

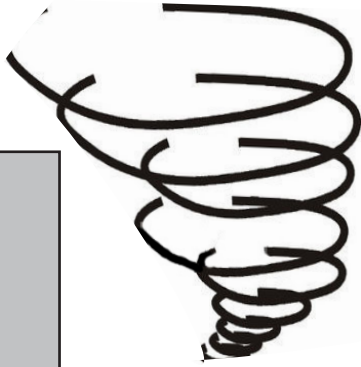
Centennial Middle School

Cyclone News



February 2009

PRINCIPALLY SPEAKING



THIS ISSUE:

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Wow, has the 2008-2009 school year gone by fast! We are already into the second month of the second semester! This may be a good time in the school year to remind your children to remain focused and diligent in their schoolwork here at Centennial

Middle School. Speak to your children about their academic progress, how you can support them, and ask about the social aspect of their school day. Encourage them to take pride in their class and to have a sense of integrity about their class work and homework. Teach them to advocate for themselves by encouraging them to work closely with their teachers to get unanswered questions answered. Talk with your child about the social aspect of being a teenager and how they can handle themselves in school and in community settings. Reinforce the Centennial values of Respect, Responsibility, Integrity, Safety and Empathy.

In the upcoming weeks, March 3-5 and March 10-12, Centennial students will be participating in the Colorado Student Assessment Program (CSAP), as mandated by the Colorado State Legislature. The purpose of CSAP is to provide a picture of student performance over time on state academic content standards. New this year: each student will receive a growth median score, which will show how much a student improves in comparison to the score from last year. As a school, we value CSAP, and we look forward to seeing how our students perform individually and as group. CSAP assessments in reading, writing and math will be administered to all students. CSAP assessments in science will be administered to eighth grade students only. All students need to complete the whole test as required by law to receive a grade. All student absences during the CSAP test period will require a mandatory make-up session during the student's subsequent return to school. Centennial teachers take great pride providing a quality curriculum and learning experience for our students. Thank you for supporting our school in the CSAP assessment. Should you have any further questions about CSAP testing, please do not hesitate to call me.

Arena Parent Teacher conferences are scheduled for Tuesday, February 24, from 4:00 to 6:30 pm. If you would like to meet with your child's teachers, please come to school during these times. A listing of locations for teacher conferences and teacher times will be sent home with your student.

As always we feel honored to serve your children each day and appreciate your continued support of all of us at Centennial Middle School. Thank you!

Cheryl Scott
Principal

A FEW WORDS FROM MR. MEYER ...

As we move through the winter months, our school community is working together to provide a safe and vibrant learning environment for all students. Thank you for all of your support as we progress through the school year.

Has your student received a Greenback?

Centennial has adopted "Positive Behavior Support" (PBS) as a means of continuing and maintaining our positive school climate. PBS is a broad range of systemic and individualized strategies designed to encourage positive expectations and prevent problem behavior so that every student may achieve important social and learning outcomes in a safe and welcoming environment. As we implement PBS, we are planning and refining the following components:

Expectations for student behavior are defined

- Positively stated expectations are developed that apply to all students and adults, in all settings, in our community. These expectations are based on our ongoing Centennial values: "**R²ISE**" – **Respect, Responsibility, Integrity, Safety, Empathy**
- We are developing a matrix describing these behaviors which we will bring to students in the coming months.
- Expectations will be posted throughout the building and in all settings.

Expectations are taught

- Expectations are developed and adopted by all staff and taught to students.
- Staff consistently encourages and reinforces students to have positive behavior in all settings.
- We will have monthly meetings, beginning on October 30th, with students in small groups, teaching our values and our positive expectations.

Positive behavior is acknowledged

- Staff and students will acknowledge positive behavior on a consistent basis.
- Students may receive praise for following positive expectations and they will receive "Greenbacks" to be recognized for their behavior
- Greenbacks will be gathered for regular drawings for acknowledgement and prizes.

Elsewhere in this newsletter, please look for our matrix of expectations and review them with you child. We are excited to continue to refine our practice to provide the best experience for your child and your family as you progress through the middle school years.

Sincerely,
Chris Meyer
Assistant Principal

Cyclone Citizens

Each month, Centennial teachers and staff have the opportunity to nominate one or two students as Cyclone Citizen. Students who are chosen exemplify Centennial R²ISE values and contribute to a positive school community. Each nominee receives a certificate, some small prizes, and their photo taken with the nominating teacher, which is then posted in the display case at the front entrance. Congratulations to all those individuals who have been chosen Cyclone Citizen so far this year!

Beeman, Aly
Boynton, Jackson
Burton, Darren
Castruita, Javier
Castruita, Melisa
Chavez, Andrea
Cruz, Karla
Crystal, Tayler
Davidson, Claire
De Reuck, Tasmin
DiRito, Luke

Dorado, Ian
Efe, Joshua
Enríquez, Gerardo
Ferguson, Zach
García, Ruben
Hammell, Tegan
Hoaster, Caroline
Huettel, Leo
Lemus, Itzel
Neitzel, Erin
Orbach, Ryan

Patten, Molly
Priegel, Cassidy
Rosol, Johnny
Sánchez-Díaz, Jasiel
Schoech, Hunter
Spear, Evan
Spitz, Ben
Sutherburg, Sarah
Tabler, Ryan
Whisler, Talon
Zavala, Brandon

Positive Behavior Support (PBS) At Centennial

PBS is a broad range of systematic and individual strategies to encourage positive behavior and prevent problem behavior with all students so that they may achieve important social and learning outcomes! With our focus on PBS, we are working to clearly define positive student behavior and teaching these expectations in a direct manner. Additionally, we acknowledge the behavior as we see it throughout the day!

Centennial Middle School

We R²ISE with Positive Expectations!

R²ISE	CLASSROOM	LOCKER BAY/ HALL	LIBRARY	CAFETERIA/ PLAYGROUND	LOCKER ROOM
Respect	<ul style="list-style-type: none"> Follow directions Actively listen to others Clean-up your area Take care of school property Allow others to learning without distractions Respect individuality 	<ul style="list-style-type: none"> Respect others space Be friendly Say hello to people you do not know Use appropriate language 	<ul style="list-style-type: none"> Work quietly. Treat materials gently 	<ul style="list-style-type: none"> Listen to adults Keep food/drink in cafeteria Wait your turn in a single line 	<ul style="list-style-type: none"> Walk Wash clothes Wash hands
Responsibility	<ul style="list-style-type: none"> Be on time Bring materials to class Actively participate and pay attention Turn in work on time Be organized 	<ul style="list-style-type: none"> Keep combination a secret Keep locker and locker area clean and organized Use inside voices 	<ul style="list-style-type: none"> Return books on time Use computers for school related activities 	<ul style="list-style-type: none"> Clean up your area Put trays away Make healthy food choices Return passes 	<ul style="list-style-type: none"> Use kind words Only your own items
Integrity	<ul style="list-style-type: none"> Ask questions and self-advocate Do your own work– “Academic Honesty” Ask for help when needed Celebrate diversity Encourage others 	<ul style="list-style-type: none"> Be positive Apologize for mishaps Prevent bullying Clean-up after yourself and others 	<ul style="list-style-type: none"> Pay for your personal printing Report damaged materials 	<ul style="list-style-type: none"> Recycle Invite someone new to sit with you Be truthful 	<ul style="list-style-type: none"> Flush toilets Pick-up your trash
Safety	<ul style="list-style-type: none"> Follow directions and instructions Keep your hands to yourself Keep chair legs on floor Wash your hands/use tissues Hand things to each other instead of throwing 	<ul style="list-style-type: none"> Walk and “swing wide” Be aware of others Keep hands to yourself Move out of locker bay when you are finished 	<ul style="list-style-type: none"> Use computer chairs properly, 	<ul style="list-style-type: none"> Keep hands and feet to yourself Stay in designated and supervised areas 	<ul style="list-style-type: none"> Bring plastic bottles only Keep hands to yourself
Empathy	<ul style="list-style-type: none"> Help other students, when you can Remember that fair is not always equal! Celebrate successes Be a good audience for presenters Give positive feedback to others 	<ul style="list-style-type: none"> Help others if they drop something “Take a Stand” against bullying Help others if they need it – carry books, be on time, etc. 	<ul style="list-style-type: none"> Help others find books and use computers Put things back where they belong so others can find them. 	<ul style="list-style-type: none"> Take a stand if others are bullied Be nice to other students and adults. 	<ul style="list-style-type: none"> Smile! Recycle Let teachers know if you or anyone else needs help

Remember that these are many expectations but this list is not “all inclusive”!

Show our values in all your actions!

Ask your child if they have received a “Greenback” recognizing them for meeting Centennials values and expectations!!

FROM THE ATTENDANCE OFFICE

Dear Parents of Centennial Middle School:

We now have an attendance line you will need to call if your child is going to be absent or tardy to school. The attendance line phone number is (720) 561-2019.

If your child has to leave school during the day for an appointment or any other reason, please send a note with your child indicating when he/she has to leave school during the day. Please let your child know that they have to deliver the note to the main office in the morning. He/she will leave the classroom at the necessary time and they will meet you in the main office. This procedure will ensure fewer interruptions during class time.

To guarantee the safety of all our students at Centennial Middle School, all parents need to come into the office to sign their child in or out of school. Please be prepared to show identification. Thank you for your cooperation. CMS Administration



There is a lot going on in the counseling arena in February and March, much of it directed at next year. You should have received a letter with your child's report card detailing the dates for course selection activities.

High School Course Selection: Important Information

Our current 8th grade will be selecting classes online again this year for 9th grade. A critical date for all current 8th grade students will be February 18 in the Boulder High auditorium. An 8th grade Transition Night will be held to provide parents and students information about high school course selection and the online course selection process. Presentations will be provided in both English and Spanish. The schedule is as follows:

Those students with the last name starting with N-Z should attend from 6:00-7:15 p.m. and those students with the last name starting with A-M attend from 7:15-8:30 p.m. While 8th grade students will receive a presentation regarding high school graduation requirements, college entrance and other information relevant to high school and course selection, this meeting is the ONLY opportunity parents will have to hear this information from BHS staff.

Fairview's meeting is the same night. If your child will be attending Fairview, you should plan on attending their meeting. Please mark your calendars!

Centennial 6th and 7th grade Course Selection

Counselors have gone into 6th and 7th grade classrooms to explain course selection. Any parents who have questions may come to a meeting from 8:00-8:30 a.m. on Thursday, February 12 in the Library. Completed course selection forms will be due on Friday, February 13. Sixth and seventh graders will once again do their online course selections here at school the week of February 16.

Elementary Course Selection and 5th Grade Transition

Counselors will go into the elementary schools the week of February 9 to register 5th grade students who will attend Centennial next year. Parents and students will have two weeks to complete the course selection process. Feel free to contact our Counseling office (720-561-2020) with any questions.

5th graders will be invited to visit Centennial in late April or early May for transition to middle school activities.

CMS Parent Teacher Conference: February 24

On Tuesday, February 24, Centennial will hold arena style parent teacher conferences from 4:00-6:30 p.m. Arena conferences are open to all parents and students and do not require an appointment. Feel free to briefly visit with any or all of your child's teachers regarding your child's progress.

CSAP

CSAP Testing will take place the weeks of March 3-5 and March 10-12 from 9:15 -12:15 p.m. Make-up testing will occur during those two weeks as well as the week of March 16. Please do not plan any family trips, doctor appointments or other absences during this time. If you have any questions or need more information, please contact either Debra Kennedy, CSAP Coordinator or Cheryl Scott, Principal.

Honor Roll and Most Improved

Counselors will host celebrations for Most Improved students (nominated by their teachers) for both 2nd and 3rd quarters as well as 3rd quarter Honor Roll in February, March and April. Third quarter ends on Friday, March 13 and report cards will be mailed home on April 1.

Ms Jones Reading Class

Ms. Jones' reading classes have had an exciting start to the new year! Reading Workshop classes have been studying Shakespeare's Hamlet, using a graphic novel versions of the play, as well as video and audio clips to support comprehension. The students have really become invested in the story line and are exploring theme, characterization and story grammar as they learn. Sixth Grade Reading classes spent the beginning of the month practicing reading for research to support the major research papers being written in Language Arts Classes. We have also started a class book, The Ear, the Eye and the Arm, written By Nancy Farmer, for our science fiction genre study. Please remember that all students should be reading at home, at least 20 minutes each night! Also, please encourage your child to read magazines, newspapers, internet blogs- whatever it takes to get them to read!



CMS Theatre News

Make plans to see "Once On This Island, Jr." at Centennial on Wed. Feb. 25 and Thurs. Feb. 26. The shows are at 6:30pm. Tickets may be purchased during the lunch periods starting Feb 17 or at the door the nights of the shows. Scholarships are also available. This musical is a very touching story and a Caribbean folk tale about Ti Moune (played by Madeline Claybourne), a peasant girl who rescues Daniel (played by Brian Long), a young man from the wealthy side of the island. TiMoune is sent on a quest that tests the power of love. You will enjoy the colorful staging, costumes and the catchy Caribbean music. The whole cast sings and dances through the entire show! Mark your calendars- you won't want to miss this amazing performance!

Auditions for the Annual All School Talent Show will be March 2-4. Check the Theatre News Bulletin board for sign ups. The Talent show will be Thurs. April 16 at 6:30pm. (There will also be a mandatory dress rehearsal for all of the acts, on Wed April 15.) We need LOTS of comedy and variety- singers, dancers, bands, gymnastics, poetry, skits, magic, juggling, martial arts, piano,.... you name it, we want it in the show! So plan your act today and sign up for an audition time!

Any questions about any Centennial Theatre News, contact Brenda Taylor at brendataylorphotos@yahoo.com

BRAIN BOWL NEWS!

Stop the Press! Our Brain Bowl teams did fabulously well at the Optimist Club Regional Brain Bowl on Saturday! Seventh graders Josh Munding, Josh Efe, Nick Bozik, Vamshi Arugonda, Ben Spitz, and 6th grader Rowan Hussein took First Place from among 28 other 7th grade teams in Colorado and Wyoming. Seventh graders Ryan Orbuch, Isabelle Davis, Charles Mandel, Adrienne Goldberg, and 6th grader Peter Yee walked away with 4th place. Eighth graders Sung Jin Ahn, Alex Beres, Grace Wilson, and Zach Quinlan came in 6th out of 35 8th grade teams, and competed in the semifinals. Way to go Cyclones!

SPELLING BEE NEWS!

Congratulations to our new Centennial Spelling Bee Champion, Charles Mandel, and to our Runner-up Alex Beres! Charles will represent Centennial at the Regional Bee on February 21, where he will compete for the chance to win a trip to the National Bee in Washington DC. Congratulations also go to our other competitors for a job well done: Sydney Mandel, Josh Munding, Vamshi Arugonda, Ryan Tabler, Isabelle Davis, Grace Wilson, and Sung Jin Ahn. A big thank you goes to Mary Ann Davis for helping with the Bee, and to Berry Best Smoothie Company for generously donating coupons to our winners!

CENTENNIAL ORCHESTRAS – GETTING BETTER EVERY YEAR!

As this is my first year in North Boulder and at Centennial, I couldn't be more grateful to the students and their families for the talent, hard work, and support. Many families have provided extra funds for orchestra materials and opportunities for students to partake in our different activities. The awareness of the incredible cognitive, personal, and artistic growth that a student receives by having orchestra part of their daily academic schedule is evident by the support of these families. It is no surprise that the music students are in the top 10% or 20% of their graduate class.

The most recent donations to our growing orchestra program are two AMAZING cello racks built by Jim Goodrich and a ½ size bass donated by Dana and Tim Patten. Now our cellos can be safely stored in these beautiful racks and we have a decent bass for a student to use! The generosity of this community is deeply appreciated not only by me but by all of our orchestra students.

Thank you so very much, Anne Paulu

Upcoming Orchestra Events:

February 24 –The 7/8 Grade Orchestra will be performing at **Boulder High School, 6:00 PM** with three other middle school orchestras for the Mid-Level Orchestra Festival. The guest Clinician/Conductor will be Matt Spieker who after spending much time conducting in Europe is now enriching the orchestra program at Fort Collins High School. **The concert is free and all are welcome!**

Orchestra families, information on our fun filled (and educational) **Estes Park YMCA String Camp** will be coming home soon. We will be leaving from school the morning of April 21 and returning prior to the end of the school day, April 22.

Dear Parents:

We will be administering the statewide Colorado State Assessment Program (CSAP) at Centennial on March 3-5 and March 10-12 as mandated by the Colorado State Legislature. Specific dates and times are as follows:

Grades 6 & 7	Tuesday-Thursday	March 3-5, 2009	9:15am-12:15pm
	Tuesday–Wednesday	March 10 and 11, 2009	9:15am-12:15pm
Grade 8	Tuesday-Thursday	March 3-5, 2009	9:15am-12:15pm
	Tuesday–Thursday	March 10 -12, 2009	9:15am-12:15pm

Sixth and seventh graders will be tested in Reading, Writing and Mathematics. Eighth graders will be tested in Reading, Writing, Mathematics and Science. Each test subject has three sessions and each session lasts approximately one hour.

Six state literacy standards are measured on the reading and writing tests including reading comprehension, writing for a variety of purposes and audiences, and writing using correct grammar and spelling. The math assessment requires students to solve mathematical problems, to do computation and to communicate their answers effectively. The science assessment requires students to communicate effectively about scientific investigations including experimental design, data analysis and results in the areas of physical, life and earth and space sciences.

As a performance-based assessment, CSAP is an effective and important measure of your child's performance. With the addition of a new score called Growth Median Score, we can now assess how much your child has grown in reading, writing and math from one year to the next. Our teachers place great value on this performance assessment and coupled with other data we are able to make educational decisions to support your child

To support Centennial, we ask that you talk with your child and stress the importance of doing his/her best as a matter of personal pride, a sense of integrity (one of Centennial's values) and to demonstrate individual growth and skill level at Centennial. Centennial uses these assessments as one source of data to determine appropriate educational placement in certain core classes.

Research shows that parent involvement in a child's education is extremely important in helping them do well in school. One way of being involved is to support your child during test times. Your active support in this is invaluable. In addition, to perform their best, students need appropriate rest, nutrition and to be in attendance for each exam date. All students need to complete the whole test as required by law. All absences will lead to mandatory make-up sessions upon the student's subsequent return.

You will receive a report describing your child's achievement for each of these CSAP tests in late August. The report will include your child's performance compared to the state's standards as well as the Growth Median Score. Teachers also receive this information and use it as one indicator of student performance and progress over time. If you have any questions regarding your student's CSAP experience, please contact me or your student's counselor during regular office hours.

Sincerely,

Cheryl Scott
Principal

Teens can apply for summer jobs with Boulder County Youth Corps

Boulder County residents ages 14-17 can now apply for summer jobs with the Youth Corps. Girls especially are encouraged to apply. Applications are available online and at counseling offices in schools. The deadline to submit an application is Friday, March 27.

The Youth Corps offers one of the best first job opportunities available in Boulder County. Up to 170 teenagers will be hired to work 30 hours a week, Monday through Thursday, from June 15 to August 5 on a variety of community service projects. Projects will include such activities as thinning forests, building trails, constructing fences and doing historic restoration and landscaping.

Corps members will earn a starting hourly wage of \$7.25, with the possibility of earning a \$100 bonus at the end of the program based on merit and strong attendance. Teens who have worked for the Corps in past years can earn up to \$7.75 an hour.

"I learned more about the environment and what I can do to improve it. Overall I think I'm a better person because of this job," one of last summer's Corps members said of the experience.

For more information or to download an application, visit www.bouldercounty.org/youthcorps.

CMS PTO meeting 1.14.09

Time: 12:30 to 1:30: CMS 2nd floor teacher conf room (or library if conf not available)

AGENDA:

1. Next newsletter deadline is February 4, to go out February 13. Any submissions to Susan. Susan will write newsletter article and submit to Lisa.
2. New PTO bulletin board has been installed – thanks to Emily Robbie. Susan “decorated” and will keep board up to date with relevant postings: volunteers needed, meeting minutes.
3. PTO functioning from this date forward:
 - *Board will meet only if necessary, else most business can be done via email. PTO will not lose status if there are no meetings. We don’t need a 501c3 so we’re classified as a non-profit. We only have articles of application, so PTO can be anything we define it as. There shall always be at least one Board of Director to maintain PTO’s status.
 - *New Board of Director appointments – **NONE to date**. Those interested should contact Susan Guegan at susan.guegan@comcast.net. See 4 for scaled down PTO activities
4. PTO activities – Chairs will be sought for all categories:
 - a. Volunteer Support for:
 - i. P/T conferences
 - ii. Tabulation of parent volunteer forms
 - iii. ID and picture distribution
 - iv. School tours in December and January
 - v. Yearbook labeling
 - vi. 8th grade graduation (both 7th and 8th grade parents used)
 - vii. Lock check out (August)
 - viii. Lock check in (May)
 - ix. Student Schedules (August and January)
 - b. Teacher Appreciation gift – mid year, gift cards. (Board voted to provide 20.00 Downtown Boulder gift cards) \$1400.00 was spent this year for the staff of 69.
 - c. BOB – Battle of the Bands (Elaine will email Ali Figurin regarding PTO’s involvement).
 - d. Fundraiser – Fuel the Cyclones will be PTO driven from 2009 forward
 - e. Grants to PTO (This position will chair a grant-writing committee)
 - f. Honor Roll breakfasts
 - g. Teacher conference snacks (This is a replacement to the teacher appreciation meals, since no one chaired that position this year. There will also be gift cards.) Susan will poll the staff to see which is more appreciated.
 - h. Yearbook scholarships (Burke Taft contacts us around March with \$ amount needed to cover scholarships)
 - i. Ordering and selling Gold C, Entertainment Books, and local discount books
 - j. Ordering and selling school spirit items, such as sweatshirts and sweatpants
 - k. Being present at Open House activities
 - l. Find and fund speaker presentations that might be of interest to the school community.
 - m. Additional categories add here ___ Christmas cookies provided for the staff. School store. _____
5. *****Only items listed above that have designated chair persons will be sponsored by PTO. All highlighted items above are essential.
6. PTO budget status – \$2,041.00 savings and \$4,250.00 in the checking accounts
7. Donation to Fuel the Cyclones – Voted to earmark \$1,000.00 if funds are available. Susan will discuss this with Sue Easterlin.
8. Articles of Incorporation:
 - a. Stated 3 Board of Directors to start, but number can be 1 to infinity.
 - b. Specification of meeting frequency is only listed in the 501c3 application, no mention of this is in our Articles. **Therefore meetings will be set only when necessary.**
9. Susan will file for a State Sales Tax License: Colorado Business Registration - \$8 fee each odd numbered year
10. Susan will file for a City of Boulder Tax License: City of Boulder License Application – Sales/Use Tax, etc. - \$25 fee one time fee (We may be exempt from sales tax since we’re a non-profit. Susan will check with BVSD accounting regarding this matter. Otherwise, we should be charging sales tax for all items PTO sells.
11. Review teacher thank yous
12. Susan will update enrollment packet into for 2009/2010 school year to reflect appropriate PTO changes
13. Any other business: Should we have the School Store available with sweats, etc. for sale at the Back To School nights and the 6th grade coffees? We would need a chairperson to run this or maybe a staff member.
14. Without anyone volunteering for positions available in item #4, these will not become available. Email Susan Guegan with any chairperson or volunteer interest at susan.guegan@comcast.net.
15. Board voted to donate \$100.00 for a retirement gift for Paige Larson’s afghan.

Parent Engagement Network presents:

Thriving During the Teenage Years

Community Volunteering for Teens

By Dr. Jan Hittelman

It is a fact that teenagers get into the most trouble between 3 and 6pm Monday through Friday. That's why parents are encouraged to help their children find fun structured activities after school. Whether it's participating in a school sport or club, getting involved in after school art classes or working a part time job, teens benefit from doing something productive with their free time. That's not to say that we want to over schedule our children. It is important to find the right balance.

In our community we also have a variety of volunteer opportunities specifically for teens. A great resource for information on volunteer opportunities for children and adolescents is available through the Volunteer Connection. You can download their Youth Connection Guide by visiting their website: www.volunteerconnection.net/db/VCyouth.html. It provides a wide range of opportunities, including working with animals, the environment, seniors, social action, housing and hunger, health and wellness, recreation, people with disabilities, arts and culture, family services, even information on youth art contests.

Volunteer experiences can have a profound impact on youth. When my daughter was a student at Boulder High School, she volunteered at the Boulder Homeless Shelter. Ever since then she has been very sensitive to the issue of homelessness. While attending C.U., she developed a survey as part of an independent study project for a local homeless day program. She also volunteers with the C.U. Restorative Justice program, which helped her decide to apply to law schools upon graduation.

Several years ago, the courts began mandating "community service" hours as part of plea bargains for youth often through Diversion or Restorative Justice. The concept is great because it provides youth offenders with a meaningful way to give back to the community. An unanticipated consequence, however, was the perception on the part of youth that if they didn't break the law they shouldn't have to do community service. Thus if you decide to discuss this with your child, consider using different terminology like "giving back to the community". Find a time that you can sit down together and look through the Youth Connection Guide. If possible, perhaps it's something that you could join in on, if that would motivate your child to participate.

Volunteering your time and being of service to others is a wonderful way for youth (and adults) to develop an improved sense of self and truly feel like a part of the community.

Upcoming PEN Event:**Building Bridges**

Effective Ways to Communicate &

Connect with Your Kids

Presenter: Michael Vladek, Personal Coach

March 11 9 – 11am**Lafayette Library** (775 W. Baseline Rd., Lafayette)

Dr. Jan Hittelman is a licensed psychologist and Director of Boulder Psychological Services, LLC. What's your opinion? Questions or comments for this monthly column can be sent to: 1527 Pine Street, Suite B, Boulder; CO 80302, via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.

Learn more about PEN by visiting their website at: www.parentengagementnetwork.com or by contacting Betsy Fox with the Boulder County Healthy Youth Alliance at 303-441-3981.

Boulder County Healthy Kids will help your child get free or low-cost Medicaid or CHP+ health insurance. Call 303-441-1589 to enroll now.

Who is eligible? Children 18 years old and younger who were born in the U.S. or have been legal permanent residents for 5 years and pregnant women any age.

What are the income guidelines? Call 303-441-1589 to see if your family will qualify. But here's an example: A family of four, after deducting medical expenses, child care costs, and child support, could still have income of \$3,622 a month and qualify for CHP+.

Parents need to supply the following for their children: birth certificate, passport (if the child has one), state ID or school ID (for children 16 and older), and social security number. Parents need to supply their own latest paycheck stub from each job.

On February 6, 2009, in conjunction with a Free Dental Aid Day, there will be an enrollment fair for CHP+ and Medicaid at all three Boulder County Dental Aid clinics: 4155 Darley Ave., Suite C, in Boulder; 1715 Princess Drive in Longmont; and 877 South Boulder Road in Louisville. (If you are interested in a free dental exam, contact one of those clinics directly to schedule an appointment for February 6th.)

Come to the enrollment fair or call 303-441-1589 now to apply or get more information.

Your Child and Stress
 By Chet “Juanito” Chavez
 CMS Intervention Specialist

Stress is the body’s reaction to change. This change can come from feelings, situations, and people. For example, going to a new school is a change that can cause stress.

Here are some situations that cause stress:

- Going to a new school
- Divorce or separation of parents
- Winning an award
- Taking a test
- Death of a relative
- Being sick
- Financial stress
- Feeling different because of a disability,
or your ethnicity, religion, or sexual identity

All stress isn’t bad. We need some stress in our lives. Right before a test your child may feel a little nervous. This stress helps them stay alert and prepared. Thoughts, feelings, and beliefs can make a stress good or bad. If children are excited or happy about a change, it will develop as a good stress. On the other hand, if children are scared or sad about a change, the result will be a bad stress. In addition, too much stress can have a negative effect on your child’s body, mind and feelings. If stress is too frustrating or lasts for long periods, it can lead to harmful **distress**. If your child has signs of stress frequently... WATCH OUT!

Here are some signs of stress in your child:

- Headaches
- Nervousness
- Fast heartbeat
- Perspiration
- Lack of concentration
- Forgetfulness
- Drop in school performance
- Unable to study
- Bored or withdrawn
- Angry outbursts
- Nightmares
- Sad or depressed
- Scared

There are some things you can do if your child is stressed:

- Talk with them about their feelings and concerns.
- Listen to your child and allow them to own their feelings.
- Let the child know you are afraid, nervous, or sad sometimes too.
- Don’t over-schedule your child.
- Be honest with your child about what is happening.
- Help prepare the child for change.
- Provide a bit of extra security before potentially stressful situations.
- Teach children relaxation exercises such as deep breathing.
- Set clear and consistent limits for the child’s behavior.
- Love, hug, and be direct with your child.
- Help children to use their imagination to think positively.
- Make sure they eat nutritious meals, get plenty of exercise, and a good night’s sleep.
- Examine your own coping skills.
- When persistent behavior symptoms of distress continue, consult a mental health professional or physician.

For more information, see www.wholistic1.com or www.kidshealth.org, and read Who moved my cheese? for Teens by Spencer Johnson.

Centennial Middle		Effective January, 2009	E-MAIL ADDRESSES	Room No.
	Personal			
User Name	Number	Notes		
Centennial Office	720-561-5441	Main Reception		
	720 561-2090	FAX - No VM		
	720-561-2019	Attendance Line		
Kittelman, Lisa	720 561-2004	Attendance Assistant	lisa.kittelman@bvsd.org	Office
Scott, Cheryl	720 561 5441	Principal	cheryl.scott@bvsd.org	Office
Robbie, Emily	720 561-2002	Principal's Assistant	emily.robby@bvsd.org	Counseling
Meyer, Chris	720 561-5441	Assistant Principal	chris.meyer@bvsd.org	Office
Ramirez, Maggie	720 561-2003	AP's Assistant	maria.m.ramirez@bvsd.org	Office
Johnson, Bill	720 561-2033	Dean of Students	will.johnson@bvsd.org	182
Leyva, Flo	720 561-2005	Healthroom	florence.leyva@bvsd.org	Nurse
	720 561-2020	Counseling Office		
Kennedy, Debra	720 561-2035	Counselor	debra.kennedy@bvsd.org	Counseling
Valencia, Victoria	720-561-2075	Counselor-No VM	victoria.valencia@bvsd.org	183
Westman, Kristin	720 561-2071	Counselor	kristin.westman@bvsd.org	Counseling
Einberger, JoAnn	720-561-2018	Registrar (mornings)	joann.einberger@bvsd.org	Counseling
Hoback, Heidi	720-561-2030	Registrar (afternoons)	heidi.hoback@bvsd.org	Counseling
Teachers and Support Staff				
Adams, Matt	720 561-2008	Physical Ed	matt.adams@bvsd.org	Boys' Lockers
Arteaga, Karen	720 561-2009	Spanish	karen.artea@bvsd.org	202
Bayus, Joyce	720 561-2011		joyce.bayus@bvsd.org	104
Bosley, Susie	720 561-2013	Health	susie.bosley@bvsd.org	229
Chavez, Chet	720-561-2058	Interventionist-No VM	chet.chavez@bvsd.org	212
Clifford, Terri	720 561-2014		theresa.clifford@bvsd.org	102
Cornacchione, Marco	720 561-2015		marco.cornacchione@bvsd.org	228
Daly, Quinn	720 561-2017		quinn.daly@bvsd.org	106
Figurin, Ali	720 561-2021	Physical Ed	ali.figurin@bvsd.org	Girls' Lockers
Filippone, Marissa	720 561-2022	Academic Support - 8th	marissa.filippone@bvsd.org	227
Fisher, Charles	720 561-2023		charlie.fisher@bvsd.org	120
Foley, Cathy	720 561-2024		cathy.foley@bvsd.org	118
Freeman, Beth	720 561-2025	Academic Support - 6th	elizabeth.freeman@bvsd.org	102
Georgitis, Jon	720 561-2026	ESL	jonathan.georgitis@bvsd.org	116
Griffith, Scott	720 561-2027		scott.griffith@bvsd.org	107
Heinrich, Kendal	720 561-2028		kendal.heinrich@bvsd.org	103
Hines, Katie	720 561-2029		mary.hines@bvsd.org	117
Hudson, Jill	720 561-2031	Art	jill.hudson@bvsd.org	200

Jones, Amanda	720 561-2034		amanda.jones@bvsd.org	115
Kennedy, Harry	720 561-2036	Advanced L.A.	harry.kennedy@bvsd.org	105
Larson, Paige	720 561-2037		paige.largon@bvsd.org	165
Mark, Sally	720 561-2040		sally.mark@bvsd.org	203
Mazza (McEvoy), Kevin	720 561-2041	Native Language Tutor	kevin.mcevoy@bvsd.org	
Mueh, Tina	720 561-2043		tina.mueh@bvsd.org	163
Newbury, Gail	720 561-2044		gail.newbury@bvsd.org	206
Paulu, Anne	720 561-2045	Choir and Orchestra	anne.paulu@bvsd.org	221
Penner, Suzanne	720-561-5441	French/No VM	suzanne.penner@bvsd.org	201
Posthumus, Sharon	720 561-2046		sharon.posthumus@bvsd.org	225
Purdy, Kevin	720 561-2048		kevin.purdy@bvsd.org	205
Rosado (Daly), Colleen	720 561-2016	ESL	colleen.rosado@bvsd.org	108
Rosato, Pete	720 561-2050		pete.rosato@bvsd.org	207
Savignano, Mark	720 561-2052	Applied Technology	mark.savignano@bvsd.org	144
Scherer, Linda	720 561-2053		linda.scherer@bvsd.org	164
Schmoker, Bill	720 561-2054		bill.schmoker@bvsd.org	224
Sierra, Sarah	720-561-2075	Community Liaison-No VM	sarah.sierra@bvsd.org	183
Sims, Carina	720 561-2056		carina.sims@bvsd.org	204
Sobieniak, Lisa	720 561-2057	Librarian	lisa.sobieniak@bvsd.org	IMC
Steiner, Ellen	720-561-2059	TAG Para	ellen.steiner@bvsd.org	210
Taft, Burke	720-561-2064	Computer Lab	burke.taft@bvsd.org	300
Taylor, Brenda	720 561-2065	Drama/School Plays	brenda.taylor@bvsd.org	Stage
Tengwall, Leslie	720 561-2066		leslie.tengwall@bvsd.org	166
Ticehurst, Sharon	720 561-2068	Academic Support - 7th	sharon.ticehurst@bvsd.org	115
Valette, Debbie	720 561-2069		debbie.valette@bvsd.org	119
Weinberger, Brooke	720-561-5441	Spanish/No VM	brooke.weinberger@bvsd.org	201
Welch, Linda	720 561-2070	Band	linda.welch@bvsd.org	222

Parents are encouraged to complete school survey

At the beginning of March, the Office of Planning and Assessment will send all parents the Parent Snapshot Survey via U.S. mail. Your participation is very important as the survey questions are aligned to our school's strategic plans and goals. Summarized results help us determine how well our school is performing.

It is important for our school to have a high participation rate so that our survey data will accurately reflect parents' perceptions and opinions. The survey results are reviewed by our school staff to determine what programs and processes are working and which ones need improvement. Consequently, the survey results can have a significant impact on our school operations.

Because the same survey has been given for several years, our school staff and School Improvement Team are able to study trends and patterns in responses. All of this information helps us to serve you in the best way possible. Because your feedback is important, we hope that you will take a few minutes to complete the survey and return it to the Office of Planning and Assessment in the postage-paid envelope.

Do you have questions or suggestions about how district money is spent?

BVSD Superintendent's 2009-2010 Budget Information/Discussion Forums

March 4 • 6:00 – 7:30 p.m.

Nederland Middle/Senior High
597 County Rd. 30, Nederland

March 5 • 6:00 – 7:30 p.m.

Broomfield High School
1 Eagle Way, Broomfield

March 10 • 10:00 – 11:30 a.m.

Lafayette Public Library
775 W. Baseline Rd., Lafayette

March 11 • 6:00 – 7:30 p.m.



Boulder High School
1604 Arapahoe Ave., Boulder

Open to parents, staff, district committee members, and the community at large.

Given the effects of the economic downturn on education funding, BVSD seeks input from a variety of sources regarding its annual budget. Part of the district's input gathering process is its annual open forums about the district's budget deliberations. While people are, as always, free to comment on the annual budget during the public participation part of a school board meeting, it is at the Superintendent's Budget Forums that the fiscal issues facing BVSD schools in the coming year will receive their most thorough public opportunity for review, discussion and input.

For more information, please contact the BVSD Communications Office at 303-245-5824 or by email at communications@bvsd.org.

February 2009 Lunch Menu - Updated 1/15/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Dunkers* Marinara Sauce Glazed Carrot Coins Choice of Fruit * <i>Meatless Entrée</i> + <i>Pork Product</i> ! <i>New Item</i>	3 Beef Taco Steamed Brown Rice Lettuce & Tomato Fresh Banana	4 Hot Dog on a Heart Healthy Bun Baked Beans Oven Fries Chilled OJ Cup	5 Macaroni & Cheese* Warm Breadstick Spinach Salad Choice of Fruit	6 Roasted Chicken Drumstick Mashed Potatoes & Gravy Broccoli Trees Choice of Fruit Birthday Treat
9 Cheese* or Pepperoni+ Pizza Green Beans Choice of Fruit Frozen Juice Bar	10 Phil's Bean Burrito* Corn Niblets Lettuce & Tomato Choice of Fruit	11 Sloppy Joe Oven Fries Broccoli & Cauliflower with Dip Choice of Fruit	12 Garlic Chicken & Vegetable Rotini Honey Wheat Roll Garden Salad Choice of Fruit	13 French Toast Sticks* with Strawberries Turkey Sausage Potato Rounds Chilled OJ Cup
16 NO SCHOOL President's Day 	17 Phil's Chicken Fajita Burrito! Steamed Brown Rice Celery & Carrot Sticks	18 Hamburger on a Heart Healthy Bun Oven Fries Lettuce & Tomato Choice of Fruit	19 Rigatoni Bake* Warm Breadstick Garden Salad Choice of Fruit	20 Chicken Patty on a Heart Healthy Bun Oven Fries Lettuce & Tomato Choice of Fruit
23 NO SCHOOL  PROFESSIONAL DEVELOPMENT DAY	24 Nachos Grande with Beef and/or Cheese* Refried Beans Garden Salad Frozen Juice Bar	25 Turkey Ham & Cheese Sandwich Goldfish Crackers Broccoli Salad Choice of Fruit	26 Macaroni & Cheese* Honey Wheat Roll Spinach Salad Choice of Fruit	27 BBQ Chicken Drumstick Warm Cornbread Roasted Potato Wedges Choice of Fruit

2008-2009 Lunch Prices – All Prices include a 1% Milk

Reduced Price Students Grades K-2 \$0.00, Reduced Price Students Grades 3-12 \$0.25

Elementary Students \$2.50, Secondary Students \$2.75, Adults \$3.50

Menu subject to change. Please ask your kitchen staff for details.

Boulder Valley School District RE-2
Centennial Middle School
2205 Norwood Avenue
Boulder, CO 80304

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Boulder, CO

On the web:

**IF YOUR ADDRESS, PHONE
NUMBER OR EMERGENCY
CONTACT INFO CHANGES, PLEASE
LET THE OFFICE KNOW AS SOON AS**

DATES TO REMEMBER

Monday, February 16	NO SCHOOL	Presidents' Day Holiday
Monday, February 23	NO STUDENTS	Professional Development Day
Tuesday, February 24	4:00-6:30 pm	Arena Teacher Conferences
February 25 & 26	6:30 pm	CMS Musical Show
March 3, 4 & 5	CSAP Testing	
Sunday, March 8	Daylight Savings Time Begins	
March 10, 11 & 12	CSAP Testing	
March 23-27	NO SCHOOL	Spring Break
Thursday, April 16	6:30 pm	CMS Talent Show
April 24-27	NO SCHOOL	Parent Conference Exchange Days
Tuesday, April 28	NO STUDENTS	Professional Development Day



CENTENNIAL MIDDLE SCHOOL, **Office Hours: 8:00 am - 4:00 pm**

Principal: **Cheryl Scott** Asst. Principal: *Chris Meyer* Dean of Students: *Bill Johnson*

Phone: (303) 443-3760 Fax: (303) 443-3761