



Cedarcrest High School

Home of the Red Wolves!

Volume 24 Issue 5 January

Message from the Principal...

One of my favorite things to do is start the day with a walk of the halls of the building. I love watching kids interact as they walk to class, watch the small talk, count the number of students who can literally walk while looking at their phone and never look up, never miss a step. This is a great way to take the pulse of the student body.

But let's face it, 7:35 in the morning is early! My chickens aren't even up when I leave for school. I can't blame them, the chickens, after all they have nowhere to go. Our students have somewhere to go, in fact very full days, going to classes, club meetings, sports, jobs, homework, and then bed, hopefully before 11:00PM. But the result is, students can get worn out, and it can be a challenge to keep up with all the expectations we put on them.

This is where I need to begin to tie in the message that I have been contemplating. And I have to say, sometimes when I begin to ramble it isn't necessarily easy. But my message seems simple, "*Students, you need to take charge of your own life!*" "*You need to engage!*" When you get to high school, yes you are only 14 years old, barely a teenager, but you are also a young adult. High school represents a short but important time in your life. It is a time to begin to take control of the decisions that organize your time, prioritize your interests and will begin to mold your future. Give your parents a break, they have raised you up to this point, time for you to take the lead! Parents know they aren't completely off the hook, but they also need to begin to depend on you, the student, to lead (BTW, if you are a parent reading this and your student isn't, please feel free to share).

If you walk into many of our classes you will see teachers telling students to turn to the person next to them and share, or students will be working in small

In this Issue

[Science Fair Judges Needed](#)

[Winter Formal](#)

[Free English Language Classes](#)

[AP Exam](#)

[College and Career Center News](#)

[Yearbook](#)

[PTSA](#)

[Class of 2018](#)

[Senior Grad Ads](#)

[Band News](#)

[DECA](#)

[FFA](#)

[CTE - Robotics](#)

[From the Nurse](#)

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**

groups, or they will be presenting to a group or maybe even an entire class. One of our primary school improvement goals over the past three years at CHS has been to increase the amount of *student discourse*, building wide. With this emphasis, we are encouraging students to discuss, on topic, in the school environment; forming and sharing opinions; supporting their opinions and beliefs; and generally articulating their understanding verbally to support their reading and writing. And I can honestly say that our staff has jumped into this goal with both feet. I spoke to a student just the other day after she left a class where discourse was in full practice and I asked her how she liked it. Her response was, "I really like it, we get to discuss a lot with classmates, it's never boring." Just what we want to hear. Discussing with a classmate, just like being an adult! Research tells us that this academic discourse is vital to language acquisition, increases student engagement and ultimately results in improvements in achievement.

So, to reiterate the message to our students: *ENGAGE, LISTEN, TALK ABOUT IMPORTANT TOPICS, DIGEST WHAT IS GOING ON AROUND YOU, FORMULATE YOUR OWN IDEAS AND OPINIONS!* Quit texting about unimportant topics and engage; with your friends, your parents, your teachers, your administrators.

Growing up a baby boomer it was very typical to eat dinner as a family and talk. There were no real distractions. We had face to face conversations. Now there is the ultimate distraction, the cell phone. I am saddened when I am out to dinner and look at a table and see a family that is having dinner, but many, if not all of them, are on their phones, not engaged with each other. But, I have faith in our students to do the right thing, to continue to evolve into grownups that have the skills that they will need to be productive as adults. To continue to move forward, to take charge of their life. To be able to sit with a peer, co-worker, or professor and discuss! We will continue to do our part, encouraging and supporting positive academic discourse. Students don't let us down, please *engage* with your family, your education, your world!

Ray LaBate
Principal

Science and Engineering Fair Judges Needed

The 11th annual Cedarcrest High School Family Science Night and Engineering Fair is fast approaching. This years Family Science Night is scheduled for **Wednesday January 24, 2018** with the Science Engineering Fair scheduled for Saturday February 24, 2018.

Dismissal Information

[Riverview School District
Emergency Weather
Related Schedule
Changes](#)

Quick Links

[2017-2018 Calendar](#)

[Bell Schedule](#)

[Cedarcrest Website](#)

[Cedarcrest Monthly
Calendar](#)

[Riverview School
District](#)

[Family Access](#) 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 [eFunds](#) online or with the mobile app.

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

Judges Needed

We are always looking for interested and qualified people to provide valuable feedback to our students who have worked so hard. It is only with these volunteer judges that our Science Fair can take place. If you or someone you know would like to learn more about volunteering to judge this years' science fair please contact Christal Dixon at dixonc@rsd407.org.

Winter Formal

When: Saturday January 20, 2018
Where: Argosy Cruise Lines
Pier 55 , Seattle Waterfront
Who: Cedarcrest Students, **No Date Passes**
Cost: \$30 w/ASB, \$35 w/out ASB

Tickets Still Available

Counseling Center

On **Wednesday, January 17**, Cedarcrest High School will be administering the Geometry winter end-of-course makeup exam (EOC). This exam will be given to students in the class of 2018 who have not met the state math standard. This includes 2018 transfer students from out-of-state. Students will be given a letter a week prior, notifying them of the testing time and location. An announcement in our daily bulletin will also be made the morning of the exam. The test starts promptly at 7:35 AM. Students are to bring their own scientific, (non-graphing) calculator to the assessment.

STAMP:

The Cedarcrest Counseling Center will be offering the STAMP: World Language Proficiency Exam on Saturday, February 3rd. If you are fluent in another language this is a great opportunity to earn high school credit! The exam will take place at 8am. Sign-ups will begin after Winter Break. For more information on what languages are offered and to see a sample test please visit: <https://avantassessment.com/stamp4s>.

8th GRADE PARENT NIGHT TUESDAY, February 27 6:30-8:00 PM CHS THEATER

Parents of current 8th grade students are invited to join Cedarcrest administrators and staff representatives on this date to hear information about the high school experience. Information such as, graduation requirements, support services, extra-curricular opportunities and participation/eligibility requirements for athletics will be presented. All parents are encouraged to attend this important meeting. Cedarcrest High School counselors will be at Tolt Middle School and the RLC the week of February 28-March 1. All parents are encouraged to attend this

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.

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

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

Cedarcrest Stadium
Blankets for sale - \$50

important meeting.

Reminder: This meeting is for parents/guardians only.

Have you had a recent address change?

Please contact our registrar Mrs. Frost @ 425.844.4808 with any changes.

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
modowellb@rsd407.org

Running Start Yearbook Pictures

Running Start Students: If you missed the chance to get your picture taken for the Cedarcrest Yearbook, we will be offering after school retakes in Mr. Kennedy's classroom 142.

Please email Ms. Schneider (schneiderc@rsd407.org) to set up an appointment. Last day to take them will be **January 19th**.

Free English Language Classes

Do you want to brush up on your English skills?
Do you have friends or family who are learning English?
The Riverview School District will be holding FREE English language classes Wednesday evenings beginning January 17 through May 1 at 6 PM - 8 PM. Please call Cedarcrest for more information. [ESL Flyer](#)

Clase de Ingles para adultos - Gratis
Miércoles por la noche, 17 de Enero - 1 de Mayo, 2018
6:00 - 8:00 pm, Cedarcrest High school
Llaman al Maestro Ojeda a (425-844-4857) o envíe un correo electrónico a (ojedaw@rsd407.org) [ESL Flyer](#)

2018 AP Exam

2018 AP Exam Information

For the 2018 AP exams, students at Cedarcrest High School will be registering online. This registration will take a few minutes and can be completed from any computer with internet access.

This year each AP exam costs \$95.00. Cedarcrest High School desires that every student be able to take their AP exams. Students requiring financial assistance should contact Amy Jacobson, jacobsona@rsd407.org, in the District Office to learn more.

Online Exam registration will begin on Thu, Feb 1, 2018 at 6:00 AM and end on Sun, Feb 18, 2018 at 11:00 PM. Students should visit www.TotalRegistration.net/AP/480145 to register. To complete registration, students must answer all of the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end. We know that parents may desire to register their students for exams. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

Cedarcrest High School is excited to offer families the convenience of paying exam fees online at the time of registration. Please be sure to have a credit card or debit card available before beginning registration. Paying online is a great way to make

sure that payment has been made while avoiding mailing payment.

Here are the important dates for the registration process:

- Thu, Feb 1, 2018 at 6:00 AM - Registration Begins
- Sun, Feb 18, 2018 at 11:00 PM - Registration Ends
- Wed, Feb 21, 2018 at 11:00 PM - Registrations that have not been paid for will be cancelled and exams will not be ordered.
 - Exam Cancellation:
 - Full refunds will be issued for exams cancelled on or before February 25, 2018.
 - Partial refunds will be issued for exams cancelled on or before March 4, 2018.
 - After March 4th we will not be able to issue refunds
 - Late Testing:
 - Late testing dates are May 23rd, 24th, 25th depending on the subject. There will be an additional \$40 fee for late exams ordered after March 4, 2018. Please contact Amy Jacobson at jacobsona@rsd407.org, to make arrangements.

[2018 AP Exam Dates](#)

College and Career Center News

SAT - Registration for the **March 10, 2018** test is due February 9, 2018. Online registration can be found at www.collegeboard.com.

ACT - Registration for the **February 10, 2018** test is due January 12, 2018. Online registration can be found at www.act.org/.

Career Corner

Apprenticeship Programs - Earn money while being trained with excellent benefits! Andrea Anderson will be in the Career Center during Advisory on January 30, 2018 to talk about apprenticeships and how to apply. Choose from numerous trades such as Aerospace, Auto Mechanic, Communication Technician, Corrections Officer, Educational Paraprofessional, Machinist, Electrician, and Fire Fighter to name just a few. An apprenticeship can offer on the job training at no cost, while earning a living. Go to the Career Center for a detailed list of over 100 apprenticeship opportunities.

Yearbook

Yearbook

This year, we are working on our 25th Anniversary Edition of the yearbook. We would like to include pictures of previous alumni. If you have a student who is currently enrolled at Cedarcrest and you graduated from here, please let Ms. Schneider know (schneiderc@rsd407.org) so we can schedule a photo shoot with you and your student.

Yearbook prices increase on February 1st, 2018 from \$55 to \$70. Please make sure that you have your book ordered before then, if you are unsure contact Patricia in the main office.

PTSA

PTSA

Have you taken advantage of the discounts your PTSA membership makes available to you? There are a wide variety of car rentals, event discounts in our area like Key Arena/McCaw Hall, Tacoma Dome and Xfinity Arena at Everett along with a discount at Sylvan Learning. Just login in to wastatepta.org with the information you received from the Washington State PTA to see all the specifics.

If you haven't already joined the Cedarcrest PTSA, now is a great time to do it to get involved today! www.chs.my-pta.org.

If your employer offers matching gifts, please consider submitting a match for your PTSA membership fees. This support is appreciated and allows us to increase our involvement in Cedarcrest High School.

Thank you, Cedarcrest PTSA

Have PTSA questions? Email PTSA President, Patricia Koster at patricia_koster2@hotmail.com

Don't forget to like our Facebook page for more updates! [Facebook.com/cedarcrestpta/](https://www.facebook.com/cedarcrestpta/)

2017-2018 PTA Reflections Art Competition - UPDATE

During the 2017-18 school year, hundreds of thousands of students reflected on a common theme "Within Reach" and created original works of art in the categories of dance choreography, film production, literature, music composition, photography and visual arts. Students entered this national awards program through our PTSA Reflections program here at Cedarcrest.

The arts-and the National PTA Reflections program-supports student success and serves as a valuable tool for building strong partnerships in our school community.

Cedarcrest had 12 Finalists at the high school level out of over 30 entries. These 12 moved on to compete at the Riverview Council level of the competition where they were then judged against all other finalist from all Riverview District schools. From the Council level of competition, 22 entries along with 6 Special Artist entries, have been chosen to move on to the State level of competition. We are proud to announce that three of Cedarcrest finalists will be moving on to the State level!

The following students will be honored at the Council's Reflection Gala, Friday, January 5th. Our high school level Finalists (in no particular order): Olivia Romanelli, Phoenix Walker, Chloe Wanen, Levi Nielsen, Kami Leslie, Lucy Harper, David Humbert, Mikaela White, Madeline Federico, Kelly Hall, James Moery, and Elli Viljamaa,

Our Finalists moving on to State are David Humbert for his film entry, Mikaela White for her photography entry, and Elli Viljamaa for her visual art entry.

Congratulations to all 12 of our finalists and good luck to the three student artists whose work will be advancing to the state level of competition!

GAME DEVELOPMENT COMPETITION

This STEM-based program was introduced last year and is open to students grades 9-12. The theme for 2017-2018 is **GRAVITY!** Intent to Submit forms are due **January 15, 2018**. For more information visit: www.wastatepta.org/events-

Class of 2018

CONGRATULATIONS to **ELAINE TOWNLEY** for winning the Grad Night Ticket Reimbursement Raffle. The Townley family has graciously decided to donate the money back to the Class of 2018 by purchasing raffle tickets for the \$500 drawing scheduled for later this month.

THANK YOU TOWNLEY FAMILY!

RAFFLE DRAWING!!

The Class of 2018 is selling raffle tickets for \$10 each. On Jan 30th one ticket will be drawn and the winner will receive \$500. Must be 18 to purchase a ticket. Winner does not need to be present to win. If you'd like to enter the drawing please email Robin.Johnson@hotmail.com.

CHS - PTSA Presents **Senior Slide Show**

Photos will be shown on **June 13th** and
at the commencement of graduation on **June 15th**

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 name of you senior in the email and provide a contact phone number.
- * 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.



GRAD NIGHT TICKET SALES

during lunch

Jan. 23rd & Jan. 24th

\$155 until Jan. 31st

Ticket price increases Feb. 1st to \$175

HOW TO PAY

Online: <http://chs.my-pta.org> (Select the Senior Tab)

Mail to: CHS - PTSA - Grad Night

29000 NE 150th Street, Duvall WA 98019

Submit: To Student Store

Please make checks payable to *CHS PTSA*

Please submit the Grad Night Release & Food Allergy forms with payment.

Payment plan available at <http://chs.my-pta.org>

Talk to your counselor about scholarships

Forms can be found at <http://chs.my-pta.org> and in the main office.

*One senior name will be drawn, and their ticket will be reimbursed \$155.

Important Dates for Seniors 2018

For more information, please visit <http://chs.my-pta.org> and select the Class of 2018 tab and follow on Facebook at <https://www.facebook.com/CHSRedWolvesDuvall/>

CLASS OF 2018

Please join our Facebook group to stay up on any happenings for the Class of 2018. <https://www.facebook.com/CHSRedWolvesDuvall/>

CLASS OF 2019 *NEW INFORMATION*****

Parents, please watch for our first Grad Night Committee meeting this spring. Grad Night along with other events during graduation week, take volunteers and we'll need your help to make them happen. If you'd like to be added to our volunteer list now, please contact us via our our Facebook group. Thank you!
<https://m.facebook.com/groups/125302461456720>

CLASS OF 2020

Please join our Facebook group to stay up on any happenings for the Class of 2020. <https://www.facebook.com/groups/1952167818338667/>

CLASS OF 2021

Please join our Facebook group to stay up on any happenings for the Class of 2021. <https://www.facebook.com/groups/354196198343202/>

Senior Grad Ads

Senior Grad Ads

Senior grad ads are an opportunity to give your senior a shout out in the yearbook praising them for their success, show off beautiful photos of your graduating senior, or just simply remind them how much you love them. Grad ads will be made exclusively online at www.yearbookforever.com, directions can be found below or on Ms. Schneider's website at <https://www.chsschneider.com/yearbook-senior-ads>. If you are struggling with these ads, please contact her via email (schneiderc@rsd407.org) or phone (425)844-4821. These must be turned in by March 1st, 2018 at 11:59pm. There will be no exceptions made for late ads. Even though this deadline is far off, DON'T DELAY. There are only 20 pages sectioned out for senior ads this year and it is a first come first serve basis.

[Grad Ad Directions](#)

Band News



Pep Band in 2018

The Cedarcrest Pep Band will play a variety of music to show school spirit, support the players, and entertain the crowd. Their first performance of the new year will be on January 12 at the Archbishop Murphy double header.

You Are Invited

On February 1, 2018 the Tolt Middle School 8th grade band members and the CHS band will perform together. The concert is at 7 pm in the CHS theater. Join us!

Santa Parade

Cedarcrest Marching Band and Color guard entertained the crowd with holiday music and marched in the Christmas in Carnation, Santa Parade. The crowds came out in the pouring rain to enjoy the parade as well as the tree lighting and food.



Winter Concert

In mid-December the Cedarcrest Percussion Ensemble, Jazz Band, Concert Band, and Wind Ensemble performed their Winter Concert selections. The Wind Ensemble's annual performance of "Sleigh Ride" was a crowd favorite.



DECA

DECA NEWS

On January 5th, 2018 forty-eight (48) members of the Cedarcrest DECA chapter headed to Bellevue to take part in the Area 3 Career Development Conference at the Meydenbauer Center. Cedarcrest competed against other DECA members from Bothell, Eastlake, Eastside Catholic, Inglemoor, Juanita, Lake Washington, Mercer Island, North Creek, Overlake, Redmond, and Woodinville high schools. Over 1100 competitors were in attendance participating in a series of role plays across thirty-one (31) different events.

Cedarcrest DECA had very successful results in this event. We will be taking twenty-seven (27) students to state and we had multiple Area winners; our largest contingent ever. The state competition will be in Bellevue from March 1-3, 2018. There will be over 3800 members from across the state at this event. Those 3800 competitors had to also qualify in their regional competitions amongst the 12,000 DECA members statewide.



DECA Area competition results 2018

| <u>Event</u> | <u>Competitor</u> | <u>Place</u> |
|------------------------------|--------------------------|--------------|
| Apparel and Accessories | Abby McKenzie | 8 |
| | Emma Leniszewski | 35 |
| Automotive Services | Ryan LaTurner | 11 |
| Business Finance | Cedric Nagata | 14 |
| Business Services | Alex Luther-Gray | 2 |
| Entrepreneurship | Andrew Chang | 2 |
| | Enrique Montana | 5 |
| | Miles Vondra | 8 |
| | McKenna Cato | 21 |
| | Brennan Le Blanc | 29 |
| Food Marketing | Mikaela Ji | 6 |
| Hotel and Lodging Management | Emmett Turner | 13 |
| | Alexis Robertson | 14 |
| | Sydney Oversby | 31 |
| | Kolby Nelson | 35 |
| Human Resource Management | Berrit Stow | 3 |
| | Hunter Korf | 6 |
| | Katelyn Berberich | 16 |
| | Katherine Fulton | 23 |
| Marketing Communications | Adam Elbahouty | 1 |
| Quick Serve Restaurant | Lauren Miller | 1 |

| | | |
|-------------------------------|------------------------------|----------|
| Restaurant and Food Services | Kylie Thomas | 1 |
| | Dylan Hardwick | 7 |
| | Garrett Nelson | 15 |
| | Justin Ibershof | 19 |
| Retail Management | Bryce Anderson | 18 |
| | Cecelia Kiesow | 20 |
| | Jake Tisdale | 27 |
| | Hayden Bharsar | 30 |
| | Brianna Johnson | 33 |
| | Kyle Stupfel | 34 |
| | Blake Donaldson | 36 |
| Sports and Entertainment | Jaylin Yowell | 22 |
| | Lauren Krause | 26 |
| | Sidra Griffin | 28 |
| | Rose Carlson | 29 |
| | Grace McKenzie | 33 |
| | Tessa Baldwin | 37 |
| | Dylan Felt | 38 |
| | Michael Levenson | 40 |
| Business Law and Ethics Team | Kylie Clarke | |
| | Nicole Yager | 20 |
| Marketing Management Team | Olivia Fulton | |
| | Paige Baldwin | 15 |
| Sports and Entertainment Team | Aaron Davenport | |
| | Jaren Stevenson | 5 |
| | Nick Scalia | |
| | Nick Shinn | 7 |
| Innovation Plan | Nathan Rhodes | 6 |
| Financial Consulting | Eli Washburn | 8 |
| Qualified for State | First year competitor | |

We have even more 30-page written events waiting to be awarded competition spots at state so stay tuned for more updates concerning our fabulous members!

Thank you to our administration, community members and parent judges for their continued support.

GO DECA!!

FFA

FFA Competes at District Job Interview Competition

On December 4th, Anna Knutson, Taylor Ford, and Megan Reid from the Cedarcrest FFA chapter, attended the district Job Interview competition in Lynden, Washington. These individuals qualified to compete at the district level after their placement within the top eight finalists at the sub district Interview competition in November. Each competitor composed a resume, completed a job application, and participated in two flights of mock interviews for jobs pertaining to various careers in the agriculture industry. In addition, they wrote business letters to their potential employers as a follow up to their interview. These members placed in the top five highest cumulative scores with their outstanding performance at the district competition. Anna placed 5th, Megan earned 4th, and Taylor received 2nd place overall, qualifying her to compete at the State Job Interview Competition this coming May. Congratulations to all three of these Cedarcrest FFA members for placing as the five highest Job Interview competitors in our district!



FFA UPCOMING EVENTS:

JANUARY

- 17th - FFA advisory meeting
- 25th - Chapter meeting 2:30
- 27th - Country Living Expo in Stanwood

Every week practices 2:30-3:30

Mondays - Forestry practice

Wednesdays - Vet Science practice
Landscape Practice

Thursdays - Floral Design practice
Horse Judging Practice
Creed and Extemp Practice

FEBRUARY

2nd - Landscape competition at Auburn Mountainview 4-8pm

3rd - Floral competition at Auburn HS 8am-1pm

7th - Flower and Garden show in Seattle

10th - Snoqualmie Seed Exchange 8am-3pm at Cedarcrest

12 -14th Chocolate Roses Sale

14th - FFA Advisory meeting

26th - March 2nd Canned Food Drive/FFA Week

Career and Technical Education

Career and Technical Education



Do you know about Riverview School District's FIRST Washington Robotics after-school program? You might have seen the Stealth Robotics Team 4089 from their t-shirt cannon at Cedarcrest football games and school assemblies. However, this CTE student leadership organization does so much more than just entertain audiences with their robots.

FIRST (For Inspiration and Recognition of Science and Technology) is a non-profit public entity founded in 1989 by entrepreneur and Segway inventor, Dean Kamen. FIRST was started by Mr. Kamen to inspire young people's interest and participation in science, technology, engineering, and math (STEM). The organization further strives to design accessible, innovative programs which motivate young people to pursue education and

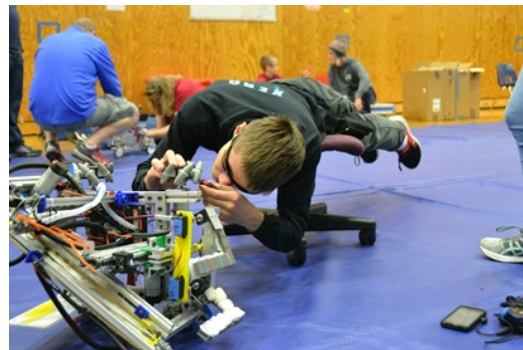
career opportunities in STEM, while building self-confidence, knowledge, and much needed 21st Century Skills. In fact, statistics demonstrate that over 88% of FIRST students have more interest in doing well in high school and 92% are more interested in attending college.

As of 2018, the Cedarcrest FIRST Robotics team has been in existence for seven years. Currently, the program is under the mentorship of four dedicated volunteers, Kevin Ross (CHS FIRST founder), Jim Wright, Eric Nesbitt, and Lloyd McCracken. These volunteers and FIRST students meet afterschool 3-4 days a week.

Under strict rules, limited financial resources, and an intense six-week time limit, teams of CHS students are challenged to raise funds, design a team "brand," hone their teamwork skills, plus build and program an industrial-size robot using exact specifications. Then these students go on to play difficult field game scenarios against fierce competitors from all over the region and country. It's as close to real-world engineering as a high school student can get. Cedarcrest's FIRST students learn coding, manufacturing, use of the Metals/Wood Shop to design and assemble their machines, programming, driving skills, time management, perseverance, solving difficult problems, and lots of organization. All of these skills add up in a positive way to help to shape the future for each of the young adults involved.

FIRST Robotics is open to ANY student who would like to be involved. There are many different robotics jobs in which a student can participate, so those with an interest and motivation can find their own particular FIRST niche.

The Riverview School District CTE department welcomes any support in financing FIRST Robotics or folks interested in volunteering. For more information about all of the nation-wide FIRST programs, please visit www.usfirst.org. To contact CTE Director, Kari Schuh, call (425) 844-4855 or email schuhk@rsd407.org.



From the Nurse...

Medications at School

If your student needs to carry over-the-counter (OTC) medications during the school day, please send **only** a day's supply of the medication in the originally labeled container (ie. travel-size) with a note from parent/guardian, per District Policy P3080-2.

Health Concerns/Vaccinations

In order to better serve students' health at CHS, emails will be sent or calls will be made to parents/guardians this month to update their health record and check vaccination status, if needed.

Flu Season

Seasonal "flu" occurs between October and May and typically peaks in January and

February. The CDC encourages everyone, especially school personnel, to get vaccinated because children are among the most vulnerable to the disease.

- Wash hands often with soap and water or alcohol-based hand sanitizer;
- Avoid touching eyes, nose, or mouth;
- Avoid close contact with those who are already sick;
- Get plenty of sleep;
- Eat healthy food and drink plenty of fluids;
- Cover your nose and mouth when coughing or sneezing with a tissue or the crook of your arm;
- Stay home, if ill, for at least 24 hours after fever is gone.

For more information about seasonal flu see <http://www.cdc.gov/flu/>

Leigh-Ann Gutmann, RN
Cedarcrest High School Nurse
425-844-4878
gutmannl@rsd407.org

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.