March 2012

2 Spirit Day & Spirit Store
5-9 School Breakfast Week
8 Chick-Fil-A Spirit Night 5:30-7:30
8 District HIV Parent Night 7:00 - 8:30 at EPSAC
11 Daylight Savings Time Begins (spring forward)
13 4th Grade PE Program 7:00pm
14-15 1st Grade PE Program
16 Spirit Store End of 3rd 9 weeks
PTA Meeting 9:00am
19-23 Spring Break
26-30 PTA Stampede of Giving – Check Writing Campaign
26 CHANGE WARS
27 Cookie Dough delivery
28-29 Kindergarten Pre-Enrollment
29 1st Grade Donuts with Dads
30 $1.00 Hat Day
30 Report Card Day
31 Buffalo Breeze 5K & Fun Run 4:00-6:30
Odyssey of the Mind State Comp.

MRS. MILLER’S MESSAGE

Centennial Elementary-"Exploring New Frontiers of Excellence"

I hope you and your family are making plans to attend Centennial’s 2nd annual Buffalo Breeze 5K and fun run on Saturday, March 31st. If you have some time, our PTA would appreciate your help volunteering for part of the time at the many different stations we have. It will be a fun day!

It’s never too early to start thinking about next year. There are a couple of upcoming dates for you know about:

- Kindergarten Pre-Enrollment is March 28th & 29th
- Parent Input Sheets are available in the office from April 2nd to April 13th. Due to the confidential nature of this form, please return them to the office rather than through your child’s teacher.
- Pre-K application Period begins April 16 and ends April 27.
- Spring Break is March 19-23. I hope you have an enjoyable break and are able to spend quality time with your children.

Centennial utilizes many methods of communication with parents. If you aren’t familiar with them, here is a highlight.

- School website: www.edmondschools.net/centennial
- Thursday Thoughts: Sent out in Thursday Folders or via PTA email.
- School Connect App on smart phones: You can receive push notifications from us, we send about 2 push reminders a week. You can select to receive EPS and multiple school notifications.
- Facebook page: PTA has a Centennial Elementary PTA Facebook page.
- PIV - Parents can view their child’s current grades and missing assignments online for 3rd-5th grade. Come by the office to pick up your instructions and log-in. Be sure to bring a valid driver’s license.
- Accelerated Reading: Through the Centennial website, you can access your child’s current STAR test results and Accelerated Reader points and quiz data.

Jessele Miller, Principal

GIFT CARDS are great for Mother’s Day, Graduations, and Teacher Appreciation gifts! Everyone enjoys receiving gift cards. Also consider purchasing some for the new spring wardrobe you are preparing to buy. Gift card orders will be going out after spring break. Look for them in your child’s Thursday folder. Contact wendydeatsch@cox.net for more information.

The 5th annual Stampede of Giving will be the week of March 26th. All proceeds will go towards our playground improvement project! The week’s events will include a hat day and girls vs. boys change wars. All leading up to our 2nd annual Buffalo Breeze! If the Stampede of Giving raises $5,000 Mrs. Miller will be kissing a farm animal at the race!! Let’s get busy and make it happen!
HEALTHY LIFESTYLES

Healthy Eating and Healthy Weight for Kids

The weight of American children has skyrocketed: On average, children today weigh about 10 pounds more than they did 30 years ago, and one in every three children is overweight or obese.

Helping children achieve and maintain a healthy weight is more important than ever, and a new book from Eat Right Press, the publishing arm of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), strives to help parents better address the nutritional health of their children.

Healthy Eating, Healthy Weight for Kids and Teens offers practical strategies for managing weight, and learning to make good, appealing food choices. It offers many tips for staying active and building better long-term habits for a healthy life.

Healthy Eating, Healthy Weight is designed not to be read cover to cover, but is a customizable book, allowing readers to choose chapters that are most appropriate for their families’ needs. Two introductory chapters define a healthy weight and outline eight strategies, to incorporate better food choices, portion control and exercise into daily life.

"Each of these strategies is backed by years of scientific research that can help children and teens reach and maintain a healthier weight," Shield said. "Studies have also found that each of these strategies may be essential to preventing unhealthy weight gain in kids currently at a healthy weight, as the strategies promote healthy eating habits that will last a lifetime."

Concluding the book are three weeks of sample menus to help the reader plan “Healthy Eating, Healthy Weight” family meals and snacks. The chapter offers more than 40 kid-tested-and-approved healthy recipes.

"Co-author Mary Catherine Mullen and I collectively have seven kids between 12 and 23," Shield said. "We are right there with parents. We know firsthand how challenging it can be to get kids to eat more vegetables, spend more time being active, replace wasted calories with healthy, nutritious foods, and even get the whole family to sit down and eat together on a regular basis. That's why Healthy Eating, Healthy Weight is the perfect blend of science and real-world experience."

Healthy Eating, Healthy Weight for Kids and Teens is available for $21.95 (paperback) on the Academy's website at www.eatright.org/shop and is also available at bookstores and online book retailers.

BUFFALO BREEZE

Saturday, March 31st
4:00-6:30pm

Buffalo Breeze is March 31st. It's our 2nd annual 5k and One Mile Fun Run here at Centennial. Registration forms come home on March 1st or you can register online at signmeup.com.

We had such a great turnout last year and we are expecting 600 or more runners this year! Medals go to the top 3 runners in each age division for male and female in the 5k race. All children will receive a participation medal for 5k and Fun Run.

We also have moon bounces, face painting, fire trucks, food and more! You don't want to miss this great family event to raise funds for our school!

MEDIA CENTER

Thanks so much for all who volunteered for the book fair. We had a great time and were able to share books with a lot of students and the teachers. We raised about $3,500.00 for programs in the media center and also added over $1,000.00 in books to our collection. The loose change money allowed us to purchase some books sets and listening sets for the classrooms.

I especially want to thank my two chairpersons, Melinda Spence and Casey Coil. They worked behind the scenes many hours gathering the decorations and getting our media center ready for the Book Fair Luau! It was a fun week.

Our students are busy working on their various book challenges for celebrations in the spring. Each grade has a different challenge, check with your child to see how they're doing on their challenge.

Michele Scheffe
Congratulations to the three Centennial Odyssey of the Mind teams that competed at the West Regional Tournament! All three teams qualified to go to OSU in March and compete at the State Level!

Team members: Emma Post, Vivian Suhrstedt, Regan Roberts, Katie Hustis, Brooke Burris, Amber Burris, Micah Thompson, Keon Moradi, Asher Clift, Jackson Watts, Samuel Bird, Gavin Riffel, Melvin Platt, Chloe Crosby, Tanner Taylor, Tyler Glenn, Nate Blader, Craig Donworth, Taylor Talley, Reza Moradi, Asher Clift, Jackson Watts, Samuel Bird, Gavin Riffel, Melvin Platt, Chloe Crosby, Tanner Taylor, Tyler Glenn, Nate Blader, Craig Donworth, Taylor Talley, Regan Pendleton

Coaches: Marci Post, Angel Suhrstedt, Erin Crosby, Hazel Bird, Reza Moradi

Way to Go!!!

Keep up the hard work and ROCK Stillwater!!

As we kicked off the second half of our school year, we explored lessons in friendship, conflict and problem solving during our guidance instruction. Your children were super smart regarding this lesson and came up with great friendship building skills. Second graders practiced giving each other compliments and responding to those compliments. The upper level grades looked at problem solving steps and the advantages of having a plan in place. We also stressed how important it is to understand there is always more than one good choice solution to a problem. We just have to think our problems through....no matter how big or small!

As we enter into our Spring months we’ll concentrate our efforts on goal setting. Goal setting is such an important part of life and the steps to goal attainment can be more easily reached if we understand the process. We have some fun and thought provoking goal setting activities for each of the grade levels.

Help at home:

Did you know studies show eating meals together improves your child’s grades?!? It’s true, children that eat with their family on a regular basis are more likely to communicate with their parents and are less likely to use drugs and alcohol.

Just remember to keep the conversation light & positive. Save the reprimands and lectures for another time. Talk about what’s going on that week with friends, school and sports. Understandably, schedules won’t allow for every dinner at home together, however, regular “table time” improves the odds....give it a try!

Looking forward to the new season with your children,

Debbie Horany, M.Ed.
School Counselor

We are in need of monitors for our State testing for all 3rd, 4th and 5th grade classes. The Oklahoma Core Curriculum Tests will be given over several days beginning April 10th. No experience necessary. If you are available just a few hours in the mornings or a few in the afternoon, please register online at www.SignUpGenius.com/go/60B044BAC2D6/2012 or contact Debbie Horany at 562-4744.
Centennial Elementary PTA
Mission Statement

The purpose of the Centennial Elementary School PTA is to promote activities that enhance the education and well being of the students and staff in a way that compliments and enriches the learning environment. We will build community within the school by positively impacting the lives of our children and their families.

‘11-‘12 PTA BOARD MEMBERS
President - Megan Gyetvai
Vice-President for Fundraising - Lacey Flippo
Vice-President for Membership - Melody Kilgallon
Treasurer - Shelly Roddy
Asst. Treasurer - Jana Cook
Secretary - Wendy Deatsch

‘11-‘12 COMMITTEE CHAIRS
5 K Buffalo Breeze - Lindsay Dally
5th Grade Activity Coordinator- Paige Wilson & Kim Ashmun
5th Grade Fundraising - Lindsay Dally
5th Grade Spirit Store- ABITIBI/Recycling/Marquee-
Bedlam Food Drive- Karol Guerra
Book Fair- Casey Coil & Melinda Spence
Box Tops- Janie Myers
Cookie Dough- Sherri Scorsone
Decorations- Shelby Gilchrist
Directory/Email- Tracy Gunn
Faculty Liaison- Michele Scheffe
Family Fun Night- Sherrie Madison
Giving Tree- Karol Guerra
Grant Writer- Tina Blader
Grounds- Mary Brann
Healthy Lifestyles- Angel Suhrstedt & Darci Clift
Holiday Store- Amber McCullough & Gretchen Chalfant
Homeroom Parents/ Teacher Appreciation
   Susanna Conway & Katie Moore
Hospitality- Laura Burris
Meet the Masters- Clis Ingram & Janie Meyers
Newsletter- Stacey Riffell
Newspaper Liaison- Angel Suhrstedt
Odyssey of the Mind- Marci Post
PALS- Mackenzie Howard
Pass it On- Staci Amy
Popcorn- Jennifer Sise & Megan Qualls
Promotions- Sherri Scorsone
Playground Improvements-
Safety/Traffic- Jennifer Sise
SCRIPPS- Wendy Deatsch
Spirit Wear- Staci Reynolds
Teacher Luncheons- Debbie Wheeler & Macy Wilson

FUNDRAISING
March 8 is Chick-Fil-A spirit night from 5:30-7:30!
Be sure to tell cashier or drive thru you are with Centennial. Mrs. Miller and Mrs. Frank will sponsor that night so be sure to support our school!

Thank you to all that helped with cookie dough sales! Mark your calendars for Tuesday, March 27th for delivery. More details to come!

Mark your calendars!
Teacher Appreciation Week is May 7 - 11. Details will be provided next month in the newsletter and from Homeroom Parents.

OUR SCHOOL IS COOL!

Quail Springs Mall

Keep turning in your Quail Springs Mall receipts!
In addition to regular store purchases, purchases from the food court, El Chico, Huhot Mongolian, AMC movies, TGIF's, BJ's, and Longhorn Steakhouse ALL COUNT!
Every dollar spent earns points for our school and we are currently in 2nd place!
Let's try for 1st place and earn $9000!!!