

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

January 2019

VOLUME 2, ISSUE 5



From the Principal

Dear Cascade Families,

As we move into 2019, I want to share my gratitude for the support of the entire community in 2018 and look forward to what lies ahead in 2019.

The beginning of this school year began with the distribution of laptop computers to each one of our students. The support of the community made this possible. Our students have access to so much more than they could without the technology. We continue to learn alongside the students as we ensure they are ready for post-secondary education and careers which will increasingly require their ability to create and collaborate both in-person and online. Thank you for your support of all our students!

2018 closed with both sadness and joy for our Cascade Community. Our choir teacher of 17 years, Dr. Laurie Cappello, died after a long struggle with cancer. Again, I found myself inspired by the outpouring of support for the staff and students as well as for Dr. Cappello's family and friends.

At the same time, the students, with tremendous help from community partners, held Cascade's 57th annual food and gift drive. This drive provides needed food and welcome gifts for over 170 families in our community and provides a big boost to our local food banks. It is truly inspiring to see our entire school join together to give back to the community and those in need.

This new year, 2019, will bring us more opportunities to work together in our community and in support of our students' success. Among just a few of the ways we are working together in these next few months:

- Students and staff will be working hard this month as we complete the first semester of our school year.
- We are developing a partnership with employees at Fluke Corporation, many of whom are volunteering in our school.
- We have begun a Multilingual Ambassador Student (MAS) program for bilingual students who can provide support for new students and families in our community.
- We will have a Multicultural Night Celebration on March 20 to celebrate and honor the diverse backgrounds of our students and families.

I look forward to continuing our partnership through the new year.

Sincerely,

A handwritten signature in black ink, appearing to read "Cathy Woods".

Principal, Cascade High School

Cathy Woods
Principal

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

January 11

Learning Improvement Friday

January 18

Learning Improvement Friday

January 21

MLK Day – No School

January 23-25

1st Semester Finals

January 25

Learning Improvement Friday

January 28

Semester Break - No School



CASCADE HIGH SCHOOL

Associated Student Body

Dear Bruin Families,

We had a busy December here at Cascade. This month we had our 57th annual Food Drive, which was a huge success. Here is a brief snapshot of how we put it on, in addition to our other events!

Every year, the Cascade community comes together to put together this large-scale event. By reaching out to our neighbors, collecting food outside stores, and connecting with local organizations, we were able to bring in enough food, money, and gifts to serve over 200 families in our community. This year, our totals were 79,432 Cans, \$29,884 and 1850 Gifts! Our food drive could not happen without the constant support of our staff, families, and other community members at Cascade. To you all -- thank you!

In other ASB happenings, our ASB Ambassador, Airam Lopez, has taken on the task of recognizing students at our school in a public way. We believe that the best way for students to truly connect with their campus is by seeing themselves on and around our campus. To the left is a wall in our cafeteria with students' pictures being featured. This is one of the many efforts to highlight students we have planned for this year!



This month, the Cascade community experienced the loss of Laurie Cappello, our choir teacher of 17 years. It is with my greatest sympathies that we honor her presence and service here at Cascade. Her love, passion and knowledge of music inspired individuals beyond the walls of our school; her warm presence had no boundaries. Her life was celebrated at the Cascade Holiday Concert that was dedicated in her name. On behalf of the Cascade students, we say thank you.

As we release into Winter break, always remember, ***'Bruins are Better Together!'***

Sincerely,
Joe Hofman
ASB President
Cascade High School



Cascade's 57th Food Drive has Come to a Close!

Here are some stats from this year's food drive:

GIFTS: Over 1850 brought in for 323 children and 30 elderly adults

52 classes brought in gifts, ranging from 1 to 301!

37 classes had 10 or more gifts; 10 classes had 50 or more gifts!

Top Classes:

1. Shafer - 301
2. Rogers - 142
3. Wood - 139
3. Rickard - 139
5. Raine - 104

MONEY: \$29,884

57 classes donated money, ranging from \$2.00 to \$2,239.55!

3 classes brought in over \$1000

34 classes brought in over \$100

Top Classes:

1. Shafer - \$2,239.55
2. Rogers - \$1,603.82
3. Rickard - \$1,341.64
4. Wilson, M. - \$675.92
5. Bowers - \$577.56

CANS: 79,432

ALMOST EVERY SINGLE CLASS brought in cans, ranging from 6 to 7339.5

27 classes brought in over 500 cans

13 classes brought in over 1000 cans

6 classes brought in over 3000 cans

Top Classes:

1. Shafer - 7,339.5
2. Sieh - 5,312
3. Raine - 4,316.5
4. Rickard - 3,953
5. Wood - 3,550.75

DOOR DECORATING: Ms. Beebe's class took top prize for the best door! Thank you to all classes for participating and adding some winter cheer to our hallways!

CANNING:

Students canned at 11 different stores for over 1,000 hours. If you consider that most students canned in pairs or groups of 3-4, the collective hours at the stores could be as high as 4000 hours -- that is 166 DAYS of CANNING!

OTHER AWESOME THINGS:

We were the recipients of several very generous donations from our community businesses:

Emerson Elementary: Students at Emerson Elementary donated a van full of food that they have collected during the food drive. They also came to Cascade during shopping day to help sort out the donations that they collected.



Don, Jan and Megan Jensen donated 200 turkeys on behalf of the Brett Akio Jensen Memorial Scholarship fund, in memory of their son Brett who was a 2001 graduate of Cascade High School, ASB President, and a passionate student who loved the food drive!

ZUMIEZ Foundation- donated two pallets full of winter jackets, beanies, socks, gloves, and hoodies to distribute to our families. Mr. Therrell, a staff alumni of Cascade High School who was passionate about the food drive, has set it up so that Cascade High School Food Drive will receive this generous donation each year.

Safeway/Albertsons -

Awarded us a \$15,000 grant to purchase items that are guaranteed for each of our families, including: turkeys, toilet paper, paper towels, stuffing, potatoes, onions, carrots, eggs, butter, bread, and baby items. They coordinated the logistics between their distribution centers and various stores to arrange a semi-truck full of Hunger Bag product and our perishable items as well as 50 shopping carts for us to use on shopping day.

SHOPPING and WRAPPING DAY:

Over 300 students, 40+ alumni, and numerous staff helped to coordinate the Wrapping Day in the Library and Shopping Day in the gym. We boxed up food and wrapped gifts for over 160+ families, 30 of which are families of our Cascade students. The food required over 1,100 boxes and I wish we counted how many rolls of wrapping paper were used. I'll try to get that number next year. :)

Jill Jackson and Trish Roberts oversaw the massive undertaking of Shopping Day in the library, with the support of many staff members and classrooms who came into wrap up the gifts for those 350+ children and adults. (Thank you to Himstedt, Taylor, Worthington, Lockwood, Bohannon, McMenamy, Knoefler, Coon, Vasquez, Cole, Collins, Johnson and Pimenta for making it all happen!)

Trish executed a methodic \$500 Fred Meyer shopping trip to buy supplemental gifts for the ages/genders that we needed to complete our gifts for families.

We finished sorting food just after 2pm. Thank you for helping your students pre-sort their boxes. This makes this day so efficient for our students!

Mr. Hull, Ms. Hodgins, Mr. Bertrand, Mr. Huizinga and Mr. Schmidt brought in their PE classes during the day to help unload all the pallets off of the Safeway semi truck and helped us sort out the nearly 80,000 food items in the gym!

Ms. Woods generously donated the most amazing photo booth to have at Shopping Day. Kat (Selby) Chin, a 2001 CHS alumni and former food drive chair, donated her time to run the photo booth during shopping day. Check out <https://thesnapbar.com/events/cascade-high-school-57th-food-drive-1> for photos!

Carole Woods made a fantastic shopping guide so our students had an idea of how many food items to collect for their families. Rachel Raine and Leslie Sutin (Sequoia HS) helped label each of the 1,100 boxes and told students the details about the families they were shopping for. Claire Wambold and DaVena Clark roamed the shopping aisle to guide students in packing their boxes efficiently so families received a wonderful amount of food and so the boxes were ready for delivery the next day. Rhonda Covert, Michelle Crews, and CHS Alumni Spencer Bowlden oversaw the placement of the packaged food for each of the families and organizations. Fitting 1,100 boxes in to 1/4 of the gym is no easy task, but they manage to do it flawlessly year after year!

DELIVERY DAY:

160 students and 30 alumni departed in ~50 vehicles to deliver food to our families and food banks. We had the gym cleaned and swept by 1:30pm, in time for athletics to use the gym.

Ron Hicks volunteered to shuttle the vans that we fill with turkeys, eggs and butter to keep cold at night, and also drives students who signed up to deliver as "solo riders".



We sent a crazy amount of extra food, gifts, and baby items to 5 area food banks, including Volunteers of America, Salt of the Earth, YWCA, Family Tree Apartments and ESD ECAP Preschool.

The extra clothing and gifts also we distributed to:

- Hand in Hand food basket program
- Cascade Food/Clothing Closet
- Evergreen MS Clothing Closet
- Madison Elementary Backpack program
- Emerson Elementary clothing closet
- Sequoia High School

Thank you to ALL current Bruins, Alumni, CHS Staff and the community for helping making this possible!





Class of 2019 Information!

Class of 2019 Timeline



Need help with.....college applications, financial aid, scholarships, or

figuring out what happens next after high school? Stop by the CHS Career Center on Tuesdays and meet with Mrs. Pewitt the High School and Beyond/Naviance Facilitator to help figure out your next steps. Mrs. Pewitt can also be reached by emailing naviance@everettsd.org. If you have questions, be sure to ask!!!



German Career Booster Day!



Upper level German language students traveled to the University of Washington on November 30 for the Goethe-Institut's "Career Booster" day. Students were able to attend seminars on study abroad programs, scholarship opportunities for studying and living in Germany, meeting exchange students and learning about internships. It was clear from the various presentations that having an international experience is something that can make you a more attractive candidate both as a university applicant or as a future employee. There were several organizations on hand that were able

to answer students' questions. Of course, it was also inspiring to be on the University of Washington campus and soak up the college atmosphere.



Save the Date: Cascade Culture Night on March 20

Celebrate our school's incredible array of cultures and perspectives by attending our first annual Cascade Culture Night on March 20 in the CHS cafeteria. The free event, which will go from 6:30 to 8:30 p.m., will feature cultural dances, spoken-word poetry, interactive presentations, and LOTS of delicious food. Avocados Mexican Restaurant has already pledged to donate food, and other local eateries will also participate.



For more information about Cascade Culture Night, contact Mr. Cane at mcane@everettsd.org or Ms. Montalvo-Lopez at jmontalvo-lopez@everettsd.org or go to Room 614.



Congratulations to CHS Crimson Cheerleaders!

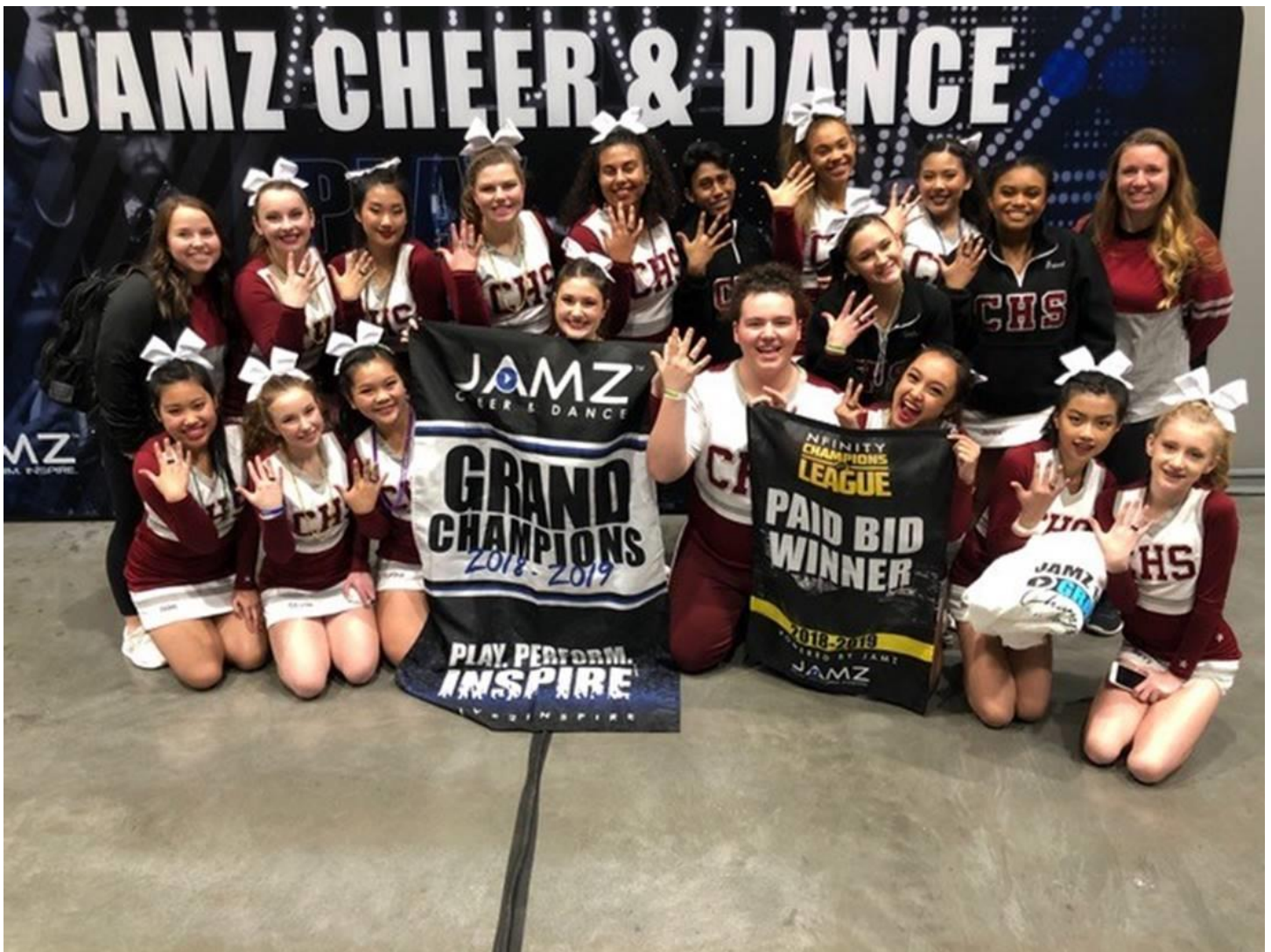
Cascade High School Crimson Cheerleaders competed at the Jamz Washington State Championships, where we were competing for a Nationals spot. We competed in two categories:

- Category 1: Performance Sideline Cheer. Last year we qualified with a 92, this year we received a 94. We took 3rd place at Nationals last year in this category.
- Category 2: Co-Ed Show Cheer Level 2. Last year we qualified with a 71, this year we received a 91!

We qualified for Nationals in both routines and will be competing in late February at the National competition.

Below is our Crimson cheerleaders showing off their Jamz Championship rings.

We also received a full paid bid to the Champions League Super Regional Championship.





HIGH SCHOOL FINALS SCHEDULE
1ST SEMESTER 2018-19

Day One Wednesday, January 23 (Lunch based on 6 th period class)	
1 st Bell	7:25
2 nd	7:30–8:30
3 rd FINAL	8:35–10:30
1 st Lunch 10:35–11:05	6 th 10:35–11:30
6 th 11:10–12:05	2 nd Lunch 11:35–12:05
4 th FINAL	12:10–2:05
Buses Depart	2:12

Day Two Thursday, January 24 (Lunch based on 5 th period class)	
1 st Bell	7:25
1 st	7:30–8:30
2 nd FINAL	8:35–10:30
1 st Lunch 10:35–11:05	5 th 10:35–11:30
5 th 11:10–12:05	2 nd Lunch 11:35–12:05
6 th FINAL	12:10–2:05
Buses Depart	2:12

Day Three Friday, January 25 (Lunch based on 5 th period class)	
1 st Bell	7:25
3 rd	7:30–7:50
1 st FINAL	7:55–9:50
4 th	9:55–10:15
1 st Lunch 10:20–10:50	5 th FINAL 10:20–12:15
5 th FINAL 10:55–12:50	2 nd Lunch 12:20–12:50
Buses Depart	12:57





Do you YouTube?

The district does. Search for Everett Public Schools WA to find all of our district videos. Miss a school board meeting? You can find videos of those meetings there too.



We're hiring para educators!

If you've ever wanted to help in a classroom, or lend your talents at a school, apply to be a classroom para educator! Para educators in Everett Public Schools provide instructional support to classroom teachers and ensure students with special needs have access to their learning. You're not available? Tell a neighbor or friend! This is your opportunity to have a huge impact on your community, one student at a time.

Look for the Employment icon on www.Everettsd.org to apply. If you're interested, please call Lauren Weeden, Director of Special Services for North Region Schools, at 425-385-5791.

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. This year, they were once again named a Board of Distinction. You can learn more about [board members online](#).

Freaked by too much Fortnite?

Hear from parents and students about the pitfalls and positives about the extremely popular video game at www.commonssensemedia.org.

Help your student stay safer online through awareness and parent tips about this app and other games, movies and apps.



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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