Centennial elementary students do well in Region 5 Chess Tournament

Last month, third, fourth and fifth grade students from 10 elementary schools met at Powell Butte Elementary School to compete in the Region 5 Chess Tournament. Of the 10 schools, three Centennials schools – Parklane, Pleasant Valley and Powell Butte Elementary Schools – participated.

Congratulations to the following Powell Butte Chess Team members on their first place finish: Dennis Arthemenko; Noah Tonnesen; Manuel Soriano-Mercado; Pau Muan; Thang Muan; Joshua Morris; Lum Hon; Dau Hong; Joseph Thang; and Eddie Artemenko. The Powell Butte team will now move on to the State Chess Tournament. In addition, five Powell Butte students qualified for Individual State Championships. Congratulations to: Dennis Arthemenko (5W-0L); Noah Tonnesen (5W-0L); Manuel Soriano-Mercado (4W-1L); Pau Muan (4W-1L); and Lum Hon (4W-1L).

The Pleasant Valley Chess Team placed second and is an alternative to the State Chess Tournament. Congratulations to: Hayden Cusick; Daniel Kirschner; Vincent Nguyen; Floyd Johnson; Kyle Xiong; Nazarene Deticio; Ethan Dalumpines; Mace Sweeney; Colt Fisher; and Aiden Brand. A special congratulations to Colt Fisher (4W-1L), who will represent the district and Pleasant Valley at the State Individual Chess Tournament.

Parklane also had a great showing with several top players, including: Noah Cooms and Salomon Martinez Sanchez.

Speech and Debate students doing well in local competitions

On Wednesday, Centennial High School hosted and competed against Cathedral Catholic, Barlow and Summit High Schools in a national debate, which CHS won a grant to compete in. Congratulations to Matthew Mailllet and Jesse Fonseca who placed second.

Last month, at the McMinnville Open (a two state competitive tournament with only open/varsity speakers competing), Jonathan Guzman took first in LIEL, Sam Schuhl and Kit Bishop took third in Open Policy Debate and Alex Dimitrov final paneled in informative.

Congratulations to all.

Accounting students getting a real world view from local business professionals

Some Centennial High School students have been learning about various careers in accounting all semester in Adriann Hardin’s accounting class. The class has had several speakers from bookkeepers to CFOs (Chief Financial Officer) sharing information on their career in accounting. “It has shown me just how many options there are for people with accounting degrees,” said Tommy Le, first year accounting student. “I have learned that accounting isn’t – just accounting, there is so much more to it,” said junior Brian Chut. In addition, to having guest speakers the students have
also been able to hear from business professionals at Yahoo! and the Portland Trailblazers. Hardin says, “Having speakers come to class is great, they are able to give the students so much insight into accounting careers, but getting the kids out of the classroom and seeing business in action and getting tours, is a highlight for all of the kids. The goal is to show the kids just how valuable a degree in accounting can be. Oh and that accounting can be fun!”

National School Counseling Week

This week - February 3 – 7 - is National School Counseling Week 2020 (#NSCW2020). The Centennial School District is so fortunate to have amazing school counselors in each of our buildings. Today's school counselors are vital members of the education team. They help all students in the areas of academic achievement, career and social/emotional development, ensuring today's students become the productive, well-adjusted adults of tomorrow. Thank you school counselors for all you do for our students.

Nominate a co-worker for a Triple C Award

Nominations for the Triple C Staff Recognition Award are open – a nomination form is attached. Nominations are due noon Friday, April 17, 2020 – so you have plenty of time to nominate one of your colleagues.

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.
Healthy Happening Around the District!

It’s time for the February Wellness Challenge! Every Monday there will be a Wellness Challenge card in your mailbox. Choose a small wellness goal that you want to focus on for the week or the month. This is an opportunity to intentionally include self-care into our daily work routine.

Track your wellness goal all week trying to be successful four times per week. Fill out your Challenge card and turn back into your Wellness Champion to be entered into weekly gift card drawings. All cards will be entered into an all district drawing for with four chances to win one of two $25 gift cards to Fred Meyers, $50 to Target, or $50 to Nike.

There is also a Participation Prize!

The building with the highest participation percentage will be awarded the “Wellest” Award Trophy to be proudly displayed in your building as well as Staff Chair Massages provided by Balance Health Clinic.

Last year IT had 100 percent participation and Meadows had 74 percent. Can your building win this year? Meadows is already making plans and picturing their chair massages now. Meadows Elementary School has issued a challenge to the rest of the district – to see that challenge, copy the link and go to:

https://drive.google.com/file/d/0B7sz_eNxKd-fZ1N1endyMUVCTXUyT1luMVVEbkc4WjMyU0ZN/view?pli=1

Do you love the WOW snack boxes? All your amazing snacks come from the Division Grocery Outlet in Gresham. Julie Mack wanted to share a shout out to Karolyn, who has helped Julie Mack find great healthy treats for you over the years. Say hi to Karolyn next time you’re in Grocery Outlet.

School Exclusion Day is Wednesday, February 19

Don’t Let Your Child Miss School. If your student is missing vaccines, now is the time to catch up. February 19, 2020 is school exclusion day. On this date, students who are not up to date on vaccinations will be unable to attend CSD schools or district-provided childcare.

Where to Get Your Child Vaccinated - You can get your child’s shots at their regular health care provider. If your child doesn’t have a regular health care provider or you can’t get an appointment, you can get them vaccinated at one of the following places:

Centennial High School Student Health Center: The Centennial School District partners with Multnomah County Health Department to provide comprehensive preventative, primary and mental healthcare services for all Multnomah County school-age youth regardless of ability to pay at Centennial High School Student Health Center, 3505 SE 182nd Ave., Gresham, 97030.
**Hours:** Monday-Friday 7:40 a.m. - 3:45 p.m. Open late Thursdays' 9:15 a.m. - 5:15 p.m. Call 503.988.5488 for an appointment. Some same-day appointments are available before Feb. 19th.

All CSD K-12 students can get vaccinations for no out-of-pocket cost at Centennial Student Health Center. We accept all types of insurance, including Kaiser, and serve the uninsured.

For more information, see the attached flyer.

**Test drive a car and earn money for CHS Football**

On Saturday, March 7, head over to Gresham Ford between 10 a.m. and 4 p.m. to take a free test drive. The Ford Drive 4 UR School event will donate $20 for every test drive to the Centennial Football program. For more information, see the attached flyer.

**Tidbits:**

*Globetrotter* On Friday, January 24, Sweet Lou Too – a member of the Harlem Globetrotters, paid a visit to Oliver Elementary School to teach a mini-lesson on empowerment and to show off some of his fancy basketball moves.

*Author* Superintendent Paul Coakley is a featured contributor to the AASA School Administrator Magazine’s February issue. He wrote an article titled “The Will and Skill of a Board Becoming Culturally Responsive.” To read the article, go to:


*Pizza or Ice Cream?* Students at Powell Butte Elementary School recently enjoyed a game of “Would I Rather?” with the school’s SUN Coordinator. Students were given the choice of eating pizza or ice cream for the rest of their lives. What would you choose?
What It Is
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.

Criteria
Nominees will be judged according to their contribution in any one or more of the following areas:
• Enthusiasm & commitment to helping students or colleagues improve their performance
• Initiative, creativity and/or resourcefulness in coming up with or carrying out ideas for improving school programs or services
• Willingness to be involved in helping others or organizing projects/activities that benefit our schools and the people who are part of them.

Nomination Process
• Any staff or community member is eligible to nominate or co-nominate an individual
• Nominations should be legible and not exceed five standard (8.5x11) pages

Selection Process
A committee representing all employee groups, including last year's winners, will screen the nominations. The committee will determine how many awards will be granted and select the individual recipients. Winners will receive a personal plaque and have their names and pictures displayed in the district office.
Nomination deadline: Noon Friday, April 17th
Please submit all nomination forms to Carol Fenstermacher at the district office, carol_fenstermacher@csd28j.org
ATTACH YOUR NOMINATION INFORMATION
There are no specific requirements for what is included in the nomination materials. However, nominations need to focus on the following criteria and include SPECIFICS.

I. Describe the contribution this staff member has made to students, colleagues or others in the Centennial School District based on any of these criteria:
   ■ Enthusiasm & commitment to helping students or colleagues improve their performance
   ■ Initiative, creativity and/or resourcefulness in developing/carrying out ideas for improving school programs or services
   ■ Willingness to be involved in helping others or organizing projects/activities that benefit our schools and the people who are part of them.
   Cite specific examples to support your statement.

II. Describe any other factors that support your nomination, such as (but not limited to) relationship with other staff members/public or accomplishments that distinguish this individual as someone who has made a significant difference to the Centennial School District. Think about such things as:
   ■ Willingness to share expertise in order to help others learn
   ■ Willingness to collaborate as a team member, supporting others’ efforts
   ■ Concern for/commitment to endeavors beyond the scope of their specific job.

Tips:
Here are some ideas for making a nomination more compelling:
   ■ Use specific anecdotes
   ■ Incorporate quotes from kids or colleagues that support the content of the nomination
   ■ Use creativity or humor
   ■ Emphasize the uniqueness of the individual

III What distinguishes this person’s contributions from others who do good work?
III What does this person do that people wouldn't necessarily expect someone to do in that particular job position?

Remember: Triple C is intended to honor employees whose actions really make a difference in the success of their colleagues, their students or others associated with Centennial schools. Think in terms of the positive impact on people around them. The Triple C is not intended as recognition for an employee’s retirement.
Per Oregon law, children whose immunization records are not current by February 19, 2020 will not be able to attend school until their information is up to date.

If your child’s immunization records are incomplete you can get your child vaccinated before the deadline by making an appointment at one of our Student Health Centers.

Does your child need immunizations?

NO COST IMMUNIZATIONS AT STUDENT HEALTH CENTERS

ABOUT IMMUNIZATIONS

Per Oregon law, children whose immunization records are not current by February 19, 2020 will not be able to attend school until their information is up to date.

If your child’s immunization records are incomplete you can get your child vaccinated before the deadline by making an appointment at one of our Student Health Centers.

MAKE APPOINTMENT

- Call the location nearest to you (locations listed on back)
- Same-day appointments typically available
- Bring your child’s immunization record

www.multco.us/student-health
# Student Health Centers in Multnomah County

## About Our Centers
Multnomah County operates Student Health Centers at eight high schools across the region. Student Health Centers are like having a doctor’s office at school. We serve all Multnomah County school-age youth ages 5-18 with convenient, comprehensive, high-quality primary and mental health care services at no cost. Students do **not** need to attend the school where a clinic is located to receive care.

## Youth Focused Health Care with No Out-of-Pocket Costs
There is no cost or copay for appointments. We accept all types of insurance, including Kaiser, and serve the uninsured.

## Services:
- Treatment for illness and injury
- **Immunizations**
- Sports physicals and physical exams
- Vision, dental and blood pressure screenings
- Mental & behavioral health
- Age-appropriate reproductive health
- Routine lab tests
- Prescription medications
- Health education, counseling and wellness promotion
- Fitness and nutrition education and counseling
- Referrals for healthcare services not provided at the clinics

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| **Centennial High School**  
3505 SE 182nd Ave, Gresham  
503-988-5488 |
| **David Douglas High School**  
1034 SE 130th Ave, Portland  
503-988-3554 |
| **Jefferson High School**  
5210 N Kerby St, Portland  
503-988-3360 |
| **Parkrose High School**  
12003 NE Shaver St, Portland  
503-988-3392 |
| **Cleveland High School**  
3400 SE 26th Ave, Portland  
503-988-3350 |
| **Franklin High School**  
5405 SE Woodward St, Portland  
503-988-3370 |
| **Madison High School @ Marshall**  
3905 SE 91st Ave, Portland  
503-988-3382 |
| **Roosevelt High School**  
6941 N Central St, Portland  
503-988-3909 |

More information: [www.multco.us/student-health](http://www.multco.us/student-health)
Take the Wheel!
Help Your School!

Come Out and Support CENTENNIAL FOOTBALL. $20 for every test drive up to $6,000! Take 10 minutes, earn $20 for your Kids!!

WHAT:
Take a free test-drive and Ford Motor Company will donate up to $6,000 to your school: Also, an extra $2,000 added for BONUS test drives! $8,000 in all!!!
The more people who Drive, the more you’ll earn for your school. You do the Math!

WHERE: GRESHAM FORD
1999 E Powell Blvd
Gresham, OR 97080

WHEN: March 7th, 2020
10am-4pm

Facebook.com/drive4urschool

CENTENNIAL FOOTBALL

*No purchase necessary. Must be 18 years of age or older with a valid driver’s license and valid automobile insurance. Donation of $20 per valid test-drive, up to 300 total test-drives for a maximum total donation of $6,000 per event. Limit one (1) donation per household.