Help Stuff the Bus with coats this Saturday

It’s getting cold outside, so the Centennial School District’s Transportation Department will be collecting coats for our students, this Saturday, December 1, 10 a.m. – 3 p.m. in the Centennial High School parking lot (next to the Food for Families bus.)

The goal is to stuff the bus with lightly used and new coats in kids and adult sizes. Kathy Calkins, Transportation Supervisor is hoping this will become an annual event. Her goal is to eventually have all the local school district’s hold similar events on the same day. This year, the Reynolds School District will also be collecting coats for their students.

Metal Shop at Centennial High School gets new equipment

Recently, the Metal Shop at Centennial High School (CHS) began receiving some new heavy equipment thanks to the voter approved Measure 98. Ballot Measure 98 – the High School Graduation and College and Career Readiness Act of 2016 - provides funding to establish or expand Career & Technical Education programs as well as Dropout Prevention and College Level Education Opportunities.

CHS has received a new CNC Mill, which is a computer numerical controlled (CNC) machine that is able to achieve many of the operations performed by cutting and drilling machines. In addition, the Metal Shop has two new Lathes (one paid for by Perkins Grant Funds) and several new Welders.
**Centennial Park School fundraiser at Pizzicato**
Centennial Park School will be holding a fundraiser at the Mt. Tabor Pizzicato, all day, Tuesday, December 4. For more information, see the attached flyer.

**Columbia Sportswear offers discounts to Centennial School District employees**

Employees of the Centennial School District are being provided access to the Columbia Sportswear Employee Store from now through Monday, December 24.

Everything in the store is at employee pricing. Tags are marked with prices. Discounts can vary. Includes all brands in the Columbia Sportswear family of brands: Columbia Sportswear, SOREL, Mountain Hardwear and prAna.

Bring the invite (attached) with you to the store reception desk. Or show the invite to the receptionist on your mobile phone. Show your work/organization ID (options listed on invite). This invite is non-transferable but you can bring your family and friends with you (up to 4 guests per person, per visit). Online access is not available, but you are welcome to visit multiple times during the invite period with your invite!

Columbia Sportswear Employee Store is located at 14100 NW Science Park Drive, Portland OR 97229. Store phone: 503.985.4125

**Open House for Lewis & Clark College’s Educational Leadership department**
The Educational Leadership department at Lewis & Clark College is holding an open house and reception, Thursday, December 6, from 6 – 8 p.m. Meet with program faculty to learn more about programs in Preliminary and Professional Administrator licensure, along with the Masters of Education & Doctor of Education in Leadership programs.

The event will be at Maggie’s on the school campus (Maggie’s is the knife and fork symbol on Roberts Hall) - Closest parking is accessible from Gate 5. To register, go to: https://www.eventbrite.com/e/educational-leadership-open-house-and-reception-tickets-52369774405.

**Working on Wellness**
The Wellness Committee (WC) met yesterday, November 28th, to begin 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 students to learn and thrive. Our next meeting is January 30th at the District Office, Cascade Room, from 4-5 p.m.
The holiday season is upon us! Often this season feels overwhelming and hectic. Take a moment to practice a mindful minute, from Mindful Kids - *Breath-by-Breath: Pause in the present moment*

A Wellness Committee shout-out to the all our hard-working Cafeteria Staff!! They create healthy, nutritious food for us everyday with so many options. Twice a month the staff creates a locally sourced Farm to School Meal. Keep an eye on your cafeteria lunch meal to try a new Farm to School Meal! Photo right: *Lori Porter showing off CMS’s locally sourced turkey holiday meal.*

The Working On Wellness (WOW) Employee Wellness Committee is working on completed the fourth year of the grant! While our grant funding is almost over, the WOW committee will continue to support all staff at work. We hope to build wellness into our workday everyday.

A WOW shout-out to CMS for hosting a Monday morning Pump-Your-Kin! Staff came to work to find games and prizes (see photo left.) Thanks for starting the week off with a ton of fun!!

**School Employee Wellness Conference is coming!**

The 2019 Oregon School Employee Wellness Conference is scheduled for March 24-26, 2019 in Bend, Oregon. Find time to connect with other educators from around the state and spend time on your wellness at work.

**Energy Team Update**

The Energy Team has completed a year participating in the Strategic Energy Management (SEM) cohort with the Energy Trust. We will continue participating and working to reduce our overall energy consumption, save money, and meet all safety codes. To meet our conservation goals we are looking for Energy Stars.

A Centennial Energy Star is a staff member that is passionate about environmental wellness and will provide leadership to students green teams to conduct sustainability activities.
Activities include: measuring through waste or energy audits, setting goals, promoting the program, action plans, and celebrating. Energy Stars are eligible for a $250 stipend to support their time and will be able to access funds and resources to support green school goals. If you are interested in being an Energy Star, contact Julie Mack at julie_mack@csd28j.org with your name, building, and some ideas you may have about sustainability activities you would like to implement in your school. Please contact Julie by the end of December. There will be an information meeting in late January for more information and support to help plan your activities.

The next Energy Team meeting is December 5th, 4-5 p.m.; location is still to be determined so email Julie Mack to get on the Energy Team email group for updates!

*Safety Reminder: As it gets colder, you may find the need to use a space heater. Space heaters put an extra load on the electrical system that can cause wires to overheat and melt. Please check in with your custodian to report a cold room and they will help you to correct the temp in your room. Space heaters should not be plugged into extension cords. Please help us meet all fire codes and keep out buildings safe!

“Wellness is not another thing to put on our plate; wellness is the plate that holds everything up!”

**Tidbits**

BOGO: Scholastic Book Fairs is holding a Holiday Warehouse Sale, December 5 – 15 at their warehouse, 5127 NE 158th Ave., Portland. Buy one item and get an additional item of equal or lesser value free. See the attached flyer for information on how to register and warehouse hours.

**Classifieds:**

For Sale: 2016 Toyota Tacoma TRD Off Road package, 31,000 miles, a/c, automatic, navigation, backup camera, tinted windows, heated seats, key less entry, moon roof, sliding rear window, roof rack, 3 inch leveling kit, non smoker. The truck is in great condition. $33,000. If interested please contact Margaret at 503.887.4634.

For Sale: 2017 Cougar by Keystone Trailer. $26,500 – comes with a 48-month transferable warranty. For more information and photos – see attached flyer.
Photos from Around the District

(Photos left and below) Meadows Elementary School staff enjoyed bowling with pumpkins earlier this month as part of the school’s Tuesday’s Team Building activity.

(PHoto below) Parklane Elementary School recently recognized a group of students who have done an amazing job with being “Assertive.” Congratulations kids.
(Photos below) Centennial High School staff members with ties to Oregon State University geared up for the big “Civil War” game against the University of Oregon. If there were staff members that dressed in support of the Ducks, they forgot to take any photos to share.

(Photos right) Rumor has it that there is a shortage of EA’s – so when Parklane found they were short an EA one day and had no one to do crosswalk duty at dismissal time, Principal Jorge Meza stepped in to help keep the students safe.

(Photos left) Julie Mack, District Wellness Coordinator, enjoys a Farm to School lunch with some Meadows Elementary School students.
STUFF the BUS
Help Kids In Need

Saturday December 1
10:00AM - 3:00PM
CENTENNIAL HIGH SCHOOL
PARKING LOT BY THE FOOD BUS
Please donate lightly used and new coats in kids and adult sizes.
DRIVEN BY CENTENNIAL SCHOOL BUS DRIVERS
- pizzicato pizza presents -

the CENTENNIAL PARK SCHOOL

DOUGH FOR DOLLARS SCHOOL FUNDRAISER

TUESDAY, DECEMBER 4, 2018

Mt. Tabor Pizzicato • 6042 SE Division
Call (503) 546-1686 • Event runs ALL DAY!
YOU'RE IN!
COLUMBIA SPORTSWEAR EMPLOYEE STORE

EXCLUSIVELY FOR:
CENTENNIAL SCHOOL DISTRICT
STAFF & FACULTY

ITEMS MARKED WITH EMPLOYEE DISCOUNT OF 40 – 50% OFF
VALID FOR YOU + 4 GUESTS

<table>
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<tr>
<th>VALID DATES</th>
<th>WHAT TO BRING</th>
<th>STORE HOURS</th>
<th>LOCATION</th>
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<td>NOV. 30 - DEC. 24</td>
<td>THIS INVITATION + PROOF OF EMPLOYMENT + PHOTO I.D.</td>
<td>MON - SUN: 9A - 9P</td>
<td>14100 NW SCIENCE PARK DR. PORTLAND, OR 97229</td>
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Questions? Please email: portlandemployeestore@columbia.com

Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2018 Columbia Brands USA, LLC.
Scholastic Book Fairs Warehouse

5127 NE 158TH AVE
PORTLAND, OR 97230
(503) 252-8486

December 5 - 15

Weekday Hours: 9:00 am - 6:00 pm
Saturday Hours: 8:00 am - 4:00 pm
Closed Sundays

* For every item you buy, choose an additional item for FREE! Must be of equal or lesser value. Items purchased with Scholastic Dollars do not qualify for BOGO pricing, but customers can apply the SUPER SAVINGS PASS discount against the total purchase. Sales tax charged if applicable. If your school is tax exempt, please bring your valid tax-exempt certificate.
2017 Cougar by Keystone Trailer 26ft

$26,500

(Comes with 48mo transferable warranty)

For more information please call Stephanie @ 971-678-9592

Beautiful trailer has it all, king bed, 2 slide outs, full size bath/shower, kitchen island and pantry. Great amounts of storage, outside speakers and shower, retractable awning and LED lights. Comes with lots of extras!

Four seasons camper; UWW 13010lbs
Prevent Back Injuries

Helpful tips for eliminating back pain with safe lifting

Due to the layout of storage areas, very little stock of products is actually within an employee’s safe lifting zone, which is between the shoulders and knees. Lifting and lowering objects outside this zone can cause serious injuries. Following these simple guidelines and learning to lift properly today will help you avoid back pain tomorrow.

Proper Lifting Techniques

• Wear gloves if you are lifting rough equipment.
• Clear away any potential obstacles before beginning to carry an object.
• Get a good grip and good footing. Use your hands to grip the load and position your feet so that one foot is next to the load and one is behind it.
• Get under the load by bending your knees, not your back. This is the most important lifting technique to remember as bending over at the waist to reach for the object puts strain on your back, shoulder and neck muscles, and can cause serious injury.
• Keep the load close to your body.
• Never twist your body when you are lifting. Turn your entire body by using your feet.
• Do not lift above the shoulders or below waist level.

Size up the Load

Before lifting an object, check its weight. Decide if you can handle it alone or if you need assistance. When in doubt, ask for help. Moving an object that is too heavy or bulky can cause severe injury. As a general rule, most men should not lift more than 37 pounds, and most women should not lift more than 28 pounds. If a particular load is heavier than you can handle, take the following precautions:

• Get someone to help.
• Break it down into smaller loads if possible.
• Use dollies or lifts as aids. These tools were made for heavy lifting.

Lift as a Team

When others are helping you lift, teamwork is very important. If you’re going to be carrying the load to another point, both of you should coordinate this prior to lifting the object. Check the route and clearance. One worker needs to be in a position to observe and direct the other. Lifting and lowering should be done in unison. Don’t let the load drop suddenly without warning your partner.

Get Fit!

People who are in poor physical condition are at greater risk for back problems. A conditioning program that includes aerobics, weight training and stretching exercises will help you prepare your body for the rigors of lifting.

Although some back injuries are caused by pulling too far on a muscle while it is contracting, they can also occur from repetitive movements.”

This flyer is for informational purposes only and is not intended as medical or legal advice.

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