

Please be sure to follow me on Twitter @BensonTechPride

Stay up to date with school wide events by visiting our School Calendar at www.bensonhs.net

Athletics

Please be sure to read the attached Athletic Schedule for athletic events happening this week.

Flex Schedule This Week Wednesday October 24th Tutorial 2:23pm-3:15pm

Thursday October 25th Academic Instructors will be doing Student Support from 2:23pm-3:15pm

CTE Instructors will be doing Tutorial for students from 2:23pm-3:15pm

Freshmen Success Team Meeting

2:23pm-3:15pm

October 22nd 2018

End of the 1st Quarter is Friday October 26th

<u>Teacher Planning Day: Monday October 29th</u> No School for Students

<u>Benson's Site Council Meeting will be meeting on Thursday October 25th</u> <u>from 3:30pm-5:00pm in the Library Classroom.</u>

TAG Update (Pease See Attached Flyer)

Hello Benson Families,

I am Nicole Kennedy, Benson's TAG (Talented and Gifted) Facilitator, this is my 3rd year in this role. Please feel free to contact me with any question you may have.

Here is this months TAG News:

OMSI TAG Night is November 5th with free admission and parking for TAG Families (see attached flyer)

TAG applications are open and available until November 15th!

If you would like to have your student tested for TAG identification please see the link below or grab a form from the counseling office. TAG nominations for students is open and the forms are available on the TAG website https:// www.pps.net/doman/396

Forms are due by November 15th and you can turn them into the main office addressed to Ms. Kennedy.

Please be sure to keep an eye out for the TAG Fall Newsletter!

K. Nicole Kennedy, LPN 503-916-5100 PPS ext. 77192 (<u>kkennedy@pps.net</u>)

Visioning A New Lloyd District

Now is your chance to have a say in the "New Lloyd District" please see the attached flyer and see how you can voice your opinion in the future of the Lloyd District.

Attention Students Interested in Skiing:

Please be sure to read the attached informational flyer regarding skiing for Benson Tech. The first meeting will be held on Monday night. Please see attached flyer for specific details.

Shawn Mick

A Message from Scott Archer: Benson's Athletic Director

Winter Sports On Deck:

Winter sports begin on Monday, November 12.

Please have your athlete cleared in our athletic office before coming out to practice/try-outs. Turning in late paperwork may mean your student misses the try-out period.

To get cleared, register online at: <u>https://www.familyid.com/organizations/benson-tech-high-</u><u>school/</u>

We will need a current physical uploaded to the above website, or on file here at Benson High School. Physical forms are outside the athletic office here at Benson (room 105).

Physicals can be done at the Benson Wellness Center on campus. Here's their website: <u>https://</u><u>www.pps.net/Page/5953</u>

Also, if you played a fall sport, please pay our outstanding sports fee before turning-out for a winter sport. Sports fees are capped at two sports per year (a student can participate all three seasons).

If your student has registered on FamilyID in the past, please log-in and select the winter sport your student is interested in.

<u>Swimming:</u>

Benson will offer swimming in some capacity. This is good news.

However, in order for this to happen we do need a volunteer coach to step-up.

Once we have numbers of those interested, we will get creative in finding pools to practice in, and we will work to enter into some swim meets. If this goes well this season, athletics feels confident we can offer a full-range varsity program in 2019-2020 season.

In the meantime, we are looking to build this program back-up, and will offer some options if your son or daughter has an interest in swimming.

Do you know of someone interested in volunteering to help get swimming back in the mix? Have them contact Benson Athletics (<u>sarcher1@pps.net</u>).

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

Upcoming College Visits/Events

10/22 Oregon State University College of Business (11:20 - 12:20 during lunch in cafeteria))

10/24 Southern Oregon University (12:00 - 12:30 during lunch in Cafeteria)

10/24 University of Oregon (12:00 - 12:30 during lunch in lunch Cafeteria)

10/25 Westminster College (12:00 - 12:30 during lunch in Cafeteria)

10/25 Vanderbilt University (12:00 - 12:30 during lunch in Cafeteria)

Class of 2019

College Prep Tips

Congratulations! It's your Senior year! Here are a few tips to help you be successful.

- Prepare to take/retake the official SAT/ACT
- Start narrowing your college choices (research admissions requirements and tuition costs)
- Start your college admissions application(s)
- Create your academic resume (i.e., high school awards, honors, clubs, athletics, activities, community service, work experience)
- Begin framing your essay for possible scholarship requirements
- Start applying for scholarships now
- Complete your FAFSA/ORSAA

Complete the Oregon Promise (2 yr) and/or OSAC (4 yr) application

More Information from Sherree Thomas-Coleman

Testing

10/27 Official ACT Test (Late Registration Oct. 14th)<u>http://www.act.org/content/act/en/products-and-services/the-act/registration.html</u>

11/05 Official SAT Test (Late Registration Oct. 24th) <u>https://</u> collegereadiness.collegeboard.org/sat/register/dates-deadlines

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

website at http://www.number2.com/

Get College and Scholarship Information on Your Phone!

Parents and students don't miss out on important scholarship deadlines and college information. Subscribe to "**Remind**" today! Simply send a text from your mobile device today to start receiving up-to-date information.

Text the following: **To**: 81010 **Message**: @urcollege

For more information on college visits, scholarships and more, visit our website: BPHS College News at <u>https://sites.google.com/apps4pps.net/</u><u>bphscollegenews/home</u>

Sherree Thomas-Coleman, PhD

College Counselor Program Coordinator (AVID) Testing Coordinator Benson Polytechnic High School Office: 503-916-5100 Ext 77261 Fax: 503-916-2690 Email: sthomascoleman@pps.net

A Message from Benson's Wellness Center Coordinator Caroline Bleckmann

The Benson Wellness Center has Flu Shots! Students need to register as patients with OHSU if they have not already by calling 503-494-8505. From there, they can come in during OHSU provider hours: Mondays, 12-4 or Tuesday/Wednesday/ Thursday 8-12:00. Questions? Contact Caroline Bleckmann at cbleckmann@pps.net.

Ms. Bleckmann