Nominate a co-worker for a Triple C Award
Nominations for the Triple C Staff Recognition Award are open – a nomination form is attached. Nominations are due noon Friday, April 16, 2021 – so you have plenty of time to nominate one of your colleagues.

The Triple C Centennial Recognition Award is an annual award that honors employees who set a high standard for others through their: • Caring • Commitment and/or • Creativity The award is intended to recognize outstanding employees for their personal and professional contributions in the realm of helping and inspiring students and/or co-workers to perform at high levels. The award also is a means to enhance public awareness of the positive efforts put forth by employees above and beyond the scope of their job. Any employee, regardless of job title or classification, is eligible. However, the Triple C is not intended to recognize someone who is retiring this year.

The winner(s) will be recognized at a School Board meeting in May.

Eagles soar at District Speech and Debate competition
On March 12 and 13, members of the Centennial High School’s Speech and Debate team took part in the Mt. Hood Conference District competition. Students went head to head in multiple rounds competing for a place in the state virtual, on-line competition.

Despite technology challenges, eye strain and tons of research, the CHS team faithfully showed up to meetings throughout the year, invested time and energy to participate in weekend competitions and supported one another. Their hard work resulted in:

- Siblings Alexander Dimitrov and Elizabeth Dimitrova – Second Place in Dual Interpretation. They also took Second Place in Cross Examination Debate, known as CX or, "the granddaddy of all debates!"
- Camille Dianne Barcibal – First Place in LIEL (Literal Interpretation of the English Language)
- Sophomore Khup Ha Tuang - Second Place in Informative speaking on the topic of habits
- Junior Jesse Fonseca – Third Place in Informative Speaking on the topic of chess
- Junior Alexander Dimitrov is the Alt Qualifier in Informative Speaking on the topic of the heart
- Junior Khup Hau Tuang (aka La Tuang) - First Place in poetry
- Junior Elizabeth Dimitrova - Fourth Place in Extemporaneous and alternate to state.

In addition, Freshman Brian Moua will represent CHS at state in the area of Student Congress. Overall the Eagles took third place in the Mt. Hood Conference for sweepstakes!
Teacher selected for National Endowment for the Humanities program

Centennial High School English teacher Phil Huff has been selected as one of 25 teachers nationwide to participate in the “Shakespeare and the Making of America,” a three-week virtual summer program that will look at the holds that Shakespeare and early America have had and continue to have on each other—with full attention to the roles that indigenous, Black, brown, and Latix people played during this slice of history.

Participants will do a deep dive into two plays—*The Merchant of Venice* (c.1596) and *The Tempest* (1611)—as well as examine evidence and documents from Shakespeare, early American history, Historic Jamestowne, Monticello, and more. Teachers will navigate through all with an eye to what they teach and how they teach Shakespeare to students today.

The program is through the Folger Shakespeare Library and sponsored by the National Endowment for the Humanities. Congratulations!

FBLA students rock at Cascade Delta Regional Skills Competition

Congratulations to the following FBLA students for competing and placing at the 2021 Cascade Delta Regional Skills (virtual) competition. Members that place in the top 10 qualify for the State competition.

**First Place**
- Tyler Marston - Accounting II
- Andy Bui - Network Infrastructures
- Matthew Vu & Jimmy Wilson - Sales Presentation
- Tyler Tran - Spreadsheet Applications

**Second Place**
- Adabell Martinez - E-Business
- Adabell Martinez - Website Design
- Brian Chut - Marketing

**Third Place**
- Andy Bui - E-Business
- Asbina Dhungel - Website Design

**Fourth Place**
- Brian Chut - E-Business

**Seventh Place**
- Breana Chaidez - Economics
- Tyler Tran - Introduction to Financial Math
- Tyler Marston - Personal Finance

**Eighth Place**
- Julian Chaidez - Introduction to Financial Math

**Ninth Place**
- Julian Chaidez - Introduction to Business

**Tenth Place**
- Asbina Dhungel - Introduction to Financial Math
Centennial High School’s Beatrice Byrd qualifies for State
Earlier this month, the awards for this year’s virtual Regional Acting Competition were announced and Centennial High School’s Beatrice Byrd is a State Qualifier in Solo Acting. She will represent Centennial at the State Acting Competition in April. Congratulations!

NIKE offers employees access to company employee store
NIKE is allowing Centennial School District employees one-time access to the NIKE Company Employee Store, now through April 4, 2021, by invitation only – see attached.

All guest are required to wear a face covering and observe physical distancing while shopping in the store. There is currently a purchase limit of 30 items OR $3,000 prior to the discount per transaction/pass.

You will get an employee discount, which is most items marked at 40 percent off regular retail pricing. Following is what you need to know to take advantage of this offer:
What to bring to access the store:
• The attached invitation – which is valid for a one time entry only
• Your work ID/badge

The invitation is valid for you, your spouse/permanent partner, and your own dependent children. Your spouse/partner must provide proof of the same address to accompany you into the store.

Dependent Children must be:
• 22 or younger with the same address
• 24 or younger with a valid college ID
• 15 and older require some form of ID
• 14 and under do not require ID

The NIKE Company Employee Store is located at 3485 SW Knowlton Rd., Beaverton, OR 97005 and is open Monday – Saturday from 10 a.m. – 8 p.m. and Sundays from 10 a.m. – 6 p.m.

2020 - 2021 February Wellness Challenge Wrap-up
This year’s Wellness Challenge coordinated by the WOW committee looked a little different, with many working from home, but the virtual event had 51 percent participation district-wide with 947 total weekly wellness goal trackers. Congratulations to Parklane Elementary with 98 percent participation. There were a total of 60 weekly winners and four district-wide winners. The district-wide winners are: Ashley Madison, Centennial Middle School; Erin Carrock Godfrey, Centennial Middle School; Emily Trosino, Parklane Elementary School; and Ashley Fulbright, Oliver Elementary School.

Julie Mack would like to thank all Centennial staff for everything you do everyday. “We had such a wonderful February Challenge because of you all.” She added “The WOW committee was so excited to see so many people take a few minutes for themselves to help deal with the hectic workday. Your wellness is so important every day to be able to show up for yourself, your co-workers, and your students.”
As Centennial transitions back into hybrid/in-person learning, Mack reminds everyone “to please continue to focus on your own wellness!”

GoFundMe account set up Transportation’s B.A. Amsden
A GoFundMe account has been set up for B.A. Amsden, a cover trip driver with Centennial’s Transportation Department. Amsden was recently diagnosed with Stage 3 lung cancer and, due to the aggressive year-long treatment schedule, will be unable to work. For more information, or to donate, go to https://www.gofundme.com/please-help-ba-amsden-as-he-fights-stage-3-cancer (if you are unable to access the link from C-Mail, copy and paste into your browser.)

Nominations open for OnPoint’s Prize for Excellence in Education
OnPoint Community Credit Union is excited to announce that the 2021 OnPoint Prize for Excellence in Education is now accepting nominations. The 12th annual OnPoint Prize will award up to $100,000 to local teachers and schools. Prizes include:

• **Educator of the Year** - One teacher representing grade K-5, one teacher representing grades 6-8 and one teacher representing 9-12. Each recipient's rent or mortgage will be paid for one calendar year, plus $2,500 to their school.

• **Three Finalists** - One teacher representing grade K-5, one teacher representing grade 6-8 and one teacher representing 9-12. Each recipient will receive a $5,000 cash award, plus $1,500 to their school.

In addition to nominating your favorite educator, schools and parents or booster groups may also apply for the Community Builder Award. Four schools will be awarded $2,000 for a special project of their choice. A fifth school, selected by community votes, will be awarded $5,000.

OnPoint will accept applications from public, private or charter K-12 schools. Nominations will be accepted until 5:30 p.m., Tuesday April 13, 2021. Anyone can nominate a teacher, even the teacher themselves.

For more information and Official Contest Rules, visit www.onpointprize.com. (if you are unable to access the link from C-Mail, copy and paste into your browser.)

Nominate a substitute for an Impact Award
ESS – the company that provides substitutes for Centennial and other local school districts, is seeking nominations for their Impact Award. The winner will receive a trophy, $500, and another $500 to donate to the school of their choice.

Please nominate a substitute that stands out above the others, is committed to going above and beyond the expectations, and that the employees rave about. Centennial has been fortunate to have a few really solid subs that have completed several Long-Term positions back to back. To qualify, a substitute needs to have worked between August 1, 2020 - March 1, 2021. To nominate a sub, go to https://app.smartsheet.com/b/form/921923ed2d5f4f63badcf804aca0e2db (if you are unable to access the link from C-Mail, copy and paste into your browser.)
Workplace Transition: Building Resilience + Balance
While many of us are looking forward to transitioning our lives and returning to the office or school building, these new changes may bring feelings of uncertainty about new protocols to keep ourselves, families, and co-workers safe. Anticipating changes with work or family routines may also cause feelings of stress, anxiety, burnout, or depression. With so many things going on all around us it's easy to overlook our mental wellbeing and maintain a healthy work-life balance. It’s important to be gentle with yourself and approach each day with patience and empathy, not only with yourself but with those around you. Attached is a flyer with information about finding balance so you can better navigate the challenges of workplace transition.

Tidbits:
Thank you to Schoolhouse Supplies for the donation of four pallets of Lysol Wipes earlier this year. Each pallet contained 840 canisters of wipes, for a total of 3,360 canisters. Schoolhouse Supplies is a local non-profit that provides free schools supplies to students throughout the metro area.
Triple C Staff Recognition Award

What It Is
The Triple C Centennial Recognition Award is an annual award that honors employees who set a high standard for others through their
  Caring
  Commitment and/or
  Creativity
The award is intended to recognize outstanding employees for their personal and professional contributions in the realm of helping and inspiring students and/or co-workers to perform at high levels. The award also is a means to enhance public awareness of the positive efforts put forth by employees above and beyond the scope of their job.
Any employee, regardless of job title or classification, is eligible.

Criteria
Nominees will be judged according to their contribution in any one or more of the following areas:
  Enthusiasm & commitment to helping students or colleagues improve their performance
  Initiative, creativity and/or resourcefulness in coming up with or carrying out ideas for improving school programs or services
  Willingness to be involved in helping others or organizing projects/activities that benefit our schools and the people who are part of them.

Nomination Process
Any staff or community member is eligible to nominate or co-nominate an individual
Nominations should be legible and not exceed five standard (8.5x11) pages

Selection Process
A committee representing all employee groups, including last year's winners, will screen the nominations. The committee will determine how many awards will be granted and select the individual recipients. Winners will receive a personal plaque and have their names and pictures displayed in the district office.
nomination deadline: Noon Friday, April 26th
Please submit all nomination forms to Carol Fenstermacher at the district office, carol_fenstermacher@csd28j.org
Centennial recognition award
Nomination Cover Sheet

Name of nominee ________________________________________________________________

Assignment (job) ________________________________________________________________

School _______________________________________________________________________

Years in district _______________________________________________________________________

Name of nominator/s ________________________________________________________________

ATTACH YOUR NOMINATION INFORMATION
There are no specific requirements for what is included in the nomination materials. However, nominations need to focus on the following criteria and include SPECIFICS.

I. Describe the contribution this staff member has made to students, colleagues or others in the Centennial School District based on any of these criteria:
   ■ Enthusiasm & commitment to helping students or colleagues improve their performance
   ■ Initiative, creativity and/or resourcefulness in developing/carrying out ideas for improving school programs or services
   ■ Willingness to be involved in helping others or organizing projects/activities that benefit our schools and the people who are part of them.
   Cite specific examples to support your statement.

II. Describe any other factors that support your nomination, such as (but not limited to) relationship with other staff members/public or accomplishments that distinguish this individual as someone who has made a significant difference to the Centennial School District. Think about such things as:
   ■ Willingness to share expertise in order to help others learn
   ■ Willingness to collaborate as a team member, supporting others' efforts
   ■ Concern for/commitment to endeavors beyond the scope of their specific job.

Tips:
Here are some ideas for making a nomination more compelling:
   ■ Use specific anecdotes
   ■ Incorporate quotes from kids or colleagues that support the content of the nomination
   ■ Use creativity or humor
   ■ Emphasize the uniqueness of the individual
     What distinguishes this person's contributions from others who do good work?
     What does this person do that people wouldn't necessarily expect someone to do in that particular job position?

Remember: Triple C is intended to honor employees whose actions really make a difference in the success of their colleagues, their students or others associated with Centennial schools. Think in terms of the positive impact on people around them.
YOU ARE INVITED
ALL EMPLOYEES & STAFF ARE WELCOME TO SHOP AT THE NIKE COMPANY STORE
MARCH 13TH THROUGH APRIL 4TH

IMPORTANT STORE & INVITE UPDATES - PLEASE READ!!

• We ask that all guests wear a face covering and observe physical distancing while shopping in the store.
• There is currently a purchase limit of 30 items OR $3,000 prior to the discount per transaction/pass.

WE TRULY APPRECIATE YOUR UNDERSTANDING IN OUR EFFORTS TO KEEP EVERYONE SAFE!

The following are the rules for check-in:
• Invitation is valid for one-time entry during your assigned access window
  Please provide your employee ID/Badge and government issued ID at check-in

  • Each Invitee may bring with them:
    • Spouse/Permanent Partner
    • Your own children 24 and younger
  • Your Spouse/Partner must provide proof of the same address to accompany you into the store

  Dependent children must be:
  • 22 or younger with the same address
  • 24 or younger with a valid college ID and same address
  • 15 and older require some form of ID
  • 14 and under do not require ID

• 40% off most merchandise, select merchandise may be available to employees only.

STORE HOURS
MON-SAT 10am- 8pm
SUNDAY 10am-6pm

ADDRESS
3485 SW KNOWLTON RD
BEAVERTON, OR 97005

CONTACT
503.671.1601

VALID DATES
3.13.21-4.04.21

NOTICE TO ALL STUDENT ATHLETES: National Collegiate Athletic Association rules strictly prohibit high school student-athletes from receiving special arrangements or “extra benefits” based upon athletic ability. Shopping at the Nike Employee Store is considered by the NCAA to be an “extra benefit”, which may lead to the ineligibility of a student-athlete.
THE OnPoint Prize FOR EXCELLENCE IN EDUCATION

THREE EDUCATOR OF THE YEAR PRIZES:
Grades K-5, 6-8 (new!), 9-12
Three educators will have their mortgage paid for a full year and receive a $2,500 donation to their school.

THREE FINALISTS will receive $5,000 plus a $1,500 donation to their school.

COMMUNITY BUILDER AWARD:
Four schools will receive $2,000. One school chosen by our community will receive $5,000.

Kerryn Henderson, 2020 Educator of the Year
GREAT TEACHERS ARE A GIFT.
THIS IS THEIR REWARD.
As a credit union founded by teachers, the OnPoint Prize for Excellence in Education is our way of celebrating teachers who strengthen and enrich our communities. This year, we’re awarding up to $100,000 to outstanding teachers and schools across Oregon and SW Washington.

Nominate or apply by April 13, 2021 at onpointprize.com.

Details and qualifications for participation in this promotion apply. See Official Contest Rules at onpointprize.com. Federally insured by NCUA.
Finding Balance: Workplace Transition and Stress

In a recent poll 1 in 5 Americans say they have had a physical stress reaction to the pandemic. Everyone copes with stress differently and COVID-19-related stress may not manifest in the same way for everyone. It’s important to be gentle with yourself and approach each day with patience and empathy. Understand that your work routine may not resume its usual course right away. Adjusting your practices and managing expectations will go a long way towards speeding the transition.

Tips to Help Reduce Stress

Make self-care a priority. Exercise daily, get plenty of rest, address your own needs and feelings regularly, and make an effort to eat healthy.

Start a mindfulness practice. Mindfulness can help develop self-awareness and the ability to cope with feelings of stress. Pay attention to the present moment with openness, slow down, connect with your breath to relax your mind and body.

Create a resilience routine. Take a proactive approach to dealing with stress. Make exercise, meditation, yoga and other relaxation techniques part of your daily routine.

Make time for activities you enjoy. Read a good book, watch a comedy, play a fun game, or make something—it doesn’t matter what you do, as long as it takes you out of your worries.

Remember to laugh. Laughter is the best medicine and it’s free. Laughter can reduce the pain you feel, both body and mind, and help to minimize the issue at hand.

Stay connected. It’s also important that we have support from others to connect and have fun with. This provides mental stimulation as well as a healthy sense of balance.

Take time to relax every day. Relaxation is something we often view as being “indulgent” or unnecessary. In today’s wireless world, making time to just relax is a key component to managing stress and remaining resilient.

Source: American Psychological Association (APA)

Access Counseling Resources

• EAP counseling includes free and confidential face-to-face, phone, and video sessions.
• Peer-Support Groups: Online support groups for addiction, depression, bipolar, anxiety, parenting, LGBTQ+, and frontline workers.
• Tess AI, Chatbot: 24/7 chatbot for emotional support and check-ins to boost wellness. Text “Hi” to +1-650-825-9634 to get started.

Access Online Wellbeing Resources
Go to ibhsolutions.com/members to access free online wellbeing resources including webinars, articles, self-directed courses, The Resilience Journey, MyStressTools, yoga classes, healthy recipes, and much more.

Reach Out If You Need Help
The EAP can provide assistance with COVID-19 related questions and help you better manage daily work and life challenges. A counselor is just a phone call away.

Call the EAP: 866-750-1327
Website: ibhsolutions.com/members
Access Code: OEBB