Speech and Debate students off to a great start
Congratulations to members of Centennial High School’s Speech and Debate team who did great against Sandy High School last Saturday. Speaker Placing first in their event are Louden Miller - After Dinner Speaking, Salem Solomon - Inform, and Jigme Norbu - Humorous Interpretation. Grace Tacker & Natalie Rico were finalists. Khup Tuang took 9th and Louden Miller took 15th in Impromptu out of 105 competitors.

Eagle Expo at Centennial High School October 17

Interested in seeing what’s new and going on at Centennial High School? Find out at the Eagle Expo, Thursday, October 17th from 5:30-7:00 p.m. This is a great time to see amazing student work on display!

Enjoy a pizza and support Food For Families
Food For Families is holding a fund-raiser at Mod Pizza, 1844 NW Eastman Parkway, Gresham on Monday, October 28, 10:30 a.m. – 10 p.m. For more information, see the attached flyer.

Centennial Education Foundation has new video
The Centennial Education Foundation, which was founded in 1992 to enhance educational opportunities for Centennial students, has a great new video highlighting their work. Check it out on the CEF website at https://www.centennialfoundation.net/.
Healthy Happenings around the District!

In Your Cafeteria: Tillamook Cheeseburgers are the next Farm to School meal in your cafeteria on October 9th. Tillamook cheese tops a local all beef hamburger from Willamette meats and will be served with cauliflower, our Oregon Harvest of the Month!

Did you know that cauliflower is white because large green leaves grow over the flower portion (the part we eat) of the plant? Because the flower does not receive sunlight, it cannot make chlorophyll (the green we see) from photosynthesis. Did you know that cauliflower can also be orange, green or purple? Check out the newsletter for more cauliflower information and some great recipes.

Check out your local cafeteria to see all the great, nutritious offerings everyday. Adult breakfast is only $2 and lunch is only $4!

The WOW (Working on Wellness) Committee is committed to supporting a healthy school and active school environment for staff and students. We are meeting on October 16th to begin assessing how we support PE and PA (physical activity) in our schools.

How do you include movement into your day? Here are a few of our favorite ideas:

- Walking Meetings
- Transition Movements: from your desk to the bookshelf and back walk toe to heel or tap your opposite knee with your hand while you walk
- Partner yoga like our amazing staff is demonstrating during the benefits fair
- Set a timer for work time then take a three-minute stretch and breathe break

Share your ideas with the WOW Committee!! Send your favorite movement ideas to Julie Mack and she will send some cool swag back to you.

Are you having a Pizza Party? We all love to celebrate and that includes food. Did you know that Dining Services can cater your pizza party? Fill out the attached form and turn it into your cafeteria manager. It’s low cost, students on meal plans may be free or reduced, and it’s already in your building.
Classifieds:
For Sale: Two (2) tickets to the Sarah Bareilles concert on Thursday, October 24th at the Coliseum. Section 64. Row N. Seats 7 and 8. $80 for the pair. Contact Molly Guyot at Oliver or call or text 503.756.9293.

For Sale: Solid Oak Queen size bedroom set – headboard with two nightstands. Nightstand 37"h x 24"w x 16.5"d two drawers with open cabinet. Dresser 60"h x 50.5"w x 19"d, seven small drawers and three large, three shelf cabinet above large drawers. $600. Call Laura at 503.661.6844 – please leave message.

Photos from Around the District

Left - Lora Hilt, Field Trip Routing Coordinator at Transportation, helps out at Patrick Lynch Elementary School with the Star Reading program students. It’s pretty clear she loved her time with the students. Lora, who previously was a school bus driver, has been with Centennial for 25 years.

Right - Patrick Lynch Elementary School’s instructional coach created a DIBELs reading data board so staff can see the movement of their student’s reading progress. This also creates a shared opportunity for celebration and collaboration building-wide.
FIRE SAFETY AND PREVENTION

Fires are the leading cause of home injuries and death. Does your family have a plan if a fire started in your home?

Fire Safety
The best way to practice fire safety is to make sure one does not break out in the first place. This means being aware of potential hazards in your home. Start by keeping the following tips in mind:

- Check all electrical appliances, cords and outlets. Make sure they’re in working condition, without loose or frayed cords or plugs.
- Use caution with portable heaters. Never place one where a child or pet could accidentally knock it over, and keep it at least three feet away from flammable objects.
- Be careful in the kitchen. Cooking is the leading cause of home fires. Always practice safe cooking habits, such as turning pot handles to avoid being knocked over, and supervising children while cooking.
- Check the fireplace. It should be kept clean and covered with a screen to keep sparks contained. Burn only wood in a home fireplace and never leave a fire burning unattended.
- Beware of cigarettes. They are the number one cause of fire deaths in the U.S. Most are started when ashes or butts fall into couches or chairs, so use caution if you smoke in your home.
- Use candles safely. Keep them out of the reach of children, away from curtains and furniture, and extinguish them before you leave the room. Do not allow children to use candles when unsupervised by an adult.
- Be aware of holiday dangers. If you use a cut Christmas tree, be sure to keep it watered daily, and inspect all lights yearly for worn or frayed cords.

Fire Prevention
Make your home fire safe by following these tips:

- Install smoke alarms on every level of your home.
- Use the smoke alarm’s test button to check it every month and replace the batteries at least once a year.
- Replace smoke alarms every 10 years.
- Have at least one working fire extinguisher in your home.
- Plan escape routes by determining at least two ways to escape from every room.
• Caution everyone to stay low to the floor while escaping and never open doors that are hot.

• Select a safe location outside your home where everyone should meet, and practice your escape plan at least twice a year so everyone knows it well.
Cauliflower Basics

$hop and $ave

Choose cauliflower with a heavy compact curd (head). There may be light green leaves covering part of the curd or the leaves may have been trimmed and the cauliflower wrapped in plastic.

Avoid heads with brown spots or loose sections of curd that are spread out.

Fresh cauliflower is generally available year round. It is often cheaper and fresher when harvested locally, usually late summer or fall.

Frozen cauliflower is also available and may be a better buy at some times of the year.

Types of Cauliflower

While white is the most common, other colors are available in supermarkets and farmers markets.

White - has creamy white curds and a mild flavor.

Orange - has bright orange curds and higher amounts of beta-carotene (vitamin A) than other colors. When cooked, the curds become a brighter and deeper orange color. Has a mild and slightly sweet taste.

Purple - has violet-purple curds that turn blue-green when cooked. Has a very mild and light nutty flavor.

Green (Romanesco) - is a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.

Store Well Waste Less

Cauliflower can be stored in a plastic bag with holes, a paper bag, or an open container for up to a week in the crisper drawer of the refrigerator.

Trim away the leaves and wash under cool running water just before use.

Cauliflower can be frozen. For best quality, blanch and cool; package in airtight containers or bags; date the package and use within a year.
Cooking with Cauliflower

Fix Cauliflower Many Ways

- **Serve raw** in a salad or with low-fat ranch, hummus, or other vegetable dip.
- **Steam** in a basket over boiling water for 3 to 5 minutes or until barely fork tender.
- **Roast** (whole, sliced, or florets) in a 400 to 450 degrees F oven until crisp tender. Stir or turn as needed.
- **Sauté** in a small amount of oil over medium-high heat until lightly browned and crisp tender.
- **Microwave** in a covered dish with water added. Time will depend on amount of cauliflower and the power of the microwave.
- **Boil** in water until just fork tender.

Roasted Cauliflower

**Ingredients:**
- 1 medium-sized head cauliflower
- 1 teaspoon oil
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup grated cheese (try Parmesan or reduced-fat cheddar)

**Directions:**
1. Preheat oven to 400 degrees.
2. Cut cauliflower into florets about equal in size. Toss pieces with oil and place on baking pan in a single layer.
3. Mix spices together and sprinkle evenly over cauliflower. Sprinkle with cheese.
4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork.
5. Refrigerate leftovers within 2 hours.

Makes: about 3½ cups

Prep time: 5-10 minutes
Cook time: 30 minutes

When kids help make healthy food, they are more likely to try it. Show kids how to:
- wash veggies under cool running water.
- break off florets.
- sprinkle seasonings and cheese.
- measure and mix ingredients.

A medium-sized head of cauliflower is about 6 inches across, weighs about 2 pounds and makes 4 to 6 servings after trimming off the leaves and stem.

Cauliflower Salad

**Ingredients:**
- 4 cups mixed cauliflower and broccoli florets (fresh or frozen)
- 1 cup celery, diced
- ½ cup onion, diced
- ¼ cup sweet bell pepper, any color
- ½ cup lite mayonnaise
- ½ cup nonfat plain yogurt
- 1 Tablespoon prepared mustard
- ¼ teaspoon each salt and pepper
- ¼ teaspoon dried dill weed

**Directions:**
1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups
Prep time: 20 minutes

Go to FoodHero.org for easy, tasty cauliflower recipes
Attention Staff!

Centennial Dining Services is offering Pizza Parties in the Classroom---

Pizza will come in a box, just like Take-Out!! The pizzas are just like the ones at Costco! YUM!!!

Carrots
Apples
Milk

Cost: $2.50 per student.

By using the students lunch account those that are on the meal benefit program would be no charge.

Dining Services can help with who needs to pay. Call ext. 7516

**Complete this form and return to you Kitchen Manager 10 school days before the party.**

<table>
<thead>
<tr>
<th>Room #</th>
<th>Teacher:</th>
<th>Time of Party:</th>
<th># of Students</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Cheese Pizza</th>
<th>Pepperoni Pizza</th>
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</table>

Please send 2 students to the kitchen to pick up the order 15 minutes before your party starts.

Google Doc Office Information
Monthly restaurant fundraiser series supporting

Mod Pizza
1844 NW Eastman Pkwy
Gresham, OR 97030

October 28, 2019
10:30 AM – 10:00 PM
RSVP online NOW!

**We are an equal opportunity provider**

Free Groceries in a School Bus
www.food4families.net
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@pdxfood4fams