January is School Board Appreciation Month

January is School Board Appreciation month - Thank you to the following school board members for all you do on behalf of the students and staff of the Centennial School District:

- Rod Boettcher - 1992 to present (27 years)
- Ernie Butenschoen - 2011 to present (8 years)
- Brenda Clark - 2007 to present (12 years)
- Rhonda Etherly - September 2016 (3 years)
- Ronald “Jess” Hardin - June, 2018 to present
- Claudia Andrews - June, 2018 to present
- Pam Shields - 2011 to present (8 years)

At last week’s school board meeting, the following proclamation was read by Superintendent Dr. Paul Coakley:

WHEREAS, school boards create a vision for what students should know and be able to do;
WHEREAS, school boards establish clear standards for student performance;
WHEREAS, school boards ensure that student assessments are tied to established standards;
WHEREAS, school boards are accountable to the community for operating schools that support student achievement;
WHEREAS, school boards align school district resources to ensure that students meet standards;
WHEREAS, school boards create a climate that supports the philosophy that all children can learn at high levels;
WHEREAS, school boards build collaborative relationships based on trust, teamwork and shared accountability; and
WHEREAS, school boards are committed to continuous education and training on issues
related to student achievement;
NOW, THEREFORE, We hereby declare our appreciation to the members of the Centennial School District Governing Board and proclaim the month of January to be School Board Recognition Month.
We urge all citizens to join us in recognizing the dedication and hard work of local school board members in preparing today’s students for tomorrow’s world.

**Centennial Middle and High School MESA clubs visit Portland State University**

Centennial Middle School and Centennial High School each have a new STEM (science, technology, engineering and math) after school club. MESA (math, engineering, science, achievement) is a pre-college academic program sponsored by Portland State University (PSU) that gives students STEM, invention, and 21st century skills. The two clubs visited the Maseeh College of Engineering and Computer Science at PSU last month to experience a day in the life of an engineer. Students got a chance to tour the college, ask professors questions, and to invent on their own. Questions about the MESA clubs should be directed to Carolyn Dishman at CMS and Philip Clarke at CHS.

**Nominate a co-worker for a Triple C Award**

Nominations for the Triple C Staff Recognition Award are open – nomination forms can be found on the district website under the "Staff" tab. Nominations are due noon Friday, April 26, 2019 – 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.
Meadows Elementary School host Family Movie Night

MEADOWS FAMILY MOVIE NIGHT
FEBRUARY 8TH @ 6:00PM – 8:00PM

THE INCREDIBLES
$2 PER PERSON

Food and Beverage available for purchase

Feel free to wear your favorite cozy pajamas

Please, no outside food or beverages
Parents are required to stay for the duration of the event

Meadows Elementary PTO

Middle school students create 2019 – 2020 calendar

The students on the Wolves Team at Centennial Middle School are selling a 2019-2020 calendar, which they created as part of a math project. This calendar will be printed in color, and feature student work, including artwork. The calendars cost $5 each, which covers the cost of printing, and will help raise money for a courtyard remodel project that we will be doing in the spring of the year. Every purchase makes a difference, and you get the added bonus of seeing your students' work come to life. This project is a part of the TechSmart grant initiative at Centennial Middle School, focused on student-centered, technology-rich, project-based teaching and learning. To order your calendar, go to https://bit.ly/2T0XtJa
Students at Centennial Middle School collect more than 5,000 lbs of food

Last month, students at Centennial Middle School collected a record breaking 5,000 cans of food (exact total is 5,022) during the school’s annual canned food drive. The food was donated to Food for Families, the mobile food pantry run by students at Centennial High School. Nice job CMS Cougars.

U.S. Air Force thanks Mark Wells

Centennial High School metal shop instructor Mark Watts was recently presented a certificate of appreciation by the U.S. Air Force in recognition of the numerous times Watts has allowed an airman to come make a presentation in one of his classes.

Working on Wellness

A healthy and happy beginning of 2019 Centennial!

The Wellness Committee (WC) is beginning work on our annual Wellness Policy assessment identifying our strengths and areas that need more focus around the district to support a holistic wellness environment that allows our student to learn and thrive. A big wellness shout-out to Oliver Elementary School’s PE teacher Jeremy Deale for being awarded $1,500 from Northwest Health Foundations to support increased access to PE and physical activity throughout the school day.

When the weather is cold and rainy, often student have to have indoor recess, but we may not have the space for students to run and play. Do you need some resources and supports on how to engage students during indoor recess? Check out GONoodle for guided indoor activity ideas – https://www.healthiergeneration.org/resources/go-noodle.

The next Wellness Committee meeting is Wednesday, January 30th in the Cascade Room at the District Office, from 4 - 5 p.m. Let the Wellness Committee know how we can best support your work and students. Email julie_mack@csd28j.org to share ideas, questions, or to find resources.
The Working On Wellness (WOW) Employee Wellness Committee completed the fourth year of the grant and have been approved funding for a fifth year. This funding is mainly to spend down our remaining balance and focus on larger community building activities like the February Challenge, Staff Appreciation weeks, and the annual Benefits Fair. The February Challenge is our annual personal wellness challenge where you can choose a goal that is best for you and track your progress every week. We will have building weekly winners and an overall district winner! Your Personal Wellness Challenge card will be in your box the first full week of February. Our next meeting is Wednesday, January 23, from 4 - 5:30 p.m. at Parklane Elementary School.

Staff Wellness Resources to help meet your 2019 goals:

- Active and Fit rewards offer a $25/month gym membership. The MODA flyer is attached. Kaiser members go to https://healthy.kaiserpermanente.org/oregon-washington/health-wellness and check out special rates for members under Programs and Classes. There are so many free resources that we can access through our insurance plans. Take a few minutes to check out all the EAP resources on the attached EAP flyer.

The Energy Team is working on identifying ways to save money through energy and resource conservation. We are working on better understanding how we spend funds and identifying areas where we can conserve energy and resources to save some money!

Do you have an environmental or green school project that needs funding? Would you like to know more about how to find resources to implement energy or resource conservation projects? There are potential funds to help you and your projects!! Email Julie Mack or join us at the next Energy Team meeting Wednesday, February 6 from 4 – 5 p.m. in the Centennial Middle School library.

*Safety Reminder: Holiday lights in your classroom may look very pretty but are also a fire and safety code violation. Even when items are plugged in they maybe pulling power. This energy use all adds up and can cost your building $$$! Unplug as much as possible at the end of the day. For ideas and resources on how to conserve energy and resource, email Julie Mack.*
*Recycling tips*: Send old batteries to Julie Mack at Centennial Middle School for recycling. Expo markers can be recycled through Crayola Color Cycle [https://www.crayola.com/colorcycle.aspx](https://www.crayola.com/colorcycle.aspx) program or send them to Julie Mack.

**Time to sign up and join the Centennial Team for the 2019 Shamrock Run**

Join the Centennial Team for the 2019 Shamrock Run on Sunday, March 17, 2019. The team registration deadline is Thursday, January 31, 2019 at 11:59 PM PT.

- Running on a team does not mean we have to run together. Running on our team means: Your bib, timing chip, and shirt are conveniently shipped to CMS (the week or so before the run.)
- You'll have fun stories to share with your co-workers about your experience, and
- If we reach 75 members, part of our entry fee goes right back to the Centennial community. To sign up, go to [http://www.shamrockrunportland.com/](http://www.shamrockrunportland.com/) Select the "Team" Option in your event.

Sign up today! If you have any questions, email ashley_madison@csd28j.org

**Tidbits:**

Thank You: The Centennial School District would like to give a big "Thank You" to one of our district partners – a local community church – Parklane Christian Reform Church. Thank you to Pastor Pete Armstrong (photo left with his son) and everyone at Parklane Christian Reform Church for allowing us to use your facility for many of our ongoing community meetings and trainings.

Youth Summer Jobs: Applications for Youth Conservations Crew summer jobs for students' ages 14-18 are now available. Paper applications are available in the Counseling Center at Centennial High School, or students can apply online. Students who fill out the paper application, can submit their application, along with a letter of recommendation to Jeff Stanek at CHS – he will mail the completed paper applications and letters on April 3. After April 3, students will be responsible for the mailing of their application and letter of recommendation. There are three types of crew positions. They are:

- Tree crew (trees, tech and maps, human health)
- No Ivy League (plants, animals, science)
- Trail Crew (engineering, construction, access to nature)

The summer work starts after the end of the school year. To apply online, go to [www.portlandoregon.gov/parks/ycc](http://www.portlandoregon.gov/parks/ycc). Deadline to apply online is Friday, April 19.
The EAP (Employee Assistance Program) helps you privately solve problems that may interfere with your work, family, and life in general. EAP services are FREE to you, your dependents, and all household members. EAP services are always confidential and provided by experts.

Tools to Make Life Brighter

Online Tools

- **MyRBH.com** – access life-balance and wellbeing resources, webinars, monthly newsletters, member materials, and the EAP App.

- **Lunch & Learn Webinars** – free monthly supervisor and employee webinars are followed by a live Q + A. Go to MyRBH.com and click the Webinars link to sign up or view past webinars via the RBH YouTube link.

- **Resilience Webinars** – industry experts will present quarterly employee webinars on resilience specific topics such as mindfulness, team resilience, and emotional intelligence.

Confidential Counseling

Check with your OEPP employer for number of free sessions per issue.

- **24-hour Crisis Help** – toll-free access for you or a family member experiencing a crisis.

- **In-person Counseling** – face-to-face counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

- **RBH eAccess** – convenient access to online consultations with licensed counselors.

- **RBH TeleTalk** – members can now choose to work with a counselor by phone to better accommodate busy schedules and other challenges related to in-person office visits.
Work-Life Tools

- **Childcare Services** – specialists assist parents in finding licensed, available daycare in their area.

- **Adult and Eldercare Services** – specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daycare care, and housing.

- **Legal Services** – access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.

- **Financial Services** – access free phone support for up to 30 days for each new financial issue, such as debt counseling, budgeting, and college or retirement planning.

- **Mediation Services** – request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

- **Online Legal Forms** – create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

- **Home Ownership Program** – get free support and information about making smarter choices when shopping for a new home, making financing decisions, relocating, or selling a home.

- **Identity Theft Services** – access support in planning the recovery process for restoring your identity and credit after an incident.

Worksite Tools

All supervisors have fast access to phone consultations, trainings about the EAP and management topics, critical incident response, and online supervisor resources for using the EAP and making employee referrals during workplace challenges.

To find out more about your EAP, schedule a counseling appointment, or access services, call RBH at 866.750.1327 or visit us online at MyRBH.com.

Access Online Resources

- Go to MyRBH.com and
- Click the “I’m a Member” button
- Enter your access code

Once you’re in MyRBH.com, you can learn about benefits and access newsletters, webinars, trainings, and Personal Advantage.
Active&Fit Direct™ program

Stay active and fit for less

Staying fit is important to your overall health and well-being. Joining a fitness center can help you add more physical activity to your day.

Join a health club for just $25 a month!

As a Moda Health or Delta Dental member, you have access to the Active&Fit Direct™ program. For just $25 a month,* you can choose from over 9,000 participating health clubs and YMCAs nationwide.

The program offers:
- A free guest pass to try out a fitness center before joining
- An option to switch gyms to make sure you find the right fit
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

Ready to join?

Log in to your myModa account at modahealth.com. Select the Active&Fit Direct program link (under myHealth) to get started. Members should contact their gym of choice before signing up to see if there are any additional membership conditions or requirements.

*Initial enrollment is $75. This includes a sign-up fee and covers the first two months. A three-month commitment is required. Applicable taxes may apply.

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意: 如果您說中文, 可得到免費語言幫助服務。請致電 1-877-605-3229 (聾啞人專用: 711)
Slip and Fall Prevention at the Office

An employee was making coffee in the break room and spilled the coffee pot on the floor. Another employee realized that soon, many other employees would be coming to the break room for coffee. This person then took the proper action to avert this potentially dangerous situation by cleaning up the coffee and setting up a wet floor sign to alert employees when they entered the room.

Do Your Safety Part
An unguarded wet floor is only one of the many causes that accounts for millions of work-related injuries every year. Which is why it is important to spot unsafe conditions that could lead to slips and falls, and do what you can to prevent them.

There are various ways to suffer slips and falls while working. You can slip and lose your balance, you can trip over objects left improperly in your walkway or you can simply fall from an elevated position to the ground. To avoid slips and falls, be on the lookout for foreign substances on the floor. Watch for the following:

• Deposits of water
• Food
• Soap
• Paper
• Office supplies and equipment

Even small quantities are enough to make you fall.

Good Housekeeping Counts
When entering a building from the outdoors or storage areas, clean your footwear thoroughly. Snowy and rainy weather requires a doormat at each entrance to allow for complete wiping of shoes. Avoid running, walk safely and do not change directions too sharply.

Beware of tripping hazards. Trash, computer equipment or any object left in aisles designed for pedestrian traffic invites falls. Extension cords, tools, carts, extra equipment and other items should be removed or properly barricaded off. If equipment, supplies or products are left in walkways, report it. Let the proper personnel remove it. And keep passageways clean of debris by using trash and recycling bins.

Practice Prevention
Walk in designated walking areas. Short cuts through machine, storage or supply areas can cause accidents. Concentrate on where you are going—horseplay and inattention leave you vulnerable to unsafe conditions. Hold on to handrails when using stairs or ramps. They are there to protect you should a fall occur. If you’re carrying a heavy load that hampers your ability to properly ascend or descend stairs, use the elevator or find help.

The worst falls are from elevated positions such as ladders or standing on desk chairs, and can result in serious injury or death. Learn and practice ladder safety. For example, use a ladder of proper length that is in good condition. Keep it placed on a firm surface. Do not climb a ladder placed on anything besides the floor. Keep the ladder’s base one foot away from the wall for every four feet of height. Never stand on a desk.

Learn to spot unsafe conditions that could lead to slips and falls, and what you can do to prevent them in the office.
chair, especially if it has wheels. Don’t overreach. Always have control of your balance when working from an elevated height. Never climb with your hands full.

Slips and falls occur every day. The extent of injuries and their recurrence can be minimized through proper safety knowledge, good housekeeping and practicing prevention.