



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

No Flex Schedule This Week!

Benson Wrestling has Pre-Season
Practice on Monday-Wednesday-
Friday from 3:30pm-5:00pm in
the Benson Mat Room

Please come and join if
interested.

October 30th 2018

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 (kkennedy@pps.net)

Math Essential Skills Workshop

There will be a Math Essential Skills Workshop on Saturday, November 3rd in Room 228 from 9:00 – 12:00 for any senior who has not yet finished this important graduation requirement.

Thanks,

Tonya Mjelde

Vice Principal

Please see Miranda Ryan's attachment on information regarding the Benson Tech Career Newsletter.

Miranda Ryan

Career Coordinator

Benson Polytechnic High School

Cell: 503-312-2774

Office: 503-916-5100 X:77201

Career Website: <https://goo.gl/VsSnpW>

A Message from Scott Archer: Benson's Athletic Director

Fall Sports Conclude:

This past Friday (October 26th) marked the conclusion of the 2018 Fall Athletic Season at Benson Tech. Next week, we will recap how each program fared.

Please note: Coaches voted to have their own specific end-of-season night. Please connect with your student's head coach to get an idea of when/where they plan celebrate their season(s).

Winter Sports Start November 12:

Yes, Monday, November 12 is a holiday, and there is no school, but Basketball and Wrestling will begin their winter sport try-outs/practices. We will update you on specific Monday, November 12 practice times next week.

Before your student is eligible to try out, two things need to happen:

Current physical (good for two years from date of doctor clearance) on file at Benson, or uploaded via FamilyID. There are copies of physicals outside the athletic office (room 105).

A complete FamilyID registration completed through: <https://www.familyid.com/organizations/benson-tech-high-school/>

Even if you completed a registration for a fall sport, we ask that you please go back into your account, and list a winter sport to transfer/update your information.

Swimming Coach Wanted:

We have the opportunity to add swim programming to our athletic offerings here at Benson Tech.

We are looking for someone to take on a leadership role for the emerging swim program. Without a point person it, we won't get very far.

If you know if someone interested in helping out this season, please email Scott Archer: sarcher1@pps.net with any info/questions.

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

Upcoming College Visits/Events

10/30 University of Portland (11:20 - 12:00 during lunch in cafeteria))

10/30 Landmark College (11:20 - 12:00 during lunch in Cafeteria)

10/31 Pacific University (11:20 - 12:00 during lunch in lunch 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

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

More Information from Sherree Thomas-Coleman

Testing

Official ACT Test: To register visit: <http://www.act.org/content/act/en/products-and-services/the-act/registration.html>

Official SAT Test: To register visit: <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>

For *free* test prep resources visit 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](http://www.number2.com) 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

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

A Message from Benson's Fit2LiveAndLearn Classroom Instructors

FRESHMEN

FIT2LIVEANDLEARN - PE

STUDENTS OF THE QUARTER

Congratulations to the SWEET 16

Kordan Wesolowski

116%

Isaac Holzapfel

111%

Micah Sakagucki

110%

Vy Vo

108%

Samuel Farber

107.7%

Tiffany Trinh

107.3%

Simeon Braun

107.2%

Liam Brown

106.4%

Mariajose Mata

106.0%

Myles Deverell

105.8%

Sonia Nath

105.5%

Blossom Vang

105.3%

Jaspar Bradley

104.9%

Tyler Wynn

104.4%

Simon Shulevitz

104.2%

Brynn Ryan

103.8%