



Wilson Daily Bulletin

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

Tuesday, October 4, 2016 B, Periods 5-8

SCHEDULE FOR OCTOBER 3 – 7

Monday, October 3: A
Tuesday, October 4: B
Wednesday, October 5: A/Tutor Time
Thursday, October 6: B/Tutor Time
Friday, October 7: A

SCHEDULE FOR OCTOBER 10 – 14

Monday, October 10: B
Tuesday, October 11: A
Wednesday, October 12: B
Thursday, October 13: A
Friday, October 14: No School

COLLEGE VISITS AT WILSON THIS WEEK

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. College visits are in room 220 unless otherwise specified.

UNIVERSITY OF COLORADO AT BOULDER: Tuesday, October 4, 8:15am

COLBY COLLEGE: Tuesday, October 4, 9:50am

WASHINGTON UNIVERSITY IN ST. LOUIS: Tuesday, October 4, 2:00pm

WESTERN OREGON UNIVERSITY: Thursday, October 6, 9:40am

GEORGE FOX UNIVERSITY: Thursday, October 6, 10:40am

UNIVERSITY OF CHICAGO: Thursday, October 6, 1:00pm

GETTYSBURG COLLEGE: Friday, October 7, 8:15am

ATHLETICS

Go to wilsonathletics.com for complete sports schedules.

*Sign up to work the Boosters concession stand at the home games marked below, help Boosters support Wilson student activities! Go to the link to sign up: <http://vols.pt/zLYCmC>. *

Tuesday, October 4

Girls Soccer vs. Roosevelt: JV @ Columbia Park, 4:15, Bus 2:30, release 2:15; Varsity @ Roosevelt, 7:00, Bus 5:30

Boys Soccer vs. Roosevelt: JV @ Gabriel Park, 4:15, release 3:00; *Varsity @ Wilson, 7:00 *
Volleyball vs. Franklin: JV/JV2 @ Franklin (Marshall Campus), 4:30, Bus 3:00, release 2:45; Varsity @ Franklin (Marshall Campus), 6:30, Bus 3:00, release 2:45

Wednesday, October 5

Cross Country, PIL/MHC Crossover Meet @ Centennial, 4:00, Bus 2:30, release 2:15
Girls Soccer vs. Grant: JV2 @ Rose City Park, 4:15, Bus 3:00, release 2:45
Boys Soccer vs. Madison: JV2 @ Glenhaven Park, 4:15, Taxi 3:00, release 2:45

Thursday, October 6

Girls Soccer vs. Franklin: JV @ Clinton Park, 4:15, Taxis 3:00, release 2:45
Varsity @ Franklin (Marshall Campus), 7:00, Bus 5:30
Volleyball Dual Play vs. Roosevelt and Lincoln: *Varsity @ Wilson, 4:00*; JV @ Roosevelt, 4:00, Bus 2:15, release 2:00;
JV2 @ Lincoln, 4:00, Bus 2:15, release 2:00
Boys Soccer vs. Franklin: *JV @ Wilson, 5:00; Varsity @ Wilson, 7:00*

Friday, October 7

Football vs. Franklin: *Varsity @ Wilson, 7:30*

Saturday, October 8

JV2 Volleyball @ Hillsboro Tournament, 8:00 am, Bus 6:45

EVENTS

TUESDAY, OCTOBER 4

SITE COUNCIL MEETING, ROOM 102 132, 8:15AM

WEDNESDAY, OCTOBER 5

MODEL UN MEETING, ROOM 224 AT LUNCH

Missed the first meeting? That's ok, you can still join!

THURSDAY, OCTOBER 6

COLLEGE ESSAY WORKSHOP, COLLEGE AND CAREER CENTER DURING TUTOR TIME

Seniors! Working on your Common App? Come to a College Essay Writing Workshop with Leslie Yeagers in the Wilson College and Career Center, room 220! Leslie not only has great essay-writing resources for you, she also offers free editing services once you have attended her workshop.

ASIAN PACIFIC ISLANDER STUDENT UNION MEETING AT LUNCH IN ROOM 129

FRIDAY, OCTOBER 7

VARSITY FOOTBALL, FRANKLIN @ WILSON, 7:30PM

SATURDAY, OCTOBER 8

WAAC-CREATIVE GENIUS, WILSON HIGH SCHOOL, 11:00AM-4:00PM

The First Annual “Creativity Speaks!” is a celebration and exploration of creativity in a format similar to TED Talks, but with shorter speeches and a focus on middle school and high school students and their families. The event features eight great speakers who have made their mark in various artistic fields. These creative people will tell their stories so that kids leave inspired, with a better idea of what they may be able to accomplish when they harness their own creativity. For more information, and tickets go to www.creativityspeakspx.com.

NEWS

NEW: ATHLETES OF THE WEEK, OCTOBER 3-7



India Jones, Volleyball: Junior Outside Hitter India had a great week with 9 aces and 32 kills. As an all-around player she also led in passing percentage on serve receive.

Jordan Watson, Football: Jordan, a senior, had 26 carries for 197 yards and 2 TD’s (a 7.5 yard per carry average) vs. Roosevelt.

WILSON ACADEMIC ALL-STARS FOR OCTOBER

Academic All-Stars for October are **Nick Sherbert**, **Gracie Jacobson**, and **Minhtam Tran**. Read more about what makes these Wilson seniors stand out at http://www.pps.k12.or.us/schools/wilson/212.htm#all_stars.

ANNOUNCEMENTS

NEW: LUNCH FOR TEACHERS ON PSAT DAY

PSAT Day is October 19th and we would like to provide lunch for our teachers with a chili and cornbread luncheon. To sign up to share your favorite crockpot chili with our WHS teachers visit <http://signup.com/go/ipfM4q>. Thank you for supporting our teachers!

NEW: COUNSELOR’S CORNER

Wilson counselors have a combined length of experience of over 75 years of helping teens and their parents navigate the high school experience. Check this space each month for helpful tips for parents of high school students, starting this month with **Ten Tips to Help Parents Understand the Adolescent Brain**:

1. The thinking, reasoning, and decision-making part of the adolescent brain (the prefrontal cortex) isn’t done developing until the mid-late 20’s. . . Adults in an adolescent’s life can help by modeling healthy problem-solving and decision-making.
2. Model the behaviors you want your adolescent to engage in. . . Often our children become who we are.
3. Adolescents interpret emotional expressions and body language differently than adults. . . Let your teen know if you are tired or sad or frustrated, otherwise they may think you are mad at them which can unnecessarily increase conflict.
4. Sleep is essential. . . It is the time during the day that the brain decides what information to keep and what to get rid of.
5. Substances such as alcohol, tobacco, and other drugs can structurally change the adolescent brain. . . Adolescence is an intense developmental period—the brain is very sensitive to the harmful effects of powerful chemicals during this time

6. Risk-taking and exploring are an important part of adolescent development. . . Adults can help create opportunities for adolescents to take healthy risks and practice making choices on their own.
7. Encourage healthy activities as experiences shape and mold the adolescent brain. . . The adolescent brain is busy making connections—if a certain part of the brain isn't used those neurons will be pruned away—like a tree. Encourage your adolescent to engage in activities they want hardwired.
8. Have clear and consistent expectations and consequences. . . Make sure teens know the “rules to the game” before they start playing.
9. Problem-solve when everyone is calm. . . Remember—it is hard to think clearly or retain information when you are angry. Adolescents tend to respond to conflict using the primal, emotional center of their brain rather than their underdeveloped prefrontal cortex.
10. Listen more than lecture. . . Really hear what your adolescent is saying—share adult wisdom by practicing what you want to preach.

Find more words of wisdom from Wilson counselors at http://www.pps.k12.or.us/schools/wilson/216.htm#counselors_corner.

STAY IN TOUCH WITH THE WILSON COUNSELING DEPARTMENT

Follow #wilsoncounseling on Instagram for scholarship, college, and special events! For text alerts on financial aid and college resources, text COLLEGE to 44044!

NEW STUDENT WELCOME LUNCHEON A SUCCESS!

Thank you to all the parents who contributed and helped with the new student lunch. It was a great success with over 60 students in attendance, along with six of our new teachers, too. Thank you for helping Wilson be such a warm and welcoming school!

WILSON LIBRARY READ-IN , MONDAY, OCTOBER 10, DURING 1ST AND 2ND PERIODS

For more information and to get an in-school field trip form, please come to the Library. Only the first 50 students to sign up will be allowed to spend an entire period in the Library reading!!

IMPORTANT PARKING INFORMATION

Students who park at Wilson, either in the Wilson lot, the Rieke lot, or on the street: If you haven't registered your car yet, come to room 139 during Tutor Time on Thursday, September 29. If you have already registered your car, come to 139 on Thursday to pick up your parking tag. All cars parked at Wilson or the Rieke parking lot must display a valid parking tag. If you park on the street, please also register your car with us so we can easily identify owners of any cars with lights left on or that suffer damage on the street, etc.

All student parking at Wilson has been assigned. Parking at Rieke is limited to 50 spots at the north end of the lot and is on a first-come, first-served basis for students with registered cars displaying a valid parking tag. Spots at Rieke for Wilson students will be marked later this fall. Cars parked in the Wilson or Rieke lots without a parking tag may be towed.

NEW: THANK YOU!

The Wilson Booster Club would like to send out a big **thank you** to all of the volunteers who helped make Homecoming concessions a record-setting success. The \$3,269 in concession sales at the Homecoming game was phenomenal. There were a number of familiar faces and lots of new faces in the Field House working diligently to feed the hungry fans. The Wilson Booster Club is so grateful for all of our members/volunteers. We would not be able to raise the funds for our students without each and everyone of you. There are plenty of volunteer opportunities in the month of October; please sign up at https://signup.com/mobileweb/2.0/vspot.html?groupkey=1039940334035#group_page.

NEW: WILSON HIGH SCHOOL EQUESTRIAN TEAM MEETING, LAKE OSWEGO HUNT CLUB, WEDNESDAY, OCTOBER 5 AT 6PM

Do you ride? Or do you love horses and want to be a groom? The Wilson High School Equestrian Team wants you! Join a club that promotes sportsmanship; earn a varsity letter on an equestrian team and represent your school; class variety

and opportunities to try new disciplines increases horsemanship skills and can help you earn a position on a collegiate equestrian team. The team welcomes riding members and non-riding members. For location and more info contact Katie Purdy (503-819-8477; memorylane.katie@gmail.com).

GRAD NIGHT PARTY

Planning Meeting: Senior parents, get involved and help make sure our graduating seniors have a fun and safe all-night grad night party. Join the Grad Night Committee at their first planning meeting of the year on Sunday, October 2, 4-6:00 at Casa Colima restaurant on Capitol Highway in Hillsdale.

Volunteers Needed: Take a look at the Grad Night Chair job descriptions (http://www.pps.k12.or.us/schools/wilson/files/school-wilson/2017Grad_Night_Committee_Chair_descriptions.pdf) and sign up today!

Grad Night Registration: Go to the Grad Night page of the Wilson website at <http://www.pps.k12.or.us/schools/wilson/281.htm> for registration forms and information on how to sign up.

Contact: If you're unable to come on Sunday or have questions, contact Grad Night Co-Chairs Jenn Van Vleet (goodgirlcef@yahoo.com; 503-997-6951) and Tiffany Jeffords (jeffords@ohsu.edu).

NEW: TIME FOR PIE!

The Grad Night Committee is selling pies to raise money for the grad night party. We raised roughly \$3,700 last year and hope to beat that record this year! Please see the [order form](#). They carry a new "Specialty Pie" available to us this year which is Pumpkin Chiffon. The prices of the pies are in line with the Willamette Valley Pies that you can also find in local New Seasons and other stores. Stock up on your pies for Thanksgiving and beyond with these fresh-to-frozen, made-to-order pies. These pies are wonderful and contain less sugar than other pies on the market. Print an order form and invite family and coworkers to take part in this huge fundraiser. Forms and money can be turned in to the Grad Night lockbox located in the office. Orders and money are due by October 26th and delivery will be in the afternoon on November 9, time to be determined. If you have further questions, please contact Tiffany Jeffords at jeffords@ohsu.edu.

STUDENT PHOTO PACKAGES AVAILABLE FOR PICK-UP NOW

If you ordered student photos on or before picture days during registration or on the first day of school, the packets have arrived and can be picked up in the main office. There is still an opportunity to order portrait packages by calling Lifetouch Customer Service 1-866-955-8342.

Lifetouch will be at Wilson for photo retakes on Monday, October 17. We will send out another reminder before then with information on how to order packages.

SENIORS, IMPORTANT INFO RE: COLLEGE APPLICATION LETTERS OF RECOMMENDATION

If you need a letter of recommendation for college, you must attend one of the Letter of Recommendation workshops in the College and Career Center in room 220 at Tutor Time on the following days: September 15, 22, or October 20. You must attend one workshop before you can get a letter of recommendation from your counselor.

WILSON GIRLS LACROSSE SEEKS HEAD COACH

Wilson Girls Lacrosse is looking for an experienced head coach. We field both JV and Varsity, with a strong parent board to support the team and the coaches and a well-established youth program in our feeder elementary and middle schools. The position pays \$4,000-\$4,500.

The full job listing is online at <http://www.wilsonathletics.com/girlslacrosse>. If you're interested or know someone who might be, email Valeurie Friedman at vfriedman@gmail.com.

CALL FOR PHOTO AND ESSAY CONTEST ENTRIES; DEADLINE IS OCTOBER 12

Published every odd-numbered year since 1911, the Oregon Blue Book is the official state fact book about all levels of government in Oregon, compiled, edited and produced by the Oregon State Archives, a division of the Secretary of State's office. Information about the Oregon Blue Book Student Essay Contest is online at <http://bluebook.state.or.us/misc/news/blue-book-submissions.pdf>. Oregon Blue Book Cover Photo Contest guidelines and entry forms are online at <http://bluebook.state.or.us/misc/cover/front.htm>.

WILSON HIGH SCHOOL FOUNDATION

The Wilson Foundation raises money for additional staff and impacts every student in the school. Please consider signing up today for a recurring monthly donation of \$10 or more. All monthly donors will receive a gift in appreciation for their support; for donors signing up to give \$20 or more monthly we have a limited supply of PIL passes, good for one person for a year's worth of free admission to all PIL athletic events. Establish a monthly donation or make a one-time contribution at <https://allhandsraised.org/donate/>. To learn more about the campaign and about the Wilson Foundation, read Principal's Chatard's recent letter to the Wilson community [here](#), and thank you for your support!

SIGN UP FOR FREE AND REDUCED SCHOOL MEALS OR RENEW NOW

Students in all grade levels meeting income guidelines or receiving SNAP or TANF benefits are eligible to receive free or reduced-price meal benefits as well as fee waivers for AP exams, athletic participation fees, and support for other school-related needs. Apply for and renew benefits online by October 1: <https://district.ode.state.or.us/apps/frlapp/default.aspx>. Contact Wilson Social Worker Maureen Brennan at mbrennan@pps.net for more information or if you need help.

VOLUNTEER AT WORDSTOCK, NOVEMBER 5

Literary Arts seeks 300 volunteers to fill various roles including book fair aid, book signing assistance, house and line control, box office support, registration attendant and Wordstock Rovers. The event is November 5, 9am-6pm at the Portland Art Museum. Volunteering provides free entrance to Portland's Book Festival. To volunteer visit www.literary-arts.org/wordstock-volunteer or email Wordstock's volunteer specialist Denver Olmstead (volunteer@literary-arts.org).

CAREER CENTER NEWS

ZGF Career Day, Tuesday, October 4, 9:30am-2:00pm

Are you interested in architecture, landscape architecture, interior design or urban design? ZGF Career Day will allow students to explore architectural and design career pathways. Tour ZGF offices, participate in a walking tour to look at various building styles in downtown Portland, and participate in a team activity to design a school.

The career day is open to Juniors and Seniors. Lunch will be provided. This opportunity will fill quickly so please apply soon. For more information go to <http://www.portlandworkforcealliance.org/event/zgf-architects-career-day-2016/>. Pick up an application in front of room 220 and return to Kate Morgan.

SIMPLE Career Day, October 6, 9am-noon

Are you interested in a career in business, software, finance, and marketing? SIMPLE, is a Portland company that disrupted the banking industry by appealing to younger tech savvy consumers. Go behind the scenes at their inner eastside offices and learn what skills and experience are needed to pursue a career at a fast-growing company like SIMPLE.

The career day is open to Juniors and Seniors. Lunch will be provided. This opportunity will fill quickly so please apply soon. To apply and for more information go to <http://www.portlandworkforcealliance.org/event/simple-career-day/>, or pick up a application in front of room 220. Return completed application to Kate Morgan in 220.

Mercy Corps Career Day, Thursday, October, 13, 9am-2pm

Calling all humanitarians!! Mercy Corps is a global aid agency engaged in helping people that have experienced some sort of shock: natural disaster, economic collapse, or conflict. Students will hear about Mercy Corps careers and departments, learn about community development practices, engage in team activities, and design a program. To apply stop by room 220.

Aviation Career Day, October 18

Sport Services Career Day, October 25

Kaiser Permanente Career Day, October 25

For more information and to register please visit <https://hillsborochamberor.com/stw.html>.

Architecture, Construction, and Engineering (ACE) Mentorship Program

ACE Mentor Program is now accepting applications for the 2016-2017 school year. Students who are interested in

Architecture, Construction and Engineering, this program is for you! ACE gives you the opportunity to work directly with practicing professionals in ACE fields. This is a no cost after-school mentorship program that meets from 4:30-6:30pm on Tuesdays or Thursdays from January to May.

Students will collaborate with mentors on a building design project. At the end of the program, you will “pitch” your project to an audience of family, educators and ACE professionals. With big commitments come big rewards: Last year, \$72,000 in scholarships were awarded to 16 of the 40 applicants. You don’t want to miss out on this great opportunity! Spots will fill quickly. To apply please see Ms. Morgan in room 220 and for more information visit: www.acementor.org/portland-or. Students who are interested must complete a paper and online application.

SCHOLARSHIPS

For more scholarships, go to <http://www.pps.k12.or.us/schools/wilson/312.htm#scholarships>.

New: Kaiser Permanente Health Care Career Scholarship: Due January 11th 2017, Awards: \$2,000-\$10,000.

One person from Wilson will win this scholarship. Criteria: Seniors with at least a 2.5 weighted GPA, planning to pursue a career in a health field, engagement in activities, financial need, etc. Apply online at www.kp.org/kpnwscholarship.

SUPPORT WILSON PTA, BUY SCRIP

Scrip is an easy way to support the PTA that costs you nothing extra! This program works with local and national vendors, including most of your favorite grocers, restaurants and retailers. Leave your order with the Wilson Bookkeeper on Monday, pick up your scrip on Friday afternoon. Or place your order by phone, postal mail, or e-mail! Contact Martha Schulte (schulte@easystreet.net; 503-244-5072) for more information or to place an order. Download order forms [here](#).

ORDER YEARBOOKS BEFORE THE PRICE GOES UP

Have you bought your yearbook yet? Go check the list posted by the gym! The price goes up to \$75 after winter break, but you can order one for \$65 until then. Order online at SchoolPay.com or in the Bookkeeper’s office. To order on SchoolPay.com, log in using a parent’s email address or go to “Find My Account;” go to “2016-2017 Registration: Optional Items” and find the yearbook listed there.

Want more yearbook? Go pick up your spring supplement today! They are available in the office, the library and by the gym.

COMMUNITY

OREGON NATIONAL PRIMATE RESEARCH CENTER, SCIENCE CAFE FALL 2016 SPEAKER SERIES

OHSU’s Primate Research Center is partnering with PCC to offer a series of free talks on current research topics in reproductive biomedical research. The talks are held on Tuesdays in October and begin at 7:00pm. A special feature of this speaker series is that the presentations are made in lay-friendly language and are free to the public.

October 4, 11, 18, and 25

PCC Willow Creek, 241 SW Edgeway, Beaverton (NW 185th near Baseline)

Willow Creek Max Station Hillsboro Line

Go to <http://www.ohsu.edu/xd/research/centers-institutes/onprc/> for more information

CREATIVITY SPEAKS! FIRST ANNUAL EVENT, WILSON HIGH SCHOOL, SATURDAY, OCTOBER 8

Creativity Speaks! is a celebration and exploration of creative endeavors in a format similar to TED Talks, but with shorter speeches and a focus on middle school and high school students and their families. Speakers include visual and fine artists, the 2016 Battle Bots TV champion, writers, ice cream makers, and others working in creative fields. Sponsored by Nike Design and the nonprofit Wilson Area Arts Council, the event kicks off at 1:00 p.m. on Saturday, October 8, in the Wilson High School auditorium in Southwest Portland. Doors open at 12:30 pm, and tickets are available for \$6 at www.creativityspeakspx.com and at the door the day of the event.

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. **Have good news to share about Wilson students or alumni?** Send the details to Valeurie Friedman at 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)

FOLLOW WILSON LEADERSHIP

Twitter: [@wilson_trojans](#)

Instagram: [wilson_trojans](#)

Facebook: [Wilson Leadership](#)

FOLLOW WILSON YEARBOOK

Instagram: [@wilson.yearbook](#)

Twitter: [@WilsonTrojan](#)

FOLLOW WILSON'S MAGAZINE, THE TROJAN HORSE

Twitter: [@whstrojanhorse](#)

Instagram: [@whstrojanhorse](#)

Use the hashtag #whshorse and send us your pictures.

FOLLOW SOUTHWEST STAGEWORKS, THE WILSON HIGH SCHOOL THEATRE COMPANY

Website: southweststageworks.com

Facebook: [SouthWest StageWorks/Wilson High School Drama Announcements](#)

Twitter/Instagram/Snapchat: [@SW2Official](#)

Blog: southweststageworks.blogspot.com

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 THE 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.