



# Cedarcrest High School

*Home of the Red Wolves!*

Volume 23 Issue 1

## September Newsletter

Welcome Back! We are happy to be back in school with all of those smiling faces! Okay, maybe they are not all smiling, but enough are smiling that it makes me happy.

As I told our student body last Friday at our first assembly, they are officially members of the largest student body in Cedarcrest history with just over 1,000 students. Believe it or not, we still are working out the final numbers as some students are still registering. The influx is primarily due to new families moving to the area which is very exciting for Carnation and Duvall, as well as for the Riverview School District.

So as I was preparing for this newsletter, I was trying to decide what I could tell new families to the area that are joining the Cedarcrest family. On Monday September 5th, Labor Day, I got my answer. I was driving down 150th Street from school, finishing up some last minute details, when I was greeted by a group of CHS students who gave up their last day of freedom prior to the start of the new year to help paint "wolf paws" along 150th Street to the campus. They wanted to make sure they had them done in time to "welcome back" all of our CHS students on their first day. This project was originally the design of some wonderful PTA members that painted them several years ago. Over the course of the past few years they have worn down and were virtually undiscernible. Step in Logan Seamons, a sophomore at CHS who wanted to renew the path to CHS with some fresh paint and hard work. Logan organized the project and got it done with the help of many other students (and some adults, thanks mom and dad).

I like to think that simple acts such as this, are what CHS is all about. It is about a community of

## Important Phone Numbers

Main Office  
(425) 844 - 4800

Attendance Office  
(425) 844 - 4806

Counseling Office  
(425) 844 - 4807

Office Hours  
6:30am - 3:00pm

## In this Issue

[Counseling Center](#)

[Clubs](#)

[Parking](#)

[Career Center](#)

[DECA/Marketing](#)

[FFA](#)

[PTSA](#)

[Nurse's Notes](#)

[Seniors - Class of 2017](#)

[Important Updates](#)

[Choir Department](#)

## Quick Links

[2016-2017 Calendar](#)

[Bell Schedule](#)

[Cedarcrest Website](#)

[Cedarcrest Monthly Calendar](#)

[Riverview School District](#)

students making all students feel at home and part of the community. Special thanks to Logan and his family of helpers, it turned out grrreat!

Lastly, I wanted to share with parents some great information I gleaned from a conference session I attended this summer. The session was on brain research and students, but what I thought was fascinating, and what heightened my interest enough to get me reading more brain research, was the information on electronic devices and the brain. The primary fact I want to get across in this newsletter is the research talks about how critical sleep is to our bodies regeneration, which is imperative for a student to prepare to learn each day. Here are three of the ways that technology impacts sleep:

- 1.The light from the devices suppresses melatonin, a sleep-inducing hormone.
- 2.The devices are mentally and physically stimulating (not good when you are trying to sleep).
- 3.When we use our devices in bed, we create a learned association as the bed being a place of study or work or socializing - not a place for sleeping.

The information recommended that students stop looking at any screen at least an hour before they plan to turn in. Please do your student a favor, although they may not believe you are doing them a favor, and monitor their use of electronic devices prior to their bedtime. Having raised three kids of my own, I know this is not an easy task and wish you the best!

Let's all have a great school year!

Ray LaBate  
Principal

---

We are excited to welcome the newest member of our staff!

Staff	Position
Kari Schuh	Career and Technology Education Director
Stuart Grayson	Social Studies
Angela Stone	Career and Technology

[Family Access](#) - Check your Student's Grades

### Important Reminder

Please remember all parents and visitors must sign in at the main office when visiting the campus. We will be issuing a temporary visitor badge while in the building. Thank you for helping keep our school safe and secure.

Numbered parking spaces are reserved from 6:30am to 2:00pm on school days. Violators will be ticketed and/or towed. Guests, please park in the visitor parking lot located in the west parking lot.

### Payments Accepted

Before school 6:50-7:15am,  
Break, Lunch & after school  
2:00-3:00 pm. See Tracy in the Main Office or payment can be made online at:  
[e-funds for School](#)

Did you know that e-funds has a mobile app?  
For more information  
[Mobile App for e-Funds](#)

**Refund Policy for Student Fees:** Refunds for class fees must be requested by mid-term of the semester in which the class was originally scheduled. After mid-term, no refunds will be issued. Sports participation fee refunds must be requested within the sport season that was paid for. Payments may be refunded or you can have your fee applied to a later season within the same school year if applicable. No refunds will be made from a prior year's payment. Sport participation refunds will only be issued prior to the first regular season competition. No refunds will be issued for students who become ineligible due to grades or Code of Conduct violations.

*Fall is fast approaching.  
Stay warm and cozy  
all the time  
and show school spirit.*

*Cedarcrest Stadium Blankets  
for sale - \$50  
Proceeds to benefit the  
Track & Field team*

*Cedarcrest "Soccer style"  
scarves  
for sale - \$20  
Proceeds to benefit the  
Cross Country team*

*Contact Bruce McDowell*

	Education
Leigh-Ann Gutmann	School Nurse
Cindy Wynakos	Educational Assistant

425-844-4832

[mcowellb@riverview.wednet.edu](mailto:mcowellb@riverview.wednet.edu)

## Athletics

Be sure to check out the

[Cascade Athletics](#)

website where you can find everything for Cedarcrest High School Athletics! Here you can see the daily schedule, Cedarcrest contacts, news, directions to our playing facilities, photos, standings and more. Be sure to click the orange Subscribe button to your left and subscribe to the Cedarcrest sports teams you wish to get schedule updates for and follow them on their official Twitter page:

**@CHSRedWolves.** Instant schedule change alerts will be sent to subscribers and on Twitter. Go Red Wolves!

## Counseling Center

The **PSAT** will be offered on **Saturday, October 15th** at the ESC from 8:00 AM - Noon. Students can start paying Tracy at the Main Office beginning Monday, October 3rd through Thursday, October 13th (Payment will be accepted until 2:00PM on October 13th). Cost is \$20.00. Registration will be on a first come first serve basis. Students must present a current Student ID and Social Security Number on the morning of the testing. More information will be given to interested students during a PSAT workshop during an Advisory - September 28th. Juniors interested in qualifying for the National Merit Scholarship must take the PSAT this year.

## Senior Conferences

Counselors will be meeting individually with seniors in September and October to review post-high school plans.

## Senior Informational Night and Financial Aid Night Wednesday, October 5th 6:00PM - 8:00 PM at the ESC

Seniors and their parents are encouraged to attend this informational workshop covering important dates, deadlines, the application process, and scholarship information. This is a great opportunity to get an overview of the college application process and get your question answered!

We are pleased to have the Assistant Director of Financial Aid and Scholarships for the University of Washington (Bothell Campus) presenting as well available for answers. She will also review the many types of aid available for a student and/or their parents.

## Freshman Conferences

Freshman conferences will begin 1st semester. In these conferences, the student and parents meet with their student's counselor to develop a High School and Beyond Plan to map out course progression in high school. These meetings will be running through March. Letters are mailed home four weeks prior to the scheduled meeting between the counselors, student and parent. If the parent is unable to attend the scheduled appointment the

## GSA Club

The Cedarcrest GSA Club in conjunction with the Fashion Club will be holding their annual clothing drive to benefit Hopelink September 26-30. Items can be brought to each student's first period class. The winning class will get a prize, so now is your chance to clean out your closet!

student's counselor will meet with the student and send all materials home with student on the scheduled date of appointment.

## Parking

### Parking and Permits Information

- All students that drive to school must purchase a parking pass and park in their assigned parking spot.
- Students may not park in the staff parking lot. A ticket will be issued to students parking in the staff parking lot.
- All students with a parking permit **MUST** park in their assigned parking spots. Tickets will be issued for students that park without a permit or park in the wrong spot.

Numbered parking spaces are reserved from 6:30AM to 2:00PM on school days. Guests, please park in the visitor parking lot located in the west parking lot.

## Save the Date

### School Picture Make-Up Day

If you did not get your picture taken during registration, you will need to have it taken on Thursday, September 22nd. Seniors, you need to get your picture taken at the school. Seniors cannot submit a picture for the yearbook.

### School Picture Retakes

Picture retake day will be on Wednesday, October 26th. This day is reserved for students that would like to have their picture retaken.

### School Dance Information

Every year we have many questions, especially from parents of our freshman students about how our major dances are organized. So here is all the information you will need to send your daughter or son off to a swinging time at a CHS dance!

The Dance: **Homecoming** is our largest dance of the year where we typically host over 500 students! Because of the size of this dance, as well as a desire of the students to go out of the valley for dining, this dance is held off campus.

When: This year the homecoming dance will be held on Saturday October 8th at the Future of Flight Museum. The dance starts at 8:00PM and is over at 11:00PM.

Where: The Future of Flight is located at 8415 Paine Field Blvd., Mukilteo, WA. Students need to provide their own transportation to and from the dance.

Who: This dance is open to all Cedarcrest students in grades 9 through 12.

Guests: Students are allowed to bring a guest from another school as long as the guest is high school aged or under the age of 21 and a guest pass is completed and turned into the main office by Wednesday October 5th. **NO EXCEPTIONS!**

What to Wear: Homecoming is a semi-formal dance. Male students are expected to dress in sport coats, suits or tuxedos. Female students are expected to dress in an evening dress or gown. All students and their guests must be dressed appropriately or they will be denied entrance.

Cost: The cost varies depending on the site. This year we anticipate the cost to be \$30 (with ASB) to \$40 per person (guests and students without ASB). Students with ASB cards are given a \$10 discount.

The Dance: **Junior/Senior PROM** is our most formal dance of the year where we is our most formal dance of the year where we typically host around 300 students. Prom is typically held in a special location off campus and will be announced later in the year. The Prom is a Junior/Senior Prom and is limited only to students and guests in grades 11 and 12, or a guest who is a high school graduate under the age of 21. No students in grades 9 or 10 will be able to attend the Prom.

When: The date for this year's Prom will be announced later this year. The dance will start at 8:00PM and is over at 11:00PM.

Where: The site and address will be announced later in the year. Students need to provide their own transportation to and from the dance.

Who: This is a Junior/Senior Prom. **No students in grades 9 or 10 will be allowed at this dance.**

Guests: Students are allowed to bring a guest from another school as long as the guest is at least in 11th or 12th grade or is a high school graduate under the age of 21. A guest pass must be completed and turned into the main office. **NO EXCEPTIONS!**

What to Wear: Prom is a formal dance. Male students are expected to dress in tuxedos or a suit. Female students are expected to dress in an evening gown. All students and their guests must be dressed appropriately or they will be denied entrance.

Cost: The cost varies depending on the site and will be announced later in the year. Students with ASB cards are given a \$10 discount.

#### Other Dances:

We may have other dances, such as TOLO and after game "mixers" that haven't been scheduled as of yet. These dances are always reserved for CHS students only, no guests from other schools or guests who have graduated, current CHS students in grades 9-12 only.

Following is our general dance policies.

#### **School Dance Policy**

Dances will be chaperoned by parents of CHS students and Riverview School District staff members only. Students who wish to bring a guest from another school must obtain a "Dance Guest Request Form" from the office. This form must be completed and turned in to the office by 3:00 p.m. the Wednesday before the event.

School rules regarding student behavior, use of tobacco, alcohol and illegal drugs will be upheld at dances. Sexually suggestive dances, gestures and physical contact are prohibited.

The following guidelines will be enforced:

- All dancers need to face their partner.

- Keep both feet near the floor. No sitting or lying down on the dance floor.
- No bumping or grinding with your partner.
- Hand placement on your partner must be appropriate for a school setting.
- There must be space between partners.
- No freak dancing or "moshing" on the dance floor.
- Any other behaviors deemed to be inappropriate by the chaperones will be stopped.

Students who engage in such behavior will be asked to leave the dance. Any student who is asked to leave the dance will not be entitled to a refund. The administration has the right and responsibility to deny entrance at the door and any students choosing to ignore any rules shall be asked to leave the dance. Students who are truant from school on the Friday before a dance or are under an out of school suspension on the Friday before a dance are not allowed to attend an event the following Saturday and will not receive a refund.

## Career Center

### SAT and ACT ALERT

**SAT** - Registration for the November 5, 2016 test is due October 7, 2016. Online registration can be found at [www.collegeboard.com](http://www.collegeboard.com).

**ACT** - Registration for the October 22, 2016 test is due September 16, 2016. Online registration can be found at [www.actstudent.org](http://www.actstudent.org).

### Performing and Visual Arts College Fair October 25, 2016

This fair is designed for students interested in pursuing postsecondary studies in the areas of music, dance, theatre, visual arts, graphic design and other related disciplines. Students have a chance to learn about educational programs, admission requirements, financial aid, and audition procedures if required. This event will be held at the Seattle Center Fisher Pavilion from 7 PM - 9 PM.

### National College Fair October 21 & October 22, 2016

This fair allows students to interact with admissions representatives from a nationwide collection of colleges and universities. They will have an opportunity to discuss degree programs, financial aid, the admission process, campus life and information pertinent to the selection process. The fair also sponsors separate workshops covering such topics as the NCAA, financial aid, and college admission trends. This fair is held at the Washington State Convention and Trade Center, Seattle; Friday hours are 9 AM - Noon and Saturday from Noon - 4PM.

Both of these fairs are free and we recommend both parents and students attend if possible. Information is available online at [www.nacacnet.org](http://www.nacacnet.org).

#### Changes in the FAFSA:

- Better alignment with the college admission process
- Earlier completion of FAFSA using data imported electronically
- Less pressure for students and parents when exploring and understanding financial aid options and applying for aid before state deadlines.

There are two websites you need to know about: StudentAid.gov and the Financial Aid Toolkit. StudentAid.gov is a site for students and parents. It provides detailed information about the FAFSA, the FSA ID and IRS data retrieval Tool, student dependency status, reporting parent information, and what happens after the FAFSA is submitted.

Go to [StudentAid.gov/fafsa](http://StudentAid.gov/fafsa).

The Financial Aid Toolkit is a site specifically designed for you. The toolkit consolidates FSA resources into a searchable online database.

Go to [FinancialAidToolkit.ed.gov](http://FinancialAidToolkit.ed.gov).

## DECA/Marketing

Welcome back! Cedarcrest DECA invites all students to participate in DECA this year. Come to the first meeting of the year on 9/20/16 during Advisory. Get to know all about DECA from this year's officer team:

- President - Madison Oversby
- VP of Chapter Involvement - Alex Luther-Gray
- VP of Community Service - Kylie Thomas
- VP of Fiscal Support - Lauren Miller
- VP of Membership - Sam Cole
- Competition Coordinator - Hunter Korf
- Digital Marketing Coordinator - Kasi Mora
- Reporter - Chloe Cairns
- Secretary - Olivia Romanelli

In case you cannot make the meeting follow CHS DECA on Instagram at: [chs\\_deca1](https://www.instagram.com/chs_deca1)

To find out more about DECA visit [www.deca.org](http://www.deca.org) or come speak to our Advisor Marc Hillestad in Portable 2.

**Have a great year and GO DECA!!**

## FFA

### Cedarcrest At Evergreen Fair

Written by Zakya Misallati

Most kids look at the summer as a vacation. A time to slack off. For Cedarcrest's FFA chapter, it was a time to practice. To put in hard work to reach a goal. They took this determination to the Evergreen State Fair. There they brought animals, of all shapes and sizes. They designed; they competed. Whether they were proving themselves for their knowledge or their technique, they got their hands dirty. Brooke Downing kicked off our competitive week as the Grand Champ in English riding classes. Moving into longer necked creatures, Elli Case was Alpaca Grand Champ, with Reserve Grand Champ, Amy Duer was a close second. With a diverse group of kids comes a diverse group of animals. Megan Reid was the Grand Champ of fitting and showing with her goat. Anna Christensen was not only Dairy Goat Reserve, but Novice Grand Champ with her rabbit. In our senior class, a Senior Reserve Ribbon was awarded to Nicole Hagens. Our dairy herd came next. Senior Grand Champ went to Rick Heslinga with his heifer Marshmallow and Benny Benson won Novice Reserved Grand Champ with his winter yearling Ethel. Novice, Leila Misallati, won second individual in Dairy Judging. We won countless CDEs and dominated in Poultry. We had not one, not two, but three of our own kids in the Round Robin, a competition for the best of the best. Nicole Hagens, Rick Heslinga and Benny Benson winning Senior Grand Champ for rabbit, dairy, and poultry showing, respectively. In

this competition the Senior Grand Champs for every animal switch animals and the best at showing all the animals wins the Round Robin along with bragging rights. In wins and losses, Cedarcrest's FFA made itself known. We had a variety of competitions and whether its horticulture or dairy, poultry or pigs, rabbits or goats, Cedarcrest was there to give it their all.

### **FFA Upcoming Dates**

*September 17*  
Puyallup Fair Dairy Judging  
Jubilee Farm Pig Roast  
*September 21*  
Welcome Back BBQ 5pm  
*September 22*  
Leadership Day-Stanwood  
*September 29*  
Advisory Meeting-PT5  
*October 3*  
FFA Paid Due Date  
*October 5*  
Taste WA Day  
*October 11*  
Corn Maze at Bob's Corn  
*October 16-22*  
National FFA Convention  
*November 10*  
FFA Job Interview Competition  
*November 18 & 19*  
Floral & Landscaping Competition



Judah Lints after winning Novice Grand Champion Fitting and Showing in Poultry

## **PTSA**

Your membership makes a difference! Just by joining you show your support for our students, staff and school. If you haven't joined or renewed for this year yet, do it now at this link: [www.chs.my-pta.org](http://www.chs.my-pta.org) and follow us on Facebook for the latest: <https://www.facebook.com/cedarcrestpts/>

CHS PTSA is looking forward to a great year! A few highlights so far: in cooperation with ASB we provided the Freshman Orientation Day BBQ, we catered and served a welcome lunch for staff and will bring goodies for curriculum night. We also operate both sports Concessions and the Student Store, which fund PTSA programs, grants and scholarships. Save the date for our first General Membership Meeting! Thursday, October 6, 2:30pm in the CHS Conference Room. Bring a friend! Find out what PTSA is planning, and vote on important issues.

For questions or to volunteer, contact Patricia Koster [patricia\\_koster2@hotmail.com](mailto:patricia_koster2@hotmail.com)

## **Nurse's Notes**

### **Immunizations & Nurse's Information**

Welcome to a new school year!

Thank you to each of you who brought emergency medications and immunization

paperwork to registration. This year all K-12 students are required to show proof of receiving 2 varicella vaccinations or immunity to chickenpox in addition to being up to date on all required vaccinations. Other vaccines recommended for high school age students are the meningococcal and HPV vaccinations, however they are not required. Notification of students with delinquent or incomplete records will be mailed out in early October and by state law, all students must be in full compliance (or have a signed exemption, cosigned by their health care provider) by the end of that month.

If your student needs an emergency medication at school, please contact the school nurse.

Let's make this a safe and healthy year.

Leigh-Ann Gutmann RN  
Laura Collinwood RN  
School Nurse—Cedarcrest High School  
[gutmannl@riverview.wednet.edu](mailto:gutmannl@riverview.wednet.edu)  
[collinwoodl@riverview.wednet.edu](mailto:collinwoodl@riverview.wednet.edu)  
425-844-4878 phone  
425-844-4802 fax

## Seniors - Class of 2017

### Grad Ads

This year we will be changing the way that Cedarcrest creates grad ads in the yearbook. We will be offering a new online program where you get to create your own ad. For those who may not know what a grad ad is, this is a chance for you to purchase a page of our yearbook where you may make a personalized message along with photos dedicated to your senior. Please attend the senior information night for a brief tutorial from the yearbook adviser Carlene Schneider.

## Sign up for Important Updates

### Get Information Right on Your Phone

#### Seniors:

Text the message **@2017chsrw** to **81010** or download the mobile app by opening your browser and go to the following link: **rmd.at/2017chsrw**

#### Juniors:

Text the message **@2018chsrw** to **81010** or download the mobile app by opening your browser and go the following link: **rmd.at/2018chsrw**

#### Sophomores:

Text the message **@2019chsrw** to **81010** or download the mobile app by opening your browser and go to the following link: **rmd.at/2019chsrw**

#### Freshmen:

Text the message **@2020chsrw** to **81010** or download the mobile app by opening your browser and go to the following link: **rmd.at/2020chsrw**

## Choir Department

Fall/September, 2016

Hey!!!! Shout out to all the CHS Choir families.....

### **WELCOME-BACK:**

We are back to the fun music making at CHS. There is a lot to in our future, especially new music, new friends, and many exciting performances on the horizon. We will start with our Welcome Back Concert in early October and See below for

more dates for your fall calendar!

- Sept. 9-Choir Contract Due (50 Points)
- Oct. 11-Welcome Back Concert (Co-Sponsored by RPAB/7pm/CHS Theatre)
- TBA-CHS Winter Choirs Concert (CHS Theatre/7pm)

### **FUND RAISING:**

Fund raising has already started this year. Be sure to get in on the action!!!! There are many creative events planned for RPAB Booster general fund-raising efforts to support our BIG Music Events! More information will be posted on the Choir and Boosters Websites/edublogs ([www.rpab.edublogs.org](http://www.rpab.edublogs.org))

Be a part of our fund-raising efforts:

- Music Matters License Plates
- Jazz Cafe
- Performance Concessions -throughout the year!
- Christmas Tree Farm Bake Sale (TBA)
- Fairytales & Frosting-All ages dessert Concert (Feb.11)
- Give My Regards To Broadway-Dinner Concert (TBA)

### **ALL-STATE/ALL NORTHWEST CHOIR AUDITIONS:**

Audition information for all High School vocalists are all-available through Mr. Lewis and on-line. Auditions have been open since Sept. 1 and will close on Sept. 28st. ALL TOLT AND CEDARCREST AUDITIONS WILL BE HELD FROM 4-6PM AT TOLT MIDDLE SCHOOL CHOIR ROOM ON WEDNESDAYS, SEPT. 14, 21, 28-SEE MR. LEWIS FOR AN AUDITION TIME. Students must be enrolled in a school choirs in order to apply. There is no cost to audition! All-Northwest concerts are in Spokane, WA on the Presidents Day weekend, February 11-13, 2017. Go to [www.WMEA.org](http://www.WMEA.org) for more information.

### **CHARMS OFFICE-ONLINE MUSIC STUDENT DATABASE:**

All High School Performing Arts students and parents must access and update their student's data on the CHS Music Dept. website.

- Log on to [www.charmsoffice.com](http://www.charmsoffice.com), and click the "ENTER" link at upper right.
- Locate the "PARENT/STUDENT/MEMBERS LOGIN" section of the web page.
- Login to your child's program account using 'cedarcrestmusic':
- When you enter your student's 7-digit ID NUMBER as a Student Area Password, another more detailed screen appears with even more options to view your student's uniform assignments, music assignments, financial records, forms and inventory. Once you have first entered this ID number, you may create your own, unique password by clicking on the "keyhole" (Change Password) button.

#### **Nondiscrimination**

The Riverview School District complies with all federal and state statutes and regulations and 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. This holds true for all district employment and student opportunities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer (Janet L. Gavigan, 425-844-4500) and Section 504/ADA Coordinator (Dr. Ken Heikkila, 425-844-4500) at 15510 1st Ave. NE, Duvall, WA 98019.