



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.

January 18th 2022

Important Information Regarding Forecasting for Next Year's Classes-Coming Soon

This month, we are sharing information with students so they can begin to plan for forecasting for next year's courses, which will start at the beginning of second semester. Here is a [link to a letter to families](#) regarding the forecasting dates and process. Students that are interested in forecasting for Advanced Placement classes must [go to this link for information videos and to complete AP contracts](#). AP contracts must be completed by January 26th, prior to counselors visiting students to complete the actual forecasting process.

Información Importante Sobre El Pronóstico Para Las Clases Del Próximo Año: Próximamente

Este mes, estamos compartiendo información con los estudiantes para que puedan comenzar a planificar el pronóstico de los cursos del próximo año, que comenzarán a principios del segundo semestre. Aquí hay un enlace a una carta a las familias sobre las fechas y el proceso de pronóstico. Los estudiantes que estén interesados en hacer un pronóstico para las clases de Colocación Avanzada [deben ir a este enlace para ver videos de información y completar contratos AP](#). Los contratos AP deben completarse antes del 26 de enero, antes de que los consejeros visiten a los estudiantes para completar el proceso de pronóstico final.

Sara Callies
VP of Curriculum

A Message to our Seniors from Career Coordinator Miranda Ryan

Seniors please be sure to download Benson's new Communication App Trivory. Trivory is Benson's latest communication tool that will have the most recent graduation and school information at your fingertips. Please click on the link and download the app today. Parents can also download the Trivory App as well for up to date information regarding Benson Tech.

<https://trivory.com/>

Miranda Ryan
Career Coordinator

A Message From Benson's Social Media Coordinator Joshua Reddy

Hey Tech family, senior photos and quotes are due January 21st, 2022, senior quotes must be school appropriate and you can submit your photos by using this link <https://forms.gle/rjcSN4RTu2usi349A> please email jreddy1201@student.pps.net if you have any questions or any problems submitting photos and quotes.

Joshua Reddy (he/him)
Social Media Coordinator
jreddy1201@student.pps.net

A Message from Benson's Yearbook Advisor Ike Prah

Dear Parents and Students,

If you have not yet placed an order for the Yearbook, you may still do so while supplies last. Now that the pre-order window is closed, the Yearbook will be \$50.00. The order form is found here: <https://forms.gle/UwH5K6G7fnmimP5x5>

Please submit your senior photo and quote to: https://docs.google.com/forms/d/e/1FAIpQLScCLpJNiy_hV-h_kZMF5Vbz0UQYVSQF0FutPh2KEYD8Byr6HA/viewform?vc=0&c=0&w=1&flr=0 by January 21st. If you do not want to have a custom senior picture your school portrait will be used, but it is asked that you still submit a quote.

Ike Prah
Yearbook Advisor

A Message from Benson's Attendance Coordinator Norma Lawson

Thank you to the Benson families and community for your patience, understanding and kind words of support during this busy past two weeks. I am continually grateful that I am part of this wonderful community and your encouragement has meant the world to me. As somebody told me today ***"What a year this week has been."*** Thanks again, for making my year! Norma Lawson, Attendance Secretary

Norma L. Lawson
School/Attendance Secretary
Benson Polytechnic High School
503-916-5100 Ext. 86403

An Updated Message from Benson's Athletic Director Mat Clark

Attention All Benson Students,

Do you plan on attending PIL League games when Benson is playing at other PIL league schools? Do you want to make the vaccination card check station easier for yourself?

PPS and the PIL have developed a program to make going to PIL league games across the district easier for you. Here is how you do that:

--Bring your vaccination card AND your Student ID to Mr. Clark in Room A-32
--After showing him this he will give you a PIL sticker that you put on the back of your ID card

If you have this sticker and you show your ID card and this sticker at other PIL schools you will be able to get in as quickly as you do at Benson home games.

This sticker will only work for away games at Cleveland, Franklin, McDaniel, Grant, Lincoln, Wells, Jefferson, and Roosevelt

Spectators That Are Not PPS Students

1. For all PIL/PPS Events you are required to be vaccinated or have a negative test within the last 72 hours
2. Masks are required at all times while on PPS property
3. No outside food or drink allowed in the gym
4. Admission will not be charged to students or adult spectators
5. There will be a reduced crowd capacity of 5 spectator tickets per player

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Mat Clark

Athletic Director

Benson High School--PPS/PIL

503-916-5100

A Message from Benson's Career Coordinator Miranda Ryan

SENIORS-Personal Learning Requirements:

This is a reminder to get your Personal Learning Requirements in as soon as possible.

- My Plan Response is due by January 28, 2022 (submit [Here](#))
- Resumes are due February 18, 2022 (Submit [Here](#))
- Do you need help writing your resume? Sign-up for one of these workshops using the following link: <https://bit.ly/Resume-2022>
- Workshops take place on Jan 28, 2022, or Apr 13, 2022,
- Career Learning Reflections 1 and 2 are due by March 18, 2022
- Check the newsletter for career events or Trivory to fulfill the event requirement. After the event, fill out the CRLE Form (CRLE Form [Here](#))
- Please go [here](#) to learn more about each requirement and how to submit it. If you have any questions, feel free to make an appointment (virtual or in-person) with Mrs. Ryan [here](#) or stop by the career center. The center is open Monday through Friday from 8:00-4:30.

Career Learning Opportunities

Wednesday, January 19, 2022 from 2:40pm-3:25pm: [Career Presentation-Katrine Lofberg, Pediatric Surgeon-OHSU.](#)

Dr. Katrine M. Lofberg is a pediatric surgeon and an assistant professor of surgery in the Division of Pediatric Surgery in the OHSU School of Medicine. She has expertise in neonatal surgery, surgery for cancer and diagnosing and managing congenital anomalies — abnormalities that babies are born with and that affect the way they look or how their body develops or functions. Learn about Dr. Lofberg's career and how she earned her M.D. from the University of Washington and completed her residency in general surgery at OHSU. Connected Careers: Pediatric Surgery, Surgery, Healthcare Careers

Google Meeting Link: <https://meet.google.com/own-brpq-ugs?hs=122&authuser=0>

A Message from Benson's Career Coordinator Miranda Ryan

Summer camp job or volunteer opportunity:

B'nai B'rith Camp is a large Jewish organization with many different camps which means we are looking to fill many different positions. We have day camps across Oregon and an overnight camp in Lincoln City. We are looking for students who have a passion for working with children, creating meaningful relationships, and having fun! Check out the [BB Camp Website](#) for more information and how to apply. Email Abby Evonuk at aevonuk@bbcamp.org for more information about day camps and/or Nathan Schloss at nschloss@bbcamp.org for more information about overnight camp!

Paid Internship

PSU Eagles Program and Scholarship: EAGLES Scholarships are open to first-time freshmen students who meet the following criteria: A 3.0 GPA (GPA of 2.75-2.99 may be considered under certain circumstances)

PELL Grant eligible/low income Committed to majoring in one of the STEM studies areas

Aspire for a career in environmental science, management, or engineering

Apply [HERE](#)

Summer Intership with ASE Program (application deadline March 4th):

Interested students can learn more about the application process by [visiting our website](#) or watching our virtual info session here: <https://bit.ly/ASEInfoSession2022>

Important Dates in 2022 Application Cycle:

[January 18th - Virtual Info Session #1](#)

[January 27th - Virtual Cover Letter Workshop #1](#)

[February 1st - Virtual Info Session #2](#)

[February 2nd - Virtual Cover Letter Workshop #2](#)

[February 12th - Virtual Cover Letter Workshop #3](#)

A Message from Benson's Career Coordinator Miranda Ryan

2022 NINTH CIRCUIT CIVICS CONTEST-The First Amendment and the Schoolhouse Gate: Students' Free Speech Rights. The contest is open to high school students in states and territories within the Ninth Circuit's jurisdiction (Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon, Washington, the United States Territory of Guam, and the Commonwealth of the Northern Mariana Islands). District courts within each state and territory will select local contest winners who will then be entered in the circuit-wide contest. GO to the website for more information: <https://www.ca9.uscourts.gov/civicscontest/> Deadline for entries is **March 18, 2022**

Enterprise Academy: They will present at Benson on February 10, 22 at 9:52 in B-6

This is a program where students can network with local CEOs and business leaders, learn leadership and team collaboration skills, as well as add to their resumes.

When and Where?

This weekend-long event starts ON FRIDAY MARCH 4TH, 2022, AND ENDS ON SUNDAY MARCH 6TH, 2022 at CAMP KURATLI (24751 OR-224, BORING, OR 97009). Transportation to and from Camp Kuratli will be provided.

WHAT'S IN IT FOR ME?

Over the course of one weekend, you will work in a team with other local high school students to:

- Create a product
- Get advice from local business leaders
- Write a business plan
- Learn how to pitch your plan and product

HOW TO REGISTER?

Go to this link to register NOW! <https://bit.ly/EnterpriseAc-2022> OR with this QR Code:

Internship Opportunity: NWF Strategies is a political consulting firm that utilizes technology and traditional political outreach techniques to help candidates win elections across the country. Nick Hess is a dynamic, tech savvy, pragmatic business owner who has a common sense vision to improve Oregon to cut taxes, reduce regulation, and make Oregon safer for everyone.

Nick is looking for politically-minded and passionate students to join his grassroots internship program to support his campaign. The internship program provides a valuable opportunity for students to learn about local politics and government mixing learning, with practical experience, and networking opportunities.

Interns will be exposed to:

- canvassing
- phone banking
- social media outreach,
- policy research
- opposition research

Interns will receive full training for all campaign activities, and the program itself is very flexible with a minimum of 5 hours a week that can be fulfilled at any time throughout the week. Interested students can learn more about our internship program or meet with Nick or a representative of the campaign by emailing info@nwfstrategies.com.

A Message from Benson's Career Coordinator Miranda Ryan

Wednesday, January 19, 2022 from 1:00pm-1:45pm: Post-Secondary Presentation -PCC Exercise Science

With increasing obesity, disease, and medical costs associated with inactivity, the importance of highly qualified fitness professionals has never been greater. Better health and fitness translates to fewer sick days, lower insurance rates, and an overall improvement in personal and professional lives.

The Oregon Employment Department forecasts Portland area employment of fitness trainers will grow 14.6% through 2027. 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. **Connected Careers: Exercise Science, Group Fitness, Personal Trainer, Yoga Teacher** Google Meeting Link: <https://meet.google.com/adn-hxxh-yuf?hs=122&authuser=0>

Wednesday, January 19, 2022 from 12:00pm-12:45: Career Presentation-Anthony Arias, Footwear Curriculum Developer/Design-Pensole Lewis College Connected Careers: Design, Education, Business, Sports Apparel/Footwear

Have you ever considered a career in athletic shoe design? Anthony Arias is the Footwear Curriculum Developer/Design for Pensole Lewis College of Business & Design, which is the pipeline HBCU for career education and professional development in the design industry. Learn about Anthony's individual career pathway and how he became an instructor for Footwear Design. Please have paper/pencil available if you are planning to attend

Visit Google Link: <https://meet.google.com/xwq-rci-zcg?hs=122&authuser=0>

A Message from Benson's Career Coordinator Miranda Ryan

ZAP Program:

Paid internship at the **Oregon Zoo**. The ZAP program, Zoo Animal Presenters, is a three-year internship for youth ages **15-16** with a focus on recruiting teens of color and marginalized teens. ZAP members create and provide programming on zoo grounds for community-based organizations, explore zoo careers through informational sessions and job shadows, explore local natural areas, and learn about animals, the outdoors, and conservation.

The ZAP program provides training and mentoring with a positive youth development approach. This is a great opportunity for youth who have an interest in conservation, working with children and/or animals. We are especially looking for the youth of color and bilingual applicants.

ALL applications are due by January 25th, 2022 at 5 pm Applications can be mailed to the zoo, scanned, and emailed or youth can complete an online application using these links.

ZAP Program Application bit.ly/ZAPApp2022

Reference <https://bit.ly/ZAPRef2022>

Paid Internship

PSU Eagles Program and Scholarship: EAGLES Scholarships are open to first-time freshmen students who meet the following criteria: A 3.0 GPA (GPA of 2.75-2.99 may be considered under certain circumstances)

PELL Grant eligible/low income Committed to majoring in one of the STEM studies areas

Aspire for a career in environmental science, management, or engineering

Apply [HERE](#)

Contact Information:

Miranda Ryan

Work Cell: 503-312-2774

Modernization Update

If you would like to see pictures of the Modernization Project happening on the Benson Tech Campus on 12th street please click on the link below.

<https://www.flickr.com/photos/41430185@N08/sets/72157720108908045/>

Dan Malone

VP, Modernization

Benson Polytechnic HS at Marshall Campus

Math Tutoring Now Available

Parents/Guardians please note that if your student needs support in Math that Benson Tech will now be offering Math support. Please click on the link below for specific details.

<https://docs.google.com/document/d/1PjOOK-t7JZ-MgGb3ZDNC4g8R0RXfCbX3myGct73PIUI/edit?usp=sharing>

BHS Math Department

AP Tutor Support

Here is a support video - a [quick overview of Tutor.Com](#) for students & families. This is a free, personal tutoring 24/7 service in all AP classes with experienced, professional tutors!

Tara Harding

TOSA for AP at PPS

A Message from Benson's Kia Swain

Below is upcoming opportunity for students interested in attending PCC after high school. In this townhall our students can hear from current PCC students that experience various disabilities and how the school is supporting them.

Disabled Students Virtual Town Hall Tuesday January 18, 2022 6PM-7:30 PM

Welcome to PCC Winter term and our first virtual town hall of 2022!

This month's gathering will focus on disability social justice and will feature a conversation with DS director Kaela Parks.

As we begin this new year and term, we want to get your thoughts and share some ideas of what school should look like as we begin to transition back to in person education.

This student facilitated disability focused town hall meets monthly at 6 pm.

Join Zoom Meeting

<https://portlandcc.zoom.us/j/91509013533>

Interpreting and Captions will be provided.

Mrs. Kia Swain

Youth Transition Program

Career/Transition Coordinator

Benson & Roosevelt High School

Work Cell- 971-413-9588

A Message from Benson's Kia Swain

Hello Benson Tech Students and Families,

If your student receives Special Education Services, you may be interested in attending a virtual conference to learn about resources, supports and services to assist your child transition out of high school.

Please check out the information below and review the attached flyer for further information. If you have any questions, please let me know.

Save the Date!

Join us for the Transition to Adulthood Virtual Conference! January 29th
from 8:30am to 1:30pm.

More information and registration coming soon!

Mrs. Kia Swain

Youth Transition Program

Career/Transition Coordinator

Benson & Roosevelt High School

Work Cell- 971-413-9588

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

Benson Students and Families,

Please click [HERE](#) for a copy of the most recent College Newsletter which includes up-to-date information on college applications, visits, financial aid, and scholarships.

Kathleen Reid (she/her)

College Counselor/AVID Coordinator/School Counselor

Benson Tech High School/Jefferson High School

[Benson College Info Webpage](#)

kreid@pps.net

971-238-8322

BENSON STUDENTS set up an appointment with me [HERE](#)

A Message from Benson's Kia Swain

Each below opportunity can support HS students with disabilities. You do not need to be on an IEP or 504 plan to participate.

Also, each below opportunity is a paid.

[Climate Justice Digital StoryTelling- Full Virtual Cohort on Tuesdays 1/25- 3/15](#)

This cohort will focus on Developing Stories through Digital media: Stories about Us, Our Communities, Our love of the environment, and Our love of Justice. We use [ALL WE CAN SAVE](#), [Design as Protest](#), [Trauma Informed Care](#), [Black Space Manifesto](#) and Critical Race Theory as our foundations. Projects are youth determined, and youth developed, focusing on multimedia storytelling. Participants will learn about Audio, Video and Graphics as tools to share climate justice stories.

Digital StoryTelling Details:

When: Tuesdays 4-6pm in January - February 1/25 , 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 & 3/15

Where: ZOOM Room

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

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

[APPLY For Digital Storytelling BY 1/15/2022](#)

Mrs. Kia Swain

Youth Transition Program

Career/Transition Coordinator

Benson & Roosevelt High School

Work Cell- 971-413-9588

A Message from Benson's Kia Swain

Urbanism NEXT COLLABORATION. Flying Taxis, Robots, and Cities of the Future

New technologies like sidewalk robots and self-driving cars are coming that will shape the cities of the future. What's exciting about these technologies and what's potentially concerning? In this 3 part studio, we will introduce these technologies and talk about the ways that you can shape outcomes to maximize their benefits.

Cities of The Future Details:

When: Wednesdays 4-6pm in January - February 1/19 (at White Stag) 1/26 (Virtual), 2/2 (Virtual),

Where: 1/19 In Person at White Stag Building 70 NW Couch St, Portland, OR 97209 1/26 & 2/2 ZOOM Room

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

Compensation: Students receive a stipend of \$90 for 3 sessions

[APPLY for Future Cities By 1/15/2022](#)

Your Library Your Voice: People Over Collections

Want to Imagine Teen Spaces in your Library? Join us for 4 sessions in designing Holgate and Midland Library teen Spaces. This cohort will focus on The Multnomah County Libraries of Holgate and Midland, Using Design Justice as our foundation. Projects are youth determined, and youth developed, focusing on teen spaces.

Library Cohort Details:

When: Thursdays 4-6pm in January - February 1/20 (at Midland Library) 1/27(At Midland Library), 2 /3(Virtual), 2/10 (Virtual)

PUBLIC EVENT: Your Street Your Voice Vital Voices in the Built Environment: 2/10

Where: 1/20 & 1/27In Person at Midland Library 805 SE 122nd Avenue Portland, OR 97233: **2 /3 & 2/10** ZOOM Room

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

Compensation: Students receive a stipend of \$120 for 4 sessions

[APPLY For Library Teen Spaces By 1/15/2022](#)

A Message from the Benson Tech Counselors

Hey Benson Techsters: Do you speak, read, and write fluently in another language and need world language credit? The STAMP test is a world language assessment in which native speakers can earn up to four (4) world language credits. STAMP test registration is now open. Please come down to the counseling department to register.

Dates and times are on the PPS STAMP website <https://www.pps.net/Page/2338>

Christy Wheeler

School Counselor

Students with last name P-Z

She/Her

503-916-5100

<https://bensonhs.net/>

<https://sites.google.com/pps.net/bensontechcounseling/home>

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

Wellness Center resources to help with COVID-19

[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 \(Latinx/& Black\) 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 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