

**MONDAY, MARCH 19 – WEDNESDAY MARCH 21, 2018**  
**REGULAR SCHEDULE**

*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**

4<sup>th</sup> 10:29 - 11:14

4<sup>th</sup> 9:54 - 10:39

**2nd Lunch 10:44 - 11:14**

5<sup>th</sup> 11:19 - 12:02

6<sup>th</sup> 12:07 - 12:50

*Buses Depart 12:57*

**Lunches based on 4<sup>th</sup> period**

*1<sup>st</sup> Lunch – 4, 6 & Auto (minus Gudgeon & Belair)*

*2<sup>nd</sup> Lunch – 2, 3, 5 & 7 (plus Gudgeon & Belair)*

**BRUIN SPORTS**

**3/19 ~ Softball vs. Cleveland @ Home – 4:00 pm**

**3/19 ~ Baseball vs. Mercer Island @ Home – 4:00 pm**

**3/20 ~ Baseball vs. Ingelmoor @ Home – 4:00 pm**

**3/20 ~ Softball vs. Lynnwood – Away – 4:00 pm**

**3/20 ~ Girls Tennis vs. Monroe @ Home – 3:30 pm**

**3/20 ~ Boys Soccer vs. Kamiak @ Home – 7:30 pm**

3/22 ~ Girls Golf vs. Monroe @ Home – 2:00 pm

3/22 ~ Track vs. Kamiak @ Home – 3:30 pm

3/23 ~ Softball vs. Franklin – Away –

3/23 ~ Girls Tennis vs. Kamiak – Away – 3:30 pm

3/23 ~ Boys Soccer vs. Jackson – Away – 7:30 pm

3/23 ~ Baseball vs. Federal Way @ Home – 6:00 pm

3/24 ~ Boys Golf @ Jack Barnes Memorial Invite

**BRUIN HAPPENINGS**

**3/19 ~ Pink Out Day – Women Awareness Month**

**3/19 ~ Newsletter Articles Due**

**3/21 ~ Class Officer Applications Due**

**3/21 ~ SAT – Make-Up**

**3/21 ~ Staff Meeting (30 minutes)**

3/22 ~ 3 on 3 Basketball

3/22 ~ Cheer Parent Information Night

3/23 ~ Class Officer Candidates Meeting – PAWS

3/23 ~ Regular Schedule

3/24 ~ Saturday Academy – 8 to 11 am

**STAFF & STUDENTS**

- Be “U” Week – Monday – Pink Out Day; Tuesday – All Natural Day (Come without hair and/or face projects, come in your bed hair, come with natural hair); Wednesday – Clothes Don’t Define You (Come I comfortable clothes); Thursday – Try Something New Day (Feel awkward or weird coming in something different? Well today is your day to try it out); Friday – Be Your Best Self (Come in what brings out the best of you!)
- Hey Bruins! If you are interested in trying out for Cascade Cheer, we will have informational meetings during lunches on Tuesday, March 20<sup>th</sup>, in the Career Center. If you are interested in either Crimson or Silver Cheer, see you Tuesday!
- Attention all Cascade club members. Tuesday, March 20<sup>th</sup>, & Thursday, March 22<sup>nd</sup>, during PAWS, will be this year’s club phot days. Please check with your advisor for which day your club will have their photo taken!
- Do you like reading? Want to talk about books? Come to book club on Tuesdays, it’s afterschool in the Library. We discuss books, red books and play games. Remember afterschool on Tuesdays in the Library! And there’s snacks!
- Class of 2021, it’s time to express yourself! We are taking design submissions for our freshman class t-shirt. Pick-up a template, create your design, then submit it to the indicated box outside of the activities center between now and Friday.
- All you future educators out there, listen up! Earn a living combining learning and your passion. CHS has a NEW class for anyone interested in teaching, becoming a professor, or taking on instructional roles in any field. If competitive learning and earning UW college credit interest you, sign-up for Introduction to Education! This CTE class covers all of the basics of becoming a strong instructor while experiencing several roles in the education field.
- Hey Bruins, 3 on 3 basketball is coming up! Come grab your forms in the activity center, they are due next Tuesday, March 20<sup>th</sup>. It’s \$5 w/ASB and \$7 w/o asb per person. Be sure to sign up to cross up your favorite teacher!
- Class Officer Applications are NOW available in front of the Activities Center. Applications are due March 21<sup>st</sup>.
- You can now pre-order Tyro, Cascade’s literary and art magazine, for just \$10 per copy. Bring your money to the treasurer’s window during the two-week pre-sale and you will get to enjoy a collection of unique writing and impressive art created by dozens of Cascade students If you have questions, please see Mr. Cane in room 614.
- World Language Test registration started on March 5<sup>th</sup> and will be open until March 30<sup>th</sup>. Registration is \$10 for students that didn’t take the test in the fall. Register at the ASB treasurer’s office with you slip filled out. If you don’t have a yellow slip yet, you can find one in the hall next to the Career Center. If you have questions, contact Ms. Chinchilla
- Hey Cascade, prom is coming up soon! It will occur on April 21<sup>st</sup>. The theme this year would be the Enchanted Forest. The Prom will take place at the Everett Yacht Club. Tickets will be sold during 1<sup>st</sup> and 2<sup>nd</sup> lunch, and in the morning starting April 11. Presale tickets will be \$15 w/asb and \$20 w/o. Hope to see you there!

*Quote for the day: In the end, we only regret the chances we didn’t take.*

### **LUNCH MENU**

MONDAY ~ Pasta Bar & Garlic Toast

TUESDAY ~ Pulled Chicken Sandwich with Coleslaw

WEDNESDAY ~ Asia Cuisine Day

THURSDAY ~ Turkey Gravy over Mashed Potatoes with Roll

FRIDAY ~ Golden Hot Dog Roll-Up