

# Centennial Elementary School

Principal, Shannon Ritter

April 2017

Hello Centennial Families ~

Welcome back. I hope you had a fun-filled spring break!

Recently our 5th graders took their learning out into the beautiful (although a bit rainy) Pacific Northwest. Our 5th grade students had an incredible three days of learning at the Cispus Learning Center in Randle, Washington. For the first time, our students were able to attend “camp” with the students from McKenny Elementary and Pioneer Elementary. The fearless counselors from Olympia High School were also in attendance. It was exciting to see many students meet some new friends and connect with old friends before they head to middle school together this fall.

Here are a few highlights from our 5th grade students. My favorite memory . . .

- “from Cispus was hanging out with my camp counselors, they were the BEST. My other favorite memory was the hike - it was so beautiful” ~ Zach
- “was when we did the Big Foot Hammock on the Challenge Course” ~ Lucy
- “was hanging out with our counselors in our cabin and hiking and walking behind Curtain Falls” ~ Trevor
- “was hiking up to Angel Falls because I got to see some amazing outdoor sights. I also loved making a fire by the river and roasting smore’s with my amazing friends” ~ Emerson
- “was at campfire when me and my friend got called up to sing a song in front of everyone” ~ Ben
- “was meeting my counselors and walking behind the waterfall, Curtain Falls” ~ Madison
- “was when we went to campfire and sang songs and watched everyone’s skit” ~ Mia
- “was the food, gaga ball, campfire and Angel Falls. My all time favorite was gaga ball because I got 2nd place in the first round I played” ~ Samantha
- “was seeing all the positive interactions between campers and the new learning happening in such a beautiful setting (and the blueberry muffins)” ~ Mrs. Ritter

Thank you for sharing your children with us and for all of your support both at Centennial and Cispus!

## **Buccaneer Blast**

**At Centennial Elementary**

**Saturday, May 13, 2017**

**4:30-8:00 p.m.**



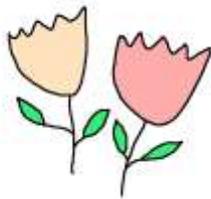
Carnival is coming soon. This year’s event is guaranteed to be an enjoyable evening for the entire family. There will be plenty of laughs and fun including games, bingo, fantastic food, and our annual raffle.

This Booster Club event is for the whole family. Come enjoy the cakewalk, book walk, splash tank, games of skill, the maze, and much more.

## Public School Volunteer Week

April 17-21

*Thank you parents, grandparents, and community members for the many hours of faithful volunteering you give to us at Centennial. We could not do the job as well without your help.*



### Centennial Elementary

Volunteer's hours logged into HelpCounter

September	248 hrs
October	596.1 hrs
November	584.9 hrs
December	272.6 hrs
January	525.6 hrs
February	345.5 hrs
March	<u>487.6 hrs</u>
	<b>3060.3 hours</b>

**Thank you!**

### Is Your Child Returning to Centennial?

As we make plans for the next school year, we need to begin collecting information about the number of students who will be at each grade level. To enable us to be more accurate, we are asking each family to indicate whether or not they are planning to have their child attend Centennial next year. If you haven't returned your form, please return it by April 26.

**14th Annual Evergreen Science Carnival at our campus on Friday, June 2nd from 10 am to 3 pm. This STEM-focused event has hands-on activities and presentations for all age groups and is free to all participants.**

<http://www.evergreen.edu/sciencecarnival>

## UP-COMING EVENTS

- 4/21 Friday Sing at 2:45 p.m.
- 5/3 Collaboration Day – Early Release - Dismissed at 12:05 p.m.
- 5/4 Spring Pictures
- 5/11 Field Trip All of Grade 3 and Mrs. Balderston's class 9:15-11:40 a.m.
- 5/12 Friday Sing at 2:45 p.m.
- 5/13 Carnival at 4:30 to 8:00 p.m.
- 5/17 Field Trip Mrs. Roedell's Class 9:30 a.m. to 1:00 p.m.  
CES Choir Concert at OHS PAC 7:00 p.m.
- 5/18 Field Trip Mrs. Hayes Class 9:30 a.m. to 1:00 p.m.
- 5/19 Field Trip Miss Askew's Class 9:30 a.m. to 1:00 p.m.
- 5/22 Field Trip Mrs. Balderston's Class 9:30 a.m. to 1:00 p.m.  
Field Trip all First Grade 9:15 a.m. to 2:00 p.m.
- 5/24 Volunteer Luncheon 11:00 a.m. -12:30 p.m.
- 5/26 Field Trip all Third Grade 9:15 a.m. to 1:30 p.m.  
Friday Sing 2:45 p.m.
- 5/29 Holiday
- 5/31 Field Trip Fifth Grade 9:20 a.m. to 10:25 a.m.
- 6/5 Taste of Kindergarten Screening and Orientation  
All day by appointment
- 6/6 Booster Club Meeting 7:00 p.m.
- 6/7 Mrs. Currie and Mr. Pearce's 5<sup>th</sup> grade Program  
Dress Rehearsal 2:45 p.m. Performance at 7:00 p.m.
- 6/9 Early Dismissal – Half Day - Grading – 12:05 p.m.
- 6/13 Ninja Warrior Competition
- 6/14 Field Trip Mrs. Holstrom & Mrs. Kresse's classes 9:30 a.m. to 1:30 p.m.  
Talent Show  
Grade 3 at 1:05 p.m.  
Grades 4 & 5 at 1:50 p.m.
- 6/15 Field Trip Mrs. Olsen & Mrs. Peterson's classes 9:30 a.m. to 1:30 p.m.  
Field Trip all Second Grade TBD  
Field Trip all Kindergarten 9:15 to 3:00 p.m.
- 6/16 Friday Sing 2:45 p.m.
- 6/20 Timberland Library Summer Reading Program  
Assemblies
- 6/21 CES Band & Orchestra Concerts at 9:15 a.m.
- 6/23 Field Day 9:30 to 11:30 a.m.  
No Lunch served  
Last day of school dismissed at 12:05 p.m.



## School Arrival

Families just a reminder that we do not have supervision before school or after school. We have noticed a number of students have been arriving too early. Teachers are in meetings and planning for their day. The classrooms are open by 8:50 a.m. This is the soonest that students should arrive.



Students should head home after school is out and not stop to play on the school equipment. This is for the safety of your child, unless you are present as a parent to supervise at the end of the day.

## Save the Date:

### Volunteer Appreciation Day

Tuesday

May 24, 2017

11:00 a.m.-12:30

Luncheon in the  
CES Library



## Class Pictures

Class pictures will be on Thursday, May 4. A reminder notice will be sent home. The payment envelope will go home a few days before picture day.

**Payments should be sent with child on May 4th.**



## It's Cool to Learn New Words!

At home or on the go, your youngster can expand her vocabulary. Try these suggestions.

**My word wall.** Many classrooms have word walls—why not let your child make one at home? Her closet door, a side of the refrigerator, or any other open spot will do. She could write words she is learning on index cards and arrange them by category. *Examples:* History words (*expansion, treaty*), science terms (*photosynthesis, mineral*). Each time she adds a word to her wall, ask her what it means. Then, she can refer to the wall as she does her homework or writes stories.

**Games to go.** In the car, let your youngster pick a random letter (say, G), and take turns calling out something you see that begins with that letter (*grass, gazebo, girl*). If you say an unfamiliar word, point out the item so she learns it. When you reach the next block, someone else can pick a different letter. *Tip:* Later, help her remember the words by asking questions like “What was that round wooden structure that started with G?” (*gazebo*)♥

*March 2017, Home & School Connection*

## The Importance of Helping Others

Your child will discover that the world is a better place when people help each other. Consider these ideas for raising a helpful youngster.

### Take on chores

Helping starts at home, and regular chores are a good place to begin. Point out that your household runs more smoothly when all family members help take care of it. Get your child in the habit of everyday chores (washing dishes, folding laundry). Then, suggest that he look for other ways to help, perhaps cleaning the attic or weeding the garden.

### Assist classmates

Let your youngster see that he has the power to help others. If he mentions someone who might need help (say, a classmate who is struggling with math facts), ask, “What could you do?” Your child could invite the student to study with him. Tell your youngster about everyday ways you lend a hand, such as bringing morning coffee to a coworker who broke her ankle.

### Volunteer together

Your child can be a community volunteer with your help. For ideas, contact the parks and recreation department, community centers, and service agencies like the United Way. Your family might take part in a park cleanup day, be a foster family for rescue dogs, or do face painting at a fundraiser. When your youngster sees how good it feels to make a difference, he may want to make volunteering a habit!♥

*March 2017, Home & School Connection*

## Which way?

Improve your youngster's sense of direction by having her observe the sunset from a window in your home—that's west. Then, let her make north, south, east, and west signs to hang on the walls. Next, hide a toy, and give her directions to find it. ("Take two steps south and three steps east.") When you walk outdoors, she can try using the sun to figure out directions.

*March 2017, Home & School Connection*



### Notice of Nondiscrimination 2016-17 School Year

The Olympia School District will provide equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The district will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment. Auxiliary aids and services will be provided upon request to individuals with disabilities.

The following people have been designated to handle inquiries regarding the nondiscrimination policies, reports of alleged sexual harassment, concerns about compliance, and/or grievance procedures: **Jeff Carpenter, Title IX Officer**, (360) 596-8544; **Kari Lewinsohn, Section 504 and ADA Coordinator**, (360) 596-7538; and **Scott Niemann, Affirmative Action Officer and Civil Rights Compliance Coordinator**, (360) 596-6193. All three individuals may also be contacted at 1113 Legion Way S.E., Olympia, WA, 98501.



## The Power of Self Talk

Have you ever truly paid attention to what you say to yourself? If experts are right, and we give ourselves up to 50,000 messages a day, it would be wise to give some thought as to the content of those messages.

At Centennial, students are taught the value of self-talk. They learn how this powerful tool can be used in a multitude of ways. **COURAGE:** If a child is struggling whether to ask another student to play, his self-talk could give him the momentum to do so. "He'll never want to play with me." can be changed to, "I'll just ask if he wants to shoot hoops. If he says no, I'll be no worse off than I am now." **PERSPECTIVE TALKING:** "I know she bumped into me on purpose." to "Hmmm she must be in a hurry to get to recess." **EMOTIONAL REGULATION:** "OK, cool down. I'm mad but I can handle this. I'll count to 20 by 3s now." **STAY FOCUSED:** "The teacher's instructions were to turn to page 94, look at the data, then create a pie chart showing different kinds of fish in Hawaii. I can do this."

Consider using your "think out loud" moments as opportunities to model productive self-talk to your child. Put a positive spin on a challenging situation with, "This isn't a problem, it's a project!" Rather than saying your boss is sending an unreasonable amount of work your way, try "This workload is definitely a challenge. I'll dig in and do the best I can and if it is just too much, I'll think about the best way to have a conversation with the boss." Verbally coach yourself through your day so you can stay on task, reminding yourself within earshot of your child that you will take a break as soon as you get four things crossed off your to-do list. Even if he or she isn't listening, you get the benefit of your productive self-talk!

*Centennial's Counselor, Kris Norielus*