

Jackson T-Wolf News

HENRY M. JACKSON HIGH SCHOOL NEWSLETTER



JANUARY 2020

VOLUME 3, ISSUE 5

Principal's Message

New Year, New Possibilities

The new year is traditionally a time for making resolutions for positive changes. Making New Year's resolutions is as important for teenagers as it is for adults because it teaches them that they have the power to improve themselves through their own efforts. That's a powerful life lesson, but not one that happens automatically.

There is one resolution that a high school student could take to dramatically improve their success in school (read below for "The Perfect Resolution"). However, even when the choice is clear to adults, teenagers often have trouble with resolutions. They need support in choosing a resolution, and they need support again in sticking to it. With your help, they can transform their resolutions into permanent, positive habits.



Helping Teens Pick a Resolution

The natural, normal development of the brain during adolescence means that most teenagers are extremely interested in what they like and extremely disinterested in what they don't like. Anyone who has heard a teenager equate their chores to medieval torture knows how this works.

The key to helping teens pick a meaningful resolution is helping them see how it's connected to something they value. It starts with a conversation with your teen about what they want the future to bring (this year and beyond) and about what kind of people they want to be.

Jackson High School recently underwent a school-wide version of this same conversation as we developed universal expectations for behavior. Students of all types led this process at every turn, and they came up with something that is much more meaningful to them than the adults could have ever developed. They identified the core values of Jackson students as the **P.A.K.—Proud, Aware, and Kind**.

Proud: Putting forth your best effort for yourself and your school

Aware: Being alert for opportunities and for safety

Kind: Including, respecting, and caring for others

Dave Peters Principal

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

Jan. 10, 17, 24 & 31
LIF Days

Jan. 8
PTA Reflections Art Competition Open House @ CRC

Jan. 16
Good Citizenship Day

Jan. 17
Martin Luther King, Jr. Assembly

Jan. 20
MLK, Jr. Day—NO SCHOOL

Jan. 22–24
Fall Semester Finals – Periods 1 & 6
Fall Semester Finals – Periods 2 & 5
Fall Semester Finals – Periods 3 & 4

Jan. 24
End of 1st Semester

Jan. 27
Teacher Work Day—NO SCHOOL FOR STUDENTS

Jan. 28
Beginning of 2nd Semester

Jan. 30
Voiceless Lip Sync Competition

Feb. 7
Scholarship Blitz Day in the Career Center for Seniors



The core values of **P.A.K.** shows what our students really care about, and it has led students to discuss with their peers what they want to become. In a way, this is a New Year's resolution for the whole school, and it shows how an individual student could develop a resolution that is important to them.

Helping Teens Stick to a Resolution

Sticking to a resolution is as difficult for teens as it is for adults. How many of us have vowed to maintain a new workout regimen, only to never set foot in the gym after February? Teens face the same challenges as adults: they are too busy, too tired, and too distracted.

The key to making a resolution work is to share it with others. We all need encouragement, and we all need reminders once in a while.



Here are some ideas for how to help support your teenager in sticking with the resolution:

- Check in weekly with them about progress on resolutions.
- Give them a calendar where they mark their successes.
- Identify milestones and create little rewards for reaching those milestones.
- When a failure happens, ask your teen what they learned from it, then encourage them to re-commit to the resolution.

By sharing progress with each other on a regular basis, you and your child can keep the resolution going. It's okay if it turns out to be a two-steps-forward, one-step-back process. The important thing is that it remains a visible priority for everyone.



The Perfect Resolution

So what's the "perfect resolution" for students that can directly contribute to academic success? In one word: attendance.

Attendance has a clear and powerful influence on school performance. Students who do well in school tend to be even more successful when they attend regularly, and they report feeling less stress. Students who have struggled in the past often find that their work gets much easier when they attend regularly.

A student doesn't have to miss much class before school becomes much more difficult. Missing even one class per month for any reason (including excused absences such as field trips, family vacations, or doctor's appointments) is strongly associated with lower grades and/or increased student anxiety.

Attendance is also closely connected to **P.A.K.** values. **Pride** means making the effort to be at school, **Awareness** means being here to know what goes on, and **Kindness** means the self-care of being here with friends.

Even if your teenager picks a different New Year's resolution, you can still help them achieve perfect attendance. Scheduling appointments outside of school hours, accounting for traffic in the mornings, setting up home-based rewards and consequences for tardies, and not allowing students to take sick days except in extreme cases (e.g., fever, vomiting, or with a doctor-diagnosed need to stay out)—all of these are good ways to help your students strive for perfect attendance.

Every day counts. Taking the Perfect Attendance Resolution will make 2020 a very good year!

—The JHS Administration



Class of 2020 Graduation Gowns

The following Blackboard Connect message went out the evening of January 6 to the class of 2020 and their families:

Dear Seniors and Families of the Class of 2020,

*Last year was the 25th anniversary of the opening of Jackson High School. We have been working with National Achiever Services this year to create a custom cap and gown that will unify JHS graduates into the next quarter-century. This custom gown will be a forest green gown with black trim and we currently have an actual **sample on display in the main office** (an image is also [attached](#) for your reference). In addition, each graduate will wear a JHS commencement medallion to further exemplify their achievement and school identity.*

There may be several current seniors who were planning on reusing a sibling's previous set of regalia. However, a new cap and gown unit will have to be purchased for each of the graduates of 2020. When ordering your cap and gown, please choose cap and gown "UNIT." The cap and gown unit is a complete package and will include everything your graduate will need for the graduation ceremony.

*If you have further questions, please feel free to reach out to National Achiever Services at **425-357-1338** / NationalAchieverOrders@gmail.com.*

Here's to a strong finish to a terrific senior year!



Rotary Student of the Month

Congratulations to JHS senior **Aidan Rufer**, Mill Creek Rotary's Jackson High School December student of the month for Musical Excellence. Click [here](#) to read the Mill Creek Rotary article about Aidan's musical accomplishments and his future plans.

JHS Students Speak at Rotary Meeting

JHS seniors **Ethan Thong** and **Sai Raksha Rayala** spoke at a recent Rotary Club of Mill Creek meeting. Ethan talked about HOSA, which is an organization for students interested in health care occupations. Sai talked about the impact that DECA has had on her life. DECA prepares young leaders and entrepreneurs in marketing, finance, and management. Well done, Ethan and Sai!



Scholarship Blitz Day

Friday, February 7, in the JHS library will be Scholarship Blitz Day for JHS seniors who would like help applying for scholarships and awards to colleges and training programs.

FAFSA Applications

Any seniors with post-secondary education plans who have not yet completed their FAFSA application (Free Application for Federal Student Aid) should do so as soon as possible. Information, instructions, and assistance are available in the Career Center.



JHS Career Center

The Career Center's web pages are updated and active. From the JHS homepage, go to Counseling and then [Career Center](#). You'll find a scholarship checklist to help you stay organized and not miss important Washington state and other scholarships. You can also find helpful information about student employment. Additional information will be added, so continue to check the site for current information and updates.

JHS Scholarship

The Jackson Scholarship is still open. The deadline to apply is **Friday, February 14**. Seniors can complete the application online via Naviance or pick up a hard copy application form outside the Career Center door. Turn in applications to Mr. Dahlke in the Career Center.

PTSA Scholarships

The PTSA Senior Scholarship Awards recognizes Jackson seniors who exemplify excellence in academics, school pride, and involvement at JHS. The individual scholarships, each at \$500, will be awarded at the Senior Awards Night on May 27. The application process will open **January 15, 2020**, and the deadline to submit completed applications is **April 17, 2020**. Late applications cannot be accepted. Click [here](#) for more information and the application form.

Scholarship Opportunity for Current Juniors

The Coolidge Scholarship is a full-ride scholarship that covers tuition, room, board, and expenses for four years of undergraduate study and can be used at any accredited U.S. college or university. More information, including the application, is available at [Coolidgescholars.org](#). This opportunity is offered to high school **juniors** who plan to enroll in college in the fall of 2021. Coolidge Scholars are selected primarily on academic excellence. Secondary criteria include an interest in public policy, an appreciation for and understanding of the values that President Coolidge championed, as well as humility and service. Applications must be completed online and submitted by 5:00 p.m. Eastern Standard Time, Thursday, **January 16, 2020**. See Mr. Dahlke in the JHS Career Center for more information

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!

PTSA Newsletter

Click [here](#) for the January 2020 issue of the PTSA monthly Wolf Tracks newsletter. Click [here](#) for information on becoming a JHS PTSA member.

PTA Reflections Open House

You are invited to an Open House hosted by the Everett PTSA Council. The theme of this year's PTA Reflections Art Competition was "Look Within." The Open House will be **Wednesday, January 8**, 6–8 p.m., at the CRC, with 5–5:45 p.m. for Special Artists participants.



Spring Sports Registration

Register now for Jackson High School spring sports! <https://everettschools.rankonesport.com/New/NewInstructionsPage.aspx>
Spring sports include baseball, softball, boys soccer, girls and boys golf, girls and boys track & field, and girls tennis. The deadline to register is Friday, February 21, 2020. The first day of tryouts/practice is Monday, March 2, 2020.

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 <https://everettschools.rankonesport.com/New/NewInstructionsPage.aspx>
 1. Informed Consent
 2. Athletic Emergency Information
 3. Athletic Eligibility Questionnaire
- ✓ Insurance—All athletes must have insurance coverage. The JHS athletic 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 athletic department and talk with Mrs. Leuck, or call 425-385-7018.

JHS Sophomore Part of Austrian Women's U-16 National Team

Click [here](#) to read a great Herald article about one of our sophomore students and varsity girls basketball players, **Mackendra "Mack" Konig**, who is also part of the Austrian women's U-16 national team.

JHS Athletics Updates

Boys Swim & Dive

The guys swim team, coming off a 2nd place finish at districts last year, has 43 people on the roster and is excited for the season! They are currently tied with Kamiak as both teams are 2-0.

Boys Basketball

Boys basketball opened its defense of their 2019 Wesco championship with games at home December 13 and 18, with December 18 being their first Wesco 4A game. This year's team features several standout returners from last season, as well as many talented newcomers to varsity who will need to step up and contribute. We have always had, and appreciated, the best crowd support in Wesco. Thanks in advance for that again this year, and Go Wolves!

Girls Basketball

The varsity girls basketball team is off to a good start this season. The girls are 2-1 with victories over Tenison Woods College from Australia by a score of 45-37 and Lynnwood 57-48. Versus Tenison Woods, Jackson was led by three players: **Emma Merwin**, **Riley Mekanik**, and **Jadyn Kirton**, who scored 10 points each. Against Lynnwood, **Mack Konig** led the way with 21 points, followed by 11 from Jadyn Kirton and 9 each from Emma Merwin and Riley Mekanik. It was a great team win with everyone contributing. **Hannah Mack** hit two timely threes in the fourth quarter to put the lead out of touch.



Girls Wrestling

The girls wrestling team is starting the season off great. In the Yelm tournament, Jackson placed 13th out of 47 teams. Two girls placed in the top three. Currently, we are wrestling at scrambles and have been winning most of the matches. Overall, I am excited about this season due to having such a strong and talented team.

Boys Wrestling

The JHS boys wrestling team is currently 2-2 in non-league competition with wins over Lynwood and Mountlake Terrace. On December 7 Jackson placed 7th out of 27 teams in the Return of the Seahawk tournament hosted by Chief Sealth High School.

Bowling

The Jackson girls bowling team has 15 girls participating this year, with six girls competing on varsity and nine girls on the junior varsity team. The JV team is off to an excellent start and is currently undefeated. The varsity team is tied for 2nd place with Anacortes, whom they beat in an exciting match at Bowlero Lanes 2 games to 1 on December 12.

Cheer

Congratulations to the Jackson High School cheer team on their 1st cheerleading competition of the year. They placed 1st in the traditional with tumbling division and have qualified for state, which takes place in Battle Ground, WA, in early February. Go Timberwolf Cheer!

Good Citizenship Day



Good Citizenship Day shall be observed on **January 16**. On that day, social studies teachers coordinate a voter registration event in each history or social studies class attended by high school seniors. Students who will be eighteen years of age or older by the time of the next general election will be given the opportunity to register to vote online in the classroom. Paper registration will also be made available in the classroom.

January Is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition—a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also watch past school board meetings on the district's YouTube channel.



Food and Nutrition

This month, the Food and Nutrition Department brings you potatoes grown in the PNW! Be sure to check out our menu for dishes containing this tasty Harvest of the Month!

Did you know that potatoes are the most popular vegetable grown in the US and are an excellent source of Vitamin C, B6, and potassium? Find out more by checking out the Harvest of the Month flyer on our website at <https://www.everettsd.org>.

I have so many potato jokes. I just don't know where to starch.



Delayed Start or Closed Schools

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at <https://www.everettsd.org/>
- watch district [Facebook](#), [Twitter](#), or [Instagram](#) accounts

Snow Routes Are Online

School drop-off and pick-up locations may change in an emergency situation. If your child rides a bus to school, please become familiar with the snow route information on the district [transportation department's webpage](#).

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.

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).



Mon., Jan. 6..... Back to School
Wed., Jan. 8..... PTA Reflections Art Competition Open House, 6–8 p.m., CRC
Fri., Jan. 10..... LIF Day
Sat., Jan. 11 FIRST Robotics Tech Challenge (JHS hosting an inter-league competition)
Thurs., Jan. 16 Good Citizenship 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
Thurs., Jan. 30 Voiceless Lip Sync Competition
Fri., Jan. 31 LIF Day
Fri., Feb. 7..... LIF Day
Fri., Feb. 7..... Scholarship Blitz Day
Tues., Feb. 11 TEEN TRUTH: Parents’ Night Program – *sponsored by JHS PTSA*
Wed., Feb. 12 TEEN TRUTH School Assembly
Fri., Feb. 14..... LIF Day
Fri., Feb. 14 Deadline for Interested Seniors to Apply for JHS Scholarship
Feb. 15–18..... Mid-Winter Break – NO SCHOOL
Fri., Feb. 21..... LIF Day
Fri., Feb. 21 Multicultural Dance
Tues., Feb. 25..... Advisories Begin for 2020-21
Feb. 27–29..... Lionel Hampton Jazz Festival
Fri., Feb. 28 LIF Day
Wed., March 4 [Free SAT for Juniors](#)
Wed., March 4 Orchestra Bridging Concert
Thurs., March 5 Choir Bridging Concert
Fri., March 6..... LIF Day
Wed., March 11 [World Language Assessment](#)
March 12, 13 & 14 Spring Play
Thurs., March 12 [Running Start](#) Information Meeting, 3 p.m., JHS Library
Fri., March 13 LIF Day
Tues., March 17 8th Grade Family Night
Fri., March 20..... LIF Day
March 20 & 21 Spring Play
April 4–12 Spring Break – NO SCHOOL
Tues., April 14..... SAT Make-up
Fri., April 17 LIF Day
Fri., April 17 [PTSA Senior Scholarship Applications Due](#)
Fri., April 24 LIF Day



Fri., May 1..... LIF Day
 May 4–8 & 11–15..... [AP Exams](#)
 Fri., May 8 LIF Day
 Fri., May 15..... LIF Day
 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
 May 20–22 [AP Late-Testing Dates](#)
 May 20–24 Orchestra/Band/Choir New York Trip
 Thurs., May 21..... SBA ELA PT Testing (all sophomores, some juniors/seniors)
 Thurs., May 21..... PTSA Awards
 Fri., May 22 LIF Day
 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 LIF Day
 Fri., May 29 Jackson’s Got Talent
 Wed., June 3..... District STEM Celebration, 5–8 p.m., Angel of the Winds Conference Center
 Thurs., June 4..... District Athletic Awards Night
 Fri., June 5..... Early Release
 Fri., June 5..... Senior Tea
 Fri., June 5..... Staff vs. Seniors Basketball Game
 Sat., June 6 Prom
 June 8 & 9..... Senior Finals
 Tues., June 9..... Jazz Band Summer Concert
 Wed., June 10 Senior Recognition Assembly / Seniors’ Last Day
 Wed., June 10 Senior Inspiration Night
 Fri., June 12 LIF Day
 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