



## Wilson Daily Bulletin

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Wilson High School  
1151 SW Vermont St, Portland 97239  
Office: (503) 916-5280; Attendance 503-916-5294

## Monday, November 2, 2015 B, Periods 5-8

click [here](#) for Bell Schedules

### SCHEDULE FOR NOVEMBER 2 – 6

Monday, November 2: B  
Tuesday, November 3: A  
Wednesday, November 4: B  
Thursday, November 5: A/Tutor Time  
Friday, November 6: B/Tutor Time

### SCHEDULE FOR NOVEMBER 9 – 13

Monday, November 9: A  
Tuesday, November 10: B  
Wednesday, November 11: No School,  
Veteran's Day Holiday  
Thursday, November 12: A  
Friday, November 13: B

### COLLEGE VISITS

Sign up for college visits in Naviance and don't forget to print out the confirmation page to give to your teacher. To log into Naviance, go to the Wilson [website](#), scroll down to the bottom of the homepage and click on the Naviance icon. Log in to your account. Go to the college tab to see a list of all colleges who are signed up to come so far—colleges are still signing up, so keep checking back. Click on the specific college to sign up for the visit. If you don't know your login come in to the counseling office.

COLBY COLLEGE: Monday, 8:15 am

CORNISH COLLEGE OF THE ARTS: Monday, 9:53 am

GONZAGA UNIVERSITY: Tuesday, 8:30 am

WESTERN OREGON UNIVERSITY: Tuesday, 12:04 pm

UNIVERSITY OF THE PACIFIC: Wednesday, 12:04 pm

MERRIMACK COLLEGE: Thursday, 12:51 pm

UNIVERSITY OF SOUTHERN CALIFORNIA: Friday, 9:35 am

UTAH STATE UNIVERSITY: Friday, 11:00 am

SEATTLE UNIVERSITY: Friday, 12:45 pm

### ATHLETICS

- Stay tuned for playoff news and results. Go Trojans!
- Winter sports (basketball, wrestling, swimming) start November 16. Registration is open now at <https://www.familyid.com/organizations/wilson-hs>.
- Winter Sports Awards are November 10 at 7pm in the Wilson Auditorium

### EVENTS

#### MONDAY, NOVEMBER 2

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**SITE COUNCIL MEETING, 8:15AM, ROOM 102**

## **SENIORS**

Jostens is coming again on Monday, November 2, during lunch to collect senior order packets.

## **ATTENTION WRESTLERS**

Wrestling conditioning will begin on Monday, November 2, at 3:30 pm in the wrestling room. This conditioning program will be from 3:30-4:30 pm on "B" days until the regular practices begin on November 16. No wrestling experience is necessary and all are welcome. This is a good time to try a new sport. Contact Coach Mark Marchese at [mmarchese@pps.net](mailto:mmarchese@pps.net) with questions.

## **TALENTED AND GIFTED IDENTIFICATION FORMS DUE NOVEMBER 2**

if you believe your student should be identified as TAG (Talented and Gifted) you need to complete and submit the [IDPF form](#) to the Wilson office by November 2, 2015. For more information on TAG please see the district website at <http://www.pps.k12.or.us/departments/tag/1392.htm>.

## **TUESDAY, NOVEMBER 3**

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### **ASIAN PACIFIC ISLANDER STUDENT UNION MEETS AT LUNCH ON TUESDAYS IN ROOM 129**

## **WEDNESDAY, NOVEMBER 4**

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### **8TH-GRADE FAMILY NIGHT AND OPEN HOUSE, WEDNESDAY, NOVEMBER 4, 6:30-8:30PM**

This is a special night for 8th-graders and their families to tour Wilson, meet teachers and administrators and learn more about Wilson.

## **THURSDAY, NOVEMBER 5**

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### **WILSON SWIMMING INFORMATIONAL MEETING, 2:15PM IN THE CAFETERIA**

Practice starts Friday, November 5, 8-9pm PCC Sylvania Pool. It's about the community we build, not speed. The swim team welcomes anyone who wants to join and is a no-cut sport! For more information: [wilsonswimming@gmail.com](mailto:wilsonswimming@gmail.com).

### **FALL PLAY PREVIEW, 7PM**

## **FRIDAY, NOVEMBER 6**

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### **COFFEE & CONVERSATION, AUDITORIUM FOYER, 9:15AM**

Join us for an informal conversation with Kate Morgan (Career Center Coordinator) and Social Worker (TBD) on the topics of Career Planning and Opportunities and the Licensed Social Worker's role at Wilson

### **FALL PLAY OPENS, 7PM**

## **SATURDAY, NOVEMBER 7**

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### **FALL PLAY, 7PM**

## COUNSELOR'S CORNER

Here is this week's tip from the Counseling Department on how parents can survive their student's high school experience; to see more, click [here](#).

### Mind-Body Balance

Sadly, too much for their school day is spent sitting and listening. The brain and body need time to absorb and process all the information they receive. Encourage exercise every day.

It's an old but a good one: Their brain needs food to function—don't forget a breakfast that includes protein and complex carbohydrates.

Consider helping them to limit their screen time, particularly before bed. Students who turn off all screens at least 30 minutes before bed have better sleep and are more rested than those who don't.

### Final Thoughts

Parents are still the most important, influential people in your teen's life. Despite how it may seem, their friends are not their biggest influence. Nor is mass media. It's you! Your opinions still carry the most weight. When asked who makes the biggest difference in their lives, teens overwhelmingly name YOU as their source of support, inspiration and learning.

Stay tuned for more guidance from our counselors!

## ANNOUNCEMENTS

### NEW: FREE COLLEGE NIGHT EVENTS

Educational Credit Management Corporation is partnering with local community colleges to provide free college night events to educate students and families about higher education opportunities and financing their education. Visit [www.collegenights.org/event-details.html](http://www.collegenights.org/event-details.html) for details. Upcoming dates and locations:

**November 4** : Mount Hood Community College in the Visual Arts Theater. Free pizza will be served starting at 5:30pm and the event will end by 8 pm. Visit [www.mhcc.edu/CollegeNight/](http://www.mhcc.edu/CollegeNight/) for further details.

**November 5**: Portland Community College, Southeast in the SE Community Hall. Pizza and refreshments will be served at 5:30 pm with the presentation starting at 6:30 pm. Visit [pcc.edu/collegenights](http://pcc.edu/collegenights) to register. If you would like a parking pass, email Luis at [lrodrigu@pcc.edu](mailto:lrodrigu@pcc.edu) at least one day in advance.

**November 10**: Clackamas Community College in the Gregory Forum. Free pizza and beverages will be served. Doors open at 6:30 pm and the session will go from 7 to 9 pm. Visit [www.collegenights.org](http://www.collegenights.org) for more information.

### NEW: BLACKREACH OPPORTUNITIES PROGRAM

Wednesday, November 18, 2015 from 5:30 to 8:00 pm at Self Enhancement Inc.

The University of Oregon in collaboration with Portland Public Schools, Self Enhancement Inc., and the Black United Fund of Oregon invite ALL black and African American students and their families to the BLACKReach Opportunities program on Wednesday, November 18, 2015 from 5:30 to 8:00 pm at Self Enhancement Inc. This is a great opportunity for students to get answers to their questions about the transition process into higher education after high school, learn about financial aid and scholarships opportunities to pay for college, important deadlines and all college-related questions. Parents also have the unique opportunity to learn how to support their students to pursue higher education. Younger students will have an opportunity to learn what it takes to prepare for college and interact with college students from similar backgrounds. Free dinner and childcare are provided so the entire family can attend. Please contact the University of Oregon Opportunities team at 541-346-1067, [opportunities@uoregon.edu](mailto:opportunities@uoregon.edu) with any questions.

## **WILSON SNOWBOARDERS**

Turn in your registration paperwork to the snowboarding team mailbox in the main office ASAP. Only 8 riders are registered so far. Registration forms are available online at [wilsonsnowboarding.com](http://wilsonsnowboarding.com). Hard copies can be found in the snowboarding mailbox. At this point paperwork is the priority. Payments and/or payment plans can be arranged before the first bus on December 9th. Recruit your friends! Skiers are welcome to join the club. Contact Fred Miller at [fredmiller1971@gmail.com](mailto:fredmiller1971@gmail.com) with questions or concerns.

## **IMMUNIZATION UPDATE—NON-MEDICAL EXEMPTIONS**

Recent legislation resulting from Senate Bill 895 has resulted in changes to the requirements for non-medical exemptions, formerly known as religious exemptions. Parents of students who claimed a religious exemption status prior to March 1, 2014, and who wish to continue with an exemption, are now required to obtain a medical exemption or a Vaccine Education Certificate (after receiving the required education about immunizations from a health care practitioner or after watching the online vaccine education module). Parents should also complete a new Certificate of Immunization Status form, and mark the vaccines for which they would like an exemption in the exemption section. Forms should be returned to the school nurse. For more information, contact Wilson school nurse Kym Guadalupe at 503-916-5369 or go to [www.healthoregon.org/vaccineexemption](http://www.healthoregon.org/vaccineexemption).

## **YEARBOOK SENIOR AD DEADLINE IS JANUARY 15**

The deadline to buy senior ads is quickly approaching! Email [troyanbizzgmail.com](mailto:troyanbizzgmail.com) or go to the [yearbook website](#) for details and more information.

Prices:	1/8 of a page: \$40
	1/4 of a page: \$70
	1/2 of a page: \$130
	Full page: \$250

Make sure to buy your yearbook before Winter Break; after January 1 the price goes up from \$65 to \$75.

## **GOING GREEN FOR THE HOLIDAYS? [PLACE YOUR WREATH ORDERS NOW](#)**

Announcing the rollout of the annual WHS Performing Arts wreath and greenery sale. Click [here](#) to buy, or find a friendly member of the choir, orchestra, band or drama classes to take your orders for wreaths, garlands, baskets and swags. Pick up after Thanksgiving, or have us ship directly to your relatives and friends. Wreaths, baskets and holiday greenery make excellent gifts. It's like shipping a piece of the Pacific Northwest directly to their door. Thank you for your support of WHS Performing Arts.

## **GRAD NIGHT**

Not sure if you paid or turned in all your forms? Check the list in the window of the front office.

The PTA Grad Night 2016 is a drug, alcohol, tobacco and weapon free, all night celebration for the graduates of Wilson High School that begins right after graduation on June 8th. The event is a wonderful night of fun activities, food, and memories our students will keep for years to come. Registration is now open at [www.WilsonGradNight.com](http://www.WilsonGradNight.com). Scholarships are available.

## **YEARBOOK SENIOR PORTRAITS**

Deadline for Senior Portraits is December 18th. New this year : Yearbook photographers will take your Senior Portraits for \$30. Contact (503) 730-0722 if interested.

## **ORDER YEARBOOKS ONLINE**

<http://shop.balfour.com/smi62107/catalog/category/view/s/yearbook-and-accessories/id/312795/>

## **FIFTH ANNUAL WILSON FOUNDATION HOUSE PARTY EXTRAVAGANZA, NOVEMBER 14TH**

The party is on, and everyone is invited! Every year at around this time for the past four years, Wilson parents have opened up their homes to bring the community together in support of Wilson High School. This year the tradition continues, with multiple parties going on at the same time around SW Portland. All funds raised will benefit Wilson Foundation.

Join us! Email your rsvp to [wilsonhighschoolfoundation@gmail.com](mailto:wilsonhighschoolfoundation@gmail.com) and we will send you the where and when party details. All you need to do is show up, support Wilson Foundation, and bring your checkbook.

### **SHADOW PROGRAM FOR PROSPECTIVE STUDENTS**

Spend a day attending classes with a Wilson student to get an up-close and personal look at life in high school. Shadowing opportunities are offered October through April. Go to the Wilson website [About Us](#) page for more information and to sign up.

### **HOST AN ITALIAN STUDENT—YOUR CHILD WILL BE INVITED TO ITALY!**

Ergon Student Exchange is looking for families to host a 16-17 year old Italian student. Current Wilson Italian students Umberto, Chiara and Sonia have started their new life at Wilson HS and are enjoying it greatly and Ergon would love to give the same opportunity to other Italian students for next spring semester or school year. Ergon program offers a genuine cross-cultural opportunity: the Italian families offer American exchange students a direct exposure to Italian culture through an all-expenses paid summer vacation in Italy, including airfare sponsored by Ergon. Ergon relies on a rigorous selection process ensuring that students are academically strong, responsible, and proficient in English and devotes great care to matching students with host families. Students are fully insured and arrive with pocket money for all expenses, including recreation activities and vacations. Current and past Portland host families are happy to share their experience with you. To learn more, email Portland coordinator Bahar Sadeghi at [bahar.sadeghi@ergon-se.org](mailto:bahar.sadeghi@ergon-se.org) and visit their website at [www.ergon-se.org](http://www.ergon-se.org).

### **HOST FAMILY NEEDED FOR CURRENT WILSON SCHOLARSHIP STUDENT FROM BALI**

She is a well adjusted A-student who enjoys cooking, dance, singing, math, outdoors, and family activities. Due to a host family medical emergency we need to move her to a new home in the next month. A host family provides a bed, meals and shared family activities. She comes with her own health insurance, school fees and spending money. She is cheerful, active, knows the bus system, and is a delight to have around. For more information call Mimi Sanders, Coordinator, Program of Academic Exchange :(503) 293-6195, [mimisandersart@hotmail.com](mailto:mimisandersart@hotmail.com).

### **THE ROTARY CLUB YOUTH EXCHANGE STILL LOOKING FOR HOST FAMILIES FOR 2015/2016 SCHOOL YEAR**

Rotary exchange students stay with three different families over the school year so the host family commitment is for about 3.5 months. This is a wonderful way to learn about another culture and to share your home and family, as well as your activities and traditions with a student from another country. Exchange students are at Wilson High School for the entire school year so we are looking for families that live in the Wilson area. Host families can be people with students at Wilson, people with younger kids in the Wilson area, people who have older kids no longer living at home, retirees, etc. Host families provide a room for the student, and share meals, family activities, chores and fun with the exchange student. This can be an incredible learning experience and lead to a lifelong friendship. For more information please call Delanie Paasche at 503-246-5009 or email [delaniedelimont@gmail.com](mailto:delaniedelimont@gmail.com).

### **CONNECTIONS**

The Wilson Daily Bulletin is an electronic newsletter full of useful information and interesting news emailed to Wilson students, parents, staff, and community members. The Bulletin is published every day. The Monday Edition has the widest distribution and includes more general announcements; Thursday-Friday the focus is on events more specific to the school and what goes on in the building during school hours. Archives can be found [online](#) at the Wilson website. If you would like to be added (specify whether you would like to be on the daily list or just the Monday list) or removed from the distribution list, send your email address to Valeurie Friedman at [vfriedman@pps.net](mailto:vfriedman@pps.net). **Have good news to share about Wilson students or alumni?** Send the details to Valeurie Friedman at [vfriedman@pps.net](mailto:vfriedman@pps.net).

### **ALL THINGS WILSON**

Be sure to visit the Wilson website at: <http://www.pps.k12.or.us/schools/wilson/> to find many useful resources for parents and students including:

- Event, activity, and holiday listings on the Wilson calendar
- Online student research tools
- Links to the Daily Bulletin and past issues of the Wilson Spotlight
- Counseling Department
- How to get involved with PTA, Boosters, or Foundation
- How to order scrip ([http://www.pps.k12.or.us/schools/wilson/files/school-wilson/scrip\\_4\\_15.pdf](http://www.pps.k12.or.us/schools/wilson/files/school-wilson/scrip_4_15.pdf).)

## **FOLLOW WILSON LEADERSHIP ON SOCIAL MEDIA**

Twitter: [@wilson\\_trojans](#)

Instagram: [wilson\\_trojans](#)

Facebook: [Wilson Leadership](#)

## **FOLLOW WILSON'S MAGAZINE, THE TROJAN HORSE**

Twitter: [@whstrojanhorse](#)

Instagram: [@whstrojanhorse](#)

New issues: <http://issuu.com/whstrojanhorse>

Use the hashtag #whshorse and send us your pictures.

## **ALUMNI NEWS**

Wilson High School official alumni website: <http://www.wilsonalumni.com>

## **ALUMNI CLASS REUNIONS**

To find out about upcoming Class Reunions go to: <http://www.wilsonalumni.com/reunions.htm>

## **WILSON GRADUATES WHO HAVE SERVED OR ARE SERVING IN MILITARY**

To add your name and information to the archive of Wilson Military Graduates, click on this link: <http://www.wilsonalumni.com/Military.html>

## **WILSON SPORTS SCHEDULES**

<http://www.wilsonathletics.com>

## **FACULTY/STAFF CONTACT INFORMATION**

If you would like to contact faculty or staff at Wilson go to <http://www.pps.k12.or.us/schools/wilson/>.

Portland Public Schools recognizes the diversity and worth of all individuals and groups and their roles in society. All individuals and groups shall be treated with fairness in all activities, programs and operations, without regard to age, color, creed, disability, marital status, national origin, race, religion, sex, or sexual orientation. Board of Education Policy 1.80.020-P. The Portland, Oregon School District is an equal opportunity educator and employer. Persons with disabilities or who are in need of additional accommodations in order to attend or participate in an event or program at Wilson High School should contact Maude Lamont, Curriculum VP, Telephone: 503-916-5280 email: [mlamont@pps.net](mailto:mlamont@pps.net).