

Cedarcrest High School

Home of the Red Wolves!

Volume 24 Issue 2

Message from the Principal...

October can be a *frightening* month, *Halloween*, the intensity of fall *Sports*, *Homecoming* anticipation and excitement, and oh yeah, that time of year when if you are a student who isn't keeping up with your school work, you might have one of those *dreams*, you know the one,where "you go to class, you sit down, you realize you have a test you haven't studied for, AND you are in your underwear." That is terrifying!

So with all of this *stuff* going on, what is a parent to do? My suggestion, punt. Okay just kidding, I tried that with one of my kids, didn't work, bounced right back. What I would seriously suggest is keep an account of what your student is doing daily, make sure they are keeping up with their studies, getting enough sleep, eating right, and throw away their phone (maybe the last suggestion is going a bit overboard, but tell me you haven't been tempted, am I right?). I am sure it is no surprise to any parent that their student sometimes needs guidance, even when they get to high school and we begin to believe they are on the cusp of adulthood.

Now is the opportunity in my newsletter when I fit in what our process is for contacting the school if you are concerned about your student. Here is our procedure:

Parent Concern Guidelines

Step I

Contact the teacher if it is a situation regarding the instruction of a student.

Step II

Contact your student's counselor for their help if not resolved at the teacher level.

Step III

Contact the building principal with concerns/questions

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Important Phone Numbers

Main Office (425) 844 - 4800

Attendance Office (425) 844 - 4806

Counseling Office (425) 844 - 4807

Office Hours 6:30am - 3:00pm

For School Closure, Late Start or Early Dismissal Information

Riverview School District
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that have not been resolved at the teacher level. If questions and concerns are general in nature, it is appropriate to contact the principal directly. Step IV

If concerns/questions are not addressed adequately at the building level, the Superintendent or designee is the next contact source.

Step V

Concerns of a general nature that have not been adequately addressed by the Superintendent's office, may be directed to the Board of Directors in writing, through the Superintendent's office. Questions and/or concerns about these guidelines, can be directed to the Superintendent's office at 425-844-4504.

There you go. Bottom line is, if you are concerned with how your student is doing, don't hesitate to reach out to a teacher and get a dialogue going. I know our teachers are very busy, they all have around 130 to 150 students they see daily, but I also know that if you email them (preferred by most) or give them a call, they will respond.

Next up for our freshmen parents, this is the month when we get started on our freshmen conferences. Between now and February, all freshmen and their parents will get an invitation to come into the counseling center and meet with their student and their student's counselor to go over a four-year plan. I would encourage all of you to attend this meeting if at all possible. You will get a great deal of information about graduation requirements and what to look forward to as your student progresses through the next four years, and these four years will fly by! With the new 24 credit requirement by the state, there is little room for our students to fail classes, making it even more important to get the information you need to get a good start on high school.

Counselors are also now calling in seniors and making sure they are on track for this year as they head toward graduation and beyond. Juniors will also have an individual conference this year to make sure they are preparing for their senior year, and counselors will also be meeting with sophomores in small groups to discuss their moving forward. Our counselors are obviously very busy people, but please remember that if your student feels like they need to meet with their counselor at any time, they can always set up a meeting by going to the counseling center and putting in a request.

Finally, regarding homecoming. This year we are at the EMP (aka MoPOP) at the Seattle Center. We love **Changes**

Quick Links

2017-2018 Calendar

Bell Schedule

Cedarcrest Website

Cedarcrest Monthly
Calendar

Riverview School District

<u>Family Access</u> Check your Student's Grades Online

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 6:30 am to 2:15 pm 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 6:30-7:30am, Break, Lunch & after school 2:00-3:00 pm. Payments can be made in the Main Office with Patricia or through <u>eFunds</u> online or with the mobile app.

Refund Policy for Student Fees: Refunds for class fees must be requested by midterm of the semester in which the dass originally scheduled. mid-term, no refunds will be issued. Sports participation refunds must 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

this site because it is large enough to fit over 600 students, which is what we anticipate will attend, it has a large dance floor with a sound system that is incredible, and it offers our students more than just a venue to dance. These days we see many of our students go to dances without a date, in groups of friends, and just have a great time. So if your student thinks they have to have a date, please let them know that they do not.. Encourage them to just go and have fun with friends! Students have the ability to explore the museum throughout the evening looking at exhibits and experiencing all the interactive displays. It is really cool. It offers a great venue for students who would like to attend with friends or meet friends at the venue.

Well, that is about it for this month from me, enjoy the fall, get out and see the colors, embrace the cool air!

Ray LaBate Principal

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 21st at the EMP (aka MoPOP). The dance starts at 8:00PM and is over at 11:00PM.

Where: The EMP/MoPOP is located at 325 5th Ave N., Seattle, WA. Students need to provide their own transportation to and from the dance.

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

<u>Guests</u>: 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 18th. NO EXCEPTIONS!

What to Wear: Homecoming is a semi-formal dance. Male students are expected to dress in sport coats,

refunds will be issued for students who become ineligible due to grades or Code of Conduct violations.

Athletics

Cascade Athletics is the website where you can find everything for Cedarcrest High School Athletics! Here you can see the daily schedule, news, Cedarcrest contacts, directions to our playing facilities, photos, standings and more. Be sure to click the orange Subscribe button to 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!

Stay Connected with CHS Using REMIND.COM

Class of 2018: Text @2018chsrw to 81010. Or, in your phones web browser type: rmd.at/2018chsrw

Class of 2019: Text @2019chsrw to 81010.
Or, in your phones web browser type:
rmd.at/2019chsrw

Class of 2020: Text @2020chsrw to 81010. Or, in your phones web browser type: rmd.at/2020chsrw

Class of 2021: Text @2021chsrw to 81010. Or, in your phones web browser type: rmd.at/2021chsrw

Picture Retake Day

Picture Retake Day will take place on Wednesday, October 25th for anyone who would like to have a replacement photo taken. Students must 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.

<u>Cost</u>: The cost varies depending on the site. This year we anticipate the cost to be \$40 (with ASB) to \$45 per person (guests and students without ASB).

return the original package of photos on retake day if you wish to have your photos replaced.

Printable Picture
Order Form

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.

Counseling Center

Save the Date: PSAT Saturday, October 14

The PSAT is most appropriate for 10 & 11th grade college-bound students. The test is good preparation and practice for the SAT, comparing you with other college-bound students nationally and your score will give you a prediction of your SAT score. Taking the PSAT as a sophomore is a good way to improve scores by the junior year. This is particularly important for juniors to enter the National Merit Scholarship competition.

PSAT will be offered on Saturday, October 14 at the ESC from 8:00-Noon. Fee is \$20.00. Payments can be made beginning Monday, October 2 in the main office before school 6:30-7:30, break, lunch & after school. 2:15-3:00 pm. Payments can be made in the main office with Patricia or through eFunds online. Payment will be accepted until 2:00 pm - October 12. Payments **will not** be accepted at the door on Saturday morning. We have a limited number of spaces available for students to test and registration is first come, first serve. Register early!

Students must present a current Student ID and their Social Security Number on the morning of the testing.

Senior Conferences

Counselors will continue meeting individually with seniors in October to review post-high school plans, review graduation requirements, and provide support for the college application process.

Smarter Balance - Language Arts

The Smarter Balance - Language Arts retake will be administered on October 24, 25 and 26 to 11th and 12th grade students who have not yet passed the assessment. It is important that students who need to take the exam are not absent during the testing window. Letters will be mailed out to parents of those students needing to take the assessment.

College and Career Center News

SAT and ACT ALERT

- **SAT** Registration for the December 2, 2017 test is due November 2, 2017. Online registration can be found at www.collegeboard.com.
- **ACT** Registration for the December 9, 2017 test is due November 3, 2017. Online registration can be found at www.act.org/.

National College Fair

October 27 & 28, 2017 Washington State Convention Center, Seattle Friday hours 9 a.m.- Noon and Saturday 12:00 p.m. - 4 p.m.

The 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 admissions 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.

Upcoming College Visits held in Career Center during Advisory:

Cascades Job Corps & Career Academy
Washington State University
Cornish College of the Arts
Northwest College of the Arts
Whitworth University
Boise State University
University of Alabama
Linfield College
Montana State University
University of Utah
Corban University
Evergreen State College
Quest University Canada
University of Washington Bothell
Central Washington University

Please visit https://sites.google.com/site/cedarcrestcounseling/college-visits for updates.

Technology Student Association (TSA)



Technology Student Association (TSA) is looking for more bright and curious minds to continue our proud reputation!

The 2017 National TSA Conference in Orlando offered Cedarcrest students the opportunity to earn several awards and accolades. This June, seven competitors brought home three 3rd place trophies in 3D Animation, SciVis, and Video Game Design. Now, the Technology Student Association is excited to start another

incredible year!

For 2017-18, TSA members can look forward to fun events, conferences, and workshops. This November is the annual Fall Leadership Event at Central Washington University. It is a fun-filled event with great games, prizes, and important life lessons! In March, Cedarcrest will once again be attending the State Conference in SeaTac, and in June, the National Conference in Atlanta where students will show off their culminating projects in topics like aeronautics, robotics, animation, photography, coding, manufacturing, electronics, children's stories, and so much more.

TSA will also begin holding sessions aptly named "TSA Tuesdays". Every other Tuesday, alternating between Tolt Middle School and Cedarcrest, TSA members are encouraged to stay after to attend workshops, work on projects with teammates, ask questions, or just have a overall fun time. (Time, date, locations to be announced later).

All of this and more is only available if you join TSA! All you need to join is a membership form (available in Mr. Kennedy's room, 142), and send a \$25 fee to the main office!

(Want to stay up to date on all important CHS TSA info? Just text @9064tsachs to 81010 or email <u>9064tsachs@mail.remind.com</u> or go to remind.com/join/9064tsachs)

Connor Aksama, CHS TSA Reporter

Career and Technical Education



Learning that works for Washington

CTE and 21st Century Skills

Career and Technical Education (CTE) provides a comprehensive series of courses that incorporate 21st century readiness for careers, college, and civic responsibility. CTE teachers incorporate 21st Century Skills lessons into their curriculum as well as their Career and Technical Student Organization (CTSO). For decades, leadership development through a CTSO has been an integral component of all Career & Tech teaching. The leadership skills learned in extra and co-curricular CTE activities makes an enormously positive impact for our students. Associated leadership activities in Cedarcrest CTSO's are provided through FFA, DECA, FBLA, WCTSMA, TSA, and FIRST Robotics. These

organizations are one of the key items that make CTE classes different, engaging, and more relevant over the long-term.

21st Century Skills Themes:

- Global Awareness
- Financial, Economic, Business and Entrepreneurial Literacy
- Civic Literacy
- Health Literacy
- Environmental Literacy

Learning and Innovation Skills

Learning and innovation skills are what separate students who are prepared for increasingly complex life and work environments in today's world and those who are not. They include:

- Creativity and Innovation
- Critical Thinking and Problem Solving
- Communication and Collaboration

Information, Media and Technology Skills

Today, we live in a technology and media-driven environment, marked by access to an abundance of information, rapid changes in technology tools, plus the ability to collaborate and make individual contributions on an unprecedented scale. Effective citizens and workers must be able to exhibit a range of functional and critical thinking skills, such as:

- Information Literacy
- Media Literacy
- ICT (Information, Communications and Technology) Literacy

Life and Career Skills

Today's life and work environments require far more than thinking skills and content knowledge. The ability to navigate the complex life and work environments in the globally competitive information age requires students to pay rigorous attention to developing adequate life and career skills, such as:

- Flexibility and Adaptability
- Initiative and Self-Direction
- Social and Cross-Cultural Skills
- Productivity and Accountability
- Leadership and Responsibility

PTSA

CHS PTSA members are the BEST! We have achieved the prestigious 100% Teacher Award again this year! This means that all of our awesome CHS teachers have joined or renewed their CHS PTSA membership. We truly work together for our students and school. Thank you!!

It's not too late to join this award winning PTSA! Easy online membership at www.chs.my-pta.org or pick up a form in the office and return with your payment. Show your support for our school and join/renew TODAY!

PTSA questions? Email PTSA President, Patricia Koster at patricia koster2@hotmail.com

Don't forget to like our Facebook page for more updates! https://www.facebook.com/cedarcrestptsa/

Meet the candidates! This November there will be two positions up for election on the Riverview School Board. You can get to know the candidates by attending the Riverview PTSA Council's informal Open House on Monday, October 9th at 6:30pm at the Riverview School District Office.

Position #1:

Stuart Lisk https://eastsideedu.com/meet-candidate-stuart-lisk/ Lori Oviatt https://eastsideedu.com/meet-candidate-stuart-lisk/

Position #5

Sabrina Parnell is running unopposed.

Student Store volunteers are needed, please!

The store is open during all lunches and offers a variety of snacks and supplies.

If you are interested in volunteering to work in the store, please email Sue

a <u>sue.davenport@live.com</u>. She'll add you to the signup list and you can choose the day(s) you are interested in working. Thank you!



PTSA Reflections Art Competition is a nationally acclaimed student recognition program to encourage artistic creativity in the classroom and at home. Students of all grades and abilities

may participate and explore the arts based on the 2017-2018 theme: Within Reach'

Students may choose one or all of the available arts categories:

Dance Choreography

Film Production

Literature

Music Composition

Photography

Visual Arts



Deadline is Monday November 6, 2017

For more information visit PTA.org/reflections or Contact CHS Reflections Chair, Kelli Benson at kb98272@yahoo.com

Class of 2018

Parent Meeting

Please come to an informational meeting for Senior Class parents on October 10th from 6:00 - 7:00 PM in the Cedarcrest High School Theatre. We will discuss

important events and what's ahead for the year. Come with questions and ideas.

Senior Class Advisory Meeting

National Achiever

Class of 2018

Mark your calendars:

June 6, 2018 - Senior Awards

June 10, 2018 - Baccalaureate

June 13, 2018 - Senior Slide Show

June 15, 2018 - Graduation Practice Graduation Ceremony

Grad Night Event



The **Senior Slide Show** is a special graduation tradition for seniors and their families.

WE NEED YOUR PICTURES by May 25, 2018.

- * Please send three (3) pictures of your senior to chs2018pics@outlook.com
- * Both group and individual photos are welcome.
- * Include the <u>name of you senior</u> in the email and provide a <u>contact phone number</u>.
- * Photos can be either in landscape or portrait orientation.
- * If you are scanning printed photos, please ensure the resolution on your scanner is set to at least 300dpi

If you have any questions, or would like to provide photos using a USB drive or CD, please contact Taylor Amble at chs2018pics@outlook.com to request assistance.

Cross Country

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 425-844-4832

mcdowellb@rsd407.org

Cedarcrest FFA Students Exhibit at The Evergreen State Fair

Written by Kendra Mutch - FFA Reporter

The FFA program at Cedarcrest high school would like to recognize the hard work of those students who exhibited at the Evergreen State Fair in August. All students competing at fair invested much time caring, raising, and learning about their animals and livestock. The dedication to their projects is reflected in the success of each FFA member that exhibited at the 2017 Evergreen State Fair. Cedarcrest students competed and placed in several categories.

Dairy Cattle:

In the dairy cattle division, Dylan Aldridge won reserve champion in showmanship and Leann Starns received grand champion for her Jersey Heifer.

Dairy Goats:

Showing FFA dairy goats were Leila Misallati, Ella Dianich and Anna Christensen. Leila won champion in showmanship and type contests while Ella also earned a champion ribbon. Anna won best in show and outstanding dairy goat exhibitor.

Fiber Animals:

Amongst the FFA fiber animal exhibitors, Keaton Downing and Holly Gunn took first and second place in the obstacle course competition. Parker Downing earned grand champion in public relations and Brooke Downing won champion in fiber goat showman-ship. Sawyer Vondra and Elli Case both won grand champion in showmanship for llamas and alpacas, while Amy Duer was the outstanding fiber animal exhibitor.



Haley Wilkes and Avery Jacob earn Grand Champion placings in the FFA Showing Division.

Horses:

Those who exhibited horses include Avery Jacob and Haley Wilkes. Avery won reserve and grand champion ribbons in showmanship and multiple riding classes. Haley won grand champion in English Pleasure as well as reserve in showmanship with her miniature horse.

Meat Goats:

Showing FFA meat goats were Megan Reid who won reserve showmanship and Dietrich Brooks who was the outstanding meat goat exhibitor.

Poultry:

In the poultry division, Elsa Brouwer won reserve champion for both her cockerel and pullet chickens. Anna Knutson received class champion ribbons for multiple Call ducks. Benjamin Benson placed senior champion in poultry showmanship and Megan Reid won outstanding FFA poultry exhibitor.

Rabbits:

In FFA rabbits, Kendra Mutch was the outstanding rabbit exhibitor.

Landscape:

In addition to exhibiting animals, FFA students designed and installed two landscapes for the fair. Both landscapes entered by Cedarcrest placed first and second in the competition.

Career Development Competitions:

All exhibitors also competed in a variety of competitions pertaining to agricultural careers. Of these competitions, Cedarcrest excelled in the Veterinary Science and Forestry competitions achieving second place in each.

For additional information regarding the Cedarcrest high school FFA program, contact the program advisors at: thomass@rsd407.org.

Cedarcrest FFA Exhibitors receive awards for showing their Dairy Goats.

(From left): Leila Misallati, Ella Dianch and Anna Christensen

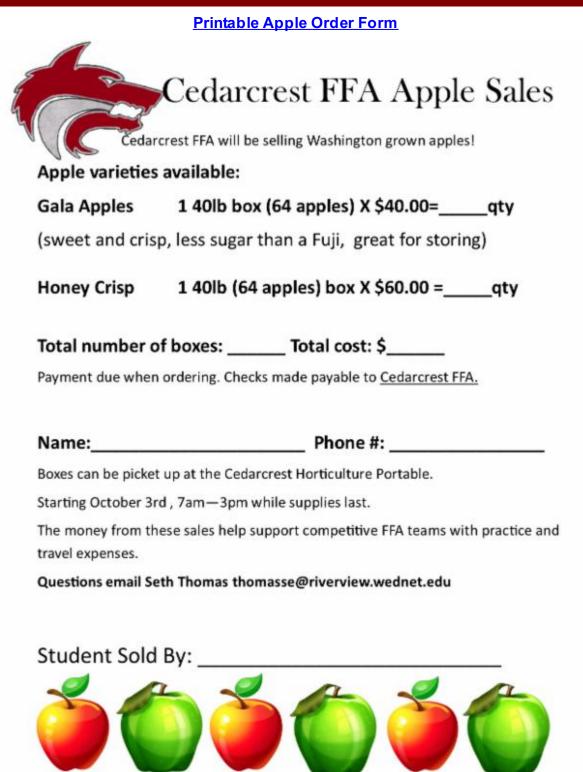
Pumpkin Carving Fun Night Who: Open to all CTSO members

(TSA, FFA, DECA, FBLA, Robotics, WCTSMA)

When: October 12th, 5:30pm Where: Mrs. Thomas' Portable

Bring your own pumpkin, carvingtools, and a snack to share.

FFA Apple Sales



7 p.m. October 11

Riverview School District ESC

15510 - 1st Ave. NE. Duvall



Presented by Snoqualmie Valley PTSA Council and Snoqualmie Valley Community Network

Toxic Stress and the Pressure to Succeed

MAKING FAMILY HEALTH A PRIORITY

In this lecture, Dr. Kastner will focus on what parents can do to enhance their children's resilience, social and emotional competence, and healthy resistance to stress. By understanding how much stress kids experience, parents are able to help their children with coping strategies and wise decision-making. The good news is that by making family health a priority, parents will build skills for improving their own well-being and their children's.

PARENTS FEEL PRESSURE

Within a high performance culture, where success is often equated with test scores and grades, parents can feel the same pressures as their children. Research shows that teens benefit when parents balance reasonable academic goals with healthy habits related to sleep, authoritative parenting, and media management.

HARMFUL IMPACT OF COMMON STRESSORS

Children and teens can be impacted by stressors like trauma, household dysfunction, growing up with substance abuse, parent discord, mental illness and, for advantaged kids, by excessive pressure to perform academically and their parents' own stress levels. Toxic stress has been associated with depression, anxiety, learning problems, suicidality, early sexual activity and substance use.

FREE Presentation For Parents of Students of All Ages

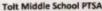


Dr. Laura Kastner is a clinical psychologist and clinical professor in both the psychology department and the department of psychiatry and behavioral sciences at University of Washington. She has given hundreds of public lectures for schools and hospitals.

Her most recent books are Wise-Minded Parenting: 7 Essentials for Raising Tweens and Teens (2013) and Getting to Calm, The Early Years (2015). For more information, visit: www.laurakastnerphd.com.

Jointly sponsored by the CHS and Tolt PTSAs and the Snoqualmie Valley Community Network













Weapons

State Law (RCW 28A-600.420 and School District Policy 3200 prohibit the possession of firearms and weapons at school. This law pertains to guns, knives, clubs, firecrackers, and explosives. Dangerous weapons also include toy or "dummy" or look-alike objects. The full text of the law and the definitions of dangerous weapons, as provided RCW9.41.250 and RCW 9.41.280, are on file in the school office. Possession of firearms on school property will result in a one year mandatory expulsion, subject to appeal with notification to parents and law enforcement. Any violations of these guidelines by students constitutes grounds for expulsion from the Riverview School District and the public schools of the State of Washington, in accordance with the due process provisions of Washington State Law and Board Policy

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.