Former CIA spy guest speaker at Meadows Elementary School

Meadows Elementary School’s Joanna Pearson, Music Specialist, and Julio Loza, PE Specialist, recently hosted guest speaker George Hocker, who spoke to their fifth and sixth grade students. He spoke about growing up in a segregated school in Washington D.C., his experiences marching with Martin Luther King, Jr., and his role as a former Central Intelligence Agency (CIA) spy.

The students were intrigued to hear Hocker’s advice for life, leadership skills, and encouragement to pursue the best. Some of the impactful things he said were: “Never question your intelligence. Only question your effort.” “Be relentless in (kindly) cutting out of your life anyone or anything that wastes your time.” “Great leaders follow their dreams and say nothing is impossible if I try hard enough.” And, “It is always too soon to quit.” They also enjoyed hearing about some of his adventures as part of the CIA.

Hocker shared about the negative peer pressure that he experienced as a boy and then as adult how he fought against the small-minded perspective that he could not be a CIA spy because of the color of his skin. He has lived a life of never giving up, even against tremendous odds.

If other schools are interested in having George Hocker speak at their school, contact him at 503.504.1908.

Centennial High School Band places first in Grand Floral Parade

Congratulations to the Centennial High School Band and Cheerleaders for their first place finish in the In-State Division A (99 members or less) in the Rose Festival’s Grand Floral Parade last Saturday. Way to go Eagles!
Ajai Huja honored Trillium’s Keep Oregon Well

Centennial Park School Principal Ajai Huja was recently selected as the 2019 “Keep Oregon Well’ Mental Health Heroes Award recipient. He was honored at Trillium Family Services’ Black & Gold Gala last month.

Mental Health Awareness Month happens each year in May. To mark the occasion, Trillium Family Services hosts the “Keep Oregon Well” Mental Health Heroes Awards -- an annual 31 day multi-media celebration of the people, nonprofits, community groups and business leaders who have helped pave the way for Mental and Behavioral healthcare to thrive in Oregon and the Pacific NW, be it through direct services, personal storytelling, a commitment to equity and inclusion, or just broadly being a champion for wellness in our state. This year Trillium honored youth and the adults that empower them to advocate for mental health and fight stigma.

Congratulations Ajai!

Employees invited to shop at Columbia Sportswear Employee Store

Centennial School District employees are invited to shop at the Columbia Sportswear Employee Store, June 14 – July 7, 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. The Columbia Sportswear Employee Store is located at 14100 NW Science Park Drive, Portland, OR 97229.

Eagles’ inaugural triathlon team members place in PDX Triathlon Festival

Congratulations to Centennial High School’s inaugural triathlon team members Kameron Berry, who took second in his age division and Joel Cross who placed third in the PDX Triathlon Festival – Super Spring Distance.

Olivia Schloth placed first in the AquaBike division.
Centennial Middle School’s Ultimate Team places second
This year Centennial Middle School put together their first Ultimate (Frisbee) Team, the Spinning Cougars. The team received help from Portland Ultimate who provided grant funding to support CMS students participation in league games and a tournament. Seventh and eighth grade students participated in weekly practices through the SUN program and weekend games through Portland Ultimate at Lent's Park. Throughout the season they won 10 games and lost 10 games, and in the Middle School Championship, they played six games and placed second in the C bracket. The CMS students showcased their unique throws, out of the box thinking, and trust in each other on the field to excel in a way few first year teams are capable of. They definitely represented CMS with pride both on and off the field!

CLOSET TO CLOSET collecting travel size toiletries for students in need
CLOSET TO CLOSET is collecting travel size toiletries to be distributed to needy students in the Centennial School District. Items can be dropped off at CLOSET TO CLOSET, located at 2632 SE 162nd, Portland, or at the Centennial School District Office. CLOSET TO CLOSET is a program of the Centennial Educational Foundation. For more information on the Foundation, go to www.centennialfoundation.net.

Aztec Dance group performs at Parklane Elementary School
Members of the Huecha Omeyocan Aztec Dance group recently performed at Parklane Elementary School, much to the delight of the students. The dance company celebrates Mexico's colorful cultural history.

The dancers wore authentic ornate feathered headdresses and hand beaded costumes. According to one observer, “their high energy footwork, highlighted by the sound of the ankle rattles made the dance feel alive.”
Keep the Kids and Yourself Safe

Workplace precautions for child care employees

As a child care professional, ensuring the safety of all children in your classroom is your primary responsibility. You must also take the necessary steps to keep yourself out of danger in order to best care for the children at your facility.

Consider the following safety recommendations when working in a child care facility.

Prevent Back Injuries

• To reduce your risk of back injuries, find ways to avoid excessive lifting and bending.

• To talk with children at eye level, kneel down instead of bending over at the waist or lifting them up. This will help prevent back injuries as well.

• Bend your knees or sit down when working at low tables or cots.

Slips, Trips and Falls

• Watch out for toys, small furniture and other objects when walking through the facility.

• Walk cautiously and avoid rushing when carrying supplies or children.

• Wear rubber-soled shoes that have good traction for potentially slippery floors.

• To prevent falls, clean up spills immediately after they occur. Make sure that area rugs are properly secured to the floor.

Prevent the Spread of Germs

• Wash your hands frequently, especially when handling sick children, changing diapers, helping children use the washroom, before and after preparing meals, and before leaving the facility for the day.

• Sanitize working surfaces and tables with a mild bleach solution to reduce the risk of spreading germs.

• Wear latex gloves when changing diapers, helping children use the washroom, when wiping noses and nosebleeds, and when providing first aid care. Gloves protect against blood-borne pathogens, disease and infection. If you or a child is allergic to latex, use a non-latex glove alternative.

• Lice infestation is extremely contagious and very common in the child care industry. If you notice these tiny insects on your skin and/or hair, or on the body of a child, take the proper precautions to protect against spreading lice.

Maintaining safe behavior for the children in your classroom helps ensure safety for all.
EXCLUSIVELY FOR:
Centennial School District
ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 – 50% OFF REGULAR RETAIL PRICING)
VALID FOR YOU + 4 GUESTS

VALID DATES
6/14/2019 - 7/7/2019

WHAT TO BRING
- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION
  business card | membership card or Badge
  company email signature | pay stub
  uniform piece | other form of affiliation

STORE HOURS
MON - SUN: 10A - 8P

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. ©2018 Columbia Brands USA, LLC.