

**REGULAR DAY** SHORTENED DAY (MONDAYS) MAROON (1,3,5,7) / GOLD (2,4,6,8) **Because Unity Creates** Period 1/2 10:00 - 11:09 **Success** Period 1/2 8:30 - 10:02 Snack 11:09 - 11:18 Snack 10:02 - 10:11 Period 3/4 11:24 - 12:35 Visit the BHS Website: Period 3 / 4 10:17 - 11:49 **MS Lunch** 12:35 - 1:06 MS Lunch 11:49 - 12:20 www.bellflowerhigh.org HS Period 5 / 6 12:41 - 1:50 HS Period 5 / 6 11:55 - 1:27 MS Period 5 / 6 1:12 - 2:21 MS Period 5 / 6 12:26 - 1:58 **HS Lunch** 1:50 - 2:21 **HS** Lunch 1:27 - 1:58 Period 7 / 8 2:27 - 3:36 Period 7 / 8 2:04 - 3:36 ACTIVITIES & ATHLETICS CALENDAR MARCH 03/20 - 2:00pm - Boys Varsity Golf vs Gahr HS @ Los Amigos Golf Course w S м т Th F S 1 3 4 1 5 7 9 10 11 12 13 15 18 17 19 21 23 25 26 27 29 31 March 17 – End of Quarter

Lunch Menu: Corn Dog w/ carrots & celery, ketchup & mustard pkt., ranch dip, very berry juice Daily Options: Spicy Chicken Sandwich, or Bean & Cheese Burrito, or Mini Twin Cheeseburgers with Fruit Variety Vegetarian Option: Snack Pack w/ Peanut Butter

Breakfast for 03/21: Cereal or Vanilla Concha Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

# **NEW ANNOUNCEMENTS:**

**Support Bellflower High School on Monday, March 20!** You can order at any Panda Express that permits order pick-up or delivery. Must order through the Panda Express website or Panda Express app. Must be ordered via the internet (not valid for orders placed inside the restaurant itself). Be sure to use the <u>Online Order Code 912137</u>

**March Madness Update!** The grade level with the least amount of tardies so far this month is 8th grade in first place, 2nd place is 7th grade, and 3rd place is 10th grade. We have 11 days left and it still is anyone's game. Let's get some In-n-Out by being on time to all classes. You got this!!

#### Long Beach City College Orientation - <u>Attention seniors, if you plan to attend Long Beach City College in the</u> Fall of 2023, make sure to sign-up to attend the Long Beach City College Orientation happening on Monday,

<u>March 20th</u> during period 6 and 8. Our LBCC representative will be sharing information about scheduling an appointment with a counselor, LBCC's support programs and resources, and how to enroll in classes. Visit the College and Career Center in Room 401 to sign-up for the Orientation.

Hello Bucs, The Wellness Center would like to announce that we are hosting a Staff vs Students basketball game. The staff will be playing against the boys and girls Varsity teams. The game will be held on Friday March 31st during High school Lunch. Staff and varsity basketball students interested in playing, please visit the Wellness Center, Room 402, to sign up. Sign-ups will close on Monday March 27. Don't Delay!!!! Limited Spots.

**PTSA is holding a Student Membership Drive from March 13 - 24th**. Seniors, membership is required to apply for the PTSA scholarships that will be awarded. All students who have joined PTSA this school year will be included in an opportunity drawing for BUC gear and other goodies on after the drive ends.

The QR code is posted around campus. Envelopes are available in the BISC office or at the front office reception desk.

## Nominations for this year's PTSA Honorary Service Awards are open from March 10th - March 27th.

This gives us the opportunity to honor a person, group or organization from our school community for their outstanding service to children and youth here at Bellflower Middle/High School. Nomination forms will be available in the front office or will be emailed to all staff. Forms need to be turned in to Ms. Denise located in the front office.

### (Please READ Today – (read every Mon., Wed., Fri. only until 3/31)

Seniors! Starting in the 4th quarter (3/20/23), if you get in trouble for a suspendable offense, you will be: -Banned from the graduation ceremony and Banned from any senior week activity, with no refunds permitted for grad nite. If you have any questions, please see an administrator.

### (Please READ Today – (read every other day until 5/30)

Attention ALL BHS students and staff. This is a friendly and important reminder that we ALL must do our part in keeping our campus clean. Please make sure you are throwing ALL trash away during snack and during lunch time. We MUST take PRIDE in keeping our campus free from unnecessary trash. Our custodians have a great deal of responsibility and it is NOT their job to pick up trash, it is ours as a BHS family! Thank you for your help with keeping our campus clean!

#### (Do Not READ – (read every other day until 3/31)

Attention seniors, did you apply to 4-year universities? Have you been accepted? If so, the College & Career Center wants to know where you have been accepted. If you have been accepted to a 4-year university, complete the Four-Year University Acceptance Form to let us know where you have been accepted. We want to start celebrating your acceptances during the school announcements and on Instagram. Visit the College & Career Center to get the link to the google form.

#### (Do Not READ – (read every other day until 3/24)

The 2022-2023 BMHS Scholarship List has been updated to include new scholarships for April and May. The list has over 50 scholarships with deadlines from March to June. Scholarships are available for middle and high school students. There are merit and need-based scholarships. There are also scholarships specifically for graduating seniors, minority students, undocumented students, student athletes and for different hobbies and career interests. Visit the College and Career Center in room 401 to get the link to the list.

#### (Do Not READ – (read every other day until 3/22)

Happy March Madness Bucs!!!! It is time for some SERIOUS Competition, so Let's get to it! This is the deal~ Being on time and punctual is a life skill that we all need to practice and incorporate into our daily routines. With that being said, The In-N-Out Truck will be here on April 3rd providing FREE burgers/food to the grade level that has the least amount of tardies at the end of March. Yes, the least amount of tardies!!!! Please encourage your friends and classmates to get to class on time so that you all can enjoy a nice lunch with FREE In-N-Out. We will keep you posted with updates on what grade level is in the lead!! Let's make it to class on time, everyday, every period, because it matters!! Let's go BUCS!!

#### (Do Not READ – (read every other day until 5/30)

Hey Bucs, the Cerritos Rep will be in the College and Career Center every Tuesday during High School Lunch to answer any of your Cerritos College related questions. Stop by to ask about Cerritos Complete, Dual Enrollment, Certificate Programs, and more!

#### (Do Not READ - (read 3/21 & 3/23)

**Prom is around the corner!!** With that being said, we have some awesome news to share. *We will be hosting a prom boutique where our ladies and gentlemen can select from free items!!* Starting on Friday, March 24th during high school lunch, you can go shopping in room 901 (next to Buc Bargains) for new and lightly used prom attire. Save yourself some money and come check out all the amazing prom fits. The Prom Boutique will be open on Mondays and Fridays until prom or by appointment made in the Family Resource Center by the Library. Come check it out!!

(Do Not READ – (read every Tuesdays/Thursdays until 3/23)

<u>Students:</u> During lunch, you may go to a teacher's classroom or to the library during the first 10 minutes of lunch. Students should not be roaming around the hallways. You must stay within the lunch area.

## **STAFF ANNOUNCEMENTS:**

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