



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, October 17, 2016 B, Periods 5-8

SCHEDULE FOR OCTOBER 17 – 21

Monday, October 17: B
Tuesday, October 18: A
Wednesday, October 19: B/Early Dismissal
Thursday, October 20: A/Tutor Time
Friday, October 21: B/Tutor Time

SCHEDULE FOR OCTOBER 24 – 28

Monday, October 24: A
Tuesday, October 25: B
Wednesday, October 26: A/Tutor Time
Thursday, October 27: B/Tutor Time
Friday, October 28: A

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.

PORTLAND STATE UNIVERSITY: Monday, October 17, 9:00am
UNIVERSITY OF ROCHESTER: Tuesday, October 18, 9:00am
UNIVERSITY OF HAWAII AT HILO: Tuesday, October 18, 2:30pm
LAKE FOREST COLLEGE: Wednesday, October 19, 10:30am
BENNINGTON COLLEGE: Thursday, October 20, 12:40pm
BRANDEIS UNIVERSITY: Friday, October 21, 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>. *

Monday, October 17

Girls Soccer vs. Catlin Gabel: JV2 @ Hamilton Park, 4:15, taxi 3:00, release 2:45
Football vs. Jefferson: Frosh/Soph @ Jefferson, 6:00, bus 4:15

Tuesday, October 18

Volleyball vs. Jefferson: JV/JV2 @ Wilson, 4:30; Varsity @ Wilson, 6:00

Girls Soccer vs. Madison: JV @ Glenhaven Park, 4:15, bus 2:45, release 2:30; Varsity @ Madison, 7:00, bus 5:15
Boys Soccer vs. Madison: JV @ Gabriel Park, 4:15, release 3:00; *Varsity @ Wilson, 7:00*

Wednesday, October 19

Cross Country, PIL/MHC Crossover Meet @ Fernhill, 4:00, buses 2:30, release 2:15
Boys Soccer vs. Franklin: JV2 @ Gabriel Park, 4:15, release 3:00

Thursday, October 20

Boys Soccer vs. Cleveland: JV @ Woodstock Park, 4:15, bus 2:35, release 2:20 (sharing bus w/volleyball); Varsity @ Cleveland, 7:00, bus 5:30
Volleyball vs. Cleveland: JV/JV2 @ Cleveland, 4:30, bus 2:35, release 2:20; Varsity @ Cleveland, 6:00, bus 2:35, release 2:20
Girls Soccer vs. Cleveland: JV @ Wilson, 5:00; Varsity @ Wilson, 7:00

Friday, October 21

Football vs. Lincoln: Varsity @ Wilson, 7:30

EVENTS

SATURDAY, OCTOBER 15

5TH ANNUAL WILSON HOUSE PARTY EXTRAVAGANZA

See [below](#) for more info.

MONDAY, OCTOBER 17

MAKE-UP PICTURES IN THE CAFETERIA, 8AM-1PM

To order re-take photos before October 17, go to mylifetouch.com and use picture ID #FO736077Q2.
To order photos from registration in August, call Kelly or Sydney at Lifetouch (503-352-0081) or send an email to foterritory@lifetouch.com; include your student's name and your address for picture proofs.

WEDNESDAY, OCTOBER 19

PSAT TESTING, 8:15-11:59AM

EARLY DISMISSAL AT 1:15PM FOR STAFF PROFESSIONAL DEVELOPMENT

All Sophomores will take the test; Juniors who have already registered will take it at the same time. Juniors who did not pay and register to take the exam will attend their classes as regularly scheduled. The math hall and part of the social studies hall will be reserved for testing and only students testing will be admitted to these halls. Find study resources at <http://www.pps.k12.or.us/schools/wilson/1525.htm>. Contact Testing Coordinator Candace Rhodes (crhodes@pps.net; 503-916-5280 ext. 75379) with any questions.

Students who are testing: bring your ID, 2 sharpened pencils and an approved calculator (<https://www.collegeboard.org/psat-nmsqt/approved-calculators>). Be sure to check the batteries before testing day!

All students: Start school at usual 8:15am start time

Sophomores and Juniors taking the test: PSAT Testing 8:15-11:59am. Signs in the main hall starting October 17 will tell you your testing room.

Freshmen, remaining Juniors, and Seniors will attend the following schedule:
Period 5: 8:15–9:05am

Period 6: 9:11 – 10:01am
snack break: 10:01 – 10:11am
Period 7: 10:12 – 11:02am
Period 8: 11:08 – 11:58am

All Students:

11:59-12:29pm Lunch
12:34-1:15pm Tutor Time
1:15 Early Dismissal

TUESDAY, OCTOBER 20

SENIORS, LAST LETTER OF RECOMMENDATION WORKSHOP, ROOM 220, TUTOR TIME

If you need a letter of recommendation for college, **you must attend** a Letter of Recommendation workshop! This is the last one!

FRIDAY, OCTOBER 21

FRESHMAN ELECTION PACKETS DUE

MANDATORY SENIOR MEETING DURING TUTOR TIME

ASIAN PACIFIC ISLANDER STUDENT UNION MEETING AT LUNCH IN ROOM 129

NEWS

ATHLETES OF THE WEEK, OCTOBER 10-14



Annika Sundstrom, Girls Cross Country: Annika broke 20 minutes for the first time as she finished a close third to her teammate at 19:54 and helped guide her team to an impressive victory over Benson, Barlow, Reynolds and Centennial. She helped lead the Wilson Girls to finish in places 2-8.

Caleb Seely, Boys Cross Country: Caleb led his team to a victory over Barlow, Reynolds and Benson and ran 16:11 for 5k. Thanks to Caleb's leadership the Wilson team had the first four finishers and seven of the top ten.

SPEECH AND DEBATE TEAM OPENED STRONG AT BARLOW

Members of the Speech and Debate Team turned in a strong performance in the first tournament of the 2016-17 season at Sam Barlow High School in Gresham. Congratulations to the finalists and top three finishers, which included many in their first tournament ever: Benedicte Hamilton (1st Expository), Ginger Felberg (1st Novice Humorous Interpretation), Andrew Foran (2nd Humorous Interpretation), Hannah Borel (2nd Programmed Oral Interpretation), Elijah Moon (2nd Novice After Dinner Speaking), Ari Lohr (2nd Novice Impromptu), Tosca Ruotolo (3rd Prose Reading), Amy Rodgers and Eli Molloy (3rd Duo Interpretation), Lev Weingrad (3rd Novice Impromptu), Diana Herrera (Finalist, After Dinner Speaking), Amy Sloan (Finalist, Radio Commentary), Zakiaya Clark (Finalist, Novice Impromptu). Next week, Wilson hosts its own invitational tournament for students from 22 schools in Oregon and SW Washington.

ANNOUNCEMENTS



YOU'RE INVITED TO THE 5TH ANNUAL WILSON FOUNDATION HOUSE PARTY EXTRAVAGANZA ON SATURDAY, OCTOBER 15

Wondering what it's all about? Read on and all your questions will be answered!

Q: What is the House Party Extravaganza?

A: The House Party Extravaganza is an annual social and fundraising event to support the Wilson Foundation.

Q: How does it work?

A: On Saturday, October 15, several parties will be held at the same time throughout the Wilson attendance area. Parents, guardians, staff, and the general community are invited. This is an adults-only event--sorry students, you can stay home and do your homework!

Q: Why attend a house party?

A: The house parties are a lot of fun and a great way to meet teachers, administrators, and other parents. Wilson Foundation will connect you to a party where you will share common connections with other party-goers (students involved in same sports or activities, for example). Attend to learn more about Foundation and how it benefits every student at Wilson, as well as to enjoy good food and good company!

Q: Why support Foundation?

A: Foundation is the only way to raise money to add staff at Wilson. Last year, money raised from the House Parties gave Principal Brian Chatard the flexibility to increase hours for teachers across a range of subjects resulting in lower class sizes and more electives throughout Wilson.

Q: How do I RSVP?

A: To join the party and support Wilson, rsvp to Wilsonhighschoolfoundation@gmail.com and we will give you the details on when and where.

Q: Is this a fundraiser?

A: Yes! It's different from an auction sign-up party where guests pay a set fee. Everyone is asked to make a contribution according to their ability and desire, whether it's \$5 or \$500. All donations are greatly appreciated and help add electives and decrease class sizes at Wilson!

Q: Are there other ways to support Foundation?

A: Yes! Sign up now at <https://allhandsraised.org/donate/> to make 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.

NEW: VOLUNTEER TO "SHARE YOUR CAREER" AT WILSON

Are you interested in sharing your career story with Wilson High School Students? We are looking for parents, friends, neighbors of Wilson families who could dedicate some time to share their professional journey. Students would love to hear what path you took from high school to where you are now. Throughout the year, we will host guest speakers and hold mock and informational interviews. Please contact Kate Morgan (kmorgan@pps.net) with any questions. Click here to sign up to volunteer: <https://docs.google.com/a/apps4pps.net/forms/d/1g6Yd3hyEBjX6zBqI3pmagqsXMG7f1JX9UtK9LT2ykdI/edit>. Thank you for your interest in sharing your professional journey with Wilson High School Students!

NATIONAL HONOR SOCIETY INFO

If you were a member of the National Honor Society last year and maintained your 3.5 GPA you should have received a letter in class last week inviting you to pay your \$15 dues for this year. The \$15 dues can be paid in the Counseling Office and should be in by October 28. We will be inviting eligible Juniors who have a 3.5 or above GPA to join NHS next week and our induction ceremony will be in late November. If you have questions see Sheila Kendall in the Counseling Office or email her at skendall@pps.net.

FREE TEST PREP, SIGN UP TODAY

Juniors: Register today for Kaplan's free PSAT Prep Live. Highly-rated, expert instructors will review all the areas of the exam, streamed live online leading up to test day. Register now by visiting www.kaptest.com/PSATPrepLive

FRESHMAN LEADERSHIP ELECTIONS

Dates have changed! Freshman election packets are now due on **October 21**. The freshman candidate's meeting is October 21 during lunch in room 118. Campaigning is the week of October 24-28; voting will be on 28th of October.

LUNCH FOR TEACHERS ON PSAT DAY, OCTOBER 19

PSAT Day is October 19 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!

PSU PREVIEW DAY, SATURDAY, OCTOBER 29

PSU is now offering four years free if you have graduated from an Oregon high school, have a 3.4 GPA, and qualify for the Pell grant, and attend full time! This is a huge opportunity for many Oregon students. Juniors and Seniors, register here attend their high school preview day: <http://www.pdx.edu/admissions/preview-day>.

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.

WINTER AND SPRING GRAD NIGHT SPORTS BUTTONS

Apply Within! Grad night is looking for a button maker, maybe two! One of our big fundraisers is making sports buttons. With Fall sports starting to wrap up, we could really use another volunteer to do Winter and/or Spring buttons. If you'd like to inquire about the duties of "Button Maker," email Tiffany Jeffords (jeffords@ohsu.edu).

TIME FOR PIE! ORDER DEADLINE IS OCTOBER 26

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 26 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.

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.

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).

DEMOCRATIC CAMPAIGN VOLUNTEER OPPORTUNITY

Are you a progressive-minded high school student looking to learn about and get involved with the political process and the current election season? The Democratic Party of Oregon is now hosting High School Sundays for high school students to work and reach out to other young voters directly through local and national Democratic campaigns. Contact Wilson junior Kayla Klein-Wolf at kaylakleinwolf@gmail.com for more information.

MARKHAM ELEMENTARY CARNIVAL VOLUNTEER OPPORTUNITY, THURSDAY, OCTOBER 27, 6-8PM

Students, earn two or three community service hours. Email Misty Plock (mistyplock@yahoo.com) to sign up or for more information.

CAREER CENTER NEWS

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.

Portland Police Cadet Program Now Accepting Applications

An opportunity for 10th-12th graders who are interested in a career in law enforcement. The Police Cadet Program is designed to provide an introduction to law enforcement to young men and women who are interested in pursuing a career in this rewarding profession. To apply please see Ms. Morgan in 220. For more information visit: <https://www.portlandoregon.gov/police/article/420436>. Officer Shadron, from the Portland Police Bureau will be at Wilson in room 220 during tutor time on **Wednesday, October 26**, to offer more details and answer any questions you might have.

SCHOLARSHIPS

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

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 SchoolPaycom, 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.

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

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)

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!

FOLLOW WILSON LEADERSHIP

Twitter: [@wilson_trojans](https://twitter.com/wilson_trojans)

Instagram: [wilson_trojans](https://www.instagram.com/wilson_trojans)

Facebook: [Wilson Leadership](https://www.facebook.com/WilsonLeadership)

FOLLOW WILSON YEARBOOK

Instagram: [@wilson_yearbook](https://www.instagram.com/wilson_yearbook)

Twitter: [@WilsonTrojan](https://twitter.com/WilsonTrojan)

FOLLOW WILSON'S MAGAZINE, THE TROJAN HORSE

Twitter: [@whstrojanhorse](https://twitter.com/whstrojanhorse)

Instagram: [@whstrojanhorse](https://www.instagram.com/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](https://www.facebook.com/SouthWestStageWorks/WilsonHighSchoolDramaAnnouncements)

Twitter/Instagram/Snapchat: [@SW2Official](https://twitter.com/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.