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...NewsLinks

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

May 8, 2013 (*NewsLinks* articles are [archived on DocuShare](#))

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DON'T MISS CELEBRATING [CASCADE'S 50 YEARS](#), JUNE 1 at 2 p.m.

Festivities begin in the gym with music by the Cascade Wind Ensemble under the direction of Mark Staley. Laurie Cappello will direct the Cascade Symphonic Choir, and attendees will take part in a decade-by-decade roll call, starting with the *Beginning 60s* through the *Millennium* classes of the 21st century.

Scott Shafer's video production class will present a *History in Film. Life in Bruinville* is a comedic sketch by Cory Michaelis that will have everyone enjoying, laughing and loving the last 50 years. Staff will showcase the school's 50-year *Tradition of Excellence* in academics, arts, athletics and service and leadership.

How about a CHS anniversary t-shirt? For just \$15, you can show Bruin pride (and you don't even have to be a Bruin to do so!) Place your orders with [Jodi Galli](#) (425-385-6127) for unisex sizes of small, medium, large or extra-large.

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GET A JUMPSTART ON STUFF THE BUS, MAY 15

Each summer, the Everett Public Schools Foundation conducts a massive school

supply drive to fill backpacks for students needing that support to succeed in school. Last year, they gave more than 1,700 backpacks to our students.

Today, with the help of the Seattle Foundation's [GIVEBIG](#) event, our own school district foundation has a chance to get a jumpstart on funds to help buy supplies for student backpacks.

Mark your calendar for next Wednesday and then GIVEBIG by clicking on the [Seattle Foundation's website](#) to give this local nonprofit a jumpstart.

WARM WEATHER CAN MEAN MORE CAR PROWLING – Be safe, and share with your students

Snohomish County is home to more than 10,000 acres of park land, 105 parks, and hundreds of miles of walking, hiking, and biking trails. With the arrival of warmer spring weather, the Snohomish County Sheriff's Office and Parks Department are seeing an increase in reported car prowls and thefts from vehicles parked at trailheads and parks. Both urban and rural parks and trails are being hit. "The public can help us by being our eyes and ears," said Lt. Kathi Lang. "If you see someone acting suspicious – peering into parked cars or who doesn't appear to be there to use the park or trail – please call 911."

Here are some safety tips if you are planning to leave your car unattended at a trail head:

1. ALWAYS lock your car, roll up the windows and take your keys with you.
2. Do not leave any valuables in your car.
3. If you must leave items in your car make sure everything, regardless of value, is locked in your trunk or glove box and not visible.
4. Stop and take note of your surroundings before leaving your parked vehicle. If you notice anything suspicious, call 911.

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MAY IS NATIONAL FITNESS MONTH – Are you fit?

Most adults need at least 30 minutes of moderate physical activity at least five days per week and yet the Center for Disease Control states that less than 50 percent of us get the recommended amount of exercise.

Your challenge: There are 1,440 minutes in every day. Schedule 30 of them for physical activity this month (and beyond!). Need inspiration? Watch this VERY short but engaging and informative video. Read [23 and ½ Hours by Dr. Mike Evans](#) or visit [American Council on Exercise](#) for tools, tips, resources, videos, and so much more to get you moving!

Or if a *Scared Straight* approach is the best motivator for you, [calculate how many hours](#) a day you really do sit. It might make you jump up and run around the room a bit.

WE'RE PROUD REMINDER – tell the world about your educational milestones

Everett Public Schools will salute staff and their family members celebrating educational milestones this year. *We're Proud* will be published in the last issue of NewsLinks in June. To recognize someone, please complete the [brief survey](#) by

May 31.

ANNUAL PUBLICATIONS SURVEY – your chance to comment on district communications

Just [9 quick questions](#) to let us know what you want to hear about and how you'd like to hear it. Your answers help us improve our communication strategies - how we get information to you. The survey will be **open until Friday, June 21**. Thank you for your time and your thoughts.

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NEWS AROUND THE DISTRICT

- 05.08.2013 [Everett High School student breaks pole vault school record](#)
- 05.08.2013 [H.M. Jackson High School jazz band featured on KPLU School of Jazz CD](#)
- 05.08.2013 [Everett High School band students win Esprit de Corps award](#)
- 05.08.2013 [Everett Public Schools website gets kudos from Colorado](#)
- 05.08.2013 [PTA Awards - Whittier Elementary School](#)
- 05.08.2013 [PTA Awards - North Middle School](#)
- 05.08.2013 [PTA Awards - H.M. Jackson High School](#)
- 05.07.2013 [H.M. Jackson High School FCCLA winners](#)
- 05.07.2013 [Emerson students plan to beat world record](#)
- 05.06.2013 [More than 300 screened at Cascade High School in the Nick of Time](#)
- 05.03.2013 [Cascade High School kudos to staff and students](#)
- 05.01.2013 [Cascade High School students win national video awards](#)
- 05.01.2013 [Project You CAN Stay 8th-grader wins Violet Richardson Award](#)
- 05.01.2013 [PTA Reflections award winners](#)
- 04.30.2013 [Washington Achievement Awards](#)
- 04.30.2013 [Nick of Time at Cascade High School](#)
- 04.30.2013 [H.M. Jackson High School students and staff support Boston Marathon victims](#)
- 04.30.2013 [Science teacher at Cascade High School, Jack McLeod, published](#)
- 04.30.2013 [Christina McKnight - Cascade High School student wins Scholastic National Art award](#)
- 04.16.2013 [Kyle Cornett - Jackson High School wins *Dolan Invite*](#)
- 04.15.2013 [Mindy Gunn - Everett High School *Super Kid*](#)
- 04.13.2013 [Kaleb Dobson - Cascade High School track & field athlete sets record](#)
- 04.10.2013 [Cascade and H.M. Jackson high students win awards in Robotics and TSA](#)
- 04.10.2013 [Eisenhower Middle School students and Panera Bread help feed the hungry](#)
- 04.05.2013 [Betty Cobbs, Woodside principal, earns state science award](#)
- 04.05.2013 [Silver Lake students plant for the future](#)
- 04.05.2013 [H.M. Jackson High student earns journalism honors](#)

- 04.05.2013 [H.M. Jackson High Mock Trial team does well at state](#)
04.05.2013 [H.M. Jackson High's Jason Todd is Gatorade Player of the Year](#)
04.05.2013 [Cascade High's Roberta Hasstedt named Advisor of the Year](#)
04.05.2013 [700 teachers learn together on March 22 LIF day](#)
04.05.2013 [Cascade and Jackson students win awards in photography contest](#)
04.04.2013 [Lydia Hawkins wins essay contest](#)
04.04.2013 [Forty-five Everett students honored in library contest](#)

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OPPORTUNITIES FOR STUDENTS AND STAFF

1. Student discount at music events in Everett

Students age 18 and younger can see Everett Civic Music Association's entire 2013-14 concert season for \$20. Visit www.everettcivicmusic.com for the season schedule and for membership cards, or call 425-303-0790.

2. Art contest for K-5 students – deadline is May 24

Contest commemorates National County Government Month. All entries are to be submitted on official “form” which was included in the Principal Packet materials of the week of May 6.

3. Looking for clock hours and classes to build your professional practice? The Northwest ESD's list of classes available is [online](#).

OPPORTUNITIES IN BRIEF

1. Attention art teachers, grades K-8!

Bring museum artifacts into your classroom with [Outreach Suitcases](#). Three new suitcases are now available from the Ann P. Wyckoff Teacher Resource Center at Seattle Art Museum. Suitcases may be reserved for up to 12 days. Contact Nancy Bell at 425-259-5050 x23 to reserve a suitcase.

Sign up for May field trips to the Schack. Field trip time slots and registration information is also [available online](#).

2. [Open House at Edmonds Community College](#) – May 14, 6 to 8 p.m. at Woodway Hall 202.

3. Take a walk on Thurs., May 23 from 3 to 5 p.m. during **North Middle School's Walkathon**. Save the date on your calendar now and watch for more details about how to register and the prizes you could win. Questions? Contact [Christina Church](#).

4. **Plan in advance for September 1 student video contest deadline.** The 4th annual [Livable Snohomish Co. Summit](#) is holding a video contest for students. The focus of the forum is "Building Livable Communities." Winner will earn a cash prize. Contact [Kristin Kelly](#) for more information.

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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](#).

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*)

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Our students will lead and shape the future.