



CENTENNIAL HIGH SCHOOL

DRAGON NEWS



Principal Letter

Hello Everyone,

The school community is coming back to school, well sort of!! Plans are well under way for the return of the students to classrooms in Phase 3 (A/B Mode - see ParentVue to know if your student is A or B) on Tuesday, February 16. First period starts at 8:00. Masks are required covering mouth AND nose and we will check temps on everybody entering the school. If you are not feeling well don't come to school, make a call, and problem solve. Phase 3 allows for some grace for legit reasons. Teachers are planning mask breaks their classes, and please bring a refillable water bottle. There is a bottle fill station in each building.

Masks on, stay six feet apart, sanitize your hands is our way of living these days and is paramount at school. Did I hear you ask how you can help? Thank you for asking 😊. To keep school open and cut down the odds of passing the COVID virus, keep everyone safe, and keep from quarantining, we ask that outside of school activities follow the same protocols we use at school. The virus is real, if we are going to be on campus keeping safe and following the latest anti-virus rules the situation is so much more favorable if we follow the rules all the time.

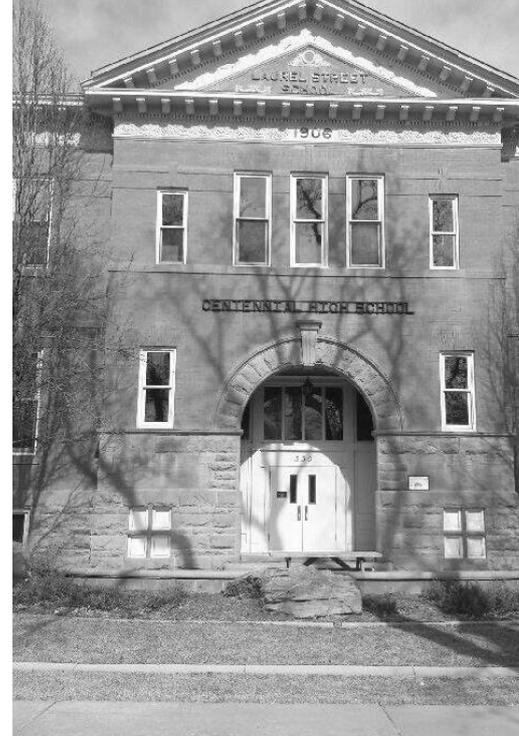
In the event that the entire school population has to quarantine, or go home for ten days due to outbreak, plan on finishing Hexter 5 in remote mode. Jumping back and forth as a school is chaotic. We strive for consistency at Centennial in every way we can.

The current situation has thrown the old curve ball at our worlds and in this context schooling. Please hear me loudly that in general the staff and students have recognized the situation and adapted to the mode. I am impressed with the high number of perfect attendance and ALL A's students, as well the students that are grinding day to day to complete their classes. Some students have not adapted and struggled. Those students have skills and are encouraged to use their voices to gain support academically and emotionally.

We will do our best,
Mike
Principal
Centennial High School

February 2021

**HEXTER 5
NEWSLETTER
970.488.4940**



Resources

ATTENTION 2021 Graduates!

**For Cap and Gowns go to [Jostens.com](https://www.jostens.com)
Orders are due February 18th**

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.



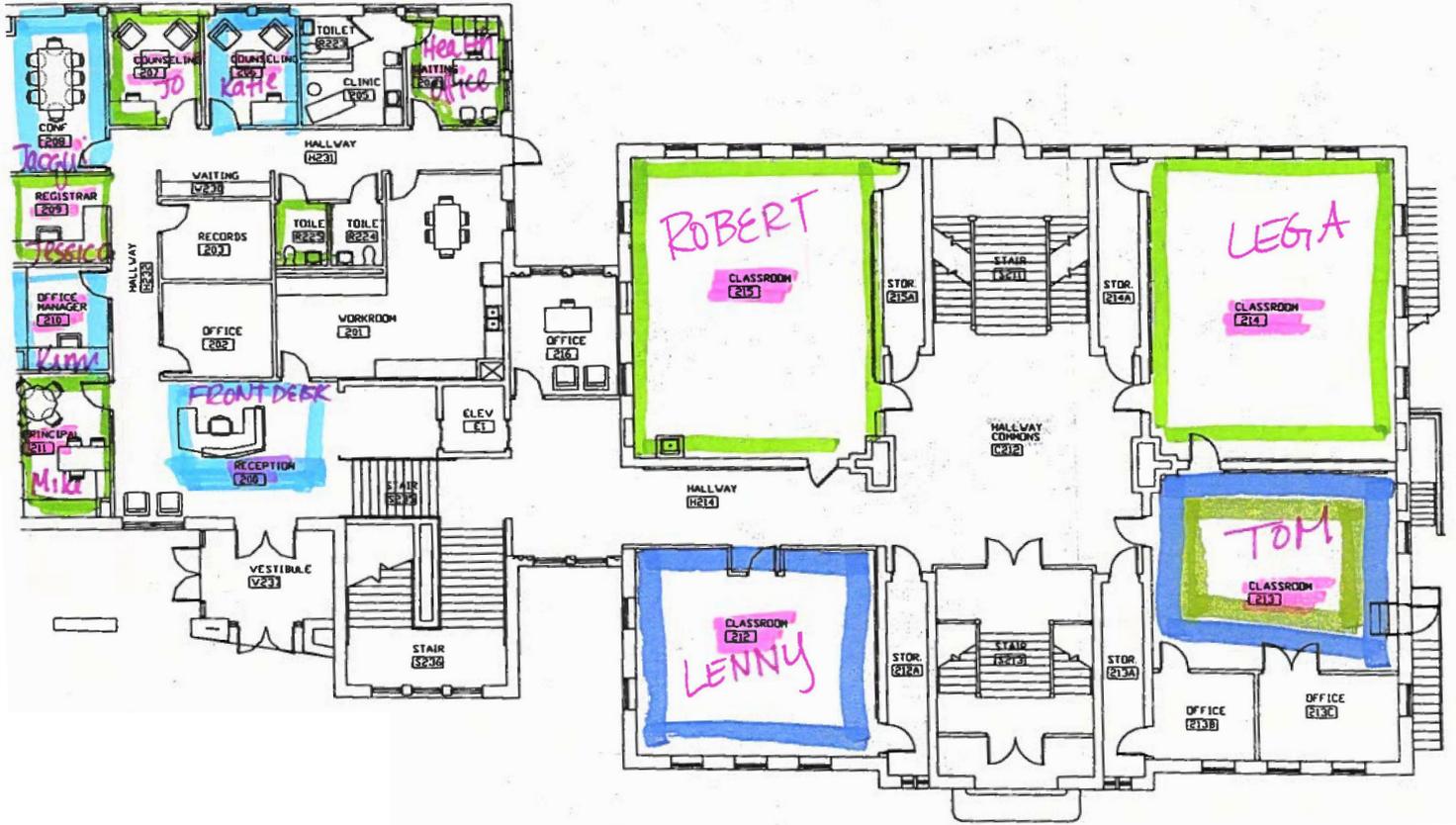
**WEAR
YOUR
MASK**

**WATCH
YOUR
DISTANCE**

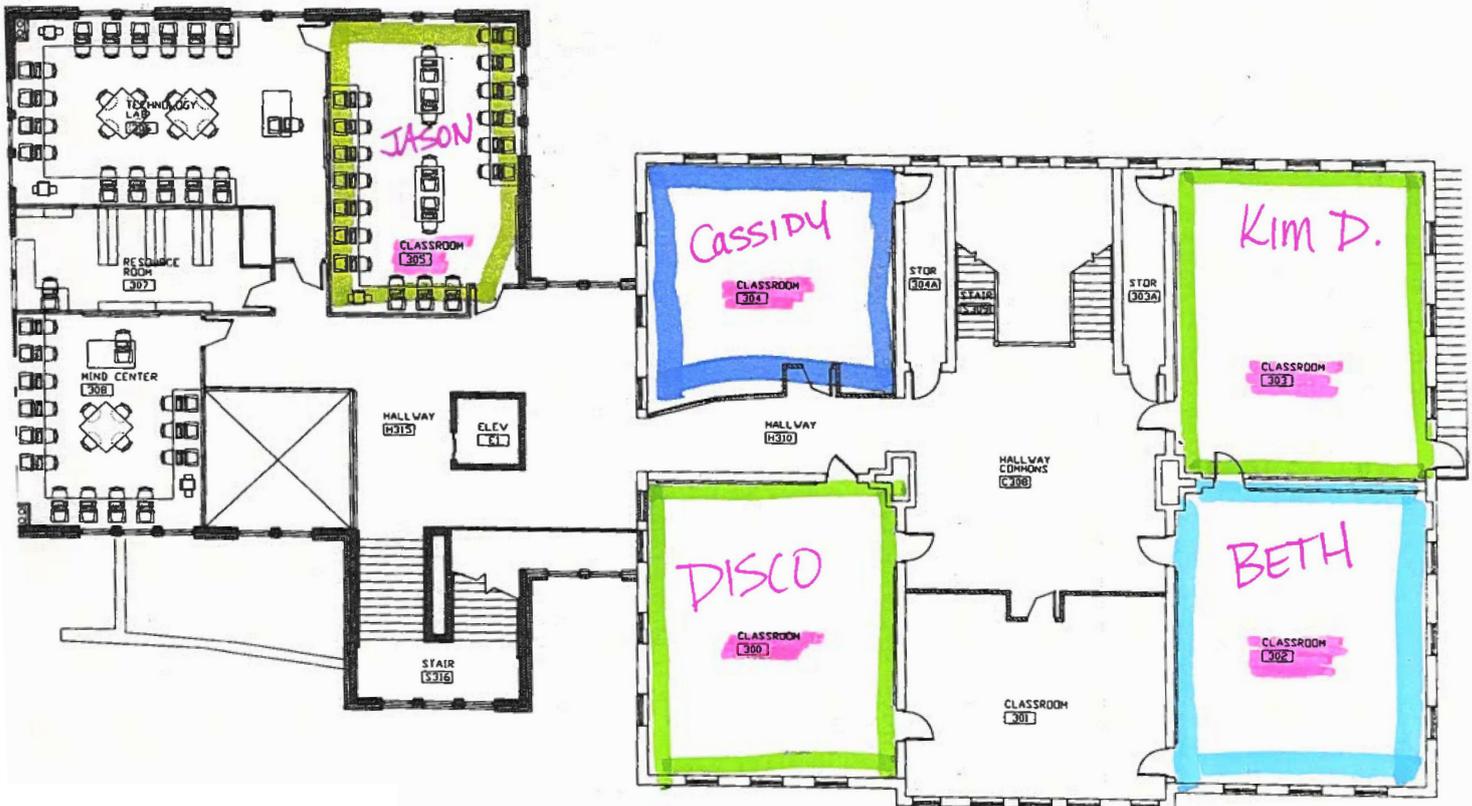


**WASH
YOUR
HANDS!**

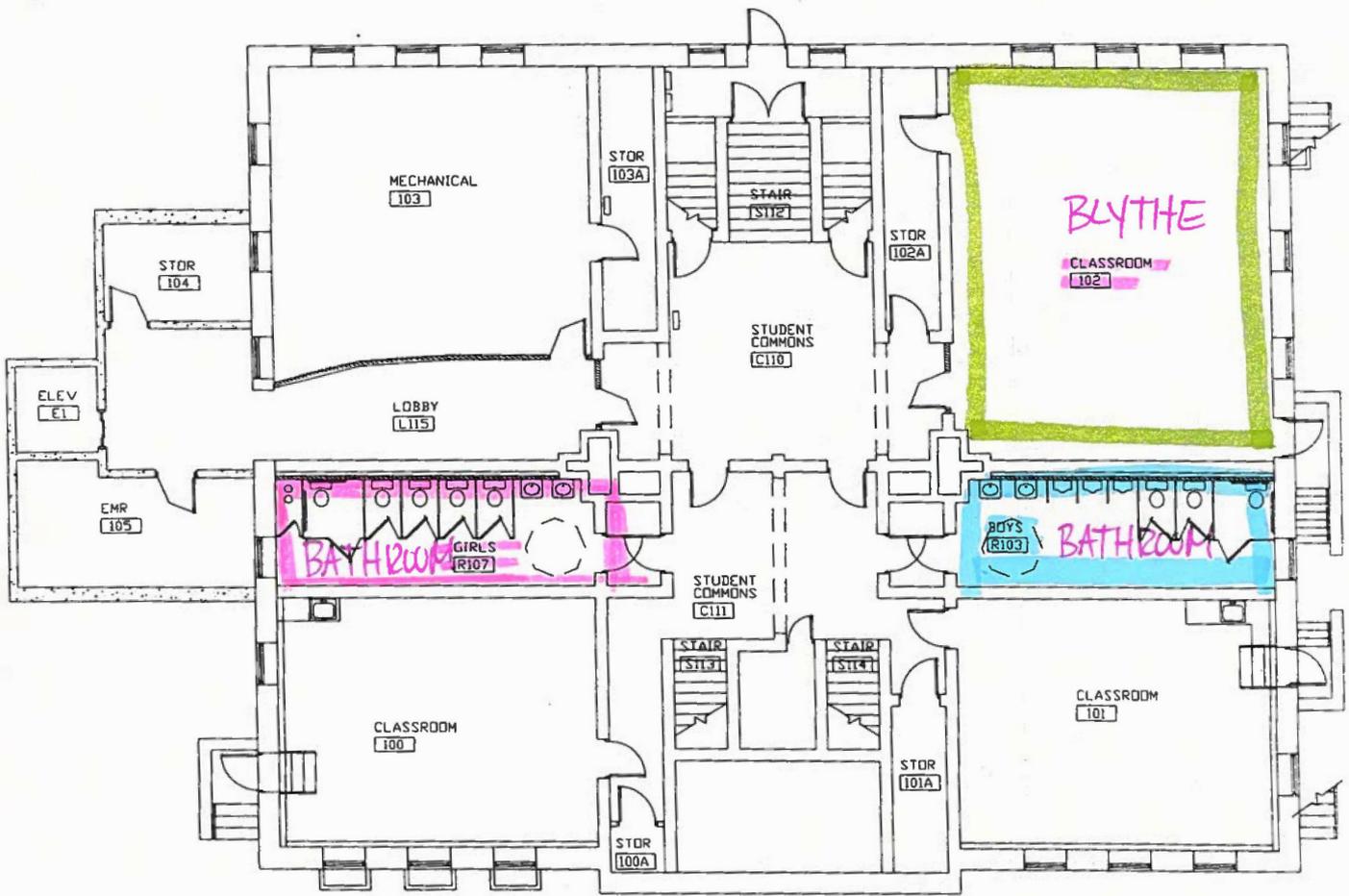
Not sure where to go?



Centennial First Floor



Centennial Second Floor



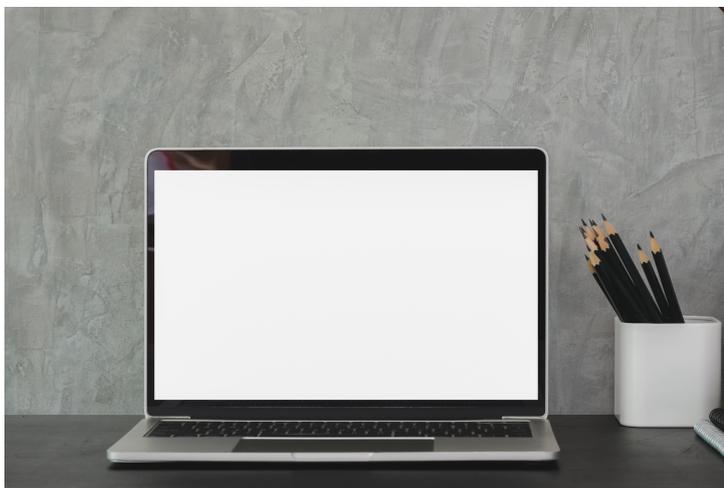
Centennial Basement



Centennial Annex

Tech TIPS

AND TRICKS



Before February 16th fully charge laptop and restart when you arrive at CHS on the 16th!!

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

[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.

COVID Testing

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

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



Self Care Tips brought to You by The HEALTH and WELLNESS CENTER

Self Care Tips Brought to You by The Health and Wellness Center

The Health and Wellness Center staff are in the building Monday-Friday to support students' medical and mental health needs!

In turbulent times, finding time to take care of ourselves is often the last thing on our minds. We defined self care in the last newsletter (taking an active role in our well-being, health, and happiness; particularly in times of stress) and how prolonged stress can impact our bodies and minds causing symptoms such as headaches, irritability, fatigue, digestive issues, muscle tension, and even anxiety and depression. We also talked about tips to add self care into daily life: 1) Find your "why." 2) Start with a small goal (seriously, like 30 seconds). 3) Find things that feel good and do them.

Most of us did not become self care, yogi gurus this last 6 weeks, most likely. Maybe you practiced self care a few times, maybe you started off the first week strong and then life got in the way, maybe you didn't find time to do it at all. That is okay! In fact, let's just practice some self care now.

2-to-1 Breathing: This is a breathing technique in which you make your exhale twice as long as your inhale. Lengthening your exhale reduces cortisol production in your brain, cortisol is our body's stress hormone. Cortisol is useful if we are in a dangerous situation or need some extra energy to give a presentation in class, but too much of this causes the symptoms we stated above (headaches, anxiety, etc). So by exhaling longer than you inhale, you are telling your brain that you don't need the extra cortisol, and therefore decreasing those symptoms. Let's try it.

- 1) Sit or stand comfortably. Notice your feet touching the ground.
- 2) Breathe in through your nose and send the air all the way down into your belly (put a hand on your belly if you are not sure if you are doing it or not. Pro tip: breathe slowly).
- 3) Breathe out slowly (preferably through your mouth) and feel your belly fall as the air leaves. You may notice it was easier to take a deep breath by breathing into your belly.

4) Now let's try it with the breathing pattern:

Breathe in slowly for 4 seconds

Now breathe out slowly for 8 seconds

Try it for 2-3 breath cycles to start

What did you notice?

Try this anytime you feel like it and don't forget to stop by to see Aliza, Alyssa, and Thia for more tips and support. Sometimes self care also means getting support when we need it! Stop by the clinic, ask your school counselors about us, or call us at 970-488-4950.



CHS Calendar

February Birthdays

Brooklyn Janie Waters Rylee Jayden
 Ramon Marisa Julian Evan MD
 Jerry Lega Aliza

Tuesday, March 23rd Orientation 1 & 5:30pm

Click here for the [Bell Schedule](#)

Hexter 4, 5, and 6 Calendar

Monday, February 22 is a remote learning day

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 st 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

Beth's Famous Olive Dip*



1 can black olives finely chopped
1 small jar green olives finally chopped
1 block feta cheese crumbled
Garlic to taste
A little bit of olive oil
Mix to combine but don't over mix

*Technically this is my cousin Kim's recipe. She got it from her college boyfriend's mother, and so on...

SCHOOL MEALS



Breakfast will be served from 7:30-7:55am and for Discovery students until 9:10am

Breakfast and Lunch are free for all students the rest of the school year!

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 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	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

STRESS BUSTERS & THE NEST

The "NEST Online" remains to be open to all students as we navigate back to Hybrid learning.

If you think you need a brain break or want to hone in on your skills for mindfulness, simply click on this link;



https://docs.google.com/presentation/d/1y9ECqqdl3Df1mLuKrbk8hAM5iohD6lRlpxc5goSWxM/edit#slide=id.g9877fb26ab_0_0r

or follow the address to the "NEST online" for interactive mindfulness skills and activities.

Our goal is to open the NEST sometime soon as we start to return to school this spring.
Keep breathing
JO



Driving to school? See the front desk for a parking permit!!

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)**

STAFF HIGHLIGHT

Tom Pape

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

I know that it is probably cliché, but I would love to meet Abraham Lincoln. We don't know what he sounded like (except for written accounts), and I would be fascinated by what he would have to say about his reasoning for making some of the decisions that he made regarding the Emancipation Proclamation, some of his decisions about dissenters during the Civil War, and to just get a feeling for the type of person he was.

If I could witness any historical event, I would choose to witness the very first presidential inauguration of George Washington back in 1789. Was it anything like how they recreated it in the HBO series, John Adams? I would be curious. It was an important event in our history...I would also like to attend the inauguration of Thomas Jefferson in 1801, the first time we ever had a change of leadership that was accompanied by a change in political parties being in charge. It almost didn't go so well this year, and I would like to have seen how smoothly it went back then.

What I wanted to be when I grew up was a cartoonist or a graphic artist. A far cry from a history teacher, but I was fascinated with animation and Walt Disney...and I loved cartoons!

On my bucket list:

Vacationing in Europe and visiting a lot of the sites I teach about in humanities class.

First concert I attended:

The Go-Go's at Red Rocks in 1982...warm up act was Tommy Tutone!

I don't think it was a **weird job**, but it was certainly unique: candy maker. I made everything from hard candy to salt water taffy to turtles and chocolates. Looking back, it was probably the best job I have ever had...because I got to work with my dad.

I have **lived** in Palatine, Illinois (1964-1974); Loveland, Colorado (1974-1997); Sheridan Lake, Colorado (1997-2015); and back to Loveland, Colorado (2015-present).

I would rather be a **tiny elephant**...because even a tiny elephant is a heck of a lot bigger than a giant hamster.

I am **happiest** when I am with my family.

Personal Mantra: Treat others the way you would like to be treated.

Tell myself at age 13: Invest in Microsoft or Apple, and use Rogaine.

One meal for the rest of my life? Lasagna

Top three highlights:

My hand accident in 1981 (it was a pivotal moment...not really a highlight); my first day as a full-time teacher in August of 1997; and the day I got married to Megan (August 15, 2015).

