FLU SHOTS AVAILABLE:
October 3, 2018
Wednesday, 2:30-4:30
District Office Board Room
MODA Health

73 SHOTS LEFT,
RESERVE YOURS:
julie_fife@csd28j.org

Uninsured family members (or employees with Kaiser insurance) can pay for a flu shot and will be invoiced: Quadivalent $35.00 or HD (high dose for 65 years and older) $65.00

No payments made at time of vaccination.

Centennial’s Energy and Resource Conservation and Sustainability plan
Centennial’s Energy Team created an Energy and Resource Conservation and Sustainability plan that focused on the following goals:

- Supporting our school building with ever increasing technological needs.
- Being good stewards of public funds and reducing energy and waste costs with savings to be reinvesting back into our schools.
- Ensuring our schools meet all safety requirements.
The school board has adopted a policy and we are working on finalizing the AR in October. Your help is an essential step in ensuring that we conserve resources for our future and help reduce costs for the whole district.

1. Please remove all personal items such as mini-fridges, air conditioning units, heaters, personal coffee makers, and microwaves. We need to prioritize educational tech and these appliances pull a lot of energy, often are fire hazards, and can overload breakers. The district is committed to ensuring staff will still have convenient access to high efficiency fridges and/or microwaves.

2. Check with your custodial staff for approved chemicals, cleaners, or deodorizers. Many people have sensitivity to chemicals and smells. District approved products are safe and hypoallergenic.

3. Reduce fire hazards by limiting extension cord use, not hanging holiday lights or hang artwork from the ceilings. ITC or Maintenance can help with extension cord or power strip needs.

4. If you have an issue with the temperature, need help, or have questions, talk to your head custodian. They are the building experts! The heating and cooling system (HVAC) works best when vents and sensors are clear to properly detect the room temp. If too hot, open either a window or a door but not both. Both open tell the HVAC system that it is too cold so the HVAC will work harder to heat your space or your neighbor's space!

5. Engage students and other staff in energy and resource conservation projects. Participate in class or school-wide conservation projects for incentives.

6. Be a part of the Energy Team! The first meeting is October 3rd at from 4-5pm in the CMS library. Contact Julie Mack for more information.

The Wellness Committee (WC) supports Centennial's Farm to School program featuring locally sourced Oregon foods twice a month! October's Farm to School schedule starts on October 10th with cheese tortellini. Our second Farm to School meal is on October 23rd with chicken teriyaki and yakisoba noodles. Oregon pears are the October Harvest of the Month! Try a new meal, support our hard working Dining Services staff, and encourage students and other staff to try the amazing foods available in our cafeterias.

The Working On Wellness (WOW) Employee Wellness Committee wants to give a huge wellness champion shout out to Powell Butte Elementary School. PB staff are taking time for intentionally staff check-ins when they pass each other in the hall. Take a minute to check in with a staff member about their day and how we can support each other during our workdays. Celebrate the small wins, share a struggle or just say hi!

Centennial staff members to present at NWTSJC
Centennial Park School’s Heather Barcan will be presenting “Telling the Untold Narrative: The Kahuku People’s Struggle” at the Northwest Teaching for Justice Conference, Saturday,
October 20, at Madison High School in Portland. Barcan will have participants use a “luau” role-play model to meet and interview the Kahuku people on their modern-day housing struggle.

Amy Lindahl, STEM coach at Centennial Middle School, will be presenting two different workshops at the conference. The first, “Sharing Our Work: Writing About Science Teaching for Social Justice.” Attendees for this session will have the chance to identify science teaching experiences that could be used to generate publishable writing for their practice.

In the second workshop titled “Sugar Subterfuge,” Lindahl will present an overview of the Sugar Subterfuge unit. The goal is to connect a high school biochemistry unit with issues pervasive in students’ lives – their health and nutrition.

**CHS students meet with local legislators**

Today, two Centennial High School students, Tabarek Al Saoood and Edgar Vazques, along with Tami Burton, CHS principal’s secretary and James Owens, assistant superintendent had the opportunity to meet with local legislators at the Joint Committee on Student Success, held at Multnomah Education Service District.

The purpose of the gathering is to allow the committee to hear from students, staff and community members about what they want in their K-12 schools. Sen. Tim Knopp (R-Bend), a committee co-vice chair, said, “With that vision, the Legislature can work in partnership with our school districts to create an efficient education system that best serves our students.”

The committee is made up of members of the Oregon House of Representatives and Senate, and it has been touring the state to take testimony since March.

**Are you ready to vote in the November 6 General Election?**

Democracy starts with you! October 16 is the voter registration deadline for the November 6 General Election. Make sure you are ready to vote by checking that your address, party affiliation, and name are up-to-date on your voter registration record. Voters can update their information online at www.oregonvotes.gov/ or with an Oregon Voter Registration Card.

Oregonians can register to vote online at www.oregonvotes.gov/ or fill out a paper Oregon Voter Registration Card available at the elections office, public library, Oregon Department of
Motor Vehicles, or post office. Eligible voters in Multnomah County’s will receive a ballot the third week of October.

The Voting Center Express will be open October 22 - November 6 inside the Multnomah County East Building. Voters will be able to replace a lost ballot, get help voting, ask questions, or vote in person at the Voting Center Express at 600 NE 8th Street in downtown Gresham.

**Parklane Elementary School office get’s a refresh**

Prior to the start of the school year, Parklane Principal Jorge Meza; Katie Cooper, music teacher; Jenny Aguilar, school secretary and her significant other Jabari Sanders, took some time to freshen up the front office. The goal was to make the office space feel more inviting and welcoming for families and the students.

**Free trees from Portland Parks**

Portland Parks & Recreation's Urban Forestry Division is doing a second-annual Yard Tree Giveaway to help increase Portland’s tree canopy and foster a healthy urban forest. This year’s events will be held Saturday, Oct. 13, from 9 a.m. to 1 p.m. at Parklane Park, Southeast 155th Avenue and Main Street – next to Parklane Elementary School. From 1-2 p.m., trees still available will be given out on first-come, first-served basis.

For more information, go to www.portlandoregon.gov/parks/73498. The trees are expected to go quickly, so register early. PP&R said the trees are for planting on private property in front, side or back yards within the city of Portland only. Limit of two trees per household.

**Tidbits**

**It’s a boy:** In the last issue of C-Mail, we failed to mention that Grant’s mom Katie also works in the Centennial School District at Oliver Elementary School as a Title I teacher. Grant was born September 12 and weighed 7 lbs 8 oz and is 21 inches long.

Congratulations again to Alex and Katie
Photos from Centennial’s Homecoming

Photo Left: One of the fun things that happens during Homecoming Week at Centennial High School is Twin Day, where students (and staff) dress like their “twin” for the day.

The other photos are from the Homecoming Parade and Tailgate event!
Hand Tool Safety

Imagine that when you are striking a nail with a hammer, part of the hammer’s handle breaks off and hits you in the eye. How about breaking the bones in your hand when it is crushed by a press that you were attempting to adjust with slippery pliers instead of a wrench?

Keep Safety in Mind
Hand and power tools are such a common part of the job that we often take them for granted. However, their use can be extremely hazardous if the right safety procedures are not followed. To keep yourself safe, follow these basic rules:

1. Keep all tools in good condition with regular maintenance.
   - If a wooden handle on a tool is loose, splintered or cracked, the head can fly off.
   - If the jaws of a wrench are sprung, the wrench can slip.
   - If impact tools such as chisels, wedges or drift pins have mushroomed heads, they can shatter on impact.

2. Use the right tool for the job.
   - If a chisel is used as a screwdriver, there is a danger of the tip flying off.
   - Each job calls for a specific tool. Never deviate.

3. Examine each tool for damage before using it and never use damaged tools.
   - Alert your supervisor that these tools are in need of repair.
   - Wrenches must not be used when the jaws are sprung; they can slip and lead to injury.
   - Tools used for cutting edges must be sharp. Dull tools can be more hazardous as you must press harder when using them.

4. Operate tools according to the manufacturer’s instructions.
   - Iron or steel tools produce sparks that can ignite flammable substances. Check for spark-resistant tools made of alternative materials when you are around flammable gases, volatile liquids or other explosive materials.
   - When using sharp tools, direct the tools away from aisle areas and away from other employees working close to you.

5. Use the right personal protective equipment.
   - Loose clothing, ties or jewelry should never be worn when using hand or power tools.

6. Store and transport the tool properly as soon as you are done with it.
   - Put the tool away as soon as you are done with it. Leaving the tool in

Hand and power tools are easily taken for granted. However, their use can be extremely hazardous if you fail to follow safety procedures.
a walkway presents a tripping and impalement hazard.

- Transport tools in a tool box or cart, or carry them in a tool belt. Never carry pointed tools in your pocket.

- Never throw tools to another employee. Always pass them with the handle toward the receiver.

- Use a bucket or bag for lifting or lowering tools from one level to another.

- When carrying a tool on your shoulders, pay attention to clearances and other workers.

**Speak Up**

If you have any doubt about the safe use of a hand or power tool – or about any safety issue on the job – talk to your supervisor. Your safety is our first priority.