

From: Bradford, Diane
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...*NewsLinks*

A Web-based newsletter for the staff of Everett Public Schools
Nov. 4, 2011 (*NewsLinks* articles are [archived on DocuShare](#))

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ELECTION DAY IS TUESDAY. Have you turned in your ballot?

THE TIME CHANGES THIS WEEKEND. Don't forget to turn your clocks **BACK** an hour before you go to bed on Saturday night.

HEALTH BENEFIT CHANGES AHEAD – don't wait to enroll

Health benefit open-enrollment period is Oct. 20 through Nov. 15 with [all changes effective Jan. 1, 2012.](#)

So far, only a third of the district's eligible employees have enrolled. Don't wait until the last minute.

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WELLNESS – November is ***American Diabetes Month***

Seventy-nine million people in the U.S. have prediabetes. People with prediabetes can prevent developing type 2 diabetes by changing their diets and increasing their level of physical activity. [Learn more.](#) Just 30 minutes a day of moderate physical activity, coupled with a 5-10 percent reduction in body weight, produces a 58 percent reduction in diabetes. Learn more about symptoms and tests for prediabetes and diabetes by taking this quiz, [first five people who complete the quiz](#) win a copy of the book ***Quick & Healthy Recipes and Ideas.***

Want more wellness tips, recipes and news? Read the monthly newsletter [Wellness Matters.](#)

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NEWS AROUND THE DISTRICT

11.04.2011 [English Language Learners \(ELL\) excelling in Everett Public Schools](#)
 11.04.2011 [Silver Lake Kiwanis give dictionaries to all district third-graders](#)
 11.04.2011 [Sister act leads Cascade swim team into districts](#)
 11.01.2011 [Everett Public Schools on 2011 *Advanced Placement Honor Roll*](#)
 10.27.2011 [More than 100 district paraeducators learn ways to de-escalate behavior instances](#)
 10.27.2011 [Everett's Bob Sotak presents to international science education group](#)
 10.27.2011 [Everett High marketing students get on-the-job training](#)
 10.24.2011 [H.M. Jackson High Jazz Band featured by National Public Radio](#)
 10.21.2011 [Seventh-grade entrepreneurs showcase business ideas](#)
 10.19.2011 [Garfield ES teacher "A Day Made Better" winner](#)
 10.19.2011 [Four schools are *Schools of Distinction* for five years of math and reading gains](#)
 10.18.2011 [Curious about "stomp?"](#)
 10.17.2011 [District named by American Heart Association as *Gold Level Fit-Friendly Company*](#)
 10.06.2011 [Whittier Elementary participates in International Walk to School Day](#)
 10.05.2011 [Everett Public Schools making it possible for all juniors to take FREE PSAT](#)
 09.29.2011 [Three keynote speakers featured at *High School and Beyond* family nights](#)

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OPPORTUNITIES FOR STAFF AND STUDENTS

1. Learn more about service academies on Wednesday, Nov. 9. ([Shoreline Conference Center, 18506 1st Ave., Shoreline](#)) Congressman Jay Inslee is holding a workshop for students and parents to learn more about what it takes to get a congressional nomination to one of the United States service academies. Students in grades 7 to 11 will have one-on-one conversations with representatives from the U.S. Military Academy at West Point, the U.S. Naval Academy at Annapolis, the U.S. Air Force Academy at Colorado Springs and the U.S. Merchant Marine Academy at Kings Point.

Space is limited! RSVP to Inslee.rsvp@mail.house.gov.

2. For every parent of a student athlete. Myths and realities of college recruiting, presented by recruitment guru Jack Renkens. Tuesday, Nov. 22 at 7 p.m. at Cascade High School – in the commons.
3. Military children invited to make White House decorations. First Lady Michelle Obama has asked children of military personnel to add finishing touches for White House decorations this holiday season. Children are asked to submit a 5" x 8" homemade holiday card with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible. The cards should be sent by Nov. 16 to Reservation 1, Attn: Social Office, P.O. Box 8070, Washington, D.C. 20032.
4. Do you have a student planning to attend college? Do you know that early college classes taken in high school can earn college credit and cost less than course credits in college? See for yourself by checking out the [online information](#) comparing the cost of early college credits compared to five Washington state colleges and universities. Also [at that link](#), you will find information about the transferability of early college credits and basic college-going vocabulary.
5. Hands-On Health Fairs at Providence Cymbaluk Medical Tower Nov. 12, Dec. 10 and Jan 7. Visit www.providence.org/everett for more information.

6. NASA invites students to name moon-bound spacecraft. Details were included in the Oct. 13 Principal Packet. Contest is open to all grades K-12 through Nov. 11. Online entry requirement varies from short paragraph to 500-word essay. [Details are online.](#)

KEY DATES – [important dates and celebrations](#) you won't want to miss planning for now!

POLICIES AND PROCEDURES – All policies and procedures are [available online.](#)

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Everett Public Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are: Affirmative Action Officer, Carol Stolz, 3715 Oakes Ave., Everett, WA 98201, 425-385-4106; Title IX Officer and 504 Coordinator, Randi Seaberg, 3715 Oakes Ave., Everett, WA 98201, 425-385-4104; ADA Coordinator, Kristine McDowell, 4730 Colby Ave, Everett, WA 98203 425-385-5250. (Email address for each is FirstInitialLastName@everettsd.org)

Diane Bradford
Communications Dept.
Everett Public Schools
425-385-4040