



Centennial Staff Newsletter

January 10, 2020

January is School Board Appreciation Month

January is School Board Appreciation Month and a time to acknowledge our Governing Board of Directors and their role in supporting our district and student achievement. The Board is responsible for setting the district's mission, vision and priorities, for setting district policy and budget priorities upon which all administrative actions are based, and for the hiring of the superintendent. We are fortunate to have a very committed and supportive Board as is evident in their many years of service to the students, staff and community.



On behalf of the students and staff of the Centennial School District, thank you to the following school board members:

- Rod Boettcher - 1992 to present (28 years)
- Ernie Butenschoen - 2011 to present (9 years)
- Sumitra Chhetri - June 2019 to present
- Rhonda Etherly - 2016 to present (4 years)
- Ronald "Jess" Hardin - 2018 to present (1 year, 7 months)
- Amanda Schroeder - June, 2019 to present
- Pam Shields - 2011 to present (9 years)

And thank you to Travis Huynh, student representative to the school board. At Wednesday's school board meeting, Superintendent Dr. Paul Coakley read the following proclamation:

WHEREAS, school boards create a vision for what students should know and be able to do; WHEREAS, school boards establish clear standards for student performance; WHEREAS, school boards ensure that student assessments are tied to established standards; WHEREAS, school boards are accountable

to the community for operating schools that support student achievement; WHEREAS, school boards align school district resources to ensure that students meet standards; WHEREAS, school boards create a climate that supports the philosophy that all children can learn at high levels; WHEREAS, school boards build collaborative relationships based on trust, teamwork and shared accountability; and WHEREAS, school boards are committed to continuous education and training on issues related to student achievement; NOW, THEREFORE, We hereby declare our appreciation to the members of the Centennial School District Governing Board and proclaim the month of January to be School Board Recognition Month. We urge all citizens to join us in recognizing the dedication and hard work of local school board members in preparing today's students for tomorrow's world.

Working on Wellness



The WOW (Working On Wellness) Committee has a few healthy happenings to share to help get focused on a new year and to take a small step for yourself. Julie Mack says, "I hope that you had some time away from work for some self-care and just to relax. I know that I really needed this break! I came back to work rested and ready but already feel some of the same stress and struggles."

To hold onto your refreshed outlook or to help with a New Year's resolution, here are a few tips to create a new well-being habit:

- Be Specific
- Pick One, Small, Simple Goal
- Don't Wait, Start Today
- Small Steps
- Change is a Process!
- Get Support
- Keep Working
- Don't Let the Small Stumbles Stop You!



The WOW (Working on Wellness) Committee has some great FREE resources to share with you find support and meet your goals!

OEBB Wellness is a great starting point to get an overview of programs available for you. Go to: <https://www.oregon.gov/oha/oebb/pages/wellness.aspx>

Don't forget about the EAP. Go to <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.

Need a gym? \$25 gym memberships are available from both MODA <https://www.activeandfitdirect.com/fitness/AF792085MO> and Kaiser <https://wa.kaiserpermanente.org/html/public/services/fitness>

Take a few minutes to take care of you. Your wellbeing is what connects with kids, supports learning, and makes our Centennial community great!

Coming Up: February Wellness District Challenge!



Enjoy a burger and support Food for Families

Food for Families is holding their monthly fund-raiser, this month at Five Guys Burgers and Fries, 2595 SE Burnside Road, Gresham on Tuesday, January 28, 10:30 a.m. – 10 p.m. For more information, see the attached flyer.

Free tickets for Remodeling Show 2020

Thinking about doing some home improvement projects in this year? The Centennial School District has received free tickets for the Remodeling Show, January 24, 25 and 26 at Portland Veterans Memorial Coliseum. See your building secretary for free tickets.

Food for Good

Monthly restaurant fundraiser series supporting



Five Guys
2595 SE Burnside Road
Gresham, OR 97080




January 28, 2020
10:30am-10:00pm
*Find the link to RSVP on
our Facebook now!*

****We are an equal opportunity provider****

Free Groceries in a School Bus

www.food4families.net

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