Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

December 2019

VOLUME 3, ISSUE 4



From the Principal

Dear Cascade Families.

Last month I shared that our school community uses the word PRIDE as an acronym to define schoolwide expectations at Cascade High School. This month, students and staff will participate in an event that truly encaptulates those values, Cascade High School's annual food drive. I always like to share that when I started at Cascade as an assistant principal in 2014, the first item that people referenced when wanting to introduce the school community to me was the food drive. And I believe that it reflects the heart of our school community and what it means to be a Bruin.

For those unfamiliar with the event, it is a three-week celebration in which our students respond to a need in our community and provide food, other necessities, and gifts for families who have requested assistance through the Volunteers of America foodbank. Between the tens of thousands of food items, tens of thousands of dollars, and hundreds of gifts that are donated to fill these needs, our students come together as a community in service of others, often engaging their own friends and family members as well. Students also have opportunities to select the gifts and food for families from the donations. We are also extremely lucky and thankful to the local businesses and community partners of Cascade High School that make significant contributions every year. Students and alumni from Cascade will deliver to over 150 families on December 19 and every year, there are thousands of food items remaining which we donate to the local food banks so that the entire community benefits.

The work at Cascade often is wider in its impact than the classroom. In fact, often the best learning does extend beyond the classroom. Whether it is students learning to step into leadership positions, become confident in their problem-solving ability, or simply learning

Michael Takayoshi Principal

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

December 6
Learning Improvement Friday
December 13
Learning Improvement Friday

December 20
Learning Improvement Friday
December 23 January 3

Winter Break

how to navigate complex situations and texts, what we as a community want most for our students is authentic growth and achievement. Therefore, sometimes the most profound work that students can engage in means being part of a larger community and being able to support each other with a greater sense of service. As I witness the end of our fall sports season and the beginning of our winter sports season, certainly that ability to come together with purpose is always meaningful. While our food drive is the largest and most visible community project at our school, our students are engaged in serving their community every day and often in the most subtle and nuanced ways. Each year it is exciting and humbling to see the the generosity among our students, staff, and the greater Cascade community. It is, in my opinion, what makes us Bruins.

Every day I get to work at Cascade High School. I realize that I am lucky and very thankful to be able to work in this community and among those who value and work for each other and for the greater community around them. Thank you for being a Bruin and thank you for your support of our community!

Sincerely,

Michael Takayoshi

Principal, Cascade High School Mtakayoshi@everettsd.org

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CASCADE HIGH SCHOOL

Associated Student Body

Dear Cascade Students and Families,

The month of November was quite jam-packed. We primarily focused towards several events and also the recognition towards our students in hopes we can form a stronger community at Cascade. Here's a quick rundown of the month of November!

At the beginning of the month, we assorted the feedback from our second Senate and Student Council meeting and concluded that the two biggest issues that formed a deep concern with our students is the environment as well as the stress levels of students. We formed multiple sub-committee groups for these issues in order to help speed to progression of getting on top of these issues. Our "De-stress" committees helped plan and organize activities ranging from a paint wall and meditation sessions for the week of November 18th-22nd in order to create our first de-stress week of the year. We also have an Environment committee that is working on resolutions to help clean the trash across campus. They also are working on more recognizing posts, so we can gain more input from our students while having fun and recognizing more of our student body. Following this, we had our third Senate and Stucco meeting and look forward to using this fresh feedback to help our student's everyday experience at Cascade!

Next, we held our Veterans Day assembly in the second week of the month. This event allowed us to have a collaboration with NJROTC and other student speakers to display the importance and meaning behind the celebration of all veterans, and service members from Cascade and the rest of our community! There was a musical performances from our Band and Choir who helped make the recognition ceremony of our present veterans even better!

Winter sports also began at the end of this month, and we cannot wait for the wrestling, basketball, bowling, and boys swim/dive to commence and wish them good luck and to have a great season. The Bruins finished the fall sports season strong with a state appearance by our Girls swim team and a playoff appearance by our girl's soccer team! The Bruin Drama Club finished auditions and are now ready to move forward in its fall production. We are excited as many more clubs begin to take on new activities and we hope you take the opportunity to check some out next month.

Our 58th Annual Food Drive is now in session, and with it comes the conjoining and deepened connection of our student body. This brings out the true meaning of what it means to be "Connected by the Crimson." This is our biggest event and our excitement is through the roof, so keep your eyes peeled for the upcoming announcements and updates following this food drive!

As the Holiday season rings in closer towards us, we will get to see first-hand, the beautiful and wonderful nature of our Bruin community in this time of sharing with one another and giving thanks. Thank you for an amazing month Bruins:)

Kind Regards, Hilton Nguyen ASB President Cascade Highschool



58th Annual Food &



Gift Drive



December 2 to December 18 Shopping Day ~ December 18 Delivery Day ~ December 19

The students of Cascade High School will be sponsoring 175+ families from Volunteers of America for the holidays with food and gifts

Want to help?

We are looking for donations of:

Boxes ~ Wrapping Paper ~ Gift Cards ~ Cash

Non-Perishable Food ~ Gifts for Babies to 18 Years Old

Questions Contact Activities - 425-385-6014

Proceeds from this event will be donated to families within our community, VOA and other community organizations.

Funds collected are private monies and will be held in trust by the Everett Public School District exclusive for the specified purpose.

December Spirit Meek

| Monday December 2 | Tuesday December 3 | Wednesday December 4 | Thursday December 5 | Friday December 6 |
|--|--|---|--|---|
| Winter Jammz | Holiday Toppers | Snow Day | Spirited Sweaters and Socks | Bruin Spirit |
| | | | | TOTAL |
| Snuggle up in your favoite holiday pajamas and slippers or wear comfy clothes | Show off your holiday hats, beanies, scarves, headbands, or earmuffs | Go all out in white for the assembly today! | Bring out the ugly sweater, or any sweater of your choice! Show off some holiday socks for extra flair | Dec out in Crimson and Gray. It's BruGull Fest tonight - show your school spirit! |



BruGull Fest!

Cascade vs. Everett Basketball





December 6

Girls Basketball ~ 6:15 pm Boys Basketball ~ 7:45 pm Cascade High School

Class of 2020 Information!



Class of 2020 Timeline

Have you ordered your cap & gown for graduation?
Last time to order at CHS is Thursday,
December 5th, during both lunches.



Or order online - Herff Jones



2020 Presidential Election

Students the 2020 Presidential election will soon be here, and it will be historic! We are planning a trip to the East Coast to witness the next Presidential Inauguration in DC! Please consider joining us on this once in a life time opportunity to participate in Democracy in action! If interested, please contact Ms. Webster at Mwebster@everettsd.org or 425-385-6177. There will be a parent information meeting after the new year.



Two Opportunities to see the CHS Band & Choir in December

Band & Choir Winter Concert

Wednesday, December 4 7:00 pm Everett Civic Auditorium

Band & Choir

Friday, December 6
5:30 - 9:30 pm
Warm Beach
20800 Marine Dr. Stanwood

www.everettsd.org

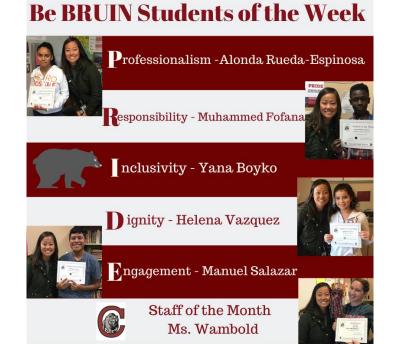


Be BRUIN Students of the Week











If your CHS student needs additional help with the FAFSA/WASFA they can email me at naviance@everettsd.org and I can set up a time to meet.

Myths About Financial Aid

Don't fall for these myths about federal student aid and the application process!

"Federal student aid is just 'free money' like grants."

Reality: Federal student aid includes three different kinds of financial help: grants, low-interest loans, and work-study funds (a part-time job on or near campus). To learn more about the different types of federal student aid, visit StudentAId.gov/fypes.

"My parents make too much money, so I won't qualify for aid."

Reality: There is no income cut-off to qualify for federal student aid. Many factors—such as the size of your family and your year in school—are taken into account. And remember: when you fill out the Free Application for Federal Student Aid (FAFSA®) form, you're also automatically applying for funds from your state, and possibly from your school as well. In fact, some schools won't even consider you for any of their scholarships (including academic scholarships) until you've submitted a FAFSA form. Don't make assumptions about what you'il get—fill out the FAFSA form and find out.

"Only students with good grades get financial aid."

Reality: While a high grade point average will help a student get into a good school and may help with academic scholarships, most of the federal student aid programs do not take a student's grades into consideration. Provided a student maintains satisfactory academic progress in his or her program of study, federal student aid will help a student with an average academic record complete his or her education.

"I don't have good credit, so I can't get a student loan."

Realty: You don't need to get a credit check for most federal student loans (except for Direct PLUS Loans). Also, you won't need a cosigner to get a federal student loan in most cases.

"My ethnicity or age makes me ineligible for federal student aid."

Reality: There are basic eligibility requirements (which you can find at StudentAld.gov/eligibility), but ethnicity and age are not considered.

"My parents aren't U.S. citizens, so there's no way I'll get aid."

Reality: Your parents' citizenship status is NOT a factor, and the FAFSA form won't even ask you about it. If your parents don't have Social Security numbers, they must enter 000-00-0000 when the FAFSA form asks for their Social Security numbers.

"The FAFSA® form takes forever to fill out, and it's really hard to do."

Reality: If you've got 30 minutes to spare, you're good. Because that's about how long it takes to fill out the FAFSA form. It's also not nearly as hard as you might think.





"I support myself, so I don't have to include parent information on the FAFSA® form."

Reality: This is not necessarily true. Even if you support yourself and file taxes on your own, you may still be considered a dependent student for federal student aid purposes. If you are considered dependent, you must provide your parents' information on the FAFSA form. The form asks a series of questions to determine your dependency status. You can preview the questions at StudentAld.gov/dependency.

"I can't file my FAFSA® form in October because I haven't applied to any schools."

Reality: Actually, you CAN complete your FAFSA form before submitting any college or career school applications. You'll need to list at least one school on your FAFSA form, but go ahead and add every school you're considering, because some schools have early deadlines to apply for their limited funds. Then later, you can add or delete schools on your FAFSA form.

"I'll have to update my FAFSA® form after I file my taxes in the spring, won't I?"

Reality: Nope! Just enter the tax information the form asks for—or better yet, transfer it directly from the internal Revenue Service if you're offered that option while applying—and you're good to go. No need to update later.

Remember: The FAFSA form asks for your and your parents' tax information from the tax year that was two years prior to the start of the school year for which you're applying for aid. For example, the 2018–19 FAFSA form asks for 2016 tax and income information, while the 2019–20 FAFSA form will ask for 2017 tax and income information.

"I didn't qualify for financial aid last year, so filling out the FAFSA® form again is just a waste of time."

Reality: It's super important to fill out a FAFSA form every year you're in college or career school. Why? Because things can change. For instance, your school or state might create a new grant or scholarship, or the factors used to calculate your aid could change from one year to the next. Either way, if you don't submit a new FAFSA form, you're out of luck.

So what's next?

Go to fafsa.gov and fill out the form. If you applied for admission to a college or career school and have been accepted—and you listed that school on your FAFSA form—the school will receive the information from your FAFSA form, calculate your aid, and send you an electronic or paper aid offer telling you how much aid you're eligible for at the school.

Have questions? Contact or visit the following:

- StudentAld.gov
- a school's financial aid office
- studentald@ed.gov

- · 1-800-4-FED-AID (1-800-433-3243) toll free
- TTY for the deaf or hard of hearing: 1-800-730-8913

Find this fact sheet at StudentAid.gov/resources#myths and share it with others!

December 2017



10TH ANNUAL LEGENDS TOUR

Celebrating
the outstanding
accomplishments
of distance-running
legends since
2005
Featured
Speakers Debbie Quatier,
Herm Atkins
& Gail Volk
Kingma

Cascade High School Cafeteria Thursday, February 20, 2020 7:00 PM

Free to Coaches, Athletes & the General Public
Questions? Contact Steve K. Bertrand @ 425.530.2732
Light Dessert & Beverages Provided
Sponsored by Coaches of the Western Conference & the Cascade
Cross-Country Team





Studies are Bruin in the Library!

When: Tuesdays and Thursdays

Time: 2:10PM - 3:30PM

DO HOMEWORK

Study for Assessments

READ

GroupWork on Projects

Tutoring by Appointment

TECH ASSISTANCE

Meet with a Study

STUDY

Come join us in the CHS Library!

Activity Bus available at 4pm





CASCADE HIGH SCHOOL

Attendance Policies

Lisa Haines, Attendance Secretary (425) 385-6004

To excuse an absence or tardy, please do one of the following as stated below.

Welcome to the 2019-20 school year. Please read the information below outlining the CHS Attendance procedures.

1) Written notes (paper) or an e-mail to chsattendance@everettsd.org are required to excuse a student's absence. You can also send a fax to (425) 385-6002 to excuse your student. Phone calls reported to the attendance line need to be followed up with a note or e-mail.

Students who are running late to class in the morning or anytime during the school day, who do not have a note excusing their tardy or absence, will go directly to class. If the student has a note from a parent/guardian or doctors note they will stop by the attendance office to receive a late pass to class. If your student needs to leave early for an appointment during the school day please send a written note and have your student drop it off to the attendance office. I will write them a pass to give to their teacher stating the time they need to leave class for the appointment and send them to the attendance office to sign out.

Students are not permitted to leave school or meet a parent in the parking lot. For safety reasons, parents/guardians on record with the school must come into the Attendance Office to sign out their students.

If a student leaves school without permission and without signing out in the Attendance Office, their absences will remain **unexcused**.

Do NOT text or call your student during class to have them leave. Teachers do not allow students to leave unless the Attendance Office calls to authorize it.

- 2) Students must turn in their notes to excuse previous absences, early dismissals, bus notes, written by a parent, by 10:00 a.m. in the morning. If your student forgets to turn in their absence note, they are welcomed and encouraged to bring it within the 30-day timeframe.
- 3) Notes must be turned in within 30 days after a student returns back to school, not including holidays or weekends, in order to have the absence excused. Notes turned in past the 30-day timeframe will be accepted; however, the absence is not excused and will be coded with *LN* for *late note*.



- 4) IF you receive a phone call saying your student was marked absent in a class and they say to you, "I was there," please contact the teacher directly about this discrepancy or have your students stop by the attendance office for a pink Attendance Correction Request slip. The student will need to take care of this with the teacher who marked them absent. The teacher is the only one that can give permission to change an absence that is deemed a "mistake" as they are the only one who can verify if a student was in class, in the wrong seat or tardy. The 30 day policy or before 10:00 a.m. policy does not apply for fixing these mistakes.
- 5) If your student is out of school <u>over 5 days due to illness</u>, a <u>doctor's note is required to excuse the absence</u>. Homework can be requested for students out sick over 3 days. Please be aware that we require 24 hour's notice to teachers for homework collection. You are welcome to email teachers directly to request schoolwork.
- **6)** Pre-Arranged absence request: If your student is going to be out of school due to vacations, surgeries, tournaments, appointments, etc., a pre-arranged absence form is required. These forms are found on-line or in the attendance office. This must be filled out by the student and signed by all teachers along with parent/guardian. The Principal will review and consider all Pre-Arranged absence requests before approval.
- 7) PLEASE know what time your student has lunch or is in a PE class. It is not possible to find your student during lunch and extremely difficult to find them during PE. If you must pick them up during either of these times, please send a note with your student asking for them to be dismissed at a specific time. Your student will bring that note to the attendance office before school begins to pick up a pass that will allow them to meet you at the attendance office at the time specified.
- 8) Please remember that if your student missed the bus, overslept or is running late, or had car trouble, the absence will not be excused per ESD policy.
- 9) The following excuses are considered valid and acceptable per the Everett School District Attendance Policy:
 - Illness
 - Appointment
 - Funeral
 - Emergency gious Observance

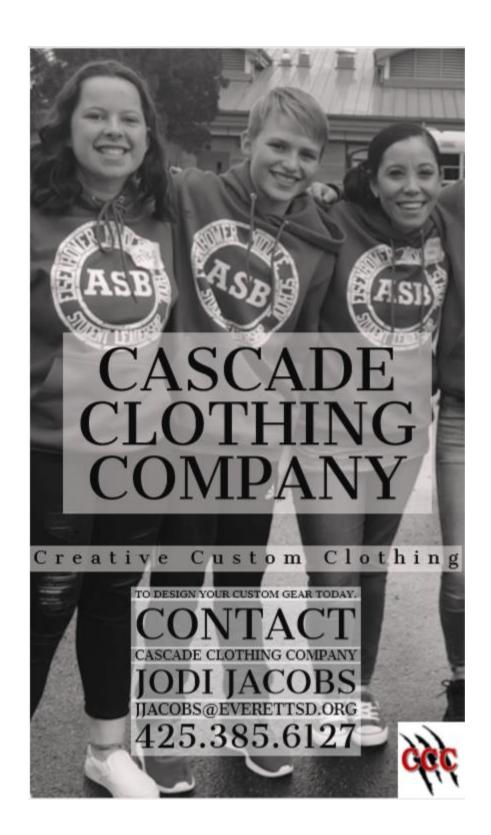






www.everettsd.org









CASCADE HIGH SCHOOL SPIRIT WEAR

FOR MORE INFORMATION EMAIL: JJACOBS@EVERETTSD.ORG



BANK OF AMERICA

Be the generation to serve, inspire and change the world



Through Student Leaders*, Bank of America recognizes high school students who lead and serve in their own communities and beyond. We connect Student Leaders to tools and resources to help make communities better.

As a Student Leader, you will:

- Work as a paid intern at a local nonprofit for eight weeks
- Attend the week-long Student Leaders Summit in Washington, D.C.
- Develop leadership and career skills
- · Connect with like-minded students from your own community and across the country

Juniors and Seniors:

Apply from November 4, 2019 to January 31, 2020

Visit bankofamerica.com/studentleaders.

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The gift of attendance

Absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. Just a few missed days here and there, even excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student's chances for academic success and eventually for graduation. This holiday season give your children the gift of an education and the habit of attendance.



Graduation rates jump to 95.9%

Our graduation rate jumped even higher for the 12th year in a row. Now 95.9 percent of our students graduate on time, the highest rate on record. The increase in graduation rates can be attributed to the strategically aligned work of district and school staff. It is a focus for everyone, no matter their role in our school district, to ensure each one of our students graduates ready for college and career.

Bond 2020

The Everett School District's board of directors on Tuesday, October 8, 2019, approved placing a \$317.4 million capital bond on the April 28, 2020 ballot to fund STEM career-connected learning pathways for students, ensure equitable access and opportunities for all students, increase safety and security and ensure students have enough room to learn by adding 21st century learning classroom space.

The 2020 capital projects bond prepares our students for the future by:

- Giving our students facilities and tools necessary for STEM career pathways
 - The bond funds modernization and upgrades to high school classrooms to support the Science, Technology, Engineering, Math (STEM) career pathway programs and new science standards.



- Secure locks and keying systems will be added districtwide.
- Access control systems at two high schools
- Upgrades to fire alarm systems, security systems and fencing



- Ensuring students have enough room to learn by adding 21st century classroom space, modernizing and repairing building systems
 - Adds new elementary school classrooms throughout the district to reduce overcrowding, keep class sizes low and keep more kids at their neighborhood schools
 - Repairs aging school systems in our schools like HVAC, roofing and flooring replacements, that extends the longevity of schools



Providing equitable access and opportunities for students by funding capital projects at all schools throughout our
district, while reducing the overall school district tax rate

More information is available on the Capital Bond 2020 district webpage.

2020 Census

The 2020 Census is closer than you think! Here is a quick refresher of what it is and why it is essential that everyone is counted.

- Everyone counts. The census counts every person living in the U.S. once, only once, and in the right place.
- It's about fair representation. Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.
- It's in the constitution. The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.
- It's about \$675 billion. The distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on census data. That money is spent on schools, hospitals, roads, public works and other vital programs.
- It's about redistricting. After each decade's census, state
 officials redraw the boundaries of the congressional and state
 legislative districts in their states to account for population
 shifts.
- Taking part is your civic duty. Completing the census is mandatory: it's a way to participate in our democracy and say, "I COUNT!"

Every household will have the option of responding online, by mail or by phone. Nearly every household will receive an invitation to participate in the 2020 Census from either a postal worker or a census worker.

Look for your invitation to respond starting in mid-March.



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.

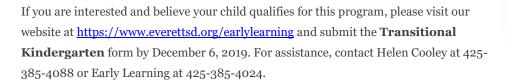


New Transitional Kindergarten Program

Everett Public Schools is offering a **Transitional Kindergarten** program this winter for children scheduled to enter kindergarten in the upcoming fall. The program will focus on basic academic, social and self-help skills to jumpstart qualifying students toward success in school. Students will be screened in early January and may qualify based on ability and/or need. This program is located at several of the elementary schools in our district; sites will be determined based on enrollment. The anticipated start date is January 28, 2020. **Transitional Kindergarten** will run through the last day of school, which is currently June 15, 2020.

To qualify for screening, children must:

- be 5 years old by August 31, 2020
- live within the boundaries of Everett Public Schools
- not be currently enrolled in an early learning program
- demonstrate academic and/or social-emotional needs





Family resources

Could you or a family you know use some help? Find information and links to helpful resources on the district's <u>Parent Tools webpage</u>:

- Washington State Library local and regional information about services and agencies offering help to families in a variety of ways including food, shelter, clothing, childcare, legal services, employment opportunities, and counseling
- Everett Public Schools <u>Kids In Transition (KIT) program</u> supports homeless children and youth to continue their education
- Snohomish Health District for Snohomish County community dental resources for children and adults
- United Way of Snohomish County 2-1-1 is a free telephone number that is your best "first call" to quickly find the right source of help. The information line is staffed by trained operators from Volunteers of America Western Washington who can connect you to a wide range of community services.

Accepting Highly Capable nominations until Dec. 18

Find forms, information and evening events on the <u>Highly Capable website</u>. Referrals are for students currently in grades one through four for winter testing, which will take place on February 1, 2020.



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 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local 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 https://www.everettsd.org/
- watch district Facebook, Twitter or Instagram accounts

Food and Nutrition

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 Kale Caesar salad and on the salad bar!

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 our website at https://www.everettsd.org. It's not easy being green! Don't kale my vibe!





3900 Broadway Everett, WA 98201 425-385-4000 www.everettsd.org Everett Public Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are:

- Affirmative Action Officer Randi Seaberg, rseaberg@everettsd.org, 425-385-4104
- Title IX Officer Mary O'Brien, MO'Brien@everettsd.org, 425-385-4106
- 504 Coordinator Becky Ballbach, rballbach@everettsd.org, 425-385-4063
- ADA Coordinator Becky Clifford, rclifford@everettsd.org, 425-385-5250