



Please be sure to follow me on Twitter

@BensonTechPride

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

Athletics

Please be sure to download our Trivory App for up to the minute dates and game times regarding athletics.

October 4th 2021

A Message From Jessica Murchison/Benson's Testing Coordinator

On October 13th all Benson Sophomore students and Juniors who signed up will be taking the PSAT test. **Any students not taking the PSAT on October 13th will be participating virtually in a district-wide event, Tools to Build Your Future. They will not come into the building for school.**

Students will need to sign up for the day in advance to choose their preferred sessions. Click the following link to access the student registration <https://www.pps.net/myfuture2021>. **Teachers will help students plan for their virtual sessions during classes this week and next.**

This is a district-wide, day-long, mandatory event for all PPS high school students that are not taking the PSAT test. District personnel will be collecting attendance and sending it to each school at the end of the event.

Participating in this event could count towards your Graduation Requirements! You can use your experience attending Tools To Build Your Future to fulfill ONE of your Career Related Learning Experiences (CRLE) required for graduation.

Please read through the following packet for more information about credit requirements and to find out about the sessions you will be attending.

[Tools for your Future STUDENT packet](#)

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Jessica Murchison

She/Her/Hers

Teacher & Testing Coordinator

Benson Polytechnic High School

546 NE 12th Ave. Portland, OR 97232

503-916-5100

jmurchis@pps.net

A Message from the Benson Tech Counselors

The Benson Tech School Counselors have been visiting the freshmen English classes to talk about social/emotional supports and academic planning. If you would like to see the presentation, it is located in your freshmen student's Canvas account under Advisory.

Amy Henry (she/her)

Counselor

Benson Polytechnic High School at Marshall Campus

Working with Students with the Last Names A-Gq

503-916-5100 x86434

**A Message from Caroline Bleckmann/Benson's Social Worker & Wellness Center
Coordinator**

Hello, Tech community!

Here are some new building and community resources available:

[COVID relief for youth in Foster Care](#)

[PGE Bill help](#)

[NW Natural Bill help](#)

[Pacific Power](#)

[Benson Drug and Alcohol counselor Ashley Cohen](#)

[Culturally specific \(Latine/x & Black\) Drug and Alcohol services/support](#)

Sincerely,

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

School Social worker, Benson Polytechnic High School

For all meeting requests [click here](#) or use google calendar for PPS employees

[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.

[Check out the Youth Resource App!](#)

A Message from Jacob Guth Regarding TAG Nominations

If parents want to nominate their student for TAG, they should email me and I will send them the nomination form to get the process started. The deadline for TAG nomination is December 3rd. Thanks!

Jake Guth (he/him)

TAG Coordinator

Benson Polytechnic High School

jguth1@pps.net

(503) 916-5100

A Message from Christina Thompson Regarding Bike Safety

Please click on the link below to access some great information regarding utilizing bikes in order to get to Benson Tech at the Marshall Campus.

<https://docs.google.com/document/d/1rSkA5jprSAKqGXdvQ-EheCw17C0QDhlivySQNfK9Bzs/edit?usp=sharing>

Christina Thompson

A Message from Jacob Dean Patterson from Benson's KBPS Radio Station

The PPS radio station is looking for our next sportscasting stars! The AM 1450 KBPS radio sportscasting program provides PPS students the opportunity to broadcast live PIL basketball and football games on AM 1450 and <http://kbps.am> - No previous broadcast experience is necessary. Any PPS high school student is eligible. Students wanting more info should email KBPS Instructor Jacob Patterson - jacpatterson@pps.net - or stop by Room C-20. More info online at KBPS.am and click on "Sports".

Jacob Dean Patterson (he/him)

KBPS Radio Instructor

Communications Design Academy

Benson Polytechnic High School

3905 SE 91st Ave Portland, OR 97266

(503) 916-5100 ex.86320

jacpatterson@pps.net

<http://kbps.am>

A Message from the Benson Tech Dance Team Coach BeverLee Tuyub

The Technique, Benson's Dance team is looking for new members for this school year. We welcome new members with any level of experience.

This is a great year to join our dance family. Generally we perform at games, school assemblies, community events, and competitions. We practice on Tuesday and Thursday's. We will be posting tryout dates soon for the first week of October. You will need to complete your family ID in order to audition.

You can find details on our Instagram page : [Bensondanceteam](#) Or email us for more information

Let us know you're interested In joining and we will continue to update you with information!

Bensondanceteam@gmail.com

BeverLee Tuyub

A Message from Kathleen Reid (College Counselor/AVID Coordinator)

Here is a link to the College Newsletter: <https://www.smores.com/fx801>

Kathleen Reid (she/her)

College Counselor/AVID Coordinator

Benson Polytechnic High School

[Benson College Info Webpage](#)

kreid@pps.net

971-238-8322

Set up an appointment with me [HERE](#)

A Message from the Benson Tech Track and Field Coach

Starting October 4th, the Benson track and field coaching staff will be offering off-season training for any interested athletes. All sports are welcome. Workouts will be held every Monday, Wednesday and Thursday from 3:45 to 5:00. Meet on the track and come dressed to workout.

Coach Jay Miles

A Message from Nutrition Services

New for the 2021-22 School Year

All PPS students eat breakfast and lunch for FREE. Students will receive 1 breakfast and 1 lunch per day. Menu information, along with allergy and carbohydrate counts can be found at www.pps.net/nutrition

Benson is a CEP school for the 2021-22 school year and we are not allowed to process lunch applications for CEP sites because all students enrolled at CEP sites automatically qualify for free meals and are eligible for a letter they can use for discounts such as sports fee waivers, bus passes, etc without an application. If a family has students at other schools that are NOT CEP or if your student transfers to a NON-CEP school you can apply here: <https://www.schoolcafe.com/pps>, if you want a copy of a letter for your Benson students you can request one here: mealbenefits@pps.net.

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](tel:503-916-3399) or nutritionservices@pps.net

PPS Nutrition Services

A Message from the Career Coordinator

Career Opportunities:

YSYV Details: [APPLY FOR YSYV Fall 2021- Tuesdays 9/28-11/16](#)

When: Tuesdays 4-6 pm in September- November (9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16)

PUBLIC EVENT: Your Street Your Voice Vital Voices: Leadership in CLIMATE JUSTICE 11/16

Where: ZOOM ROOM

Who: BIPOC and LGBTQ+ centered youth ages 14-20

Compensation: Students receive a stipend of \$250 for 8 virtual sessions

Instructors: Jackie Santa Lucia and Guests

[Updated YSYV Syllabus](#)

EmpowHER Details: [APPLY FOR EMPOWHER Fall 2021- Wednesdays 9/29-11/17](#)

When: Wednesdays 4-6pm in September- November (9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17)

PUBLIC EVENT: Vital Voices: Leadership in CLIMATE JUSTICE 11/17

Where: ZOOM ROOM

Who: Women/femme/nb identifying individuals ages 14-20, BIPOC and LGBTQ+ centered

Compensation: Students receive a stipend of \$250 for 8 virtual sessions

Instructors: Jackie Santa Lucia and Guests

[Updated EmpowHER Syllabus](#)

Student Health Advocates: for youth who are interested in participating in a statewide leadership group that promotes school-based health services by uplifting youth voices. OSBHA is searching for statewide youth (14-22 years old) to become members of the Student Health Advocates team! Student Health Advocates promote the value of school-based health services across the state of Oregon and provide a voice for the health of their peers and community.

Application and more information can be found [here](#) (deadline for application: 10/1).

Career Opportunities:

Do you live, work or go to school near the Albina or North Portland libraries? Are you between 13 and 18 years old?

Multnomah County Library is planning to re-design and expand Albina and North Portland libraries. You have the opportunity to help design these new libraries that represent you and your community.

We want to work with you!

Youth will receive a **\$150 stipend** for participation

Interested in being part of the YODA Program? Great! Please apply by Friday, October 15, 2021 at tinyurl.com/YODA2021

ChickTech has recently received a grant to train 20 Portland-area women and non-binary individuals in videography/video editing. This opportunity is 100% free and begins in late October—you can learn more about the program [here](#).

This would be a fantastic opportunity for anyone who:

- is looking to build creative/technical skills for a career in videography
- is passionate about telling stories through video
- wants to build their network of supportive women & non-binary folks in tech
- finds traditional tech/creative educational opportunities financially inaccessible

Adventist Student Healthcare Leaders (SHL) Program is back! Their new Fall cohort will **start on October 26th** and will run for 8 weeks in the after-school hours.

SHL program is designed to provide an opportunity for high school-age young people to learn more about the many **different career opportunities available in healthcare**. Students will see in real life what it takes to be a medical leader – whether as a doctor, nurse, administrator, technician, or support person.

Evening meals will be provided and all students accepted will receive uniforms and supplies.

Basic Eligibility Requirements. Applicants must:

be a high school student (preference given to sophomores and juniors)

be fully vaccinated against COVID-19

submit a complete application (including application, video or written essay, proof of COVID-19 vaccination, and recommendation)

commit to the full program which includes attending all classes and graduation

SHL is now accepting applications for Fall Session 2021. To apply students can go to their website www.StudentHealthcareLeaders.com or scan the QR code in the attached flier.

Sign up for Manufacturing Opportunities– <https://bit.ly/MFGClassSignUp2021>

For more information, go to the Career Opportunities Newsletter: <https://docs.google.com/document/d/1vBWxDBtdNuoxchZ4GpvKi6rk91FOyAqD9EQVKBebPc4/edit?usp=sharing>

Miranda Ryan

Career Coordinator

Benson Polytechnic High School

Work Cell: 503-312-2774 or Office: 503-916-5100 X: 86281

Schedule a Meeting: http://bit.ly/BHS_careercalendar

Career Website: <http://bit.ly/bensoncareers>

A Message from the Career Coordinator
Continued

Target at Hayden Island (16 and up): target.com/careers: You will hear back within 24-48 hours. If you pass the review after the initial application, you will be prompted to record a video interview for submission and then we call to complete job offers.

[Target also offers free tuition for employees](#)

Go to the Career Newsletter for more opportunities: https://docs.google.com/document/d/1V2NF6qKwimhIELAevOTtCGeNiQH2p7X_wPVn1WCtyoo/edit?usp=sharing

Contact the Career Coordinator for more information:

Miranda Ryan

Career Coordinator

Benson Polytechnic High School

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