



# BELFLOWER MIDDLE/HIGH SCHOOL BUCCANEER NEWSFLASH!



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

### SHORTENED DAY (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)



### REGULAR DAY 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

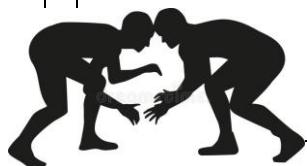
01/23 - NO Sports

01/24 - 3:00pm – Boys JV Soccer vs. Mayfair HS

01/24 - 3:00pm – Boys Varsity Soccer vs. Mayfair HS

01/24 - 5:00pm – Girls Varsity Soccer vs. Lynwood @ home

01/24 - 5:00pm – Boys/Girls Varsity Wrestling vs. Dominguez



### 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:** Snack Pack: peanut butter or yogurt, string cheese, dino bites, carrots & celery, very berry juice, ranch cup

Daily Options: Spicy Chicken Sandwich, or Bean & Cheese Burrito, or Mini Twin Cheeseburgers with Fruit Variety

**Breakfast for 01/24:** Muffin or Mini Brownie Bar  
Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

### **NEW ANNOUNCEMENTS:**

**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.

**(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:**