



BELLFLOWER MIDDLE/HIGH SCHOOL BUCCANEER NEWSFLASH!



Daily Bulletin for: **01/19/24**

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



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

01/19 - 10:00am – AVID Walking Field Trip – Ernie Pyle Elem. School
01/19 - 3:15pm – JV Boys Basketball vs. Paramount HS @ home
01/19 - 4:45pm – Frsh/Sph Boys Basketball vs. Paramount HS @ home
01/19 - 5:00pm – Varsity Girls Basketball vs. Mayfair HS
01/19 - 7:00pm – Varsity Boys Basketball vs. Paramount HS



CALENDAR

JANUARY 2024

<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>
	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			

Lunch Menu: BBQ Pulled Pork Mac & Cheese w/ dinner roll, baby carrots, ranch dip
Or Chicken Chipotle Pocket
Vegetarian Option: BBQ Chicken-less Nuggets, Mac & Cheese

Breakfast for 1/22: French Toast w/ Apple Glaze or Pancake Confetti Bites w/ Syrup

NEW ANNOUNCEMENTS:

Next week is "Kindness Week." *Join us by kicking the week off with wearing your favorite color.*
"Kindness comes in all colors."

Mu Alpha Theta meeting TODAY at lunch. New puzzles and a surprise!

ATTENTION JUNIORS! Please pick up a Kaiser Permanente Youth Work Prep application in the College & Career Center if you are interested in a career in healthcare. You must turn in your completed application and letter of rec to Mrs. Ellis in Room 209 or the College & Career Center. Good luck!

Bellflower High School Golf team is holding a tryout for the upcoming boy's season. If you would like to learn to play Golf and want to find out more about it, please come see Coach Shu in room 891 during snack or lunch.

The tryout will take place during the 7th period and after school on Friday, Jan 19th.

#Golf Is Fun!

Don't have sport for the spring semester? Tennis Tryouts are this week and next week at the tennis courts during 7th and 8th Period! If you have any questions Dm us on instagram @bellflowertennis or stop by room 912 to talk to Mr. Ordinario.

Hey seniors, do you need help completing the FAFSA or CADAA? The College & Career Center is hosting FAFSA & CADAA Workshops on Thursdays during Period 7 and 8. The first workshop is January 25th.

Parents/Guardians are welcome to attend the FAFSA/CADAA Workshop. You must register to attend the Thursday FAFSA/CADAA Workshops. The registration link can be found in the Class of 2024 Google Classroom.

NOTE - Seniors and their parents can also schedule a one-on-one FAFSA/CADAA assistance meeting with Ms. Campos, College & Career Counselor, after school on Mondays and Wednesdays from 3:45-4:30pm. See Ms. Campos to schedule a meeting. (read until 1/25/24)

Attention 7th-10th graders. *Do you want to go to college?* Join AVID!!!

AVID is a college and career readiness program that helps students build leadership skills, take rigorous classes, and prepare for college and careers after graduating High School. If you are interested in joining the AVID program **applications are open now and close on Wednesday, January 31st.** Go to the college and career center during 7th or 8th period or contact Mr. Rooks for more information. (read until 1/30/24)

Attention Seniors, the College and Career Center is hosting a FAFSA/CADAA Workshop on Wednesday, January 31st from 5:00 to 7:00pm in room 401. This is a great opportunity for seniors and their families to get help completing the new version of the FAFSA and CA Dream Act Application (CADAA). A Cerritos College Financial Aid representative will be present to help students with their FAFSA or CADAA. NOTE - The 2024-2025 FAFSA/CADAA is NOW Open, and the priority deadline to submit the application is April 2nd.

Stop by the College & Career Center in 401 to find out what information is needed to complete the FAFSA/CADAA.
(read until 1/31/24)

(Please Read Today – every other day only)

As we kick off second semester, this is a friendly reminder **to always show Positivity, Respect, Integrity, Dedication, and our focus for this month, EXCELLENCE.**

Excellence is being the best you can be at something. It's about doing your absolute best and putting in effort to achieve your goals. It is time for all of us to live our excellence here at Bellflower Middle and High School. Let's do this 2024.

In addition, **this semester we expect to see all students on time to all classes. Please take PRIDE in yourself and be on time daily.** (read 1/17, 1/19, 1/22, 1/24, 1/26, 1/29, 1/31 only)

(Please Read Today – Fridays only)

Hey Bucs! Every Friday, the Cerritos College representative, Ms. Castillo, will be on campus in the College and Career Center, located in Room 401, from 12:30 PM to 3:45 PM. Feel free to drop by if you need assistance. (read until 5/10)

(Please Read Today – Tuesdays & Fridays only)

Buc Bargains Thrift Store in Room 901 is open today during High School lunch. (read until end of school year).

STAFF ANNOUNCEMENTS: