



Cedarcrest High School

Home of the Red Wolves!

Volume 25 Issue 2 October

Message from the Principal...

It's Homecoming Week! Always an exciting time for students and alums. There is a lot going on this week:

- Dress up days all week (don't be surprised if your student asks to borrow your polyester suit for 80' day)
- Home volleyball on Tuesday and Thursday
- Girls Soccer on the road to Everett on Tuesday and Shoreline on Thursday
- Cross country away on Thursday at Kamiak HS
- Homecoming assembly Friday
- Homecoming football game Friday evening vs. Sehome HS
- And the finale on Saturday, Homecoming dance at the Pacific Science Center from 8 to 11PM

With all this fun stuff going on, believe it or not, there is also a lot of extra stress on our students. We now have; fun stuff, studying, *and* major first world decisions to make like, "Who will I go to the game(s) with? Who will I sit with at the assembly? Which Band T-shirt do I wear? I don't have a tie died t-shirt?!? Do I go with a date to the dance or a group of friends? Do I do my homework all week or put it off? (spoiler alert DO YOUR HOMEWORK)."

So how can all of us parents/guardians, that survived these moments in time, (even though some of us may not remember that far back), help our students handle the decisions facing them in this complicated, social media gone wild world? It's easy, when your student asks you for guidance, tell them to ask Siri. Okay if you know me at all, you know that is never what I would say. The only advice I trust to Siri is "Siri, who does this phone belong to?" Yep, that is how we return lost phones, now you know the secret.

Truth is, when the stress in your kid begins to build and you recognize you need to step in, remind them of this, "*You can't let yourself be stressed out about how you*

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Important Phone Numbers

Main Office
(425) 844 - 4800

Attendance Office
(425) 844 - 4806

Counseling Office
(425) 844 - 4807

Office Hours
6:30am - 3:00pm

***For School Closure,
Late Start or Early
Dismissal
Information***

[Riverview School District](#)

involve yourself in all the social activities at school, so much so that it takes away the pure enjoyment of being a kid." I like to recommend to parents to communicate to their student that; although your four years in high school can have a positive effect on your life, these four short years will not define you as a person or dictate the person you will be. Only you can do that.

Students, please remember that high school is important, especially because we know you all have goals to become the best adult you can be, and to create a good life for yourself. But also remember that this time will be gone before you know it and you can't get it back. Enjoy it, enjoy the learning, enjoy the clubs, enjoy the sports you play, enjoy having lunch with your friends, enjoy the assemblies, enjoy going to the homecoming game and/or dance, because it will be over before you can say snapchat. Take advantage of the life your family has given you and the opportunities afforded to you to learn and grow by Cedarcrest High School and our staff. Don't take it for granted. Be present, every day.

Ray LaBate
Principal

Homecoming Dance

School Dance Policy

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

Homecoming/Tolo/Spirit Dance: Students and their guests must be of high school age (grade 9 through 12) and under 21 years of age to attend.

Prom: Students and their guests must be of junior or senior standing in high school and/or under 21 years of age. No exceptions to this policy will be made.

Once the students enter the dance facility they are not allowed to leave and enter again. Dress for formal dances should be classic (Tuxedos or coat and tie for boys, gowns for girls) and not overly revealing. Dress for informal or theme dances must meet school dress code.

Cedarcrest Band News



You Are Invited

Cedarcrest's Marching Band and Color Guard are looking

[Emergency Weather
Related Schedule
Changes](#)

Quick Links

[2018-2019 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. Guests, please park in the visitor parking lot located in the west parking lot.

Numbered parking spaces are reserved from 6:30 am to 2:15 pm on school days. Violators will be ticketed and/or towed.

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 payment. Sport

forward to another great season and working hard rehearsing for their October competitions. On October 6, 2018 they will perform in the annual **Music in Motion** competition at Mariner High School, Goddard Memorial Stadium in **Everett, Washington**. Stop by to see their first performance at 2:00 pm and their finals performance at 6:00 pm. Last year they won the People's Choice award; which is awarded to the group that receives the most votes from the audience. Thank you to all our great band supporters.

Their second competition is on October 20, 2018. They will compete in the **18th Annual Harvest Marching Band Festival** at Eisenhower High School, Zaepfel Stadium in **Yakima, Washington**. Preliminary competition is from 8:30 am - 2:15 pm, Finals competition is from 3:30 pm - 8:15 pm. Finals awards are announced at 8:30 pm. In their previous appearance at the Harvest Festival (2015), CHS placed 1st in their division.

Support the Cedarcrest Band and Color Guard!

Band and Color Guard members will be selling Butter Braid® braided pastries for \$13 each starting Tuesday, November 13th through Monday, November 26th. Available Butter Braid® flavors: Apple, Blueberry Cream Cheese, Cinnamon, Strawberry Cream Cheese, and Raspberry. These are frozen products. Let them rise overnight and bake in the morning.

New this year

Frozen Gluten Free Cookie Dough. Cookie dough flavors are chocolate chip, or double chocolate chip.

Delivery to supporters will take place Wednesday, December 12th through Sunday, December 16th.

Thank you for supporting Cedarcrest Marching Band and Colorguard!

To order contact a band/color guard member or Charlotte at 425-508-3464 / chard@cascadeintegration.com

Senior Information

Parents of Seniors!

It's that time of year again for you to purchase your senior ads in the yearbook. Space is limited so the sooner you get it in, the better. These ads can be created by visiting www.yearbookforever.com and searching up Cedarcrest High School. Please remember your photos need to be high quality images and if you are in need of help, call Ms. Schneider at 425.844.4821 or email at schneiderc@rsd407.org

Printable instructions for grad ad..

[Grad Ad Instructions](#)

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

[WESCO 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 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**

Class of 2022: Text **@2022chsrw** to **81010**.
Or, in your phones web browser type: **rmd.at/2022chsrw**

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

College and Career Center News

SAT and ACT ALERT

SAT - Registration for the **December 1, 2018** test is due **November 1, 2018**. Online registration can be found at www.collegeboard.com.

ACT - Registration for the **December 8, 2018 test is due** November 2, 2018. Online registration can be found at <http://www.act.org/>.

National College Fair - November 2 & 3, 2018

The fair allows students to interact with admissions representatives from a nationwide collection of colleges and universities. They will have an opportunity to discuss degree programs, financial aid, the admissions process, campus life and information pertinent to the selection process. The fair also sponsors separate workshops covering such topics as the NCAA, financial aid, and college admission trends. This fair is held at the Washington State Convention Center, Seattle; Friday hours are 9 a.m.-Noon and Saturday from 12:00 p.m. - 4 p.m.

Both days are free and we recommend parents and students attend together if possible. Information is available online at www.nacenet.org.

Cascadia College -

First to offer a **Bachelor of Applied Science in Mobile Application Development**

This new degree will launch students into the fastest growing industry in the state. Students will learn the skills necessary to land jobs such as application developers, front end developers, and software developers, where the median entry-level salary is \$69,000. Visit www.cascadia.edu/mobas for more information.

Upcoming College Visits held in Career Center during Advisory:

10/10/18	University of Montana
10/10/18	The University of Arizona
10/11/18	Oregon State University
10/16/18	Northern Arizona University
10/17/18	Pacific University Oregon
10/18/18	Central Washington University
10/18/18	Vanderbilt University
10/23/18	University of Idaho
10/24/18	Whitworth University
10/25/18	University of Utah
10/30/18	Seattle Pacific University
10/31/18	Swiss Education Group
11/01/18	Gonzaga University

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

From the Nurse:

Thank you to all the families that brought emergency medications, signed IHPs and Medication Authorizations to Registration. If you received an IHP for your student over the summer, please sign it and return it as soon as possible so their file can be updated. If it is no longer needed, please email the nurse and let us know so their file is current.

Vaccinations -

If your student needs vaccinations, letters were sent home this summer. Please make sure your student is up to date. Notification of students with delinquent or incomplete records will be sent out again in early October and by State Law, all students must be in full compliance (or have a signed, cosigned Exemption form from their Health Care Provider) by the end of that month.

Medications -

If your student needs an emergency medication at school or has a health concern, please contact the school nurse.

Let's make this a safe and healthy year!

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

Counseling News

Cedarcrest Counseling Department October News

Important Dates:

October 1: PSAT (for grades 9-11, designed for 11th grade) sign-up opens. (\$20 in main office)

October 9: Healthy Youth Survey given to 10th and 12th grade during advisory.

October 10: 6:30-8:30 at RSD Educational Service Center: Hidden in Plain Sight: An interactive workshop for parents only on identifying risky behaviors in relation to drugs and alcohol.

October 13 8:00-noon: PSAT administered at CHS for those signed up.

October 17 6:00-7:30: FAFSA Completion Night.

Financial Aid experts from several local colleges will be here to help you understand the FAFSA and work with you individually so you can submit your FAFSA by the end of the evening! Before you arrive, log on to <https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid> to create your FSA ID. BOTH student and parent need to create an FSA ID. This will save significant time if you do it ahead of arriving on October 17th.

Si habla Espanol, va ver un interpreter de Espanol y unos de nosotras hablamos Espanol.

What to Bring:

- *Social Security card or Alien registration card (if you are a permanent resident). (FAFSA only)
- *Driver's license.
- *Student's prior year's tax return (2017) if you filed taxes.
- *Your income information. This includes bank statements and a W-2 or pay stub.
- *Both student and parent should attend.

*Parents' financial info. Parents should bring a copy of their previous year's tax return (2017) 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, Temporary Assistance for Needy Families (TANF), or welfare information, real estate, stocks or bonds investments, family business or farm info.

Cedarcrest Character Traits

This Month: Initiative

In the words of Cesar Chavez, "Students must have initiative; They should not be mere imitators. They must learn to think and act for themselves-and be free"

Two strategies parents can establish at home that help students develop better initiative are to encourage the efforts they make instead of focusing on the results and to allow them to do tasks on their own. For example, instead of first asking them what grade they received on a test, start by asking them what effort they put into studying and what strategies they used to prepare. Same goes for game performance, ask them how they felt they prepared and details on their performance instead of if they won or not. Examples of having students do tasks on their own is to have them do their own laundry, make the grocery lists, send emails to teachers when they are struggling, or maybe even make their own appointments.

As students are now hitting their stride this academic year, encourage your sons and daughters to take initiative to try new clubs, set the bar high for their goals, talk with their teachers, and engage in learning opportunities that will help them develop their ideas and passions. Another excellent quote, "Success depends in a very large measure upon individual initiative and exertion, and cannot be achieved except by a dint of hard work", by Anna Pavlova.

DECA NEWS

Welcome to DECA month! The tenth month of the year is going to be filled with a great deal of service and leadership opportunities for DECA members. We ended September by completing our leadership team and took part in a marketing research study as executives from Talking Rain came into the classroom to get our feedback on product packaging for a new product line.

Our **Executive Officers for 2018-19** are:

Abby McKenzie - President

Miles Vondra - Vice President

Kaitlyn Berberich and Grace McKenzie - Co-VP of Chapter Involvement

Sidra Griffen and Berrit Stow - Co-VP of Community Service

Emmett Turner - Competition Coordinator

Bryce Anderson - VP of Fiscal Support

Jalyn Yowell - VP of Membership

Ava Mundy - Secretary

Brianna Johnson - Social Media Director

Curt Nelson - Treasurer

The new team has many activities planned. We had our second membership meeting on October 2nd. Our President also welcomed our CTE Business and Marketing Advisory Committee members at the October 3rd meeting. Members will be in the stands at the Homecoming game on the 5th to do a change drive for Seattle Children's Hospital. We will join with the other CTSOs at the October 10th pumpkin carving hosted by FFA. DECA will host our own staff and member appreciation fiesta on the 16th along with other staff appreciation activities planned that week. The month will conclude with a visit to the Talking Rain offices and production facility, and members attending the DECA

Fall Leadership Conference October, 28-30 in Bellevue. Maybe we can even fit in a haunted house or two.

It is going to be a great month for our members. To become involved as a member, mentor, judge, or to participate in the CTE Business and Marketing Advisory Committee please contact Marc Hillestad @ hillestadm@rsd407.org

GO DECA!!!

FFA



Cedarcrest FFA at the Jubilee Farms Pig Roast

Written by Leila Misallati

On Saturday September 15th, Cedarcrest FFA chapter members volunteered at the SnoValley Tilth Pig Roast and Farm Faire held at Jubilee Farm in Carnation, WA. This event, hosted by Sno-Valley Tilth, involved kids games, live music, hay wagon Ride, scavenger hunt, live music, and delicious food provided by local farms. Cedarcrest had a handful of FFA students that helped run the kids games and keep the families entertained. Seeing local farms from the valley coming together to create an event that fed hundreds of people and being able to see the results of farming was an enlightening experience for the Cedarcrest High School kids. Not only did we see the results of farming, but we also were able to create friendships among the FFA members which strengthened our chapter at Cedarcrest. Finley Crawford, a sophomore at Cedarcrest, said "He was so surprised at how far people came to attend this event. Seattle, Woodinville, Renton, were just a few of the places, it is great that they are realizing farming impacts them as well." This is the eighth year Cedarcrest FFA has volunteered time to help out.

FFA Upcoming Dates:

October 10th Pumpkin carving 6pm

October 11th Construction Career Day

October 16th Advisory Meeting

October 17th Corn Maze at Bob's Corn, leave at 4:30pm

October 23rd Satsop forestry competition, leave at 6am

November 2nd Nursery at Hundson's Bay

November 3rd Floral at Castle Rock

[Printable Apple Order Form](#)



Cedarcrest FFA Apple Sales

Cedarcrest FFA will be selling Washington grown apples!

Apple varieties available:

Fuji Apples 1 40lb box (64 apples) X \$40.00= _____qty

Honey Crisp 1 40lb (64 apples) box X \$50.00 = _____qty

Total number of boxes: _____ Total cost: \$ _____

Payment due when ordering. Checks made payable to Cedarcrest FFA.

Name: _____ Phone #: _____

Boxes can be picket up at the Cedarcrest Horticulture Portable.

Starting October 1st, 7am—3pm while supplies last.

The money from these sales help support competitive FFA teams with practice and travel expenses.

Questions email Sarah Thomas thomass@rsd407.org

Student Sold By: _____



PTSA News

CHS PTSA members are the BEST! Many of you have renewed your membership for this year, but there are plenty of you out there that still need to sign up! Remember we rely on our membership in order to continue to provide services like concessions at sporting events, offer grants directly to our classrooms, and soon we will be operating the student store again. We will achieve the prestigious 100% Teacher Award again this year which means that all of our awesome CHS teachers have joined or renewed their CHS PTSA membership. Let's show them the parents care too! We truly work together for our students and school. You can sign up online at www.chs.my-pta.org or pick up a form in the office and return with your payment. Show your support for our school and join/renew TODAY!

PTSA questions? Email PTSA President, Nicole Rohwer at nrohwer@aol.com

Don't forget to like our Facebook page for more updates!

<https://www.facebook.com/cedarcrestptsa/>



Student Store volunteers are needed, please!

The store is going to have a
grand re-opening soon!

If you are interested in volunteering to work in the store, or help get it up and running, please email Natalee at NatNelson1@gmail.com. Thank you!

Riverview Elementary Invite

Printable Camp Flyer

The 2018 Riverview Elementary Invite

Hosted by CXC, the Cedarcrest H.S. Cross Country team

Who: K-5 students living in the boundaries of the Riverview School District.
When: Thursday, October 11th
Where: Cedarcrest Stadium
Race Times & Distances: Kindergarten – ½ mile @ 4:50 p.m.
1st Grade – ½ mile @ 5:00 p.m.
2nd Grade – ½ mile @ 5:10 p.m.
3rd Grade – ½ mile @ 5:20 p.m.
4th Grade – ¾ mile @ 5:30 p.m.
5th Grade – ¾ mile @ 5:40 p.m.

Entry Fee: \$5 for one family member. \$9 for two family members. \$12 for three family members. Make checks payable to CHS.

Optional 2018 Cedarcrest XC team shirts are available for \$15. They will be delivered to the elementary schools post race day when the shirts are ready.

Awards: Ribbons and certificates for all finishers.

Entry Form: PLEASE DO NOT drop off forms to the elementary school office or teachers. Deliver or send the forms to Bruce McDowell, CHS, 29000 NE 150th St. Duvall. Please make every attempt to send by Monday, October 8th.

Questions: Contact Bruce McDowell: 425-844-4832 or mcdowellb@rsd407.org

----- Cut Here -----

Entry Form for Riverview Elementary Invite
Bruce McDowell, CHS, 29000 NE 150th St. Duvall, WA 98019

Name _____ **School** _____
Please print clearly

Gender _____ **Grade** _____ **Teacher** _____

Optional T-shirt size If you are buying a t-shirt, please choose one

Youth Medium Youth Large Adult Small Adult Medium Adult Large

Waiver & Release: In consideration of my child's participation in this camp, I for myself and my child, our heirs, executors, administrators and assigns, forever waive, release and discharge any and all demands, claims for damages and cause of suit or action, known or unknown, that I may have against Riverview School District #407 arising or resulting from the camp. My signature below affirms that my child has my permission to participate in the camp.

Parent Signature _____ **Email :** _____

Career & Technical Education

**Career and Technical Education
(CTE)
Work Site and Work Based Learning**

Ask not what your company can do for students but what students can do for your company

For business owners and managers: Our talented high school interns can help to make your business 'future ready', shape and diversify your workforce, and link you to another generational pool of clientele. Our students will be tomorrow's leaders, innovators, and entrepreneurs. So, why not tap into that energy early for your business and engage with our students by providing them ways to connect with career pathways. Bringing students

into a business is not only critical to staying competitive but it also helps the student interact with adult role models, explore career options, realize the relevance of their education and apply this acquired knowledge in a meaningful way, attain real workplace experience and employability skills, and increase their self-confidence. Meanwhile, for your business environment, our students can immediately provide value and meaningful contributions from day one. They are exceptionally prepared for the workplace thanks to industry specific professional development and 21st Century Skills training they receive in their CTE classes, they have a native understanding of technology, and they are energized, capable, and ready to learn.

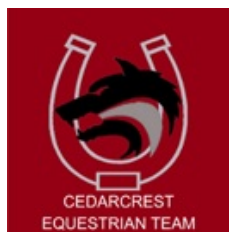
Hiring student paid staff or interns is easy and value added! Plus, the high school will handle most of the hurdles to signing them up for this credit.

For students and parents: Work Site and Work Based Learning is a high school program where CTE eligible students who are 16 years old and over can earn a .5 credit for internships, apprenticeships, or paid employment. Students must verify 180 hours of unpaid or paid work experience per semester, complete written evaluations with their direct supervisor, and maintain their job status in order to earn this credit. These opportunities can be used to explore a career of interest, improve employability skills, gain valuable work experience, enhance a résumé, or perform community service work through a nonprofit organization.

Contact CTE Director, Kari Schuh, for more information. schuhk@rsd407.org or 425-844-4855



Equestrian Team



COME JOIN OUR TEAM! If you have a horse or have access to a leased horse that can come to practices and meets (shows), we'd love to have you join our group! Cedarcrest High School offers an **EQUESTRIAN TEAM** which is a school-sanctioned club/activity that is governed by the Washington High School Equestrian Teams (WAHSET) and Cedarcrest ASB rules. As a member of the **Cedarcrest High School Equestrian Team (CHSET)**, students may qualify for a school varsity letter while competing at the District and/or State levels. There are opportunities to compete in nearly every horse discipline for individual

events such as Dressage, Saddle Seat Equitation, Hunt Seat Equitation, Hunt Seat Over Fences, Stock Seat Equitation, Trail, Working Rancher, Driving, Showmanship, In-Hand Trail, In-Hand Obstacle Relay, Reining, Gaming (Barrels, Figure 8, Flags, Keyhole, Poles), and Cow Events (Breakaway Roping and Steer Daubing). Also available are team events such as Drill Team (Working Pairs, Working Fours, and 6+ Freestyle), Team Sorting, Team Canadian Flags, and Two-Man Birangle. District Meets will be held January 17-20, February 14-17, and March 28-31 at the Northwest Washington Fairgrounds in Lynden WA. State Meet will be held May 16-19 in Moses Lake WA and the Regional Meet will be June 14-16 in Redmond OR.

Practice dates in covered arenas are being set starting in October! For more information about joining or donating, contact Head Coach Jen Kniss at jenniferkniss@gmail.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.