



# BELFLOWER MIDDLE/HIGH SCHOOL BUCCANEER NEWSFLASH!



Daily Bulletin for: **01/27/23**

<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

- 01/27 - 3:15pm – Boys JV Basketball vs. Gahr HS
- 01/27 - 5:00pm – Girls Varsity Basketball vs. Dominguez HS
- 01/27 - 5:00pm – Boys Varsity Basketball vs. Gahr HS @ 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:** Pretzel Dog w/ bell pepper & onions, vegetarian chili, mayo & mustard pkts., cookie  
 Daily Options: Spicy Chicken Sandwich, or Bean & Cheese Burrito, or Mini Twin Cheeseburgers with Fruit Variety  
 Vegetarian Option: Vegetarian Chili Bow w/ cookie

**Breakfast for 01/30:** Muffin or Mini Brownie Bar  
 Breakfast Daily Options - Whole Fruit, Yogurt, Cheese Sticks

### **NEW ANNOUNCEMENTS:**

**Attention 8th graders** if you are attending the Washington DC trip this year, there is a mandatory meeting Tuesday, January 31st during middle school lunch in room 713! See you there!

**Do you love to watch movies?!** If yes, then choose Film Studies as your Fine Arts or Elective course for next year. Film Studies is one of the most popular classes and voted by seniors as one of the best electives at Bellflower High! During the school year over 40 feature length films will be shown! Not only will you learn about the history of cinema, but you will also discover the magic of how films are created and develop a wonderful appreciation for them as works of art. There are even special film screenings that include treats like popcorn, candy, soda and more! So if you love movies remember to select Film Studies as your Fine Arts or Elective course for next year when you meet with your counselor soon.

**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 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!

**(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:**