Transportation’s Cathy Rosenthal wins Buck Klemm Award

Congratulations to Cathy Rosenthal, Special Needs Routing Coordinator, Transportation, on winning the Buck Klemm Special Needs Transportation Award from the Oregon Pupil Transportation Association (OPTA.)

Cathy, who was nominated by Kathy Calkins, former Transportation Supervisor for the district, was recognized for her dedication to her students and drivers. According to the nomination letter, “Cathy knows every special need student that rides the bus and her problem-solving skills with the student goes much deeper than just a phone call now and then, she really cares about the kids she serves.” It goes on to say, “her goal with all her students and drivers is to have a successful ride on the bus.” Cathy, who has worked in Centennial for the past 11 years, was presented the award at the OPTA conference in July.

Landed provides Centennial School District employees help to buy a home

The Centennial School District, in partnership with Multnomah Education Service District, is offering a new program, called Landed, to assist employees with buying a home. Landed (Landed.com) provides homebuyer education and down payment assistance to all public school employees in Multnomah County. Landed provides half of the down payment on a home, up to $120,000, in exchange for a share in the gain (or loss, if any) of the value of the home once it is sold or refinanced.

An informational session will be held at Centennial High School, Wednesday, September 25th from 4:30 – 5:30 p.m. For more information or to apply, go to www.landed.com/portland.

Employees invited to shop at Columbia Sportswear Employee Store

Centennial School District employees are invited to shop at the Columbia Sportswear
Employee Store, September 20 – October 13, 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.

NIKE offers employees access to company employee store

NIKE is allowing Centennial School District employees one time access to the NIKE Company Employee Store, now through September 30, 2019, by invitation only – see attached.

You will get an employee discount, which is most items marked at 40 percent off regular retail pricing. Following is what you need to know to take advantage of this offer:

What to bring to access the store:

- The attached invitation – which is valid for a one time entry only
- Your work ID/badge

The invitation is valid for you, your spouse/permanent partner, and your own dependent children. Your spouse/partner must provide proof of the same address to accompany you into the store.

- Dependent Children must be:
  - 22 or younger with the same address
  - 24 or younger with a valid college ID
  - 15 and older require some form of ID
  - 14 and under do not require ID

The NIKE Company Employee Store is located at 3485 SW Knowlton Rd., Beaverton, OR 97005 and is open Monday – Saturday from 10 a.m. – 8 p.m. and Sundays from 10 a.m. – 6 p.m.

Healthy Happenings around the District!

The 2019-20 School year is off to an amazing and hectic start. We hope that Centennial Staff had a great summer and found time to relax and rejuvenate for this year. As we are building
our routines and habits for this year, don’t forget to add in some wellness and self-care for yourself, with colleagues, and students you may work with.

*Self-care is essential. Put your own oxygen mask on first!*

The **WOW (Working on Wellness) Committee** is committed to supporting a healthy school and community environment. Research shows that students (and adults) are better academically when they have access to nutritious foods, physical activity, and live in an environment that promotes health and wellness. As we educate our students academically, we are also educating them for a healthy, happy future. Encourage healthy snacks to show students nutrition is critical for learning and growing. Include brain breaks and physical activity into everyday learning to help students engage in the learning and to have fun while learning!

Check out the attached WOW newsletter for our favorite resources and ideas. Contact Julie Mack at julie_mack@csd28j.org for ideas, resources, or to be a part of WOW.

**Centennial’s Energy Team** is dedicated to being good stewards of public funds and reducing energy and waste costs with savings to be reinvesting back into our schools and supporting our school buildings with ever increasing technological needs. Check out the attached Energy Team newsletter for tips and resources to help include conservation and sustainability into your classroom and school community. Contact Julie Mack with questions, ideas, or to be a part of the Energy Team.

Plastic Recycling in your building. Marin Kohl, Meadow’s Environmental Champion, found a great resource for recycling all the plastic waste within our buildings. This includes grocery bags, bread bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, wood pellet bags, zip lock & other re-sealable bags, produce bags, bubble wrap, salt bags, and cereal bags. *All materials must be clean, dry and free of food residue.* Sign up with Trex to receive collection bins and signage for your school. Thanks Marin for the great, green resource!

**In Your Cafeteria,** Dining Services is creating Farm to School meals twice a month and will feature a local Harvest of the Month. Every cafeteria will serve Mike’s Wild Pizza with a variety of toppings on September 25th and local grapes from Vial Family Farms in Lake Oswego. Check out your local cafeteria to see all the great, nutritious offerings everyday. Adult breakfast is only $2 and lunch is only $4.

**Go Fund Me account set up for Macke family**

Recently Alex Macke (Centennial Middle School) and his wife Bridget Macke (Butler Creek Elementary School) found out that their 4-year-old daughter has Leukemia. They are also expecting their second child next month. A Go Fund Me account has been set up to help with the medical costs and family leave. Go to https://www.gofundme.com/f/loveformaddy to donate.
**Bill Franzke in mountain bike accident, Go Fund Me account set up**

On August 7, Bill Franzke, father of CHS teacher and girls track coach Luke Franzke, was in a mountain bike accident that has paralyzed him from the neck down. The senior Franzke served as the Eagles assistant coach, overseeing the hurdles and jumpers. An article about Franzke and the accident can be found on the district’s Facebook page or at https://www.oregonlive.com/sports/2019/09/bill-franzke-was-the-high-school-coach-you-never-forget-and-in-his-time-of-trial-his-athletes-have-not.html.

A Go Fund Me account has been set up at https://www.gofundme.com/f/coach-bill-franzke039s-spinal-cord-injury-fund?rcid=r01-156858683738-bb712f51d462f36&pc=ot_co_campmgmt_w&fbclid=IwAR05ZyDjrkJbn-qSRHntxMZ3tqu-0o4lvQ04AUabnD30s_P1-M6qlv1U.

**Butler Creek students enjoyed checking out books over the summer**

This summer, 14 Butler Creek teachers volunteered to bring a traveling collection of books to three locations in the community, allowing students the opportunity to checkout books each week. The books were either purchased by the school’s PTA or donated by Children’s Book Bank. Approximately 40 – 50 students checked out books each week.
EXCLUSIVELY FOR:
Centennial School District
ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 – 50% OFF REGULAR RETAIL PRICING)
VALID FOR YOU + 4 GUESTS

VALID DATES
09/20/2019 - 10/13/2019

WHAT TO BRING
- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION
  business card | membership card or badge
  company email signature | pay stub
  original email | 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. ©2019 Columbia Brands USA, LLC.
YOU ARE INVITED

ALL EMPLOYEES ARE WELCOME TO SHOP AT THE
NIKE COMPANY STORE
SEPTEMBER 1st – SEPTEMBER 30th

The following are the rules for check-in:
• Invitation is Valid for One-Time Entry.
• Please provide your Staff ID/Badge.
• Each Employee may bring with them:
  • Spouse/Permanent Partner with a valid ID
  • Your own Dependent Children 24 and younger
• Your Spouse/Partner must provide proof of the same address to accompany you into the store
  Dependent children must be:
  • 22 or younger with the same address
  • 24 or younger with a valid college ID
  • 15 and Older Require some form of ID
  • 14 and Under do not require ID
• 40% off most merchandise, select merchandise may be available to employees only.

STORE HOURS
MON-SAT 10a-8p
SUNDAY 10a- 6p

ADDRESS
3485 SW KNOWLTON RD
BEAVERTON, OR 97005

CONTACT
503.671.1601

VALID DATES
9.1.19 - 9.30.19

NOTICE TO ALL STUDENT ATHLETES: National Collegiate Athletic Association rules strictly prohibit high school student-athletes from receiving special arrangements or “extra benefits” based upon athletic ability. Shopping at the Nike Employee Store is considered by the NCAA to be an “extra benefit”, which may lead to the ineligibility of a student-athlete.
The WOW Committee is committed to supporting a healthy school and community environment. Research shows that students (and adults) are better academic students when they have access to nutritious foods, physical activity, and live in an environment that promotes health and wellness. The WOW will be implementing a new grant from the CDC and ODE called Oregon Healthy Schools incorporating the Whole School, Whole Community, Whole Child (WSCC) model of wellness. We will be using the School Health Index (SHI) to assess each component of the WSCC and identify our priority areas. Our overall goals are to increase the number of students who consume nutritious foods, increase the number of students who participate in daily PE/PA, and increase the number of students who can effectively manage their chronic health conditions.

**Physical Activity Breaks**

- [edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels](http://edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels)
- [actionforhealthykids.org/game-on-activity-library/](http://actionforhealthykids.org/game-on-activity-library/)

**Mindful Moments**

- [calm.com/schools Free for Educators](http://calm.com/schools)

**Healthy foods & celebrations**

- [actionforhealthykids.org/activity/healthy-active-parties/](http://actionforhealthykids.org/activity/healthy-active-parties/)
- [healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks](http://healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks)

**For so much more:**

- [healthiergeneration.org/take-action/schools/wellness-topics](http://healthiergeneration.org/take-action/schools/wellness-topics)

TALK TO US FOR MORE INFO!
Denise Wright
Jolene Dunlap
Julie Mack
Healthy Eating
Do you need to reward or celebrate with food? If not.... See Active Living ideas!

Smart Snacks
Foods served at school need to meet smart snacks: limit empty calories and added sugars.

Smart Food Planner (https://foodplanner.healthiergeneration.org/products).

Healthier Generation Store: Grocery & Gourmet Food - Amazon.com

Whole Fruits
Whole Grains
Popcorn
Baked Chips

Pizza Party
Your cafeteria can supply a local pizza for your celebration!!

Active Living Transitions
Choose an active walk or movement as students transition.

Walk and talk around the classroom, in the hall, or around the track

Don’t just raise your hand, stand up and raise both hands

Brain Breaks: rub your head/pat your stomach, write with your non-dominant hand

Create a class hand clap or movement to signal transition

Mindful Moments
A quiet, favorite stretch
Turn the lights off
Hands above your head and breath
Practice your whisper
Share an appreciation or proud moment

Employee Wellness
Staff need Healthy Eating & Active Living too!!

Share
Thank you and words of encouragement go a LONG way.

Kindness moments: Have staff say one thing a staff member did this week that was great or really helped them out.

Walk and Talk! Walking meetings are the best!

Ask for help! We cannot do this work alone!

Create a breakfast or lunch group to share healthy foods and ideas

For You
Talk a 3 minute walk and fill up your water bottle
Find your people & resources! (EAP & OEBB)
Get out of your work space when you eat
Make a morning smoothie
Centennial's Energy Team

Centennial's Energy Team is dedicated to being good stewards of public funds and reducing energy and waste costs with savings to be reinvesting back into our schools and supporting our school buildings with ever increasing technological needs.

HOW YOU CAN HELP

Use power strips instead of extension cords.
Contact Maintenance or ITC for an occupancy sensor smart strip.

Turn all lights and electrical equipment off each day. If it's plugged in, it is using power! Chrome carts should be plugged directly into the wall.

Plugs are limited so prioritize educational technology and reduce other electrical use to save money we can reinvest in our schools.

Resource conservation takes an effort from us all to ensure we provide students with safe learning environments and encourage healthy living.

For more information about personal appliance in the classrooms, see your staff handbooks.
For more information about Centennial's Energy Policy, see policy EDDA and the supporting AR.
Tips for setting up a safe, environmentally friendly, and trauma informed learning spaces

- Decorations should support learning and be kept to a minimum to decrease distractions. A trauma informed learning space helps students focus without too many distractions.

- Learning spaces should be free from extra scents and chemicals. Extra scents can be overwhelming, distracting and cause an allergic reaction. Chemicals should only be provided by the custodial staff.

- Keep all vents cleared and uncovered to allow air to flow. Shelves and desks should be three feet away from vents. Make sure thermostats are uncovered to accurately work. If your space is too hot or cold, contact your head custodian and they will put a work order in with Maintenance.

- Fabric used in the classrooms should always be purchased fire rated from the factory. The label will indicate if it is fire rated. Fabrics treated by staff may produce gases and chemicals that can be harmful and hard to determine if safe.

Resources and Ideas

- City Of Gresham: Recycle at School! The Schools Sustainability team provides outreach to public and private schools in Gresham. Funding opportunities available. [https://greshamoregon.gov/Recycle-at-School/](https://greshamoregon.gov/Recycle-at-School/)


- Oregon Green Schools: Oregon Green Schools has several helpful tools to evaluate your school’s environmental performance, educate staff and students about your program, lesson plans and more! [http://oregongreenschools.org/school-tools/](http://oregongreenschools.org/school-tools/)

Contact Julie Mack to be a part of the Energy Team, with questions, and for supports and resources!!
Prevent Cuts in the Cafeteria Kitchen

Safety tips for using knives and other sharp utensils

Our cafeteria kitchen can be a hectic and hazardous working environment. You are at risk for cuts while preparing food, washing dishes and handling sharp utensils. However, there are many safety precautions that you can take to reduce your risk of getting cut at work.

Knife Safety Tips

• Handle, use and store knives and other sharp utensils safely.
• Cut in the direction away from your body.
• Keep your fingers and thumbs out of the way of the cutting line.
• Wear protective clothing, such as steel mesh gloves.
• Use a knife only for its intended purpose and use the correct knife for each cutting or chopping job.
• Keep knives sharpened and in good condition. Let your supervisor know if you have concerns about the condition of any knife in the kitchen.
• Store knives and cleavers in a designated area when they are not in use, and never store them with the blades exposed.
• Let a falling knife fall to the ground—never try and catch it.
• Carry knives with the cutting edge angled slightly away from your body with tip pointed down to your side.
• Place a knife down on a clean surface for a co-worker to use rather than handing it to the individual.
• Avoid placing knives near the edge of a countertop.
• Never place a dirty knife in the sink after usage. You or a co-worker may reach into the sink and get cut unknowingly. Instead, place them in the dishwasher or in a container labeled “knives only.”
• Do not interrupt or talk with co-workers who are using knives or other sharp utensils. They may get distracted and hurt themselves accidentally.

Be Safety Smart

Your safety is our top priority at . It is your responsibility to follow all proper safety procedures when working with knives and other sharp objects, for your safety and the safety of others in the kitchen.

Be safe and healthy on the job at with these helpful tips provided by Brown & Brown Northwest.

Never rush a cutting or chopping activity, no matter how hectic the kitchen becomes during food preparation.

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

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