



Centennial Staff Newsletter

October 25, 2018

Community members called to the Principal's office

Last Thursday, October 18th, 14 community members took on a new role as school principal, as part of the annual Principal for Almost a Day. Participants and the school they



visited are: Kaitlyn Jones, Community Relations Coordinator, Portland Timbers FC at Butler Creek Elementary School; Rebecca Brown, Director of Community Investment, Comcast Cable and Dave Vernier, Co-President, Vernier Software & Technology at Centennial High School; Maurice King, Global Marketplace Director, Nike-Golf and Michelle Reynolds, Program Officer, Miller Foundation at Centennial Middle School; Bruce Cumming, Vice President, Brand & Corporate Marketing, FLIR Systems, Inc. at Centennial Park School; Mario Palmero, City Councilor, City of Gresham at Meadows Elementary School; Amy Kwong-Kwapisz, Director of Professional Community Development, University of Portland,

at Oliver Elementary School; Azadeh Ryan, Apprenticeship Administrator, Pacific NW Carpenters Institute, at Parklane Elementary School; Larry Whittlesey, National Director YMCA – US Mission Network, at Pleasant Valley Elementary School; Jordan Farwell, Manager, Community Relations, Portland Timbers, at Powell Butte Elementary School; Tim Walley, Education Programs Supervisor, iQ Credit Union, at Centennial Transition Center; Mike Golub, President, Portland Timbers and Thorns FC and Whitney Grubbs, executive Director, Chalkboard Project with Superintendent Paul Coakley at the District Office. *Photo above: Amy Kwong-Kwapisz, from the University of Portland and Principal Jeb Hubbs, Oliver Elementary School chat with a student. Photo right: iQ Credit Union's Tim Walley and a student from the Centennial Transition Center.*



Rita Ramstad named District Library Teacher of the Year

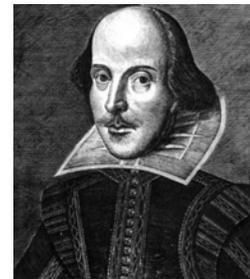


Congratulations to Rita Ramstad (center, with Assistant Superintendent James Owens and Melinda Wyffels, Library Manager at Parklane Elementary School) on being named the District Library Teacher of the Year by the Oregon Association of School Libraries (OASL). According to Grace Butler, OASL Awards Chair, Rita was nominated and endorsed by fellow district librarians because of her strong commitment to

Centennials library program, as well as her many contributions to OASL.

CHS Drama Department presents Shakespeare in Hollywood

The CHS Drama Department proudly presents its' fall production, Shakespeare in Hollywood, Thursday November 1, 8 p.m. after conferences and November 3, 8, and 10 at 7 p.m. in the CHS Auditorium. Please note there are NO Friday performances. This hilarious comedy, set on a 1934 Hollywood movie set, tells a fictional story of the making of the movie of Shakespeare's "A Midsummer Night's Dream" with a twist. Tickets are \$10 for adults, \$8 for students and senior citizens, and \$5 for CHS students and staff. Box office opens one hour before the show each night. Cast members include:



Louella Parsons.....	Ariel Aland
Max Reinhart.....	Lukas Hurley
Dick Powell.....	Jackson Autry
Jack Warner.....	Joseph Kaylor
Daryl.....	Trenton Ruffin
Lydia Lansing.....	Melody Howard
Oberon.....	Kaden Moss
Puck.....	Zoey Erickson
Olivia Darnell.....	Jessica Cabrera
Will Hays.....	Christopher Mendez
Joe E. Brown.....	Gavin Lickey
Jimmy Cagney/Harry Warner.....	Philip Koshuba
Groucho Marx/Sam Warner/Ensemble.....	Alexander Hampton
Tarzan/Albert Warner/Ensemble.....	Jigme Norbu
Cowgirl/Ensemble.....	Maggie Mailee Redden
Ensemble.....	Beatrice Byrd
Ensemble.....	Alexis Young

Hope to see you there!

Centennial High School gets new weight equipment

Last month Centennial High School got a roomful of new weight lifting equipment installed - including five dual squat rack systems. The equipment was purchased as part of the new PE/Health curriculum adoption. The club level (commercial) equipment is safer and more efficient.

One of the most requested classes at CHS is Strength and Conditioning - so the new equipment is getting plenty of use.



Former Centennial student gets up close to Jimmy Fallon and Paul McCartney

When Sir Paul McCartney dropped into *The Tonight Show starring Jimmy Fallon* recently, he and Fallon decided to surprise random people – including Bilingual Specialist Maria Aguirre’s daughter Xochitl Adriana Jaime, a CHS graduate.

In a video clip at <https://mashable.com/video/paul-mccartney-surprises-tourists/#tp0mnwuUnZqn>, McCartney and Fallon buddy up to do random things like read the newspaper, play ping pong, or do other weird tricks in front of tourists as they ride the elevator up 30 Rock.

It could be just McCartney's security requirements, but people couldn't actually get up and meet him (even though one woman – Xochitl, in the photo above - tries to).



Parklane students attend free basketball clinic with Portland Trail Blazer

Earlier this month, students from Parklane Elementary School gathered at Parklane Park with representatives from Nike, the Portland Trail Blazers, Portland Parks Commissioner Nick Fish, Mayor of Portland Ted Wheeler, and guests to celebrate the beginning of the 2018 Portland Basketball Courts Revitalization Project. This three-year project will refresh and upgrade outdoor basketball courts in up to 30 Portland Parks & Recreation sites – including Parklane Park, one of the first to be revitalized – thanks to a more than \$1 million donation by Nike and the Trail Blazers.



The celebration took place on the recently revitalized basketball court at Parklane Park; where the students were able to participate in a fun basketball skill sessions led by Portland Trail Blazer Center Jusuf Nurkić and accompanied by the Blazers' mascot, Blaze. Also in attendance - Trail Blazer President and CEO Chris McGowan, Trail Blazers Broadcasting Color Analyst Lamar Hurd, and Nike Global

Community Impact General Manager Caitlin Morris.

Meadows Elementary School students find safe routes to school

Meadows Elementary School had their first annual Walk and Roll Safe Routes To School Event on October 10th, which is also National Walk To School Day! This day is to encourage healthy choices and increase community participation.

Meadows had three walking school buses lead students and their families safely to school. More than 100 students and families participated, which is more than 25 percent of the school! Joining the group was a very special visitor—Multnomah County Commissioner for District 4, Lori Stegmann. A huge shout out to SUN Site Manager, Anne Sires for a successful event!



Wood Community Garden in the news

Local gardener and volunteer Matthieu Kambunga, an immigrant from Democratic Republic of Congo, was featured on the front page of Tuesday's Outlook newspaper. Kambunga recently won the Parks Champion Award from the Portland Parks Foundation.



What does this have to do with Centennial? The district's Wellness Committee applied for a grant from East Multnomah Soil and Water in partnership with Portland Parks and Recreation to build this garden – the third community garden located in the Centennial School District.

According to the Outlook, “A walk through the garden reveals a bounty of eggplants, beans, squash, tomatoes, kale and other familiar vegetables. But there is also ngai ngai, a medicinal plant from the Congo, and bilolo, a leafy vegetable, also from the DRC. Other immigrants grow vegetables and herbs they’re used to from their former homelands.”

The Wood Community Garden, located next to Powell Butte Elementary School, is 30,000 square feet, with 56 garden plots. Many of the gardeners have children that attend Centennial Schools. The garden benefits low-income people by improving their nutrition at a minimal cost.

Tidbits



Recall: If you have a Provata Activity tracker, please discontinue using it. Provata has initiated a voluntary recall of activity trackers due to potential overheating. Pony your tracker over to Julie Mack for proper disposal. Call Provata Health 888-343-9820 to get a replacement tracker.

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 right) Every Morning Butler Creek Elementary School’s Principal Heather Bailey greets students that are driven to school. Families really appreciate seeing her each morning as she helps the students get out of their cars.



(Photo below) Parklane students and staff had a great time raising money for the school at their recent Jog-A-Thon. Participants wore super hero outfits while running their laps around the school's track.



(Photo left) Michelle Tursi and Taylor Fast, fifth grade teachers at Oliver Elementary School, recently dressed up as a bee and beekeeper during a reading lesson. What was the subject? Beekeeping, of course!

(Photos below left) Students from Meadows Elementary School participated in the school's Run for the Arts last Friday.



(Photo below right) A couple of Meadows Elementary students gets under their desk as part of the school's recent earthquake and fire drill.



PLAYING IT SAFE



Driver Safety

Reduce your risk of auto accidents

When it comes to minimizing your risk of collision while driving, you're in the driver's seat. By simply practicing safe driving techniques, you can reduce your chances of being involved in an auto accident.

In addition to being aware of your surroundings and making smart driving decisions, the following tips will help you arrive at your destination safely.

Drive Defensively

Defensive driving requires you to be aware of errors made by drivers around you and consequently adjust your driving to avoid accidents. It expects you to be committed to defensive driving.

Get Plenty of Rest

Driving any distance, especially long distances, requires you to be physically and mentally well-rested. Fatigue plays a major role in motor vehicle accidents. If you become drowsy, pull off the road immediately and take a short nap.

Inspect Your Vehicle

Before you begin driving, inspect the lights, tires, brakes and windshield wipers of your vehicle. Obtain any necessary repairs before you depart.

Know Your Route

Before you set out for somewhere new, become familiar with the general

directions. If you need to check your map or call for directions along the way, pull over.

Avoid Speeding, and Use Safety Devices

Provide yourself with ample travel time so you can avoid speeding. Be aware of construction zones, rush hour congestion and changing weather conditions when you are planning your route. Maintain safe following distances; braking might be difficult in poor weather. Always wear your seat belt and turn on your headlights.

Don't Drink Alcohol

Alcohol is the single greatest contributing factor to fatal motor vehicle accidents. In addition, some prescription medications may have the same effect as alcohol. Do not drink alcoholic beverages before or during a driving trip and consult your doctor about possible side effects of any medications you may be taking.

Be safe and healthy on the job at with these helpful tips provided by **Brown & Brown Northwest**.

“Practicing good driver safety is the responsibility of all of our employees. Review our company driver policy to help you arrive safely at your destination.”

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