Centennial Park students help younger students dealing with trauma

Last month during Centennial Park School’s Spirit Week, students and staff made trauma dolls as part of an all school activity. The CPS students wanted to give back to students in the community that are going through a rough time.

The school’s leadership committee delivered the dolls in person to Patrick Lynch Elementary School. The timing was perfect - on the day of the delivery, they were able to give a doll to a young student who was having a tough day.

Centennial Chapter of OSEA donates books to elementary schools

The Centennial Chapter of OSEA has generously donated more than $1200 worth of books to Centennial elementary school libraries. With the help of a $500 grant from AFT and working with the National AFT Secretary-Treasurer, Loretta Johnson, last spring, OSEA supplied a stack of new books to each elementary library. OSEA purchased the new books with a discount from First Book https://firstbook.org/. Check out First book for great discounts and educational resources.

The donated books represent the diverse Centennial students with multicultural stories and experiences. OSEA was also able to purchase favorite stories in Spanish. Centennial OSEA knows that the district’s libraries are great resources for our students and are privileged to support and share the new books.
Passes to employee stores at adidas and Columbia Sportswear

The adidas Employee Store is allowing access for students, parents and staff members to shop, by invitation only. (See attached) Friends and family are invited as well, if accompanied by an employee/student.

The invitation is valid December 1 – December 30, 2019. As a staff member you will be required to show your District Photo ID or a current paycheck stub; students will be required to provide their most current (Fall 2019) report.

The adidas Employee Store is located at 2701 NW Vaughn Street, Suite 209, Portland, OR 97210. Store phone: 971.234.8536.

Centennial School District employees are invited to shop at the Columbia Sportswear Employee Store, December 13 – December 22, 2019. Invitation is attached.

With this invite, each employee can bring up to four guests, and may use the invite multiple times during the dates listed above.

The Columbia Sportswear Employee Store has employee pricing – which is 40 – 50 percent off regular retail pricing on all of the latest product from the Columbia Sportswear Company family (SOREL, Mountain Hardwear, prAna, and of course Columbia Sportswear)

You will need to bring the attached invite (printed or shown on mobile phone), your work ID (business card, badge, pay-stub, signature of work email, uniform, membership card etc.) and a personal photo ID. This invite is valid for you and four guest (you must be present.) This invite grants store access only – offer not valid online.

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

The WOW (Working On Wellness) Committee shares healthy happenings from around the district:

Healthy Happenings in Your Cafeteria - Your cafeteria served up a new farm to school lunch featuring locally sourced chicken and yakisoba noodles. Cinnamon baked acorn squash tasting happened at Powell Butte Elementary School as part of the Harvest of the Month. The squash was grown in the school garden. Most students said that they never tried squash before, and many gave it a thumbs-up. Growing Gardens staff Jazmin and Lily served up the amazing taste tests.
The next Farm to School lunch is on Wednesday Dec 11th serving up local chicken legs and roasted brussel sprouts.

**Let’s Get Moving in Class** - Elementary schools throughout the district are receiving BEPA2.0 (BE Physically Active 2day!) bags purchased by Oregon Healthy School grant funds. The BEPA bags are self-contained activity bags to give staff more resources to include active learning and movement breaks throughout the day. The bag comes with an easy to use activity booklet to flip through. Staff can either choose an activity or get some ideas on how to modify an activity for math vocabulary or for a language art assignment. Sometimes you just need to take a break and move.

Check out the BEPA resources at [https://extension.oregonstate.edu/bepa](https://extension.oregonstate.edu/bepa) and connect with your WOW champion for more information. (Photo right:) Sue Rohm is taking her WOW swag and BEPA bags back to Parklane Elementary School.

**Recycling Around Your Building** - Recycling can be confusing so here is some help: All that plastic we throw away can be recycled. Trex Recycling will provide a box with some signage to collect plastic bags, plastic wrap and plastic packaging at your school. Check out Trex at [https://www.trex.com/recycling/recycling-programs/to get your school signed up and start recycling!](https://www.trex.com/recycling/recycling-programs/)

**Don’t forget the Self-Care** - The WOW (Working on Wellness) Committee has some great FREE resources to share with you: OEBB Wellness is a great starting point to get an overview of available programs. Go to - [https://www.oregon.gov/oha/oebb/pages/wellness.aspx](https://www.oregon.gov/oha/oebb/pages/wellness.aspx)

Don’t forget about the EAP at [https://myrbh.com/Home/Home?role=member](https://myrbh.com/Home/Home?role=member) Your password is OEBB. Free counseling, legal services, stress management, and financial services are just a few available resources.

Julie Mack reminds everyone to “take a few minutes to take care of you. Your well-being is what connects us with kids, supports learning, and makes our Centennial community great!”

A quick reminder from Tina Acker, the new Director of Curriculum & Student Learning: “*Breathe. Sometimes we just need to stop and breathe.*” Thanks Tina!
Food for Families hosts Milk & Cookies with Santa

Food for Families is hosting its second annual Milk & Cookies with Santa, tomorrow, Saturday, December 7, 9 a.m. – 12 noon, in the Centennial High School Commons. There will be treats, coffee and hot chocolate, pictures and stories with Santa, baskets for raffle and coloring pages. Cost is $10 per person or $40 per family (2-and-under free.) Tickets are available online at www.food4families.net.
Exclusively for

Centennial School District

Get ready. Gear up. Give adidas.

You’re invited to the adidas Employee Store to shop at exclusive employee prices.

For store access, please present your employee badge or pay stub and a valid photo ID.
For students, please present your 2019 report card or 2019-'20 student ID and a valid photo ID.
Each guest may bring up to 4 additional friends or family members.

Access Valid December 12 - December 30, 2019

Employee discount of 50% off is only valid at the adidas Employee Store located at 2701 NW Vaughn St. Offer cannot be used in conjunction with any other coupon, discount, or promotion except as otherwise expressly permitted. Not valid for purchases of gift certificates. Offer has no cash value. adidas reserves the right to change terms and conditions, substitute offer of equal or greater value, end offer at any time without notice, and decline offer to any consumer adidas believes, in its sole discretion, may resell adidas product.

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Centennial School District
DESCUENTO ENTRE 40% A 50% DEL RPECO
4 INVITADOS POR INVITACIÓN

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| 12/13/2019 - 12/22/2019 | • ESTA INVITACIÓN  
  • PRUEBA DE EMPLEO  
  • FOTO I.D.  | LUNES A DOMINGO  
  9A – 9P  
  Cerrado el día de Navidad | 14100 NW SCIENCE PARK DR  
  PORTLAND, OR97229 |

Si tiene alguna pregunta por favor escribanos as: portlandemployeestore@columbia.com

Válido para usted y 4 invitados durante el periodo. Columbia Sportswear se reserva el derecho de modificar o cancelar esta oferta en cualquier momento. Por favor, presente la invitación original a la recepcionista para la entrada y otra vez en lo hora de pagar. Esta invitación no es transferible. Debe estar presente durante la compra. Los productos comprados deben ser para uso personal del comprador, regalos incluidos. La reventa de productos está estrictamente prohibida. La oferta no se puede combinar con ninguna otra oferta o descuento. La válides es partir de las fechas indicada anteriormente. ©2019 Columbia Brands USA, LLC.
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Centennial School District

ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 – 50% OFF REGULAR RETAIL PRICING)

VALID FOR YOU + 4 GUESTS

VALID DATES

12/13/2019 - 12/22/2019

WHAT TO BRING

- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION

(Other forms of affiliation may include business card, membership card or badge, company email signature, pay stub, original email, or other form of affiliation.)

STORE HOURS

MON - SUN: 9A - 9P

LOCATION

14100 NW SCIENCE PARK DR
PORTLAND, OR 97229

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. ©2019 Columbia Brands USA, LLC.
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When primary member attains the age of 18, accounts will be converted to Regular Savings Account, earning that account's published rate at that time. Includes $5 required minimum balance. One OnPoint Savers account per member/TIN. One $55 bonus per tax ID for new members only. Federally insured by NCUA.
Milk & Cookies with Santa

Saturday, December 7, 2019 from 9am to 12pm
Centennial High School Commons

Events:
- Treats
- Coffee & hot chocolate
- Pictures and stories with Santa
- Raffle baskets
- Coloring pages

$10 per person
or
$40 per family
(2 and under free)

Second annual fundraiser supporting

Free Groceries in a School Bus

**We are an equal opportunity provider**

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Tickets available online at
www.food4families.net