



# CENTENNIAL HIGH SCHOOL

## DRAGON NEWS



### Principal Letter

Hello Everyone,

I want to say that I feel a sense of Déjà vu while writing this today. In Early October, my words were the same as today. I started out by agreeing with many people that we would rather be in person, face to face, building our strong community instead of online. AND, saying I am proud of our students for their success in the remote learning environment is an understatement. The engagement during third hexter in the remote five period day was at a high level, and once in the groove so to speak, our students and staff made the online teaching and learning look like we have been doing it forever. So far so good. Now we get to keep it up for fourth hexter. Email is important, TEAMS log in is important, and TCB is always at the top of needs.

Fourth hexter has begun online (Jan. 5) and will end online (February 12). Transitions are tough for everybody and I made the decision to eliminate the potential for more transitions than needed, and to wait for the beginning of a hexter to come back to face to face; which we will do as soon as it practical, safe, and there is a lesser chance of transmitting and quarantining. Transitions between in-school and remote seem to happen on a whim and our students deserve consistency. This decision does not parallel the other high schools, it our intention to provide consistency as well as safety. Student and staff safety will be an important factor in determining protocols for fifth hexter and beyond, so stay tuned.

We will provide more information in the next newsletter regarding what will hexter five look like? We are doing our best to provide a consistent learning model for our young adults. I hope that even if you disagree and are disappointed with this decision, that at least you understand it.

Thanks for your trust and partnerships,

Mike Roberts  
Principal,  
Centennial High School  
970-488-4943

January 2021

HEXTER 4  
NEWSLETTER



## Resources

### **\*ATTENTION 2021 Graduates!**

If you are graduating this year (or have already graduated in a hexter this year), and you want some help paying for COLLEGE or trade school after graduation, here is an AMAZING opportunity to apply for local scholarships through the PSD Local Scholarship Packet. Some of the scholarships included in this packet are just for CHS students.

#### **Here are the details:**

What: ONE application for MANY local scholarships to get YOU money for college

Why: Get money to help you pay for college.

When: It is available TODAY and is DUE by January 22nd at 4:30.

How: It is online this year. Go to this LINK: <https://forms.gle/vW85RwQ4tusncGrh7>

There are requirements for completing this scholarship packet that will take you some time. Is it worth it?

Yes. You won't get the \$, if you don't apply. The steps are listed in the link, but here is the overview:

- Complete application
- Write MAIN ESSAY and any additional required essays
- Two Letters of Recommendation (ASK TWO ADULTS (teachers are great) IN YOUR LIFE TO WRITE THIS FOR YOU ASAP)
- FAFSA, SAT scores. I can help you with these.
- Make sure all is done on the Application Checklist. DUE 1/22/21 at 4:30. No exceptions.

### **Food Resources for families**

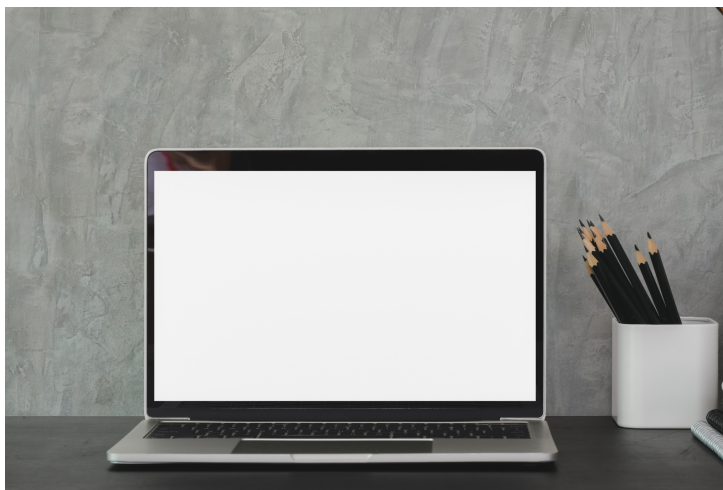
The Food Share Program is a wonderful resource for a family in need of food. This program allows access to fresh produce as well as frozen foods. NO proof of citizenship is required. Also, the Food Bank now provides several mobile food pantries across town – please see Food Bank Website for details (expand 'Need Food?' menu): <https://foodbanklarimer.org/fresh-food-share/>

### **Need extra emotional support?**

If you need support during this difficult time, please reach out to Jo or Katie. They can connect you with one of our therapists through the Health and Wellness Center or through a community therapist. You do not have to do this alone! There are many therapists in our community with availability to help you.

# Tech TIPS

## AND TRICKS



### PSD Tech Troubleshooting Tips and FAQs

As always, try restarting your computer first! Need more help? Start by working with your teacher. If after you've worked with your teacher and you need additional assistance, please visit [techportal.psdschools.org](http://techportal.psdschools.org)

Q: What If Our Family Doesn't Have Internet Access?

Please refer to the Internet Access link [www.psdschools.org/InternetAccess](http://www.psdschools.org/InternetAccess) posted on the District website. We are working on additional options for internet access for families.

Q: Why Can't I See Any Websites?

Ensure you are connected to WiFi.

1. Click on the WiFi icon in the bottom right-hand corner of the device and will say "Connected-secured".

2. If WiFi isn't connected, click "Disconnect" and then click "Connect" again.

3. If WiFi is connected, try accessing a different website such as [www.psdschools.org](http://www.psdschools.org)

Q: How Does My Student Know If They Are Logged into Chrome?

1. Double-click on the Google Chrome icon, located on the desktop.

2. Look for your first initial in the upper right-hand corner and click it. You will see your name if you are logged into Chrome.

Great! If you aren't seeing your PSD email, try the following steps.

3. Click the Person Icon in the upper Right corner.

4. Click "Sign in to Chrome".

5. Type the student's email address in "Sign in" in Google Chrome. Click "Next".

6. Re-enter the student's email address in "Sign in" on the page with an Apple and books.

7. Click "Next".

8. Type the student's password. Click the "Sign in" button.

9. Click the "Don't show this again" checkbox. Click "Yes".

10. Click on "Yes, I'm in" button.

Q: I Am Having an Issue with My Mic or Camera

1. On some devices the F4 key is used to mute the built-in microphone. You would see a microphone and a whitelight on the F4 key. Clicking the F4 or Fn key + F4 will toggle the mic. If the white light is on, then the mic has been muted.

2. To further troubleshoot the microphone and camera, type "Silverlight" in the Start menu where it says "Type here to search". Click on the Microsoft Silverlight icon. Choose the Webcam/Mic tab. You will see if Video and Audio are working properly.

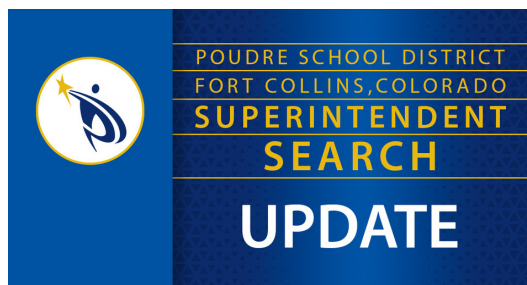
3. Check the Windows Privacy Settings by opening the Start Menu and clicking on the gear symbol. Choose 'Privacy' from the options and you will see several sections on the left side. Scroll down on the left side and choose the 'Camera' & 'Microphone' sections. Under each section, make sure the 'Allow apps to access your camera/microphone' is switched on.

Q: Where Can I Go for More Information on Specific Applications or Technology?

Come check out the brand-new PSD Community Tech Portal at [techportal.psdschools.org](http://techportal.psdschools.org) your home for up-to-date News, Guides, Support Contact Information and more!

Remember to keep laptop charged and double check password spelling





PSD superintendent search online survey, forums:

The Board of Education would like to hear input as it searches for the next Poudre School District superintendent. Parents/guardians, students, staff and other members of the PSD community are invited to complete a survey.

The survey takes about 10 minutes and must be completed by Jan. 22.

English

survey: <https://www.surveymonkey.com/r/PSDsearch>

Spanish

survey: <https://www.surveymonkey.com/r/PSDbusqueda>

Hazard Young Attea & Associates, a search firm hired by the Board of Education, will compile input gathered from the survey, forums and invite-only focus groups and create a leadership profile report that will be presented at the board's public Feb. 9 meeting. The school board will also solicit diverse ideas from numerous stakeholder groups, including parents/guardians and students, through a series of facilitated, invitation-only, online January forums. Event information is posted on the PSD Superintendent Search web page, which is the primary source of information for the hiring search. We encourage everyone to share their voices as part of this important process. Once on the PSD Superintendent Search web page users can translate the content. Click on the word "Translate" along the top, green navigation bar and select your desired language from the list displayed.

COVID Testing

<https://chs.psdschools.org/counseling/resources>

Go to this page to view COVID testing resources as well as many other helpful resources.





## A Brand New Year, A Brand New Hexter and Making the Changes

Amazingly, it's that time: New Year! We've waited for this new beginning for a long while. Many of us since the last time we were all together on campus the day before Spring Break back in March (woah). 2021 is a new year and, quite possibly the most welcome one yet. This time in the year is also a time where many of us start making resolutions to change:

"I'm going to get up every day on time!" I'm only

going to set three alarms!" I'm going to get Perfect Attendance!" "I'm going to

EAT RIGHT – NO MORE McDonald's for me!" "I'm going to finally Quit Smoking!" So

many goals are set in the month of January to live differently on some level. All

are great intentions and goals but too often a few weeks later January ends and we haven't met (or even started) the big goals we've set, and we then we feel discouraged,

maybe ashamed or we just want to quit altogether. Sound familiar?

It makes me wonder...do we really even need New Year's resolutions? Especially this past year, simply making it through the day was enough – who needs the added pressure?

What if, instead of thinking about solving your whole life, and making these grand resolutions you stop, and reflect (just like in Discovery - the journey in) and then make one.small.change that spirals you up. One.small.thing: "Today I will check my email." Checking that email today might mean you see the schedule for classes tomorrow. Seeing the schedule for classes tomorrow means you are on time for class the next day. Being on time for class the next day means you earn process points that raise your grade. With each small and intentional change, we make we move forward. Big, grand resolutions look great on paper or vision boards or class notebooks. They feel good in the moment. However, they can and often do set us up for defeat when we don't meet them. Baby steps still move us forward. One.small.change.

A waterfall starts with just.one.drop.

Reflect and choose: what is one.small.change you will make today?

## Attendance Policy – Remote and Hybrid Schedules

Over the last few months, the pandemic has created many challenges for teachers, students, and parents as they transitioned into remote and hybrid schedules. CHS students have the skills to problem solve and communicate those issues as they arise. Embedded in our updated policies are the requirements to use those skills learned in Discovery and practiced in content classes at CHS as it relates to attendance. Parents/guardians can view attendance policies here: CHS Attendance 2021:

[Remote and Hybrid Schedules.](#)

If you have questions, or need to communicate absences due to illness or technology issues you can call the CHS Front office at 488-4940 or contact Dean of Students, Jacqui Walz, at 488-4940.



### NEED TECH HELP?

PSD offers Technology support for all students and families to help them navigate software applications and troubleshoot technical issues. If your student is experiencing issues with your internet connection or an interruption in service, please have your student contact Mike at 488-4940 to request a personal Wi-Fi device for your student's remote/hybrid learning.

**Congratulations to  
our first semester  
graduates:  
They Caught  
their Vision!**

Alissa Beaner, Jhaquahy Chapman,  
Shawna Burns, Elijah Champion,  
Sierra Elder, Brookelin Seckman,  
Sara Spencer, Julia Muriel,  
Olivia Pawlikowski

**Rose Ceremony  
May 20, 2021**



## Self Care Tips brought to You by The Health and Wellness Center

**Self care—a buzzword, sure, but one that perhaps lives up to the hype. You decide! So what is self care? Is it exclusively yoga and nature walks? Meditating for hours? Hitting the gym everyday for those gains? Sure, it can be any of those things. But self care isn't just about what you do, it's about how you do it. Self care is taking an active role in our well-being, health, and happiness; particularly in times of stress. Long term stress can be damaging to our bodies and minds because stress hormones like cortisol can be released continuously causing symptoms like headaches, fatigue, irritability, digestive issues, and muscle tension. On top of the stress of everyday life, Dragons are also facing the huge challenges of COVID, remote learning, social and family stress, and more... so how do we make time for self care, especially now?**

**Self care can reduce the effects of stress when we incorporate it into our daily lives, but it doesn't take a yoga master to practice it. It also only requires small changes, not a giant time commitment. Self care is unique to every individual, and it starts with your mindset about it (Think P.M.A.). Here are some tips to incorporate self care into your life: 1) Find your "why." Why is self care important to you? What mindset do you want to have towards it? This is setting an intention. 2) Start with a small goal. Maybe this means carving out 30 seconds or a minute of your day to practice being in the moment. Set a reminder on your phone to help you remember! 3) Find things that feel good and do it. Find joy or relaxation in listening to a song, spending time with your pets, stretching, talking to a friend, taking a walk, or even taking a deep breath. These small activities can have a big impact. Most importantly, do it for you because you matter!**

**The Health and Wellness Center at Centennial is here to support your physical and mental health needs during this time. Ask your school counselors about us or call us at 970-488-4950.**





# CHS Calendar

## January Birthdays

Reed Elijah Kirstin Julia Hayden  
Amber Victor Alannah Spencer Blythe Mike

Monday, January 11th Teaching & Learning  
Tuesday, January 26th Orientation 1 & 5:30pm

Click here for the [Bell Schedule](#)

### Hexter 4, 5, and 6 Calendar

January 2021						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

	1 <sup>st</sup> Day of Hexter
	Teaching Days
	E-week Days/ (TBD)
	No School Mondays

	In Class Days	# of days	e-Week
Hexter 4	1/5 to 2/10	23	2/11 & 2/12
Hexter 5	2/16 to 4/7	27	4/8 & 4/9
Hexter 6	4/13 to 5/21	26	5/25 & 5/26

# **RECIPE CORNER**

## **Simple Chicken Parmesan from Jessica**

(servings can be adjusted to any #)

### Ingredients

**Boneless, skinless chicken breast  
Seasonings of choice for Italian flavor  
Egg (enough to coat all pieces of chicken)  
Bread crumbs  
Spaghetti sauce  
Mozzarella cheese  
Pasta of choice**

### Directions

**Preheat oven to 400 degrees  
Grease baking dish  
Tenderize chicken, lightly season  
Scramble egg with seasoning  
Coat each piece of chicken in egg  
Cover with bread crumbs  
Lay each piece of chicken flat in baking dish;  
While chicken is baking, heat spaghetti sauce on low/medium & prepare pasta**

**Bake coated chicken for 30 minutes, then ladle spaghetti sauce & sprinkle  
mozzarella cheese over each piece of chicken**

**Bake for additional 10 minutes, until cheese is melty & starts to crisp**

**Serve with pasta & additional sauce**

# working?



ANY STUDENT WHO HAS  
WORKED OR  
VOLUNTEERED ANYTIME  
SINCE SUMMER BEGAN MAY  
QUALIFY TO EARN ELECTIVE  
CREDITS FOR THOSE HOURS.  
CONTACT  
CASSIDY ASAP TO EXPLORE  
YOUR OPTIONS AT  
[CMONTOYA@PSDSCHOOLS.ORG](mailto:CMONTOYA@PSDSCHOOLS.ORG)  
OR @CMONTOYA IN TEAMS.

**LIKE US ON FACEBOOK  
- CENTENNIAL HIGH SCHOOL  
FOLLOW US ON INSTAGRAM \_CHSDRAGONS  
(WE WON'T FOLLOW YOU BACK!)**  
**JOIN US ON THE REMIND APP- @330CHS**







Find your teacher below and click to their website. This is where teachers will put directions, links, and explain how to get into their classes online.

## TEACHER LEARNING PAGE

Katie Jaskowiak	<a href="https://sites.google.com/psdschools.org/chs-learning-counseling-katie">https://sites.google.com/psdschools.org/chs-learning-counseling-katie</a>
Galynn Lackey	<a href="https://sites.google.com/psdschools.org/chs-learning-discovery-galynn/home">https://sites.google.com/psdschools.org/chs-learning-discovery-galynn/home</a>
Jason Eades	<a href="https://sites.google.com/psdschools.org/chs-learning-mc-jason">https://sites.google.com/psdschools.org/chs-learning-mc-jason</a>
Kim Donegan	<a href="https://sites.google.com/psdschools.org/chs-learning-math-kimd">https://sites.google.com/psdschools.org/chs-learning-math-kimd</a>
Ms. Kristen (aka "Lega") Lega	<a href="https://sites.google.com/psdschools.org/chs-learning-la-lega">https://sites.google.com/psdschools.org/chs-learning-la-lega</a>
Ms. Beth Lewis-Rypma	<a href="https://sites.google.com/psdschools.org/chs-learning-la-beth">https://sites.google.com/psdschools.org/chs-learning-la-beth</a>
Jerry Kreisher	<a href="https://sites.google.com/psdschools.org/chs-learning-pe-woodshop-jerry">https://sites.google.com/psdschools.org/chs-learning-pe-woodshop-jerry</a>
Robert Montoya	<a href="https://sites.google.com/psdschools.org/chs-learning-socstu-robert">https://sites.google.com/psdschools.org/chs-learning-socstu-robert</a>
Cassidy Montoya	<a href="https://sites.google.com/psdschools.org/chs-learning-ace-cassidy">https://sites.google.com/psdschools.org/chs-learning-ace-cassidy</a>
Jacqui Walz	<a href="https://sites.google.com/psdschools.org/chs-learning-disco-art-jacqui/home">https://sites.google.com/psdschools.org/chs-learning-disco-art-jacqui/home</a>
Mrs. Jo Locricchio	<a href="https://sites.google.com/psdschools.org/chs-learning-counseling-jo">https://sites.google.com/psdschools.org/chs-learning-counseling-jo</a>
Mr. Tom Pape	<a href="https://sites.google.com/psdschools.org/chs-learning-socstu-tom">https://sites.google.com/psdschools.org/chs-learning-socstu-tom</a>
Kristin(aka Lenny) Leonard	<a href="https://sites.google.com/psdschools.org/chs-learning-math-kristin">https://sites.google.com/psdschools.org/chs-learning-math-kristin</a>
Blythe Johnson	<a href="https://sites.google.com/psdschools.org/chs-learning-iss-blythe">https://sites.google.com/psdschools.org/chs-learning-iss-blythe</a>
Zac Larsen	<a href="https://sites.google.com/psdschools.org/chs-learning-science-zac">https://sites.google.com/psdschools.org/chs-learning-science-zac</a>

# STRESS BUSTERS & THE NEST

Attention Students and STAFF!

STRESS BUSTERS GROUP meets once a week, live, via TEAMS, on THURSDAYS at lunch . Please feel free to drop in anytime or join us each week.

[Here is the link](#)

What happens in STRESS BUSTERS GROUP?

In this short ½ hour meeting group members learn more about how to combat everyday stressors like, school, work and maybe family as well as the BIG Stressors, like remote learning, Covid, Fires and Ash conditions.....and more.

You will learn how to identify your triggers to stress How stress effects the body, emotions and even our behaviors. You will learn some tools that help you identify what you are feeling and how to respond to those feelings instead of react to them. And more importantly we will practice fun skills that can help you to combat the everyday and the BIG stressors.

So if you are feeling:

Overwhelmed with remote learning, Worried about Covid, Family, Not sleeping well, Angry or sad out bursts, Other...? Or just need some positive fun activities with some amazing people

This group might be perfect for you!

\*\*\*\*\*

Students and Staff,

If you need a mini break during your day or an activity to keep your energy going check out the NEST online here:

[Here is the link:](#)

click on "interactive NEST online"

Use present mode



Please contact Jo any time if you want to learn more about STRESS BUSTERS or the NEST online

## [Getting Started with Parent Vue:](#)

The ParentVUE portal allows parent/guardians to view their student's school information. The information is accessed directly from the student records system Synergy SIS, so the records are always up-to-date. While the website is accessible over the Internet, access is secured via a logon and password. Parents/guardians can only see information about their own children. Parents may only view the information; they cannot make changes to the student records.

### **How to Access ParentVUE:**

1. Go to <http://www.psdschools.org>
2. Click the PARENTS link
3. Click the ParentVUE button
4. Click the "I am a parent" link

5. If you have already activated your account, log in with the username and password you created previously. If you are logging in for the first time, click "activate my account."

If you have questions about your activation code contact the CHS front office.

# 2021 CHS YEARBOOK!

## 2021 CHS Yearbook

- Design your own school (and senior) picture this year.
- Submit up to five school appropriate pictures.
- One picture must clearly show your face.
- Write a personal message up to 300 characters (a large tweet).
- Also accepting student artwork, photography, and original writing.

Send Pictures & Text to Beth  
elewis@psdschools.org



## Parents/Guardians:

**Please log-in to ParentVue and sign the 2020-2021 PSD Code of Conduct. While you are in ParentVue (PVue), please review the Student Info page to confirm the most current contact information is listed. You can make changes directly in your PVue account that we will track & update on our end. Updated contact information is critical as we welcome CHS Students back into the building for Hexter 5.**

**Link to ParentVue: <https://www.psdschools.org/ParentVUE>  
(if you do not have your current Activation Key, please contact Jessica Cromley—CHS Registrar @ [jcromley@psdschools.org](mailto:jcromley@psdschools.org))**



# STAFF HIGHLIGHT

*zac larsen*

**--If you could meet anyone in the world dead or alive who would it be and why?**

Carl Sagan, because he helped introduce me to the universe!

**-If you could witness any historical event, what would you want to see?**

Ancient Olympics in Greece

**-If you had to eat on meal , every day for the rest of your life , what would it be?**

Sushi

**-Motto or personal mantra?**

Don't Panic

**-What is the first concert you attended?**

Toots and the Maytals

**-Would you rather be a tiny elephant or a giant hamster?**

Tiny Elephant, Duh!

**-You're happiest when?**

I'm on a river

