

FRIDAY, JANUARY 18, 2019

LIF SCHEDULE - Admin Facilitated

1st Bell 7:25

1st 7:30 - 8:13

2nd 8:18 - 9:01

3rd 9:06 - 9:49

1st Lunch 9:54 - 10:24

4th 10:29 - 11:14

4th 9:54 - 10:39

2nd Lunch 10:44 - 11:14

5th 11:19 - 12:02

6th 12:07 - 12:50

Buses Depart 12:57

BRUIN SPORTS

1/18 ~ Girls Bowling vs. Jackson @ Home - 3:15 pm

1/18 ~ Boys Basketball vs. Mariner @ Home - 7:15 pm

1/18 ~ District Dive Qualifier - Away - 2:00 pm

1/18 ~ Girls Basketball vs. Mariner - Away - 7:15 pm

1/19 ~ Girls Wrestling @ Lady Classic

BRUIN HAPPENINGS

1/18 ~ Read-a-Thon

1/18 ~ LIF - Admin Facilitated

STAFF & STUDENTS

- Go to Buffalo Wild Wings on Friday night to help support the Class of 2019! Just say you're a Cascade student and you'll help out your fellow Bruins!
- Do you like eating free Froyo, getting help from your teachers, and enjoying study time with your friends? The come to Finals Fun Day on January 22nd until 3:30! Hope to see you there!
- Hey CHS, join Educators Rising in the cafeteria after school on Friday the 18th for a "De-Stress Before the Tests!" There will be games set-up after school and we will be showing The Incredible 2 starting at 2:00. Attendance at the event is free, but there will also be snacks for sale!
- The Spring World Language Assessments registration will open Friday, January 18th, and will close Friday, February 15th. Please visit the treasurer's

window to complete the registration form and pay for the exam. \$10 for the exam if this is your first attempt. For 2nd attempts, check with Mrs. Conchita for the cost of the exam.

- Everett Public Schools is hosting an Empowered to Lead Summit to promote awareness, networking and inclusion around issues of social justice leading to increased student sense of belonging and positive action in their school community. Empowered to Lead Summit, Friday, February 22, 8:15 am to 12:15 pm, Community Resource Center - register online at: bit.ly/EmpoweredtoLead
- Save the date! The first annual Cascade Culture Night will take place during the evening of Wednesday, March 20th in the cafeteria. The event will feature food, art, music and several live performances. For more information, see Mr. Cane in Room 614 or Mrs. Montalvo-Lopez in Room 426.
- Hey seniors! If you have pictures of your last year in high school and you want them to be featured in the senior slideshow, send your pictures into chsbruins19@gmail.com If you need the email, it will be written in the foyer of the cafeteria under the senior important dates!

Quote for the day: If you don't like where you are, move. You are not a tree.

LUNCH MENU

FRIDAY ~ Chef's Choice