



## Wilson Daily Bulletin

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

**Thursday, November 19, 2015**

**B/Tutor Time, Periods 5-8**

click [here](#) for Bell Schedules

### SCHEDULE FOR

#### NOVEMBER 16 – 20

Monday, November 16: A  
Tuesday, November 17: B  
Wednesday, November 18: A/Tutor Time  
Thursday, November 19: B/Tutor Time  
Friday, November 20: A

### SCHEDULE FOR

#### NOVEMBER 23 – 27

Monday, November 23: B  
Tuesday, November 24: A  
Wednesday, November 25: B  
Thursday, November 26: No School,  
Thanksgiving Holiday  
Friday, November 27: No School

### ATHLETICS

- Winter sports (basketball, wrestling, swimming) start November 16. Registration is open now at <https://www.familyid.com/organizations/wilson-hs>.

### EVENTS

#### THURSDAY, NOVEMBER 19

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**PRE-SEASON BOYS GOLF MEETING, 3:15 IN ROOM 117**

### NEWS

#### **NEW: WILSON COMMUNITY COMES THROUGH FOR STUDENT ARTISTS!**

Wilson ceramics teacher Andrew Butterfield posted a Donors Choose fundraiser this week to raise money for a new pottery wheel. Our amazing community raised \$1600 in just four days, and a new wheel has been ordered. Mr. Butterfield says, "Thank you Wilson parents for supporting our students to create great work!"

#### **QUINN VAN HORNE NAMED AS OASC AT-LARGE STATE REPRESENTATIVE**

The Oregon Association of Student Councils is a non-profit member association serving middle and high schools throughout the state and providing leadership development to both students and advisors. As At-Large State Rep, Quinn joins the Student Executive Council. Congratulations, Quinn!

#### **ACADEMIC ALL-STARS FOR NOVEMBER ARE SABINE PIGG, CHASE HOWARD, AND NICOLAI APENES**

[Read more](#) about what makes these Wilson seniors stand out.

## TWO WILSON ATHLETES WIN SCHOLARSHIPS, SIGN LETTERS OF INTENT FOR COLLEGE



Rachel Koch (left), Athletic Director Mike Easton (center), Sierra Sexton (right)

Wilson senior **Sierra Sexton** will swim next year for the University of Vermont, where she has received a full-ride scholarship. UV is a NCAA Division I Women's Swimming and Diving Team.

The first time she visited UV, Sierra says she just loved it—the school was gorgeous, the coach was nice, and it seemed like a great place. On later visits she was able to meet the other swimmers, and felt at home right away. Eventually she narrowed her choices down to three colleges, but was already in love with Vermont. She realizes how important it is for the two pieces, academic and athletic, to fit together and feels that UV has it all.

Sierra has been swimming for 8 years, four of those at Wilson. In addition, she swims for the Lacamas Headhunters, a year-round club team located in Camas, WA. Mia, Sierra's mom, says that while club teams are important because of the year-round training opportunities they offer, the high school swim team experience is just as important because of the team spirit and camaraderie they offer.

The combination of high school and club swimming (and hard work) is working for Sierra—in addition to earning a scholarship at a prestigious swimming school, Sierra has qualified for the upcoming Winter Nationals in Federal Way, Washington, where she could win a spot at the US Olympic Swim Team qualifying trials. Sierra's time for the 50 Free was 26.34 last year, and this year's qualifying time is 26.19.

What's after college for Sierra? Her current plan is to become an orthodontist, possibly attending dental school at OHSU.

Sierra has some advice for her Wilson peers, based on hard-won experience. First, she says, you may not have a dream or goal in front of you, but if you experience enough things, you will. Be willing to go out and experience new things that could very well affect what you do with the rest of your life. Second, Sierra says, "Attitude is everything!" You have to believe in yourself before anyone else will.

Wilson senior **Rachel Koch** will attend California Baptist University next year where she will receive an athletic scholarship to compete with the Cheer Team that has won the National Championship in their division each of the past three years.

Rachel is a great competitor and tumbler who found Cheer as a 4th-grader after having been in gymnastics since the age of 5. For several years she cheered with a traveling competitive team, then joined the Wilson Cheer Team as a freshman. She's been on the varsity cheer squad all four years, including in 2014 when they won the State Championship. This year, as a co-captain of the Cheer Team, she coaches Trojan Junior Cheer. Rachel has been to All-State every year, where this year she was just one of 20 out of 120 girls to qualify for the All-State Team.

Some of the tricks and stunts performed in cheer can be scary, and Rachel says sometimes learning new skills can be intimidating. Most of her fear has gone away by now, proving the value of the advice she has for her fellow stu-

dents. Rachel says she has learned “that you only get as much as you put in. If you want to play a sport in college you have to juggle things and work hard. Then you will succeed.”

Rachel hopes to return to Portland for graduate school at OHSU to train for a career in health sciences, perhaps as a pathologist, dentist, or surgeon.

As a small child Rachel hoped she would someday cheer at the college level and compete in the national championships. She applied to other schools but really wanted to go to Cal Baptist, where the cheerleaders are well-rounded students who train and study together in a family-like atmosphere. It sounds like a perfect fit and looks like Rachel is well on her way to achieving her dream!

## **WILSON PEER COUNSELORS**

Peer Counselors are specially-trained students who are available to help their peers with issues from managing homework to managing social situations. They are available every day at lunch in room 117 to talk to anyone who wants to drop by. Meet the Peer Counselors [here](#).

## **NEW HEAD COACH FOR GIRLS LACROSSE**

Wilson Girl's Lacrosse Club is excited to announce the appointment of a new head coach! Courtney Bird is a former high school and college lacrosse player (Division 1 at Princeton) who also has experience coaching at the high school level. She has coached in New Jersey, and more recently in Montana where she was instrumental in introducing the sport of lacrosse to the state and served as head coach at Hellgate HS in Missoula, MT. Courtney joins Lena Knofler and Amy Vandenberg to round out our dedicated coaching staff.

“I'm thrilled to be a part of Wilson Lacrosse and can't wait to begin building a solid team this spring. Lacrosse is a sport that combines fitness, coordination, mental and physical agility and incredible levels of teamwork. This season, I want to inspire the girls to develop strong individual skills and give them the tools to become successful, empowered players on the field, and successful, empowered young women off the field. We'll work together to establish team chemistry based on mutual respect, friendship and love of the game—working hard and having fun along the way. Go Trojans!” says Courtney.

Wilson Girl's Lacrosse Club is very happy to have Courtney on board. With her experience as a Division 1 player in combination with coaching and developing a high school lacrosse program, she will be a great asset in taking the Wilson Girl's Lacrosse Team to the next level. For more information on Wilson Girl's Lacrosse please visit our website at [www.wilson-lax.com](http://www.wilson-lax.com).

## **ANNOUNCEMENTS**

### **NEW: WILSON ALUMNI A CAPPELLA PERFORMANCE SATURDAY, NOVEMBER 21, 7:00PM**

Wilson Alumni Ethan Conroy, Alex Diaz-Hui, Brooke Rencher, Sarah Hall-Dolezal and Kyle Turner are all members of the Portland State a cappella group The Green Note. They'll be hosting their annual Fall concert this weekend. If you love music and are a fan of a cappella come to the Smith Ballroom for a great show: Smith Ballroom at PSU, 1825 SW Broadway.

### **WILSON LEADERSHIP WINTER FUNDRAISING CAMPAIGN**

Each year, Leadership students partner with the Multnomah County Sheriff's Department to raise money for the Community Transition School (CTS) and to hold a holiday party for the CTS students. A private school dedicated to the needs of children whose families are homeless, in transition or experiencing chronic poverty-related crises, CTS provides a stable, supportive environment that promotes their students' personal and academic growth. Your contributions will support teaching materials and gifts for all of the students. Donate today at [www.gofundme.com/warmthewinter2015](http://www.gofundme.com/warmthewinter2015).

### **FALL SPORTS WRAP UP, NEW SEASON BEGINS**

Fall sports have come to a close and winter sports (basketball, wrestling, swimming) have now begun. If you want to par-

participate in winter sports but you have not signed up yet, please do so right away at the [Wilson athletics website](#) (where you will find schedules and other info as well). Athletes may not participate in practice without a current physical.

### **Wilson All-City Players, Fall Sports:**

#### Football

Honorable Mention: Ben Turker, Jake Moser, Gustavo Herrera, Bennett Smith, Jack Dixon, Evan Charlone

Second Team – Offense: Michael Streinz

Second Team – Defense: Sam Katter

First Team Offense: Riley Tindell, Eddie Erickson, Emmett Burby, Graycen Kennedy

First Team Defense: Sean Haxby, Steffen Jacobsen

PIL Offensive Player of the Year (and leading rusher in the state): Riley Tindell

#### Volleyball (PIL champs)

Second Team: Madeline Tomastik, Breonna Keller-Robbins

First Team: Jodi Allen, Lindsay Lang, Jane Woodward, India Jones

#### Girls Soccer

Honorable Mention: Jamie Kresl, Eva Vlassopoulos, Talulah Beisel, Nikki Hogan

Second Team: Mackenna Clizer

First Team: Sara Trejo

#### Boys Soccer

Honorable Mention: Tyson Horn, Sam Nathanson, Max Lommen

Second Team: David Menashe

First Team: Alec Dunkeld

#### Cross Country State Qualifiers

Boys (3rd in state for 6A!): Kian Mitchell, Caleb Seeley, Alex Slenning, Nick Slenning, Chris Nussbaum, Sam Behrens, Chase Howard

Girls: Grace Heizer

#### Wilson Athletes' Average GPA by Sport

Football: 3.1

Volleyball: 3.3

Boys Cross Country: 3.4

Boys Soccer: 3.4 (8th in state)

Girls Soccer: 3.74 (6th in state)

Girls Cross Country 3.93 (3rd in state)

#### Fall Scholar-Athletes

160 (students in a fall sport who achieved a 3.5 GPA or better for Quarter 1).

### **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. Buy some for your groceries, buy some for holiday gift-giving. Consider a Wilson scrip purchase for your employee gifts! 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](#).

### **PTA GRAD NIGHT MEETING, MONDAY, DECEMBER 7, LA COSTITA RESTAURANT, 7:00PM**

All Junior and Senior parents, join us for the next Grad Night Meeting. La Costita is at 7405 SW Barbur Boulevard. [www.WilsonGradNight.com](#).

## WILSON WRESTLING LOOKING FOR STUDENT MANAGERS

The Wilson Wrestling program is in need of student managers for the Winter sports season. No athletic experience necessary. Learn something new, make new friends, support your school, and travel to meets and tournaments. See Coach Marchese in the wrestling room after school or Mr. Easton in the athletic office. GO TROJANS!

## ROSE COURT APPLICATIONS AVAILABLE **ONLINE**

Junior and Senior girls with a minimum 3.0 GPA are invited apply for this year's Rose Court. Wilson's Rose Festival Princess will receive a \$3500 scholarship, a new wardrobe, and will travel around Oregon and Washington and many networking opportunities. Applications are due by January 8, 2016.

## LOOKING FOR GENTLY USED AP STUDY GUIDES

We are building our lending library of AP study guides (Princeton Review, Barrons, etc). Have you or someone in your family taken AP classes and used a study guide that is just sitting on the shelf? Please bring any guides you would like to donate, 2012 or newer please and in the [AP subjects we offer](#), to Abby in the main office. Thanks!

## SEASON OF GIVING

The Key Club and WHS Counseling Department are teaming up to collect food for Wilson High families for the holidays. In addition to the food drive, we will be collecting gift cards to local grocery stores/businesses to give to our neediest Wilson families. Please consider helping in the following ways:

- Donating non-perishable food items (canned/dry goods). Collection boxes for food donations are by the WHS gym, Main Office and Library.
- Providing gift cards for holiday gift giving (Target, Amazon, Department Stores, etc.). If you are able to help, please deliver gift cards to our bookkeeper, Ana Curtis, in room 149.

Last year our community supported seven Wilson families with donated food and gift cards for the holidays. It would be wonderful to help out again this year!

## WILSON VINTAGE CAMERA T-SHIRTS



Now available for purchase! 100% of proceeds will go towards buying cameras for Wilson photography students. These will make great holiday gifts. Purchase yours for \$20 (cash or check) in the bookkeeper's office, or email Matt Carlson at [mcarlson@pps.net](mailto:mcarlson@pps.net) to place an order.

## PIZZICATO DOUGH FOR DOLLARS, TUESDAY, DECEMBER 1

Buy pizza, earn money for Wilson Foundation! Wilson Foundation will receive 20% of your purchase amount all day on December 1 (including gift certificates) at the Hillsdale Pizzicato, 6358 SW Capitol Highway 503-452-7166. 11am - 9pm. Holiday shopping tip: Pizzicato gift certificates make great gifts!

## **DO YOU PLAY A BAND INSTRUMENT?**

Searching for Wilson-area musicians interested in forming a community band. The purpose of the band will be to provide a fun and enriching musical experience for members, and to partner with the Wilson band to perform. Adults and high school students are encouraged to participate.

Even if it's been years since you played, we'd love to hear from you! Please contact Kristin Rencher, [k.rencher@me.com](mailto:k.rencher@me.com), if you're interested in joining in on the fun and supporting Wilson.

## **SCHOOL PHOTO RETAKES ARE IN**

Students who had school photos taken (or retaken) in October may come to the main office before or after school and during lunch or tutor time to pick up their packets.

## **CAREER RELATED LEARNING OPPORTUNITIES**

1. Are you a sophomore or junior who is passionate about biomedical science and would like an opportunity to be mentored by a researcher? Partnership for Scientific Inquiry (PSI) pairs students with a mentor to give them first hand knowledge of scientific process in a unique learning environment. Students learn how to think like a scientist and the semester culminates with each student developing a research proposal with their mentor's help. Applications are due January 3rd and acceptance is competitive! To apply and for more information visit <http://psiprogram.weebly.com> or see Ms. Morgan in room 221.

If you're interested in this opportunity please attend the information session that will be held Tuesday, December 1, 2015, 6-7 pm at the Collaborative Life Sciences Building, Room 3A003A. 2730 SW Moody Ave, Portland, OR 97201.

2. Professionals at the Howard S. Wright Company (responsible for projects like the Space Needle and Portland's own Big Pink building) are hosting a career day on Wednesday, December 9th, from 9:00am-1:30pm. This is a great opportunity for students interested in learning about information modeling, scheduling, project management, and job site management as well commercial, institutional, and industrial building. If you are interested please see Ms. Morgan in room 221 to get an application. For more information, go to [www.howardswright.com](http://www.howardswright.com).

3. Are you interested in pursuing a career in the medical field? Kaiser Permanente is hosting a career day Thursday, December 5th, from 9:30am-12:30. Students will get a behind-the-scenes look at a large Portland hospital and learn about a variety of health services careers. To register please see Ms. Morgan in room 221.

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

The deadline to buy senior ads is quickly approaching! Email [troyanbizz@gmail.com](mailto:troyanbizz@gmail.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.

## **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/>

## **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.

## **SAFE HIGH SCHOOL RIDERS**

Click [here](#) for information from PPS on safe bus-riding for students: rules to follow, crossing the road after exiting the bus, emergency equipment and what to do in the event of an evacuation.

## **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))

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