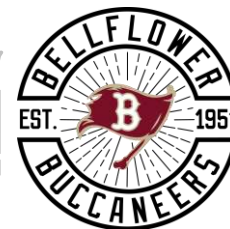




BELFLOWER MIDDLE/HIGH SCHOOL

BUCCANEER NEWSFLASH!



Daily Bulletin for: **10/13/22**

<u>SHORTENED DAY</u> (MONDAYS)	
Period 1 / 2	10:00 - 11:09
Snack	11:09 - 11:18
Period 3 / 4	11:24 - 12:35
MS Lunch	12:35 - 1:06
HS Period 5 / 6	12:41 - 1:50
MS Period 5 / 6	1:12 - 2:21
HS Lunch	1:50 - 2:21
Period 7 / 8	2:27 - 3:36

**Because Unity Creates
Success**

Visit the BHS Website:
bellflowerhigh.org



<u>REGULAR DAY</u> MAROON (1,3,5,7) / GOLD (2,4,6,8)	
Period 1 / 2	8:30 - 10:02
Snack	10:02 - 10:11
Period 3 / 4	10:17 - 11:49
MS Lunch	11:49 - 12:20
HS Period 5 / 6	11:55 - 1:27
MS Period 5 / 6	12:26 - 1:58
HS Lunch	1:27 - 1:58
Period 7 / 8	2:04 - 3:36

<u>ATHLETICS</u>	
10/13 - 12:15	JV Cross Country @ Ralph B. Clark Park
10/13 - 1:15	Varsity Cross Country @ Ralph B. Clark Park
10/13 - 3:00	Varsity Girls Golf vs. Warren HS @ Lakewood CC
10/13 - 3:00	Frsh/Sph Football vs. Norwalk
10/13 - 3:00	Varsity Girls Tennis vs. Gahr @ home
10/13 - 3:15	JV Girls Volleyball vs. Norwalk @ home
10/13 - 3:15	Frsh/Sph Girls Volleyball vs. Norwalk @ home
10/13 - 4:30	Varsity Girls Volleyball vs. Norwalk @ home

<u>CALENDAR</u>						
OCTOBER						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

BMHS Assembly Schedule - Maroon Day
Friday, October 14th, 2022

PERIOD	TIME	LENGTH
Passing to 1st	8:24 - 8:30	6 min
1st	8:30 - 9:55	85 min
Snack	9:55 - 10:04	9 min
Passing to 3rd	10:04 - 10:10	6 min
Announcements	10:10 - 10:15	5 min
RALLY A goes to Gym	10:15 - 10:25	10 min
3 - Rally A	10:25 - 11:00	35 min
Rally A returns to class	11:00 - 11:08	8 min
Rally B goes to Gym	11:08 - 11:18	10 min
3 - Rally B	11:18 - 11:53	35 min
Rally B returns to class	11:53 - 12:03	10 min
MS - Lunch	12:03 - 12:34	31 min
HS - Passing to 5th	12:03 - 12:09	6 min
HS - 5th	12:09 - 1:34	85 min
MS - Passing to 5th	12:34 - 12:40	6 min
MS - 5th	12:40 - 2:05	85 min
HS - Lunch	1:34 - 2:05	31 min
Passing to 7th	2:05 - 2:11	6 min
7th	2:11 - 3:36	85 min

Lunch Menu: Beef Nachos – refried beans w/ cheese, salsa
Daily Option Choices: Chicken Sandwich, Bean & Cheese Burrito, Mini Twin Cheeseburgers, daily fruit
Vegetarian Option: Bean Nachos w/ same sides

Breakfast for 10/14: Cereal or Mini Brownie Bar
Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

NEW ANNOUNCEMENTS:

Girls volleyball will be home for our final league match today versus Norwalk. JV and FS at 3:15 pm, Varsity at 4:30 pm. This is a special schedule for our senior recognition ceremony. The ceremony is immediately after the varsity match. Come to the gym after school today to support your Volleyball Bucs.

Hola y Bon Jour - The World Language Department is planning an exciting trip to FRANCE and SPAIN in the Spring of 2024. Does this sound like a great time?!? Talk to your language teacher or go see Señora Salas in room 108 for details. Parent meeting will be on Wednesday, October 26 at 6 pm in Room 108.

This weekend the **PTSA will be hosting its first Pop-up Shop for the school year. Join us this Saturday, October 15th from 9 am to 3 pm at the Nutrition Center Parking Lot** located at 10247 Alondra Blvd. We will have food vendors, craft vendors, clothing vendors and much much more. Come out and support small businesses and student vendors. If you would like to be a vendor at any of our future three pop-up shops please contact any of your PTSA Board members.

The **Classic Rock Club meets this Friday** at lunch in room 204 to discuss FallFest . See ya there !

October is Substance Abuse Awareness Month & Red Ribbon Week.

It is important to make sure you are taking care of your health by nourishing your body with nutritious food and hydrating with water consistently throughout the day. What we put into our bodies has an effect on our mental wellness and overall physical health. It is our hope that you make positive choices as to what you put in your body each day.

Fact of the day: **(Read One Each Day)**

10/13 = Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.

10/14 = Vapes can leave young people at increased risk of depression and anxiety.

10/15 = Vapes can leave young people at increased risk of depression and anxiety.

10/16 = Vaping has been linked to lung disease.

10/17 = Vapes can cause long-lasting damaging effects on the brain and physical development.

10/18=Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.

10/19=Nicotine can harm the developing adolescent brain.² The brain keeps developing until about age 25.

10/20=Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.²

10/21=Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.

Using nicotine in adolescence may also increase risk for future addiction to other drugs

Attention **ALL BUC Artists and Creative Minds** - The National Reflections program is a nationwide contest, where students can showcase their talents using the theme that is given every year. This year's theme is "**Show Your Voice**".

Explore the Arts and Express Yourself. Bucs, submit your completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts, and Special Artists Division.

Explore your thoughts, feelings and ideas. We can't wait to see all of the amazing entries. **Entries are due October 17th** to Ms. Denise Rodriguez or Ms. Kim Coleman.

Attention all staff and students: **The Ship is having a fundraiser at The Cerritos Chik-Fil-A all day on Thursday.** Ms. Jass has put fliers in the staff mailboxes, and students may pick up fliers in Ms. Jass's room 202 or from any SHIP cabinet members. Please support us by stopping by Chik-Fil-A in Cerritos any time from 6:30am-9pm on Thursday.

Come join our **BRAND NEW World Language Club.** First meeting to vote in officers will be Wednesday, October 19th at lunch. Bring your lunch, bring a friend see you there.

Bellflower High School's **Boys Golf Team** is looking for anyone who is interested in playing golf in the spring. No prior experience is necessary! If you are interested, please contact Mr. Shu in room 891, next to the high school band room, or email him. **#GOLF IS FUN**

(Do Not READ – read every other day only)

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 Wednesday only)

Hey Bucs, the **Cerritos Rep will be in the College and Career Center every Wednesday 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!

STAFF ANNOUNCEMENTS:

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**“Education is the passport to the future,
for tomorrow belongs to the people who prepare
for it today.”**