



Centennial Staff Newsletter

October 11, 2018

A message from Centennial School District's Energy Team

The Energy Team has really appreciated everyone's thoughts and ideas on how to best support our new Energy Policy. As we all work to reduce our energy and resource consumption, here are a few ways to ensure that you have the resources you need and to report concerns:



- If you need a power strip for your computer or other IT issues, please put a ticket into ITC. They will provide the proper power strip.
- If you need a power strip for other office or classroom reasons, talk to your head custodian.
- If your space is too hot, too cold, or other leaks and repairs are needed, talk to your head custodian. The custodians have a process to put in a ticket with the Maintenance Department. This ticket process will help us gather data to address underlying issues.

Reminder: Please double check your power strips or extension cords to make sure the power strip is grounded and there are no frayed wires. Extension cords should not be plugged into power strips. These reminders will help us meet fire codes and safety requirements.



Energy Team shout-out to Jen Loeung and the Speech and Debate Club at CHS! They have started collecting all bottle and cans for the Fundraiser Bottle Drop to earn money for supplies and to help students attend debates. Help them out by recycling all your bottles and cans in the Clear Streams or ask for a blue bottle drop bag.

The Energy Team would love to hear from you. Email Julie Mack at julie_mack@csd28j.org with energy and resource conservation questions or ideas.

Free trees from Portland Parks

Portland Parks & Recreation's Urban Forestry Division is holding their second-annual Yard Tree Giveaway, this 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 for planting on private property in front, side or back yards within the city of Portland only. Limit of two trees per household.

Tidbits



Twins: Congratulations to Meadows Elementary School English Language Development (ELD) teacher Jennifer Gilliland on the arrival of her twin boys. Jake Arthur and Charles William Gilliland were born via surrogacy on July 21, 2018 at 4:25pm. Jake was 3 lbs 10 oz and 16.14 inches long. Charlie was 4 lbs 7 oz and 16.92 inches long. The surrogate was Amanda Kassab who works at Powell Butte Elementary School as an ELD teacher.

Shred it up! The City of Gresham is sponsoring a free shred day, Saturday, November 3, from

9 a.m. – noon in the parking lot at Gresham City Hall, 1333 N.W. Eastman Parkway. Consider shredding: credit cards and bank statements; paycheck stubs; annual investment statements; and anything with your personal data. This is a drive-through service and you are limited to two grocery-size paper bags per vehicle.



Photos from Around the District



Photo left: Parklane Elementary School held a family night at the Arbor Glen apartments recently. Families and Parklane staff enjoyed crafts and games, along with some delicious nachos.

Photo below right: Late last month, Parklane Elementary School held an Open House/BBQ. More than 360 people attended the festivities that included drawings for raffle prizes.



Photo above and right: Last week sixth grade students in Ben Egbers class at Meadow's Elementary School attended Outdoor School at Camp Howard. On Thursday they had a surprise visit from Dr. Paul Coakley, Superintendent.



safety matters

Toolbox Talks for

From your safety partners at Brown & Brown Northwest

Ladder Safety

Falls from elevated surfaces are frequently listed as one of the top 10 causes of accidents in the workplace. Most of these accidents occur due to failure to follow basic ladder safety. To help prevent ladder injuries, practice the following safety tips.

Setting up Safely

Make sure you select the correct ladder for the job—check the length and duty rating. Proper length is a minimum of three feet extending over the roofline or working surface. Inspect your ladder before each any of the following loose or damaged parts:

- Steps
- Rungs
- Spreaders
- Rung dogs
- Safety feet
- Other parts

Clear the area where you will be working. Never place a ladder in front of a door that isn't locked, blocked or guarded. Because metal ladders conduct electricity, use a wooden or fiberglass ladder near powerlines or electrical equipment.

Check that all locks on extension ladders are properly engaged before placing your ladder on a steady surface. The ground underneath the ladder should be level and firm. Large, flat wooden boards braced underneath a ladder can help level it on an uneven surface or soft ground. Straight, single or extension

ladders should be set up at approximately a 75 degree angle.

Use the 1:4 ratio to ensure your safety when on a ladder. Place the base of the ladder one foot away from whatever it's leaning against for every four feet of height up to the point of contact for the top of the ladder.

Use Caution

Always exercise caution when using a ladder with the following safety considerations:

- Make sure the weight that your ladder is supporting does not exceed its maximum load rating (user plus materials). And only one person should be on a ladder at a time.
- Keep your body centered between the rails of the ladder at all times. Do not lean too far to the side while working. Never overreach. Instead, descend from the ladder and move it to a better position.
- Do not step on the top step, bucket shelf, or attempt to climb or stand on the rear section of a stepladder.
- Always face the ladder when climbing up or down. Never leave a raised ladder unattended.
- Slowly step down from a ladder if you feel dizzy or tired.
- Non-slip footwear should be worn at all times when on a ladder.

Ladders pose specific safety hazards, so it's essential to familiarize yourself with the risks and safety rules.

