

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER



January 2024

VOLUME 7, ISSUE 5

From the Principal

Dear Cascade Families,

Happy New Year! As we start 2024, we are excited for the positives that a new year promises and hope for a great start this January.

As we come back from Winter Break, we will have finished roughly 2/5 of our school year and will still have a little over 20 days left of our first semester to increase engagement and improve performance. Teachers are ready and available to help and provide support to students, but at this point of the year, it is important to not wait. Staff are often wanting to provide support, but what can be done gets exponentially limited the closer we get to the end of the semester. If your student is struggling, there is no better way to get help than to connect with your child's teachers as soon as possible to request support.

As we move into 2024, we have a few areas that we want to recognize and be aware of.

- One of the most important areas of school that has the highest connection to academic success is regular attendance, and this year we've seen improvements in this area, so thank you for helping us with that! There is still room to grow though, so we continue to ask for your support in making regular and on-time attendance a priority in the new year. Here's a brief illustration of the importance of consistent on-time attendance:
 - Missing just one (1) day a week over the course of a school year can add up to almost two months of instruction by the end of the year. The state defines "chronically absent" as missing only two (2) days per month, and while that perhaps doesn't feel massively consequential, it results in nearly a month of missed instruction over the course of a school year, nearly 10% of the school year. The impact can be compounded, in that if that patterns persists over the four years a student is in high school, it would lead to nearly a full semester of missed days.
 - Just missing *part* of class, i.e., being tardy, can also have a very similar impact to being absent in that things tend to add up. For example, just missing 15 minutes of instruction per day would add up to over an hour a week, roughly 1 day per month, 8-9 days over the course of a school year. And that's *just* 15 minutes out of class over the course of a whole day! Miss 30 minutes per day, and now you're closer to 2 and 1/2 hours a week, 2 days a month, and nearly 16-18 days over the course of a school year. When also considering that the beginnings and ends of classes tend to have some of the most important information (key directions, important reminders, announcements, etc.), being tardy can quietly have a significant impact on a student's success in a course.
 - Here are a few data points to share with you regarding this. First, roughly 40% of our student body has attended more than 95% of this school year, and of that group nearly 3/4 have all As and Bs in their classes. Conversely, roughly 20% of our student body has attended fewer than 80% of this school year, and of that group nearly 3/4 have at least one failing grade.
 - I share these points with you to illustrate simply how cumulatively impactful something like missing class can be, particularly when it becomes a pattern of behavior. I also think it's important to share how making small steps like eliminating daily tardies or extra trips to the bathroom or the occasional missed day can also have a significant and powerful effect on a student's capacity to have success.
- Part of our values and goals as a school and as a district revolve around preparing all students for life after high school and to that end, our staff members will be working hard in the new to help our seniors complete their FAFSA (applications will become available at the end of this calendar year) and submit their college applications. So if you a parent of senior, be on the lookout for those opportunities!

Michael Takayoshi
Principal

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

January 5

Learning Improvement Friday

January 12

Learning Improvement Friday

January 15

No School – MLK Day

January 19

Learning Improvement Friday

January 26

Learning Improvement Friday



- For those in 9-11 grades, when we get back from winter break, we will begin to prepare for the registration process for the 2024-25 school year. The registration process usually begins towards the end of February and runs through March, so be on the lookout for information regarding that process!

Thank you, and as always, I wish you and your family good health in this new year and look forward to continuing to work together in support of our students.

Sincerely,

Michael Takayoshi
Principal, Cascade High School
Mtakayoshi@everettsd.org

Needing Assistance?

Cascade Clothing Closet is a space at Cascade HS that has clothes, shoes, toiletries, and some basic pantry food that all students have access to anytime. Please contact Stacy Robinson, Student Support Advocate at 425-385-6017 or SRobinson@everettsd.org to learn more.

Clothes for Kids is a non-profit organization located in Lynnwood that provides clothing to students who demonstrate a need. Shopping at 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.

Looking for resources in the community? Visit the website for our Student & Family Support Advocate, Stacy Robinson. On the site is information on various resources, from free eye glass exam & eyewear, housing support, grocery help, and more. Or, if you are interested in supporting the school through donations, there is also a 'Donor Information' section. [Student and Family Support / Welcome \(everettsd.org\)](#)

[Modest FREE Market!](#)





Cascade Athletics

Congratulations to our November athletes of the month!

- Our female athlete of the month is junior basketball player Sally Sylla. She was nominated by her coach Dave Roberts. Here is what Coach Roberts had to say about Sally: "Sally makes the CHS Girls Basketball team better with her aggressive play style that leads to steals and offensive opportunities for herself and teammates. She shows how much she cares for the Girls Basketball program by supporting the JV players and team during practices and games. She is always ready to give positive encouragement to all players in the program when they have success and looks to build players up who might be struggling." Great job Sally!
- Our male athlete of the month is senior swimmer Kedon Campbell. He was nominated by his coach Eric Smith. Here is what Coach Smith had to say about Kedon: "Kedon is a senior captain who really sets the tone at practice and at meets. He is motivated and very excited to spur others on. His attitude sets him apart, and he is positive and tenacious when it comes to competitions." Great job Kedon!

Winter sports competitions are underway. Here are some upcoming home competitions for each sport if you are looking to come and watch the Bruins!

- January 2nd: Boys basketball home game vs. Meadowdale (c team at 4:00, jv at 5:40, varsity at 7:15)
- January 3rd: Girls bowling vs. Blaine at Evergreen Lanes at 3:00
- January 3rd: Girls basketball home game vs. Marysville Pilchuck (jv at 5:40, varsity at 7:15)
- January 9th: Boys swimming vs. Kamiak at Everett YMCA at 2:30
- January 16th: Boys and Girls home wrestling match vs. Stanwood (jv at 5:30, girls varsity at 6:15, boys varsity at 7:00)

For a complete schedule of all games, please visit www.wescoathletics.com

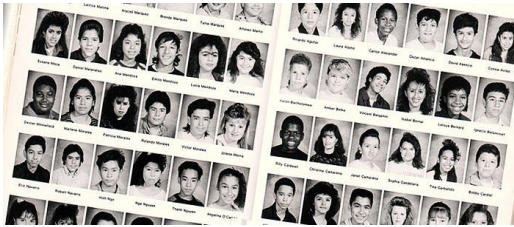
Congratulations to our fall scholar athletes. Each sports season coaches nominate 1 senior athlete from their team as a scholar athlete. We then vote for 1 male and 1 female athlete to represent Cascade as our fall scholar athlete.

- Our male fall scholar athlete is football player Zachary Lopez. Zach was a 4-year participant and 3 year letter winner. He was team captain and an All-Wesco first team running back this season. Zach is also a 3-year letter winner in baseball and earned All-Wesco Honorable Mention. Zach is our ASB president, a part of leadership class, interhigh, and completed a summer workshop with the Everett School Board. Zach's community service includes the CHS food drive, Everett Public Schools Foundation Stuff the Bus, Leadership camp, transition fair, and house sitting and dog sitting. Congratulations Zach!
- Our female fall scholar athlete is cross country runner Alaa Zeghuzi. Alaa was a 3-year letter winner in cross country and a 2 year captain. She was voted by the team as most enthusiastic/supportive. Alaa maintains a 4.0 GPA (combined high school and running start classes). She is on the Dean's List at Everett C.C. and will finish her 2-year A.A. degree this spring. She earned an AP scholar with honors distinction by scoring 5 on all of her AP tests. Alaa's community service includes being a lifeguard and swim instructor at Everett YMCA, being a member of National Honor Society, Interact, Key Club, and Link Crew, Athletic Training Intern, volunteering at local elementary and middle schools, peer tutoring, and volunteering at an Arabic school on the weekends. Congratulations Alaa!



Class of 2024 Senior Timeline of Events!

2023-24 Yearbook Senior Due Dates!



*Senior Grad Ads are due before: **March 3rd**

[Yearbook website](#)

Yearbook Sales Open

January 22 through February 2

Purchases can be made [online](#) or in the Treasurer's Office

For all purchases \$70

All fines must be cleared to purchase yearbook

Looking for Donations

Food and Nutrition would love to have donations of Table clothes, napkins, and placements to use for our table settings. They can be donated to Rachelle Jones in room 405. Thank you.



Does anyone have an extra guitar they no longer want or need?
The CHS Library LOVES having a guitar in here!
We just need one, preferably in good shape, but we do have extra steel strings and a student expert if it needs restringing...Thanks in advance!



GET READY FOR FINANCIAL AID CREATE YOUR FAFSA/WASFA LOGINS!

THE “WHY”

- **New Application for 2024-2025 financial Aid opens 12/31!**
- **Student and parent/guardian logins needed in advance**
- **College priority deadlines for financial aid are coming up!**

To create a **FAFSA** login start here:
<https://studentaid.gov/fsa-id/create-account/launch>

To create a **WASFA** login start here:
<https://wsac.wa.gov/wasfa>

**Not sure which application?
Start Here:**
<https://wsac.wa.gov/WASFAelig>

NEED ADDITIONAL HELP?



troberts@everettsd.org
spewitt@everettsd.org



CASCADE DRAMA CLUB PRESENTS

THE GREAT GATSBY

PARENT & COMMUNITY
VOLUNTEERS WANTED FOR
OUR SPRING PLAY IN APRIL!

We currently have a need for help with construction (for set pieces), lighting, sound and general help with different aspects of the show. We are also looking for new or used items below!

WISH LIST:
[HTTPS://TINYURL.COM/CHSDRAMAWISHLIST](https://tinyurl.com/chsdramawishlist)
(WE ACCEPT NEW OR USED ITEMS FROM BUY NOTHING GROUPS/DONATIONS TOO)

VOLUNTEER SIGN UP:
[HTTPS://TINYURL.COM/GATSBYVOLUNTEER](https://tinyurl.com/gatsbyvolunteer)

CONTACT LAUREN CIEISENSKY WITH
QUESTIONS OR MORE INFO:
LCIESIENSKY@EVERETTSD.ORG



ounselor



School counselors support students' overall well-being and school success through a variety of school-wide and individual services. We can also help connect you or your student with other resources and assistance.

Jason Himstedt: A-Cej

Debbie Wade: Cek-Gut

Anne Jensen: Guy-Li

San Le: Lo-Nol

Elizabeth O'Brien: Noo-Shel

Pam Richards: Sher-Z

Cascade has an amazing team of Support Staff, too. Visit our website for details and contact information:

<https://www.everettsd.org/domain/2025>

1. **Upcoming:** The end of the Semester is Thursday, February 1st! Grades and credits will be final on students' transcripts and impact students' cumulative GPA. Check with teachers regarding any questions about finishing the semester strong
2. **Helpful Resource:** Call or Text **988** Suicide and Crisis Lifeline. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. 988 staff recently visited Cascade during lunch, and their office is near the district office
3. **Focus on Seniors:** Counselors are closely monitoring seniors' progress towards graduation. We mailed out warning notices to parent/guardians at the end of November. If you have any questions about your senior's current grades, contact teachers asap
4. **Did you know ...** If your student took high school level courses in an Everett middle school, and if those grades were lower than their Cascade grades, there is a form you and your student can sign to change the letter grade(s) to "CR," meaning *Credit* which won't impact your student's GPA. The form must be turned in by the end of students' junior year. Please ask your student's counselor for more information

[How Setting Goals Can Positively Impact Our Mental Health](#)



Counseling Department & Admin Information

Counselors:

Jason Himstedt	A - Cej	jhimstedt@everettsd.org	385-6024
Debbie Wade	Cek - Gut	dwade@everettsd.org	385-6021
Anne Jensen	Guy – Li	ajensen@everettsd.org	385-6023
San Le	Lo - Nol	sle@everettsd.org	385-6022
Elisabeth O'Brien	Noo – Shel	eobrien@everettsd.org	385-6139
Pam Richards	Sher - Z	prichards@everettsd.org	385-6025

Support Staff:

Tanys Aris	Success Coordinator - OTG	taris@everettsd.org	385-6027
Daniel Blackman	Academic Support Paraeducator	dblackman@everettsd.org	385-6049
Phil Brandstetter	Admin Support Paraeducator	pbrandstetter@everettsd.org	385-6135
Kaeli Campbell	Success Coordinator – ML	kcampbell@everettsd.org	385-6193
Kalie Graham	Success Coordinator – ML	kgraham@everettsd.org	385-6193
Jennifer Himstedt	Behavior Interventionist	jhimstedt2@everettsd.org	385-6012
Jana Kosiba	Facilities/Field Trip/Couns. Support Secretary	jkosiba@everettsd.org	385-6093
Joy MacDonald	Sped Paraeducator	jmacdonald@everettsd.org	385-6067
Debbie Mehaffey	Counseling & Discipline Secretary	dmehaffey@everettsd.org	385-6010
Denise Redford	Intervention Specialist	dredford@everettsd.org	385-6013
Trish Roberts	College & Career Specialist Paraeducator	troberts@everettsd.org	385-6030
Stacy Robinson	Student Support Advocate	srobinson@everettsd.org	385-6017
TBD	Admin Support Paraeducator	tbd@everettsd.org	385-6150

Psychologist:

Kaitlin Kalkwarf	A-H	kkalkwarf@everettsd.org	385-6037
Ellen Winningham	I-Z	ewinningham@everettsd.org	385-6009

Administrators:

Michael Takayoshi	Principal	mtakayoshi@everettsd.org	385-6090
Kate Vafaezadeh	Asst. Princ. A – G	kvafaezadeh@everettsd.org	385-6091
Katherine Mayan	Asst. Princ. H – O	kmayan@everettsd.org	385-6092
Krista Bjorge	Asst. Princ. P – Z	kbjorge@everettsd.org	385-6016

[CHS Counseling Website](#)



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

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

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



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

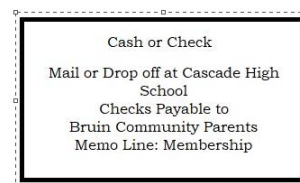
Individual Membership \$20

Step 2 fill out Google form

[Googledoc Form](#)



Step 3 Payment Options





January is School Board Appreciation Month

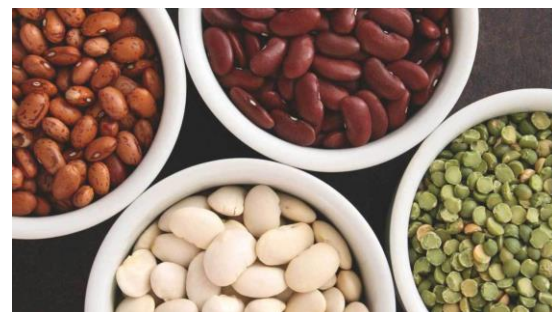
The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also [watch past school board meetings](#) on the district's YouTube channel. Find out more about the district's two new board members on the [school board](#) webpage.

The Washington State School Directors Association (WSSDA) honors exemplary school boards that improve student learning and follow best practices of governance. Everett Public Schools Board of Directors has earned this honor for the eighth time this year for presenting exemplary evidence of ongoing professional development, addressing opportunity gaps and practicing governance that reflects the Washington School Board Standards.

Harvest of the Month

This month, the Food and Nutrition Department brings you beans grown in the PNW! Be sure to give them a try this month in our black bean burger or vegetarian chili!

Did you know that there are over 40,000 different varieties of beans and they are an excellent source of protein and fiber? Find out more by checking out the Harvest of the Month flyer on the district [website](#).



I've "bean" thinking about you.

Delayed start or closed schools

If we must [cancel school or delay the start of school](#), we will use our parent communication system to call in the morning, typically around 5:00 a.m. (or sometimes the night before if it can already be determined) with a brief message about the reason for closure or delay. We will also use local media, social media and post the message on our website.

If there is no announcement about Everett Public Schools, school is on the regular schedule. More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at www.everettsd.org
- watch district [Facebook](#), [Twitter](#) or [Instagram](#) accounts



Snow routes are online

School drop off and pick up locations may change in an emergency situation. If your child rides a bus to school, please become familiar with the snow route information on the district [transportation department's webpage](#) under the "Snow Routes" icon in the center of the page.

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>



First semester ends soon

This is a reminder first semester ends February 1. Report cards and Elementary Progress Reports will be both online and mailed/distributed by February 16.

Good Citizenship Day



Good Citizenship Day is observed on January 16. On that day, social studies teachers coordinate a voter registration event in each history or social studies class attended by high school seniors. Students who will be eighteen years of age or older by the time of the next general election will be allowed to register to vote online in the classroom. Paper registration will also be made available in the classroom.

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:





Traducciones by Google translate

Enero es el mes de agradecimiento a la junta escolar

El mes de enero marca la celebración anual del Reconocimiento de la Junta Escolar, un momento para saludar el trabajo de los miembros de la junta escolar y celebrar la educación pública. Puede obtener más información sobre [los miembros de la junta en línea](#). También puede ver reuniones anteriores de la junta escolar en el canal de YouTube del distrito. Obtenga más información sobre los dos nuevos miembros de la junta directiva del distrito en [la página web de la junta escolar](#).

La Asociación de Directores Escolares del Estado de Washington (WSSDA) honra a las juntas escolares ejemplares que mejoran el aprendizaje de los estudiantes y siguen las mejores prácticas de gobernanza. La Junta Directiva de las Escuelas Públicas de Everett obtuvo este honor por octava vez este año por presentar evidencia ejemplar de desarrollo profesional continuo, abordar las brechas de oportunidades y practicar una gobernanza que refleja los Estándares de la Junta Escolar de Washington.

Cosecha del mes

¡Este mes, el Departamento de Alimentos y Nutrición le ofrece frijoles cultivados en el PNW! ¡Asegúrate de probarlos este mes en nuestra hamburguesa de frijoles negros o chili vegetariano!

¿Sabías que existen más de 40.000 variedades diferentes de frijoles y que son excelentes ricos en proteínas y fibra? Obtenga más información consultando el folleto de la Cosecha del Mes en [el sitio web del distrito](#).



Inicio retrasado o escuelas cerradas

Si debemos [cancelar la escuela o retrasar el inicio de la escuela](#), usaremos nuestro sistema de comunicación con los padres para llamar en la mañana, generalmente alrededor de las 5:00 a. m. (o a veces la noche anterior si ya se puede determinar) con un breve mensaje sobre el motivo del cierre o retraso. También utilizaremos los medios locales, las redes sociales y publicaremos el mensaje en nuestro sitio web.

Si no hay ningún anuncio sobre las Escuelas Públicas de Everett, la escuela sigue el horario regular. Más información y recursos para cierres o retrasos escolares se encuentran en el sitio web del distrito en la pestaña Padres.

En casos de inclemencias del tiempo u otras emergencias, por favor:

- revise su correo electrónico o teléfono para ver los mensajes del distrito
- escuchar los anuncios de los medios
- ver el sitio web del distrito en www.everettsd.org
- ver las cuentas de [Facebook](#), [Twitter](#) o [Instagram](#) del distrito



Las rutas de nieve están online

Los lugares para dejar y recoger a los estudiantes en la escuela pueden cambiar en una situación de emergencia. Si su hijo viaja en autobús a la escuela, familiarícese con la información de las rutas de nieve en [la página web del departamento de transporte](#) del distrito debajo del ícono "Rutas de nieve" en el centro de la página.

Línea de consejos de seguridad

¿Usted o su estudiante tienen alguna preocupación acerca de que alguien esté sufriendo intimidación o acoso? ¡Reportalo! Puede hablar directamente con la oficina de su escuela o puede llamar, enviar un mensaje de texto o un correo electrónico con su inquietud.

3 easy ways

Text or call

855-637-2095

1350@alert1.us

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



Si hay motivos de preocupación sobre la seguridad en un camino designado hacia la escuela, llame al 9-1-1 de inmediato para obtener ayuda rápida y autorizada. Tenemos asociaciones sólidas con las autoridades locales que comparten nuestro interés en escuelas y vecindarios seguros. La seguridad de los estudiantes es una prioridad para todos nosotros. Trabajando juntos, podemos ayudar a que nuestros vecindarios y escuelas sean lugares propicios para que los estudiantes aprendan y crezcan de manera segura.

El primer semestre termina pronto

Este es un recordatorio de que el primer semestre termina el 1 de febrero. Las boletas de calificaciones y los informes de progreso de primaria estarán en línea y se enviarán/distribuirán por correo antes del 16 de febrero.

Día de la buena ciudadanía

**Register
to vote
here.**

El Día de la Buena Ciudadanía se celebra el 16 de enero. Ese día, los profesores de estudios sociales coordinan un evento de registro de votantes en cada clase de historia o estudios sociales a la que asisten los estudiantes del último año de secundaria. Los estudiantes que tengan dieciocho años de edad o más para el momento de las próximas elecciones generales podrán registrarse para votar en línea en el aula. La inscripción en papel también estará disponible en el aula.

Registrarse para votar es fácil. [Visite la página web del condado de Snohomish](#) para obtener detalles sobre las tres formas en que puede registrarse para votar, actualizar su registro o escanear el código QR. Los estudiantes de 16 y 17 años ahora pueden preinscribirse para votar.

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





3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

- Everett Public Schools does not discriminate in any programs or activities on the basis of
- sex, race, creed, religion, color, national origin, age, veteran or military status, sexual
- orientation, gender expression or identity, disability, or the use of a trained dog guide or
- service animal and provides equal access to the Boy Scouts and other designated youth
- groups. The following employees have been designated to handle questions and complaints
- of alleged discrimination:

Title IX/Civil Rights Compliance Officer and ADA Coordinator:

• Chad Golden
• 425-385-4100
• CGolden@everettsd.org
• PO Box 2098
• Everett, WA 98213

Section 504 Coordinator:

Dave Peters
425-385-4063
DPeters@everettsd.org
PO Box 2098
Everett, WA 98213



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

- El Distrito Escolar de Everett Public Schools no discrimina en sus programas o actividades por
- motivos de sexo, raza, credo, religión, color, origen nacional, edad, condición de veterano de
- guerra o grado militar, orientación sexual, expresión de género o identidad, discapacidad o uso
- de perro guía entrenado o animal de servicio, y ofrece igualdad de acceso a los Boy Scouts y a
- otros grupos de jóvenes especificados. El empleado mencionado a continuación ha sido
- designado para atender consultas y quejas de supuesta discriminación:

Title IX/Civil Rights Compliance Officer and ADA Coordinator:

• Chad Golden
• 425-385-4100
• CGolden@everettsd.org
• PO Box 2098
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