

**TUESDAY, MARCH 21, 2017**  
**REGULAR SCHEDULE**

*1st Bell 7:25*

1st 7:30 – 8:22

2nd 8:27 – 9:19

PAWS 9:19 – 9:42

3rd 9:47 – 10:39

**1<sup>st</sup> Lunch 10:44 – 11:14**

4th 11:19– 12:11

4th 10:44 – 11:36

**2<sup>nd</sup> Lunch 11:41 – 12:11**

5th 12:16– 1:08

6th 1:13– 2:05

*Buses Depart 2:12*

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

*1<sup>st</sup> Lunch – 1, 2, 3, 4*

*2<sup>nd</sup> Lunch – 5, 6, 7 & Auto*

**REGISTRATION TODAY**

**Eisenhower Transition**

**BRUIN HAPPENINGS**

**3/1-31 ~ 2017-18 Registration**

**3/20-22 ~ APES Trip**

3/23 ~ NHS Sophomore Induction

3/24 ~ Daddy/Daughter Dance

3/24 ~ FroYo Friday!

3/24 ~ Crimson & Grey Day!

**BRUIN SPORTS**

**3/21 ~ Girls Tennis vs. Monroe – Away – 3:30 pm**

**3/21 ~ Boys soccer vs. Kamiak – Away – 7:30 pm**

**3/21 ~ Softball vs. Lynnwood @ Home – 4:00 pm**

**3/21 ~ Baseball vs. Inglemoor – Away – 4:00 pm**

4/23 ~ Baseball vs. Bothell – Away – 4:30 pm

3/23 ~ Track vs. Edmonds-Woodway – Away – 3:30 pm

3/24 ~ Boys Soccer vs. Jackson @ Home - 7:30 pm

3/24 ~ Softball vs. Franklin @ Home – 4:00 pm

3/24 ~ Girls Tennis vs. Kamiak @ Home – 3:30 pm

**STAFF & STUDENTS**

- Hey Bruins! This Wednesday and Thursday, we will be selling \$1 t-shirts at both lunches. Come get your spirit gear in the Activities Center!
- Do you enjoy writing short stories, poems or song lyrics? Would you like to get your ideas published? Consider submitting your work to Tyro, Cascade's literary and art magazine. The Tyro magazine club still needs submissions for this year's issue so visit Mr. Cane in Room 614 for more details.
- Attention Freshman and Sophomores – Have you heard of AP Capstone? This excited two-year Advance Placement class offers an exciting opportunity for students to earn credits in English as well as other content areas, learning skills of analysis,

research, writing and ultimately completing a 1-year self-selected study with teacher guidance. The course can count as an English credit in your first year in the program. You do not have to have previous experience with an AP course to participate. Information sessions are happening in the Career Center TODAY. As your 2<sup>nd</sup> period teacher for a pass. From more information, see Mr. Nelson, Ms. Sage, or Ms. McKay.

- Bruins – have you always wanted to learn to speak Chinese? You are in luck! For the first time next year, Cascade will be offering Chinese classes. Sign up now through the registration process, or see your counselor for more details.
- Now hiring Juniors and Seniors who have taken DECA. The CAVE is looking for a new CREW for the 2017-2018 school year. Register for DECA III. The CAVE is waiting for you.
- Wondering what to wear on Crimson and Grey Friday's. Stop by The PRIDE SHOP and pick up some good-looking gear.
- Attention SENIORS!!!! Are you interested in a community college after high school but aren't sure which is the right fit for you? GEAR UP is going to Bellingham Tech/Skagit Valley on April 20<sup>th</sup>, and EvCC/EdCC on April 26<sup>th</sup>. That is right; we are going to TWO colleges in one day! Any questions come see Mrs. Roberts in the Career Center.
- Right now at The CAVE all prepackaged items 50% off. Stop by during lunch for your snack food needs.
- Leadership is not about titles, positions, or flowcharts; it is about one life influencing another. Do you want to help serve Cascade next year? Plan next year's activities and be involved. Pick up an application outside the activities center to be in next year's Leadership Class!
- Bruins – are you fluent in a language other than English? Want to earn up to 4 credits towards graduation? The World Language Proficiency test is coming up on April 24<sup>th</sup> here at CHS. The cost is only \$10 for up to four years world language credit. Registration is completed by paying your \$10 fee to the treasurer. The deadline is March 31.
- FroYo will be sold every Friday through March. Each cup is \$2, make sure to come by Activities and pick one up!
- Are you good at something and want to show everyone your talent? Well guess what! This is your opportunity to shine on stage! Talent Show applications are now out and are due March 24<sup>th</sup>. Do not miss out on this great opportunity to show your talent! Also, if you're interested in helping back stage pick up a crew application, they're due March 24<sup>th</sup>.
- Vintage t-shirts on sale during both lunches starting this THURSDAY, every Thursday. They are only \$1, so get them before someone else does!

Quote for the day: You are imperfect, you are wired for struggle, but you are worthy of love and belonging.

### **LUNCH MENU**

TUESDAY ~ Pulled Pork Sandwich with French Fries

WEDNESDAY ~ Asian Cuisine Day

THURSDAY ~ Turkey Gravy & Mashed Potatoes with Homemade Roll

FRIDAY ~ Chef Choice