



Centennial Staff Newsletter

October 18, 2019

Speech and Debate students have great showing at Sandy Kick-off Tournament

Congratulations to the Centennial High School Speech and Debate team for their great showing at the Sandy Kick-off tournament, Saturday, October 5th. Here are the results:

- Shelby Colt, First Place, Open Informative
- Zain AlSaood, First Place, Open Literary Interpretation of the English Language
- Elizabeth Dimitrova and Salem Solomon , First Place, Policy Debate
- James Le, Second Place, Open Impromptu
- James Le and Jessica Fonseca, Third Place, Open Public Forum Debate
- Kit Bishop and Loudon Miller, Third Place, Novice Policy Debate
- Loudon Miller, Third Place, Novice Extemporaneous
- Khup Hau Tuang, Third Place, Novice Poetry
- Khup Hau Tuang, Third Place, Novice Impromptu
- Loudon Miller, Fourth Place tie, Novice After Dinner Speaking
- Salem Solomon, Fourth Place, Novice Informative
- Grace Tacker, Fourth Place, Novice Oratory
- Elizabeth Dimitrov, Fourth Place, Open Oratory
- Elizabeth Dimitrov, Sixth Place, Open Extemporaneous
- Jaden Gerbauer, Sixth Place, After Dinner Speaking
- Seth Thompson, Seventh Place, Radio
- Jesse Fonseca, Seventh Place, Open Extemporaneous
- Janet Dumitrash, Ninth Place, Novice Poetry
- Daniel Torres-Medina and Rachel Le, 10th Place, Open Parliamentary Debate
- Daniel Torres-Medina, 10th Place, Open After Dinner Speaking
- Jesse Fonseca, 10th Place, Open Impromptu
- Kit Bishop, 10th Place, Open Radio
- Marissa Bennett, 11th Place, Open After Dinner Speaking
- Loudon Miller, 13th Place, Novice Impromptu

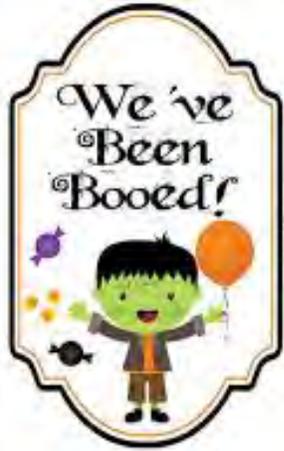
Enjoy a pizza and support Food For Families

Food For Families is holding a fund-raiser at Mod Pizza, 1844 NW Eastman Parkway, Gresham on Monday, October 28, 10:30 a.m. – 10 p.m. For more information, see the attached flyer.

Healthy Happenings around the district

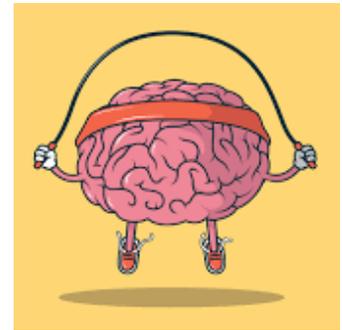
In Your Cafeteria -Locally sourced nachos are the next Farm to School meal in your cafeteria. On Wednesday, October 23, your cafeteria staff will put together local tortilla chips, ground beef from Willamette Valley Meats, and lots of great toppings. Oregon Harvest of the Month features local cauliflower in a variety of colors.

Check out your local cafeteria to see all the great, nutritious offerings everyday. Adult breakfast is only \$2 and lunch is \$4.



The WOW (Working on Wellness) Committee is getting ready for some holiday fun in a healthy way. Halloween is just around the corner and we may be tempted to celebrate with some candy, but we have lots of healthy ideas for fun celebrations. For students, try some movement games with spooky music, Zombie walk through the hallways, or a drawing contest of the scariest spider. Be creative.

Do you need to add some fitness into your day, classroom, or first thing in the morning to wake up? Try the November fitness calendar. Small movements add up to a big impact!!



Classifieds:

Get in shape: Water aerobics, Mondays and Wednesdays, 7:15 – 8:15 p.m., Centennial High School pool. \$4 drop in fee, please bring exact cash. Instructor is Ellen Pearsall.

Food for Good

Monthly restaurant fundraiser series supporting



Mod Pizza

1844 NW Eastman Pkwy
Gresham, OR 97030



October 28, 2019

10:30 AM – 10:00 PM

RSVP online NOW!

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

Free Groceries in a School Bus

www.food4families.net

 @pdxfood4fams

 facebook.com/pdxfood4fam

 @pdxfood4fams



CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

1 Write or update your district or site wellness policy to include language about healthy celebrations

2 Survey staff, students and families to identify successful healthy celebration options and share the results with the school community

3 Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

4 Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school

5 Share what's working at staff meetings to encourage your peers

There are many examples of celebrations that meet both kids' and the Alliance's approval. On the next page you'll find a few of our favorites.

To learn more and join the movement, visit HealthierGeneration.org



NON-FOOD CELEBRATION IDEAS



CHOOSE A PRIZE

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



GET MOVING

- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Have a themed parade around your school



SHAKE UP YOUR ROUTINE

- Let student choose a special activity or be a teacher's helper
- Allow student to select a special book or invite a guest to read aloud
- Go on a scavenger hunt
- Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

- Give a certificate or ribbon
- Post a sign in the classroom or on a prominent bulletin board
- Give a shout-out in the morning announcements
- For birthdays, allow child to wear a crown or special sash

HEALTHY SNACK & BEVERAGES IDEAS*

*Use the [Alliance's Smart Snacks Product Calculator](#) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.



BEVERAGES

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Silly Water—add fruit and herbs to plain water for fruit-infused blend



FRUITS & VEGGIES

- Fresh fruit—trays, salads or kabobs
- Fresh vegetables—trays, salads or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar



WHOLE GRAINS

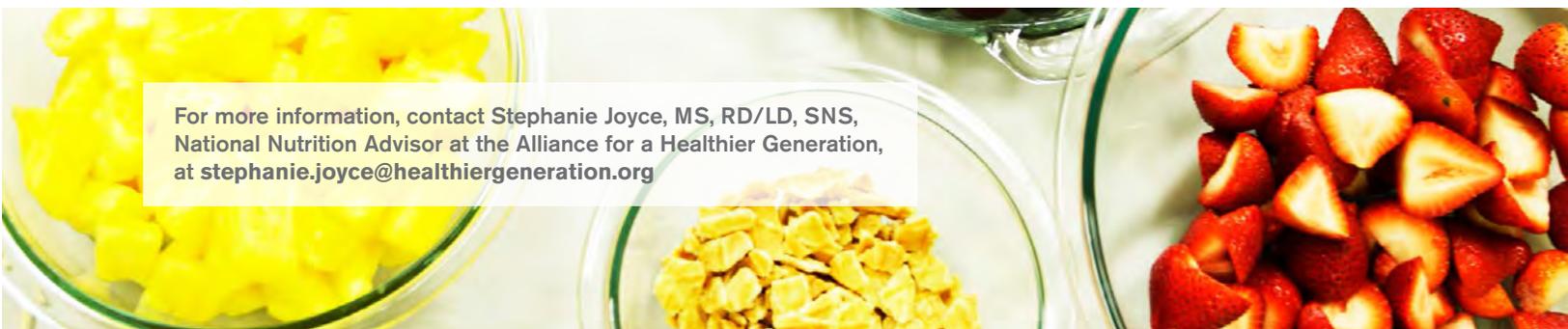
- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org





FITNESS CHALLENGE

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 Side Lunges 5 Tricep Dips	2 8 Leg Raises 5 Sumo Squats	3 Jumping Jacks (30 seconds)
4 7 Side Lunges 7 Tricep Dips	5 10 Leg Raises 8 Sumo Squats	6 7 Side Lunges 7 Tricep Dips	7 10 Leg Raises 8 Sumo Squats	8 7 Side Lunges 7 Tricep Dips	9 10 Leg Raises 8 Sumo Squats	10 Jumping Jacks (45 seconds)
11 10 Side Lunges 10 Tricep Dips	12 15 Leg Raises 10 Sumo Squats	13 10 Side Lunges 10 Tricep Dips	15 15 Leg Raises 10 Sumo Squats	15 10 Side Lunges 10 Tricep Dips	16 15 Leg Raises 10 Sumo Squats	17 Jumping Jacks (1 minute)
18 FAMILY FITNESS WEEK	19 FAMILY FITNESS WEEK	20 FAMILY FITNESS WEEK	21 FAMILY FITNESS WEEK	22 FAMILY FITNESS WEEK	23 FAMILY FITNESS WEEK	24 FAMILY FITNESS WEEK
25 12 Side Lunges 12 Tricep Dips	26 20 Leg Raises 12 Sumo Squats	27 12 Side Lunges 12 Tricep Dips	28 20 Leg Raises 12 Sumo Squats	29 15 Side Lunges 15 Tricep Dips	30 20 Leg Raises 15 Sumo Squats	

November Fitness Challenge Calendar – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!

- FAMILY FITNESS WEEK – Refer to the activity list starting on Page 2
- Side Lunges – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Family Fitness Week Ideas

Check off the activities you choose to do this month!

Visit your local school track and go for a run
Ride your bikes around the block or on a trail
Put together a Fitness Scavenger Hunt (print fitness activities & tape them to the items – find a red ball and volley it 5 times, then find the next item)
Work in the garden, or start a new garden as a family
Learn a new dance from a different era, like the Electric Slide
Go swimming in a pool, lake or pond
Go bodyboarding or paddle boarding
Go hiking on a local trail, mountain, or nature center
Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.)
Fly a kite
Run in a race together – find a charity event or walk for a cause
Rake leaves and jump into the piles
Play sports outside (badminton, baseball, soccer)
Go bowling
Go golfing
Go ice skating
Visit a zoo or museum and wear pedometers to track your steps
Go fishing

Take a karate class as a family
Create an obstacle course with simple items, like hula hoops and swing sets
Play Flag Football
Play outdoor games like Tag, Hopscotch, or Four Square
Visit a local water park
Create a fun coordinated dance together as a family
Learn a few Yoga poses
Go rollerblading or ride scooters
Wash the cars together
Host a Jump Rope competition
Play laser tag
Visit a trampoline park
Have a water balloon fight
Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise)
Go indoor rock climbing
Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest)
Play outdoor toss games (horseshoes, ladder toss, cornhole)
Go for a walk on the beach and collect seashells
Create a family play and perform it for friends and neighbors
Come up with a list of simple exercises during TV commercial breaks (sit-ups, run in place)
Go to a park and play catch, kickball, or wiffle ball
Take the dog for a walk
Visit a playground and share memories of your favorite activities (swing set, monkey bars)
Start a Sports Night, where you choose a new sport to practice each day

	Organize neighborhood games, like Capture the Flag
	Partner up for a two-legged race
	Practice basketball moves at a local court, like dribbling, dunking, and passing
	Go kayaking or canoeing
	Play a game of Family Tug-of-War
	Host a fun Limbo competition
	Play an active game of Charades
	Stand in a circle and see how many times you can pass/toss a ball without dropping it