

# December Activities



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- Wellness Week: December 7–10
- Finals and Holiday Spirit Week: December 13–17
- Holiday Toy Drive: December 13–15



# Wellness Week December 7-10



# Wellness Week: December



7-10

Wellness week is a time to help students de-stress before finals week. This year, we are offering lunch time activities and PRIDE Time activities to get you through the week.

If you need to study for finals in any of your classes, be sure to prioritize studying over Wellness Week activities. But if you're fully prepared, join us for some relaxing and fun activities!

To sign up for PRIDE Time Activities, choose Ms. Allen's PRIDE Time.



# Wellness Week Activities December 7-10



Karaoke +  
Makeup Tutorial



Charades +  
Friendship Bracelets



Dance +  
Yoga



Bullet Journal +  
Holiday Movie

**WELLNESS WEEK**

December 7 - December 10

TUES Dec. 7	Lunch: Karaoke PRIDE Time: Makeup tutorial with Ms. Uribe
WED Dec. 8	Lunch: Charades PRIDE Time: Friendship Bracelet Making
THURS Dec. 9	Lunch: Tik-Tok Dance Tutorial PRIDE Time: Yoga with Ms. Dunne
FRI Dec. 10	Lunch: Bullet Journaling PRIDE Time: Bullet Journaling + Movie

To sign up for PRIDE Time, select Ms. Allen for any day Tuesday-Friday. If you need to study in a class, make that teacher a priority. If not, join us for a Wellness Week session.

# Tuesday: December 7

## WELLNESS WEEK

Tuesday, December 7

### Lunch: Karaoke

Join us in front of the ASB Office for some fun karaoke! We will have a selection of songs for you to choose from!

### PRIDE Time: Makeup tutorial with Ms. Uribe

Join us in the cafeteria for a fun eye makeup tutorial hosted by Ms. Uribe. Ms. Uribe is a certified Makeup Artist who will teach you the tricks of the trade. If you want to follow along, bring your own eye makeup. Bring a mirror to do your own eye makeup, or do your friend's makeup. Friend must be signed up for Ms. Allen's PRIDE Time as well.

Follow along or just come to watch!

To sign up for PRIDE Time, select Ms. Allen for Tuesday-Friday. If you need to study in a class, make that teacher a priority. If not, join us for a Wellness Week session.



# Wednesday: December 8

## WELLNESS WEEK

Wednesday, December 8

### Lunch: Charades game

Join us for a fun game of charades on the grass outside of the band/choir room!

### PRIDE Time: Friendship bracelet making

Join us for a friendship bracelet making tutorial on the grass outside room 201. ALL bracelet-making supplies provided! Bring a towel to sit on.

To sign up for PRIDE Time, select Ms. Allen for Tuesday-Friday. If you need to study for a final, prioritize that teacher instead. If not, join us for a Wellness Week session.



# Thursday: December 9

## WELLNESS WEEK

Thursday, December 9

### Lunch: TikTok Dance Tutorial

Join the BMHS Dance club, in front of the ASB Office during lunch! Led by your favorite BMHS dancers, we will be learning how to dance like your favorite TikTokers!

### PRIDE Time: Yoga Session with Ms. Dunne

Join us in the cafeteria where Ms. Dunne will lead us in a relaxing yoga session. Ms. Dunne is a certified yoga instructor. She will focus on relaxation.

Bring a towel or yoga mat to sit on.

To sign up for PRIDE Time, select Ms. Allen for Tuesday-Friday. If you need to study for a final, prioritize that teacher instead. If not, join us for a Wellness Week session.





# Friday: December 10

## WELLNESS WEEK

Friday, December 10

### Lunch: Bullet Journaling

Come to the front of the ASB Office for a creative coloring activity called bullet journaling! Bring your own markers, color pencils, or colorful pens (some will be provided).

Bullet journal will be provided.

### PRIDE Time: Bullet Journal + Holiday Movie

Join us in the cafeteria to continue working on your bullet journal! Remember to bring your own markers, color pencils, or colorful pens (some will be provided). Bullet journal will be provided. We will also watch a holiday movie together.

To sign up for PRIDE Time, select Ms. Allen for Tuesday-Friday. If you need to study for a final, prioritize that teacher instead. If not, join us for a Wellness Week session.



Holiday Spirit Week  
+ Toy Drive  
December 13-17



# Spirit week: December 13-17



Pajama Day +  
Class Tree  
Decorating



Comfort Stuffed  
Animal Day



Dress Like a  
Christmas Tree



Lumberjack Day  
Flannel + Beanie



Holiday Sweater  
and/or Hat



Decorate your class tree in your  
advisor's room Monday at lunch

7th grade: Room 712

8th grade: Room 913

9th grade: Room 202

10th grade: Room 915

11th grade: Room 912

12th grade: Room 708



# Kindness to Animals Cat and Dog Food Drive

Submit cat or dog food  
donations to the library  
to support our local shelter.





Bellflower Middle / High  
School Cheer Team

# TOY DRIVE

IN PROUD SUPPORT OF  
KARLYNN'S TOYS FOR KIDS  
MONDAY, DECEMBER 13 -  
WEDNESDAY, DECEMBER 15  
DROP OFF NEW TOYS TO  
MRS. ATALLA, ROOM 207



Friday, December 17  
Hallway Parade (New!) +  
Extended Snack Rally in  
front of ASB Office



# Winter Parade & Snack Rally: December 17

## Hallway Parade

**When:** Beginning near the end of 3rd period; time TBA

**Where:** Beginning at the BISC Office and snaking around the school through the corridors.

**Who is involved:** Our new Dance Club (they are looking for new members to join! See Mrs. Atalla in room 207 if interested) as well as clubs and organizations

**How to View Parade:** Just like we do when band does Christmas caroling, classes are invited to stand outside their classrooms as the parade passes by.

## Extended Snack Rally

**When:** Snack time between 3rd and 4th period; snack time will be 20 minutes long

**Where:** In front of the ASB Office  
Come see special holiday performances and check out our class holiday tree decorating competition.

