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To: [EPS.MailList](#)  
Subject: Feb. 7, 2013 NewsLinks for staff  
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# ...*NewsLinks*

## A Web-based newsletter for the staff of Everett Public Schools

Feb. 7, 2013 (*NewsLinks* articles are [archived on DocuShare](#))

### IN THIS ISSUE

- [Diane Lustyk](#) – her family is arranging memorial plans
- [District website](#) – new design coming next fall!
- [2012 W-2 form](#) – instructions and FAQs
- [Higher payroll taxes](#) – learn why
- [Flu season more severe than usual](#) – have you had your shot?
- [Wellness news](#) – Do you know about *45 for 45*?
- Reception for [National Board Certified Teachers](#) – Feb. 13
- [NWESD course catalog available online](#) – professional development opportunities
- [FAFSA matters!](#) – staff and parents of college-going age children, you need to know this
- [News around the district](#)
- Opportunities for staff and students
- Key dates and celebrations you won't want to miss
- Policy and procedure updates – always available [online](#).

[\(back to the top\)](#)

### DIANE LUSTYK – Memorial plans underway; details to come

Over the weekend, teacher Diane Lustyk passed away unexpectedly. Diane was a long-time member of the Whittier staff, although she and her talents were being shared this year with Jackson Elementary. Her family is dealing with the details of her loss and will let us know when memorial arrangements have been set.

### DISTRICT WEBSITE FEEDBACK

Redesigned district website coming this fall! Help with the redesign by sharing your thoughts in this brief online [survey](#) by **March 1, 2013**.

[\(back to the top\)](#)

### 2012 W-2 FORM, INSTRUCTIONS AND FAQs

The electronic version of the **2012 W-2 form and W-2 instructions** are available by accessing [Employee Online](#). Answers to [frequently asked questions](#) about the W-2 form.

## HIGHER PAYROLL TAXES

**Higher payroll taxes effective Jan. 1, 2013.** If you have been watching or reading the news, you may have seen information regarding the higher Social Security tax rate starting Jan. 1. All employees will notice that starting with your January 2013 paycheck your pay will be less than normal due to the 2 percent increase in the Social Security tax deduction. [More details online](#).

[\(back to the top\)](#)

## FLU SEASON MORE SEVERE THAN USUAL

The flu season in Snohomish County is proving to be [more severe than usual](#). Three adults in our county have died from flu complications in the past several weeks.

Washing your hands, covering your coughs, and staying home when you are sick are effective ways to reduce spreading and getting diseases. The best way to prevent illness is vaccination.

Getting a current flu shot is the best way to protect yourself and others. Everyone 6 months and older should get a shot every year, since the flu vaccine changes to match the most common illnesses.

### Where to get a flu shot:

- **Everett School District Employees who are on one of the district medical plans** (Group Health or Premera) should go to their medical center/provider. **Flu vaccines are a covered benefit under your plan.**
- **Everett School District Employees who are on a spouse's or partner's medical plan** should contact their insurance provider to verify that flu vaccines are a covered benefit and if so, go to their medical center/provider.

[\(back to the top\)](#)

## 45 MINUTES FOR 45 DAYS – not so hard, after all! Tips on making it “yours!”

Remember that it's **YOUR CHALLENGE** you can design your 45 minutes of accumulated activity every day in any way that provides a challenge for YOU.

One way is to include more movement throughout your day rather than one intense 45 minute session. Did you know that if you incorporate a 90-second burst of physical activity every 30 minutes during your day, that adds up to 20 minutes in 12 hours *and* combats sitting disease. Your 90-second bursts might be chair squats, balancing on one foot, stretching, marching in place, taking the stairs, a quick walk around your building. (One not-to-be-named staff person marches in place while her electric toothbrush does its thing –

getting healthy teeth and two more minutes of activity each day!)

If you enrolled in the Wellness Challenge after January 15 and missed the start date or did not hear about [45 for 45](#) you still have the opportunity to challenge yourself.

**The next [45 for 45](#) challenge begins the day after Valentine's Day. ([Click to register](#))** Burn off that chocolate; love yourself with 45 minutes of activity each day.

[\(back to the top\)](#)

## RECEPTION FOR NATIONAL BOARD CERTIFIED TEACHERS

You are invited to a reception for all new and current **National Board Certified Teachers** on Wednesday, Feb. 13 – social time from 3:30 to 4 p.m., program begins at 4 p.m. at the Longfellow Large Annex.

## NWESD COURSE CATALOG AVAILABLE ONLINE

The [NWESD course catalog](#) is ready to browse online. If you would like to have a hard copy of the [Education Connection](#), please send your name and mailing address to [publisher@nwesd.org](mailto:publisher@nwesd.org).

[\(back to the top\)](#)

## FAFSA MATTERS!

School counselors and success coordinators are pushing FAFSA! The Free Application for Federal Student Aid process helps connect students and families to financial help to pay for trade school or college. Whether or not you are a counselor, this information could help a young person you know. Research shows that filling out the FAFSA increases a student's likelihood of graduating and of attending post-high school education.

- YouTube videos at [www.youtube.com/federalstudentaid](http://www.youtube.com/federalstudentaid), the topics range from *Preparing for College* to *Repaying your Loans*. Currently there are two videos focused on the FAFSA: *How to Fill Out the FAFSA* and *FAFSA: Apply for Aid*. In the *Professional Resource* section, there are step-by-step instructions on how to embed our infographics and videos into your website.
- At [StudentAid.gov](http://StudentAid.gov) in the resource section, located at the bottom of the page, there are PDF hyperlinks to *Booklets and Brochures*, *Videos and Images*, *Web Pages and Tools*, and various *Fact Sheets*.

[\(back to the top\)](#)

## NEWS AROUND THE DISTRICT

02.06.2013 [North Middle School teacher shares teaching tips in regional newsletter](#)  
02.05.2013 [Free PSAT tests paying off for students and families](#)

02.05.2013 [Cascade High bowling team takes second place at state tournament](#)  
02.04.2013 [Community helping Forest View student get service dog](#)  
02.01.2013 [Community gives big hug to boy suffering from leukemia for the third time](#)  
02.01.2013 [Cascade High wrestling coach, son a winning combination](#)  
01.29.2013 [Totem poles representing academics, athletics and activities at CHS entrance](#)  
01.29.2013 [Cascade High bowling team rolls to state tournament](#)  
01.25.2013 [EHS drama club production draws accolades from community member](#)  
01.24.2013 [Everett High athletic teams earn WIAA award](#)  
01.24.2013 [FREE STEM family night at Future of Flight Aviation Center on Feb. 6](#)  
01.24.2013 [U.S. Navy premier concert band in FREE concert, Feb. 13](#)  
01.16.2013 [Everett High students recite at \*Poetry Out Loud\* competition](#)  
01.15.2013 [Washington Aerospace Scholars are \*going to Mars!\*](#)  
01.15.2013 [Food and nutrition department raises funds for charity](#)  
01.15.2013 [Jackson High School Holiday Food Drive filled pantries](#)  
01.15.2013 [Cascade students D.C.-bound again for inauguration](#)  
01.14.2013 [Overcoming obstacles, Enrique Gonzalez, senior](#)  
01.14.2013 [Everett High School wrestler Bryan Sanchez](#)

[\(back to the top\)](#)

## SEE CHS, EHS and JHS STUDENTS PERFORM WITH THE [NAVY, FEB. 13](#)

Be at the Civic Auditorium by 7 to get your seat for [FREE performance](#) of the Navy's top band – and cheer on the students who will play with this premier group:

### **CHS students**

Kelly Grounds - trombone  
Nick Bledsoe - euphonium  
Christy Rukstalis - trumpet  
Breanna Kelsey – clarinet

### **Everett High School**

Jeremy Blas -string bass  
Nikoline Larsen - bassoon  
Hannah Willard - alto clarinet  
Juan Carrillo – trombone

### **Jackson High School**

Nicole Moffat - percussion  
Clare Hao - clarinet  
Amy Chiu - alto sax  
Kristen Kane - tuba

[\(back to the top\)](#)

## OPPORTUNITIES FOR STUDENTS AND STAFF

1. [Over 700 Washington State Opportunity Scholarships available](#) for students interested in earning a first bachelor's degree in science, technology, engineering, math (STEM) or health care. [Application online until Feb. 18, 2013.](#)
2. Entries for the [Superintendent of Public Instruction's 40th Annual High School Art Show](#) for schools in the NWESD region are **due by 4:45 p.m. on Friday, Feb. 22, 2013.** Fourteen \$200 purchase awards will be given at the state level.
3. [Get fit, be safe AND help Boys and Girls Club](#) – Saturday, Feb 23. Self-defense and combat-style camp beginning at 8:30 is free, with donations accepted to support the Boys and Girls Club of Snohomish County.
4. [Cultural Exploration of Greater China \(CE\)](#) – opportunity for teachers to visit [Taiwan, China, and Hong Kong](#) this summer and learn about Chinese culture firsthand. Space is limited; **application deadline is Feb. 25, 2013.**
5. [Women Fly!](#) – The Museum of Flight's annual special event for young women in middle and high school who are interested in aviation and aerospace careers will be held **Friday, March 8.** Girls are invited to participate in a day of motivational and career-oriented activities while meeting and learning from exceptional women working in these fields. Volunteering their time are dozens of women aerospace professionals: airport operators, pilots, air traffic controllers, and engineers in all disciplines. For more information please email [education@museumofflight.org](mailto:education@museumofflight.org)

[\(back to the top\)](#)

## OPPORTUNITIES IN BRIEF

1. [Students of Color Career Conference](#) (SOCCC) "Dare to Dream" – **Thursday, March 28 from 8 a.m. to 1:30 p.m.** Everett Community College's (EvCC) 11th annual conference is geared towards middle and high school students of color in the Snohomish County area, but all Snohomish County middle and high school students are invited to participate. Last year, EvCC welcomed 1,400 students and anticipate more attending this year. There is no limit to the number of students you can bring. [Registration and scholarship applications](#) are due **Friday, March 1.**
2. [University of Washington Math Day 2013](#) – Save **March 25** for Math Day fun with your high school students. Online registration for this popular event will open **Jan. 15, 2013.** You'll receive more details on this event once registered.

**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](#).**

[\(back to the top\)](#)

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, Randi Seaberg, 3715 Oakes Ave., Everett, WA 98201, 425 385 4104; 504 Coordinator, Linda Tyrrell, 4730 Colby Ave, Everett, WA 98203, 425-385-4064; ADA Coordinator, Kristine McDowell, 4730 Colby Ave, Everett, WA 98203 425-385-5250. (Email address for each is [FirstInitialLastName@everettsd.org](mailto:FirstInitialLastName@everettsd.org))

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