



the Bluejay

Centennial Elementary 1315 Aspen St., Springfield, OR 97477

541-744-6383

April 2016

Visit our website – <http://blog.sps.lane.edu/centennial>

ATTENTION PARENTS

Below you will find our school's schedule for testing days for grades 3rd-5th. If you have any further questions please take a look on our website and/or email your student's teacher.

State Testing Schedule	
April 11 - 15	3rd, 4th, 5th grades
April 18 - 22	3rd, 4th, 5th grades
April 25 - 29	3rd grade, and make ups for 4th/5th
May 2 - 6	3rd grade, and make ups for 4th
May 9 - 13	3rd, 4th, 5th grades
May 16 - 20	3rd, 4th, 5th grades
May 23-27	5th grade, and make ups for 3rd/4th
May 31 - June 10	Make ups for 3rd, 4th, 5th

Important dates

April

April 1st Early Release 12:30pm

April 1st-11th Reading Olympics Fundraiser

April 4-8th Staff Appreciation Week

April 11th PTA meeting 6-7:30pm

April 15th Early Release

April 25th-29th Book Fair

April 29th Special Friends Lunch

May

May 4th Walk & Bike to school day

May 6th Early Release 12:30pm

May 9th Last PTA meeting of the school year 6-7:30pm in rm. 1

May 20th Early Release 12:30pm

May 30th No School

From the Principal,

End Power Struggles by Giving Choices

Adapted by Tracy Vitellaro, counselor, from *Parenting with Love and Logic*, by Foster Cline and Jim Fay

Educators are often asked by parents: "How do I avoid power-struggles with my kid? He is so strong-willed!" The answer is somewhat simple: In order to gain control with our kids, we must *share* control. Jim Fay, Love and Logic founder, says that "control...like love... is something that slips through our fingers when we demand it yet comes in abundance when we share it." The more choices we give kids, the less likely they are to fight for it later. Control is a deep-seated need within all of us. At times we do self-destructive things to get it. Have you ever seen someone risk multiple lives just to get ahead on the highway? Have you ever met a child who was willing to fail any entire year of school just to prove to his parents that he was the one in control? Many parents fear sharing control because they understand the risks of permissiveness. That's why we share control by providing small choices, not big ones. Follow these simple rules for sharing control:

1. Only give choices that fit your value system
2. 99% of choice-giving to your child should occur when things are going well
3. Give choices before your child becomes resistant
4. For each choice, give two options, each of which you like. Make sure he or she knows there is an implicit third choice; if he/she doesn't decide quickly, you'll decide for him/her
5. Do not disguise threats, anger, or malice as choices
6. Don't be afraid to say: "I usually give choices, but not this time."

Here are some examples:

- "Do you guys want to go to bed right now or in 15 minutes?"
- "Are you going to take a shower or a bath?"
- "Will you be carrying your coat or wearing it?"
- "Would you prefer broccoli or cucumber salad with dinner?"
- "Would you rather fold the laundry, or make the beds?"
- "Should we play a board game or go for a walk before dinner?"

Choices allow children to know that we trust their thinking abilities. That trust builds their self-confidence and our relationships with them. Choice also gives children the opportunity to think for themselves, and learn from mistakes they might make along the way. Jim Fay cautions us to "[b]e mindful that choices don't turn into threats. 'You can either clean your room or I'm taking away your iPad,' is no different from our boss saying 'Would you rather do that report or get fired?'" Your delivery is important. Try to start your sentence with one of the following:

- "You're welcome to _____ or _____."
- "Would you rather _____ or _____?"
- "What would be best for you, _____ or _____?"

For more information, you can check out the book *Parenting with Love and Logic* from the Family Center.

Best regards,
Dan Sterling

Science Factory News

MAKER CLUB is an awesome new afterschool destination where kids can:

ONCE A WEEK, 3:30 - 5:30 p.m.

- Learn new skills in our **featured workshops** and start formulating ideas for maker projects (see schedule below)
- Work in a supervised independent project area with tools and advice provided by the Science Factory
- Have fun exploring the museum during special afterschool hours

Workshop Schedule

Please note: Not all workshops are appropriate for all ages. We will have something fun & engaging for everyone in grades 2 - 8 each week.

Maker Club Dates	Topics
Wednesday, March 30	Build a Motor (4 - 8) OR Jitter Bots (2 - 4)
Friday, April 8	Intro to Raspberry Pi (5 - 8) OR Wind Tunnel Testing (2 - 4)
Wednesday, April 13	Super Structures OR Paper Airplanes
Thursday, April 21	3D Printing and Design
Wednesday, April 27	Light-up Tote Bags (4 - 8) OR Paper Circuits (2 - 4)
Friday, May 6	Make Some Music
Wednesday, May 11	Balloon Cars OR Paper Airplanes
Thursday, May 19	Build an Interactive Room (5 - 8) OR Jitter Bots (2 - 4)
Wednesday, May 25	Intro to Arduino (5 - 8) OR Wind Tunnel Testing (2 - 4)
Wednesday, June 1	Air Rockets (4 - 8) OR Catapults (2 - 4)

Register for Maker Club

Please download & fill out a [registration form](#) for each child participating. Parents may register ahead of time or during sign-in (3:00 - 3:30 p.m.) on the day of each program. Submit a registration form ahead of time by [e-mail](#), or by fax (541-484-9027). When you submit in person on the day of the event, a parent or legal guardian *must be present to provide a signature*. *Late arrivals (after 3:40 p.m.) may not be able to participate in activities. Pick-up is 5:30 p.m.*

For more information or to get the form please visit their website at <http://sciencefactory.org/maker-club/>

Nearby Nature News

Saturday, April 30, 10 am-noon

Wow Newts! Nearby Nature Quest

Enjoy a newt-themed Nature Quest in Tugman Park! Learn about these cool critters from naturalist Tom Titus as we explore the wild side of this south Eugene park. Event co-sponsored by the Eugene's Southeast Neighbors. Meet at the Tugman Park picnic shelter (3666 Hilyard Street, Eugene). Members FREE, non-members \$5/family. Pre-register: 541-687-9699 or <http://www.nearbynature.org/programs/daycamps>

Nearby Nature Summer Day camps Open for Registration!

Looking for a way to get your kids outside this summer? Then you should check out Nearby Nature's outdoor day camps in Alton Baker Park! These camps are a wonderful medley of hands-on adventure, play, nature, science, art, and gardening. Kids hike, catch bugs, pick berries, canoe, bike, and do experiments. They sing, do crafts, play games, tell stories, act, and build forts. They also simply play outside! Nearby Nature camps run June 20-September 2, last one week each, and serve kids 3-13 years old. Half and full day options are available and enrollment is limited to 12 per camp. For registration and scholarship information, see <http://www.nearbynature.org/programs/daycamps> or call 541-687-9699.

Bricks 4 Kidz News

Amazing Animals! After School at Centennial Elementary

Five Tuesdays after school starting March 29th

This is a hands-on class that uses **LEGO® Bricks and Motors!** It's a zoo in here! This is a unit sure to delight kids who love creatures. We'll be building models of snakes, insects, mammals, and more. Each week we'll discuss fascinating facts about the animals we build from the chameleon that changes colors to the seal model that waddles across the table. Students will love these moving models that celebrate the wonders of the animal kingdom. Grades K-5.

For more information and to sign-up please visit www.bricks4kidz.com

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