# Partial circle around a tree with red and blue star shape leaves. **Centennial Elementary School**

# Shannon Ritter, Principal April 2018

**Centennial is Walking N Rolling!**

Join us for these fun events!

**Walk to School Days.** Students who participate will be greeted in front of the school and given a prize.

* April 11
* May 2
* June 6

**School Bike Challenge.** Join the Centennial Star Cyclists team! Students track there their bike rides and

win prizes! "*Bike mileage logs will be handed out near the bike racks on April 30th or you may pick one up from the front office."* [*SchoolMiniBCCLog2018.Centennial*](SchoolMiniBCCLog2018.Centennial.pdf)

* May 1-15

**National Bike to School Day**. Students who participate will be greeted in front of the school and given a prize.

* May 2

By walking and biking to school we reduce traffic, get exercise, help the environment, and meet our neighbors.

Join the fun and be part of the solution! Centennial is partnering with the Walk N Roll, a program of Intercity Transit with a focus on encouraging youth to walk, bike, and use transit.

**Fiesta Fun**

Mark your calendar for this year’s Booster Club Carnival that will be on Saturday, May 12, 2018 from 4:30-8:00 p.m. 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 15-21**

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.

**Save This Date**

Volunteer Appreciation Day - Wednesday May 16, 2018 11:00 a.m.-12:45 p.m. Staff will prepare a luncheon for our school volunteers that will be hosted in the CES Library. Plan to come and meet other volunteers and enjoy having a lunch out. More information to come.

**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 25.

**A Passion for Hobbies**

Having a hobby gives your youngster a productive way to spend free time while building skills he can apply in school. Encourage him to develop a hobby with this advice.

**Find a Good Fit**

Notice what your child is interested in. If he likes putting on puppet shows or building things, look for supplies at home or visit a craft store. He might discover odds and ends to make a puppet theater or discover a robot-building kit.

**Provide Opportunity**

Make sure your youngster has time to explore his hobby—limiting screen time can help! Also, give him a portable container for storing supplies or his collection of trading cards or stamps. He’ll have an easy way to enjoy his hobby wherever he goes.

**Boost Knowledge**

Suggest that your child read books or watch how-to videos. A hobby shop may offer free classes or the school, library, or community center might have a club or class related to his hobby.♥ *April 2018, Home & School Connection*

**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.

**In Charge of Me**

If your child knows how to manage his emotions and behavior, he’ll do better at getting along with others and handling the ups and downs of everyday life. These skills, in turn, can make him more successful in school and at home. Help your youngster take charge of himself with these ideas.

**Encourage self-control**

● Play games that require your child to think before he acts. For instance, try Red Light, Green Light. Name a way for him to cross the room or yard (skip, hop, tiptoe). He’ll have to resist the urge to move unless you give him the “Green light” and make himself stop when you say “Red light.”

● Tell your youngster what you expect before heading into situations that are hard for him. Maybe he tends to put random items in the grocery cart. Describe what you want him to do instead, such as getting permission before taking groceries off a shelf. Then, let him know you notice when he does what you asked.

**Be a coach**

● Ask questions or make gentle suggestions when your child is frustrated. Say he’s upset because he can’t solve a math problem for homework. You could ask, “Where could you find help?” Or recommend that he take a break or temporarily switch to another assignment.

● Talk about how you deal with your own feelings. You might say, “I’m aggravated about this notice from the cable company. I’ll call customer service once I’ve had a chance to calm down.”♥ *April 2018 Home & School Connection.*

**Class Pictures**

****Mark your calendar. Class pictures will be on Thursday, May 3. A reminder notice will be sent home closer to picture day. The payment envelope will go home a few days before picture day. **Payments should be sent with child on May 4th.**

**Fifth Graders Going to CISPUS**

Our fifth grade students will be attending Outdoor School at the CISPUS Environmental Center in Randle, Washington for three days at the end of the month. Students and staff will leave Centennial on Wednesday morning, April 25, and will return in the afternoon on Friday, April 27 around 2:00 p.m.

**Upcoming Events**

**4/16** OJP – Field Trip *Mr. Popper’s Penguins* 10:00-11:00 a.m. buses leave by 9:20 a.m.

 Field Trip – Fourth Grade 9:30 a.m.-1:00 p.m.

**4/20** Friday Sing at 2:45 p.m.

**4/25** Mrs. Miner and Mrs. Thies Class Field Trip -10:20 a.m.-1:45 p.m.

 Second Grade Program at 7:00 p.m.

**4/25-27** 5th Graders on Field Trip to Outdoor School – Cispus

**4/26** Mrs. Balderston & Miss Rethwill’s Classes Field Trip10:20 a.m.-1:45 p.m.

**4/27** Mrs. Peterson’s Class Field Trip10:20 a.m. -1:45 p.m.

**5/3** Class Pictures

**5/5** Sound track perform at Mariners Game in Seattle

**5/7** First Grade Field Trip

 Ms. Askew’s Class Field Trip

**5/8** Mrs. Hayes’s Class Field Trip

**5/11** Mrs. Roedell’s Class Field Trip

 Friday Sing at 2:45 p.m.

**5/12** Booster Club’s Carnival at Centennial 4:30-8:00 p.m.

**5/16** Volunteer Luncheon 11:00 -1:00 p.m. - Library

Spring Choir Concert at OHS PAC 7:00 p.m.

**5/25** Third Grade Field Trip

**5/30** Mrs. Currie and Mr. Pearce’s Classes Program – 7:00 p.m.

**From Kris Norelius Centennial’s School Counselor**

Phrase of the Quarter: Emotion Management!

“When I feel mad I dance.”

“When I’m sad I cook.”

“When I’m lonely I call a friend.”

“When I am sad I go out and play basketball.”

“When I’m worried I snuggle with my dog and talk to him.”

Come by the Bigfoot Bulletin Board outside the Centennial office and see these and many more incredibly creative suggestions students have written to help Bigfoot manage his big feelings!

As we launch *Emotion Management* as our Phrase of the Quarter, this is one of many angles we will be taking as we dig deeper into this subject.

The process of managing feelings begins with the ability to *notice* them. Knowing how our bodies feel when sad, what our self-talk is when worried, how we are breathing when mad are all clues that create the groundwork for naming the emotion then, sitting with it for a bit before deciding what do with it.  When strong feelings are on our minds a lot or are impacting our ability to make good choices, we need to use strategies that help us turn the corner and get us back on track. The Second Step program suggests:

1) Say “stop”.

2) Name the feeling.

3) Belly breathe, count, change your self-talk.

But these strategies are just a starting point. We encourage you to have conversations at home about the fact that feelings are normal, they come in different intensities, they change over time and we have tools for dealing with them. Remind your child that there are times the tools we have may not be enough and we need to talk with an adult to help us cope with a difficult situation.

**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,**jcarpenter@osd.wednet.edu**,**(360) 596-8544*
* *Ken Turcotte, Section 504 and ADA Coordinator,**klturcotte@osd.wednet.edu**,**(360) 596-7542*
* *Steve Rood, Director of Career and Technical Education,**srood@osd.wednet.edu**,**(360) 596-6109*
* *Scott Niemann, Affirmative Action Officer and Civil Rights Compliance Coordinator,**sniemann@osd.wednet.edu**,**(360) 596-6193**. All four individuals may also be contacted at*[*1113 Legion Way S.E., Olympia, WA, 98501*](https://maps.google.com/?q=1113+Legion+Way+S.E.,+Olympia,+WA,+98501&entry=gmail&source=g)*.*