

CENTENNIAL ALTERNATIVE PROGRAMS NEWSLETTER

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APRIL 2014

**CENTENNIAL SCHOOL
DISTRICT #12**

**CENTENNIAL ALC
4203 WOODLAND ROAD
CIRCLE PINES, MN 55014
763-398-2960**



**PINES SCHOOL
7555 4TH AVENUE
LINO LAKES, MN 55014
763-278-4010**



Powerpack Program

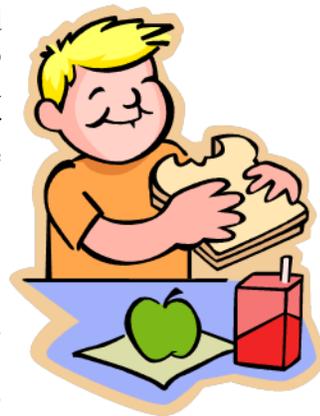
The Powerpack Program is committed to providing food to students who would otherwise not have enough to eat at home over weekends and during school breaks. We provide a recycled plastic bag (the ones that you get at a grocery store) filled with weekend food for participating students.

The Powerpack Program was piloted in September 2013 at both Centennial Middle and Golden Lake Elementary Schools. We are very excited to announce the Powerpack Program recently expanded to include Centennial High School, Centennial Area Learning Center and Pines School. Originally the program started with less than 20 students, and now has grown to serve almost 100 students per week.

The program is currently housed at Centennial Middle School and is staffed by volunteers and the Middle School Student Council. Volunteers and student council members sort, pack and distribute food items weekly.

Are you interested in making a monetary donation? Please send checks payable to Centennial Food Shelf/Powerpack Program; c/o Gethsemane UMC, 7330 Lake Drive, Circle Pines, Minnesota 55014. If you are interested in making a donation of food and/or other items please drop off those items at Centennial Middle School. Suggested nonperishable food items are:

- 100% juice boxes
- Gatorade
- Individually boxes cold cereal or oatmeal packets
- Individually packed lunches such as Easy Mac, soups, lasagna, etc.
- Snack items such as fruit cups, applesauce, pudding packs, crackers, raisins, nuts, granola bars and breakfast bars



INSIDE THIS ISSUE:

Powerpack	1
Upcoming Events	1
Summer School	2
Journey's Fresh Crops	2
Bullying	3
ALS Walk	4
Contact Info	4
Teacher of the year Nominees	5
Hall of Fame	5
School Closings	5

Upcoming Events:

Date	Event	Location
April 18	No School	District Wide
May 20	Last Night School for all Grades	CALC
May 22	American Indian Senior Honoring Ceremony	
May 26	Memorial Day—No School	District Wide
June 5	CALC Senior Celebration, 6:30 PM	Performing Art Center
June 6	Students Last Day	District Wide
June 9	Summer School Begins	CALC/CHS

High School School Opportunities

Centennial Area Learning Center is again offering summer school classes for those students who need to make up credit in a core subject area, math GRAD remediation or earn elective credit through work experience.

Courses offered for Language Arts, Science and Social Studies:

When:

June 9 - 20, 2014

Times:

Morning Session: 8:30 - 11:30 AM

Afternoon Session: Noon - 3:00 PM

Where:

Centennial Area Learning Center

Morning and Afternoon Sessions are delivered in a guided independent study format. Students who have perfect attendance for the session will earn half of their class credit in their area of need. Students will be given assignments and projects to complete during the session on their own, and to earn up to an additional half of their class credit in their area of need. Students may take any and all sessions as long as they are in attendance.

Math GRAD Remediation and Credit Recovery:

When:

July 14 - 31, 2014 (Monday - Thursday)

August 5, 2014 (GRAD Math Test)

Times:

8:30 - 11:30 AM

Where:

Centennial High School East Building [First day report to the media center.]

Work Program/Experience Session:

Offers students an opportunity to earn up to one elective credit. Students must:

- Submit a completed Training Agreement to CALC
- Complete all written assignments
- Save all pay stubs over the summer
- Return all written assignments and pay stubs to CALC during the first week of school in September

Registration Procedures:

Centennial Area Learning Center (4203 Woodland Road, Circle Pines, Minnesota 55014) between 7:30 and 8:15 AM.

- Students will only be allowed to register if they have a CALC or CHS counselor's referral
- Students under the age of 18 must come in and register with a parent/guardian
- Students who are 15 years of age are eligible to take two classes within the morning or afternoon sessions

Please direct inquires regarding summer school opportunities to:

Mary Ann Marietta, CALC Licensed School Counselor, 763-398-2962 or mmarietta@isd12.org

Journey's Fresh Crops

Journey has about 1500 peppers, tomatoes and marigolds already growing! We are expecting the most successful year yet. Students have been working harder than ever, caring for each plant. Waldoch Farms has, again, given us discounts on supplies and planting tips.



Contact Dan DeRuyck for a price list and order form.
763-398-2985 or dderuyck@isd12.org



What is bullying?

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Bullying can take many forms, such as hitting, kicking, threatening others, teasing, name-calling, excluding from a group, or sending mean notes or e-mails. A child who is being bullied has a hard time defending himself or herself. Often, children are bullied not just once or twice but over and over.

How much of a problem is bullying?

Unfortunately, bullying is very common during the elementary and middle school years. In one study of 4th – 6th graders, 25% of students admitted to bullying another student several times or more often during the school term. Another study found that 80% of middle school students reported engaging in some form of bullying during the past 30 days; with 15% doing so frequently. In a national study of more than 15,000 students in grades 6 through 10, 17% reported having been bullied “sometimes” or more often during the school term, and 19% reported bullying others “sometimes” or more often.

Isn't bullying just part of growing up?

Perhaps this attitude is why bullying is still common in American schools. There is a lot of research that shows that being a victim of a bully can affect students' self-esteem and how they approach school. Students who are often bullied by other students may have serious levels of depression and anxiety, and they are more likely than other students to think about suicide.

Victims of bullying also are more likely than other students to report that they do not want to go to school because of fear of being bullied. Some children who are bullied decide, in turn, to bully others. For all of these reasons, it is important that schools address the bullying problem in their school.

Where does bullying happen?

Most bullying (2-3 times as much) happens at school and on the school bus to and from school. Bullying also can take place when kids walk to and from school but this is not quite as common. Bullying is more likely to happen when large groups of students are supervised by a small number of adults, including during lunchtime, recess, physical

education, and when kids change classes. Students also report being bullied in the classroom when their teacher's attention is diverted (e.g., when the teacher turns around to write on the board or when the teacher is distracted helping other students).

Do boys and girls bullying in the same ways?

Both boys and girls bully but there are some interesting differences in how they bully. Boys tend to be bullied by other boys, whereas girls are bullied both by boys and girls. The most common form of bullying for both boys and girls is verbal bullying (teasing, name-calling). Boys are more likely to say that they are physically bullied. Girls are more likely to report being targets of rumor-spreading and sexual comments. Both boys and girls engage in what is called *relational aggression*. Individuals who use relational aggression tend to exclude students from a group. These and other materials are available online at: www.StopBullyingNow.hrsa.gov activity (game on playground, party) or they might threaten to not be someone's friend unless he/she does what they say. Girls are somewhat more likely than boys, to bully each other through social isolation.

Who takes part in bullying?

Bullying often involves groups of students picking on another student. Within these groups, there often is a “ring leader” and a number of followers. In addition, many students observe bullying but do not necessarily take any action—they neither engage in the bullying nor help stop the bullying. Children and youth are often reluctant to try to stop bullying because they are afraid of being bullied themselves, because they want to be part of a popular group, or because they simply are not sure how to help.

Who is bullied?

Any child can be bullied. It is important not to blame or look for faults in children who are bullied, because *nobody* deserves to be abused by their peers. However, understanding some common characteristics of children who are bullied may help adults identify children who are likely targets of bullying and help protect them from abuse. Research indicates that children who are bullied tend to be socially more isolated than other children. These children may seem to be easy targets for bullying because they have few friends to help to protect them. They also may be shy, sensitive, insecure children. Boys who are bullied are often (though not always) physically weaker than their peers. Educators, parents, and others should be especially watchful for bullying of children with disabilities, since these children are often bullied by their peers.

What causes a student to start bullying?

There is no one single cause of bullying among children and youth. Rather, there are many factors within a child’s environment (his or her family, peer group, classroom, school, neighborhood, and society) that can contribute to bullying behavior. Students who bully are more likely to witness violence in their home, have little parental supervision, and lack warmth and involvement by their parents. Children who bully also are likely to “hang out” with others who bully and feel that they gain their popularity or “coolness” by teasing other students.

Bullying thrives in schools where faculty and staff do not address bullying, where there is no policy against bullying, and where there is little supervision of students—especially during lunch, bathroom breaks, and recess. Negative models of bullying behavior are also prevalent throughout society—especially in television, movies, and video games.

What can be done to reduce bullying in school?

The good news is that much can be done to stop bullying in our schools. A single school assembly, PTA meeting, or social studies lesson on bullying won’t solve the problem, however. What is needed is a team effort by students, teachers, administrators, parents, and other staff to change the culture, or climate, of schools. Many schools are meeting this challenge. To learn more about bullying and what your school or community can do to address bullying, visit: www.StopBullyingNow.hrsa.gov.



Support a member of the Centennial community! Coach Pugh is the Director of Coaching for the Centennial Soccer Club and is faced with a tremendous physical challenge as he battles ALS.

Dragon Chase 5K Fun Run/Walk and Pancake Breakfast Benefitting Gavin Pugh

Saturday, April 19
8:00am Race Start

The Mermaid Event Center
2200 County Highway 10 NE
Mounds View



Contact Information:

Alternative Learning Administration

Dr. Bonnie A. Thoms, Director
763-278-4011
bthoms@isd12.org

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Daniel DeRuyck, Journey Program
763-398-2985
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Jillian Doherty, Woodland Program
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Donna Wold, CALC Secretary (Main Office)
763-398-2960
dwold@isd12.org

CALC FAX: 763-717-4538



Pines School

The following Pines School staff may be reached through the main office number: 763-278-4010

Kristin, School Psychologist/Lead Teacher

Lisa, Social Worker

Jamie, Test Assessment/Technology

Rick, Transition Coordinator

Lynette, Pines School Secretary

Pines School FAX: 651-783-7539



Centennial Teacher of the Year Nominees

Centennial Area Learning Center is proud to announce two of our teachers who were nominated for Centennial Teacher of the Year.

Gail Stone and Barb O'Neill are both seasoned professionals who care deeply about helping students to achieve their goals.

Barb is a science teacher who joined the CALC staff in August 1999, while Gail has taught adult students in the ABE/GED program since January 1996.

They are well deserving of this honor.

Congratulations, Barb and Gail!



Gail Stone

Barb O'Neill

Call for Nominations for Centennial's Hall of Fame

Do you know a Centennial graduate who has demonstrated outstanding professional accomplishments, or a member of the Centennial community who has a longstanding history of service to the District, providing services of time and commitment to education? Nominate that individual today for the Centennial Hall of Fame!



SCHOOL DISTRICT 12

Nominations can be made online at www.isd12.org/alumni-information through May 1. Hall of Fame induction will take place during homecoming festivities in the fall.



School Closings

Currently, there are four informational options available to you regarding school and/or District 12 closings.

- District 12 website: www.isd12.org
- Call the District 12 office: 763-792-6000
- Radio/Television
- Alert Notification through Campus Messenger: This is an automated calling service through telephone and email.

In This School...

*We Do Second Chances
We apologize
We Forgive
We Respect Each Other
We Keep Our Promises
We Never Give Up
We Encourage One Another
We Laugh Often
We Belong...*

We Are A Family