



CENTENNIAL HIGH SCHOOL

DRAGON NEWS



Principal Letter

Hello Everyone,

I want to start 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 online success is an understatement. The engagement in the two periods for first hexter 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 second hexter. Email is important, TEAMS log in is important, and TCB is always at the top of needs.

Second hexter has begun online (Oct. 2) and will end online (Nov. 5). 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 on Wednesday, November 11. The 11th is the first day of hexter 3, and it is an A group day. So, the students with last names A-J will attend the face to face 5 period school day on the 11th starting at 8:00am, and the B group K-Z will have their first face to face school day on Thursday, November 12th. Our face to face days run 8:00-3:50. The periods will be around 85 minutes. I say around as the exact bell schedules will change depending on how we move students around the building. Student and staff safety will be an important factor in determining protocols for being on campus. It is very likely that we would have to make a sudden change back to online every day if there are positive cases of COVID in our school. It is very small campus and we are around each other a lot. Remember to look closely at the school calendar as some Mondays we will have classes due to needing some extra hours in our school year.

We will provide more information in the next newsletter regarding "what do the students do every other day when at home? Teachers will work on those plans and we will be able to provide expectations soon. I am sure "Sleeping in every other day" is not one of them 😊.

Thanks for your trust and partnerships,

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

October 2020

HEXTER 2
NEWSLETTER



Catch your Vision

RESOURCES

***Resources**

If you need food, winter coats, gloves, hats, or any other basic needs, please let Katie know! You can call or text Katie at 970-692-4089.

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

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

Please refer to the Internet Access link 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

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 andbooks.
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 your home for up-to-date News, Guides, Support Contact Information and more!

Remember to keep laptop charged and double check password spelling



COLORADO

Department of Public Health & Environment

Colorado Immunization Branch | 303-692-2700 | cdphe.dcdimmunization@state.co.us December 2019

Advancing Colorado's health and protecting the places we live, learn, work and play

Dear parents/guardians of students in Colorado kindergarten – 12th grade schools for the 2020-21 school year:

We know you're thinking of all the things you need to do to make sure your student is ready for school. Getting vaccinated is an important part of their school readiness and keeps children from catching and spreading diseases that can make them sick. We wish you and your student a healthy school year!

Required and recommended vaccines

● Colorado law requires students who attend a public, private, or parochial kindergarten - 12th grade school to be vaccinated against many of the diseases vaccines can prevent, unless an exemption is filed. For more information, visit colorado.gov/cdphe/schoolrequiredvaccines (or cdphe.colorado.gov/schoolrequiredvaccines). Your student must be vaccinated against:

o diphtheria, tetanus & pertussis (DTaP, DTP, Tdap)

o polio (IPV)

o measles, mumps, rubella (MMR)

o hepatitis B (HepB)

o varicella (chickenpox)

● Colorado follows recommendations set by the Advisory Committee on Immunization Practices. Students entering kindergarten must receive their final doses of DTaP, IPV, MMR and varicella. Students entering 6th grade must receive one dose of Tdap vaccine, even if they are under 11 years of age. You can view recommended vaccine schedules for children 0 - 6 years of age at cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf and preteens/teens 7 - 18 years of age at cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf.

● Vaccines are recommended for hepatitis A, influenza, meningococcal disease and human papillomavirus, but are not required.

Exclusion from school

● Your student may be excluded from school if your school does not have an up-to-date vaccine record, exemption, or in-process plan for your student on file.

● If someone gets sick with a vaccine-preventable disease or there is an outbreak at your student's school and your student has not received the vaccine for that disease, they may be excluded from school activities. That could mean lost learning time for them and lost work and wages for you. For example, if your student has not received a measles-mumps-rubella (MMR) vaccine, they may be excluded from school for 21 days after someone gets sick with measles.

Have questions?

● You may want to talk to a healthcare provider licensed to give vaccines or your local public health agency about which vaccines your student needs or if you have questions. You can read about the safety and importance of vaccines at SpreadTheVaxFacts.com, ImmunizeForGood.com, and colorado.gov/cdphe/immunization-education (or cdphe.colorado.gov/immunization-education).

Paying for vaccinations

● If you need help finding free or low-cost vaccines and providers who give them, go to COVax4Kids.org, contact your local public health agency, or call the state health department's Family Health Line at 1-303-692-2229 or 1-800-688-7777. You can find your local public health agency at colorado.gov/cdphe/find-your-local-public-health-agency (or cdphe.colorado.gov/find-your-local-public-health-agency).

Vaccination records

● Please take your student's updated vaccine record to school every time they receive a vaccine.

● Need to find your student's vaccine record? It may be available from the Colorado Immunization Information System. Visit COVaxRecords.org for more information.

Exemptions

● If your student cannot get vaccines because of medical reasons, you must submit an official Immunization Medical Exemption Form to your school, signed by a health care provider licensed to give vaccines. You only need to submit this form once, unless your student's information or school changes. You can get the form at colorado.gov/vaccineexemption (or cdphe.colorado.gov/vaccineexemption).

● If you choose not to have your student vaccinated according to the current recommended schedule because of personal belief or religious reasons, you must submit a non-medical exemption to your school. Non-medical exemptions must be submitted annually at every new school year (July 1st through June 30th of the following year). The easiest way to file a personal or religious exemption is by using our online or downloadable non-medical exemption form available at colorado.gov/vaccineexemption (or cdphe.colorado.gov/vaccineexemption).

How's your school doing on vaccinations?

● Some parents, especially those with students who have weakened immune systems, may want to know which schools have the highest percent of vaccinated students. Schools must report immunization and exemption numbers (but not student names or birth dates) to the state health department annually. Immunization and exemption rates can be found at COVaxRates.org.

Immunizations and/or exemptions are due November 1st



CHS Calendar

October Birthdays

Dominick
Logan
Robbie
AJ
Isaiah
Maya

Hexters 1, 2 and 3 Calendar						
AUGUST						
S	M	T	W	TH	F	S
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					
SEPTEMBER						
S	M	T	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			
OCTOBER						
S	M	T	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
NOVEMBER						
S	M	T	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					
DECEMBER						
S	M	T	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		

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

Centennial High School was approved for a 4 Day School week this summer by CDE and CHS is the only school in PSD with a 4 Day Week schedule. Most Mondays we do not have school, and our school day runs from 8:00-3:50 Tuesday, Thursday and Friday and some Mondays. Wednesday is an early release day at 3:00 to enable staff to meet. This school year is not normal, and we had to add two Mondays to make up time for starting the school year a week late. We also moved to a two-period day for distance learning and will move back to five period day once we are face to face.

working?



EARN ACE
ELECTIVES FOR
YOUR PAID OR
VOLUNTEER
WORK. EMAIL
CASSIDY --
CMONTOYA@PSDS
CHOOLS.ORG

*Like us on Facebook - Centennial High School
Follow us on Instagram _chsdragons*

(We won't follow you back!)





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

Recipe Corner

Cowboy Chili (mild)

*adaptation of a recipe found in Paleo Cooking with Your Instant Pot
by Jennifer Robins (p. 90)



- 1 tablespoon olive oil or coconut oil
- 1 pound grass-fed ground beef
- 2 onions, diced cups diced carrots
- 1 bell pepper (color of your choice), diced
- 1 can beans, rinsed and drained (I like black beans, pinto beans, or red kidney beans. You choose, but make sure there is no sauce or flavor...just beans!!!)
- 1 28 oz diced tomatoes
- 1 teaspoon black pepper
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 tablespoon Coconut Aminos or Worcestershire Sauce (optional)

Start sauté by putting oil in large pot on medium low heat. Wait for oil to get hot and add onion to the oil. Sauté onion until almost translucent (see through). Add ground beef to the sauté. Once the ground beef starts to brown, add the diced carrots and bell peppers to the sauté. At this point add ALL spices (black pepper, chili powder, salt, and Coconut Aminos/Worcestershire Sauce. Sauté and stir until vegetables start to soften.

Once sauté is well under way, add can of beans and 28 ounce can of diced tomatoes (with juice). Turn down heat to low and simmer for 30 minutes, stirring occasionally.

*To make vegan, omit the ground beef and add two more cans of beans. If you are able, with the vegan recipe, I encourage you to use a variety of beans... one can each of black beans, one can of pinto beans, and one can of red kidney beans.

* to make this recipe spicier, replace half the bell pepper with a diced jalapeno.



Stress Busters & the NEST

Attention Students and STAFF!

STRESS BUSTERS GROUP meets once a week, live, via TEAMS, on THURSDAYS at 11:30 . 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

GSA Club

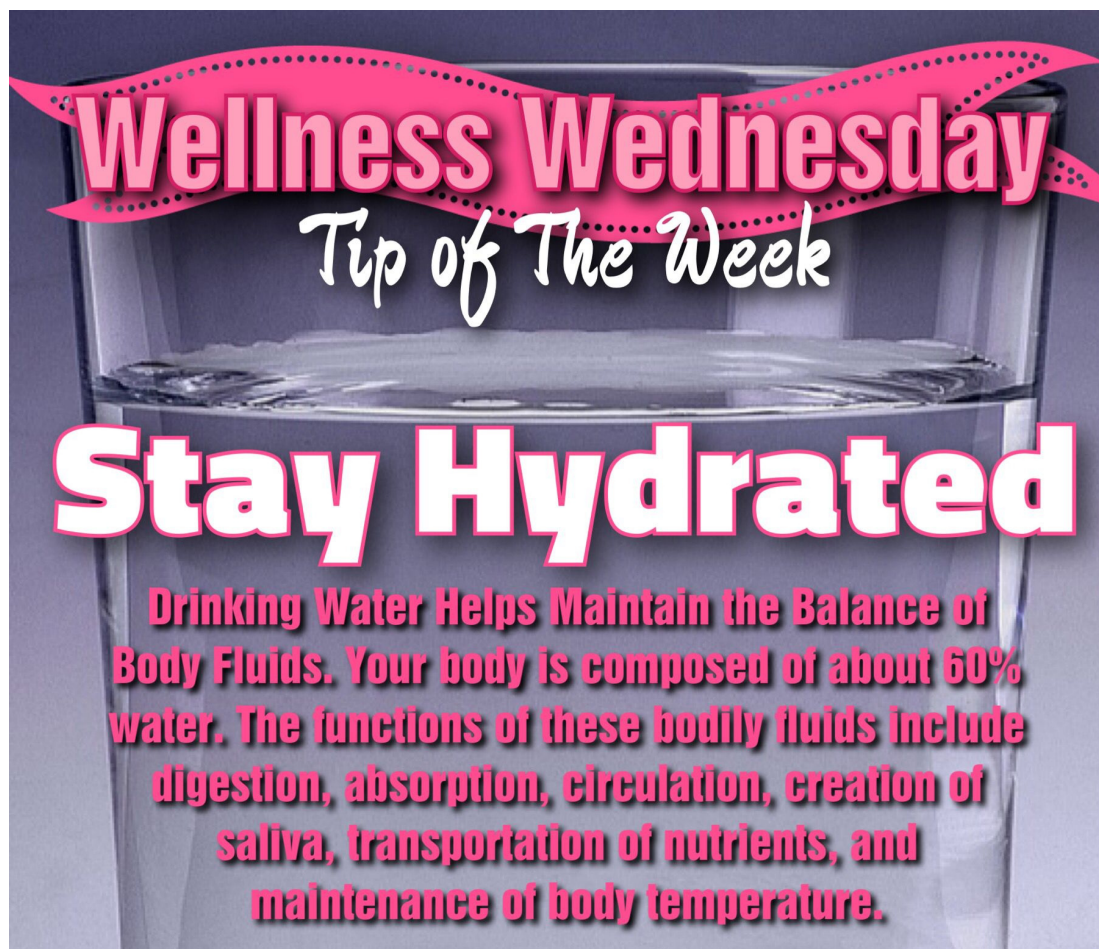
Hey Dragons! You're all invited to be part of a new club launching this hexter at Centennial. We will hold meetings for the GSA Club on Tuesdays at lunch in Google Meets. GSA stands for Gay-Straight-Alliance, and we are an LGBTQIA themed club seeking to create connections and relationships across the expressive spectrum. If you are interested in being part of this community, regardless of your personal form of expression, join our google classroom with join code: rs5enbg. From there, every Tuesday, you can just link into our meeting during lunch from the google class stream. Talk to Cassidy if you have any questions. Hope to see you there NEXT WEEK on Tuesday for our first meeting (September 8th).

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



Wellness Wednesday
Tip of The Week

Stay Hydrated

Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

PERFECT *Attendance*

Adam Cline
Hayden Darder
Brooklyn DeTienne
Carlee Dowd
Aj Garcia
Peyton Jesse
Macie Kepler
Piper Levinson
Fiona McPhail
Maria Muniz
Olivia Pawlikowski
Jamie Starr

STAFF HIGHLIGHT

blythe johnson

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

SO MANY PEOPLE. I think I would have to start with my grandma on my mom's side of the family though. She died before I was born so I never got to meet her.

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

MLK's I have a dream speech.

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

Pizza.

-If you were an animal what would you be?

A giraffe, for sure.

-Motto or personal mantra?

No fate but what we make (Terminator, anyone?)

-Tell us something about yourself that would surprise us.

I love old movies... Anything Audrey Hepburn. Roman Holliday is my favorite.

-Top three life highlights?

1. Getting married (Feb 2019)
2. Adopting my dog
3. Graduating Grad School

-What are your three most overused words/phrases?

1. OMG
2. Yas
3. You're on mute 😊/ Turn Your Cameras on, please

-What did you want to be when growing up?

The president.

-What is an ability you wish you had?

I wish I had the ability to teleport. It would make traveling much more convenient.

-What is on your bucket list?

So many things. Top of the list right now is to buy a house! Another thing would be to backpack around Europe and go travel around Japan.

-What is the first concert you attended?

Tim McGraw at Frontier Days. My favorite concert I attended was Leon Bridges at Red Rocks. My favorite music festival was Jazz Fest in New Orleans.

-What places have you lived in?

Colorado, Wyoming, South Dakota, Louisiana

-What would you most like to tell yourself at age 13?

Don't grow up too fast. Even though you want to be independent enjoy the time with your family. Relish in the fact you don't have to pay bills. Save your money (I love to shop)

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

Definitely a tiny elephant, rodents freak me out.

-You're happiest when?

I am with my family/friends. When people get my humor/sarcasm. Trying new things. Exploring new places. Eating.





LIVE & LEARN

Regret. It seems to be a fact of life, living with regret: that assignment we didn't get done, that day we slept through our first hour class, the job we didn't take, the fight we wish we hadn't started, the choice of trusting the wrong person, the money we didn't save, the move we wish you'd made, and on and on and on.

That is the predictability of life; there will always be regret. Each hexter, there will be something we will wish we had done differently. Those regrets can be big — getting dropped, moving past 80 on the Anger Scale, not resolving a conflict that forever damages a relationship — or small — not finishing an assignment, moving too fast through a project, being late to class, not replying to an email or TEAMS message. And these small regrets can occur daily and when they do, they pile up.

When we look at our regrets, we can either make excuses, "The Wi-Fi was down." I was working too many hours." Or we can face it, own it, and say, "Nope. These were grade A, 100% authentic mistakes. AND I'm going to do it differently next time."

Looking honestly at our regrettable choices and actions without rationalizing or reframing, we can see that each is a life lesson that helps us to move forward.

Ask yourself: What regrets do you have from first hexter? Did you get weary and tired, and possibly a bit checked out as we neared the end of the hexter? Did that weariness allow you to give up, even just a little? Maybe you could have put more detail on your Bug Board Final project, proofed that Presentation one more time? Were you prompt? Did you set yourself up for success by giving yourself a few minutes in the mornings to log on and wake up before class? Did you complete Quality Work? If the answer is no, or even maybe there could be some regret there for you.

Here is your challenge for hexter two: use those regrets to inform your choices THIS hexter; let your regrets, big or small, motivate and inform your actions and decisions this hexter. Do not wallow in regret from last hexter. But DO sit in the discomfort, just for a short while and CHOOSE to do it differently this hexter, sit with it long enough to gain some understanding of yourself and your choices. You can ask, "What motivated me? What was I hoping for?" Or "What was I avoiding?" What didn't I want to feel?"

From these answers you can learn how not to repeat the same mistakes second hexter; that is the beauty of our hexter schedule – every six weeks you get a refresh, a restart and an opportunity to take those regrets and turn them into wisdom.

So, instead of telling yourself your life a live where you have "No regrets!" "Yolo!", live a life where you learn from your regrets.

Warrior On, Dragons.