

Cascade Bruin News

CASCADE HIGH SCHOOL NEWSLETTER

November 2018

VOLUME 2, ISSUE 3



From the Principal

Dear Cascade Families,

Cascade High School has always had as its motto, “The School of Pride.” In collaboration with students, parents, and staff, we have used the word PRIDE as an acronym to define schoolwide expectations.



On just one day this week, for example, we had students engaged in learning the chemistry behind “slime” while creating the slime itself in our library. At the same time, we had 100+ seniors also in the library at our College Application Day applying to 4-year and 2-year colleges with support from counselors, our college and career specialist, and college admission representative. We believe that by having a common language for expectations, we can better support each student in reaching their goals and work better together as a community. It was amazing to see the level of engagement!

As an example of responsibility, we have found over the last few years that our referrals for students to the office from classrooms because of not meeting expectations has been reduced. This is a celebration for us! Teachers and other staff work with students within the classroom to set common norms for behavior based on the PRIDE expectations and they work to hold one another accountable for following their co-developed norms.

We have also seen some challenges recently. Although overall referrals for disciplinary reasons have decreased substantially, we have experienced two challenges. First, we have seen an increase in the incidents of students resorting to fighting as a way of dealing with conflict. Second, we have seen students who are not directly involved in the conflict approaching the students in conflict and acting in ways that encourage fighting behavior, either by simply being an audience or by actively encouraging or using phones to capture the fight on video. While the number of fights is relatively small (9 this year), it is a significant increase over the first two months compared to recent years, and student response to the few students who are fighting is not helping us create a sense of safety and a positive learning environment.

Cathy Woods
Principal

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

November 2
Regular Schedule

November 9
Regular Schedule

November 16
Learning Improvement Friday

November 22-23
Thanksgiving Break – No School

November 30
Learning Improvement Friday



I'm asking for your help. I encourage you to have a conversation with your child about the PRIDE values of professionalism, responsibility, inclusivity, dignity, and engagement. What do these words mean to you in your home and in your place of employment? What are your dreams for your child and how might their engagement and focus on responsibility at school help them realize those dreams?

And, please encourage your student when they hear of a possible fight to discourage rather than encourage the behavior. They can discourage the behavior by reporting their concerns. This can be done anonymously through our safety tip line or by simply talking to any staff member. They can also discourage the behavior by not being an audience, by walking away. We expect students to not be bystanders and when a staff member directs students away from a situation, they need to leave. Certainly, taking video of a fight is not meeting our expectations and can also result in disciplinary consequences.

I want to reiterate that our school disciplinary referrals overall have DECREASED recently. 96% of students have not have any disciplinary referral this year. We want to increase engagement of students in the important work of learning. With our graduation rates of over 95% and our students increasingly accessing post-high-school learning opportunities such as university, trade schools, community college, and apprenticeships, I'm proud of all we have accomplished. I appreciate your partnership in encouraging all our students to exhibit Bruin PRIDE.

Sincerely,

Principal, Cascade High School
Cwoods2@everettsd.org



57th Annual Food & Gift Drive

December 3 to December 19

Shopping Day ~ December 19

Delivery Day ~ December 20

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.



CASCADE HIGH SCHOOL

Associated Student Body

Greetings Bruin Families,

We hope you had a wonderful October! We had a very busy month filled with student activities and events. One of the larger events during the month of October was Homecoming. Homecoming is a wonderful event because it is a time for alumni and current Cascade students to connect and appreciate what it means to be a Bruin! Our bruin football team beat the Mariner Marauders at the 2018 Homecoming Game, which was a big win for their season. At the homecoming assembly, the Homecoming Court was crowned and our new “Bruno” mascot was unveiled. New additions to our homecoming court were Spirit Captains. These two individuals were elected by clubs and sports for their participation in school activities throughout homecoming week. This position was made in efforts to promote inclusivity in our student activities. The homecoming dance had a great turnout, thanks largely to the hard work and dedication of our committed National Honor Society. What a great CHS tradition!

This month, ASB made efforts to go “clubbing”. We visited clubs’ meetings so that we can assess the state of our clubs and ensure that they are well-supported. We also used this opportunity to gather feedback and specific “asks” of groups so that we have a better understanding of our school climate. We intend to visit all clubs throughout the year!

More recently, members of CHS Leadership attended the AWSL State Conference in Kent to learn and gain a better understanding of student leadership. We were able to collaborate with other schools and hear about other student events to bring a fresh perspective back to Cascade. The state organization, the Association of Washington Student Leaders, put together a student survey for students all over Washington to take. This survey looks at a variety of different areas within school climate that need improvement. If your student is interested in providing feedback and being vocal at the state level, fill out the survey at tinyurl.com/studentvoice18.

Toward the end of our month, we hosted Funfest and Costume Volleyball, both Halloween themed events. Both are annual events that CHS hosts to promote a feeling of togetherness within our school and community.

Thanks for another great month. Always remember, ***‘Bruins are Better Together!’***

Sincerely,
Joe Hofman
ASB President
Cascade High School



AVID ACTIVITIES

Himstedt's AVID Classes worked with Shelley Henderson (district Wellness) for four Mondays this month learning about how to practice mindfulness. Today's final session also included making "Check-in" jars and sleep masks.



LIBRARY NEWS!

Summer is NEVER over in the library!

Please congratulate our Summer Readers!

\$25 Starbucks Gift Card (3)

1. Vinh Ngo (10th)
2. Angela Tran (10th)
3. Alex Wood (12th)

One Year Teen Membership to the YMCA

Isabella Humphries (11th)

Amazon Kindle Fire

Nikki Duell (12th)





Class of 2019 Information!

Class of 2019 Timeline

November 9 – Senior Pictures Due

November 14 – Senior Class

Picture @ 9:20 am, Gym

November 16 – Senior Quotes Due

IMPORTANT

YEARBOOK DATES

| | |
|------------------------|------------------------|
| SENIOR PICTURES | SENIOR QUOTES |
| DUE | DUE |
| NOVEMBER NINTH | NOVEMBER SECOND |

GRADUATION ADS DUE MARCH FIRST

FOR MORE INFORMATION VISIT THE YEARBOOK PAGE AT:
www.everettsd.org/domain/143



Need help on....

- Scholarships?
- Financial Aid?
- College or Post-Secondary Applications?
- Navigating Naviance *Student?*
- Just trying to figure out what to do after graduation?



Come meet with Mrs. Pewitt the High School and Beyond/Naviance district facilitator. She is at CHS every **Tuesday** all day in the Career Center.

Can't make it there? Email her any time with your questions at naviance@everettsd.org



Studies are Bruin in the Library!

When: Tuesdays and Thursdays

Time: 2:10PM – 3:30PM

- Do Homework
- Study for Assessments
- READ
- Computer Access
- Join a Study Group

Snacks will be provided!!



Come join us in the library!

Activity Bus available at 4pm





LATINO CLUB AWARD!



This year, our Latino Club at CHS have established an award for Faculty al Staff who significantly support Latino and Latino Heritage students. In the picture, Mr. Cane, recipient of the first award of the year, with Latino club president Alaska Luna and members of the club. Thank you Mr. Cane for the amazing job with students of different background heritage in CHS. Very well deserved award!!

VOA Holiday Giving Program

If your family would benefit from a holiday food and/or gift basket, we encourage you to apply to the VOA Holiday Giving Program. Eligibility is based on income, family size, and residing zip code. The families that Cascade High School will sponsor in our annual food drive will come directly from the Volunteers of America. Please be aware that there is no guarantee that your family will receive sponsorship through VOA OR that your family will be sponsored by Cascade High School.

VOA will begin accepting applications through the 211 call center started Monday, September 17th from 9am-4am. This will continue each Monday- Friday until full. If you would like to be considered, please call 211 and ask about the VOA Holiday Giving Program.

BruGull Fest!

Cascade vs. Everett Basketball

November 30



Girls Basketball ~ 6:15 pm

Boys Basketball ~ 7:45 pm

Everett Community College



**WANT SHIRTS
DESIGNED
FOR A CLUB ?**

HAVE ANY QUESTIONS ?

CONTACT :
JJACOBS@EVERETTSO.ORG



**801 E. CASINO RD.,
EVERETT,
WA 98203**



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 2018-2019 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.

Upon arriving to school, late or leaving early students are required to sign in and sign out of the Attendance Office. If a student is late to school, even if it is during passing time or lunchtime, they are required to come to the Attendance Office to sign in and receive a pass to class.

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 **over 5 days due to illness, a doctor’s note is required to excuse the absence. 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 have to 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**
 - **Religious Observance**



Bruins are better together!



Accepting Highly Capable nominations until Dec. 1

Find forms and more information and evening information events on the [Highly Capable website](#). Referrals are for students currently in grades one through four for winter testing, which will take place in January 2019.

Remember to vote Nov. 6

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 6 – postage is not required for ballots.

Did you miss a call from us?

If missed a call from your school, please first check your voice mail or your email for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all of the calls.

Slight calendar change

There is a slight change to the school year calendar. **Friday, June 7** will be a 2.5 early release for all students to allow teachers time to complete grading. **Friday, June 14** will be a 75-minute early release for Learning Improvement Friday. The updated [year-at-a-glance](#) and [student art](#) calendars are available online if you'd like to print them for your reference. The [district website calendar](#) is also a convenient, up-to-date reference that integrates with the [district mobile app](#). If you have the mobile app, you have the most current district and school calendar dates.

School performance report

Our school's performance report is available online on each school's website. More information is available on the [Office of Superintendent of Public Instruction website](#). Click on "State Report Card" and select Everett from the list of districts.

Test scores show ... our students rock!

Did you know that our district has the highest English Learner graduation rate in Washington state? And our student assessment scores last year outperformed the state's average assessment scores **in every subject!** Students are working hard in their learning, and staff are providing students with the targeted, coordinated supports they need to excel.



Is your family prepared?

Does your family have a plan in case of bad weather, school closure or delay? Who will pick up your student, if needed? How will you communicate if phone lines are jammed? Do you have needed emergency supplies in your car and at home?

[Snohomish County Emergency Management](#) has helpful online resources to help you create, and practice emergency response plans with your family and neighborhood.



FAFSA season has begun!

Free Application for Federal Student Aid (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at www.fafsa.ed.gov.

Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child’s online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.
- Know who is in the “buddy lists.” Get to know the cyberfriends as well as you do those who visit your home.

Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:

- [Stop Bullying Now](#)
- [Ms. Parry’s Guide to Correct Online Etiquette](#)
- [Common Sense Media](#)

Find out what Everett Public Schools students learn about digital citizenship on the district [Learning Management Services website](#).





2018 CHS Homecoming!



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