



Monday February 12th 2018

Advanced Placement (AP) Parent Meeting

There will be an Advanced Placement (AP) parent informational session in the band room at Benson on February 15th from 6:00-7:00. The session is for families wanting to learn more about what taking an AP class entails. Teachers and students will talk about AP at Benson to provide a better idea of what an AP class is like.

Please contact Megan Hill at mhill2@pps.net if you have any questions.

Megan Hill/AP Exam Coordinator

Spring Financial Aid Night

Attention Seniors and Parents: Tuesday February 13th 2018

Scholarships and application deadlines are quickly approaching. Don't miss out on financial opportunities. Get your FAFSA/ORSAA, Oregon Promise and OSAC applications done. Join us in the Counseling Center from 6:00-7:00pm for a hands on workshop and pizza! Don't forget your 2016 tax documents. Please see the attached document for specific details.

Sherree Thomas-Coleman

IMPORTANT INFORMATION ABOUT FORECASTING / SIGNING UP FOR CLASSES NEXT YEAR

Students will begin the forecasting process in February. Students will be working closely with counselors to determine the courses necessary for their post-secondary success and graduation. Please see the attached link for the Course Guide.

This year students will forecast for their classes online in Synergy StudentVue. The school prioritizes staffing and the school schedule on this data, therefore changes are not allowed once the forecasting window closes. Online windows to forecast will be open for approximately one week/grade level. The windows are as follow for current classes:

Current freshmen -February 14-21

Current Sophomores - February 28- March 6

Current Juniors - February 12-19

Please note that next year 9th-11th graders will be required to take a full load of courses according to Oregon Administrative Rule 581-022-1620.

***Tonya Mjelde/Vice Principal
Benson Polytechnic High School
(503) 916-5100 x77126***

Benson's Website

Please be sure to visit our website at www.bensonhs.net and check out our yearly calendar to stay up to date on all things happening here at Benson Tech.

Athletics:

Girls Basketball

Tuesday Feb. 13th at Madison

JV2 at 4pm; JV at 5:30pm

Varsity at 7:15pm

Boys Basketball

Tuesday Feb. 13th vs Madison

Frosh at 4:00pm; JV at 5:30pm

Varsity at 7:15pm

Flex Days

Wednesday February 14th

Tutorial

(2:23pm to 3:15pm)

Thursday February 15th

Flex

(2:23pm to 3:15pm)

No School

Monday February 19th

Presidents Day

Advanced Placement (AP) Exam Information

The window to register for an Advanced Placement (AP) exam is open from now until March 12. Here is the link to register: <https://aptestservice.com/pps/>

In their AP class, your student received, or will receive soon, an instruction sheet on how to register, and where to go on exam day. Except for the AP Japanese and AP Chinese exams, all AP exams will be hosted at the Oregon Convention Center: 777 NE Martin Luther King Jr Blvd, Portland, OR 97232.

Students also received the Bulletin for AP Students and Parents from the College Board detailing test administration policies, a student checklist, getting ready for exam day, and the 2018 exam schedule.

Please contact Megan Hill at mhill2@pps.net if you have any questions.

Megan Hill/AP Exam Coordinator

A Message from Benson's Earth Space Science Instructor Kerry Zambrano

Earth/Space students are investigating how we learn about past climates, and they soon will be studying how past climates are recorded in ice sheets. To simulate this, I will be making "ice cores" in PRINGLES cans. If you or your family eat PRINGLES, please send any empty cans to school for Mrs. Zambrano. I will start making the cores on Tuesday, February 20th. THANKS!!! Mrs. Zambrano

Career News Information from Miranda Ryan (Benson's Career Coordinator)

Please be sure to read the attached Career Newsletter flyer from Ms. Ryan.

A Message From Randa BenAziz (Benson's AVID/Spanish Instructor)

Attention Seniors! Are you interested in being a tutor for our AVID class tutorial sessions here at Benson?

We have openings during 2nd, 5th, or 6th period.

Hours could count toward community service. Others options such as compensation may be available depending on applicant.

See Ms. BenAziz or Dr. Coleman for more information

Hosting a Foreign Exchange Student

If you are on the lookout for some international fun and activity, why not think about volunteer hosting a foreign exchange student for the 2018-2019 school year? You, your family, and your friends could enjoy cultural exchange and the lasting bonds of a new friendship! Northwest Student Exchange has partnered with Portland Public Schools for over 15 years. Our students come from Asia, Spain, Brazil, Europe, and Scandinavia. Year-long and semester-long exchanges are possible. For more information, contact Patricia Rimmer. Phone: 503-740-2754 Email: primmer@pps.net rimmer9492@comcast.net

A Message from Benson's Athletic Director Scott Archer

Spring Sports Start Soon:

Spring Sports start on **Monday, February 26**. In order to be guaranteed to participate on the first day, all athletes must be cleared in the athletic office by **Friday, February 23**. Even if your student played a sport previously this year, please indicate interest in playing a spring sport to athletic assistant Kayte Tompkins in the athletic office.

Before your student-athlete can compete, they must register online, and **have a current physical on file** in the Benson Athletic Office.

You can register your student here:

<https://www.familyid.com/organizations/benson-high-school>

...and then have your student bring in their current physical, if not already on file.

New Hires:

Benson has hired coach Linda McLellan to lead the 2018 Benson Softball team. Coach McLellan is also a PE teacher here at Benson.

Benson Baseball will be led by Benson alum Ray Watterson.

Spring Parent Night:

Parent night for spring athletes and families will be on **Thursday, March 1, 6PM** in the Benson Auditorium. We will meet as a group, and then break off into individual team meetings. We look forward to seeing you there.

Scott Archer

Athletic Director

Benson High School

503.916.5100 x 77108

Beyond Benson Program

Parents of Juniors: Applications are now available in counseling for the Beyond Benson program. Beyond Benson matches Benson juniors with a community mentor who helps students with post high school preparation. Typically, the mentors work privately with each student to provide individual assistance such as: applying for scholarships, researching colleges and completing college applications, and preparing for interviews. Criteria for the program are the following:

Qualifications: Have a 3.0 cumulative GPA and at least a C in core classes.

Meetings: Meet with your mentor at least twice a month through the end of your senior year
Contact your mentor in advance if you have to miss a meeting
NOTE: if you have three unexcused absences, you will be dropped from the program
Attend small group meetings on post-high school topics

Follow through: Complete agreed upon assignments

Communicate with your mentor via email and/or text in a timely manner.

Applications are due on Thursday, March 2 to counseling. If you have any questions, please contact Amy Henry, counselor, at amyhenry@pps.net

Amy Henry

Volunteer Opportunity for students at Benson High School from OHSU:

Please Read Below and See Attached Flyer

My name is Wallace Chan and I work with OHSU ThinkFirst Oregon. We are an injury Prevention Program located at Oregon Health and Science University (OHSU). We primarily talk about brain and spinal cord injury prevention. We have an exciting volunteer opportunity for students at an event happening on the weekend of February 17th and 18th. This is a great opportunity for students who may need to gain some volunteer hours.

Volunteers at the Kid Fest Event (Portland Expo Center) will be helping our program educate event attendees about brain and spinal cord injury prevention. They will be using our anatomy models to talk about anatomy and function of the brain, run fun and interactive activities which help people at the event understand how brain injuries can affect their everyday lives as well as help kids at the event with making a brain out of modeling clay that will be available at the event and making fun brain hats out of felt and paper where volunteers can help explain about brain function. Volunteers must be at least 15 years of age and older.

Attached, I have a flyer that can be distributed to students and has a link to our Survey Monkey sign up.

If students are interested in volunteering with us, they can find the link to sign up for a volunteer shift here: https://www.surveymonkey.com/r/ThinkFirst_2018_Kid_Fest_Volunteer

Shifts start at 9 AM on both Saturday, February 17th and Sunday February 18th

Wallace Chan

OHSU ThinkFirst Oregon

Education Presenter

Office: 503-494-7801

Cell: 503:715-7539

A Message from the Fit2LiveandLearn Department.

Congratulations to the following freshmen who earned Student of the Quarter.
Excellence in Education - Highest percentage earned in Physical Education
(fit2liveandlearn).

Jacqueline Martinez

Maxwell Schroeder

Megan, Ho

Antonio, Pietrok

Vanessa Cortez

Jennifer Martinez

Angel Carmona

Hailey Majors

Estrella Martinez

Greyson Joseph

Janai Pittman

Bethany Brundage

Marie Abino

Katelynn Jones

Kalynn Lam

Miguel Morgan

Jacob Gault

The Fit2LiveandLearn Dept.

Evening Scholars Opportunity

Need to recover credit from first semester or last year? Pre-registration for night school (Evening Scholars) starts Tuesday, January 30th and classes start on February 20th. You need to see your counselor to pre-register. For more information about Evening Scholars, please visit the website at: <https://www.pps.net/Domain/92>.

Amy Henry

GIS Workshop for High School Girls (Please See Attachment)

This is an annual workshop hosted at Portland State University for high school girls in partnership with ChickTech. We introduce the girls to the transportation profession, tour the PSU campus and teach them introductory GIS skills. The workshop includes breakfast, lunch and is free to attend.

You can find out more about our research center and our K-12 programs [here](#).

Lisa Patterson

Portland State University

FLU SHOTS:

The Benson Wellness Center has Flu Shots! Come schedule an appointment now! OHSU Providers are here Mondays, 1-4 and Tuesdays & Thursdays, 8-12. Our medical assistant Reva is a shot MASTER—you'll barely feel a thing, and you'll protect yourself and your friends and families from getting the flu!

As always, we welcome your feedback, questions, and concerns! Call or email any time:

503--916-5151, ext. 77981 or email cbleckmann@pps.net

Caroline Bleckmann, LCSW

Need Practice for Important Tests? Go to Learning Express...

Is your student taking the ACT, PSAT, or SAT this year? The Benson Library has **Learning Express**, courtesy of the Oregon State Library, that gives students access to online practice tests and strategies on how to solve test problems. Please see the instructions on how to access **Learning Express** from home. If you are using PPS internet, no login or password is needed, but from home networks, please use

Login: port, Password: oslis

[Learning Express Instructions](#)---Please start on step 3. (Julie Morris)

Outdoor School

"Are you interested in being a Student Leader for Outdoor School? Improve your leadership skills by coming to the Outdoor School Student Leader workshop on the weekend of April 6th. Sign up on the MESD Outdoor School website or through a paper sign up card in the counseling center. Contact Abigail Kindall or Thyme Masters for assistance."

Thanks,

Abigail

A Message from the AVID/College Coordinator Sherree Thomas-Coleman

OSAC/Oregon Promise Scholarship online application **Now Open!** <https://oregonstudentaid.gov/scholarships-instructions.aspx>

The Seneca Scholarship (Seniors) visit www.senecasawmill.com

Oregon PSR's Greenfield Peace Writing Scholarship (Juniors and Seniors). Deadline March 5th. Visit http://www.oregonpsr.org/2017_greenfield_peace_writing_scholarship

Fastweb: For cultural, merit, and need-based scholarships visit: <https://www.fastweb.com/college-scholarships>

Sallie Mae Scholarship search too includes a variety of scholarship opportunities. Visit <https://www.salliemae.com/college-planning/tools/scholarship-search/>

Athletes: *BigSun Scholarship* \$500 any sport! Deadline June 19th. Visit <http://www.bigsunathletics.com>

Seniors: Help finding additional scholarships is simple. Use your CIS account (found in your Google classroom) and/or visit the Counseling Center TODAY!

Juniors: Oregon State School of Business may have a scholarship just for you! Visit https://oregonstate.qualtrics.com/jfe/form/SV_9FAD6zZT9Eb26JT for details.

Al Forthan Memorial 10K Scholarship: Deadline February 5th. Visit <https://www.voar.org/al-forthan-memorial-scholarship> for more information.

Teacher Education Scholarship: Oregon PTA. Deadline March 30th. Visit http://www.oregonpta.org/assets/pages/files/2018-TES_Application-Info1.pdf for more details.

Humanist Essay Contest: Deadline April 16th. Visit scholarship@portlandhumanists.org for details.

Lighthouse Guild Scholarships for students who are visually impaired. Deadline March 31st. Visit <https://www.lighthouseguild.org/programs-services/scholarships/> for details.

Oregon Tech Foundation Scholarships: Deadline March 1st. Visit <http://www.oit.edu/college-costs/scholarships/all-students/otf> for more information.

The Links, Inc. 2018 Academic and Arts Scholarship for African American students. Deadline February 23rd. Visit <https://portlandlinksinc.org/scholarships/2018-scholarship/> for details.

Oregon Collectors Association Hasson/Newman Memorial Scholarships: Deadline March 1st. Visit www.orcascholarshipfund.com for more information.

The Sussman Fund of the Jewish Federation of Greater Portland Scholarship: Deadline March 1st. Visit <https://www.jewishportland.org/ourcommunity/youth> for details.

Evergreen Aviation and Space Museum Scholarships: Two scholarship awards available. Visit <http://www.evergreenmuseum.org/scholarships> for application and deadline information.

iQ Credit Union Scholarships: Deadline March 10th. Visit <https://iqcu.com/form/scholarship-application> for details.

Oregon Jaycee Foundation Scholarship: Deadline April 18th. Visit the Counseling Center for applications.

Brezos Scholars Program for Juniors: Deadline February 9th. Visit <https://bezosscholars.org/> for online application.

Abott and Fenner Scholarship: Deadline June 14th. Visit <http://www.abbottandfenner.com/scholarships.php> for more information.

More Information From Sherree Thomas-Coleman

Upcoming College Visits/Events

02/15 AVID Seniors to Pacific University

02/16 ACT Practice Test (limited seats – sign up at <http://www.signupgenius.com/go/5080b4da9ab22a5fd0-psat>)

02/23 AVID Juniors to Oregon State University

Financial Aid

02/13 **Family Financial Aid Night** (6-7PM) – FAFSA/ORSAA, OSAC, and pizza!

02/18 **FAFSA/ORSAA, Oregon Promise, and OSAC Workshop** during “flex” (2:30-3:15PM) in the Counseling Center

Testing

02/15/18 ACT Practice Exam (limited seating - visit Counseling Center today)

04/14 Official ACT Test (Registration Deadline March 9th) Visit <http://www.act.org/content/act/en/products-and-services/the-act/registration.html>

03/10 Official SAT Test (Registration Deadline February 9th) Visit <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>

Note: PPS will be administering the ACT examination to all juniors on February 27th free of charge. Students will complete registration at Benson.

For *free* test prep resources visit **Benson’s Library**, the **Khan Academy** website at <https://www.khanacademy.org/sat> , **Multnomah County Library** website at <https://multcolib.org/resource/learningexpress-library> and/or Number2.com

Sherree Thomas-Coleman, PhD

Program Coordinator (AVID)

College Counselor

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College Tips from Sherree Thomas-Coleman

AVID Coordinator/College Counselor

Tips for Benson's College-Bound Students

Meet with your high school counselor: Your guidance and college counselors will have the resources and guidelines that can make the whole college application process a lot easier.

Review your transcript: Semester grades will be posted soon. Check transcript carefully for errors. If you happen to find a mistake, politely bring it the attention of your counselor.

Go to college presentations: Don't miss opportunities to meet with college reps on visiting our campus. This is an excellent way to learn more about the schools and to ask questions you may have.

Make a list of application deadlines and supporting materials needed: Read through all your applications thoroughly to find out what supporting materials they require and what their deadlines are. Post the list somewhere and/or add set notifications on your electronic device, so you remember what needs to be done.

Ask for teacher recommendations: If you are applying to a private college, chances are when you checked the application for other materials you need, you discovered that you would need at least one recommendation from a teacher or community member. *Be sure to ask your recommender well in advance and give them everything they ask for.*

Get started on applications: Create an account for the school you will be applying. Make sure you write down your username and password somewhere you won't lose it. Make a point of setting aside time every week to start filling out the general information asked for on the applications.

Begin thinking about your essays if the application requires an essay: When applicable, look over prompts and begin jotting down ideas for the essays.

Complete the FAFSA/ORSAA: Sign up for FAFSA PIN If you plan to apply for financial aid. You will need your completed 2016 tax documents.

Sign up for the NCAA Clearinghouse, if you are a student athlete: You must sign up for the NCAA Clearinghouse and send them your SAT or ACT scores if you plan on playing collegiate sports at a Division I or Division II institution.

ASK QUESTIONS! When in doubt, visit the counseling center and get help. Waiting until the last minute can make the process overwhelming.