



Cedarcrest High School

Home of the Red Wolves!

Volume 24 Issue 3 November

Message from the Principal...

Of course this is November, the month to be *thankful*. So I am just going to come right out and say that I am thankful to work in a school with an *amazing staff*. As I am sure you have noticed, almost every Friday your student shows up home early and says "school was on early release today!" To which, if you are like me, you raise an eyebrow and say "again!" Well it is true, just about every Friday is an early release. So what, you ask, are we doing with this extra 90 minutes at the end of the day? Well, here it is. As you likely know, education has become a rather complicated entity in and of itself, that has garnered the attention of our "*all wise*" legislature (imagine my eye roll here). In their attempt to make things better (eye roll) they continue to provide us with changes in how we do things, including teaching students, assessing students and evaluating staff members. Now some of these things are good for education, the others I just won't mention, but the bottom line is that we (teachers, administrators, support staff) need time for preparation and to work through a considerable amount of information to help our students be the best that they can be. Especially when things change like the weather. Snow already! (Maybe there is something to this whole climate change thing.)

So back to the early release days, the breakdown is that there are actually four different types of early release trainings that we utilize throughout the year on our early release Fridays.

- *District Directed* days are the time we work through some of the issues and/or initiatives that have been presented to us on a state or national level, and which the Riverview School District facilitates in our building. This can be topics such as (to name a few) state

In this Issue

[College and Career Center News](#)

[Counseling Center](#)

[PTSA](#)

[Class of 2018](#)

[Class of 2019](#)

[Class of 2020](#)

[Band News](#)

[FFA](#)

[Cornucopia Sale](#)

[Career and Technical Education](#)

[DECA](#)

[Performing Arts](#)

[From the Nurse](#)

[Encompass Parent](#)

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***

assessments, state credit requirements and the effects of requirement changes on scheduling.

- *Building Directed* days are the second type of early release. These days are dedicated to working on building issues. At CHS we typically utilize this time to have teachers come together to work on things like; sharing best practices and what is working in their classroom, share something they are experimenting with in their classroom, work on building initiatives like incorporating student discourse throughout the curriculum, or work on our school improvement plan. We also use this time for teachers to meet and work in smaller groups, whether it be with their department or with a professional learning community (PLC) made up of teachers from different departments.
- *Teacher Directed Collaboration* days are days that are dedicated to teachers working together in their content area or again with a PLC of teachers.
- Finally, *Teacher Directed* days are the fourth type of early release. During these days the teachers are given the freedom to work on self-identified needs either individually or in groups with members of their department. They are typically working on classroom instruction and organization, dealing with a variety of issues, pedagogy, or any other tasks that they identify as a need that will help them in their classroom.

The day in the life of a teacher is quite demanding. They see between 120 and 150 students a day. They have to be "on" all the time, with students coming in and out of their rooms constantly, asking questions, sharing information about their life, asking for guidance, sometimes in areas that are not even related to the teacher's content area. It is sometimes impossible for them to even take the breaks we all take for granted, like a bathroom break, coffee break, or water cooler break (is there still such a thing?). I think we have all had a mentor or teacher at some time in our life that has been our "go to" person. I am *thankful* that we have many of those people in our building working with our students.

Finally, I don't want to leave out the many support staff that work in our building, from secretaries to para pros to custodians to food service to bus drivers. We couldn't do this work without every one of them and the professional services they provide our kids on a daily basis. So when you are sitting around the table on turkey day, I hope you feel like you can take a moment to be *thankful* for all of the people that are

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 if applicable. No refunds will be made from a prior year's

making this one heck of a village.

Ray LaBate
Principal

Important Dates

Parent Conferences 4:00 - 7:00 PM
Thursday, November 16th

2:15 PM Dismissal - No Early Release
Friday, November 17th

6-Period Schedule Days
November 20th- 22nd

11:10 AM Early Release
Wednesday, November 22nd

No School
November 23rd - 24th

Winter Sports

Winter Sports Parent Night

Wednesday, November 15th
6:00 PM - CHS Commons

Winter Sports Athletic Paperwork and Fees

Athletic paperwork and ALL fees for Winter sports are due **Thursday, November 9th** by 2:00PM in the Main Office at CHS.

1st day of turn-out for Winter sports are:

Boys Basketball, Girls Basketball, Wrestling -
Monday, November 13th

For a complete checklist in meeting the requirements in order to be eligible for the 1st turn-out please see the [Cedarcrest Sports page](#).

College and Career Center News

SAT and ACT ALERT

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/.

Upcoming College Visits held in Career Center during Advisory:

11/7/2017 University of Idaho

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**

Police Explorer Program

The Duvall Police Departments is currently accepting applications for the

11/8/2017 Seattle Film Institute
11/9/2017 Seattle University
11/14/2017 DigiPen Institute of Technology
11/15/2017 Grand Canyon University-Arizona
11/16/2017 Northwest College of Art

Police Explorer program. For more information please contact Officer Clark.

Counseling Center

Smarter Balance - Math

The Smarter Balance - Math will be administered on November 14, 15, and 16 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.

Winter 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

FINANCIAL AID NIGHT AT CEDARCREST

WHEN: TUESDAY, NOV. 14
FROM: 6:00-8:00 PM, CHS Library

THIS IS A DON'T MISS EVENT FOR SENIORS AND THEIR PARENTS IF YOU HAVE NOT COMPLETED YOUR FAFSA APPLICATION!

Need help filing the FAFSA? We understand that filing the FAFSA can be an intimidating and potentially frustrating task and often times families have a lot of questions while trying to accurately file. Cedarcrest believes all families should have access to college, therefore we want to provide a valuable resource to help you fill out your FAFSA. We will have financial aid experts from our local colleges here along with our counseling staff to help you complete your FAFSA with ease. Filing for the FAFSA is not only your access to federal grants and loans, it is also a necessary tool for colleges to determine your eligibility for scholarships! Nearly all colleges and scholarship organizations require submission of this application.

The night will begin with a brief informational presentation to help families better understand the financial aid process, then families will go onto the FAFSA website and complete their FAFSA application with the help of our experts. Both the student and parent(s) need to attend. We strongly recommend BOTH the student AND one parent go onto the FAFSA website at www.fafsa.ed.gov prior to the event to register for your FSA ID (blue lock icon at top of webpage). This will save a lot of valuable time on Nov. 14th. The same website is where to file for your FAFSA and is loaded with useful information to help you.

What is the FAFSA?

FAFSA stands for Federal Application for Federal Student Aid. It is the standard form students must complete to apply for federal and state need-based assistance/aid programs and, in some circumstances, campus-based assistance/aid.

Am I eligible to file the FAFSA?

The U.S. Department of Education Office of Federal Student Aid sets the requirements for federal financial aid eligibility. For the most up-to-date and accurate

list of eligibility criteria, visit the federal student aid site studentaid.ed.gov/eligibility/basic-criteria.

I'm not eligible to file the FAFSA. What do I do?

If you are not eligible to file the FAFSA due to immigration status, you may be able to file the [WASFA](#). You can get help filing the WASFA at a College Goal Washington event.

What should I bring ?

There are several things you need to bring.

- Social Security card or Alien registration card (if you are a permanent resident). (FAFSA only)
- Driver's license.
- Students prior year's tax return (2016) if you filed taxes.
- Your income information. This includes bank statements and a W-2 or pay stub.
- Parents' financial information. Parents should bring a copy of their previous year's tax return (2016) as well.
- One parent's social security number. If neither of your parents have one, you may still file the FAFSA.
- Additional financial information – such as child support statements, TANF or welfare information, real estate, stocks or bonds investments, family business or farm info.

Tips and Information from the Cedarcrest Counseling Center

SAT and ACT Information

There are lots of questions about what is a "good" ACT or SAT score. There is no perfect answer to this question, but below is a good benchmark range to go off of. While schools put a lot of merit into these scores, please keep in mind that the SAT and ACT scores are not the only piece of information schools go off of. If a student feels his/her score is not an accurate representation of ability, then it is beneficial to take a test again or take the other test. When is the best time to take the ACT or SAT? I would say that the end of the junior year is best, however taking the test after completing Algebra 2 is probably the optimal time to take the test for math purposes. Students who are in upper level math classes will not have seen some of the math material since middle school, so they will have to brush up on Algebra and Geometry before taking the exam. Two of the best ways to prepare for the exam are to read and understand the directions clearly prior to taking the test and doing the test questions of the day for both ACT and SAT exams on their websites on a daily basis-starting freshman year!

College Ready SAT and ACT Score Ranges:

SAT English: 480-800, with the majority of accepted college applications falling within 540-560

SAT Math: 530-800, with the majority of accepted college applications falling within 580-710

ACT English: 18 or above

ACT Math: 22 or above

ACT Composite score accepted for college applications falls within the 26-31 range. The average composite score in Washington is 23.

Health Tip: Managing Stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. *You can either change the situation or change your reaction.* When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept. Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Dealing with Stressful Situations: The Four A's

Change the situation:

- Avoid the stressor.
- Alter the stressor.

Change your reaction:

- Adapt to the stressor.
- Accept the stressor.

Stress management strategy: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- **Learn how to say "no"** - Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching them. Taking on more than you can handle is a surefire recipe for stress.
- **Avoid people who stress you out** - If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- **Take control of your environment** - If the evening news makes you anxious, turn the TV off. If traffic makes you tense, take a longer but less-traveled route. If your phone is distracting or causing you stress, turn it off for a while! Boundaries with you phone and friends are very important!!!
- **Avoid hot-button topics** - If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion. Set boundaries and adhere to them, it's respectful to yourself and others.

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety

[Click here](#) for a recent article from the New York Times discussing the rising issue of anxiety and finding the balance between protecting teenagers and pushing them to face their fears.

SENIORS: Here are some things for you and your parents to keep in mind:

- Nov. 3th is the regular registration deadline for the Dec. 9th ACT. ([act.org](#))
- Nov. 2th is the regular registration deadline for the Dec. 2rd SAT. ([collegeboard.com](#))
- If you are planning on attending college and have not started the application process, NOW is the time to do it!!! Don't wait until the priority deadlines! Do it now.
- The FAFSA application is now open! Don't delay in applying for Financial Aid. EVERY student going to college needs to complete this for scholarship and grant purposes. If you want assistance with the application, come to our **FINANCIAL AID NIGHT NOV. 14th from 6:00 - 8:00** or make an

- appointment with any local college financial aid office.
- There are lots of scholarships that are starting to hit deadlines. Just about everything is on-line now, so make sure you are on scholarship search engines. Every student going to college should apply for scholarships. There is a lot of money out there unclaimed because no one applies.
 - Students needing letters of recommendation need to plan ahead. Please fill out the letter of recommendation form available in the counseling center or online and give it to those people you feel know you well at least two weeks prior to the date you need them by. You want to get a good letter and giving them little information and time does not bode well. Also, make sure you are giving thank you letters to people who write you letters of recommendation! They put in a lot of time and effort writing a letter that will help you reach your destination and a simple thank you note is respectful.
 - Parents, make sure you are *regularly* talking to your students about healthy choices, good decisions, and staying on track. Tis the season for stress, decline in motivation, and overload. We want to make sure our students are all healthy and making good choices! We love them all and do not want to see something bad happen to any of them!
 - Enjoy your seniors! There is less than seven months of high school left! The end of the first quarter is nearing. Only three more to go. Take time to spend quality moments with them. Talk with them about important tools for living on their own. It's your last chance to regularly parent them. Make it meaningful.

Counseling Center Website

Don't forget to check out our [Counseling Center website](#) to stay up to date on upcoming events, resources, and other important information!

PTSA

Become a PTSA General Member

When you join the Cedarcrest High School PTSA, you become part of the Washington State PTA (WSPTA) and National PTA, nonprofit membership associations that advocate on behalf of all children. According to the WSPTA, studies have proven that membership in a PTA provides your child and other children around you with a greater chance of achieving in school. As a member, you are more likely to be an informed, involved parent. Check out its website (<https://www.wastatepta.org>) for the many things it has accomplished!

Joining the PTSA does not mean you also have to volunteer; however, if you would like to get involved beyond your membership, your contribution of time and talent helps make PTSA programs and events the best they can be. We can't do it without your help!

Join today at <http://www.chs.my-pta.org>.

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/cedarcrestpts/](https://www.facebook.com/cedarcrestpts/)

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, she'll add you to the signup list and you can choose the day(s) you are interested in working. Thank you!
sue.davenport@live.com

2017-2018 PTA Reflections Art Competition

Entries due **November 6th, 2017**
(end of school day)

Theme: **WITHIN REACH**

The Reflections Program is a National PTA & Washington State PTA Arts Competition.

Its purpose is to provide an opportunity for students to use their creative talents by expressing themselves through their own ORIGINAL works.

There are six arts areas. Only original works of art are accepted: Visual Arts, Photography, Literature, Music Composition, Dance Choreography, and Film Production.

High School Division includes all grades 9-12 as well as a Special Artist Division.

Entries will be judged on interpretation of theme and creative ability.

The program is structured for PTAs to recognize students at local, council, state, and national levels.

Category Rules and Student Entry Forms can be found and printed off of the Washington State PTA website: www.wastatepta.org/events-programs/reflections

***Please make sure you read ALL rules and follow them. Artwork that does not meet **ALL THE GUIDELINES** will unfortunately be *disqualified* from the competition. ***

If you need any further information or assistance, please direct any further questions to the PTSA Reflections Chair: Kelli Benson - beke1983@gmail.com



Did you know the WSPTA has a **GAME DEVELOPMENT COMPETITION?**

It's a STEM-based program that was introduced last year and is open to students grades 9-12.

The theme for 2017-2018 is **GRAVITY!**

For more information visit: www.wastatepta.org/events-programs/game-competition/

CHS - PTSA SPIRIT WEAR

CHS Spirit Wear is now available!

To order spirit wear, please print this [page](#), complete it and return to the school either by mailing it to CHS - PTSA 29000 NE 150th St - Duvall, WA 98019 or have your student turn it in to the student store. Please make checks payable to CHS - PTSA.

Deadline for ordering is December 1st.

[Full CHS - PTSA Spirit Wear Flyer](#)

CHS – PTSA SPIRIT WEAR

CHS spirit wear is now available!!

T-Shirt White or Ash
 Youth XS-XL \$10.00
 Adult S-L \$16.00
 XXL \$18.00
 XXXL \$20.00
 4XL \$22.00

Ladies Youth
 V-neck
 Pocket Print
 No Collar
 Teen Teen
 XS-XL \$11.00
 XXL \$13.00
 XXXL \$15.00
 4XL \$18.00

Classic Fleece
 XS-XL \$21.00
 XXL \$23.00
 XXXL \$25.00
 4XL \$28.00

Spot Tote 1/4 Zip Sweatshirt
 Embroidered
 XS-XL \$35.00
 XXL \$37.00
 XXXL \$39.00
 4XL \$41.00

Spot Tote Youth Fleece
 Full Zip Hooded Jacket
 Ladies and Men's
 Embroidered
 XS-XL \$45.00
 XXL \$47.00
 XXXL \$49.00
 4XL \$51.00

Modular Silver Puffer
 (youth sleeve has small)
 Youth XS-XL \$28.00
 Adult S-XL \$30.00
 XXL \$32.00
 XXXL \$34.00
 4XL \$36.00

Classic Option
 Silver puffer (litter Red/Wine)
 Youth XS-XL \$30.00
 Adult S-XL \$32.00
 XXL \$34.00
 XXXL \$36.00
 4XL \$38.00

Spot Tote Ladies Fleece Pants
 Silver puffer print
 XS-XL \$19.00
 XXL \$21.00
 XXXL \$23.00
 4XL \$25.00

Class of 2018

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.

November 7/8
 Ticket Sales
 during lunch

GRAD NIGHT INFO
 Submit your Grad Night Release &
pay for your ticket, by
December 15th, at 12:45pm
 and you'll be entered into a drawing to receive a



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.

Senior Calendar:

November 7/8	-National Achiever purchases during lunch - (CAP & GOWN) -Grad Night ticket sales during lunch
December 15th	-Last day to be entered in Grad Night ticket reimbursement drawing.
January 23/24	-Grad Night ticket sales during lunch
January 30th	-\$500 Raffle Ticket Drawing
February 1st	- Grad Night Tickets increase to \$175
March 1st	-Grad Ads due for the yearbook
May 22, 23, 24	-Grad Night Bus sign ups
June 6th	-Senior Awards
June 10th	-Baccalaureate
June 13th	-Senior Slide Show
June 15th	-Graduation Practice -Graduation Ceremony -Grad Night Event

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 2019

CLASS OF 2019

Parents!! We now have a Facebook page, please look us up!! Join our private group and keep informed on what's going on for our grad week! We will be keeping you informed on our future plans including fundraising opportunities, and as always seeking for volunteers in our concession stand for the classes fundraising nights.

<https://m.facebook.com/groups/125302461456720>

Thank You,
Serene Norris and Ginger Gerde

Class of 2020

Parents, Stay up to date on what's happening with the Class of 2020 by joining our Facebook page at www.facebook.com/groups/1952167818338667/

Band News

Cedarcrest Band and Colorguard Win Award

Cedarcrest Marching Band and Colorguard was once again awarded the coveted

People's Choice Award at the 6th annual Music in Motion Marching Band and Colorguard Competition in Everett last weekend. The People's Choice Award is awarded to the group that receives the most votes from the audience. Thank you to all our great band supporters.

Come Enjoy One of the largest Veteran's Day Parades in the United States

Support the Cedarcrest Marching Band and Colorguard in the 52nd annual Veterans Day Parade & Observance in Auburn, Washington and watch them compete in Auburn High School's annual Veterans' Day Marching Band Competition with their show, "Voices of the Forgotten". It's all on November 11th. Parade starts at 11 am and Competition is from 1:00-10:00 pm in Auburn Memorial Stadium. Last year they placed 2nd in the parade competition.

The marching competition features more than thirty of the finest high school marching bands from Washington, Oregon and Idaho and is our state's largest marching band show. Last year they placed 2nd and by popular vote were awarded the Spirit of Auburn Award. Thank you to all our band supporters!

Voices of the Forgotten

The Cedarcrest Band and Colorguard presents their 2017 program, "Voices of the Forgotten". A tale of those who heed not the dangers of myths.

"Out on the wide ocean waves, life is grand and full of adventure. There are no limits to the vastness of your exploration. Be wary though, listen not to the songs of

beauties, lest you fall prey to the enchantment of their mythical melodies. Once you are ensnared by the voices of sirens there is no escape and your voice will join those of other voyagers long forgotten". Under the direction of Drum majors: Jen Gard, Julia Ricks and Karen Bauman.



Photo Credit: Vera Ward

Help the Cedarcrest Band and Colorguard Purchase Rain Gear!

Band and Colorguard members will be selling Pastry Puffins® and Butter Braid® braided pastries for \$13 each. Funds raised will be used to purchase rain gear. Place your order beginning November 13th. Delivery to supporters will take place around Friday, December 15th. These are frozen products so simply put them in the freezer to later bake and serve to your holiday season guests! Thank you for supporting Cedarcrest Marching Band and Colorguard.

****To order Contact a band/colorguard member or Charlotte at 425-508-3464 / chard@cascadeintegration.com ****



Pastry Puffins® are light and flaky puff pastry dough with 6 different fillings that go from freezer to oven. Flavors include Apple, Blueberry Cream, Cherry, Strawberry Cream, Cheese and Pepperoni.



Butter Braid® braided pastries with icing need to thaw and rise for approximately 8 to 12 hours (overnight). Available flavors: Apple, Blueberry & Cream Cheese, Cinnamon, Double Chocolate, Raspberry and Strawberry & Cream Cheese.

Cedarcrest FFA Highlights for the Month of October:

By: Kendra Mutch

FFA Forestry Team Excels at Their First Competition

On October 17, the Forestry Career Development team attended their first competition of the year in Satsup, WA. Competing against 14 teams and 61 individuals total, Cedarcrest placed 3rd overall with three of the team members placing top ten individually. Ella Dianich placed 10th, Leila Misallati placed 6th, and Judah Lints was the top scoring individual, winning first place. The Forestry competition includes tree and equipment identification, compass and mapping events, machinery diagnostics, assessment of tree disorders, knowledge exam, and a team activity. The Team is looking forward to future competitions this year, and studying in preparation for the state level competition this spring.

FFA Pumpkin Carving Event

Cedarcrest FFA hosted a fall pumpkin carving event for all the CTSO clubs at the high school. With members from FFA, DECA, FBLA, WCTSMA, and Robotics, each club member had the opportunity to learn more about other club's programs.

Nursery/Landscape Team Competes at FFA National convention

On October 25th and 26th, the Cedarcrest nursery/landscape team competed at the FFA National Convention. The nursery/landscape competition included a team activity and skills event, knowledge exam, landscape estimating calculations, written and verbal customer assistance, propagation, and identification of plants, plant diseases/disorders, pests, beneficial insects, and tools. The team placed 16th overall with team members earning individual recognition as well. Kailea Alves earned bronze level placing. Megan Reid placed in the silver level. Ben Benson and Kendra Mutch received gold level awards. Ben earned 20th place individually out of nearly 150 competitors and Kendra placed 10th individually. Competing at national level allowed each team member the opportunity to discover personal areas of interest in agriculture, and learn more pertaining to horticulture, landscaping, and plant sciences. The team appreciates the opportunity of competing at national convention.



Cedarcrest Floral Design Cornucopia Sale

Make your dinner table look elegant with one of our student designed Cornucopia arrangements! See order form for more information.

[Printable Cornucopia Order Form](#)



Learning that works for Washington

CONSTRUCTION CAREERS DAY 2017

Designed to inspire high school students toward construction opportunities, Construction Career Day 2017 invited CHS Career & Tech Ed students and staff to participate in this free offering. As one of our country's largest industries, the construction trades are facing a HUGE shortage of skilled workers. This event addresses the need to educate young people about the tremendous future opportunities available in the construction trades industry. High paying high demand jobs are only just an apprenticeship away. Once a student has reached journeyman level their pay and benefit are even greater. Four-year degrees in construction management are another avenue to pursue with many types of jobs available right after graduation. While the weather during the student's visit to Magnuson Park was dreary, their experience learning about potential future career options was indeed very bright.



Outdoor Heavy Equipment

Who wouldn't like the chance to try out a crane, a backhoe, or move dirt around with a Bobcat? Yes, our CHS students were given the chance to operate big rigs, tools, and equipment under the guidance of well-trained volunteer operators. Every student dons a reflective vest, safety glasses, plus a hardhat and then they can feel exactly what it is like to manipulate the levers or even drive the heavy equipment.



Indoor Hands-On Construction Activities

Hands on activities such as laying mortar on brick, survey map reading, robots, twisting rebar together, how to properly hammer a nail, lift and move 2x4's, or running a crane simulator were open for exploration. Cedarcrest kids also learned about local educational programs, industry associations, and apprenticeship training programs.

University of Washington Construction Management- Virtual Construction Lab & Methods Materials Lab

Everyone was able to hear about the University of Washington's Department of Construction Management (CM) which hosts a competitive 4-year degree program. Students also learned about Building Information Modelling (BIM) which is a computer program used in the design of buildings that covers quantities and properties of building components, project management, and post-construction facilities management. The UW CM lab supports the construction industry and provide services to the community by preparing individuals for careers in construction management and related trades.

PACE training program at the UW's CM research lab

PACE (Pre Apprenticeship Construction Education) program is in partnership with UW and is designed to provide high-quality, trade-related instruction to individuals seeking entry into the construction industry's apprenticeship programs. They take applicants 18 years of age and older and the free training is for 380 hours over 11 weeks.

****For more information about apprenticeships, stop by the Career Center to see Mrs. Jennings. To attend next October's Construction Career Day 2018, be sure to sign up for one of Mr. Thomas or Mr. Miyoshi's CTE classes.**



Random Acts of Kindness

The Random Acts of Kindness Club is having its 16th Annual Personal Products Drive from November 6 - 16. Products such as soap, shampoo, deodorant, razors, baby products, and feminine products will be collected during 6th period classes. Winning classes will receive cookies from the CHS Cookie Patrol. Please encourage your students to contribute if they are able. Please contact Mrs. Filer at filerp@rsd407.org if you have any questions.

DECA

CHS STUDENTS NEED YOUR HELP!!

TO: Marketing/DECA Parents and CHS COMMUNITY

FROM: Marc Hillestad, DECA Advisor

DATE: November 1, 2017

RE: HELP NEEDED FOR AREA III DECA CONFERENCE JANUARY 5, 2018

A very important component of Marketing Education is preparing students for the adult business world they will be entering. Part of that learning experience comes from presenting themselves and their marketing solutions in case study/role play situations. We hope you have a great time and go away impressed with the quality of young people in our communities. We firmly believe that these young people are NOT our future; they are our present and their involvement and accountability in life is required now.

The main purpose of Marketing/DECA is to provide an environment for students to learn and then demonstrate competence in specific skills. These young people are discovering that knowledge by itself is not power; competence in applied skills is power!

Marketing/DECA moves the student from "sit and get" learning to "application learning." There is still a little lecture in the classes, however to be competitive in today's world economy those who "can do" and do it well, will win and for that reason we emphasize application of material. Bridging marketing skills with student career interests can add up to a productive and satisfying life. Every student in high school will be involved in some form of business after post secondary training. DECA and DECA competition helps a student develop a "can do" attitude.

The best analogy we can give about DECA is that it is the "varsity sport for business". Each case study/role play is a "real world" situation in which the student has the opportunity (through a role-play) to present to our judge(s) what one believes to be the best solution(s) to the given case study. Each student picks an event(s) to participate in and will be spending time in December learning and practicing solutions to their specific chosen business environment.

On January 5, 2018 over 1200 marketing students from Cedarcrest High School, the Mercer Island, Northshore and Lake Washington School Districts, as well as Eastside Catholic High School will meet at the Meydenbauer Convention Center and be given an opportunity to "show their marketing stuff" and compete with other students to see who gets to move on to the state DECA/marketing competition (for scholarships, travel awards, prizes, and recognition).

Area competition will need 120 judges January 5 from 7:30 a.m. to 1 p.m. This memo is asking you to become a volunteer judge or helper for the day. The event cannot happen without volunteers.

The events which Cedarcrest has been assigned to judge are the Business Services, Business, and Quick Serve Restaurant events. We need 25-30 judges this year. Below is a link to the DECA judge video created by Washington DECA that you may view to see more of what is expected of judges: <https://vimeo.com/121201537>

For more information about DECA go to www.deca.org or www.wadeca.org

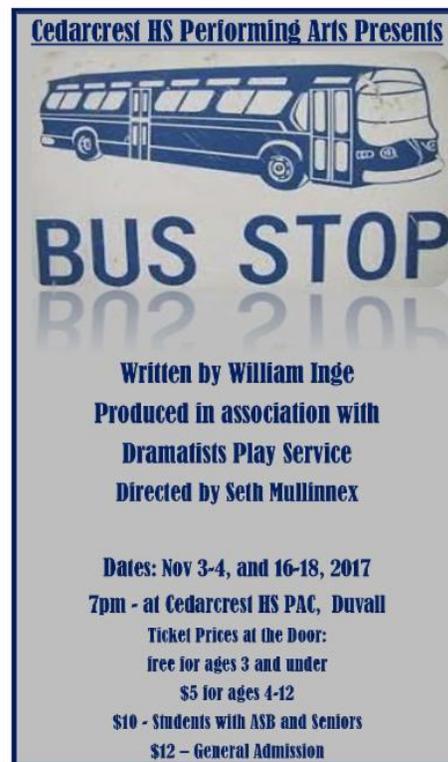
If you are willing and able to assist as a judge or have other questions, please contact CHS DECA Advisor Marc Hillestad at hillestadm@rsd407.org.

Thank you for your support of DECA and the students at CHS.

Cedarcrest Performing Arts

Come see the Cedarcrest Performing Arts production of "BUS STOP" written by William Inge, performing Nov. 3-4, and 16-18 at the CHS Theatre PAC at 7pm. Tickets are at the door: 3 yrs and under free, \$5 for children under 12, \$10 for students w/ASB and over 65 yrs, and \$12 general admission. See you there!

The story begins with a stormy winter evening at Grace's, a local truck/bus stop off the highway in Kansas. Grace, her waitress Elma, and Wilma, the local sheriff, await Carl's bus full of a mix of vagrants, cowpokes, and a would-be Hollywood hopeful unable to travel on because of blizzard. Little do they know that this strange combination of personalities will make their time pass by quickly, if not painfully, while "cooped" up in the diner. All the while, the characters struggle with their emotions due to the circumstances, leaving some to ask "What is love?" Enjoy the show!



From the Nurse...

Vaccinations

By state law, all students must be in full compliance with up-to-date immunizations (or have a signed exemption, cosigned by their health care provider). All high students are required to provide the date of the Chicken pox (Varicella) vaccinations- 2 doses, proof of illness, or a signed vaccination exemption to the school. Thank you to all of you who have already turned in vaccination records, since health care providers do not share this information with us. If you have not yet received the state required vaccinations, please schedule an appointment with your health care provider.

WHEN TO KEEP YOUR CHILD HOME OR

WHEN YOUR CHILD MIGHT BE SENT HOME

- Students with a fever of 100 degrees F or higher should stay home for at least 24 hours and not attend school until fever-free, for 24 hours, without fever-reducing medications.
- Students with a cough or sore throat, especially with a fever, should stay home from school until at least 24 hours after flu-like symptoms have resolved
- Vomiting or diarrhea, until symptom free for 24 hours
- Pink eye, with or without drainage, until treated
- Lice, nits (lice eggs), or scabies until treated and nit/lice free
- Body rash

Thank you for helping us keep our students healthy!!

Encompass Parent - Child Home Program



encompass
Children. Families. Community.

PARENT-CHILD HOME PROGRAM
A PROVEN BEGINNING FOR SCHOOL SUCCESS SINCE 1965

United Way
United Way of King County

FREE program. FREE toys and books. Proven outcomes.
Programa GRATIS. Juguetes y libros GRATUITOS. Resultados comprobados.

Children who complete this program:

- Are 30% more likely to graduate from high school than their peers
- Are better prepared for kindergarten
- Continue to perform better in school for years

Los niños que terminan este programa:

- Son 30% más propensos a graduarse de la escuela
- Están mejor preparados para el kindergarten
- Demuestran un mayor desempeño escolar durante años

School success starts here.

The Parent-Child Home Program (PCHP) meets you where you are to help build your child's learning and language skills. Qualified staff will meet with your family regularly to provide free educational toys and books and show you how to use them in ways that help your child prepare for school.

El éxito escolar comienza aquí.

El programa padres y niños en casa (PCHIP) le brinda la ayuda para fortalecer el desarrollo de las habilidades del aprendizaje y lenguaje de su hijo. Personal capacitado se reunirá con su familia regularmente para proporcionar, de manera gratuita, juguetes educativos y libros y a la vez le mostrará cómo usarlos de manera que ayuden a su hijo a prepararse para ingresar a la escuela.

Eligibility for this program is determined by income.
To learn more, please contact Lynne Creed at **425.888.3347 ext. 2316** or lynne.creed@encompassnw.org.

Elegibilidad depende de sus ingresos.
Para saber más, por favor contacte a Lynne Creed a **425.888.3347 ext. 2316** o lynne.creed@encompassnw.org.

Early Learning Center
1407 Boalch Ave. NW
North Bend, WA 98045
425.888.2777

Pediatric Therapy Clinic
209 Main Ave. S, Ste. 111
North Bend, WA 98045
425.888.3347

Carnation Preschool
4950 Tolt Ave.
Carnation, WA 98014
425.844.4548

encompassnw.org
info@encompassnw.org

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.