

From: Matthews, Catherine
Sent: Wednesday, December 02, 2009 7:17 PM
Subject: EHS Community Update

Attachments: Winter Sport Sched 09-10.pdf; Assembly Schedule 12-4.pdf; Seattle WA Service Academy Night _2009_ _2_.pdf; CEFLYER Jan 10 EHS.pdf

EHS Community

Somehow this week just got away from me. I apologize for sending this update out so late in the week. It is hard to believe December is already here. December is a short month for school and the end of the semester is fast approaching on January 29th. There are quite a few things going on. This Friday, we will be having our winter sports assembly. Please email me if you would like to attend. It will save you a trip to the A building! The schedule is attached. The assembly is in the gym.

Speaking of the A building... it is turning 100 years old on January 30th. The staff, students and community members have been planning a big celebration for months. On January 30th, we will be having a 100 Year Celebration in the A building. We are reserving classrooms for each decade so that our alumni will have a place to meet and visit. We will also be having music, refreshments, and pictures. There will be an historical presentation by Larry O'Donnell in the newly renovated Little Theater. We will even have some old yearbooks on sale. We will also be kicking off the paver project. You will have a chance to purchase commemorative pavers which will be placed on campus. Mark your calendar and call all of those people you knew in high school who you have been meaning to call! It is going to be a fun day. I will send more information out soon.

Winter sports have begun in earnest. I have attached the winter sports schedules to this email. Please do watch the website for any changes. Generally winter sports schedules are very firm with the exception of inclement weather (<http://cms.everett.k12.wa.us/everett/Emergency%20Closure>).

Finally, on Monday night, December 7th, the District will be hosting the annual Financial Aid Night at Cascade High School. I highly recommend that you attend if you have a senior this year. A key presentation each year is about the federal financial aid forms or the FAFSA (Free Application for Federal Student Aid). This is truly important information. You can preview it at <http://www.fafsa.ed.gov/faq001.htm> .

If am sure that parents of younger students are welcome. I think that it is never too early to start learning about financial aid sources.

Stay warm!
 Catherine

What you will find in this issue:

- [District Financial Aid Night](#)
- [Students of Color Career Conference](#)
- [United States Service Academies Information Night in the Seattle Area](#)
- [GET Ready for Math and Science Conditional Scholarship](#)
- [Selecting Colleges: Reach, Match and Safety Schools](#)
- [Parent Resource From Sallie Mae](#)



Everett High School

"School of Champions"

2416 Colby Avenue
Everett, WA 98201
Ph: 425-385-4400
FAX: 425-385-4402

Boys Basketball Schedule 09-10

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time (F, JV, V)</u>
Tue	12/01/09	@ Shorecrest	3:45, 5:40, 7:30
Thu	12/03/09	v Edmonds Woodway	5:30, 5:40, 7:30
Tue	12/08/09	v Stanwood	3:45, 5:40, 7:30
Fri	12/11/09	@ Monroe	3:45, 5:40, 7:30
Tue	12/15/09	v MPHS	3:45, 5:40, 7:30
Thu	12/17/09	v Oak Harbor	5:40, 5:40, 7:30
Fri	12/18/09	vs. Cascade – JV/Var only	4:45 JV/6:30 Var
		Frosh @ Cascade	Frosh 3:45 @ Cas.
Wed	12/30/09	@ Shorewood	3:45, 5:40, 7:30
Sat	01/02/10	@ Sultan	3:30, 5:15, 7:00
Tue	01/05/10	@ Snohomish	3:45, 5:40, 7:30
Tue	01/12/10	@ Arlington	5:40, 5:40, 7:30
Thu	01/14/10	v Lake Stevens	3:45, 5:40, 7:30
Fri	01/15/10	@ Stanwood	3:45, 5:40, 7:30
Tue	01/19/10	vs. Monroe	3:45, 5:40, 7:30
Fri	01/22/10	@ MPHS	3:45, 5:40, 7:30
Tue	01/26/10	@ Oak Harbor	5:40, 5:40, 7:30
Fri	01/29/10	@ Cascade – JV/Var Only	3:00 JV/8:15 Var
		Frosh home vs. Cascade	Frosh 3:45 home
			*7:45 Hall of Fame Ceremony
Tue	02/02/10	v Snohomish	3:45, 5:40, 7:30
Tue	02/09/10	vs. Arlington	3:45, 5:40, 7:30
Thu	02/11/10	@ Lake Stevens	5:40, 5:40, 7:30
Tue	02/16/10	3A Wesco #5 @ #4	7:30
Thu	02/18/10	3A Wesco #4/5 vs. #3 & #2 vs. #1	6:00pm and 8:00pm
Tue	02/23/10	3A Dist Tourn Games 1-4	7:30
Thu	02/25/10	3A Dist Tourn Games 5-6 @ TBD	6:00/8:00
Fri	02/26/10	3A Dist Tourn Games 7-8 @ TBD	6:00/8:00
Mon	03/01/10	3A Dist Tourn Games 9-10 @TBD	6:00/8:00
Wed	03/03/10	3A Dist Tourn Game 11-12 @ TBD	6:00/8:00
Sat	03/06/10	3A Dist Tourn game 13 @ TBD	6:00
Wed-Fri	03/10/10	3A State Tourn at Tacoma Dome (Mar 10 th thru 13 th)	TBA

9th Grade -- Start time 3:45
(Unless noted)

J.V. -- Start Time 5:40

Coach: Aaron Nations

Revised: 11/25/2009



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Girls Basketball Schedule 09-10

<u>DAY</u>	<u>Date</u>	<u>Opponent</u>	<u>Time (F, JV, V)</u>
Sat			
Tue	12/01/09	v Shorecrest	3:45, 5:40, 7:30
Thu	12/03/09	@ Edmonds Woodway	5:30, 5:40, 7:30
Wed	12/09/09	@ Stanwood	5:40, 5:40, 7:30
Fri	12/11/09	v Monroe	3:45, 5:40, 7:30
Mon	12/14/09	@ MPHS	3:45, 5:40, 7:30
Wed	12/16/09	@ Oak Harbor	5:40, 5:40, 7:30
Fri	12/18/09	v Cascade – JV & Var Only	3:00 JV/7:45 Var
		Frosh @ Cascade	Frosh 5:30 @ Cas
Wed	12/30/09	@ MT	1:00, 1:00, 3:00
Sat	01/02/10	v Mariner	3:45, 5:40, 7:30
Tue	01/05/10	v Snohomish	3:45, 5:40, 7:30
Mon	01/11/10	v Arlington	3:45, 5:40, 7:30
Wed	01/13/10	@ Lake Stevens	5:40, 5:40, 7:30
Fri	01/15/10	v Stanwood	3:45, 5:40, 7:30
Wed	01/20/10	@ Monroe	5:40, 5:40, 7:30
Fri	01/22/10	v MPHS	3:45, 5:40, 7:30
Wed	01/27/10	v Oak Harbor	5:40, 5:40, 7:30
Fri	01/29/10	@ Cascade – JV & Var Only	4:45 JV/6:30 Var
		Frosh home vs. Cas	Frosh 5:30 home
Wed	02/03/10	@ Snohomish	5:40, 5:40, 7:30
Mon	02/08/10	@ Arlington	5:40, 5:40, 7:30
Wed	02/10/10	vs. Lake Stevens	3:45, 5:40, 7:30
Wed	02/17/10	3A #5 @ #4	7:30
Fri	02/19/10	3A Wesco #4/5 winner vs. #3 & #2 vs #1	6:00pm & 8:00pm
Wed	02/24/10	3A Dist Tourn Games 1-4	7:30
Sat	02/27/10	3A Dist Tourn Games 5-8 @ TBD	12/2/6/8pm
Tue	03/02/10	3A Dist Tourn Games 9-10 @ TBD	6:00/8:00
Thu	03/04/10	3A Dist Tourn Games 11-12 @ TBD	6:00/8:00
Sat	03/06/10	3A Dist Tourn Game 13 @ TBD	8:00
Wed-Sat	03/10-03/13	3A State Tourn at Tacoma Dome	TBD

9th Grade – Start time 3:45(Unless Noted)J.V. -- Start time 5:40

Coach: John Low

Revised: 11/25/2009



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Boy's Swimming Schedule 09-10

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Thu	12/03/09	@ Lynden – Lynden YMCA	2:30
Mon	12/07/09	@ MD/Lynnwood at Lynnwood Pool	2:45
Fri	12/11/09	@ Kamiak Kamiak Pool	3:30
Tue	12/15/09	v Stanwood Forest Park Pool	2:30
Wed	12/16/09	@ Mt. Vernon - YMCA	2:30
Wed	01/06/10	@ Oak Harbor at Vanderzicht Pool	6:00
Sat	01/09/10	District One Diving MPHS	10:00am
Mon	01/11/10	@ Cascade – Forest Park Pool	2:30
Thu	01/14/10	v Lake Stevens Forest Park Pool	2:30
Sat	01/16/10	District One Diving @ Kamiak	10:00
Thu	01/21/10	@ MPHS – MP Pool	2:45
Sat	01/23/10	District One Diving @ MPHS	10:00
Tue	01/26/10	vs. Anacortes Forest Park Pool	2:30
Thu	01/28/10	v Snohomish/GP Forest Park Pool	2:30
Thu	02/04/10	JV Champs @ MPHS	2:45
Fri/Sat	02/12, 02/13	3A Dist Swim/Dive @ Fidalgo Pool - Anacortes	TBA
Fri/Sat	02/19, 02/20	3A State Swim/Dive @ King County Aquatics Ctr, Federal Way	TBA

Coach: Paul Bolme Asst. Coach: Jane Johnson



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Wrestling Schedule 09-10

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Fri	12/04/09	Double Dual vs. Shorewood/Shorecrest at Cascade	5:45/7:00
Sat	12/05/09	White River Classic Tourny-Var Marine JV Tournament - JV	10:00am
Thu	12/10/09	v Glacier Peak HS	5:45/7:00
Fri/Sat	12/11 & 12/12/09	Battle at the Border in Blaine	10:00am
Sat	12/12/09	Snohomish JV Tournament	10:00am
Tue	12/15/09	@ Marysville Pilchuck HS	5:45/7:00
Thu	12/17/09	@ Oak Harbor	5:45/7:00
Sat	12/19/09	Everett Gold Medal	9:30am
Mon	12/28/09	Rock Island Tourny @ Vashon Is HS	
Sat	01/02/10	Arlington JV Tournament	10:00am
Wed	01/06/10	v Snohomish	5:45/7:00
Sat	01/09/10	Everett Classic	9:30am
Tue	01/12/10	Vs. Arlington	5:45/7:00
Thu	01/14/10	@ Stanwood	5:45/7:00
Tue	01/19/10	@ Monroe	5:45/7:00
Thu	01/21/10	v Lake Stevens	5:45/7:00
Sat	01/23/10	Edmonds "C" Tournament @ MLT	10:00am
Thu	01/28/10	v Cascade	5:45/7:00
Fri/Sat	2/05/10 & 02/06/10	3A Schools to Sub Regional @ Everett High	4:00 Fri/10am Sat
Sat	02/13/10	3A Regional at TBD	TBD
Fri/Sat	02/19/10 & 02/20/10	3A Mat Classic – Tacoma Dome	TBD

J.V. -- Start time 5:45



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Girls Bowling Schedule 09/10

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Monday	12/07/09	Jackson vs. Everett @ Glacier Lanes	3:30
Wednesday	12/09/09	Anacortes vs. Everett @ San Juan Lanes	3:30
Monday	12/14/09	Everett vs. Cascade @ Majestic Lanes	3:00
Friday	12/18/09	Everett vs. Jackson @ Evergreen Lanes	3:30
Monday	01/04/10	Everett vs. Anacortes @ Majestic Lanes	3:00
Friday	01/08/10	Cascade vs. Everett @ Evergreen Lanes	3:30
Tuesday	01/12/10	Jackson vs. Everett @ Majestic Lanes	3:00
Thursday	01/14/10	Anacortes vs. Everett @ San Juan Lanes	3:30
Monday	01/18/10	Cascade vs. Everett @ Glacier Lanes	3:30

Coaches: Kyle Peacocke and Frank Bower



SERVICE ACADEMY INFORMATION NIGHT

United States Naval Academy, Annapolis, MD
 United States Coast Guard Academy, New London, CT
 United States Military Academy, West Point, NY
 United States Air Force Academy, Colorado Springs, CO
 United States Merchant Marine Academy, Kings Point, NY

Special Event for Students, Parents & Educators

Tuesday, December 29, 2009

6:30 p.m. to 9:00 p.m.

U.S. Coast Guard Support Center Gym
 Pier 36, 1519 Alaskan Way South (west of Safeco Field)
 Seattle, Washington



Learn how to qualify for an appointment to the prestigious Service Academies and earn a Bachelor of Science degree and a commission as an officer in the Navy, Coast Guard, Army, Marines, Air Force
(Scholarship Value: over \$350,000!)



Speak with Cadets, Midshipmen and Admissions Representatives from all 5 academies.



Hear about nomination procedures.



Meet Reserve Officer Training Corps (ROTC) representatives & students. Learn about this \$205,000 scholarship program accepted by over 900 universities nationwide.

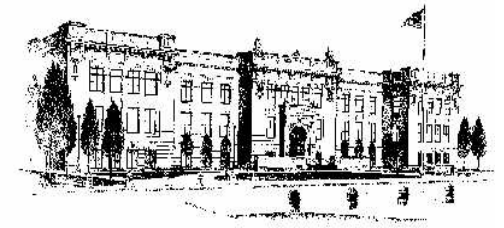
The best opportunity to compare 4 year officer commissioning scholarship programs!

U. S. Air Force Academy: Major Steve Eiken, USAFR 425-369-2340, eikensj@comcast.net
 U. S. Naval Academy (Annapolis): Commander Katie Thurman, USN (Ret) (206) 484-1110, k.thurman@comcast.net
 U. S. Coast Guard Academy: Wally Younger (206) 232-5046, wyounger@aol.com
 U. S. Military Academy (West Point): Joe Brillante (425) 785-1827, joseph.brillante@west-point.org
 U. S. Merchant Marine Academy (King's Point): Andy Anderson, (425) 640-2737, chiefbear@aol.com
 NROTC Coordinator: MMCS (SW) Trey Abbott, USN; (360) 628-1150, 1-800-832-0258 X4185 trey.abbott@navy.mil
 www.usafa.af.mil; www.usna.edu; www.cga.edu; www.usma.edu; www.usmma.edu; www.nrotc.navy.mil

* All attendees must show a government-issued photo ID (eg., driver's license) to enter the Coast Guard Station

Everett High School

School of Champions



Culminating Exhibition Presentations

Session 1

January 13, 2010

2:10pm - 4:30pm

Session 2

January 14, 2010

2:10pm - 4:30pm

Everett Public Schools

Everett High School

2416 Colby Avenue

Everett WA 98201

School of Champions

**Culminating Exhibitions:
Everett High School needs
your assistance in...**

BEING A PANELIST:

The Everett School District adopted a Culminating Exhibition (CE) as a requirement for graduation. As a sign of readiness to graduate, seniors are asked to present to a panel the highlights of their work, insights about themselves, and an understanding of how their abilities will impact future plans. These presentations are fifteen to twenty minutes in length, followed by a question and answer period. Each panel will include at least one teacher who will guide community panelists on scoring procedures. Everett High School will have several presentation opportunities for students throughout the school year and we respectfully ask for community volunteers to sit on each panel.

We are excited to invite the community to help evaluate our students' hard work. We will begin with a panelist training session. We have a new rubric this year, so it's important everyone attends training. Time will then be given for panelists to review student work before seeing the presentations. Panelists provide input to help the teacher determine if the student meets standard. To end the event, panelists, staff, and students gather in our library to celebrate.

SPREAD THE WORD:

If you know of any groups, Organizations, or clubs that would like to volunteer their time to serve on a CE panel, we would be more than happy to give a presentation to that organization explaining the CE process and the new graduation requirements. Please have them contact:
Jodie Sievers
Everett High School
425-385-4426

The following date has been set for the 1st semester presentations.

Session 1

January 13, 2010
2:10pm - 4:30pm
Check In 2:00

Session 2

January 14, 2010
2:10 - 4:30pm
Check In 2:00

If you are interested in volunteering as a panelist, please call Jodie Sievers at 425-385-4426 or e-mail: jsievers@everettsd.org

Please let me know your name, phone number, e-mail address, and if you are interested in Session 1 on January 13th, 2:10-4:30pm or Session 2 on January 14, 2:10-4:30pm.

Relatives of current seniors will not be able to serve on panels with their students, but may choose to mentor other students or help with the celebration.

AM Assembly Schedule

1 7:30 – 8:15

Assembly 8:21 — 8:59

2 8:59 – 9:44

3 9:50 – 10:35

4 **Lunch**

1st Lunch	10:35 – 11:12
4th Period	11:18 – 12:08
4th Period	10:41 – 11:31
2nd Lunch	11:31 – 12:08

5 12:14 – 1:04

6 1:10 – 2:00

Lunch is determined by 4th period

District Financial Aid Night

Cascade High School Cafeteria

Monday, December 7, 2009, 7:00-8:00pm

<http://www.everett.k12.wa.us/cascade/>

Come for answers to these and other questions:

-In light of the current financial crises, who qualifies for financial aid, and what types of aid are available?

-What is the FAFSA (the paperwork required for all colleges), and how do I fill it out?

-What are the deadlines to receive financial aid for the 2010-2011 school year?

-Where do scholarships fit into financial aid, and how do I apply for them?

Directions to Cascade High School:

<http://www.everett.k12.wa.us/CMS/cmsSites/cmsUserFiles/cascade/files/map/map.html>

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"DARE TO DREAM" Students of Color Career Conference

Friday, January 15, 2010

8:30 a.m. - 1:30 p.m.

The mission of the conference is to educate and inform middle and high school students of color about various career options, and to encourage students to think big, to dream big, to believe that success through education is possible, and to believe it is well within reach. Seniors if you turn in a scholarship application, remember that you must be present to win. Scholarship is due December 11th.

More Information and scholarship application for seniors:

<https://www.everettcc.edu/resources/diversity/soccc/index.cfm?id=10898>

Field trip forms can be picked up in the Everett High Career Center – A107. They are due back to Mrs. Elder by January 4th.

Parents if you have current volunteer paperwork in and would like to chaperone, we would love to have 2 – 3 of you volunteer. Call Barbara Elder, 425-385-4436 to volunteer.

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United States Service Academies Information Night:

- United States Naval Academy, Annapolis, MD
- United States Coast Guard Academy, New London, CT
- United States Military Academy, West Point, NY
- United States Air Force Academy, Colorado Springs, CO
- United States Merchant Marine Academy, Kings Point, NY

Special Event for Students, Parents & Educators

Tuesday, December 29, 2009

6:30 p.m. to 9:00 p.m.

See attached flyer

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GET Ready for Math and Science Conditional Scholarship

<http://www.hecb.wa.gov/paying/waaidprgm/GETREADYformathscience.asp>

Beginning with the class of 2010, low- and middle-income high school students with top math and science test scores may be eligible for the GET Ready for Math and Science Conditional Scholarship. This is a four-year scholarship equal to the cost of tuition at the University of Washington.

Eligibility

To be eligible, you must meet the following criteria:

- **Score a 4 on the math or science section of the high school WASL - or score above the 95th percentile on the math section of the SAT or ACT.**
- **Level 4 Math score = 434**
- **Level 4 Science score = 458**
- Have a family income at or below 125% of the state median family income at the time of application. *(Example: A family of four earning \$97,095 or less, would be eligible to apply in fall 2009.)*
- Be a Washington state resident.
- Agree to earn a bachelor's degree in a qualified math or science program at an eligible Washington college or university. [Examples of educational programs.](#)
- Agree to work full-time in a math or science occupation in Washington for at least three years after college graduation. [Examples of occupations.](#)

Award

You can use your scholarship at any eligible public or private two-year or four-year college or university in Washington. The scholarship award cannot exceed resident undergraduate tuition and required state fees at the University of Washington.

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Selecting Colleges: Reach, Match and Safety Schools

Junior year is the right time to begin researching schools of potential interest and to compile an initial list. Given today's competitive admissions climate, experts suggest 6 to 16 "right fit" colleges (25% - reach, 50% - match, 25% - safety) based on your academic achievements and other factors.

Reach -Match -Safety

Selecting colleges and universities that appeal to you in all three categories is a sound combination strategy to manage your risk and maintain your upside. **Reach** schools are usually your top choice colleges, and those most difficult to get into. **Match** (or target) schools are those where you have a reasonable (typically better than 50-50) chance for admission. **Safety** schools are those where you typically are somewhat overqualified, where you will almost certainly gain admission.

The rest of the article: <http://www.inlikeme.com/selecting-colleges-reach-match-and-safety-schools.html>

Barbara Elder
Everett High School
Career Specialist
425-385-4436

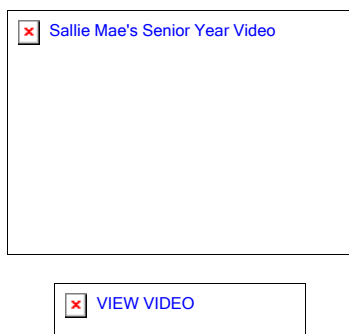
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Parent Resource From Sallie Mae:

The high school senior year can be exciting and overwhelming for students and their parents, especially when they are preparing for college. Share our new [video](#) with your college-bound audience. It describes the following five simple steps to help them plan for senior year:

1. Choose the right school.
2. Figure out the cost.
3. Find free money.
4. Apply for financial aid.
5. Create a payment plan.

Sallie Mae, the nation's leading provider of saving, planning, and paying for education programs, can help take the guesswork out of this year ... and provide the necessary information.



We hope this [video](#) takes your college-bound students a step closer to making their college dream a reality.

<http://www.salliemae-msgworx.com/Public/Default.aspx?ModuleId=0d0c5cf3-6988-a8c6-9621-a402d01398ab&UID=3581032415>

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Everett, WA 98201

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