

Tuesday, January 21st 2025  
**BELLFLOWER MIDDLE & HIGH SCHOOL**

# DAILY BULLETIN

## Breakfast

**Tomorrow**

Ⓢ BYO Yogurt Bowl  
or  
Honey Wheat  
Breakfast Bar

### TODAY'S SCHEDULE

REGULAR DAY  
Gold - 2, 4, 6, 8

Period 2  
8:30 - 10:02 AM

Snack  
10:02 - 10:11 AM

Period 4  
10:17 - 11:49 AM

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

H.S. Period 6  
11:55 - 1:27 PM

M.S. Period 6  
12:26 - 1:58 PM

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

Period 8  
2:04 - 3:36 PM

## Lunch

**Menu**

Ⓢ Chicken Broccoli  
Alfredo w/Garlic Toast  
Ⓢ Freight Farm Lettuce  
Italian Dressing  
or  
Pull Apart Cheese  
Bread  
Marinara Sauce Cup  
or  
Ⓢ Veggie Broccoli Alfredo



### GIRLS SOCCER VS LYNWOOD

2:30 PM - JV

4:00 PM - VARSITY

### BOYS SOCCER AT LYNWOOD

3:00 PM - FROSH SOPH & JV

4:45 PM - VARSITY

### BOYS WRESTLING AT ARTESIA

5:30 PM - VARSITY & JV

### QUOTE OF THE DAY:

"I'VE FAILED OVER AND OVER AND OVER AGAIN IN MY LIFE,  
AND THAT IS WHY I SUCCEED." - MICHAEL JORDAN

## WHAT'S HAPPENING

- Buc Bargains Thrift Store in Room 901 will be open today during middle and high school lunch.

# WHAT ELSE IS HAPPENING

- **SENIORS...** Grad Week packages are now available in the ASB office! Grad packages are on sale through March 13th! You must complete this permission slip before you can buy your grad package. There are only 50 tickets left for grad night. Make sure to put your \$100 deposit down to secure your spot!
- **Are you a movie lover looking for an entertaining and easy class?** Then Film Studies is the perfect elective or performing arts course for you next year! Learn about the art and history of cinema, experience how films are created, and gain a deep appreciation for movies as works of art. Enjoy special screenings throughout the year with delicious treats like buttery popcorn, candy, nachos, and soda, and look forward to an exciting field trip to the Academy Museum of Motion Pictures in Hollywood, California. Over 30 popular films will be shown throughout the year. Space is limited, so make Film Studies your top choice on your registration form next month! You don't want to miss out on this cinematic adventure!
- **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 tomorrow, 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.**