

CENTENNIAL HIGH SCHOOL

DRAGON NEWS





Principal Letter

Students, Parents, Guardians,

Hexter 6 will be exciting as we move back to full time Face to Face schooling. The schedule for the last hexter of the year opens with some irregularities, so please look at the enclosed schedule closely. It is a mix of state required testing, shortened classes, a graduation, and different lunch times.

We anticipate most of our classrooms will have 10 or more students in each room. We will require masks are worn at all times and create as much distance as possible in each classroom. We ask that students try to not arrive on campus before 7:50, unless they would like to pick up some breakfast items. Breakfast is served at 7:30 each day.

If a student does not feel well in the morning and has minor symptoms that could possibly be transmitted, we ask they call into school by 8am and stay home. Each teacher will look for at-home students, and please know that we will try not to leave anybody out while making the students in class a priority. Student safety is a priority for us as always, and the balance with teaching and learning is tricky. I think the staff at Centennial has done a wonderful job during these times to support and teach and hold to our culture of high expectations. They are a great group.

We are planning a graduation ceremony at Timberline Church in the large room due to the Lincoln Center deciding to not allow large groups inside. Most likely the capacities at any indoor gathering will mean we will limit guests to 4-5 per graduate. Tickets will be issued and admittance will require a ticket. Our tradition of a formal graduation ceremony is our goal. We aim to send our Dragon graduates into their next vision with the dignity and respect they have earned. More details will be coming in May.

As always, my door and phone are open to meet the needs of our school community. Please contact me if you have questions or concerns.

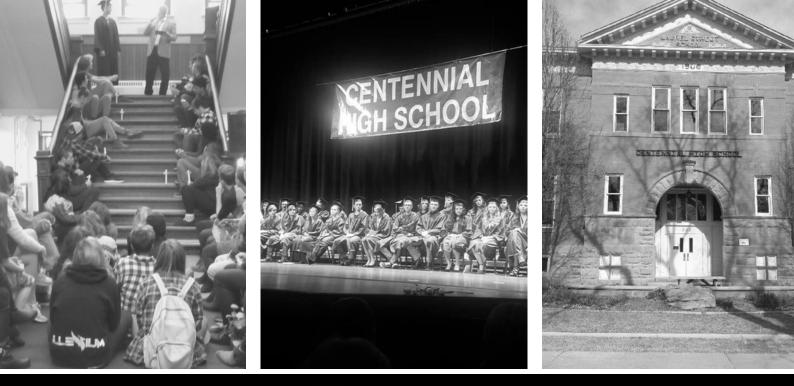
Mike Principal Centennial High School 970-488-4943

April 2021 HEXTER 6 NEWSLETTER 970.488.4940

Bell Schedule

START OF 6TH HEXTER DETAILS

DATE		EVENT	SCHEDULE
MONDAY, 4/12/21		NO SCHOOL	
	TUESDAY,	SAT 11	 7:30 TO 12:00 (for 11th graders) (lunch provided after test)
	4/13/21 FIRST DAY OF 6 TH HEXTER	9 TH , 10 TH & 12 TH GRADERS ON CAMPUS BY 1:00 PM 6 TH HEXTER ASSEMBLY 1 ST PERIOD 2 ND PERIOD 3 RD PERIOD	1:00-1:20 1:25-2:10 2:15-3:00 3:05-3:50
4- PUS	WEDNESDAY,	PSAT 9 & 10	 7:30 TO 12:00 (for 9th & 10th graders) (lunch provided after test)
CHS MOVES TO PHASE 4 ALL STUDENTS ON CAMPUS	4/14/21 EARLY RELEASE	11 TH & 12 TH GRADERS ON CAMPUS BY 1:00 PM • 4 TH PERIOD • 5 TH PERIOD • STAFF MEETING	1:00-1:55 2:00-2:55 3:10 PM
DEN		ALL STUDENTS ON CAMPUS	STAIRWAY SCHEDULE
CHS MOVES ALL STUDENT			
CHS MI ALL STU	THURSDAY, 4/15/21 STAIRWAY GRADUATION	 1ST PERIOD 2ND PERIOD 3RD PERIOD LUNCH 4th PERIOD 5TH PERIOD STAIRWAY GRADUATION (5TH HEXTER) 	8:00-9:15 9:20-10:35 10:40-11:55 11:55-12:25 12:25-1:40 1:45-3:00 3:05 (EAST LAWN)
CHS M ALL STU	4/15/21 STAIRWAY	 2ND PERIOD 3RD PERIOD LUNCH 4th PERIOD 5TH PERIOD STAIRWAY GRADUATION 	9:20-10:35 10:40-11:55 11:55-12:25 12:25-1:40 1:45-3:00



Resources

ATTENTION 2021 Graduates!

Hey Graduating Dragons, here are two CHS scholarships to fund your future. Complete the application and TCB to get some \$\$ for college or trade school! You won't get \$\$ unless you apply!

- 1. Rotary Scholarship- Due April 20th
- 2. Discovery Scholarship- DUE May 1st

Both of these are for CENTENNIAL Students. It's worth it to apply. See Katie with questions.

Katie will email you the application or it is on her learning page under "Scholarships"

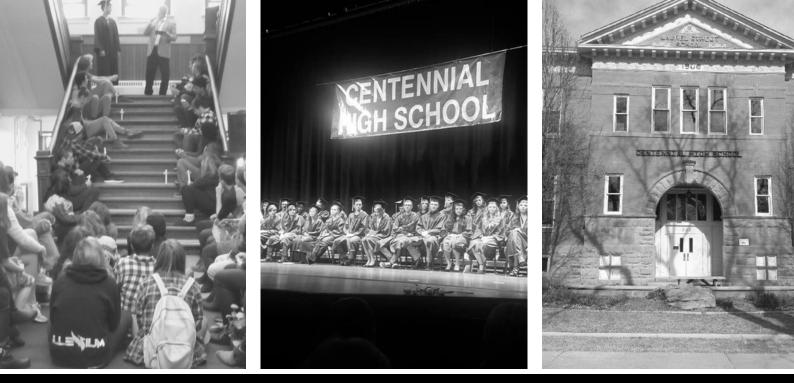
SENIOR LUNCH ACCOUNTS

Seniors -As you are preparing for the end of the school year, please remember to check your lunch account balances. For those seniors with money in their account, you have a few options. •Request to transfer balance to a sibling

·Request a balance refund

•Request to donate balance to help provide meals for students during the school closure All requests should be emailed to mwallace@psdschools.org.Please include senior's name, siblings name for transfers and address information for refunds.

Wednesday, May 19th is the Rose Ceremony at 7 pm at Timberline Church



Additional Resources

TESTING

Tuesday, 4/13, 11th graders need to be at CHS at 7:30 to take the SAT **Wednesday, 4/14,** 9th and 10th graders need to be at CHS at 7:30 to take the PSAT.

*Get a good night's sleep, eat breakfast and come ready to show your skills!

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): <u>https://foodbanklarimer.org/fresh-food-share/</u>

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.

Want to take a Front Range Class in the Fall 2021?? Your tuition is paid for by the school district while you are in high school and you can take any class and get college and high school credit! This opportunity is available for any student while at CHS.

Apply now. Step 1: Apply to Front Range and get your student # (S#) https://www.frontrange.edu/getting-in/admissions/apply-now

Step 2: Fill out the campus select agreement form. https://frontrange.formstack.com/forms/psd_ce_agreement

Step 3: Meet with Katie and she will set you up with an advisor.

Think about the bigger picture and take advantage of this awesome opportunity!





WATCH YOUR DISTANCE



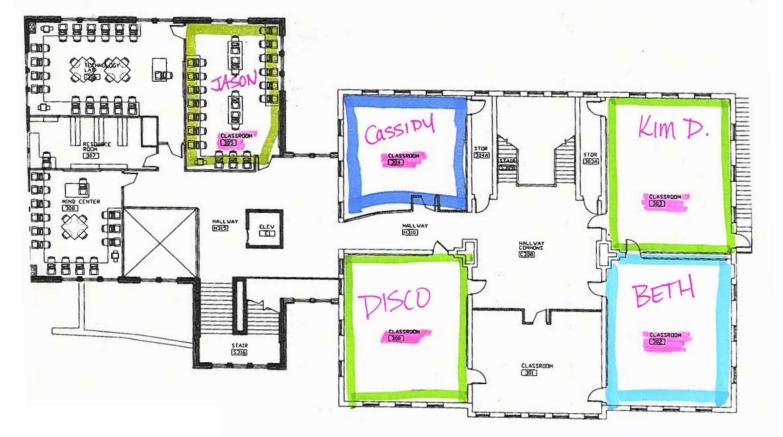




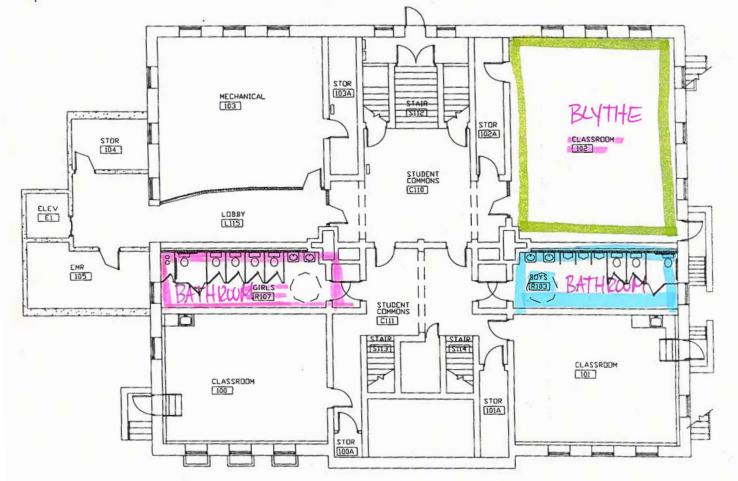
Not sure where to go?



Centennial First Floor



Centennial Second Floor



Centennial Basement



Centennial Annex

Tech

TIPS

AND TRICKS



Restart you computer before April 13th

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 "Typehere to search". Click on the Microsoft Silverlight icon. Choose the Webcam/Mic tab. You will see if Video andAudio 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



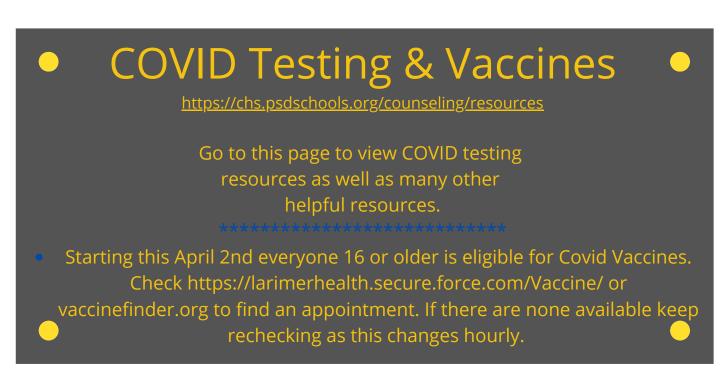
Please log-in to ParentVue and sign the 2020-2021 PSD Code of Conduct. While you are in ParentVue (PVue), please review the Student Info page to confirm the most current contact information is listed. You can make changes directly in your PVue account that we will track & update on our end. Updated contact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



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.





Resilency Typs brought to You by The HEALTH and WELLINESS CENTER

Try these resiliency tips anytime and don't forget to see Aliza, Alyssa, and Thia for more tips and support. Stop by the clinic, ask your school counselors about us, or call us at 970-488-4950.

Resiliency is the ability to bounce back from challenging events. Think of a rubber band that is stretched and stretched, only to bounce back to its usual shape. For people, this may look more like someone facing a difficult situation (stress at school, family issues, friendship/relationship struggles) and although it may really affect someone or push them outside of their limits, they are able to recover from the stressful experience even though it was very challenging. How does someone get resiliency, then?

Our brains are full of connections, neuropathways, which represent our patterns and habits. These are like "express lanes" in our brain. We all have habits that are helpful, and others that are not so helpful. Resiliency is about building more positive, helpful neuropathways... this means we can change our brain with our patterns and habits!

Resiliency can be thought of as three main parts: mastery, connectedness, and regulation.

<u>Mastery</u> is simply any kind of skill, hobby, interest- things we do that make us feel good or that we feel good at. An example would be enjoying art or a sport.

<u>Connectedness</u> is what it sounds like! Feeling connected to people in your life: friends, family, teachers, your school, a counselor, coach, or something else in your community. Many people have felt very disconnected this last year due to covid. How did you creatively connect with people this year? Zoom, social media, spending time with people outside?

<u>Regulation</u> is the ability to identify and manage how your mind and body is doing. This consists of basically being aware of our internal states and knowing how to practice things that are calming and helpful to it. For some people this mean listening to music, taking a walk, staying hydrated, or taking some deep breaths.

These three parts help us rewire our brains to create new positive and helpful neuropathways. We can add these to our lives at any time and experience the benefits. By incorporating mastery, connectedness, and regulation into our lives; we can increase our resiliency so that we "bounce back" from stress and challenging events more easily.

Need some ideas? Check out this list of 50 coping skills (can you figure out which ones are mastery, connectedness, and regulation? Some may even be a mix of all 3!):

50 COPING Skills

1. Take Deep Breaths 26.Do Something You Love Take a Quick Walk 3. Practice Yoga 4. Stand Up and Stretch Listen to Music Use Positive Self-Talk Say Something Kind to Yourself 8. Talk to a Friend/Family Member 9. Close Your Eyes and Relax 10, Visualize Your Favorite Place 11.Think of a Pet You Love 12.Think About Someone You Love 13.Get Enough Sleep 14.Eat a Healthy Snack 15.Read a Good Book 16.Set a Goal Write in a Journal 18.Doodle on Paper 19.Clean Something 20.Meditate 21.Donce 22.Write a Letter 23.Make a Gratitude List 24.List Your Positive Qualities 25.Do Something Kind

LifeWays

27.Hug a Stuffed Animal 28.Play an Instrument 29.Take Pictures 30.Schedule Time for Yourself Write a Positive Note 32.Write a Story 33, Write a Poem 34.Drink Cold Water 35.Write a Thank You Note 36.Count to 100 37.Compliment Yourself 38.Laugh 39.Smile in the Mirror 40.Learn Something New 41.Notice 5 Things You Can See 42.Use a Relaxation App 43.Cook or Bake 44.Plan a Fun Trip 45.Identify Your Emotions 46.Express Your Feelings 47.Make Your Day's Schedule 48.Make a List of Choices 49.Ask for Help 50.Organize Something



<u>CHS Calendar</u>

April & May Birthdays

Andrew Darby Karla Jack J Jack M Grayson Chris Garrett Ian Esme Dalton Jamie Camron Peyton Lily

Hexter 4, 5, and 6 Calendar

Monday, April 19 is a remote learning day

January 2021						
Su	Μ	Τu	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	Su M Tu W Th F						
	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						
	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	Μ	Τυ	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

Easy Creamy Garlic Mashed Potatoes

5 lbs Potatoes-Russet or Gold are good 8 oz Cream Cheese 1 c Sour Cream 1 stick of butter Butter/Margarine Milk (if needed) Garlic Salt Pepper

Chunk potatoes into approx. 1" cubes. (for Russet take off the skins, for Gold leave them on) Boil water in a large pot. Potatoes will need at least an inch of coverage in boiling water, and more is better CAREFULLY lower in the potatoes to the rapid boil (use a

large soup ladle and lower them in to avoid splashing). Bring back to a boil and boil uncovered for approx. 15-20 minutes. Pull out a chunk (did you keep that handy soup ladle?) and check with a fork. The potato should crack easily, but not be mushy. Do not overcook. Pour off hot water (if you're doing a soup, this water is great as a thickener) Mash or rice (look it up) the potatoes.
Be Careful in this next part to not overwork the potatoes. Just get a good mix without turning it to mush. Put potatoes over very low heat and throw in the cream cheese. Split it into smaller pieces so it heats up more quickly. Gently start working into the potatoes. Next the sour cream Be ready to start tasting in increments. Go light on the butter, garlic salt and pepper to start Start with just a couple of tablespoons of butter and a couple of shakes of seasoning. Add more to taste IF the potatoes are to your liking and a good consistency ... serve IF they're a little dry, add just a touch of milk Adjust recipe to suit

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.

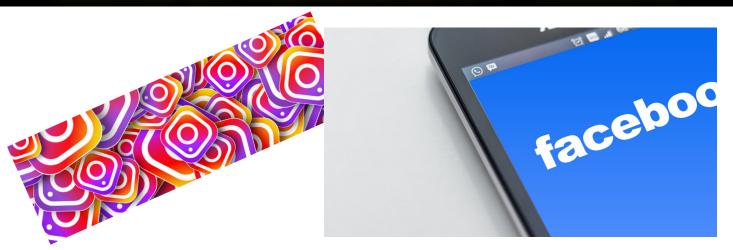
ACE SCHOLARSHIP APPLICATION IS NOW AVAILABLE!

ANY GRADUATING SENIOR WHO HAS EARNED CREDIT IN ANY ACE CLASS OR EARNED WORK CREDIT AT CENTENNIAL DURING YOUR TIME HERE IS ELIGIBLE FOR A \$500 SCHOLARSHIP. TO APPLY, CLICK THE LINK AND READ THE INSTRUCTIONS. CHECK IN WITH CASSIDY IF YOU HAVE QUESTIONS. APPLICATION MUST BE SUBMITTED NO LATER THAN APRIL 30, 2021 AT 12:00PM. CLICK HERE TO ACCESS THE ACE SCHOLARSHIP APPLICATION. LOTS OF INFO, INCLUDING THE APPLICATION, JOB

HUNTING TIPS AND RESUME WRITING RESOURCES, CAN BE FOUND AT CASSIDY'S TEACHER WEBSITE AS WELL.

LIKE US ON FACEBOOK - CENTENNIAL HIGH SCHOOL FOLLOW US ON INTAGRAM _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") Le	ega <u>https://sites.google.com/psdschools.org/chs-learning-la-lega</u>
Ms. Beth Lewis-Rypma	https://sites.google.com/psdschools.org/chs-learning-la-beth
Jerry Kreisher	<u>https://sites.google.com/psdschools.org/chs-learning-pe-woodshop-jerry</u>
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) Leonaro	d <u>https://sites.google.com/psdschools.org/chs-learning-math-kristin</u>
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/1y9ECqqdl3Df1mLuKrbk8hAM5iohD6lRlipxc5goSWxM/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 IO



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

<u>Getting Started with Parent Vue:</u>

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.

STAFF HIGHLIGHT

kristin "lenny" leonard

-What is on your bucket list?

To live on a boat and visit every National Park in the United States

-Motto or personal mantra?

Climb High. Think Big. Take Chances.

-What places have you lived in?

Illinois, Iowa for college, and then here to Colorado

-You're happiest when?

I am helping other humans or sleeping under the stars.

-What did you want to be when you were growing up?

A teacher

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

How life formed on planet Earth



ATTENDANCE

CHS Attendance Policy for H6

2 Absences in any class = Counselor Check-in:

•not a contract

·time to check in about life, credits, school, etc

·heads up that you are 1 away from a contract

3 Absences in any class = Attendance Contract:

*Our attendance policy is not punitive - it's all about problem-solving:

·I find you, you find me.

 \cdot RL =TEAMs message and shared PS on Docs to be completed by the end of the day you go on contract.

·Problem = you're at 3 absences

•Solutions = how can you attend regularly for the remainder of the hexter?

A TU = ½ an absence, so TWO TUs = ONE U

·1st hour – 1-9 minutes = TU, 10 min or more = U
·2-5th hours – 2 min late = TU, 3 minutes or more = U

4 Absences in any class = a drop from that class

•You can be dropped from 1st hour or 5th hour and KEEP your middle of the day schedule. •If dropped from 2nd, 3rd, 4th hour --- you lose your entire schedule.

·MP

•6th hour

Reentry

·Drops push graduation back!

COVID INFORMATION:

DO NOT COME TO SCHOOL if you are feeling sick!

!! The illness must be COVID related (not too tired, not nauseous b/c you didn't eat breakfast. Follow these STEPS in order:

- 1. Call the front desk 488-4940 BEFORE 8 am that morning. Qs asked: symptoms, start of symptoms.
 - a. No call = U for the day, but still, log on!
- 2. After you call the front desk, message/email ALL teachers to let them know you will be RL that day.
- 3. Log in to classes on TEAMs
- 4. If your symptoms resolve in 24 hours (must be 24 hours symptom-free) you can return to campus. If not, we may need to put you on a 7-day RL and get a COVID test.