

Jackson T-Wolf News

HENRY M. JACKSON HIGH SCHOOL NEWSLETTER



NOVEMBER 2019

VOLUME 3, ISSUE 3

Principal's Message

October 18 was the third of three **Learning Improvement Days** in Everett Public Schools. Having a non-student day can be a big sacrifice, and we wanted to share with you how we utilized this valuable time together as a staff at Jackson High School.



The day began at 7:00, and we ran four breakout sessions for our teachers prior to lunch. Two of the four sessions consisted of student panels. One of the significant takeaways from our Leadership Retreat this summer was the power of the student voice in informing our work together as a learning community. We were incredibly

grateful for the service of these articulate young adults who each spent over four hours of their day off to share with us valuable insights from the student perspective.

LEARNING SESSIONS

- **PANEL: Techniques that Work with All Students** – This facilitated panel was comprised of students from a variety of backgrounds. The students shared with us from their experience instructional practices that were effective vs. some that presented barriers. A theme that came through very clearly was the power of relationships between the teacher and student to set the foundation for trust and a ready-to-learn atmosphere. Another was the impact of the energy that a teacher brings to their teaching every day. Examples were shared that highlighted enthusiasm in teacher voice and body language as well as activities that incorporated movement for the students throughout the lessons.
- **Jackson Tiered Systems of Support: PAK Behavior Rollout** – This year we are rolling out a number of “Universal Expectations” for students in a variety of contexts including common spaces, hallways, restrooms, classrooms, and assemblies. The concept is based on a model that schools across the country use to promote a positive school culture. In collaborative student-staff planning teams, we are beginning the implementation of a structure termed “**PAK**” behaviors – Be **P**roud, Be **A**ware, Be **K**ind.

Dave Peters
Principal

Henry M. Jackson High School
1508 136th Street SE
Mill Creek, WA 98012
www.everettsd.org/jacksonhs

Nov. 15 & 22
LIF Days

Nov. 6
Coffee with the Principal

Nov. 7, 18 & 21
Teen Vaping Parent Education Events

Nov. 8
Submissions Due for Reflections Art Competition

Nov. 8
Veterans Day Assembly

Nov. 11
Veterans Day—NO SCHOOL

Nov. 13
World Language Assessment

Nov. 19
Senior Scholarship Applications Due

Nov. 20
Blood Drive

Nov. 25
ASVAB

Nov. 27
Early Release

Nov. 28 & 29
Thanksgiving Holiday—NO SCHOOL



Throughout the year, we will teach, model, cue, and reinforce these expected behaviors. School-wide lessons during PAWS are developed by our school's JTSS team (Jackson Tiered Systems and Support). Our student leadership has been part of an important partnership in our PAK work as we build towards a climate at JHS where students not only understand the expected behaviors but also play a vocal lead in maintaining that culture.

- **PANEL: Students of Color** - This facilitated panel was comprised of students of color providing a demographic representation of our student population. A unanimously appreciated session, students shared their personal and collective insights into the various student of color experiences at Jackson. We gained valuable perspectives into approaches that contribute to a positive learning and social environment as well as important areas for improvement at JHS. As in the other student panel, the consistent theme was the power of authentic relationships between teachers and students to build trust, a sense of community in the classroom, and a foundation for academic and emotional support. This was an experience that felt too short! We will continue to provide opportunities for our students to share with us, to help us learn, and to help us grow in our competencies for advocacy and support.
- **AVID: Power Strategies for Effective Instruction** – AVID stands for Advancement Via Individual Determination. It is a program that provides scaffolded support that educators and students need to encourage college and career readiness and success. Our AVID teachers and site team leaders have the flexibility to start small and continually take steps to deepen AVID's impact on our campus over time. During this session, our teachers learned how to incorporate the power of Focused Notes to neutralize what's known as the "curve of forgetting." They also gained strategies to incorporate creative inquiry activities and those that foster student collaboration into their lessons.

FILM STUDY

- **Angst: Raising Awareness about Anxiety** – As a staff, we watched this documentary that looks at anxiety, its causes and effects, and what we can do about it. The film featured interviews with kids and young adults who suffer or have suffered from anxiety and what they've learned. The film also includes experts charged with helping people manage their anxiety, and those who focus on researching its causes and sociological effects, while offering tools and resources that provide hope. The project explores conversations about anxiety from a peer-to-peer standpoint that is intimate, honest, and accessible. Following the film, therapist Melody Parks debriefed with us as a staff with actionable steps as we help our teens navigate this complex issue.

By the time our day of training ended at 2:30, our brains were sweaty and our hearts were full. It was a meaningful use of time, and we left excited to implement our new ideas and experiences to benefit our students!

Dave Peters, Principal

Parking Lot Safety at JHS!

Already this year there have been some minor accidents and close calls in the back parking/bus loop before school and later in the evening. On occasion, there have been drivers passing through at an unsafe speed, and sometimes heading the wrong direction on what



is a one-way road! This sets up for potentially dangerous situations, especially as it is getting darker earlier in the mornings and evenings. A couple of weeks ago, for example, a bicyclist was riding the wrong direction and was hit by a car driving in to park in the morning. The bicyclist received minor injuries but could have very well been seriously hurt. We are attempting to get some clearer signage, but in the meantime, we are asking you to honor the following:



- 1) The **bus loop/staff parking** area is **off limits** to parents and visitors from **6:45 a.m. until 2:30 p.m.** on regular school days.
☆ Both lanes are **ONE WAY**. Even if inconvenient, please NEVER drive the wrong way on the bus loop road. ☆
- 2) If you have a student to drop off for **zero period**, please drop them off in the **front** of the school. It is well lit in the front of the building and we will have less traffic in the back loop.
- 3) If you ever need to pick up a student **during the day**, please arrange to meet them in the **front** of the school.
- 4) The maximum speed **behind the school** is limited to **15 mph**. Anything faster than this is a dangerous speed!

Thank you so much for your understanding and support of safety at Jackson High School.

The JHS Building Response Team

National College Fair

The National College Fair, held at the Washington State Convention Center in downtown Seattle, is an outstanding (and free!) opportunity that allows students to interact with admission representatives from a wide range of postsecondary institutions. Students are able to learn about course offerings and majors, admission and financial aid requirements, and college life in general. For free registration, list of participating colleges, and workshop info, visit <https://www.nacacfairs.org/attend/national-college-fairs/seattle-national-college-fair/>. Mark your calendar to attend Friday, November 1, from 9 a.m. to 12 p.m. (noon), or Saturday, November 2, from 12 p.m. (noon) to 4 p.m.

Need Help Completing the FAFSA or WASFA?

Class of 2020 reminder: Seniors who plan to attend any type of college (2-year, technical, or 4-year) need to make sure they submit the FAFSA or WASFA as soon as possible. Colleges enforce deadlines and need your financial information as early as possible in order to give your student the best package. If you missed our October 10 High School & Beyond Family Night, or if you experience difficulty when you try to fill out the FAFSA or WASFA, we encourage you to reach out to the financial aid offices at any of our local community colleges or universities, or check in with your JHS counselor for help! Completing the FAFSA/WASFA will open the door for possible scholarships, work study, etc., at the colleges to which your student is applying.

Upcoming Calendar Reminders

The free [ASVAB](#) (Armed Services Vocational Aptitude Battery) exam will be Monday, November 25, in the Career Center, from 11 a.m. to 2 p.m. The ASVAB sign-up is in the Career Center with Mr. Dahlke. The ASVAB test is taken to join the United States Armed Forces AND can now satisfy some high school requirements. See the career specialist or your counselor for more information.

The next [World Language Assessment](#) will be Wednesday, November 13, 2019. Students in grades 7 through 12 can earn high school credit in a world language by successfully passing district-approved assessments and demonstrating language proficiency in the content areas of listening, speaking, reading, and writing in the language. The next opportunity to take this test will be on March 18, 2020, and registration will be between January 13 and February 14, 2020.



Rotary Student of the Month

Congratulations to JHS senior **Ethan Thong**, Mill Creek Rotary's student of the month for Community Outreach. Click [here](#) to read the Mill Creek Rotary article about Ethan's commitment to serving and giving back.

Winter Sports Registration

Only 2 weeks left to register for Jackson High School winter sports! Winter sports include boys & girls basketball, boys swim & dive, boys & girls wrestling, and girls bowling. The deadline to register is **Wednesday, November 13, 2019** (the girls bowling deadline was Wednesday, October 30, 2019). First day of tryouts/practice is Monday, November 18, 2019 (girls bowling tryouts begin Monday, November 4, 2019).

To [participate in sports at Jackson High School](#) you must complete the following:

- **Physical**—A current physical must be on file with the JHS athletics department.
- **Rank One Forms**—Complete online at www.everettschools.rankonesport.com.
 1. Informed Consent
 2. Athletic Emergency Information
 3. Athletic Eligibility Questionnaire
- **Insurance**—All athletes must have insurance coverage. The JHS athletics department has insurance packets available, if your student is not covered.
- **Athletic Fee**—A \$100 athletic fee (per sport) must be paid before the first contest.
- **ASB Card**—A 2019-20 ASB card must be purchased before the first contest.

To check your eligibility status stop by the Athletics Department and talk with Mrs. Leuck or call 425-385-7018. More information can be found on our JHS Winter Sports site: <https://www.everettsd.org/Page/26685>

Go Timberwolves!!


[Henry M. Jackson High School Athletic Department](#)

Blythe Young, Athletic Director | Alan Briggs, Athletic Coordinator | Melanie Leuck, Athletic Secretary

Questions? Contact Melanie Leuck at mleuck@everettsd.org.

COFFEE WITH THE PRINCIPAL

November 6, 2019
7:00-8:00pm
Henry M. Jackson HS Library



Join us for an evening discussion with Mr. Peters to hear what exciting things are happening at JHS!

Sponsored by
the JLC Parent Representatives ~ jhsparentlink@gmail.com



Missing Out?

We've heard from a number of parents/guardians who are concerned that they aren't receiving email communications from Jackson. So far in every case, the emails were going to the recipient's junk/spam folder. If you are missing out on school emails, please **check your junk/spam folder**. If you don't find our messages to you there, please email DeeAnn Williamson (DWilliamson@everettsd.org).

Daily Announcements

The daily announcements that students hear at school are linked on the JHS [homepage](#). Check these announcements to keep up with what's going on at school!

JHS Career Center

The JHS Career Center is located in the JHS library and is open to students from 7 a.m. to 2:30 p.m. Mr. Dahlke, our Career Specialist, will help students

- Prepare for employment, internships, apprenticeships, college/university, and other academic/training pathways
- Prepare FAFSA (financial aid), scholarship, and college/university applications
- Learn about colleges/universities, training/trades programs (including Sno-Isle TECH Skills Center as well as post-high school training/trades options)
- Log in to Naviance to complete High School & Beyond surveys required to graduate (students should log in to Naviance as soon as possible)
- Find out about student employment opportunities

Also, the Career Center hosts many college/university visits to Jackson all year.

2019-2020 Reflections Art Competition

The Reflections program is a National PTA and Washington State PTA cultural arts competition. The theme for the 2019-2020 program year is **Look Within**. Students submit their completed works of art in one or all of the available arts categories: [Dance Choreography](#), [Film Production](#), [Literature](#), [Music Composition](#), [Photography](#), [Visual Arts](#). Also, the Special Artist category is open to all grade levels.

- Students should deliver their entries to the **JHS library by 2:00 p.m. on Friday, Nov. 8**. No late entries will be accepted.
- Click [here](#) for the Reflections Entry Form.
- Click [here](#) for more information on the JHS PTSA website.
- Questions? Contact [Georgina Johns](#).





Accepting Highly Capable Nominations until Dec. 18

Find forms, information, and evening events on the [Highly Capable website](#). Referrals are for students currently in grades 1-4 for winter testing, which will take place on February 1, 2020.

Everett Public Schools Is Hiring!

Are you interested in working for the school district? Full-time, part-time, and substitute positions are available. The schedule for many classified positions is the same as the student day. Training is provided, and benefits are available for many positions. We have a strong need for substitute teachers, classified staff including regular and substitute paraeducators, office staff, custodial, and food service positions.

Join us! <http://www.everettsd.org/jobs>



Family Health Safety Tip

Vaping has been in the news a lot this summer and fall due to many youth and young adults across the nation being hospitalized for respiratory issues, including respiratory failure. A few cases have been reported in our state. Teens may believe vaping is less harmful than smoking. Vaping devices are increasingly popular among middle and high school students and a new generation is getting addicted to nicotine. According to the Snohomish Health District's Washington Healthy Youth Survey:

11% of 8th graders, 23% of 10th graders, and 31% of 12th graders currently use vapes.

Learn about the dangers of vaping as well as resources for teens to quit by visiting Snohomish Health District's webpage. The sooner one quits, the faster their body, and lungs, can rebound and repair themselves. www.snohd.org/273/Vaping-Vapor-Products

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.
- Talk 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 know 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](#)

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



Remember to Vote Nov. 5

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 5. Postage is not required for ballots.

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.

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.

Food and Nutrition

This month, the Food and Nutrition Department brings you mushrooms grown in the PNW! Be sure to give them a try this month in our vegetable medley and on the salad bar.

Did you know that mushrooms are composed of 90% water and contain over a dozen vitamin and minerals? Find out more by checking out the Harvest of the Month flyer on our website at <https://www.everettsd.org>. Don't leave me, I'm a fungi!

School Performance Report

School performance reports are 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 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. We have more work to do and are going to accomplish it by focusing on reading at early levels and strong monitoring and collaboration.

Did You Miss a Call from Us?

If you 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. If you want to change your contact information, please let the school office know (email DWilliamson@everettsd.org).



Attendance Procedures

We look forward to seeing your child at school every day. Regular school attendance is important, and we will work with you to ensure your child is present to benefit from an excellent education. If your child is absent, please email the school at their attendance email address, which you can find on the school website (for JHS, email JHSAttendance@everettsd.org).

If email is not possible, and even if you leave a message with the school attendance line, please send a written note to the school office within 30 days after your student returns to school.

Safety Tip Line

Do you or your student have a concern about someone experiencing bullying or harassment? Or have you perhaps heard a rumor about someone bringing a weapon or drugs to school? **Report it!** You can talk directly with your school's office or you can call, text, or email your concern.

If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods.

Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

Report it!

3 easy ways

- Text or call 855-637-2095
- 1350@alert1.us
- <https://everett-wa.safeschoolsalert.com>



Upcoming Dates of Interest

LIF days are listed in the JHS online calendar, the EPS online calendar, and the EPS student school year calendar. NOTE: To view the online calendars, you will need to use a browser other than Internet Explorer (such as Chrome, Firefox, Opera, Safari, Edge).

- Sun., Nov. 3 Daylight Saving Time Ends – *turn clocks back one hour Saturday night*
- Mon., Nov. 4 Senior Class Parent Meeting, 6 p.m., JHS Commons
- Wed., Nov. 6 Coffee with the Principal, 7 p.m., JHS Library
- Thurs., Nov. 7 Choir Kick-off Concert
- Thurs., Nov. 7 [Teen Vaping Parent Education Night](#), 7 p.m., Eisenhower MS Cafeteria
- Fri., Nov. 8 Veterans Day Assembly
- Fri., Nov. 8 Submissions Due for [Reflections Art Competition](#)
- Mon., Nov. 11 Veterans Day – NO SCHOOL
- Wed., Nov. 13 Fall World Language Assessment
- Thurs., Nov. 14 [Letter of Intent Signing Ceremony](#), 2:15 p.m., JHS Commons
- Nov. 14-16 Fall Musical: The Addams Family Musical
- Fri., Nov. 15 LIF Day
- Mon., Nov. 18 [Teen Vaping Parent Education Night](#), 7 p.m., Heatherwood MS Cafeteria
- Tues., Nov. 19 [Senior Scholarship Applications Due](#)
- Tues., Nov. 19 Jazz Band Concert



Wed., Nov. 20..... Blood Drive
Thurs., Nov. 21 [Teen Vaping Parent Education Night](#), 7 p.m., CRC
Nov. 22 & 23 Fall Musical: The Addams Family Musical
Fri., Nov. 22..... LIF Day
Mon., Nov. 25 [ASVAB](#) Free Aptitude Exam, 11 a.m., JHS Career Center
Wed., Nov. 27 Early Release
Nov. 28 & 29..... Thanksgiving Break – NO SCHOOL
Wed., Dec. 4..... Wall of Fame Club Photos
Thurs., Dec. 5..... Staff Variety Show
Fri., Dec. 6 LIF Day
Fri., Dec. 6 Senior Ads Due
Wed., Dec. 11..... Orchestra Kick-off Concert
Thurs., Dec. 12..... Bob Ross Painting Night
Fri., Dec. 13..... LIF Day
Dec. 16–20..... Spirit Week
Thurs., Dec. 19..... Knowledge Bowl
Thurs., Dec. 19..... Winter Band Concert
Fri., Dec. 20 LIF Day
Fri., Dec. 20 Winter Pep Assembly
Dec. 21–Jan. 5 Winter Break – NO SCHOOL
Fri., Jan. 10 LIF Day
Fri., Jan. 17 LIF Day
Fri., Jan. 17 Martin Luther King, Jr. Assembly
Mon., Jan. 20..... Martin Luther King, Jr. Day – NO SCHOOL
Jan. 22–24..... Semester 1 Finals
Fri., Jan. 24..... LIF Day
Fri., Jan. 24..... End of 1st Semester
Mon., Jan. 27..... Teacher Work Day – No School for Students
Tues., Jan. 28 Beginning of 2nd Semester
Fri., Jan. 31 LIF Day
Feb. 15–18..... Mid-Winter Break – NO SCHOOL
Tues., Feb. 25..... Advisories Begin for 2020-21
Wed., March 4 SAT
Tues., March 17 8th Grade Family Night
April 4–12 Spring Break – NO SCHOOL
Tues., April 14..... SAT Make-up
May 4–8 & 11–15..... [AP Exams](#)
Tues., May 19..... SBA ELA CAT Testing (all sophomores, some juniors/seniors)
Tues., May 19..... Department Scholar Awards Night
Wed., May 20 Superintendent’s Scholar Awards Banquet
Thurs., May 21 PTSA Awards
May 20–22 [AP Late-Testing Dates](#)
Thurs., May 21 SBA ELA PT Testing (all sophomores, some juniors/seniors)



Mon., May 25..... Memorial Day – NO SCHOOL
Wed., May 27..... SBA Math CAT & PT Testing (all sophomores, some juniors/seniors)
Wed., May 27..... Senior Awards Night
Thurs., May 28 WCAS Testing (all juniors)
Fri., May 29 Jackson’s Got Talent
Thurs., June 4..... District Athletic Awards Night
Fri., June 5..... Senior Tea
Fri., June 5..... Early Release
Fri., June 5..... Staff vs. Seniors Basketball Game
Sat., June 6 Prom
June 8 & 9..... Senior Finals
Wed., June 10 Senior Recognition Assembly / Seniors’ Last Day
Wed., June 10 Senior Inspiration Night
Fri., June 12 Graduation Rehearsal
Sat., June 13..... JHS Graduation, 7 p.m., Angel of the Winds Arena
Mon., June 15 Early Release – Last Day of School

Helpful Links & Resources

- Check Jackson’s [home page](#) for links to our most current **athletic events, club meeting times, daily announcements, activities calendar**, and more.
- Parents, keep up with your student’s academic progress, assignments, attendance, and more via [LMS](#) (click the “Grades & More” icon at the top of any district or school webpage, then the blue “Info” button). If you don’t know your LMS login ID/password, contact LMS@everettsd.org.
- For **Naviance help**, any student or parent can contact Sarah Pewitt, High School & Beyond Facilitator, at Naviance@everettsd.org or 425-385-4183 (email is preferred), and she is at JHS every Wednesday, usually in the JHS Career Center.
- Follow these **JHS Twitter accounts**: @HMJacksonHS, @announceJHS, @jhswolfpack, @jhsasb2019, @DrIanBSaltzman, @EverettSchools
- Follow **JHS ASB** on Instagram.
- Go to the district [communications webpage](#) for information about Everett Public Schools’ [FREE mobile app](#) for parents, students, and staff, or download the “Everett Public Schools” app from your phone’s app store.
- Follow Everett Public Schools on [Facebook](#) and [Twitter](#).
- At the bottom of any district webpage, you can sign up for [InTouch](#) announcements right to your email box about twice a month.

AP Capstone: [College Board AP Capstone Overview](#)

AP Capstone: [Program Brochure](#)

AP Capstone: [Student Brochure](#)

[Attendance Reporting](#)

Bell Schedules: [Regular day](#) | [LIF Day](#) | [Early Release with Lunch](#)

[Bullying Prevention](#) (*free resources at stopbullying.gov*)

Calendar: [School Year Calendar, 2019-20](#)

Calendar: [Student Art Calendar, 2019-20](#)

[District Course Catalog for 2019-2020](#)

Honor Society Tutor List: available in the counseling office



Lunches: [Fall Semester](#) | Spring Semester

Maps of School: [Lower Level](#) | [Upper Level](#)

[NJROTC Transportation Plan](#)

[Pre-Arranged Absence Form](#)

[Private Vehicle Driving Form](#)

PTSA: [PTSA Membership Form](#)

PTSA: [Wolf Tracks newsletter](#), current school year issues

PTSA: [Wolf Tracks newsletter archives](#)

[Senior Class Information](#)

Student Handbook: [Everett Public Schools Student Rights & Responsibilities Policies, 2019-20](#)

Student Handbook: Everett Public Schools Student Rights & Responsibilities Policies, 2019-20, [in other languages](#)

Student Handbook: [Henry M. Jackson High School Student Handbook, 2019-20](#)

[Student Schedule Change/Correction](#)

[Transcripts](#)

[Volunteer Application Online](#)

Nondiscrimination statement

Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:

Title IX/Civil Rights Compliance Officer: Mary O'Brien, 425-385-4106, MO'brien@everettsd.org, P.O. Box 2098, Everett, WA 98213

Section 504 Coordinator: Becky Ballbach, 425-385-4063, RBallbach@everettsd.org, P.O. Box 2098, Everett, WA 98213

ADA Coordinator: Randi Seaberg, 425-385-4104, RSeaberg@everettsd.org, P.O. Box 2098, Everett, WA 98213