



November 2nd 2020

Teacher Planning Day/Revised Schedule This Week

Please note that there will be no school for students on Friday November 6th 2020 as the end of the 1st Quarter/Semester for students will be on Thursday November 5th and as such the teaching staff will be working on students grades on Friday November 6th.

The teaching schedule will be as follows for this week.

Monday A Day Periods 1-2 (Live) Periods 3-4 (Asynchronous)

Tuesday B Day Periods 3-4 (Live) Periods 1-2 (Asynchronous)

Wednesday A Day Periods 1-2 (Live) Periods 3-4 (Asynchronous)

Thursday B Day Periods 3-4 (Live) Periods 1-2 (Asynchronous)

The regular full day Asynchronous Wednesday will not be happening this week!!

BHS Admin Team

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/1kXndimFi8QdNlfc0J35LA7W4N8khnSNd5TASkOGE0ko/edit?usp=sharing>

Colleen Johnston

BHS Dean of Students/Climate Coach

Please See The Updated Information Regarding BHS Athletics

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

Scott Archer

*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.*

Textbook Distribution

The next opportunity to pick up textbooks will be on Wednesday November 18th from 12:30pm to 3:00p in the Horseshoe Parking Lot Area. Textbooks will be distributed by Irma Johnson. Please email Ms. Johnson at ijohnson@pps.net with specific questions.

BHS Library

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>

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

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.

A Message from the BHS Counseling Department

Looking for something to do and wanting to gain some work experience? Here is a rare opportunity to volunteer! Store to Door of Oregon is a non-profit organization that supports independent living in the Portland area for seniors and people with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service. The easiest way to get started is to visit their volunteer website, linked below, to create an account and sign-up for a grocery shopping shift. You will be provided with a training video at sign-up and a verbal in-store training.

www.storetodooroforegon.volunteerhub.com

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Amy Henry (she/her)

Counselor/Supervisor, Social Courtyard

Benson Polytechnic High School

Working with Students with the last name A-Gq

971-378-0457 (phone/text)

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 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

Yearbook Announcement for Students

Each week, yearbook will be asking for photos and stories in different areas of interest. Given the unique situation, we really need support to document this historical year. Please help us represent your students.

This week:

CALL FOR BLACK LIVES MATTER PHOTOS

This year's yearbook must represent our students who have been a part of the Black Lives Matter movement! Have your students been involved with or attended any Black Lives Matter protests? We are looking for photos of demonstrations, marches, street art and events in Portland.

Submit your photos to kmico@gmail.com. Please include your name and the name of any Benson students in the photo so we can contact them for permission. Please include any personal stories.

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.

Please continue on the next page.....

A Message from the BHS Attendance Office

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.

With the advent of distance learning, there are some questions that have arisen. I am finding that the majority of questions regarding attendance are addressing asynchronous classes. The following is an explanation of how this and other attendance calls could be avoided.

Asynchronous days are not live sessions with the instructor. There are various ways your student can contact the teacher for attendance purposes.

- They log on and just check in with the teacher.

- They contact the teacher by emailing if they have any questions or need assistance with the assignment.

- They complete the posted assignment and turn it in. The assignment cannot be turned in late to count toward attendance. While they may receive credit for turning it in late they would still be counted as absent if they don't contact the teacher in another way.

- Their parent may email the attendance email at benson-attendance@pps.net to leave a valid reason for the absence (illness, appointment, etc.)

If you get a call saying your student has missed a period, I would correspond with the classroom teacher directly. I will always need authorization from the classroom teacher to correct an absence. By contacting the teacher directly, they can send me an email for a quick correction. This is also important because the State of Oregon mandates that I may not make corrections to attendance more than three school days prior to the current school date.

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

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 our Career Coordinator Miranda Ryan

Career Learning Opportunities:

Wednesday, November 4, 2020 from 1:00 pm to 1:45 pm: Post-Secondary Presentation - PCC, Exercise Science - Tanya Littrell/Alma Eaton

Meet Tanya and Alma. They represent PCC's Exercise Science Program. The Portland Community College Exercise Science program, located primarily at the Sylvania Campus, provides high-quality education and practical experiences to prepare you to successfully join the workforce as a fitness professional. Join us and learn more. Connected Careers-Sports, Health Sciences

Google Link: <https://meet.google.com/voq-dmnb-uxo>

Wednesday, November 4, 2020 from 2:00 pm to 2:45 pm: Career Presentation - PSU, Anna Weichsel-Architect/PSU Professor

Meet Anna, who is an Architect and an Architecture Professor at PSU. Learn about how Anna's creativity and curiosity became a career in Architecture. Anna started her career in Germany and immigrated to the US. Join us to find out the details of her career. Connected Careers-Architecture, Construction, Education, Design and Applied Art

Google Link: <https://meet.google.com/otm-kwup-wuk>

Wednesday, November 4, 2020 from 3:00 pm to 3:45 pm: Career Presentation - Oregon Public Broadcasting (OPB), Ed Jahn, Executive Editor/Producer

In high school, Ed had aspirations to become a rock star. Now he is the Executive Producer of Oregon Field Guide on Oregon Public Broadcasting. Hear Ed's career story and learn about the details of his career at OPB. Connected Careers-Broadcasting, Outdoor, Film Production/Editing, Non-Profits

Google Meets Link: <https://meet.google.com/gca-mchq-sqf>

A Message from our Career Coordinator Miranda Ryan

Tuesday, November 10, 2020 from 3:00 pm to 3:45 pm: Career Presentation-Courtney Patterson, Emergency Manager-Metro

Meet Courtney, Emergency Manager for Metro. From high school, Courtney received a Marine ROTC scholarship to Tulane University (New Orleans). During her time at Tulane, Hurricane Katrina arrived in New Orleans. Find out how this experience affected Courtney's career. Learn about her career pathway through the Marines, City of Portland and now Metro. Connected Careers-Emergency Management, Government, Military

Google Meets Link: <https://meet.google.com/map-cqhs-vcn>

Disaster Day Academy- November 18th, 2020

Come and learn how to help your community in the event of a disaster. The session will include Fire Safety, Basic CPR, Home Preparedness, and Mental Health. Please use the link provided to register: <https://forms.gle/FB3ENSzaiF3ELHkS6>

HOMA with Spencer Garland / BRENDA ARTS

Meets Mondays and Weds 4-5:30pm | November 30, December 2, 7, 9, 14, 16

In this workshop, students will learn about museums and power structures within the art world through a survey of contemporary Black artists and exhibitions. We'll create modern art collections in our homes by way of building original work and using digital video to curate and share our HOMA collections. Using online platforms to explore and exchange ideas, images, and information we'll define our own aesthetics and create personal canons outside the constraints of formal institutions.

[REGISTER HERE.](#)

Surviving Isolation: Zine Making in the Time of Remote Learning with Inés Paulina Ramírez

Meets Tuesdays and Thursdays 4-5:30pm | December 1, 3, 8, 10, 15, 17

In an era of remote learning, how do we stay creatively connected to our friends, our school communities, and the experience of being a high schooler in 2020? This workshop offers students the opportunity to use multiple forms of creative expression to document and connect with each other at the intersection of COVID 19, racial justice protests, and a highly polarized election. Students will journal, draw, collage and compile playlists in order to create and share an original zine that encapsulates this moment in time.

[REGISTER HERE.](#)

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