



BELFLOWER MIDDLE/HIGH SCHOOL

BUCCANEER NEWSFLASH!

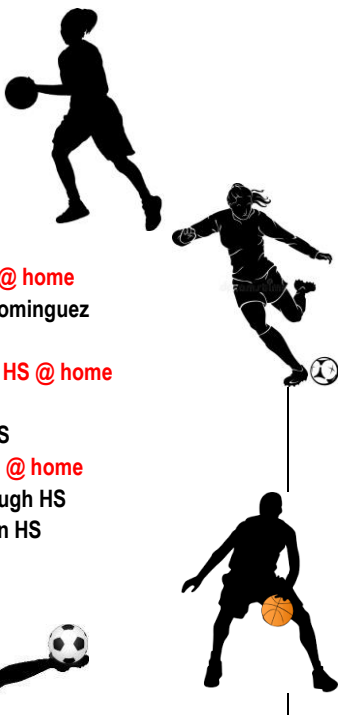


Daily Bulletin for: **01/24/23**

<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



<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

- 01/24 - 5:00pm – Girls Varsity Soccer vs. Lynwood @ home
- 01/24 - 5:00pm – Boys/Girls Varsity Wrestling vs. Dominguez
- 01/25 - 3:00pm – Boys Frsh/Sph Soccer vs. Mayfair HS @ home
- 01/25 - 3:00pm – Boys JV Soccer vs. Mayfair HS
- 01/25 - 3:00pm – Boys Varsity Soccer vs. Mayfair HS
- 01/25 - 3:15pm – Boys JV Basketball vs. Warren HS @ home
- 01/25 - 4:00pm – Girls Varsity Basketball vs. Firebaugh HS
- 01/25 - 7:00pm – Boys Varsity Basketball vs. Warren HS

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: Brunch for Lunch: chicken & waffle w/ syrup, hash browns, cucumber slices w/ tain, ketchup pkt.
Daily Options: Spicy Chicken Sandwich, or Bean & Cheese Burrito, or Mini Twin Cheeseburgers with Fruit Variety
Vegetarian Option: Egg & Cheese Sandwich w/ same sides

Breakfast for 01/25: Cereal or Honey Wheat Breakfast Bar
Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

NEW ANNOUNCEMENTS:

Ceramics Club meeting Wednesday at lunch in room 602.

Bellflower HS Athlete of the Week is from Girls Soccer..... Camilla Serrano. Camila scored the game winning goal to defeat Norwalk HS last week. Congrats Camila !!

Attention **Swimmers** there is an informational meeting on Wednesday at Lunch in room 103. Be 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 - 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.

(Please READ Today - 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: