

# CMS MONTHLY NEWSLETTER

**Parents and Guardians of CMS Students,**

*In order to better communicate what's happening at our school, I am sending out an email once a month. This email will cover a variety of events and people here at CMS.*

## March calendar

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Jays Field Trip: Ballet  Science Night 6:30-7:30	2	3 Discover the Scientist Within (OSU trip)
4	5	6	7 Foxes field trip: Oregon Children's Theater	8 Eagles field trip: college visits	9 <b>EARLY RELEASE</b>  8th grade Career Fair	10
11	12	13	14 Herons field trip	15	16	17
18	19	20	21	22	23 TALENT SHOW	24
25	26 <b>SPRING BREAK</b>	27 <b>SPRING BREAK</b>	28 <b>SPRING BREAK</b>	29 <b>SPRING BREAK</b>	30 <b>SPRING BREAK</b>	31

## Winter weekly SUN Schedule until March 16 (Spring SUN will begin April 2)

Monday	Tuesday	Wednesday	Thursday	Friday
1. Chess 2. Computer 3. G.S.A. 4. Science Bowl 5. Volleyball 6. Wrestling	1. B.E.A.M. 2. Conexiones 3. Multicultural 4. The Study 5. Wrestling 6. Yearbook	1. Chess 2. Computer 3. Soccer 4. Volleyball 5. Wrestling	1. Basketball 2. Conexiones 3. Lego Robotics 4. The Study 5. Wrestling	No Clubs

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### Upcoming Field Trips

- The Eagles are traveling to four colleges on March 8: Mr. Jensen is taking a group to Mount Hood Community College to tour their applied technology program; Ms. Dickey is leading a group to Portland State University; Ms. Reddekopp is heading a tour of Concordia; and Mrs. MacDicken will take students to the Art Institute of Portland.
- The Jays are planning their next field trip to the Alice in Wonderland Ballet on March 1st.
- The Foxes are going to see a play called “In this Corner Cassius Clay”, on March 7th. The play is produced by Oregon’s Children’s Theater and is about the early years of a young boxer and the struggles he overcame to be the greatest of all time.
- The Herons are also going to “In this Corner Cassius Clay.” (Read about this above.) on March 14th.
- The Middle Cs will be attending a field trip to Pacific University with Mrs. Ryan on April 5th.

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### Miss Oregon Visited CMS

Toneata Morgan, 2017’s Miss Oregon USA, came to CMS to speak with students. The celebrity came bearing an important message about cyber-bullying, detailing experiences as a youngster and how it impacted her personally. Giving her presentation in the library, Miss Morgan spoke in a very middle-school-friendly way to 30 students on this important, relevant topic, about what students can do about it as a bystander, friend, and victim. In addition, she emphasized to students the importance of working hard to achieve your goals in life, especially underscoring the “work hard” part of the equation. After the presentation, she patiently answered student questions, with many focusing on cyber-bullying but, of course, many also inquiring about the process of becoming Miss Oregon USA. Miss Morgan is on a mission to spread the message of being kind online, using her Instagram account (#thinktwicepostnice) as a platform for this positive message, and trying to speak to as many middle schools in Oregon as she can. Afterwards, she offered autographs and selfies with individual students and nobody was turned away.

## Snowy day @ Mt Hood with Snow days Foundation!

CMS recently took a group of 20 students and a few teachers up to Summit Ski Area Mt Hood for an introductory Snowboarding trip. It was a resounding success, as you'll be able to see from the photos. All but 1 student made it onto the lift, which says a LOT about the skill level of the Snowdays Foundation instructors. Most students (and one teacher!) had never been on a snowboard before the January 6th trip, and everyone was super excited to be up on the mountain. Despite warm-ish temperatures and threats of rain, it actually snowed a little, making it a magical scene.



This was the 5th trip CMS has done with Snowdays Foundation (Snowdays) over the last three years. There's been a total of 80 CMS students snowboarding, many of whom had never even been to Mt.Hood. Each winter, Snowdays chooses 10-20 schools and local organizations to partner with from applications submitted every October. The folks at Snowdays want to give back to the community and instill a passion for the outdoors in local youth. Snowdays is unique because it has an all volunteer staff, so every donation goes directly to putting local, disadvantaged youth on the hill. They rely on a community of professional snowboarders, local snow sports enthusiasts and many industry donations to make each trip a huge success. It all started back in 2005 with a local teacher, a professional snowboarder and a couple of college students who wanted to create some new experiences for high school students at Jefferson HS.



CMS's Jolene Dunlap has a personal connection with the organization as a former volunteer and board member. She started volunteering with Snowdays in college and worked as the head snowboard coach from 2008-2010, and continued to work for the organization, serving as the President on the board of directors from 2010-2013.

Students received 2 lessons- one in the morning, and a more advanced lesson after lunch. Great care was taken to ensure student safety. To prevent injuries, lots of stretching happened especially after the hour-long bus ride! Snowdays Foundation provided snacks, lunch and all the equipment, from the boards themselves to well-fitting snow pants and jackets, gloves, goggles and most importantly, helmets. Everyone had a great time and we are looking forward to another trip soon!



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## Track Season is Coming

The Centennial Middle School track and field season is just around the corner. The season begins on Monday, April 2<sup>nd</sup> and concludes in late May. We practice Monday through Friday with each practice lasting until 5:00. During the past twenty-nine seasons some very fine track and field athletes have competed and represented our school in an outstanding manner. CMS has won the overall team title in 25 out of 29 seasons and compiled a dual meet record of 855-60-2 since CMS opened its doors in the late 80's. Last year, our team's dual record was 32-0 and two of our teams (8<sup>th</sup> boys & 8<sup>th</sup> girls) won grade level titles at our championship meet hosted by Centennial High School. This year we are looking to build upon that tradition, seeking athletes who are willing to come out for track. We need kids who are interested in running, jumping and throwing. We also can work around schedule conflicts if parents are willing to communicate with the coaching staff when absences occur. If this sounds like anything your son or daughter might be interested in, we have the paperwork at our attendance student window and a physical is required. Physicals are offered for a reduced cost at our Centennial Health Center located at Centennial High School. The entire season is free for students who are on free lunch, half price for those on reduced lunch, and \$105 for those not needing financial assistance for lunch. We'd love to see you there!



## Science Night

Coming up on March 1st is the 2nd annual CMS Science Night. If you want to play with robots, create flubber, or ride on a hovercraft this is your place. This event is an evening full of science based activities, games, and even a chance for prizes. The event is free but you need to bring an adult.



**Thursday, March 1st**  
**6:30pm -7:30pm**  
**CMS Cafeteria**



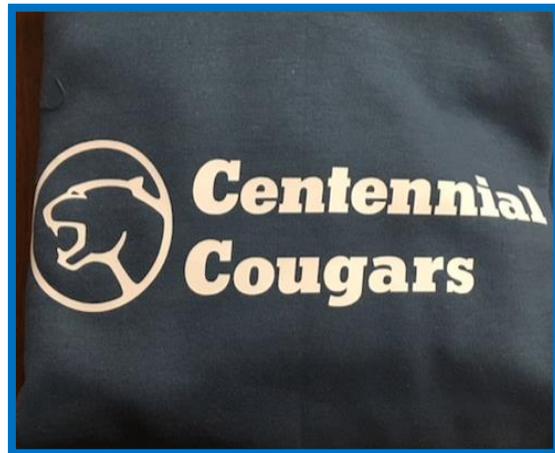
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## CMS Gear!

Check out some new CMS swag. You can purchase these at the student store before school.



**\$8 T-Shirts**  
(Brick Red and Royal Blue)



**\$25 Sweatshirts**  
(Stone Blue and Grey)

## Cougar Spotlight

Every two weeks each team selects two students who have excelled in our PAWS expectations (Personal best, Acting respectfully, Working Responsibly, Staying safe.) Here are the latest Cougar Spotlight winners. Click on the links below for details about each winner.

- Wolves winners are:
    - [Jessenia Risso Colorado](#) and [Andrey Kozhokar](#)
  - Hawks winners are:
    - [Juliana Bach](#) and [Jacqueline Lemus Govea](#)
  - Jays winners are:
    - [Jalen Cox](#) and [Tessa Marston](#)
  - Mustangs winners are:
    - [Jayden Hausa](#) and [Alanda Saranchuk](#)
  - Herons winners are:
    - [Dakota Bowen](#) and [Lisette Perez Cruz](#)
    - [Kylie Kue](#) and [Jesse Murphy](#)
  - Foxes winners are:
    - [Joshua Koshuba](#) and [Makenzie Goshert](#)
    - [Victor Carvajal-Ahumada](#) and [Tenzin Tseten](#)
  - Eagles winners are:
    - [Yurisney Guzman Vasquez](#) and [Casey Clouse](#)
    - [Eric Chut](#) and [Natalie Rico](#)
  - Grizzlies winners are:
    - [Zain Al-Saood](#) and [Aniyah Mitchell McManus](#)
    - [Sean Bass](#) and [Alexis Henderson](#)
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## Pennies for Patients Drive

Students at CMS are raising awareness and collecting donations for the Leukemia & Lymphoma Society through their annual Pennies for Patients Drive. Throughout the program, CMS students have donated over \$22,000. The money raised helps families struggling to pay medical costs and funds research that will someday cure cancer. This year's drive is from March 5th through March 23rd.

Donations are being collected in each advisor class as well as through an online donation page at <http://events.ils.org/pages/oswim/CentennialMiddleSchool-2017>.



## Spotlight on a Teacher: Elizabeth Rouffy

Elizabeth Rouffy has been teaching Literature, Language Arts and Drama for 24 years, eleven of those at Meadows Elementary and the last 13 at CMS. She earned her masters in teaching from Willamette University, but before that, she studied drama, earning degrees from USC and the University of Kent at Canterbury, England.

Her stage acting taught her four central principles that guide her as a teacher: deep academic study, empathy, listening, and teamwork. She loves teaching character-driven works of realistic fiction; reading about complicated people who overcome adversity (or try to and fail) helps us to think, dream, wonder, question or escape, and it excites our

imaginations. Mrs. Rouffy says that in addition to the sound of her daughter's laughter, the bass notes in jazz and the plonk of a tennis ball as it hits the center of a racket, her favorite sound is the hum of a classroom when her teaching is going well. "Students are asking questions of me, and one another. Collaboration, inquiry and academic struggle are happening," she writes. "Students are affirming of one another, curious and appear (at least somewhat) relaxed. I feel an adrenaline rush and an electric energy that is utterly sublime, even after 24 years of teaching."

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It is an honor to work with your children and their teachers. As this is only my second monthly newsletter, I am interested in your feedback. How do you like this method of delivering information? Is it useful? Are there other things you feel you need to know about? Please, help us improve this communication tool.

Sincerely,  
Rise' Hawley  
Principal  
Centennial Middle School