

Friday, January 17th 2025

# BELLFLOWER MIDDLE & HIGH SCHOOL

# DAILY BULLETIN

## Breakfast

**Tuesday**

 Turkey Sausage Sandwich  
or  
Concha Variety

### TODAY'S SCHEDULE

REGULAR DAY  
Maroon - 1, 3, 5, 7

Period 1  
8:30 - 10:02 AM

Snack  
10:02 - 10:11 AM

Period 3  
10:17 - 11:49 AM

M.S. Lunch  
11:49 - 12:20 PM

H.S. Period 5  
11:55 - 1:27 PM

M.S. Period 5  
12:26 - 1:58 PM

H.S. Lunch  
1:27 - 1:58 PM

Period 7  
2:04 - 3:36 PM

## Lunch

**Menu**

(FP) **BYO Chicken Tinga Burrito**  
Ranch Style Beans  
or  
**Deep Dish Cheese & Pepperoni Pizza**  
Carrot Sticks w/  
BUSD Ranch Dip  
Cookie  
or  
(FP) **BYO Bean Burrito**



### BASKETBALL VS DOWNEY

3:15 - JV, 4:45 FROSH (AWAY)

5:15 - GIRLS VAR, 7:00 - BOYS VAR (HOME)

### SATURDAY - BOYS BASKETBALL SHOWCASE

9:30 AM - FROSH SOPH (AWAY), JV (HOME)

12:30 PM - VARSITY AT ARCADIA

11:00 AM MONDAY - VARSITY (AWAY)

### QUOTE OF THE DAY:

"THE ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN MOMENTS OF COMFORT AND CONVENIENCE, BUT WHERE HE STANDS AT TIMES OF CHALLENGE AND CONTROVERSY." - MARTIN LUTHER KING JR.

## WHAT'S HAPPENING

- SENIORS... February 14 is the deadline for purchasing Senior Ads through the ASB office.

# WHAT ELSE IS HAPPENING

- Attention all Buccaneers, ASB needs your help! ASB is organizing a donation drive to support the victims of the recent LA Fires. Many families have been displaced and are in need of essentials like non-perishable foods and toiletries. To see the full list of items needed, please check our post on the We Are Bellflower instagram. Today is the last day to drop off donations. They can be dropped off in room 411 or the ASB office. Let's come together as a community and show our support to those in need. Every little bit counts! Thank you for your generosity, and let's make a difference together!
- YBS is inviting all students grades 8-12th to attend the HBCU college fair and Battle of the Bands Drumline competition at the SoFi Stadium on February 1st from 9-4pm. If you're interested we need your name ASAP. Please come to the library to receive a field trip slip.
- Attention all 7th and 8th grade students! Cross Country Intramurals starts this month during 8th period and after school! All interested students should come see Coach Adriance in room 502 to sign up during snack or during middle school lunch. The first meeting will be next Wednesday, January 22nd at the track. See you there.
- Good morning and Konichiwa! Don't miss out on our Japan adventure taking place next school year! The early-bird enrollment of \$200 expires March 1, so come by room 106 and speak to Madame Vann to enroll today. Don't miss out on walking through Kyoto, Tokyo, historical Hiroshima, and Tokyo Disney Sea.
- To celebrate Dr. Martin Luther King Jr. Day, YBS will be hosting MLK trivia TODAY @ lunch in front of the ASB office. Come by, spin the wheel, and see how much you really know about Dr. King. Prizes will be awarded.
- Bucs - The Wellness Center will be hosting another Grief Group Counseling opportunity this Spring. If you have experienced the loss of a loved one and are interested in joining this group please complete the interest form posted in your C/O google classroom. Mrs. Jones will follow up with you soon.
- **\*\*Exciting News from Bible Club\*\*** Do you have a prayer need? Big or small, we're here to pray for you! We've created a "Prayer Request Form" just for you. It's quick, easy, and private. Simply scan the QR code and let us know how we can lift you up in prayer.  
**\*\*What can we pray for?\*\***
  - Stress about school, tests, or grades
  - Challenges with friendships or relationships
  - Worries about the future, college, or career
  - Family struggles or personal growth
  - Anything on your heart--you name it!**\*\*Remember\*\***
  - You're never alone- God hears you, and so do we. Your requests will be prayed for with care and love.
  - Look for our flyers hung around campus. Scan the QR code today and let's keep the prayers flowing!