



Centennial High SUN Community School



Spring Program Schedule

April 7th- May 30th

5:00 Activity Bus Available

New stop at SE Division and 160th

(Check out the route on page 4)

Snack Provided!

**Choose your classes and return the
registration form on page 5 to the**

**SUN School offices in the
Career Center.**



SUN
SCHOOLS UNITING
NEIGHBORHOODS



SUN
SCHOOLS UNITING
NEIGHBORHOODS



IMPACT NW
Inspiring Hope.
Accelerating Independence



MULTNOMAH
COUNTY



PORTLAND PARKS & RECREATION
Healthy Parks. Healthy Portland.

SUN School offices
located in the
CHS College/Career Center

Site Supervisor: Lonnie Beach
lbeach@imapctnw.org

Extended Day and Parent
Engagement Coordinator:
Carle Hardison
chardison@imapctnw.org

503-762-6153 office
503-522-8033 cell

New classes this term!

9th Grade English Credit Recovery

Adult Zumba* Baking

Guitar Club

Girls' Group* Computer Club

Art Club* School Success Group

Fitness Performance Training

SUN School Spring Term: April 7th-May 30th

Morning Classes

Basketball Open Gym- a.m.

Mr. Christie

Days: Monday, Tuesday, Wednesday and Thursday

Time: 7:00- 7:35 a.m. and 8:00-8:35 on Wednesdays.

Location: Gym

Start your day off with a basketball workout in the gym.



Fitness and Performance Training- Morning!

Mr. Knudsen

Morning: Monday, Tuesday, Thursday and Friday

Time: 6:15-7:15 a.m.

Location: Weight Room

Want to develop your core, strength, power and speed? Then this class is for you! Both morning and afternoon sessions are available!

Career Pathways- a.m.

Mr. Bouschane

Days: Wednesday

Time: 7:30-8:30 a.m.

Location: Metals Shop

Explore career opportunities and learn about the world of manufacturing.

Tuesday Morning Support Group

Mr. Lambert

Days: Tuesday

Time: 7:00-7:35 a.m.

Location: Career Center

Meet each Tuesday morning with Mr. Lambert to get support for school as well as other school challenges. This is a great class club to start your week with positive strategies.



Equity Club

Mrs. Poirier

Days: Tuesday and Thursday

Time: 7:00-7:35 a.m.

Location: Room 168

Join this leadership club to help create an equitable and fair school culture. This club helps plan and organize a variety of multicultural school events.

After School Classes

Tutoring

National Honors Society

Days: Tuesday and Thursday

Time: 3:00-5:00 p.m.

Location: Career Center

Get assistance completing homework or help in a specific subject from National Honors Society students.

Study Skills

Mr. Huff

Days: Tuesday and Thursday

Time: 3:00-5:00 p.m.

Location: Room 124

Learn new skills and techniques to help you study for any subject.

9th Grade English Credit Recovery

Mr. Huff

Days: Tuesday and Thursday

Time: 3:00-5:00 p.m.

Location: Room 124

Do you need help making up your 9th grade English credit from first semester? Come to Mr. Huff's room on Tuesday and Thursday for help completing necessary work to obtain your 9th grade English credit.

ELL Homework Club

Ms. McShane

Days: Tuesday and Thursday

Time: 3:00-5:00 p.m.

Location: Room 113

Work with a community of ELL assistants and students for help completing homework.

Homework Club

SUN Staff

Days: Monday and Wednesday

Time: 3:00-5:00 p.m.

Location: Career Center

The Career Center is open for any students wanting a quiet place to independently complete homework.

* Tutors are not available these days.

Make-up Wednesday

Mr. Nolde

Days: Wednesday

Time: 3:00-5:00 p.m.

Location: Room 130

Need to make-up a quiz or test? Or perhaps you need more time completing a work sample? Check in with your teacher first and come to Mr. Nolde's room on Wednesday to complete tests, quizzes or work samples.

SUN School Spring Term: April 7th-May 30th

After School Classes

Career Credit Make-up

SUN School Staff

Days: Monday and Wednesday

Time: 3:00-5:00 p.m.

Location: Career Center

Are you missing pieces for your career credit or e-portfolio? Do you need help setting up a job shadow? Come to the career center for extra support on how to complete these requirements.

Guys' School Success Group

Joe Massey

Days: Wednesday

Time: 3:00-4:00 p.m.

Location: TBA

Meet with Joe Massey and discuss positive options for achieving success in school. Topics will include communication skills, conflict resolution and preparing for school success.

Baking Workshop- 2 days!

Mrs. Morgan and Mrs. Hartwig

Days: Tuesday, April 15th and

Thursday, April 16th

Time: 3:00-5:00 p.m.

Location: 174

This two day workshop will include learning how to bake, frost and decorate cakes. Registration is limited to the first 10 to sign up. To register check with Carrie in the SUN office to get your name on the list. Stay tuned for details about our upcoming Burrito Workshop!



Girls' Group- Girls unite to make a difference!

Roseann Rivera

Days: Tuesday and Thursday

Time: 3:00-4:00 p.m.

Location: TBA

Join in on the fun! This class is designed for girls of all ages. Facilitated through a mentorship style approach, you will gain leadership skills through the form of healthy cooking, poetry, art, and dance.

M.E.Ch.A

Mrs. Klotter

Days: Thursday

Time: 3:00-4:00 p.m.

Location: 125

Movimiento Estudiantil Chicano@ de Aztlán. This leadership organization focuses on four goals: 1. Leadership 2. Academic Excellence 3. Cultural Awareness 4. Community Involvement.

After School Classes

Art Club

Mr. Rosenblad

Days: Tuesday

Time: 3:00-4:00 p.m.

Location: Art Room

Do you need extra time to complete an art assignment? Would you like a place to experiment with new art materials or simply just a place to sit and draw with friends? Then Art Club is a perfect place for you!



Fitness and Performance Training- Afternoon

Mr. Knudsen

Days: Monday, Tuesday, Wednesday and Thursday.

Time: 3:15-4:15 p.m.

Location: Weight Room

Want to develop your core, strength, power and speed? Then this class is for you! Both morning and afternoon sessions are available!

Youth Zumba

Welky Hoffman

Days: Monday and Wednesday

Time: 4:00-5:00 p.m.

Location: Cafeteria

Zumba combines aerobic activity and dance to create a fun exercise experience. This class is offered Monday and Wednesday. Meet in the cafeteria one day or both days to participate in this lively exercise class.

Computer Club

Brandon Sayarath

Days: Monday and Wednesday

Time: 3:00-5:00 p.m.

Location: Writing Lab

This class will offer you an opportunity to learn new tricks and tips or maybe you just need a computer to complete necessary assignments.



Biology Intervention and Test Review

Throughout the term Mr. McKee and Mr. Bjorn will offer an opportunity to join in an after school study group with the opportunity to retake the test afterwards. See Mr. McKee or Mr. Bjorn for more details.

Guitar Club

Mr. McKee, Mr. Parks and Mr. Ivester

Days: Tuesday, Wednesday and

Thursday

Time: 3:15-4:15 p.m.

Location: Room 102

Want to learn how to play the guitar? Or maybe you want to develop the skills you already have. All levels welcome! Come one day or all three days. The more you come, the better you will be! Bring your own guitar or borrow one of ours.



Evening Classes

Adult Zumba

Carie Sifrl

Time: 6:00-7:00 p.m.

Days: Monday and Wednesday

Location: Cafeteria

Zumba combines aerobic activity and dance to create a fun exercise experience. This class is offered Monday and Wednesday. Meet in the cafeteria one day or both days to participate in this lively exercise class. No class on April 14th or May 5th.

Student/Parent Intro to Art Media

Mr. Rosenblad

Time: 6:30-7:30 p.m.

Days: Tuesday

Location: Art Room

This class will introduce parents and students (K-12) to a variety of art media such as charcoal, water-color paints, pastels, printing and acrylic painting. A different media will be explored each class. This class is open to any age student (k-12) and parents.



Adult English Language Class

Sheila McShane

Time: 6:00-7:30 p.m.

Days: Tuesday

Location: Room 113

Learn how to speak and write in English. Learn new vocabulary words and practice your conversational abilities.

Adult Basic Computers

Melissa Wolf

Time: 6:00-7:30 p.m.

Days: Wednesday

Location: Computer Lab

Learn basic computer skills like word processing, excel, power point and how to navigate the web.



Electric Car

Mr. Watts

Days: Thursday

Time: 6:00-9:00 p.m.

Location: Metals

See Mr. Watts for more information about joining this class.



Check the activity bus route below to make sure it is the best option for you.

SUN - CHS ACTIVITY BUS ROUTE AND SCHEDULE

4:55 P.M.	ARRIVE	CENTENNIAL HS
5:00 P.M.	ORIGIN	CENTENNIAL HS
5:11 P.M.	STOP	SE POWELL BLVD @ 153 RD AVE
5:12 P.M.	STOP	SE 148 TH AVE @ SE RHONE ST.
5:14 P.M.	STOP	PETCO PARKING LOT (SE SECTION)
5:16 P.M.	STOP	SE DIVISION AVE @ 160 th AVE
5:20 P.M.	STOP	PARKLANE SCHOOL- MAIN & 158 TH
5:22 P.M.	STOP	SE MAIN ST @ 148 TH AVE
5:34 P.M.	STOP	BUTLER CREEK
5:39 P.M.	STOP	SE MCKINLEY RD @ SE PLATT AVE.
5:42 P.M.	STOP	HENDERSON WAY @ SE FLAVEL DR
5:45 P.M.	STOP	7914 SE BARBARA WELCH RD
5:51 P.M.	STOP	ABUNDANT LIFE CHURCH
5:55 P.M.	STOP	PLEASANT VALLEY SCHOOL

Choose your classes and fill out the following registration form. Return it to the SUN School offices in the Career Center.



Centennial High SUN Community School 2013-2014 Student Application

*Impact Northwest's SUN Community Schools are a collaboration of Multnomah County Department of Human Services,
the City of Portland Parks and Recreation and Centennial School District.*

-Last Name: _____ -First Name: _____

-Birth Date: / / -Student ID #: _____ -Gender: Female Male -Grade: _____

-Identity: African Asian Black/African-American Hispanic/Latino Middle Eastern
 Native American/Alaska Native Native Hawaiian/Pacific-Islander Slavic White Decline-to-answer

-Primary Language: _____ -Free/Reduced lunch? (Circle) YES or NO

-Home Street Address: _____ -City: _____ -State: _____ -Zip Code: _____

-Student Phone: _____

Home/Parent Phone: _____

-Parent/Guardian Name(s): _____

-Health/Medical Issues (allergies, physical pain, old injuries, asthma, etc.): _____

-Health Insurance Company: _____ -Policy # _____ -Hospital Preference: _____

-Emergency Contact Name: _____ -Relationship: _____

-Phone Number(s): _____

-Alternate Emergency Contact Name: _____ -Relationship: _____

-Phone Number(s): _____

I give permission for Impact NW to photograph and/or videotape my child for publicity purposes (initial below):

__ Yes No __

I give permission for the above-named child to participate in any activities that are held at Centennial High School as part of the SUN program. In an emergency and I can't be reached, I grant permission for emergency medical treatment to be given to my child. I agree to pay all medical bills not covered by the insurance company listed below. I release Centennial School District, Impact Northwest, and SUN's partners from responsibility for any bills resulting from injuries incurred in these programs. I understand that my child will be responsible for checking in and out with the SUN program staff every day when arriving/leaving the SUN Extended-Day program. I release SUN, Impact Northwest, Centennial School District and program partners from responsibility for my child after s/he checks out with SUN program staff and/or leaves school property. I have included information regarding allergies or other medical conditions about my child of which staff should be aware.

Parent/Guardian Signature: _____

Date: _____



Centennial High School SUN Community School

2013 - 2014 Release of Information (STUDENT)

Last Name: _____ First Name: _____

Centennial SUN Community School is a partnership of Centennial School District, Multnomah County Schools Uniting Neighborhoods (SUN) Community Schools Initiative and Impact Northwest. SUN Community Schools aim to extend the school day and develop local schools as "community centers." We all work together at Centennial to meet the needs of our students and their families. In order to provide your child and family with the best services and support possible, we need your permission to be able to share information with each other which will help us better meet the needs of each child.

By enrolling the child listed above in SUN Community School (SUN CS) activities, I understand that I am authorizing the release and exchange of student records between Centennial High School, Impact Northwest SUN CS employees and volunteers, and partners as designated below. This information includes student name, student ID #, grade level, achievement test scores, course grades and grade point averages, attendance, and behavior/discipline data. This information may also be shared with the City/County SUN CS Initiative and their evaluation contractors for program evaluation. I understand that for the purposes of coordinating support to my child that Centennial High School and Impact Northwest SUN employees may also verbally share information regarding my child's education and development. Those receiving information under this release understand that this information is protected under state and federal law. They are not authorized to release it to any agency or person not listed in this release without specific written consent of the parent/legal guardian.

Notice of Non-discrimination:

SUN Community Schools programs and services reflect the diversity of our community. We do not discriminate on the basis of religion, race, color, gender, national origin, sexual orientation, age or disability.

Behavioral Expectations:

The safety and well-being of all participants and staff is of utmost importance. To ensure safety in SUN Community Schools, we require that all participants be able to follow all three of the following criteria:

1. Be age-appropriate for the activity/program.
2. Be able to maintain safe behavior during the activity. This means that they can participate without harming themselves or others. Specific required behaviors include:
 - o Treating adults and other students with respect
 - o Following directions of adult instructors and coordinators
 - o Remaining in the assigned room until dismissal
 - o Engaging in safe, non-violent behavior
3. Participate meaningfully in the activity and not disrupt or distract others.

If you have questions or concerns about whether your child can follow the behavioral expectations above or whether s/he will benefit from the program being offered, please talk with the SUN CS Site Manager, Lonnie Beach.

-Check box AND sign below

I authorize the release and exchange of student records (including attendance of classes and events) between Centennial School District, Impact NW, and the Centennial SUN program employees and volunteers:

YES or NO

(A) Parent/Legal Guardian Signature: _____

Date: _____

This permission is effective from 7/1/2013 until 6/30/2014 unless cancelled in writing. Children may participate in SUN CS activities whether or not their Parent/Legal Guardian agrees to the release or exchange of information between the school and other agencies.

Check the box next to the class you would like to join each day.

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15 a.m. Fitness and Performance <input type="checkbox"/>	6:15-7:15 a.m. Fitness and Performance <input type="checkbox"/>	7:30-8:30 a.m. Career Pathways <input type="checkbox"/>	6:15-7:15 a.m. Fitness and Performance <input type="checkbox"/>	6:15-7:15 a.m. Fitness and Performance <input type="checkbox"/>
7:00-7:35 a.m. Basketball Open Gym <input type="checkbox"/>	7:00-7:30 a.m. Equity Club <input type="checkbox"/>	8:00-8:35 a.m. Basketball Open Gym <input type="checkbox"/>	7:00-7:30 a.m. Equity Club <input type="checkbox"/>	
After School	7:00-7:35 a.m. Basketball Open Gym <input type="checkbox"/>	After School	7:00-7:35 a.m. Basketball Open Gym <input type="checkbox"/>	
3:00-5:00 p.m. Career Credit Make-up <input type="checkbox"/>	7:00-7:35 a.m. Tuesday Morning Group <input type="checkbox"/>	3:00-4:00 p.m. Guys' School Success Grp <input type="checkbox"/>	After School	After School No clubs or classes
3:15-4:15 p.m. Fitness and Performance <input type="checkbox"/>		3:00-5:00 p.m. Homework Club <input type="checkbox"/>	3:00-4:00 p.m. MEChA <input type="checkbox"/>	
3:00-5:00 p.m. Homework Club <input type="checkbox"/>	After School	3:15-4:15 Fitness and Performance <input type="checkbox"/>	3:00-4:00 p.m. Girls' Group <input type="checkbox"/>	
3:00-5:00 p.m. Computer Club <input type="checkbox"/>	3:00-4:00 p.m. Girls' Group <input type="checkbox"/>	3:15-4:15 Guitar Club <input type="checkbox"/>	3:15-4:15 Fitness and Performance <input type="checkbox"/>	
4:00-5:00 p.m. Zumba <input type="checkbox"/>	3:15-4:15 Fitness and Performance <input type="checkbox"/>	3:00-5:00 p.m. Career Credit Make-up <input type="checkbox"/>	3:15-4:15 Guitar Club <input type="checkbox"/>	
Evening	3:15-4:15 Guitar Club <input type="checkbox"/>	3:00-5:00 p.m. Make-up Wednesday <input type="checkbox"/>	3:00-5:00 p.m. Tutoring <input type="checkbox"/>	
6:00-7:00 p.m. Adult Zumba <input type="checkbox"/>	3:00-5:00 p.m. Tutoring <input type="checkbox"/>	3:00-5:00 p.m. Computer Club <input type="checkbox"/>	3:00-5:00 p.m. Study Skills <input type="checkbox"/>	
	3:00-5:00 p.m. Study Skills <input type="checkbox"/>	4:00-5:00 p.m. Zumba <input type="checkbox"/>	3:00-5:00 p.m. 9th Grade English <input type="checkbox"/>	
	3:00-5:00 p.m. 9th Grade English <input type="checkbox"/>	Evening	Credit Recovery <input type="checkbox"/>	
	Credit Recovery <input type="checkbox"/>	6:00-7:00 Adult Zumba <input type="checkbox"/>	3:00-5:00 p.m. ELL Homework Club <input type="checkbox"/>	
	3:00-5:00 p.m. ELL Homework Club <input type="checkbox"/>	6:00-7:30 p.m. Adult Basic Computers <input type="checkbox"/>	3:00-5:00 p.m. Credit Recovery-MHCC <input type="checkbox"/>	
	3:00-5:00 p.m. Credit Recovery-MHCC <input type="checkbox"/>		Evening	
	Evening		6:00-9:00 p.m. Electric Car <input type="checkbox"/>	
	6:00-7:30 p.m. Adult English Class <input type="checkbox"/>			
	6:30-7:30 p.m. Stud / Parent Media Art <input type="checkbox"/>			

Check this box if you are taking the 5:00 activity bus.