



Cedarcrest High School

Home of the Red Wolves!

Volume 24 Issue 4 December

Message from the Principal...

With the holidays among us, I was walking in Ben Franklin, looking at all the festive holiday season decorations, when it came to me. I live in a *snow globe*. Basically, life at a high school is pretty nice. Lots of great young kids walking the halls, full of vim and vigor. I think it keeps us (staff) feeling young. My own children like to remind me that I have been in high school all my life. Like that is a bad thing. Like I have never grown up. Truth is, being around all this energy keeps you young!

So why a *snow globe*? Each day, if you stand out in the morning commons, it looks kind of the same, kids coming in early, talking to friends, slowly waking, until the bell rings and they *magically* begin to move to class. Like looking at your favorite *snow globe* that you carefully unpack each year and set out, it is very serene, very pretty, very cool, then you gently shake it and it comes to life! Students go through their daily routines; classes, meetings, sports practices, jobs, homework, repeat. Gentle shakes throughout the day. Shakes can be soft or vigorous. We have daily soft shakes of our globe. But then, every now and then, someone comes over, sees your serene little globe, and really gives it a good shake!

Next week we are going to have a more vigorous shake. A *fun shake*, because we have the pre-holiday *spirit week*! Students will be extra excited for the upcoming break, we will have dress up days, athletic events, concerts, and a holiday assembly on Friday. Our week looks like this, starting with the dress up day and followed by the events of the day:

Monday- Holiday PJ Day, Wrestling match and/or a Choir Concert

Tuesday- Ice Out (blue and white clothing), Boys basketball (home) Girls basketball (away)

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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**

Wednesday- Winter Gear Day, Winter Band Concert

Thursday- Flannel Family Photo Day (twin day "matching" and/or flannels), Wrestling (away)

Friday- Ugly Sweater Day, Holiday Pep Assembly, Boys/Girls Basketball Quad (home)

So with all the great stuff that goes on during the holidays, try to make time to come out and see an event. Hanging out with our youth *really* does keep you young. Also, I would like to ask you parents to *encourage* your student to participate each day, give them a little shake to take advantage of life in the snow globe while they can. Because unlike me, they will be expected to move on after graduation to something other than high school and may never get a chance to live in the globe again.

Enjoy the holidays, spend time with your loved ones, *reflex** on the past year, live in the globe even if just for a short time, but make sure you give it a *shake* daily.

**Reflex*, a term that can be found in my June 2017 newsletter, what one gets when one combines *reflection* with *relaxation*. "I like to take time at the end of the year to *reflex*." Not approved by anyone's dictionary, yet.

Ray LaBate
Principal

Winter Formal

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

**Only 400 Tickets Available
First Come First Served**

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.

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

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

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/.

ASVAB Test

Friday, January 9, 2018

7:20 a.m. - 10:30 a.m., CHS LRC

The ASVAB Test will be offered to all interested juniors and seniors on the morning of January 9, 2018. This is a valuable vocational aptitude test and it is free to interested students. The results from this test can provide students with useful information about their abilities, interests, and possible career preferences. If you are not quite sure what you'd like to pursue after high school, this assessment tool can help you to hone in on those areas that align with your interests and skills. Although sponsored by the military, there is **No Obligation whatsoever** to any branch of the Armed Forces. Sign up in the Career Center.

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.

Counseling Center

On **Wednesday, January 10**, Cedarcrest High School will be administering the Algebra 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.

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
Proceeds to benefit the Track

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>

& 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 Counseling Center Tips and Information

Happy holidays! This time of year brings joy and excitement, highlights generosity of others, tempts our sweet tooth with delicious holiday treats, and also can be stressful. The following are some things for you to think about and keep in mind as you enjoy your winter traditions:

Stress Tips:

- Taking deep breaths accompanied by thoughts of being in control ("I can handle this"). Useful breathing technique: Breathe in deeply through nose counting in your head to five seconds. Exhale through mouth counting to eight seconds. As you breathe, let your abdomen expand outward, rather than raising your shoulders. This is a more relaxed and natural way to breathe, and helps your lungs fill themselves more fully with fresh air, releasing more "old" air.
- Setting small goals and breaking tasks into smaller manageable chunks
- Exercising and eating regular meals, and avoiding excessive caffeine
 - Did you know that one of the best ways to deal with stress is **exercise**?

Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles get tight. You breathe harder and your blood pressure goes up. Exercise moves those chemicals out of your body. It reduces muscle tension and takes your mind off of problems. Exercise helps you sleep better and improves the quality of sleep, making you feel better rested. Choose activities you'll enjoy. The type of activity that will relieve your stress best depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better. Remember, one of the stress reducing benefits of exercise is that it's fun. Choose an activity you'll enjoy.

Get Plenty of Rest, Eat Well. Teenagers need lots of sleep because they are

growing and developing at a furious pace. Not getting enough sleep can give you bad skin, make you clumsy and emotional, and make it hard to concentrate. Keeping your sleep on a schedule helps, too. Go to sleep and get up at the same time every day.

Eating well means eating a variety of foods, in moderation, that are high in vitamins and minerals, and provide a balance across the food groups.

- Focusing on things you can control and letting go of things you cannot control
- Rehearsing and practicing feared situations (e.g., practicing public speaking or asking someone out on a date). Also, problem solve through situations you fear the worst will happen, such as a bad grade. Don't work through the situation as if only the worst will result, but instead work through what you might do if you don't get the result and anticipate positive outcomes.
- Talking about problems with others, including parents, older adults and friends
- Lowering unrealistic expectations
- Scheduling breaks and enjoyable activities, such as music, art, sports, socializing
- Accepting yourself as you are and identifying unique strengths and building on them, but realizing no one is perfect!
- Decrease negative self-talk. Challenge negative thoughts about yourself with alternative neutral or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help."

Ways parents can help their teen cope with stress:

- **Encourage your teen to talk about what he or she is going through, and be willing to listen.** Don't just jump to conclusions and give advice. Depending on the situation, your teen may not want advice – just to be understood and listened to. Even if a problem seems small to you, it may be a major concern for your child. Minimizing a problem or saying "you'll get over it" is not helpful. It gives the message you don't understand or are not willing to listen.
- **Offer reassurance, encouragement, and support.** Be willing to provide verbal or physical comfort, but don't be discouraged if your teen rejects your effort or is irritable. These are normal reactions to stress. Be patient and let your child know you're available if he or she needs you.
- **Continue to provide structure, stability, and predictability.**
- **Encourage your teen to participate in activities normally enjoyed.** Support involvement in positive and pro-social activities (e.g., sports, volunteer work, church).
- **Model effective stress management and coping skills.**
- **Build a relationship so that your teen will feel comfortable coming to you when he or she needs help.**
- Be aware that inadequately managed stress can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills (e.g., drug use, alcohol use, self-injury, eating disorders). If your teen talks about or shows signs of being overly stressed, a consultation with a qualified mental health professional may be helpful.

Suicide Prevention and Mental Health Support:

Our department, and schools nation-wide, have seen an increase in the number of students who have expressed suicide ideation or had an attempt. Suicide is the third leading cause of death in teens, and it is totally preventable. It is imperative that we recognize the signs so that we can implement preventive support strategies. Teens can naturally be dramatic, have mood swings, and seclude themselves from

their families which sometimes makes it hard to recognize warning signs because some of the warning signs are similar to normal teen behavior. Teens may attempt suicide or have suicidal thoughts when they are depressed, feel overwhelmed and unable to cope with pressures in his/her life, trapped, or feel unable to problem solve stressors in their lives. Other factors that may contribute to teen suicide include divorce of parents, violence in the home, inability to find success at school, feelings of worthlessness, rejection by friends, substance abuse, death of someone close to the teenager, and suicide/attempt of a friend or someone he/she "knows" online. Counselors and educators nation-wide are talking about this generation's apparent difficulty in being able to successfully problem solve, seek appropriate resources, and communicate effectively when they are struggling. Perhaps technology has influenced the apparent need for immediate resolution to challenges and has impacted ability to think through things long term and have patience in solving problems. Whatever it is, it is important to know the warning signs and respond to them with care. The following are signs that warrant reaching out and having a conversation.

Warning signs:

- Talks about death and/or suicide, even in a joking manner
- Thinking about a plan to kill self
- Expresses worries that nobody cares about him or her
- Has attempted suicide in the past
- Dramatic changes in personality and behavior
- Withdraws from interacting with family and friends
- Shows signs of depression
- Shows signs of substance abuse
- Cutting, burning, or other forms of self-harm (check arms, legs, belly)
- Begins to act recklessly and engage in risk-taking behaviors
- Begins to give away sentimental possessions
- Spends time online interacting with people who glamorize suicide and maybe even form suicide pacts (check phones and computers for this! Tumbler, private Snap Chat, second Instagram accounts, and Twitter are becoming very common ways to express feelings and suicide ideation.

Prevention of teen suicide:

Having regular discussions with teens about their mental health is important. Do regular check-ins to see how things are going. Don't accept "fine" or "okay". Get details. Ask questions. Ask them how they are managing their stress and pressures they have in their life. People who are depressed or suicidal do want to talk about it. They often talk about it in detail on private or public social media. If you do have concerns, it is crucial you are direct in your questioning and that you say it in such a way that they feel comfortable opening up. You need to say, "Are you thinking of killing yourself or harming yourself in any way?" Saying, "You aren't thinking of hurting yourself are you?" is not direct enough and may make them feel like you don't want them to say yes. Using any of the strategies listed in the stress tips are a great start to prevention. If a student is suicidal, counseling, residential or outpatient treatment, and/or medication are helpful. Treating your teen with respect and understanding, showing unconditional love, and offering emotional support are life-saving. Show your teenager that it is possible to overcome life's challenges and make sure that he or she knows you want to help. There are a ton of really great resources on-line to help you. Here are a few:

<http://suicideprevention.nv.gov/Youth/WhatYouCanDo/> ,
<https://suicidepreventionlifeline.org/>, <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

SENIOR INFORMATION:

- Have you completed your FAFSA yet? If not, go to fafsa.ed.gov and complete the application prior to the priority deadline at your selected colleges. Colleges need this information to award scholarship and grant money to you!
- Four-year college applications are starting to reach deadlines. Make sure you have everything done and have extra sets of eyes on your applications to catch errors and provide constructive advice. Error-free applications are crucial.
- Check in with our Career Specialist, Sherry Jennings. She is a great resource!
- Go onto college websites and look at their scholarship resources and continue applying to scholarships! Now is the time to apply. After March, the quantity of scholarships available decline.
- Other helpful scholarship websites are:
 - FastWeb.com
 - wsac.wa.gov
 - TheWashBoard.org
 - collegesuccessfoundation.org
 - college-scholarships.com
 - readysetgrad.org
 - CollegePlan.org
 - Scholarships.com
 - StudentAid.ed.gov
 - WaOpportunityScholarship.org
 - WUE.wiche.edu
 - Snoqualimievalley.dollarsforscholars.org...THIS SCHOLARSHIP IS SPECIFICALLY FOR CEDARCREST HIGH SCHOOL STUDENTS!
 - **GOOGLE**: Google scholarships for career fields you are interested in and/or characteristics about you such as ethnicity, gender, special skills, first-generation to earn a degree, disability, groups/organizations you belong to...the possibilities are endless.

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

Superintendent Dr. Anthony L. Smith will be discussing the upcoming levy during the general membership meeting on January 4th at 2:45pm in the CHS Library. We look forward to seeing you there!

Thank you for your spirit wear orders. Stay tuned for our spirit wear event in the spring.

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

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

2017-2018 PTA Reflections Art Competition

Judging has commenced.

Good luck students!

If you have any questions regarding the PTSA Reflections, please contact Kelli Benson - bekel1983@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/

Class of 2018

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](#)

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 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 **full ticket reimbursement***

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

Please join our Facebook group to stay up on any happenings for the Class of 2019.
<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/>

Band News



[Cedarcrest Band and Colorguard Win Awards](#)

Cedarcrest's Marching Band and Colorguard recently competed in the 52nd annual "Veterans Day Parade & Observance" and Auburn High School's annual "Veterans'

Day Marching Band Competition". The parade is one of the largest Veteran's Day Parades west of the Mississippi and the band competition featured more than twenty of the finest high school marching bands from Washington and Oregon. It's one of our state's largest marching band shows.

Cedarcrest placed 2nd in the parade competition and 3rd in the marching competition.



Santa Parade

Cedarcrest Marching Band and Colorguard will be marching in the "Christmas in Carnation" "Santa Parade". The event includes tree lighting, free food and the parade. For more information on "Christmas in Carnation", select this link. Come out to enjoy the festivities and support the band!

Winter Concert

Cedarcrest Jazz Band, Concert Band and Wind Ensemble will present their annual winter concert on December 13th at 7 pm in the CHS Theater. Please join us as we celebrate the season.

Pep Band begins in January

It's basketball season and no game can be complete without a Pep Band. The Cedarcrest Pep Band will add to the excitement by playing a variety of music to show school spirit, support for the players, and entertain the crowd. Their first performance will be after winter break.

Joint Tolt Middle School and CHS Band Concert

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.

FFA



Cedarcrest FFA Hosts the Job Interview Competition

On November 9th, Cedarcrest FFA hosted the sub-district Job interview competition for local FFA chapters in Washington State. During the competition, students compose a resume, fill out a job application, and participate in a mock interview for a job description of their choice. With a total of 30 competitors, representing eight different schools, the Cedarcrest Job Interview team earned first overall. Taylor Ford, Anna Knutson, Megan Reid, and Ben Benson placed in the top eight individuals and competed in the finalist interview round which determined the top placing students of the competition. Taylor received eighth place, Anna earned sixth place, Megan placed third, and Ben was the top placing individual overall. The Cedarcrest team will progress to compete at the district level in pursuit of qualifying for the State Job Interview Competition.

FFA Floriculture Design Team Competes at First Competition

The FFA Floriculture design team competed at the Hudson's Bay competition in Vancouver, WA on November fourth. The team members included Nayeli Estrella, Leila Misallati, Taylor Ford, Heather Olson, and Jessica Thompson. The Floriculture Career Development Competition entails plant and tool identification, a general knowledge exam, problem solving calculations, and a team activity. In addition, each team member specializes in one of the three practicums which include floral arrangement, job interview, and growing procedures. The team won 5th place overall as well as earned the 5th highest cumulative individual scores in the problem solving and practicum portion of the competition. The day before competing, the floral team visited Washington Floral Wholesale where they had the opportunity to practice plant identification and attend a private workshop. Washington Floral employees instructed each member in creating their own floral arrangement.



Career and Technical Education

Technology Education and Literacy in Schools (TEALS)

Welcome and THANK YOU to our TEALS Team!

The TEALS organization has again teamed with Cedarcrest High School's Mike Miyoshi to assist our students with Computer Science curriculum in our district.

Supported by Microsoft Philanthropies, TEALS is an organization that helps high schools throughout the nation build or maintain computer science programs. TEALS pairs trained computer science professionals from across the technology industry with classroom teachers to team-teach computer science. Industry volunteers and partner teachers create a ripple effect, impacting the students they teach, and the many students who will study Computer Science in the future.

This school year these volunteers are:

- David Callaghan
- Justin Warner
- Klaudia Leja
- Ramon Arguelles-Garcia

The overall TEALS initiative has been in existence since 2009 ensuring industry volunteers are in the classroom assisting with instruction and strengthening the connections between high school and real world applicable skills. CHS TEALS veteran member, Ramon Arguelles-Garcia, has been with the program for the past two years while all the other volunteers are brand new to Cedarcrest as of September 2017. It is a goal of TEALS volunteer, Klaudia Leja, to recruit more females into computer science since women are an underrepresented group in the classroom as well as the field. All are invited to sign up for Computer Science since it is a great career path for everyone to pursue.

If you get a chance, look for these professionals on campus during first period. Ask them questions about future careers in Computer Science and then be sure to give our TEALS folks a high five.

Thank you again to TEALS and Mr. Miyoshi for their hard work and continued support of Computer Science Programs in our district.

From the Nurse...

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/>

Vaccinations

Letters were sent home in October if your student is not up-to-date with Immunizations. Please send in verification from the doctor when your student receives the State-Required immunizations. You can access your student's immunization record through the Washington State Department of Health.

www.doh.wa.gov/youandyourfamily/immunization

Thank you for helping us keep everyone healthy at school!

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

DECA

CHS STUDENTS NEED YOUR HELP!!

TO: Marketing/DECA Parents and CHS COMMUNITY

**FROM: Marc Hillestad, DECA Advisor
Hunter Korf and Nathan Rhodes, Chapter Co-Presidents**

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.

Jolly Holiday Fun Run

Come on out for our 3rd Annual Jolly Holiday Fun Run 5k. This event is open for all ages. Feel free to dress in costume. The registration fee is a new unwrapped toy or gift cards. Items from the event will be donated to our local HopeLink and Acres of Diamonds charities.



Jolly Holiday

5k FUN RUN

Presented by CHS DECA

**DECEMBER 9th**

9AM-11AM

Cedarcrest High School

29000 NE 150th St, Duvall, WA 98019

BRING A TOY TO DONATE TO HOPELINK | Visit our Facebook page for more info

PosterMyWall.com

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.

