022
Elisabeth O'Brien	P - Sl	<a href="mailto:eobrien@everettsd.org">eobrien@everettsd.org</a>	385-6139
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>	385-6135
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
Jana Kosiba	Facilities/Field Trip/Couns. Support Secretary	<a href="mailto:jkosiba@everettsd.org">jkosiba@everettsd.org</a>	385-6093
Debbie Mehaffey	Counseling & Discipline Secretary	<a href="mailto:dmehaffey@everettsd.org">dmehaffey@everettsd.org</a>	385-6010
Denise Redford	Intervention Specialist	<a href="mailto:dredford@everettsd.org">dredford@everettsd.org</a>	385-6013
Trish Roberts	College & Career Specialist Para	<a href="mailto:troberts@everettsd.org">troberts@everettsd.org</a>	385-6030
Stacy Robinson	Student Support Advocate	<a href="mailto:srobinson@everettsd.org">srobinson@everettsd.org</a>	385-6017
Janee Roebuck	Admin Support Para	<a href="mailto:jroebuck@everettsd.org">jroebuck@everettsd.org</a>	385-6150
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	A-L	<a href="mailto:kkalkwarf@everettsd.org">kkalkwarf@everettsd.org</a>	385-6037
Ellen Winningham	M-Z	<a href="mailto:ewinningham@everettsd.org">ewinningham@everettsd.org</a>	385-6009

## 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

## Administrators:

Michael Takayoshi	Principal	<a href="mailto:mtakayoshi@everettsd.org">mtakayoshi@everettsd.org</a>	385-6090
Jeannette Siemers	Asst. Princ. A - G	<a href="mailto:jsiemers@everettsd.org">jsiemers@everettsd.org</a>	385-6091
Katherine Mayan	Asst. Princ. H - O	<a href="mailto:kmayan@everettsd.org">kmayan@everettsd.org</a>	385-6092
Mike Washington	Asst. Princ. P - Z	<a href="mailto:mwashington@everettsd.org">mwashington@everettsd.org</a>	385-6016

## [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.




# Opportunities in May

For the month of May there are a series of information sessions about the joys and challenges of raising teenagers! It will be via zoom. Please check out the flier for information on what each session is about and when. Questions? Email Ms. Stacy at [srobinson@everettsd.org](mailto:srobinson@everettsd.org)

Families- Get the most out of transit with reduced fares and ORCA LIFT! This card offers a convenient, more affordable way to get around. Check out the attached flier to see if you qualify

Students- You get free public transportation! Visit Ms. Stacy in the counseling office for your ORCA card.



**HELP!  
THERE'S A  
TEENAGER  
IN MY  
HOME**


Join us as we tackle the challenges and joys of raising teenagers.

**Presented by:**  
Eileen Bowen, LMHC, Inside Health Institute  
Abby Mayers, Family and Community Engagement Coordinator,  
Everett Public Schools

**Wednesdays  
5 to 6 p.m.**

- May 10**  
Adolescent Development & Well-being
- May 17**  
Communicating with your Teen
- May 24**  
Raising A Responsible Teen
- May 31**  
Addressing Risky Behaviors

Scan the QR code to join the ZOOM each week.  
The passcode is: TEENS23  
Questions? email Abby at [amayers@everettsd.org](mailto:amayers@everettsd.org)



## ORCA LIFT

Get the most out of transit with reduced fares and ORCA LIFT! This card offers a convenient, more affordable way to get around Puget Sound.

### REDUCED FARES ON:

Community Transit (Local/Swift: \$1.25, Commuter: \$2.00)  
Everett Transit (\$1.00)  
King County Metro Buses (\$1.00)  
King County Water Taxi (Vashon: \$4.50, West Seattle: \$3.75)  
Kitsap Transit Buses & Foot Ferries (\$1.00)  
Kitsap Transit Fast Ferry (East Bound: \$1.00, West Bound: \$5.00)  
Pierce Transit (\$1.00)  
Seattle Streetcar (\$1.00)  
Seattle Monorail (\$1.75)  
Sound Transit Buses, Link Light Rail, and Train (\$1.00)

See if you qualify and apply by visiting an enrollment location in Snohomish County in person or calling CHAP (Community Health Access Program) at 800-756-5437.

Apply online through Reduced Fare Portal at [www.reducedfare.kingcounty.gov](http://www.reducedfare.kingcounty.gov).

DSHS clients qualifying for certain state benefit programs can also enroll in ORCA LIFT program at the DSHS Community Service Offices in Snohomish County. (Card is sent by mail only, not given in person)



### ENROLLMENT LOCATIONS IN SNOHOMISH COUNTY

#### ARLINGTON

**Volunteers of America**  
8:00 AM-4:00 PM, Monday-Thursday  
3210 Smoke Point Dr #103 Arlington WA 98223  
**Smoke Point CSD (Mail-Only)**  
8:00 AM-4:00 PM, Monday-Friday  
3704 172nd St NE Suite P Arlington WA 98223

#### EVERETT

**Lutheran Community Services NW**  
8:00 AM-4:00 PM, Monday-Thursday  
2500 Hewitt Ave Suite 300/400 Everett WA 98201  
**Carver Resource Center**  
1:00 PM-4:00 PM, 4th Wednesday  
3001 Oakley Ave Everett WA 98201  
**Everett CSD (Mail-Only)**  
8:00 AM-4:00 PM, Monday-Friday  
840 N Broadway Ave #330 Everett WA 98201

#### LAKE STEWENS

**Volunteers of America**  
8:00 AM-4:00 PM, Monday-Thursday  
9813 28th St SE Lake Stevens WA 98258  
(Inside Holy Cross Lutheran Church)

#### LYNNWOOD

**Alderwood CSD (Mail-Only)**  
8:00 AM-4:00 PM, Monday-Friday  
20311 52nd Ave W Lynnwood WA 98036  
In-person assistance available by Public Health: 12:00 PM-3:00 PM, Monday (Room 61)

#### MONROE

**Skykomish Valley CSD (Mail-Only)**  
8:00 AM-4:00 PM, Monday-Friday  
10705 State Route 2 Ste 100 Monroe WA 98272

#### SUITAN

**Volunteers of America**  
8:00 AM-4:00 PM, Monday-Thursday  
701 1st St Sutan WA 98294





# 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



NEED CUSTOM-DESIGNED & PRINTED T-SHIRTS OR SWEATSHIRTS? LOOK NO FURTHER THAN THE CASCADE CLOTHING COMPANY!

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*The Pride Shop*

**PS**

**CASCADE  
HIGH SCHOOL  
SPIRIT GEAR**

TEE SHIRTS  
SWEATSHIRTS  
SPIRIT ITEMS



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



# 10 Social Media Tips for Teens

*Akilah C. Thompson*

Social media is one of the most powerful forms of communication teens and adults use today.

As parents we sometimes assume that our tweens and teens already know the rules, but social media responsibility isn't a one-time discussion. Check in with your kids often to be sure they are making wise decisions online and on their smart phones. Be sure they understand that you will be keeping an eye out to ensure that they are following the rules and exercising good judgement.

These 10 rules are a great way to start the social media discussion with your teens:

1. **Respect yourself.** Show off how great you are and represent yourself accordingly on social media. Make sure your photos are appropriate. Do not post or text photos of yourself naked, dressed provocatively, or making obscene gestures. Avoid uploading anything you would not want your grandmother to see on the front cover of the New York Times! Social media plays a major role in building and ruining personal images.
2. **Post with positivity.** If you don't have anything good to say, don't post. Avoid ranting or arguing with people on social media and posting when you're upset. You may be upset with your mom, but it would be very disrespectful to share your anger with the world. Share positivity and good vibes on the web.
3. **No "twerking" videos.** Do not post videos that portray negative images of you, your friends or family involving profanity, sex, nudity, crime, drugs, discrimination, violence, lewd gestures, or anything that could be offensive to the public. Keep your video posts kid-friendly. You don't want a video of you intoxicated and "twerking" inappropriately with friends to surface while you are campaigning for political office in 20 years.
4. **Know your followers.** Allowing strangers to follow you can be very dangerous. Even if their account looks harmless, be aware that there are many fake accounts where creeps follow their prey. If you don't know them, ignore them and don't let them follow you. Also, use privacy settings to protect your accounts from being viewed by strangers.
5. **Be careful what you post for likes.** – You don't want to end up "instafamous" for something that could destroy your future. Keep your posts positive, dignified, and smart. Social media is a great way to build a web presence for future endeavors. Don't compromise your future for "likes" or "followers."
6. **Play nice.** No one has the right to harass anyone based on their sex, race, age, orientation, personal beliefs, values, etc. The impact of harassment is heightened and can have deadly consequences when acted out over the Internet. Avoid engaging in cyber brawls on Twitter and status face-offs on Facebook. If you have a personal issue with someone, keep it off the Internet. If anyone is saying things about you on social media, report their account and let a relative know.
7. **Think before you post.** Nothing is ever truly deleted, so be very sure about what you post before you hit the post or send button. Once you post a picture or a status it is stored on the site's server and can normally be retrieved even if you delete it from your profile.
8. **If you see something, say something.** Report anything inappropriate. Block or un-follow people that post negative comments on your timeline, make you uncomfortable or harass you in any way.
9. **Manage your use wisely.** Too much of anything can become a bad thing. Is social media keeping you from getting work done? Try putting time limits on your social media usage to make sure it is not impacting your productivity.
10. **Don't post your every move.** Leave some information to share with your real friends and family over the phone. Your best friend would probably want to know you and your boyfriend broke up before the whole world knows via your relationship status change. Also be careful sharing info when you are going out of town. You don't want to alert a potential burglar that you will be in the Bahamas for a week with your family.

As a teenager it is important that you are aware, informed and understand the risks that come along with using social media. Remember to protect yourself, censor what you post, and choose the crowd you associate with wisely.



## ECEAP preschool accepting applications for 2023-24



Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income. ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Children, Youth and Families (DCYF).

The six ECEAP sites within our school district are Cedar Wood, Hawthorne, Jackson, Lowell, Madison and Silver Lake elementary schools. Students across the district are welcome to attend. Space is limited – apply early! For an application or more information, please visit the [district ECEAP website](#) or call 425-385-4628.

## Smarter Balanced Assessments and Washington Comprehensive Assessment of Science testing

High School English Language Arts and Math Smarter Balanced Assessments (SBA) will be held on May 23 and 25. Students in grade 10 are required to participate. Students in grades 11-12 may also participate for Graduation Pathway purposes. Students in grade 11 will participate in the Washington Comprehensive Assessment of Science (WCAS). **These tests simply help give teachers an accurate picture of whether students are on track to be ready for college or career. Students are encouraged to do their best!**

**WHAT DO YOU KNOW?**

**Smarter BALANCED** Grades 3-8 and 10

**WASHINGTON COMPREHENSIVE ASSESSMENT OF SCIENCE** Grades 5, 8 and 11

Students, *Just do your best!*

These tests simply help give teachers an accurate picture of whether students are on track to be ready for college or career.

Watch for information about test dates from your school.

Elementary and Middle schools schedule their tests separately, so watch for information about testing from your school. [Click here](#) for more details.

## Graduation dates

Please mark your calendars for our upcoming high school graduations in June. Ceremony details will be shared soon from individual schools.

- Sequoia High School, June 15, 6 p.m. at Civic Auditorium
- Jackson High School, June 17 at 11 a.m. at The Angel of the Winds Arena
- Everett High School, June 17 at 3 p.m. at The Angel of the Winds Arena
- Cascade High School, June 17 at 7 p.m. at The Angel of the Winds Arena



## Stay in touch with In Touch!

Read highlights of what is happening in our district and find out when we have our next regular school board meeting. Sign up for our bi-monthly newsletter at <https://bit.ly/InTouchNewsletterEPS>.

## Calendar correction

Teacher Appreciation Week is May 8 – 12 this year and not May 1 – 5 as printed in the Student Art Calendar. This week is also Substitute Educator Week as well!



## Community Resource Fair

Join us at the Community Resource Fair on Friday, May 19 from 4 to 7 p.m. at the Community Resource Center at 3900 Broadway. Families will learn about service providers in their community and in the schools! Service Providers include legal services, health and mental health services, education and training resources and more! There will also be door prizes. Any questions, please call Abby Mayers at 425-385-4138 or email [amayers@everettsd.org](mailto:amayers@everettsd.org).

## Standard Reunification Process



Circumstances may occur at a school that require parents to pick up their students in a formalized, controlled release. Reunification is one type of controlled release and may be necessary due to a crisis occurring at the school or a hazardous materials event.

Watch the latest video on Parent University to learn about the standard reunification process that makes reunification predictable and less chaotic for all involved at [www.everettsd.org/ParentUniversity](http://www.everettsd.org/ParentUniversity).





## What holidays do you observe?

Everett Public Schools is rich in culture with a diverse community that represents and speaks over 90 different languages. We are a school district committed to embracing every one of our community partners' experiences, culture, beliefs, and traditions. To reflect and honor this diversity, we are working on creating a formal calendar to recognize and spread awareness about religions and cultures within our district for our students, staff and community.

We have also identified dates as High Impact Observances that may impact student learning due to religious or cultural observances (EX: student absences, inability to participate in school events, etc.).

Our schools get regular communication reflecting these dates so they may do their best to accommodate students who may need support during these times.



We are different, we are the same. Let's learn more about what makes us unique! Visit [www.everesd.org/DEI](http://www.everesd.org/DEI) to learn more.

## Safety tip line

Do you or your student have a concern about someone experiencing bullying or harassment?

**Report it!** You can talk directly with your school's office or you can call, text or email your concern.

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

### 3 easy ways

Text or call

 855-637-2095

 1350@alert1.us

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

FOR  
EMERGENCIES,  
PLEASE CALL  
**911!**



## El programa de preescolar ECEAP acepta solicitudes para 2023-24

El Programa de Educación y Asistencia para la Primera Infancia (Early Childhood Education & Assistance Program, ECEAP) de las escuelas públicas de Everett es un programa preescolar GRATUITO para niños de tres y cuatro años de edad de familias con ingresos limitados. El ECEAP prepara a los niños para el jardín de infancia y les ofrece apoyo a las familias y servicios de salud y nutrición. Está financiado por el Departamento de Niños, Jóvenes y Familias (Department of Children, Youth and Families, DCYF) del estado de Washington.

Los seis centros del ECEAP dentro de nuestro distrito escolar son las escuelas primarias Cedar Wood, Hawthorne, Jackson, Lowell, Madison y Silver Lake. Todos los estudiantes del distrito están invitados. Los cupos son limitados: ¡Inscríbase ahora! Para obtener una solicitud o más información, visite el sitio web [www.everettsd.org/ECEAP](http://www.everettsd.org/ECEAP) o llame al 425-385-4628.



## Evaluaciones Smarter Balanced y evaluación general de Ciencias de Washington

Las evaluaciones Smarter Balanced de Lengua y Literatura Inglesas y Matemáticas para la escuela secundaria (Smarter Balanced Assessments, SBA) se llevarán a cabo el 23 y 25 de mayo. Los estudiantes del 10.º grado están obligados a participar. Los estudiantes de los grados 11-12 también pueden participar a los efectos de su graduación. Los estudiantes de 11.º grado participarán en la evaluación general de Ciencias de Washington (Washington Comprehensive Assessment of Science, WCAS). **Estas pruebas simplemente permiten a los profesores hacerse una idea precisa de si los alumnos están bien preparados para la universidad o la carrera profesional. ¡Animamos a los estudiantes a dar lo mejor de sí!**

Las escuelas primarias y secundarias programan sus exámenes por separado, así que esté atento a la información de su escuela. [Haga clic aquí](#) para obtener más información.



## Fechas de graduación

Marque su calendario para nuestras próximas graduaciones de secundaria en junio. Próximamente se comunicarán los detalles de las ceremonias a las distintas escuelas.

- Escuela Secundaria Sequoia, 15 de junio, 6 p. m. en el Auditorio Cívico.
- Escuela Secundaria Jackson, 17 de junio a las 11 a. m. en el estadio The Angel of the Winds.
- Escuela Secundaria Everett, 17 de junio a las 3 p. m. en el estadio The Angel of the Winds.
- Escuela Secundaria Cascade, 17 de junio a las 7 p. m. en el estadio The Angel of the Winds.

## ¡Manténgase en contacto con *In Touch*!

Lea lo más destacado de lo que ocurre en nuestro distrito y entérese de cuándo celebramos nuestra próxima reunión ordinaria del consejo escolar. Suscríbase a nuestro boletín bimensual en <https://bit.ly/InTouchNewsletterEPS>.



## Fechas corregidas en el calendario



La Semana de Agradecimiento a los Profesores es del 8.º al 12.º de mayo este año y no del 1.º al 5.º de mayo como aparece en el Calendario de Arte Estudiantil. ¡Esta también es la Semana del Educador Suplente!

## Feria de recursos comunitarios

Acompáñenos en la Feria de Recursos Comunitarios el viernes 19 de mayo de 4:00 a 7:00 p. m. en el Centro de Recursos Comunitarios en 3900 Broadway. ¡Las familias conocerán a los proveedores de servicios de su comunidad y de las escuelas! Estos abarcan servicios jurídicos, sanitarios y de salud mental, recursos educativos y de formación, ¡y mucho más! También habrá premios de entrada. Si tiene alguna pregunta, llame a Abby Mayers al 425-385-4138 o envíe un correo electrónico a [amayers@everettsd.org](mailto:amayers@everettsd.org).



## Proceso estándar de reunificación



Pueden darse circunstancias en una escuela que requieran que los padres recojan a sus hijos en una forma de salida formalizada y controlada. La reunificación es un tipo de salida controlada y puede deberse a una crisis que se produzca en la escuela o a un suceso con materiales peligrosos.

Vea el último vídeo de la Universidad para Padres para conocer el proceso estándar, de tal manera que la reunificación sea predecible y menos caótica para todos los implicados en [www.everettsd.org/ParentUniversity](http://www.everettsd.org/ParentUniversity).

## ¿Qué días festivos celebra usted?

Las Escuelas Públicas de Everett son ricas en cultura con una comunidad diversa que representa y habla más de 90 idiomas diferentes. Somos un distrito escolar comprometido a acoger cada una de las experiencias, cultura, creencias y tradiciones de nuestros socios comunitarios. Para reflejar y honrar esta diversidad, trabajamos en un calendario formal para reconocer y dar a conocer las religiones y culturas de nuestro distrito a nuestros estudiantes, personal y comunidad.



También hemos identificado fechas como observancia de alto impacto que pueden afectar el aprendizaje debido a observancia religiosa o cultural (ausencias de los estudiantes, imposibilidad de participar en actividades escolares, etc.). Nuestras escuelas reciben comunicaciones regulares que reflejan estas fechas, de tal manera que se pueda hacer todo lo posible para atender a los estudiantes que necesiten apoyo durante estos períodos.

Somos diferentes, somos iguales. ¡Conozcamos mejor lo que nos hace únicos! Visite [www.everesd.org/DEI](http://www.everesd.org/DEI) para aprender más.

## Línea de consejos de seguridad

¿Le preocupa a usted o a su hijo que alguien sufra acoso o intimidación? **¡Denúncielo!** Puede hablar directamente con la oficina de su centro escolar o puede llamar, enviar un mensaje de texto o un correo electrónico con su inquietud.

Si hay motivos para preocuparse por la seguridad en un trayecto designado para ir a la escuela, llame inmediatamente al 9-1-1 para obtener ayuda rápida y autorizada. Colaboramos

**3 easy ways**

Text or call



855-637-2095



1350@alert1.us



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estrechamente con las fuerzas locales del orden público, que comparten nuestro interés por la seguridad de las escuelas y los vecindarios. La seguridad de los estudiantes es una prioridad para todos. Al trabajar juntos hacemos que nuestros vecindarios y escuelas sean lugares propicios para que los estudiantes aprendan y crezcan a buen resguardo.



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](http://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](mailto:KAllen@everettsd.org)  
• PO Box 2098  
• Everett, WA 98213

**Section 504 Coordinator:**  
Dave Peters  
425-385-4063  
[DPeters@everettsd.org](mailto:DPeters@everettsd.org)  
PO Box 2098  
Everett, WA 98213

**ADA Coordinator:**  
Randi Seaberg  
425-385-4104  
[RSeaberg@everettsd.org](mailto:RSeaberg@everettsd.org)  
PO Box 2098  
Everett, WA 98213



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• Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación.

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