



# Bellflower Middle/High School Buccaneer Newflash!



Daily Bulletin for: **01/20/23**

<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:  
[www.bellflowerhigh.org](http://www.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

### ACTIVITIES & ATHLETICS

- 01/20 – 3:00pm – Girls Varsity Basketball vs. La Mirada HS
- 01/20 - 3:00pm – Boys JV Basketball vs. Lynwood HS
- 01/20 - 5:30pm – Boys Varsity Basketball vs. Lynwood @ Home



### CALENDAR

JANUARY						
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				

■ Professional Development Day

■ No School

**Lunch Menu:** BBQ Pulled Pork Sandwich, Chipotle Bean & Corn, Baby Carrots, Ranch Dip and a Cookie  
 Daily Options: Spicy Chicken Sandwich, or Bean & Cheese Burrito, or Mini Twin Cheeseburgers with Fruit Variety  
 Vegetarian Option: Grilled Cheese Sandwich w/ same sides

**Breakfast for 01/23:** Muffin or Mini Brownie Bar  
 Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

### **NEW ANNOUNCEMENTS:**

**Starting Wednesday, 1/18, students with a printed early release card, will need to get a new one for the 2nd semester.** Please go to the ASB Office if you need one. Otherwise, continue to use the Minga app.

The **Classic Rock Club** will meet today Friday in room 204 during lunch

**Attention all Middle School Boys and Girls! It's not too late to join Track and Cross Country Intramurals!**  
 Come talk to Coach Adriance in room 502 at snack or lunch to sign up.

**Middle School K-Club** will be having a meeting THIS Friday during Middle School Lunch in Room 915. Check the K-Club Google Classroom for Additional K-Club Announcements.

**7th graders- Class of 2028** club will be having our next meeting on Monday 1/23 at 9:30 in room 606. We will be planning for Navigation Night, see you there!

**APEX meeting** Monday January 23 at 9:15 am in the Theater - See you there!

**Next week we kick off our "Throw Kindness around Like Confetti" week. This** week we will be focusing on the importance of showing kindness and why kindness matters. We hope you participate in our daily themes that include:  
Monday is "Spread the Love" Make sure to wear Red or Pink.  
Tuesday is "Let your kindness shine," by wearing orange  
Wednesday is "Kindness is Golden" wear yellow  
Thursday is "Go Green" by being kind to our planet = wear green  
Friday is "Kindness starts with me," by wearing Blue

**Scholastic Book Fair will be in the library January 25 - 31 as well as Navigation Night 6 - 8pm.** This will be the last full book fair for the year. Don't miss out on all the new titles, including ANIME, GRAPHIC NOVELS, and more. Visit the library for a brochure or if you have questions.

**Attention ALTUS UCLA students!** The first ALTUS UCLA meeting will be on Friday, January 27th at 3:45PM in Room 209.

**Attention 11th graders!** Are you interested in **healthcare as a career? Kaiser Permanente** is offering a Work Prep program for students interested in going into the medical field! It is 7 Saturdays in the Spring where you will learn Professional Skills, meet Healthcare Speakers, get Diversity Training and learn the 7 Habits of Highly Effective Teens! This program also includes an opportunity to work as a PAID intern at a Kaiser Hospital this summer! 11th grade only - -> if you're interested, stop by the College & Career Center in room 401 and pick up an application today! All applications are due February 3rd. Good luck!

**Attention seniors: The Long Beach City College** Representative is hosting an Application Workshop for students interested in attending Long Beach City College on Monday January 23rd during Period 6 and 8. Don't procrastinate, complete your LBCC application early! If you are interested in attending the Long Beach City College Application Workshop, please visit the College and Career Center in Room 401 and sign-up with Ms. Campos.

**Attention seniors - Navigation Night FAFSA and California Dream Act Application Drop-in Hours**

The College and Career Center will be open on Thursday, January 26th during Navigation Night from 5:00 to 8:00pm to help students and parents complete the FAFSA and California Dream Act Application (CADAA). This is a great opportunity for you and your parents to ask questions about financial aid and the FAFSA/CADAA application and process. Stop by the College & Career Center in 401 to find out what information is needed to complete the FAFSA/CADAA.

**Attention seniors: HAVE YOU DONE YOUR FAFSA OR CALIFORNIA DREAM ACT APPLICATION?** If you are you planning to attend college in the fall of 2023 and want money to pay for college then you need to complete your FAFSA or CA Dream Act Application as soon as possible! The deadline to submit the application is March 2nd. Seniors can stop by the College and Career Center in Room 401 during lunch, after school or a home period to get help completing their FAFSA or CA Dream Act Application. See Ms. Campos or Ms. Ochoa to find out what information is needed for the FAFSA or CA Dream Act Application.

**(Do Not READ - read every Tuesday only until 5/30/23)**

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!

**STAFF ANNOUNCEMENTS:**