



October 26th 2020

Parents/Guardians,

Please note that I have added the link to the school schedule as I know that for some of us we need to have a constant visual platform in order to stay on top of our schedule during this pandemic. Please click on the link below to access our school schedule.

Thanks

Principal Wilson

<https://docs.google.com/document/d/1Sxe0Bo3zZQ-8F45ajUPnN0ypS6TUL2flsjkYSm-y2oE/edit?usp=sharing>

The Benson Wellness Center is back open!

Students are seen by appointment only; sorry, no walk-ins due to COVID Restrictions.

Need a medical appointment? There are two steps:

Step 1: Register if you are a first time patient at 503-494-8505.

Step 2: Call to schedule an appointment in person or virtually at 503-418-0409

Sincerely,

[Caroline Bleckmann, LCSW](#), She/her

School Social worker, Benson Polytechnic High School

[Benson Wellness Center](#)

Cell/Non-urgent texting: 503-729-3486

Monday-Friday, 8-4:00

[How can the School Social Worker help me?](#)

Outside of office hours, if you or your loved one is experiencing a mental health crisis, please call the Multnomah County Crisis line at 503-988-4888.

Updates from BHS Athletic Director Scott Archer

https://docs.google.com/document/d/19bpZ_7bQSxJef5BA4KHrgCsFVw1C1eZ9Thou93EMKsM/edit?usp=sharing

***Please be sure to follow me
on Twitter***

@BensonTechPride

**PPS Website For Up To
Date Information &
Resources for the 2020-21
school year.**

Pps.net/fall2020

Student Class Schedules

***Please note that you
should be able to start
seeing your students class
schedules in ParentVue
and StudentVue***

Start Spreading The News

***Benson Tech Application
Lottery Dates will be
November 12th to
December 11th 2020.***

***Please be sure to go to the
BHS Website as
www.bensonhs.net for
school information as it
becomes relevant.***

A Message from BHS Activities Coordinator Lisa Sweeney

Gain leadership experience and help shape your school community by joining ASB! Elections are being held November 16th to November 20th. If you would like to run for your class's president, vice president, treasurer, or secretary, fill out the candidate registration [form](#). Forms are due November 9th! Contact the activities coordinator Lisa Sweeney (lsweeney@pps.net) if you have any questions. Go Tech!
<https://forms.gle/6dw1AGEbjTkfZMSV6>

Information Regarding Benson's Virtual Club Fair

Benson Polytechnic High School Virtual Club Fair!

Wednesday, October 28th, 2020

1:00-2:00pm

Please take some time to explore the many clubs Benson Tech has to offer! You can watch a video (Links will be available Tuesday evening) to get an idea of the club, or click on the link to chat with club representatives live during the fair hours.

Interested in starting a new club? Complete the [New Club Form](#) or email the activities coordinator Lisa Sweeney lsweeney@pps.net to get started.

Attention All Benson Tech Students:

Please join the BHS Redesign Team for an online project update & information session on Wednesday, 10/28 at 1pm.

The meeting link and some updated pictures of the project is listed below.

Thanks

BHS Redesign Team

<https://meet.google.com/oxw-wofg-rzm>

<https://drive.google.com/drive/folders/10F5iOznHzXsaPpYwxJZPhXwv1tubma5O?usp=sharing>

TAG Message

Hello Benson Tech Families,

TAG Nomination/Permission Forms are due to your school by **Nov. 20th** in order to be nominated for a possible TAG Identification this year. Additional Questions? Reach out to me, kkennedy@pps.net your TAG Facilitator. The TAG department is currently working on a digital form for nominations. This will be uploaded some time in October. Check the TAG website linked below for updates.

<https://www.pps.net/Page/3884>

K. Nicole Kennedy, LPN

Health Science Instructor

Black Student Union Adviser

TAG Facilitator

Benson Alumni

Benson Polytechnic High School

546 NE 12 Ave.

Portland, OR 97232

A Message from Christina Thompson
Benson's ESL Instructor

Free food for all PPS families.

PPS Food Distribution is still going. You can pick up food for your students or children 1-18, Mondays, Wednesdays, and Fridays from 3-5.

Parents can pick up food, or one student can pick up for other kids.

The Districts web site has a map, and more information [here](#)

Households financially impacted by the Coronavirus (COVID-19) may be able to qualify for The Supplemental Nutrition Assistance Program (SNAP). SNAP offers food benefits to eligible, low-income individuals and families. Find out if you are eligible and how to apply for food benefits by clicking [here](#). For more information or support, please contact the Nutrition Services department at 503-916-3399 or nutritionservices@pps.net.

Warmly,
Christina Thompson (she/her)
ESL Teacher, Benson High School
cthompson@pps.net

Si usted necesita ayuda en traducir este mensaje, llame al 503-916-3943 para español.

Haddii aad u baahan tahay gargaarka turjumida fariintan Soomaaliga ah fadlan waxaad wacdaa 503-916-3258.

如果你需要幫助翻譯此消息成中文請撥打這個電話號碼 503-916-3068

Nếu quý vị cần dịch tin nhắn này bằng tiếng Việt xin gọi 503-916-3186.

Если Вам будет нужна помощь с переводом этого сообщения на русский язык, пожалуйста, позвоните по телефону 503-916-3266.

A Message from the Eastside Snowboard Team

JOIN THE EASTSIDE SNOWBOARD TEAM!

We will be offering a modified 2021 season due to covid restrictions.

Regrettably, OISA will NOT be hosting any competitions this season. We will use this season to practice as a team. Riders must have previous snowboarding experience.

Practices: Wednesday nights for 10 weeks beginning January 6, 2021

Where: At Mount Hood Meadows

How: Riders will need to arrange their own transportation to and from the mountain

Team fee: We anticipate roughly \$350 to cover all coaching, insurance and a team hoodie – cost will be finalized when we have a clear idea of team size for the season

Passes: You will need to renew or purchase a season pass **\$309–\$519 until Nov 8**

More info is available [HERE](#) and you will need to fill out our [contact form](#) if you plan to join this season.

Kirsten Finstad
Eastside Snowboard Team Advisor
Metro League
917.687.5458

A Message from our Dean of Students/Climate Coach

Parents/Guardians please be sure to read this very important information regarding DISCORD which is a new online platform that allows students to talk to each other online and could pose some safety concerns regarding our students.

<https://docs.google.com/document/>

[d/1kXndimFi8QdNIfcoJ35LA7W4N8khnSNd5TASkOGE0ko/edit?usp=sharing](https://docs.google.com/document/d/1kXndimFi8QdNIfcoJ35LA7W4N8khnSNd5TASkOGE0ko/edit?usp=sharing)

Colleen Johnston

BHS Dean of Students/Climate Coach

A Message from the Yearbook Committee Class at Benson Tech

The Yearbook committee is super excited to bring to you Benson's 2020 yearbook! To properly capture what 2020-21 is all about, we'll need your help!

We will be asking for student and parent photo submissions for various yearbook sections as well as story tips. There are so many students that are rising above the challenges of 2020.

Together with Leadership we will be giving you updates through their official IG page @btechleadership. If you have any other questions or suggestions please feel free to contact us:

Got a story to share?

Got a story you want to share? Tips? Shoot us a pitch!

bhsyearbookinfor2020@gmail.com

Senior Photos needed!

*Senior Photos are optional but if you have them, send them here! *deadline has yet to be determined**

BHSSeniorPhotos2020@gmail.com

BHS Yearbook Committee

A Message from the BHS Attendance Office

We encourage students to attend on a regular basis. Studies show that missing more than one day per month can actually lead to poorer grades and contributes to dropping out of school.

Naturally, we understand that there are occasions that a student must miss a school day. When this happens it is important for you to contact the school to let us know the reason for the absence. Please remember to communicate directly with the attendance office if your student will be absent for any period of time during the school day. The best ways to let us know are, in order of school preference:

Send an email to the attendance office at benson-attendance@pps.net

Call the attendance line directly at 503-916-5109

Call the school main office number at 503-916-5100 - Select option 3

Send a note via your student excusing the absence

Always remember, we need the STUDENT NAME, ID# (if known) and REASON FOR THE ABSENCE. (Saying it is an excused absence does not give us the reason, please be specific) The Attendance Office will check messages and emails at 7:30am and throughout the school day. The attendance phone line is continuously busy throughout the school day. An email provides a written message directly to the attendance office. The attendance office can excuse previous absences up to three days after the absence occurs. After the three days, corrections cannot be made.

You can monitor your child's attendance through ParentVUE. Contact the school if you do not know how to access ParentVUE.

If you do not communicate with the school, we cannot properly record your child's absence. If you have any questions regarding your child's attendance do not hesitate to email or call the attendance office. Please help us, help your student have a successful year here at Benson Tech.

Thank you.

Norma L. Lawson

School/Attendance Secretary

Benson Polytechnic High School

A Message from Kia Swain Regarding Resources for Families

Join the Youth EmpowHER Fall 2020 Cohort lead a discussion of BIPOC women/femme/nb in Leadership. Youth will present their projects in responding to empowering BIPOC women/femme/nb communities. Panelists include Jamie Newsome, Jocelyn Rice, Audrey Alverson & Chandra Robinson.

EmpowHER brings young women/femme/nb identifying people together to dig into many fields to help realize your full expansive self as a leader. We will explore topics of Health & Wellness, Education, STEM, Economics, Community Development, Policy and Design. We will work with community leaders from different perspectives to explore how YOU can be a racial justice advocate and develop an idea that will shape your future communities and empower women/femme/nb identifying community members. By the end of the program, your project will answer the question: **What is one thing in your community you would like to change through design to empower women/femme/nb identifying people?** This program specifically seeks participation from Black, Brown, Indigenous, People of Color, LGBTQ+ women/femme/nb individuals. Allies are always welcome, with the understanding that we will be centering BIPOC LGBTQ+ people. ALL participants who complete the program and attend 7 out of 8 sessions will receive a \$250 stipend.

Due to COVID, all of our classes will be Virtual. All programs center BiPoC and ally women/femme/nb identifying youth age 14-20 . Next Co-hort begins January 2021. Registration details coming soon. If you are interested in this opportunity, please reach out to Mrs. Kia Swain directly.

Registration form:

<https://docs.google.com/forms/d/e/1FAIpQLSdiJmgtJ3tAcuo9bhvZqVfajdQicUFRC-cG7JPVygRcMdG--A/viewform>

Your Street, Your Voice Resources:

<https://www.yourstreetyourvoice.com/resources>

<https://www.yourstreetyourvoice.com/events/empowher-vital-voices-in-leadership-f6hgg>

A Message from Kia Swain Regarding Resources for Families

Hello Benson Students and Families!

If your son or daughter receives special education services and they're a Junior or Senior, their respective case manager has identified them to attend Benson's first Transition/Career focused small group instruction. This small group will be facilitated by Benson's Youth Transition Program coordinator, Mrs. Kia Swain and supported by Benson's career coordinator, Mrs. Miranda Ryan. We will work together to provide your student information to develop their post-secondary plans. As well as, locate employment, internship, volunteer or other career based opportunities

Purpose: To support Junior and Senior students to identify your skills/strengths, support you to identify specific, achievable career goals and then design and implement strategies to reach your goals. Also, we will discuss self-advocacy in the area of disability disclosure and accommodations with workplace employers or school staff.

When: Every other Monday, 1- 2:15 pm (asynchronous time)

First session: Monday, October 12th, 2020. Then, 10/26, 11/9, 11/23, 12/7, 12/14 (special session before Winter break).

Where: Go to **meet.google.com**. Click use a **meeting code**. Enter the **code** and click Continue. Click ask to join: Here's our Google meets code: vmq-jbhq-mwt

Each student has received a personal email from Mrs. Kia Swain. Please encourage your student to check their PPS gmail account for their personal invitation.

Mrs. Ryan and I are excited to meet all of the attendees. We look forward to learning more about your student and how to support them in reaching their individual goals.

Mrs. Kia Swain

Youth Transition Program

Career/Transition Coordinator

Benson HS (Monday/Tuesday)

503-916-5100 x 77262

Roosevelt HS (Wednesday-Friday)

503-916-5100 x 82385

A Message from Kia Swain Regarding Resources for Families

Black Resilience Fund is an emergency fund dedicated to healing and resilience by providing immediate resources to Black Portlanders.

<https://www.blackresiliencefund.com/>

Equitable giving circle is a non-profit organization, that supports BIPOC communities with the intention of bringing joy and comfort by supplying free plants.

<https://www.equitablegivingcircle.org/plants>

We are currently looking for donations of good-quality, healthy plants
-Outdoor and indoor plants accepted (indoor plants especially requested!)
Plants can be dropped off during open business hours at Arrow Coffee House:
4943 NE MLK Blvd., 101, Portland

Join Gjianni and Brooklyn iUrban Teen Alumni students as they share the history of voting from a social justice lens and interview two dynamic women who are running for public office.

Link to registration on eventbrite:

https://www.eventbrite.com/e/ivote-lets-talk-about-voting-student-led-discussion-tickets-125640400821?ref=enivtefor001&invite=MjAwMjQ4MzMva3N3YWluQHBwcy5uZXQvMA%3D%3D%0A&utm_source=eb_email&utm_medium=email&utm_campaign=inviteformalv2&utm_term=attend

If anyone needs assistance or has questions about these resources, please let me know.

Mrs. Kia Swain
Youth Transition Program
Career/Transition Coordinator
Benson HS (Monday/Tuesday)
503-916-5100 x 77262
Roosevelt HS (Wednesday-Friday)
503-916-5100 x 82385

A Message from our Career Coordinator Miranda Ryan

Career News and Opportunities:

See information link: <https://docs.google.com/document/d/1ZeDNBXgEHK54Ocj1d0ZYNVeWOHKYQ4srGXgwOwVLJT8/edit?usp=sharing>

October 28, 2020 from 2:00 pm to 2:45pm:

Career Presentation - Construction- Union 669, Sprinkler Fitter Career- Tim Coleman, Recruitment and Outreach Specialist

Sign up for Saturday Academy Classes: <https://www.saturdayacademy.org/catalog>

See the Career Newsletter for more Opportunities:

<https://docs.google.com/document/d/1b4hREmWWN81NFdw6Y98RN2yFHqCtEdshSBOVkakqV1c/edit?usp=sharing>

Contact Information:

Miranda Ryan

Work Cell: 503-312-2774

mryan1@pps.net

A Message from our Career Coordinator Miranda Ryan

2020-2021 WTS Portland Shelley Holly Transportation YOU High School Scholarship

Transportation YOU is a hands-on, interactive, mentoring program that offers young girls ages 13-18 an introduction to a wide variety of transportation careers. Through the Transportation YOU program and this scholarship, WTS chapters work to make a difference in the lives of young girls by offering opportunities and activities that will spark their interest in all modes of transportation and encourage them to take courses in math, science, and technology, which are the stepping stones to exciting careers that can change the face of the transportation industry.

See information link: <https://docs.google.com/document/d/1ZeDNBXgEHK54Ocj1d0ZYNVeWOHKYQ4srGXgwOwVLJT8/edit?usp=sharing>

Career Workshops & Speaker Series

Writing Resumes November 5, 2020

Get the latest information on how to effectively write and format job search documents, such as what information to include, how to create a targeted resume, and to illustrate how your qualifications "fit" with a position. Registration Link: <https://forms.gle/aeEf2ei57iwWSvAJ9>

Interview Tips November 12th, 2020

Come learn the basics of interviewing and strategies to develop and improve your interview skills. We will discuss how to prepare for an interview, what employers expect, and how to handle the most common interview questions. Registration Link: <https://forms.gle/Z82zunpcyHreKC2B7>

Mock Interviews: November 19th, 2020

Practice your interview skills with a professional. Get valuable advice to improve your chances of getting the job. Interview slots are limited. Interview times will occur between 1:00 and 3:00. Please register for a time as soon as possible. Registration Link: <http://bit.ly/BHSmock2020>

A Message from the Tech Pride Boosters of Benson Tech

Welcome to, or back to, Benson, from the *Tech Pride Volunteers* and ***Benson TechBoosters!***

The Tech Pride Volunteers and Benson Tech Boosters are a group of parents, guardians, family members, friends and alumni who come together to help support the Benson Tech community! You can get involved by joining our email list at TechPrideVolunteers@gmail.com, where we'll share occasional updates and volunteer opportunities. Our goal is to make it possible for EVERYONE to support Benson in a way that works for them.

The three pillars of our community of volunteers are supporting:

- **Student Life:** we (usually) help with dances/student activities, partner with a local non-profit to supply free food to students week, and staff tables during school events. We would love ideas about how we can build community remotely for the things that make high school FUN.
- **Faculty and Staff,** we provide treats and meals during conferences, teacher appreciation week, and other activities. We would love ideas about how to support these essential workers as they navigate a whole new way to practice their craft.

Student Athletes through Benson TechBoosters (A tax-exempt, 501(c)(3) Organization). In our first year, Benson TechBoosters raised over \$6,000 through fundraising events, concessions, and spirit gear sales. Proceeds are distributed to teams for extra training gear and other support.

A Message from the Tech Pride Boosters of Benson Tech

Continued

Even if we can't get together, we can still raise money for our Benson student athletes for when they return just by taking a few minutes to register for:

- [Amazon Smiles](#) (remember to log in under Amazon Smiles each time you shop), and

- [Fred Meyer Community Reward](#) points, select "**Benson TechBoosters**" and do your usual shopping. These reward programs will send 0.5% of your purchases straight to the TechBoosters account, which are disbursed to our teams quarterly. Please to sign up for these awards programs to raise funds without spending an extra penny!

In this year of innovation it's important to keep our community strong to maintain the Benson Tech legacy. To that end, we welcome your time, energy, and ideas!

Please feel free to reach out to us at TechPrideVolunteers@gmail.com with any questions, ideas, or new ways you'd like to get involved. We especially need help with website development.

If your student has graduated, or for other reason you no longer want to receive an occasional email with opportunities to support the Benson Tech community, please respond to this email and we will remove you from the list.

Elizabeth O'Malley

Karen Peters

Lisa Yanase

Amber Johnson

Wendy Farber

Tech Pride Volunteers

Building Community

techpridevolunteers.org

Benson TechBoosters

bensontechboosters@gmail.com

www.bensontechboosters.org

Fall Outdoor School Updates

Hello Counselors, Administrators, Teachers and Parents,

Good News! Outdoor School has opened registration for all high school students (freshmen, sophomores, juniors and seniors) for the 2020-2021 school year.

This year Outdoor School will look different, as we plan to do online activities to keep the high school student leaders involved as much as we can. Our staff has been meeting regularly: designing enrichment activities and planning leadership opportunities for the student leaders.

Below are some ideas we plan to offer high school students to keep them engaged with our program this year.

The high school student can choose to participate in as much or as little as they want. Registration is required for any part of their participation, even in the event that they decide to simply check it out. There is no expectation that the student must participate in all of these activities.

Specific training online and/or video modules on the following topics:

Intro: Why be a Student Leader at Outdoor School?

Basic Leadership Skills

Conflict Resolution

Field Studies Basic Teaching Skills

Special Needs

Cabin Management

Diversity, Equity and Inclusion for Student Leaders (interest groups?)

Health and Wellness (mindfulness, movement,)

Field Games Overview

Life After Student Leadership

Benefits to Student Leadership

Virtual Campfires, Social Hours and Games

And more.....

Fall Outdoor School Updates Continued

There is no cost to students who want to participate in these enrichment activities. The student leaders can also sign up to earn **two college credits** from Portland Community College, by registering and attending the online ED 208 Outdoor School Leadership course. PCC is offering this course for only \$25 per student, and we hope to get funding to provide an option for those students who are unable to pay. This course will run the full school year giving the students many online opportunities (listed above) to finish all the course requirements.

Here is a sample activity that we used with the student leaders this last spring <https://www.youtube.com/watch?v=yq5LntPR2Dw> and I have also attached a student leader recruiting flyer (first attachment) that we would love for you to send to students on your listserv. The second attachment shows the benefits of being a Student Leader.

Here is the link to the online registrations link <https://ods.apps.mesd.k12.or.us/> which is also in the flyer. Please pass this information on to any high school student who would be interested in learning more about Outdoor School. There will be no deadline for registration and students can register at any time during the 2020-2021 school year, however the sooner they register, the more opportunities they will have to be involved with Outdoor School.

Here is information from a study conducted by OSU extension regarding high school leaders in Oregon Outdoor Schools <https://mailchi.mp/d36d567ff998/high-school-leaders-in-oregon-outdoor-schools?e=b74dbe8f92>

Please let me know if you have any questions or concerns.

Kitty Boryer

Student Services

MESD Outdoor School

PO Box 301039

Portland OR 97294-9039

<http://www.mesdoutdoorschool.org/>

ODS office (503)257-1600

Fax (503)257-1592