



Centennial Staff Newsletter

April 4, 2019

Working on Wellness



The Wellness Committee (WC) presented to the school board on how well we are implementing the Wellness Policy across the district. To view the report, go to the Healthy Happenings webpage at <https://centennialhealthyhappenings.blogspot.com/>. A few areas that the Wellness Committee will be better addressing are healthy eating across the district and increasing both PE minutes for K-8 students and physical activity during the school day.

The Working On Wellness (WOW) Employee Wellness Committee completed the February Wellness Challenge with 38 percent of the staff participating and 695 cards turned in throughout the month.

Congratulations to ITC (pictured right.) They had 100 percent participation and win the *Wellest Award* trophy. Meadows Elementary came in second with 74 percent participation. To reward our winner, they will be getting a chair massage day provided by Balanced Health and Injury Clinic.



The winners of the district-wide drawing are Emily Trosino, a fifth grade teacher at Parklane Elementary School, who won a massage gift certificate to Balance Health Clinic and June Sawtelle, an assistant at Parklane, who won a Fit Bit. To see a video of the drawing, go to https://drive.google.com/file/d/1ab13z6SsQ5v0i9oDwCdpSfr_NLE08aMd/view

Thank you to everyone that participated! Continue to take care of yourself as we head into summer. We all get stressed and tired some days so let's support each other everyday.

The Energy Team (ET) is working on reducing energy costs, supporting our buildings to be safe and prioritize our increased educational technology. The ET is using funds from their work with the Energy Trust's Strategic Management Cohort to purchase a new full-sized refrigerator and two new microwaves for Oliver Elementary School's new staff lounge. This

will give the staff a better-shared space to eat and relax as well as reduce the use of personal microwaves and mini-fridges around the school. The CHS front office received a new energy efficient microwave that replaces a very well used and a little bit scary microwave.



Pleasant Valley annual Plant Swap

Mark your calendar for the Sixth Annual Pleasant Valley Plant Swap, Saturday, May 11, 2019, from 10 a.m. – 12 noon.

Rain or shine, gardeners gather to share and exchange plants and knowledge with all. The Plant Swap is hosted at Pleasant Valley Grade School, 17625 S.E. Foster Rd. Gresham, OR 97080. The main parking lot is on Richey Road just north of Foster. The site offers parking, and a small breezeway area with restrooms.

This is how it works: no sales - only exchanges and freebies, please. Tailgating is encouraged. Bring your plants from propagation; grown from seeds, shovel pruned, reseeded plants, or extras from a large nursery purchase. The format for the trade is like a tailgate party. Traders exchange expert gardening information as well as plant materials. In two hours all the deals are sealed. We have plenty of parking. Label your plants with botanical and common names, color, height, width, etc. if possible. Pictures are also great.

Free stuff: The last half hour (11:30 a.m. – 12 noon) you may be able to pick up some free plants from gardeners that are willing to give it away. Many gardeners generously share plants from the abundance of their gardens. This is an excellent way to begin your garden and an excellent way to thin out that giant patch of Shasta Daisies, etc.

What if you have nothing to trade? Cookies, chocolate, or breakfast items work like money at the Plant Swap!

Rain or shine, gardeners gather to share and exchange plants and knowledge with all. For more information, contact: Duane Werner, cell phone: 503.784.4528 or email duane_werner@frontier.com.

55th Annual Centennial Track and Field Invitational April 27



Don't forget, the 55th Annual Centennial Track and Field Invitational is Saturday, April 27th, 2019. Come out and watch the most competitive high school athletes in and around the Pacific Northwest compete, break records, set records, and work toward achieving their personal best.

If you would like to volunteer for part or all of the day April 27th, please contact Trish Dorning in the Athletic office at trish_dorning@csd28j.org.

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 by 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.

safety Toolbox Talks for matters

From your safety partners at Brown & Brown Northwest

Accident Prevention

We all know that safety is important, but do you realize just how costly a workplace injury can be? When all is said and done, injuries can cost business owners hundreds of thousands of dollars. The extra expense to pay for injuries has a powerfully negative effect to a company's bottom line.

Why is profitability also an important issue to you? The only way that a company can stay in business is to operate at a profit, and that ability can be threatened by a serious workplace injury.

The Real Cost of Workplace Injuries

It may be surprising to hear that most companies do not have a high profit margin—3 percent is about average. Expenses take a large chunk of the income, and competition limits how much we charge for the products and services we provide.

Each time an accident occurs, the cost of the injury must be subtracted from profits. Consider the following two examples:

- At a 5 percent profit margin, an extra \$20,000 in sales or income is needed to compensate for a \$1,000 injury.
- If the profit margin is nearer to 1 percent, an additional \$100,000 worth of new income is necessary to maintain that profit level for the same injury.

As you can see, each adds up to a lot of extra sales just to compensate for a single injury. Plus, every time a worker gets hurt on the job, other employees are affected too. You may need to work extra hours to make

up for lost production, the cost of insurance can go up, or the company may be forced to make difficult budget decisions such as cutting hours or jobs.

Also, recovering from an injury can mean time away from work, reduced compensation, painful rehabilitation and frustrating adjustments to daily life.

Practice Prevention

Though operating at a profit is essential to our success, our top priority is to keep our employees safe and healthy. That's why we are counting on you to help practice good safety principles. Safe work behavior will contribute directly to our bottom line as well as to everyone's job security. By observing safety precautions, we can limit on-the-job accidents.

It is always wiser to spend a bit more time doing the job safely than to risk getting a serious injury. Be sure to always follow our safety guidelines and stay alert for unsafe conditions. Think of practicing good safety as both pain-free and profitable—a win-win situation for everyone!

Every time a worker is injured, other employees are negatively affected as well.

