



# Centennial Elementary School

Shannon Ritter, Principal

December 2017

## Centennial to Assist OHS in the Annual Canned Food Drive

Starting Monday, November 27<sup>th</sup> through Friday December 8<sup>th</sup> we will be helping Olympia High School with their annual Canned Food Drive. The food drive will support our local Thurston County Food Bank. Please help by donating cans and other non-perishable foods.

## Dress for the Weather



Every child at Centennial has outdoor recess during the day. While indoor options are available during the very wet weather or extremely cold weather, children are otherwise expected to be outside. Children in kindergarten - fifth grades have recesses up to 35 minutes in length. This is a long time to be outside if improperly dressed for the weather. Thank you for double checking to be sure your student is dressed appropriately each day.

## Centennial Cookbooks

**For Sale! Great Deal! Special Gift.**

**\$1.00 each**



## Olympia High School Rotary Club - Book Drive

Families do you have any nice, gently used books for children and even preschool and board books? Our library is collecting books for Olympia High School thru December. All books collected go to South Sound Reading Foundation.

## The Power of Empathy This month, Centennial is launching its new Word of the Quarter: EMPATHY!

Why should we try and foster empathy in our children? Research show that individuals who try and understand the perspective of others are better friends, are more successful in school AND in the workforce. Some call this the Empathy Advantage. Experts share strategies for teaching empathy to children:

1. Model empathy and seeing the perspective of others often!
2. Coach your child on recognizing and coping with their emotions. If they understand their own emotions, they will then be better able to understand the feelings of others.
3. As a family, go out of your way to meet people different from yourselves. When we spend time with someone from a background different from our own, we learn that laughter, love, wishes and worries are universal.
4. Read with your children! Fiction has been shown to grow empathy, especially when there are conversations about the variety of perspectives among the characters. Make a point of discussing the point of view of the less "likeable" characters.
5. Actively engage in acts of kindness toward others. Showing compassion is empathy in action.
6. Practice "reading" the emotions of others. When watching TV or a movie, comment on the expression and body language of characters. *From Kris Norilus, Centennial School Counselor*

## Winter Reading

Does your youngster prefer to read alone, with family members, or in the company of friends? With these ideas, he can do all three this winter.

**Choose Themes** Encourage your child to read more by coming up with wintry themes for choosing books. For example, he might name “ice-skating” or “penguins” and pick out a biography of an Olympic skater or an adventure tale set in Antarctica. After he finishes each book, he can write the title on a paper snowflake and tape it to a wall. How many snowflakes can he hang up?

**Discuss Poetry** On a snowy day—or any day—read winter poetry together. Get a volume like *It’s Snowing! It’s Snowing!* (Jack Prelutsky) or *Winter Bees & Other Poems of the Cold* (Joyce Sidman). Boost your youngster’s reading comprehension by talking about the poets’ word choices. Why did Prelutsky write “the air is a silvery blur”? What did Sidman mean by “the sun’s pale wafer”?

**Read with Friends** Your child can see friends over winter break and practice reading at the same time by forming a book club. They might pick a chapter book to read, then meet to discuss it and enjoy a related snack, craft, or game. Or they could each bring a different picture book and take turns reading aloud. Idea: Suggest that they keep their club going all year long! ♥ *Home & School Connection, December 2017*

## Vision and Hearing

A big thank you to the Lion’s Club for helping with our vision and hearing screening this year and the following Centennial volunteers that helped: Lisa Lazasz-Maresh, Kathy Ross, Robin Bailey, Kristy Matthews, Heather Mattingly, Joanna Kosinska and Erin Levesque.

## Independent Me

The end goal of parenting is to work your way out of a job. You want to teach your youngster to spread her wings and eventually take care of herself. Consider this advice.

**Let her try.** Out of habit, you might do tasks that your child could do for herself. If you’ve always done her laundry, for instance, you may not realize she’s able to do it on her own. Show her the steps, and see how she does with it for a week. If she isn’t quite ready, work alongside her a few more times until she can handle it herself.

**Resist “fixing” it.** Your youngster probably won’t make her sandwich or pack her overnight bag exactly the way you would. But she will feel more independent if she does it her way. If she struggles, offer gentle support. Say she’s trying to put a big batch of leftovers into a small container. You could set out a bigger one, and suggest that she try again. ♥ *Home & School Connection, December 2017*

Happy Holidays from Centennial Staff  
Have a wonderful winter break with families and friends



## Change in Weather

The days are growing shorter which means that it's a good time to remind students, parents and community members to exercise caution in and around school zones, bus stops and roads that are frequently used by walkers and bikers. Reflective clothing is a good idea, especially for those students who walk or bike to school in the morning and afternoon when it is dark.

## Snow Routes CES's East Side Buses

*Check the school district website, radio stations and news programs regarding weather related school delays or closures.*

Route                      If your normal stop is:

23	42nd Avenue (Ward Lake) walk to: Boulevard Rd
24, 26	53rd SE & Arlington Court SE & Joseph walk to: Henderson & Palomino
24, 26	All of Cheri Estates walk to: Henderson & Palomino



## Upcoming Dates

**12/8** Band & Orchestra Winter Concert at Centennial 9:15 a.m.

**12/15** Friday Sing at 2:45 p.m.

**12/18 -1/1** Winter Break – No School

**1/8-1/9** Science on Wheels Assembly & Classroom Lessons - *Planetarium*

**1/9** Booster Club Meeting at 6:30 p.m.

**1/12** Martin Lutheran King Jr. Assembly 9:15 a.m.

**1/15** MLK Jr. Holiday – No School

**1/19** Friday Sing – 2:45 p.m.

**1/31** Kindergarten Program 7:00 p.m.

## OSD 2017-18 Notice of Nondiscrimination

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; Ken Turcotte, Section 504 and ADA Coordinator, (360) 596-7542; 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.



## WHEN SHOULD CHILDREN STAY HOME?



As part of the Olympia School Districts commitment to maintaining a healthy environment, the following guidelines are provided to assist you in determining when to keep your child at home.

<b>WHEN TO KEEP YOUR CHILD HOME:</b>	<b>WHEN TO RETURN TO SCHOOL:</b>
Fever Over 100 Degrees	No fever for at least 24 hours. Temperature under 100 degrees, without assistance of a medication, (e.g. Tylenol, Advil, etc.)
Diarrhea or Vomiting	24 hours after Diarrhea &/or Vomiting Stops
Rashes with a fever or itching, (Unless diagnosed by a physician)	Physician note &/or no longer present for at least 24 hours. No fever for at least 24 hours, (See above "Fever Over 100 Degrees").
Sore throat	Recommend consulting a physician. Stay home at least 24 hours after starting antibiotic treatment. Stay home if uncomfortable.
Head Lice or Scabies	Head Lice or Scabies <u>treated &amp; Nits/Eggs Removed</u> (Wait at least 24 hours & must be rechecked by the nurse or health room assistant upon return)
Cough with congestion or fever	Cough has lessened, or illness has been treated by physician (Coughing can be a real distraction to the class &/or student if severe)
Conjunctivitis (Pink Eye) is highly contagious	Physician note.
Strep Throat	Diagnosed & at least 24 hours after starting antibiotic treatment.
Chicken Pox	May return to school after all lesions have formed crusts, usually 5-10 days after start of rash.

**These guidelines** are meant to help decrease illness so your children can be in the best environment for learning. Please cover all wounds & encourage hand washing. If you have any questions, please feel free to contact your child's school nurse. By working together, we can prevent the spread of illness and keep our children the healthiest they can be.

THANK YOU

The Olympia School Nurses