Happy Holidays

Middle C’s bring holiday cheer to residents of Huntington Terrace

Last Friday, a group of 40 Middle C choir students arrived at Huntington Terrace Senior Living to spread some holiday cheer through music. The middle school students sang an energetic selection of holiday songs, with some of the seniors joining in. According to Breanna Ryan, Centennial Middle School’s Choir Director, “Both students and seniors were blessed to share together in the gift of music. A joyful time was had by all involved.” She added, “It was so heart-warming to watch middle schoolers make such positive and loving connections with some senior folks that were so appreciative of their work. Students are already asking when we can go back and sing for them again...I think this will be another tradition of ours.”

Centennial Middle School students learn about STEAM

On December 10, students at Centennial Middle School were invited to attend an after-school activity on Science, Technology, Engineering, Art, and Math (STEAM). This event was organized and designed by Miranda Denman, a current senior at Centennial High School.

Miranda is on the Youth Advisory Council for the East Metro STEAM Partnership. Two other CHS seniors,
Miki Moua and Rogrigo Vidal, also ran stations at the event.

Students completed hands-on STEAM stations while they learned about STEAM course offerings at CHS, STEAM majors, and careers.

The five activities were:

| S (science) | A chromatography experiment. Students separated the dye molecules found in markers. |
| T (technology) | A coding challenge. Students used Code Monkey to play a coding game. |
| E (engineering) | A catapult-building challenge. Students created a catapult out of tongue depressors, spoons, and rubber bands. Then, they launched marshmallows from their catapult in a distance competition. |
| A (art) | A quick, fun art project. Students added food coloring to milk, swirled the colors, and transferred the pattern to paper. |
| M (math) | A toothpick challenge. Students set up a pattern with toothpicks and followed strict rules to solve for new layouts. |

Both participants and station leaders had a fun time. After the event, Miranda presented her work to the Youth Advisory Council.

Cathy Petri passes away

Cathy Petri, who was a secretary at Lynch Wood Elementary School from 1992 – 2010, and a sub in the district from 2011 – 2013, passed away last Thursday. A Celebration of Life was held earlier this week.

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/ Select the "Team" Option in your event.

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

**Working on Wellness**

We are at the end of 2018 and 2019 is right around the corner. Hopefully it’s been a smooth week and you are all ready for the holidays! Or at least all ready for a couple of weeks off. Not everyone has a full two weeks off so a big *THANK YOU* to the staff that works over breaks to make sure the district runs smooth.

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. How do you include wellness into your classroom? Share your stories with us. Email them to julie_mack@csd28j.org.

The next WC meeting is Wednesday, January 30th in the Cascade Room at the District Office, from 4 - 5 p.m.

The **Working On Wellness** (WOW) Employee Wellness Committee is working on completing the fourth year of the grant. We have lots of plans to continue supporting all of our hard working staff. It’s that time of year to start thinking about a New Year’s resolution - the WOW committee will have a February challenge again to help you stay committed to your resolution and add some wellness into your workday.

The next WOW meeting is Wednesday, January 23, from 4 - 5:30 p.m.

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 on Wednesday, February 6.

Safety Reminder: Holiday lights in your classroom may look very pretty but are also a fire and safety code violation. Thanks for helping us all stay safe. Have a wonderful winter break!

**Tidbits: Stay up to date:** The Centennial School District uses a variety of tools to keep staff, students and parents up to date on what’s happening in the district. You can like and follow us on Facebook –
just look for Centennial School District.

The district is also on Twitter at Centennial SD.

Another way to know what’s happening is by signing up for FlashAlert Messenger, a service where parents and employees may self-register up to three email addresses and receive Centennial’s closure information and/or news releases at the same time as the news media. When you register, you will receive a test message to make sure you’ve entered addresses correctly and that messages get past your spam filter. You also may download the FlashAlert Messenger app for iPhone and Android. By linking the app to your FlashAlert web account, you can receive closures as push notifications, which is the fastest delivery method available. You may link as many phones as you wish. The app is available on iTunes and Google Play. This service is free to the public. Each summer, an opt-in message is sent to keep the database current.

You can start a subscription to Centennial at www.flashalert.net/id/CentennialSD.

Classifieds:

For Sale: Oak coffee table for sale. Excellent condition. 24" wide x 53-1/2" long by 17-1/2" tall. $25.00. Call Ellen or Mike at 503.661.0557.

Photos from Around the District

(Photo collage right) Staff from Oliver and Parklane Elementary Schools got together recently for a collaborative math professional development. Now that’s a true community PLC (professional learning community.)
Last week, two workers from Les Schwab Tire Center stopped by Parklane Elementary School to donate toys for the students. Kelly Carter’s (an EA at the school) son Daniel Carter and daughter-in-law Kitrina Ham delivered the gifts. Both Daniel and Kitrina graduated from Centennial High School in 2012. A big thank you to the Barber Blvd Les Schwab for their generous donation.

Pleasant Valley Elementary School collected more than 50 boxes of canned goods and other items for Food for Families. The food drive concluded with the school’s annual Holiday Breakfast celebration – where the Centennial High School C-Notes entertained guests – the C-Notes (Photo below) not only performed beautifully, but also took the opportunity to get their photo taken with Santa.

Meadows Elementary School students and staff recently enjoyed Crazy Hair Day and PJ Day as part of the school’s Spirit Day – Looking good Tiger Cubs!
(Photo below) Adriann Hardin, Shelley Johnson and Sasha Johnson-Mallett get into the spirit of Centennial High School’s Holiday Gear Day.
Safety Meeting Basics

According to the Occupational Safety and Health Administration (OSHA), one of the most effective ways to promote a safe working environment is to get involved in company safety meetings. Since safety is our top priority, we’ve gathered some tips to help you make the most out of our company safety meetings.

Why Safety Meetings
These informal, brief meetings allow you the opportunity to stay up to date on potential workplace hazards and safe workplace practices, such as machinery use, tool handling, equipment use and safety-minded attitudes—basically anything that may contribute to accidents or illnesses in your workplace.

Meeting Basics
• Attending safety meetings is mandatory. Be aware of what days we hold meetings, and plan accordingly.
• Always sign our safety meeting log – recordkeeping is an important part of our safety and compliance program.
• Be an active participant. Some of the best safety ideas come from workers just like you because you often know best what and where the dangers are.
• During safety meetings, if you have something to add, don’t hesitate to speak up.
• Notice that spills aren’t being cleaned up properly or someone didn’t follow lockout/tagout procedures? We want to know so that we can cover the topic at a future safety meeting, and everyone can benefit.
• Already know the day’s topic? Don’t tune out as you may have something valuable to add.
• If you have an idea for a safety topic, chances are others will find it of interest too. We encourage you to share the details with your supervisor or the safety committee.
• Have a question, like how to lift safely or read a Safety Data Sheet (SDS)? Don’t keep it to yourself - there are no dumb questions when it comes to safety.
• Don’t know all of our safety policies? You can find more information on area bulletin boards or from a human resources representative.
• Want to nominate someone for a safety award? Contact your supervisor or safety committee with the details.

Regardless of your job title, working safely is everyone’s responsibility. See you at the next safety meeting!