



# Centennial Staff Newsletter

January 31, 2019

## CHS drama students compete at Mt. Hood Conference acting competition



Earlier this month, 36 Centennial High School drama students competed at the Mt. Hood Conference acting competition. Fifty percent of the CHS solo acting entries received awards and the Eagles showcased (won) in both Solo and Duo Acting with the students receiving perfect scores. The showcase winners will perform their scenes at the MHC One-Act festival in February. Congratulations to the following students for their accomplishments:

Solo acting: Showcase Winner - Jackson Autry

Superior Awards (top 10 percent): Joseph Kaylor; Madison Spencer; Trenton Ruffin; Lukas Hurley; and Melody Howard.

Honorable Mention (next 10 percent): Morgan Bass; Kaden Moss; Jessica Cabrera; and Ariel Aland.

Duo Acting: Showcase Winners - Jackson Autry and Dennis Gebauer.

Superior awards (top 10 percent): Lukas Hurley and Trenton Ruffin; and Kaden Moss and Joseph Kaylor.

Honorable Mention (next 10 percent): Jake Alleger and Ariel Aland.

Next up: the Regional Acting Competition (State Qualifier) on February 2<sup>nd</sup>.

### **Students from Pleasant Valley and Powell Butte do well at chess tournament**

This past weekend Powell Butte Elementary School hosted the Region 5 Chess for Success Tournament, which saw several Centennial students have outstanding results.

Congratulations to the Region 5 Champions – the team from Pleasant Valley Elementary School. Pleasant Valley got the title back after a narrow loss (second place) last year in a triple tiebreaker. This is the third regional title for Pleasant Valley since the return of chess club to the school four years ago. The Pleasant Valley team finished with a total of 18.5 points. The school qualified for Team State, March 8, 2019 at the Oregon Convention Center.

Individual State Championship is on March 9, 2019

TOP 5 SCORERS (and most likely the Pleasant Valley state team):

- Vincent Xiong (5th) - 1st Place, undefeated! - Qualified individual state - 5 points
- Eden Nguyen (5th) - 2nd Place, 4 wins - Qualified individual state - 4 points
- Kyle Xiong (3rd) - possible Individual state qualifier, TBD - 3.5 points
- Artan Hebner (5th) - 3 wins, 3 points
- Grace Chienku (5th) - 3 wins, 3 points
- Colt Fischer (2nd) - 3 wins, 3 points

Also placing were:

- Abby Brown (3rd) - 2 wins, 1 draw - 2.5 points
- Cheyenne Potter - 2 wins, 1 draw - 2.5 points
- Nazarene Deticio - 2 wins - 2 points
- Jencian Deticio - 1 win, 1 draw - 1.5 points



The team from Powell Butte Elementary School (pictured left) was made up of 10 players that battled their chess hearts out, ending up in a tie for third place. The team will find out in March if they get an at-large bid to the state finals. The Powell Butte team's score was 17 points total.

Two Powell Butte players qualified for the Individual State Championships March 9th. Congratulations to:

- Valeria Arellano (5th) - 4 wins, 4 points - Individual State
- Noah Tonneson (4th) - 4 wins, 4 points - Individual State

Other Powell Butte scorers include:

- Manuel Soriano-Merchado - 3 wins, 3 points
- Zecheriah O'Conner - 3 wins, 3 points
- Dennis Artemenko - 3 wins, 3 points
- Hong Lum - 3 wins, 3 points
- Hong Dau - 3 wins, 3 points
  
- Joshua Morris - 2 wins, 1 draw, - 2.5 points
- Maun Pi - 2 wins, 1 draw - 2.5 points
- Kjaw Moo - 2 wins, 2 points

John Naimo, PE teacher at Pleasant Valley Elementary School is the coach for both the Pleasant Valley and Powell Butte chess teams. He said, " Powell Butte's Principal Marin Miller is a huge part of the reason Centennial has been able to host the tournament. Hosting the tourney is a huge advantage for our students who would have a more difficult time traveling to other districts." Naimo also wanted to thank Eduardo Martinez, SUN Coordinator at Powell Butte, who provided support to set up and break down the tournament and provide a comfortable place for visiting schools and their chess teams. "It was the smoothest run tourney in the three years we have hosted it, said Naimo. "Eddie also worked hard to involve community members and former students. Thank you, Eddie!"

### **Volunteers spend Martin Luther King, Jr. Day cleaning two schools**

Last week, while many were enjoying a three-day weekend, volunteers from Kaiser Permanente Northwest and Miller Paint showed up to Oliver and Parklane Elementary Schools as part of the 2019 Martin Luther King, Jr. Day of Service. From raking, to painting, to cleaning, the more than 300 volunteers worked hard to spruce up the two schools. Thank you to the Kaiser Permanente and Miller Paint for all of your hard work.



## Oregon Air Guard helps install new HVAC at CPS



A big Centennial thank you to members of the 142<sup>nd</sup> Civil Engineering Squadron of the Oregon Air National Guard (pictured left) for volunteering their time earlier this year to assist Larry Osborn, Centennial School District's Lead HVAC Technician, install a new HVAC system at Centennial Park School.

Osborn is a long time member of the Oregon Air National Guard.

## Nominate a co-worker for a Triple C Award

Nominations for the Triple C Staff Recognition Award are open – nomination forms can be found on the district website under the “Staff” tab. Nominations are due noon Friday, April 26, 2019. The Triple C Centennial

Recognition Award is an annual award that honors employees who set a high standard for others through their caring, commitment and/or creativity.

The award is intended to recognize outstanding employees for their personal and professional contributions in the realm of helping and inspiring students and/or co-workers to perform at high levels. The award also is a means to enhance public awareness of the positive efforts put forth by employees above and beyond the scope of their job. Any employee, regardless of job title or classification, is eligible. However, the Triple C is not intended to recognize someone who is retiring this year. The winner(s) will be recognized at a School Board meeting in May.

## CHS Class of 2012's Brittney Guzzi serving in Peace Corps

Brittney Guzzi, Centennial High School's class of 2012 and the daughter of Meadows Elementary School's Library Manager Kimberly Guzzi, is currently serving in the Peace Corps as a Community Health Services Promoter in the country of Mozambique. The following is a message about what she is doing that was recently shared in the Meadows' newsletter.



“After about three months of technical and language training in-country, I swore in as a Peace Corps Volunteer on August 29, 2018 and moved to my site quickly thereafter to officially begin my service. I will be serving these next two years in Boane, a pretty large site located in the province of Maputo, which is the southern-most province in Mozambique. I am about a 90-minute bus ride from the capital city of Maputo, about an hour away from our training site of Namaacha, and relatively close to the borders of South Africa and Swaziland.”

“Peace Corps Mozambique’s primary focuses in-country are in the areas of HIV/AIDS, malaria, and organizational strengthening. I am currently partnered with my site’s Health Center, an NGO (non-government organization) called Aerial Glasier, and am currently in the process of [unofficially] partnering with the Women’s Center here in Boane. I am hoping that my work here moving forward will be focused on youth and adolescent treatment retention, as well as health promotion and empowerment geared towards adolescent girls and expecting mothers. Additionally, I recently became part of Peace Corps Mozambique’s HIV Task Force, which is a volunteer-led committee focusing on planning, programming support, and reporting as it pertains to current and potential HIV-related work.”

“I’m definitely missing home but wanted to express that I’m so appreciative of all of the support I have received from this community thus far, so thank you to everyone who has reached out. Also feel free to contact me with any questions or words of wisdom you may have at [Brittney.guzzi@gmail.com](mailto:Brittney.guzzi@gmail.com).”

### Working on Wellness

The *Wellness Committee* (WC) wants to hear from you about ideas, needs or projects that your classroom or school is doing to promote wellness for students. We are gathering information for our March School Board report and know that Centennial staff members work hard everyday to ensure that students are learning in a supportive environment. Share your stories with us. Email Julie Mack to share your story or for ideas and resources.

The *Working On Wellness* (WOW) Employee Wellness Committee is getting ready for our fourth WOW Personal Challenge! Starting on February 4, you will get a small card in your box where you can choose or create a simple weekly goal that you can practice throughout the day. Choose a goal that supports your New Year's resolution (if you still remember it!), or a goal with a friend to take a walking meeting instead of staying inside, practice an act of kindness, or just take 5-minutes by yourself everyday. Complete each week for the month of February to be entered into your building or department's drawings and to be included in the district wide drawing for a Fitbit or a massage gift card. We are also going to have a prize for the building or department with the highest participation percentage - so grab your friends and make sure you fill out your cards.

The WOW Committee wants to thank all the staff that completed our end of the year survey. This helps us to gather feedback and plan for a better program that supports us all at work. The winners of the three gift cards are: Norma Mardini, Parklane/Oliver, Lizzie at Meadows, and Jolene Dunlap, Centennial Middle School. Your gift cards are coming to you in the pony. Thank you.

The *Energy Team* is working on identifying ways to save money through energy and resource conservation. We are working on better understanding how we spend funds and identifying areas where we can conserve energy and resources to save money.

Do you have an environmental or green school project that needs funding? Would you like to know more about how to find resources to implement energy or resource conservation projects? There are potential funds to help you and your projects. Email Julie Mack or join us at the next Energy Team meeting, Wednesday, February 6, 4-5 p.m. in the Centennial Middle School library.

\*Recycling tips: Are you "tidying up" your classroom? Create a share table for staff to look through what you don't want or need any more. Whatever is left can be donated to SCRAP! Maybe you are looking for some project materials? Check out SCRAP for very cool odds-n-ends to help make your project. <https://scrappdx.org/>

**Tidbits:** Family Movie Night: Meadows Elementary School's PTO will be showing "The Incredibles" at a Family Movie Night, Friday, February 8, from 6 – 8 p.m. The cost is \$2 per person. Feel free to wear your favorite cozy pajamas. There will be food and beverages available for purchase – please no outside food or beverages. Parents are required to stay for the duration of the event.

### Classifieds:

Help Needed: House Sitter/Pet needed (two awesome dogs; one gorgeous cat) for July 13th-23rd in Camas, Washington. Pays \$55 per day. If interested please call Dana Deal at 503.522.5481.

### Photos from Around the District



Photo left: Patrick Lynch Elementary School's Mary Kaufman, Esther Harris and Kit Gallaway model their second grade team 'teaching tool belts.' The tool belts are designed to make sure the teachers have all of their teaching tools and supplies on hand.

Photo right: This past Monday, a second STEAM event took place at Centennial Middle School. Nearly 30 CMS students engaged in activities led by seven high school student volunteers. Participants completed hands-on stations in Science, Technology, Engineering, Art, and Math, while learning about STEAM classes at CHS and possible careers.



Thank you to the high school volunteers for inspiring STEAM excitement at CMS.

# SafetySpotlight

## SafetySpotlight

### SafetySpotlight newsletter

## PREVENTING SLIPS AND TRIPS

### Do your part to reduce hazards

Taking a tumble is never fun, especially on the job. When floors are wet or cluttered, accidents are bound to happen. However, you can be proactive to reduce your risk of injury by practicing these safety recommendations:

- Keep floors clean and dry—wet floors are a slip hazard and also promote mold, fungi and bacterial growth, which can cause infection.
- Remove excess clutter from aisles, exits and passageways.
- Avoid running cords down hallways; use ceiling or floor plugs close by instead.
- Wear non-slip footwear to prevent falls on slippery and wet surfaces.
- Use ladders to reach objects up high versus stacking small boxes or using unsteady stools.

You can also prevent injuries by identifying hazards and getting help to fix them. Alert the Human Resources department or a maintenance staff member to correct potential accident sites immediately.

## PROPER LIFTING

### Tips to protect your back

Many workers suffer from lower back pain as a result of improper lifting. In fact, back injuries are the most commonly reported work-related injury. However, by following ergonomic techniques, back pain can be greatly reduced:

- Wear gloves to get a good grip on heavy loads and to prevent hand injuries when lifting rough equipment. Establish solid footing on the ground.
- Use your hands to grip a load and place one foot next to the load and one behind it. Then bend your knees while getting under it. As you raise the load, keep it close to your body.
- Do not twist your torso when carrying loads. Instead, turn your entire body with your feet.
- Before lifting an object, check its weight. Generally, men should not lift anything over 37 pounds and women should not lift anything over 28 pounds.
- Ask for assistance from a co-worker or break down excessively heavy loads into smaller, lighter portions.



## Did You Know?

Though it is an area where many people experience pain, the middle of your back is the least sensitive part of the human body. The hands, lips, face, tongue, fingertips and feet are the most sensitive.