

# Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



September 2023

VOLUME 7, ISSUE 1

## From the Principal

Dear Cascade Families,

Welcome to the 2023-24 school year! I hope you are well, and that you and your family experienced a relaxing and productive summer. It is that time of year again! The start of the school year is always a optimistic and exciting time, and I hope you share in my belief that this is going to be a great school year. Amongst all the challenges that we know will be there, I want to stress the importance of continually finding ways to work together as a community to prioritize the best outcomes for Bruins. I believe fully that our support, our bonds, and our positivity will win out in support of our students.

Cascade is truly special because of each and every single Bruin, and while I regularly think on how appreciative I am to get to serve at one of the best high schools in the state, I want to reiterate that what Cascade is is fully reflective of what everyone brings to it. A school is only as good as the people that make up that community. I love to mention that of my first impressions of this school community roughly 10 years ago when I started here, the clear pride that students, staff, and alumni had when talking about our annual Food Drive was truly impactful to me. It made a true impression on me, and as I reflect on that I think the lesson to me is that *that* is what true responsibility is: taking on the responsibility of being of service to others, supporting their community in any way they can. I want to point out that while that work positively impacts others, I have a sneaky suspicion that people didn't mention the Food Drive as one of the most important elements of their high school experience solely because of what it's impact on others but what it taught them about themselves.

While much of our focus this year will be around making sure each and every student receives a positive school climate and classroom culture, and consistently engaging and supportive instruction every day, I'd like to start this year reflecting on and recognizing that the teamwork it takes to have one of the most significant and successful Food Drives in the region is also within our ability to impact other areas of our school, and also might really be a key to understanding how to prepare each student to be college, career, and citizenship ready. How might we look at the concept of take what we do every year in the Food Drive and to better understand how we can work together to capitalize on the opportunities we have to better our school community, and then, by association, what does service to others ultimately teach us?

One of my favorite quotes to reflect on at the beginning of a school year is from Winston Churchill: "a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." The potential of each of our students and the opportunities that lay ahead of us this school year are truly exciting. This year I ask that we commit to the following actions in support of our students' success:

- *Be involved, ask questions, help find solutions* – As a parent of three school-age children (one in middle school, two in elementary) I can certainly relate to how hectic the school year can be. But strong partnership doesn't necessarily need to look one way. While I am asking our instructional staff to find ways to strengthen those relationships, I ask that you commit to do the same. As a school, we need more regular feedback from students and from parents about what is working and what isn't. Please don't feel shy this year to connect with your child's teacher or our support staff to find solutions to better support you, your child, and family.
- *Coming together* – One of the key elements of any effective community are the ways it comes together in celebration. Over the last nine years I've been at Cascade, I've watched annually as the community comes together both in support and in celebration. A key to our success this year will be supporting one another in triumph and in need.

**Michael Takayoshi**  
Principal

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

**September 6**

Welcome Back to CHS!

**September 8**

Learning Improvement Friday

**September 14**

Arena Day!

**September 15**

Learning Improvement Friday

**September 22**

Learning Improvement Friday

**September 29**

Learning Improvement Friday



- *Forming new connections* – This year many Cascade students will get involved in our larger community through extracurricular activities. Please prioritize this with your child. Again, involvement and engagement looks different to different people, but whether it is athletic teams, clubs, or curricular programs, research shows that involved students feel a stronger sense of community and belonging, and subsequently experience more academic success as well. If you or your child doesn't know where to start, please reach out to our staff, we will help you.

Finally, I want to express how much I appreciate each and every one of you and look forward to working with you this school year, and invite your partnership with the larger school community, whether through coming to events or working with or joining support organizations/community groups like Bruin Community Parents and Natural Leaders. These organizations help to support our students and parents in many ways, from helping our students learn skills that they can use in their future aspirations to providing connections to a larger Puget Sound community.

Go Bruins!

Sincerely,

Michael Takayoshi  
Principal, Cascade High School  
[Mtakayoshi@everettsd.org](mailto:Mtakayoshi@everettsd.org)

**Mark your Calendars Bruins!**

**Open House, HS & Beyond  
and Senior Night**

**Wednesday, October 4**

More info to come....



# Cascade High School Arena Day!

## Thursday, September 14

### CHS Gym

What happens on Arena Day?

- **School Pictures:**
  - Students will receive school picture packets during the first week of school
  - You can find more information regarding Dorian School Pictures within this newsletter (page 4 & 5)
  - Online pre-orders for school pictures are available **now** – [Dorian Photography On-Line Orders](#)
  - Payment to Dorian is separate from any payment to CHS – reference back of picture packet or order online
- **Opportunity for purchases during Arena Day:**
  - ASB Card - \$45
  - Yearbook - \$60 (with purchase of a current ASB card) or \$70 (without current ASB card)
  - Student Parking Pass - \$25 (with purchase of a current ASB card) or \$40 (without current ASB card). Completed [parking permt form](#) with copies of a driver's license and current insurance must be turned in at time of purchase. **Student must provide copies – office will not make copies for parking permits.**
  - Opportunity to pay any unpaid fines/fee from prior school years
  - Items can be purchased with cash, check, or credit card (*we will have credit card stations set-up during Arena Day*)
  - **If student has an unpaid fine/fee from current or prior school years, it must be paid to purchase a yearbook or parking permit**
- **Yearbook Prices and Sales Timeline:**
  - \$60 with purchase of current 2023-24 ASB card until September 22
  - All yearbook purchases after September 22 will be \$70, regardless of ASB status
  - Yearbook sales will reopen in January 22-February 2 and June 3-21

Students will be released for pictures during a class period. All students will receive a CHS ID card during Arena Day. If a student has purchased an ASB card the ID card will have the ASB notation on the card, if ASB is purchased after September 16<sup>th</sup>, then the Treasurer's office will place a sticker on the ID card.

CHS items can be purchased before Arena Day online – [ASB Card](#) and [Parking](#).

*\*\*School picture retakes will be Tuesday, October 10<sup>th</sup> during both lunches. Students **must** return original picture packet to Dorian on retake day to have new picture taken\*\**



# Picture Day is Coming for Your School!

## *¡El día de la foto llegará pronto a su escuela!*



## Cascade High School

You have the ability to order pictures online by visiting [dorianstudio.com](http://dorianstudio.com) and searching for your school's name.

**Your online order can be placed before and up to four (4) days after picture day.**

*Los padres pueden ordenar fotos en línea en [dorianstudio.com](http://dorianstudio.com) buscando el nombre de su escuela. Su pedido en línea se puede realizar antes y hasta cuatro (4) días después del día de la foto.*

After the 4-day grace period expires, a personalized access key will be sent home with picture delivery. A \$7 shipping and handling fee will be added to all orders made with a personalized access key and orders will ship directly to your home. *DESPUÉS DE QUE EXPIRE EL PERÍODO DE GRACIA DE 4 DÍAS: Un código de acceso personalizado le será enviado a su hogar con sus pedidos. Estas órdenes incluyen una tarifa de \$7 de envío.*



## Here are some tips to make picture day great!

*Aquí tiene algunos consejos para hacer de día de la foto un gran día.*



### Schedule haircuts

7-10 days prior to picture day is best!

***Programe los cortes de cabello.***

*Es el mejor 7 a 10 días antes del día de la foto!*



### Simple Clothing

Solid shirts or small patterns, along with sleeves, photograph best. A simple collared shirt is a timeless classic.

***Ropa sencilla.***

*Las camisas sólidas o los diseños pequeños junto con las mangas fotografían mejor. Una camisa sencilla con cuellos es una prenda clásica que siempre queda bien.*



### Logo and Text

Graphics or wording may not photograph completely and become partially cropped out of your picture.

***Logos y texto.***

*Es posible que los gráficos y los textos no sean captados completamente o se vean cortados en la foto.*

### Questions?

Call our Customer Advocate Department at (800) 826-3535.



## First Day of School Supplies

Each teacher will be providing students with a course syllabus, that will include specific supplies based on the course. All students will have a district device and textbooks will be distributed with your classes at the textbook distribution room.  
For the first day of school please bring paper, pen/pencil and your Bruin Pride!



## German Club Happenings!

This is a busy fall for German language students! First of all, we are welcoming our GAPP partners (German American Partnership Program) in October. Fifteen students and two teachers from our partner school in Michendorf, located just outside of Berlin, will be hosted by Cascade and Jackson High School families for 3 weeks. They will be on campus attending classes and giving presentations, as well as spending time exploring the region. They plan to visit both Seattle and Vancouver B.C. while they are here. In addition, they will get to experience football games, the Homecoming Dance at JHS and various Halloween activities. The last time we conducted our exchange was 2017, so we are excited to revive our partnership, which has been in existence since 1998. The American host students will visit Germany in summer 2024.

German language students will also travel to Enumclaw HS on October 28<sup>th</sup> to attend the annual German Student Convention. Cascade hosted last year. It is a day of German-themed activities that include crafts, folk-dancing, singing, games and food.

**PSAT**  
**October 25<sup>th</sup> – 3.5 Hour Late Start**







# 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

Welcome back Bruins! My name is Krista Bjorge and I am your new athletic director for the 2023-2024 season. I come from North Middle School and I'm very excited to join the Bruin family. I have a strong background in athletics and believe that students learn a great deal both on and off the field when they get a chance to participate on a team. If you are interested in joining athletics, set up a Final Forms account in preparation for your season starting. If you have questions, please reach out to Rhona Covert at [rcovert@everettsd.org](mailto:rcovert@everettsd.org).

Want to cheer on your fellow students at a home sporting event?  
Here is a list of upcoming dates.

- Boys Tennis: Tuesday, Sept 5<sup>th</sup> vs. Glacier Peak at CHS at 3:30
- Cross Country: Wednesday, Sept 6<sup>th</sup> vs. 4 teams at McCollum Park at 3:45
- Football: Friday, Sept 22<sup>nd</sup> vs. Jackson at Everett Memorial Stadium at 6:00
- Girls Soccer: Thursday, Sept 7<sup>th</sup> vs. Edmonds-Woodway at Everett Memorial Stadium at 7:30
- Girls Swim: Tuesday, Sept 12<sup>th</sup> vs. Monroe at the YMCA at 2:30
- Volleyball: Tuesday, Sept 5<sup>th</sup> vs. Lakewood at CHS at 7:00

It is important that all spectators are being polite and respectful towards all athletes, coaches, officials, and other spectators. We look forward to seeing you out supporting your fellow Bruins.

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## Homecoming 2023



Pep Assembly – September 25 & 29  
Homecoming Football Game – September 29  
Bruins vs. Oak Harbor @ 5:00 pm  
Homecoming Dance – September 30  
7:00 to 10:00 pm





FREE with  
ASB Card

Pay with cash

Pay with Debit  
or Credit Card

 EVERETT  
PUBLIC SCHOOLS®

**NEW!**

Begins September 1

**GOFAN DIGITAL  
TICKETING!**

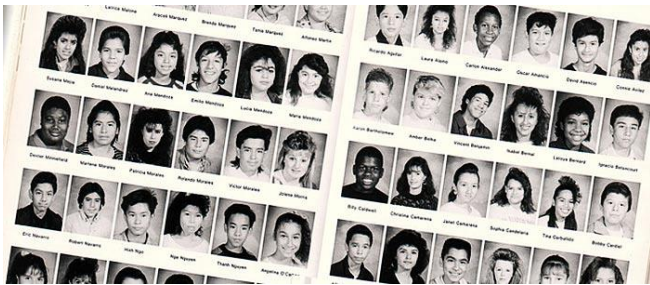
GoFan, a digital ticketing and promotional service designed for school sports and activities, will be available to all community members for in-person or advanced purchase at Memorial Stadium and paid events at each high school. In-person cash payments are still available, and students with ASB cards receive free admission to sporting events.





# Class of 2024 Senior Timeline of Events!

## 2023-24 Yearbook Senior Due Dates!



\*Senior Portraits are due before: **November 3<sup>rd</sup>**

\*Senior Quotes are due before: **November 10<sup>th</sup>**

\*Senior Grad Ads are due before: **March 3<sup>rd</sup>**

[Yearbook website](#)

## Welcome to the New Bruin Staff!

Steven Bixby – Video Production  
 Krista Bjorge – Assitant Principal  
 Aaron Clarke – Achieve Para  
 Allen Cushing – Auto  
 Cameron Ferreira - English  
 Kyle Hogan – Multi-Lingual



Jessica Lohafer – Attendance Secretary  
 Robert Neil – Multi-Lingual  
 Angela Thomson – RN  
 Rebecca Tinius – Achieve  
 Kate Vafaezadeh – Assistant Principal  
 Michelle Van Tine – Library Secretary



# ounselor corner



*School Counselors are assigned to students by last names, approx. 300 per counselor. School counselors support students' well-being and school success through a wide variety of school-wide and individual services, and can help connect your student to other resources and assistance.*

*Jason Himstedt A-Chi*

*Debbie Wade Cho-Gut*

*Anne Jensen Guy-Li*

*San Le Lo-O*

*Elizabeth O'Brien P-Si*

*Pam Richards Sm-Z*

*Cascade has an amazing team of Support Staff, too! please visit our website for details and contact information:*  
<https://www.everettsd.org/domain/2025>

1. **Coming up:** Adjusting to school routines is challenging after summer, so expect some rough days, especially after the excitement of the first couple of weeks. Practicing the act of "doing it anyways" (waking up early, doing homework, etc., even though one may not want to) will build students' **grit** skills for dealing with life, including school
2. A **tip** that successful students often share is to turn school tasks into a game, with a reward included, such as doing homework for 20 minutes and then having 5-10 minutes of phone time. Thanks for encouraging your student to figure out what strategies work for them
3. One of our department's **September tasks** is working closely with seniors to be sure they each have solid graduation plans. Parent/guardians should have received a credit status from us in the mail. Contact your student's counselor if any questions
4. Another **September focus** is getting into 9<sup>th</sup> grade classes. Ninth graders will start working on High School and Beyond plans, including a learning style inventory. Knowing one's learning style can make a huge difference in lessening school-related struggles. Older students should have this info recorded in their Naviance accounts.

**Thank you** to parent/families for all you do to support your student!



# Success at Cascade High School Checklist

## Before School Starts/First Few Weeks of School

- ☐ Read and understand the policies for CHS including appropriate dress for school, attendance policies, and what to do if you are absent. The CHS school handbook can be found on our website.
- ☐ Know the PRIDE expectations for all areas at CHS.
- ☐ Remember the key locations at school including the library, media center, counseling center, gym, cafeteria.

## Get to know your Teachers

- ☐ Get to class on time and be prepared.
- ☐ Understand your teachers' homework policies and find out what to do if you are absent.
- ☐ Be involved with your class: ask appropriate questions and participate in class discussions.
- ☐ Talk to your teachers about individual questions before or after class time.
- ☐ Be respectful.
- ☐ Introduce yourself to other school staff including counselors, administrators, librarians, cafeteria, custodians.

## Classwork & Homework

- ☐ Expect homework every day & make it a priority: homework includes written assignments, reading, reviewing notes, studying for tests, completing projects, and previewing the next lesson.
- ☐ Schedule homework time not just after school but at a specific time.
- ☐ Use weekends & breaks to complete assignments.
- ☐ Complete and turn in assignments on time.
- ☐ Utilize PAWS to get and stay organized and focused.

## Get Involved

- ☐ Join after-school clubs, projects, or sports! Commit to 1 at CHS!
- ☐ Community service projects provide a fun way to meet new people.
- ☐ Consider taking on a leadership role in a club or student council.
- ☐ Learn Cascade's fight song, Alma Mater and the Bruin Whisper!
- ☐ What is your Class Color?

## Challenge Yourself

- ☐ Take the most challenging courses you can handle.
- ☐ Meet new people.
- ☐ Try new experiences like pep assemblies, dances or school concerts/plays/games.

## Ask for help when you need it

- ☐ If you are having difficulty with a subject, ask your teacher for help or get tutoring!
- ☐ Join or create a study group.
- ☐ Talk with trusted adults about situations that make you feel uncomfortable such as bullying, dating or drug pressures, harassment (whether at school or online), or anything else you need help with
- ☐ See resources handout that can help with issues you may have>





### Stay focused – keep planning for what’s next

- Keep talking with your parents, teachers, counselors, and others about college, career, and life readiness after hs
- Start looking for college scholarships – some can be awarded as early as freshman year of high school; your school counseling office and the Internet are good places to start searching.

## Links to Resources on the CHS Webpage

| Resources within Cascade                                                                                                                                                                                                               | Support Resources within the Community                                                                      | How to Set up for Success                                                                                                                                                                                                 | Guaranteed Admittance                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>CHS Webpage →Counseling tab→Counseling</b><br><i>(Virtual Calming room, running start, graduation requirements, etc)</i><br><br><b>CHS Webpage →Students tab</b><br><i>(Clubs, Athletics, Yearbook, student tools (canvas),etc)</i> | <b>CHS Webpage →Counseling tab→ Student &amp; Family Support</b><br><i>(KIT, Donor, Mental Health, etc)</i> | Transition to HS checklist<br>Student Tracker ( <i>qr code</i> )<br>Supplies ( <i>Lists via teachers</i> )<br>Planner ( <i>coming soon!</i> )<br>9 <sup>th</sup> Grade Color=White<br>Link Crew<br>Bruin Newsletter & BCP | Qr Code                                                                               |
|                                                                   |                          |                                                                                                                                       |  |

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





# Counseling Department & Admin 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 – SI    | <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 Paraeducator                     | <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 Paraeducator       | <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 |
| TBD               | Admin Support Paraeducator                     |                                                                              | 385-6150 |
| TBD               | Academic Support Paraeducator                  |                                                                              | 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:

|               |              |                                                                        |          |
|---------------|--------------|------------------------------------------------------------------------|----------|
| 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 |
| Kathryn Vafaezadeh | Asst. Princ. A – G | <a href="mailto:kvafaezadeh@everettsd.org">kvafaezadeh@everettsd.org</a> | 385-6091 |
| Katherine Mayan    | Asst. Princ. H – O | <a href="mailto:kmayan@everettsd.org">kmayan@everettsd.org</a>           | 385-6092 |
| Krista Bjorge      | Asst. Princ. P – Z | <a href="mailto:kbjorge@everettsd.org">kbjorge@everettsd.org</a>         | 385-6016 |

## [CHS Counseling Website](#)



# CHS Schedule Corrections

Fall 2023

## When?

First 5 days of classes ONLY

## Why?

These reasons ONLY:

- 1) I am missing a graduation requirement
- 2) I already got credit for this class
- 3) I don't have the pre-requisite or skill level for this class
- 4) I previously failed with this teacher
- 5) I want to add an AP course

## How?

Online at the following website: <https://tinyurl.com/4s3bce3y>



## When will I get my new schedule?

Check Gradebook/HAC each morning to see if you have a new schedule. Continue attending the class to which you were assigned until you see the change online. All changes will be made in the order received. Counselors will only notify students if the request cannot be accommodated.



# 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



# AP 2023-2024 AP Test Registration and Information

**Overview:** The Spring 2024 AP exams will cover the full content in each AP course. Students have the opportunity to receive college credit and/or placement. AP students should keep their options open by registering for the exam on time because there will be a **\$40 fee for late orders**. The College Board will support in-school testing in 2024 because administering exams in schools maximizes access and opportunity.

**Students:** You must create a College Board account. Students will need a College Board account to join their AP class section, receive AP assignments from teachers, get feedback on class progress, and register for AP exams (**Note: Parents/Guardians should not create an account for the student**). If you don't have a student account please click [here](#).

Already have a College Board account? All College Board programs are connected through one account. If you've created an account for AP, PSAT/NMSQT, or SAT, you only need username and password to log in.

## Fall 2023 – AP Registration

**Registration is a two-part process (Must complete both parts for each AP exam to be registered)**

- First, students will need to login to their College Board account (see above). Students will also need a “join code” given to them by their AP teacher in order to [join a class section](#). Once you've joined your class section, you will be able to [register for the AP exam](#) you want to take.
- Second, students will pay for their AP exam fees [online](#) or via the CHS Treasurer in the Main Office. (If you need financial support, please do not hesitate to reach out to our school Treasurer at [knewman@everettsd.org](mailto:knewman@everettsd.org). Please do not let financial concerns inhibit you from registering.)

**AP Fall Registration Goal Deadline: October 3<sup>rd</sup>, 2023**

**Final Deadline: November 10<sup>th</sup>, 2023. Please ensure you have registered for your test by November 10<sup>th</sup>, 2023.**

- It is recommended that students use their personal email account when registering on College Board.
- **AP exams cost \$98.00. \*\*\*AP Capstone (AP Seminar or AP Research) exams cost \$146.**
- **Any test ordered or canceled after the November 15<sup>th</sup> date will have a late exam fee of \$40 applied.**
- Any student who qualifies for Free & Reduced Lunch is eligible for a fee waiver and will not have to pay for an AP exam. \*\*\*You must have a current application for Free & Reduced Lunch completed through [Home Access](#).\*\*\*

**Late Registration Fee mandated by College Board: Any exams ordered between November 11<sup>th</sup> to March 15<sup>th</sup>, 2024, 11:59pm**

- Students may register for an AP exam after November 10<sup>th</sup>, 2023 and up until March 15<sup>th</sup>, 2024 but will have to **pay an additional \$40 per exam late order fee**. (Note: This late fee cannot be waived in any circumstance so plan accordingly).

**Dropping an AP class after ordering a test requires a \$40 cancelation fee that must be paid by student/family.**

**Contact your student's AP teacher or Krista Bjorge ( [kbjorge@everettsd.org](mailto:kbjorge@everettsd.org) ), CHS AP Coordinator, for general questions regarding AP exam registration.**



# **BOOK WRAPPERS NEEDED IN THE CHS LIBRARY!**

**Do you like wrapping presents?  
Then this is the easiest job in the world!  
Help us process new books for our students.**

**Will train!**

**Email CHS Librarian:**

**APimenta@everettsd.org for more information  
or to volunteer**







# WORKSITE LEARNING

ARE YOU A WORKING STUDENT?

DO YOU WANT TO EARN HS CREDIT FOR IT?



SCAN ME



Worksite Learning Experience (WSL) allows a student to earn .5 CTE credit for every 180 hours of work at their current job.

NO CLASS TO ATTEND!

Scan the QR code to complete an interest form.

- 1

Are you at least 16 years old and currently working?
- 2

Meet with WSL Coordinator to verify current/previous enrollment in qualifying course
- 3

Complete a WSL Plan
- 4

Complete WSL paperwork and coordinator meets with employer on your behalf
- 5

Work 180 hours (0.5 CTE Credit) or 360 hours (1.0 CTE Credit) and submit paystubs to WSL coordinator
- 6

Final employer evaluation is completed and you receive credit for WSL experience

For more information, contact:  
Bree Youngberg - [byoungberg@everettsd.org](mailto:byoungberg@everettsd.org)





# *Welcome Cascade Bruins To Bruin Community Parents*

## Cascade High School Parent Teacher Organization

Bruin Community Parents is Cascade High Schools Parent Teacher Organization and invites you to join us now for the 2023-2024 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 6 :30 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**

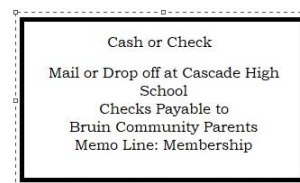
**Individual Membership \$20**

**Step 2 fill out Google form**

[Googledoc Form](#)



### Step 3 Payment Options





## 2023-24 Student Art Calendar

The 2023-24 student art calendar is available online in both [English](#) and [Spanish](#) to download and printed at home. They will not be printed and distributed at the schools this year.



## School meals for 2023-24



This school year, our school still qualifies as a [CEP school](#).

Families in our school get breakfast and lunches free, regardless of free and reduced lunch qualifications. Families at these schools **will fill out a household income report**, which will be emailed directly to you, in place of the free and reduced lunch application. This report is important to provide students access to free waivers and other services.

We are so excited to be able to use this program to offer free meals to the students in our district who may need some extra support and to all of our students, no matter where they learn, we will continue to offer nutritious and delicious meals that include seasonal fresh fruits and vegetables, scratch-made whole grain foods and lean proteins, with vegetarian and gluten free options too. There has never been a better time to eat school meals. We look forward to serving you soon.

## EPS Appreciation Night with the Everett AquaSox!



Have fun kicking off the new school year as the Everett AquaSox take on the Eugene Emeralds at Funko Field on Saturday, Sep 9 at 7:05 p.m. Tickets are only \$8 and the AquaSox will donate \$2 per ticket to the Everett Public Schools Foundation.

Tickets must be purchased online to be discounted to \$8. Game day will be regular price of \$15 per ticket. Click <https://fevognm.com/event/Everettschool4> to purchase tickets and share with family and friends, the more the merrier.

Join us for some great family entertainment including Baseball Bingo! Play ball!



## Attendance procedures



We look forward to seeing your child at school every day. Regular school attendance is important, and we will work with you to ensure your child is present to benefit from an excellent education. If your child is absent, please email the school at their attendance email address, which you can find on the school website.

If email is not possible, and even if you leave a message with the school attendance line, please send a written note to the school office within 30 days after your student returns to school.

## World Language Assessments



Can your middle or high school student speak, read, write and understand a world language? Students in grades 7-12 can earn high school credit and special recognition through the World Language Assessment. Registration is open September 6 through October 31. **Register in your school office today!**

There will be only one window in the 2023-24 school year. Dates vary by school. *Scan QR code to learn more.*



## Access your family's immunization information

To access your family's immunization information from the Washington State registry visit, sign up for [MyIR](#) to view, download and print your student's immunization records securely online. Once you register, you can access the records anytime you need them. You can print your child's Certificate of Immunization Status for school, childcare and camp programs.



## SBA scores released

Smarter Balanced Assessment (SBA) student scores are available for families & students in the Home Access Center (HAC). Families will also receive a hard copy in September.

Go to [www.everettsd.org/SBAinformation](http://www.everettsd.org/SBAinformation) to find tools for parents to understand those SBA scores.



How do I get the test scores? Under Quick Links, click How to view SBA scores for instructions. If you don't have a HAC account or have questions, contact [LMS@everettsd.org](mailto:LMS@everettsd.org).

Washington Comprehensive Assessment of Science scores will be released in September. They will be put in HAC as soon as they arrive, and Individual Student Score Reports will be sent home through the normal school channels.

## Mark your calendar for upcoming fall flu clinics

Everett Public Schools will host two flu clinics this fall at the Community Resource Center located at 3900 Broadway on:

- Wednesday, September 20 from 3 to 6 p.m.
- Tuesday, October 24 from 2 to 6 p.m.

Please watch the district social media and website announcements for information regarding appointment times, insurance information, eligibility, etc.

## Ways to stay connected

On the [communications department webpage](#), you can sign up for [InTouch](#) announcements and school board meeting agenda highlights delivered to your email box monthly. You can also follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

Visit our social media directory at [www.everettsd.org/socialmediadirectory](http://www.everettsd.org/socialmediadirectory) to follow along with school pages, district pages, teachers, clubs, student groups, and more. Stay connected with us to learn the latest news! We can't wait to see you there!







Everett Public Schools believes communication with parents and the community is very important. One resource available for families is our “Stay Connected” chart, which will show you the different ways you can regularly keep informed. Visit the communications overview page on the district’s website at [www.everettsd.org/communications](http://www.everettsd.org/communications) to download your copy.



Please also make sure your student’s school has your updated contact information so the district can communicate effectively with you.

## Have you downloaded our mobile app?

News and information about our schools are as close as your smartphone. Download and log into the district app to access your student’s info quickly and easily. See top stories, Parent University, Canvas, books checked out from the library, and find the staff directory, school websites, calendars and more.

Available for Apple and Android devices and can be downloaded in 3 easy steps:

1. On your smartphone, go to the iTunes App Store® or Google Play®
2. Search **Everett Public Schools**
3. Then select our app for free download



Once you’ve downloaded the app, log in to “student info” with your LMS password to see student-specific information for each of your children. Read content in one of many languages available in the settings.

## Harvest of the Month

This month, the Food and Nutrition Department brings you kale grown in the PNW! Be sure to give it a try this month in our cabbage patch soup or kale Caesar salad! Did you know that just one serving of kale has more vitamin C than an orange? Find out more by checking out the Harvest of the Month flyer on the district [website](#). Don’t kale my vibe!

Accompanying kale this month are stone fruits, which can be found in the Garden Spot and include nectarines, peaches, apricots, plums and more! They have a thin skin and a “stone” in the center, called the pit or seed. Stone fruits can boost immunity, promote healthy nerves, muscles, bones and teeth.





## Assistance icon on website

The district's main webpage has an icon, "report/assistance," with resources and assistance for students and families on:

- Suicide Prevention
- Crisis Support
- Eating Disorder Help
- Substance Abuse Help
- Report Safety Concerns
- Report Harassment
- Substance Abuse Trends
- Overdose Symptoms and Prevention
- Safe Storage of Medication
- Safe Storage of Firearms



### Assistance



Suicide Prevention



Crisis Support



Eating Disorder Help



Substance Abuse Help



Report Safety Concerns



Report Harassment

## 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.

The six ECEAP sites within our school district are Cedar Wood, Hawthorne, Jackson, Lowell, Madison, and Silver Lake elementary schools. We have both school-day classroom schedules and half-day (a.m. and p.m.) classroom schedules, depending on the school location. Space is limited – apply early! For an application or more information, please visit the [district ECEAP website](#) or call 425-385-4628.





## Kids in Transition program



Kids in Transition (KIT) program supports students who qualify for two federal programs which provide support for children and youth whose housing is highly mobile: those who meet the more inclusive definition of homeless under the federal [McKinney-Vento Homeless Act](#) and those who are eligible for [Foster Care Education support](#).

Students who are in foster care placement (where a child welfare agency has placement, care and authority) or those who are without a fixed, regular and adequate nighttime residence may qualify for this additional support.

The KIT program works to eliminate barriers to students' academic success and extra-curricular involvement. We ensure eligible students have access to free school meals, school supplies and uniforms. KIT may help students access extended day or summer school classes or coordinate access to additional academic support or tutoring when needed. The KIT Program may also cover, or coordinate waivers for, fees required to take part in activities such as school-sponsored sports, clubs, and required class fees. KIT can also help set up transportation for eligible students to maintain school stability, as long as the commute is feasible and in the best interest of the student. We also partner with the Family Resource Center and other community agencies to connect families and students to resources as needed.

Last year, Everett Public Schools served over 1,350 students through our KIT support at some time during the school year. For more information, visit [www.everettsd.org/KIT](http://www.everettsd.org/KIT) to learn who your school's KIT support staff is; or contact the KIT Office at 425-385-4032.

## Student opportunities and activities eflyers

We use *Peachjar* to email approved flyers from community organizations to parents and guardians. Schools also post those flyers on their websites. Look for the Peachjar button in the *Quicklinks* section of your school home page to see those flyers. You can also register there to have those flyers delivered to your email address if you aren't already receiving them.





## Backpacks for students in need



Do you know a family who might be in need this year? Stuff the Bus for Kids ensures each child in Everett Public Schools starts the school year prepared to learn. In August, the EPS Foundation delivered over 3,000 backpacks, filled with school supplies, and are making them available to any Everett Public School student who may need extra assistance.

Students in need of a backpack, please reach out to your school to receive your supplies. Backpacks are available for pick up at each school.

## 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



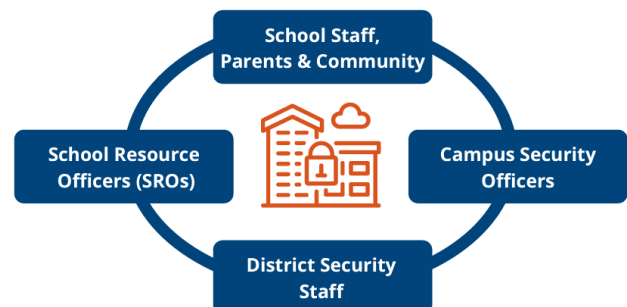
<https://everett-wa.safeschoolsalert.com>

FOR  
EMERGENCIES,  
PLEASE CALL  
**911!**

## School safety begins with teamwork

Everett Public Schools recognizes that schools should be a place where our students, staff and community feel safe. Teamwork makes this possible. We employ security staff and school resource officers (SROs) who work collaboratively with our school communities to ensure safety and security across the district.

Safety and security staff work to build healthy, positive relationships with our students, staff and community to ensure a safe school environment for learning.





**Campus Security Officers (CSOs)** perform checks of campuses during school hours to prevent unauthorized access, deter illegal activity, assist with investigations, assist with student supervision and share information with staff and students concerning safety measures.

**School Resource Officers (SROs)** are police officers that serve secondary school campuses while schools are in session and partner with principals to improve safety by identifying, investigating, deterring and responding to incidents that present a significant threat to safety and security.

**District Security Staff** perform checks of campuses after hours and on weekends to prevent unauthorized access, ensure campuses are secure, deter illegal activity and respond to alarm notifications.

For more information, visit [www.everettsd.org/safety](http://www.everettsd.org/safety).

## Access to public records

The district's records may be requested by the public, and many records are fully or partially available for public viewing. As our business is most often about students, families, and staff, some of the information contained in certain records may be protected under federal and state privacy laws.

For additional information related to district [public records policy](#) and [procedures](#), including how to make a public records request, please visit our district public records webpage at <https://www.everettsd.org/publicrecords>.

## Your student's records are confidential

Everett Public Schools is serious about protecting student records and privacy. The district uses multiple security measures to safeguard student transcripts and other education-related records. Only those teachers, administrators and other staff members who work directly with students (and have an educational need to know) have access to individual student records. Staff members are required to maintain confidentiality of all information in a student's records. To view or request copies of your own student's records, please [contact the office of the school your student attends](#).

## Register to vote!

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

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







## Job opportunities!

Everett Public Schools is hiring many positions. Please share with friends and family who may be interested in joining our team. Visit [www.everettsd.org/jobs](http://www.everettsd.org/jobs) for jobs posted and how to apply.



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 and ADA Coordinator:**

- Chad Golden
- 425-385-4100
- [CGolden@everettsd.org](mailto:CGolden@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



## Calendario de arte estudiantil 2023-2024

El calendario de arte estudiantil 2023-2024 está disponible en línea tanto en [inglés](#) como en [español](#) para descargar e imprimir en casa. Este año no se imprimirán ni distribuirán en las escuelas.



## Comidas escolares para 2023-24



Este año escolar, nuestra escuela aún califica como [escuela CEP](#).

Las familias en nuestra escuela obtienen desayunos y almuerzos gratis, independientemente de las calificaciones de almuerzo gratis o a precio reducido. Las familias de estas escuelas completarán un informe de ingresos del hogar, que se le enviará directamente por correo electrónico, en lugar de la solicitud de almuerzo gratis o a precio reducido. Este informe es importante para proporcionar a los estudiantes acceso a exenciones gratuitas y otros servicios.

Estamos muy emocionados de poder usar este programa para ofrecer comidas gratis a los estudiantes de nuestro distrito que puedan necesitar apoyo adicional y a todos nuestros estudiantes, sin importar dónde aprendan, continuaremos ofreciendo comidas nutritivas y deliciosas que incluya frutas y verduras frescas de temporada, alimentos integrales preparados en casa y proteínas magras, con opciones vegetarianas y sin gluten también. Nunca ha habido un mejor momento para comer comidas escolares. Esperamos poder servirle pronto.

## ¡Noche de reconocimiento a las EPS con los AquaSox de Everett!



Diviértase comenzando el nuevo año escolar cuando los AquaSox de Everett se enfrenten a los Emeralds de Eugene en Funko Field el sábado 9 de septiembre a las 7:05 p. m. Las entradas cuestan solo \$8 y los AquaSox donarán \$2 por entrada a la Fundación de las Escuelas Públicas de Everett (Everett Public Schools, EPS).

Las entradas se deben comprar en línea para obtener un descuento de \$8. El día del partido, la entrada tendrá un precio normal de \$15 por tiquete. Haga clic en <https://fevogn.com/event/Everettschool4> para comprar entradas y comparta con sus

familiares y amigos; cuantos más seamos, mejor.

¡Únase a nosotros para disfrutar de un gran espectáculo familiar que incluye bingo de béisbol! ¡A jugar!



## Procedimientos de asistencia



Esperamos ver a su hijo en la escuela todos los días. La asistencia regular a la escuela es importante y trabajaremos con usted para garantizar que su hijo esté presente para beneficiarse de una educación excelente. Si su hijo se ausenta, envíe un correo electrónico a la dirección de asistencia que encontrará en la página web de la escuela.

Si no es posible enviar un correo electrónico, e incluso si deja un mensaje en la línea de asistencia de la escuela, envíe una nota escrita a la oficina de la escuela en un plazo de 30 días después de que su estudiante regrese a la escuela.

## Evaluaciones de idiomas del mundo



¿Su estudiante de escuela intermedia o secundaria puede hablar, leer, escribir y comprender un idioma del mundo? Los estudiantes de 7.º a 12.º grado pueden obtener créditos de secundaria y un reconocimiento especial a través de la evaluación de idiomas del mundo. La inscripción está abierta del 6 de septiembre al 31 de octubre. **¡Inscríbase hoy mismo en la oficina de su escuela!**

Solo habrá una ventana en el año escolar 2023-2024. Las fechas varían según la escuela. *Escanee el código QR para obtener más información.*



## Acceda a la información sobre vacunación de su familia

Para acceder a la información sobre vacunación de su familia de la visita al registro del estado de Washington, inscríbase en [MyIR](#) para ver, descargar e imprimir los registros de vacunación de su estudiante de forma segura en línea. Una vez inscrito, podrá acceder a los registros siempre que los necesite. Puede imprimir el certificado de estado de vacunación de su hijo para programas escolares, de cuidado infantil y campamentos.

## Publicación de las puntuaciones de la SBA

Las puntuaciones de los estudiantes de la Evaluación Smarter Balanced (Smarter Balanced Assessment, SBA) están disponibles para las familias y los estudiantes en el Centro de Acceso desde el Hogar (Home Access Center, HAC). Las familias también recibirán una copia impresa en septiembre.

Visite [www.everettsd.org/SBAinformation](http://www.everettsd.org/SBAinformation) para encontrar herramientas para que los padres entiendan esas puntuaciones de la SBA.





¿Cómo obtengo las puntuaciones de las pruebas? En "Quick Links" (Enlaces rápidos), haga clic en "How to view SBA scores" (Cómo ver las puntuaciones de la SBA) para obtener instrucciones. Si no tiene una cuenta del HAC o tiene alguna pregunta, póngase en contacto con [LMS@everettsd.org](mailto:LMS@everettsd.org).

Los resultados de la Evaluación Comprensiva de Ciencias de Washington se publicarán en septiembre. Se pondrán en el HAC tan pronto como lleguen y se enviarán a casa los informes de puntuaciones individuales de los estudiantes a través de los canales normales de la escuela.

## Clínicas de gripe de otoño

Las Escuelas Públicas de Everett organizarán dos clínicas de la gripe este otoño en el Centro de Recursos Comunitarios situado en 3900 Broadway el:

- Miércoles 20 de septiembre, de 3:00 a 6:00 p. m.
- Martes 24 de octubre, de 2:00 a 6:00 p. m.

Mire las redes sociales del distrito y los anuncios del sitio web para obtener información sobre los horarios de las citas, la información del seguro, la elegibilidad, etc.

## Formas de mantenerse conectado

En la [página web del Departamento de Comunicaciones](#) se puede suscribir para recibir anuncios de [InTouch](#) y los puntos destacados de la agenda de las reuniones de la junta escolar en su correo electrónico cada mes. También puede seguirnos en [Facebook](#), [Twitter](#) e [Instagram](#).

Visite nuestro directorio de redes sociales en [www.everettsd.org/socialmediadirectory](http://www.everettsd.org/socialmediadirectory) para seguir las cuentas de escuelas, distritos, maestros, clubes, grupos de estudiantes y mucho más. ¡Manténgase en contacto con nosotros para conocer las últimas novedades! ¡Esperamos verlo allí!



Las Escuelas Públicas de Everett creen que la comunicación con los padres y la comunidad es muy importante. Uno de los recursos disponibles para las familias es nuestro cuadro "Stay Connected" (Manténgase conectado), que le mostrará diferentes maneras de mantenerse informado con regularidad. Visite la página de información general sobre comunicaciones en la página web del distrito en [www.everettsd.org/communications](http://www.everettsd.org/communications) para descargar su copia.



Asegúrese también de que la escuela de su hijo disponga de sus datos de contacto actualizados para que el distrito pueda comunicarse de manera eficaz con usted.

## ¿Ha descargado nuestra aplicación móvil?

Las noticias y la información sobre nuestras escuelas están tan cerca como su teléfono inteligente. Descargue la aplicación del distrito e inicie sesión en ella para acceder a la información de su estudiante de forma rápida y sencilla. Consulte las noticias más destacadas, Parent University (Universidad para Padres), Canvas, los libros sacados de la biblioteca, y encuentre el directorio del personal, las páginas web de la escuela, calendarios y mucho más.

Está disponible para dispositivos Apple y Android y puede descargarse en 3 sencillos pasos:

4. En su teléfono inteligente, vaya a iTunes App Store® o Google Play®.
5. Busque **Everett Public Schools**.
6. A continuación, seleccione nuestra aplicación para descargarla gratuitamente.



Una vez que haya descargado la aplicación, inicie sesión en "Student Info" (Información del estudiante) con su contraseña de LMS para ver la información específica de cada uno de sus hijos. Lea el contenido en uno de los muchos idiomas disponibles en los ajustes.

## Ícono de asistencia en la página web

La página web principal del distrito tiene un ícono de "report/assistance" (notificar/ayuda), que contiene recursos y ayuda para estudiantes y familias sobre:



### Assistance



- Prevención del suicidio
- Apoyo en caso de crisis
- Ayuda para trastornos alimentarios
- Ayuda con el abuso de sustancias
- Notificar inquietudes de seguridad
- Denunciar el acoso
- Tendencias del abuso de sustancias
- Síntomas de sobredosis y prevención
- Almacenamiento seguro de los medicamentos
- Almacenamiento seguro de armas de fuego







## Cosecha del mes

¡Este mes, el Departamento de Alimentación y Nutrición le ofrece col rizada cultivada en el Noroeste del Pacífico (Pacific North West, PNW)! ¡No deje de probarla este mes en nuestra sopa de col o en la ensalada César de col rizada! ¿Sabía que una sola ración de col rizada contiene más vitamina C que una naranja? Para obtener más información, consulte el folleto de la cosecha del mes en la [página web](#) del distrito. ¡No rices mi onda!



Las frutas de hueso acompañan este mes a la col rizada; se pueden encontrar en Garden Spot e incluyen las nectarinas, melocotones, albaricoques, ciruelas, ¡y muchas más! Tienen una piel fina y una "piedra" en el centro, llamada hueso o semilla. Las frutas con hueso refuerzan la inmunidad y favorecen la salud de nervios, músculos, huesos y dientes.

## El preescolar del ECEAP está aceptando solicitudes para 2023-2024

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 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 del estado de Washington.

Los seis sitios del ECEAP dentro de nuestro distrito escolar son las escuelas primarias Cedar Wood, Hawthorne, Jackson, Lowell, Madison y Silver Lake. Disponemos tanto de horarios de aula de jornada escolar como de media jornada (mañana y tarde), dependiendo de la ubicación de la escuela. Los cupos son limitados, ¡inscríbese ahora! Para obtener una solicitud o más información, visite la [página web del ECEAP del distrito](#) o llame al 425-385-4628.





## Programa Kids in Transition



El programa Kids in Transition (KIT) apoya a los estudiantes que reúnan los requisitos de dos programas federales que ofrecen ayuda a los niños y jóvenes cuyas viviendas sean muy móviles: los que se ajusten a la definición más inclusiva de personas sin hogar en virtud de la [Ley Federal McKinney-Vento sobre Personas Sin Hogar](#) y los que son elegibles para la [ayuda a la educación en régimen de acogida](#).

Los estudiantes que se encuentran en régimen de acogida (cuando una agencia de bienestar infantil se encarga de su colocación, cuidado y autoridad) o los que carecen de una residencia nocturna fija, regular y adecuada pueden optar a esta ayuda adicional.

El programa KIT trabaja para eliminar las barreras que impiden el éxito académico y la participación extraescolar de los estudiantes. Garantizamos que los estudiantes elegibles tengan acceso a comidas escolares, material escolar y uniformes gratuitos. KIT puede ayudar a los estudiantes a acceder a clases de jornada extendida o de verano o coordinar el acceso a apoyo académico adicional o tutoría cuando sea necesario. El programa KIT también puede cubrir o coordinar la exención de las tarifas requeridas para participar en actividades como deportes patrocinados por la escuela, clubes, y las tarifas de clase requeridas. KIT también puede ayudar a establecer el transporte para los estudiantes elegibles para mantener la estabilidad escolar, siempre y cuando el viaje sea factible y en el mejor interés del estudiante. También colaboramos con el Centro de Recursos Familiares y otras agencias comunitarias para poner en contacto a las familias y los estudiantes con los recursos que necesiten.

El año pasado, las Escuelas Públicas de Everett asistieron a más de 1,350 estudiantes a través de nuestro apoyo de KIT en algún momento del año escolar. Para obtener más información, visite [www.everettsd.org/KIT](http://www.everettsd.org/KIT) para saber quién es el personal de apoyo de KIT de su escuela, o póngase en contacto con la oficina de KIT llamando al 425-385-4032.

## Folletos electrónicos de oportunidades y actividades para los estudiantes

Utilizamos *Peachjar* para enviar por correo electrónico a padres y tutores folletos aprobados de organizaciones comunitarias. Las escuelas también publican esos folletos en sus páginas web. Busque el botón Peachjar en la sección *Quicklinks* (*Enlaces rápidos*) de la página de inicio de su escuela para ver estos folletos. También puede inscribirse allí para recibir los folletos en su dirección de correo electrónico si aún no los recibe.





## Mochilas para estudiantes necesitados



¿Conoce a alguna familia necesitada este año? Stuff the Bus for Kids garantiza que todos los niños de las Escuelas Públicas de Everett empiecen el año escolar preparados para aprender. En agosto, la Fundación de las EPS entregó más de 3,000 mochilas, llenas de material escolar, y las están poniendo a disposición de cualquier estudiante de las Escuelas Públicas de Everett que pueda necesitar ayuda adicional.

Los estudiantes que necesiten una mochila, pónganse en contacto con su escuela para recibir sus suministros. Las mochilas se pueden recoger en cada escuela.

## 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 escuela 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 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 seguramente.

### 3 easy ways

Text or call



855-637-2095



1350@alert1.us

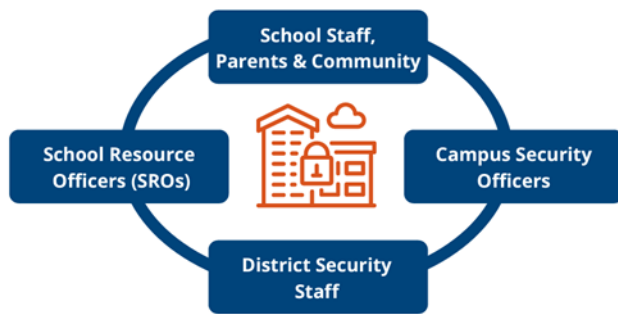


<https://everett-wa.safeschoolsalert.com>



## La seguridad escolar comienza con el trabajo en equipo

Las Escuelas Públicas de Everett reconocen que las escuelas deben ser un lugar donde nuestros estudiantes, el personal y la comunidad se sientan seguros. El trabajo en equipo lo hace posible. Empleamos personal de seguridad y oficiales de recursos escolares (SRO) que trabajan en colaboración con nuestras comunidades escolares para garantizar la seguridad en todo el distrito.



El personal de seguridad y protección trabaja para construir relaciones saludables y positivas con nuestros estudiantes, el personal y la comunidad para garantizar un entorno escolar seguro para el aprendizaje.

Los oficiales de seguridad del campus (CSO) realizan controles de los campus durante el horario escolar para evitar el acceso no autorizado, disuadir actividades ilegales, ayudar con las investigaciones, ayudar con la supervisión de los estudiantes y compartir información con el

personal y los estudiantes sobre las medidas de seguridad.

Los Oficiales de Recursos Escolares (SRO, por sus siglas en inglés) son oficiales de policía que prestan servicios en los campus de las escuelas secundarias mientras las escuelas están en sesión y se asocian con los directores para mejorar la seguridad identificando, investigando, disuadiendo y respondiendo a incidentes que presentan una amenaza significativa para la seguridad y la protección.

El personal de seguridad del distrito realiza controles de los planteles después del horario de atención y los fines de semana para evitar el acceso no autorizado, garantizar que los planteles estén seguros, disuadir la actividad ilegal y responder a las notificaciones de alarma.

Para obtener más información, visite [www.everettsd.org/safety](http://www.everettsd.org/safety).

## Acceso a los registros públicos

Los registros del distrito pueden ser solicitados por el público, y muchos registros están total o parcialmente disponibles para su consulta pública. Dado que la mayoría de nuestras actividades tienen que ver con los estudiantes, las familias y el personal, parte de la información contenida en determinados registros puede estar protegida por las leyes federales y estatales de protección de la privacidad.

Para obtener más información sobre la [política de registros públicos](#) y los [procedimientos](#), incluido cómo hacer una solicitud de registros públicos, visite nuestra página web de registros públicos del distrito en <https://www.everettsd.org/publicrecords>.

## Los expedientes de su estudiante son confidenciales

Las Escuelas Públicas de Everett se toman muy en serio la protección de los expedientes y la privacidad de los estudiantes. El distrito utiliza múltiples medidas de seguridad para salvaguardar las calificaciones de los estudiantes y otros expedientes educativos. Solo los maestros, administradores y otros miembros del personal que trabajen directamente con los estudiantes (y tengan una necesidad educativa de saber) tienen acceso a los expedientes individuales de los estudiantes. Los miembros del personal están obligados a mantener la confidencialidad de toda la información contenida en los expedientes de los estudiantes. Para ver o solicitar copias de los expedientes de su propio estudiante, [póngase en contacto con la oficina de la escuela a la que asiste su estudiante](#).



## ¡Inscríbase para votar!

Inscribirse para votar es fácil. Visite la [página web del condado de Snohomish](https://www.sno.wa.gov/elections) para obtener detalles sobre las tres formas en que puede inscribirse para votar o actualice su registro o escanee el código QR. Los estudiantes de 16 y 17 años ya pueden preinscribirse para votar.

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



## ¡Ofertas de empleo!

Las Escuelas Públicas de Everett están contratando para muchos puestos. Comparta esto con amigos y familiares que puedan estar interesados en unirse a nuestro equipo. Visite [www.everettsd.org/jobs](https://www.everettsd.org/jobs) para ver los puestos publicados y cómo presentar su solicitud.



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](https://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 and ADA Coordinator:

• Chad Golden  
• 425-385-4100  
• [CGolden@everettsd.org](mailto:CGolden@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