



PHOENIX NEWS

Soaring to New Heights

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Volunteer Appreciation

Who is a volunteer? A volunteer is a person who offers himself or herself for a service or undertaking. At BDCHS we want to express our gratitude and appreciation to all parents, stakeholders, community members and business partners who each and every day make a positive and lasting impact in the lives of our students, faculty and staff. Your dedication to our school and students is inspiring and encourages all of us at BDCHS to continue to pursue excellence in all we do. Thank you for all you do.



IMPORTANT DATES

- APRIL 13—GRAD BASH FOR SENIORS
- APRIL 16—FSA ELA READING GRADE 9&10 TESTING BEGINS; EARLY RELEASE, 1:40 DISMISSAL
- APRIL 18—QUARTER 4 PROGRESS REPORTS
- APRIL 23—ALGEBRA 1 EOC TESTING BEGINS
- APRIL 24—GEOMETRY EOC TESTING BEGINS; TOWN HALL MEETING 6PM
- APRIL 25—QUARTER 3 HONOR ROLL 7AM
- APRIL 30—BIOLOGY & US HISTORY EOC TESTING BEGINS

Principal's Corner



Now more than ever, we need the participation of our parents to help support curricular programs and school needs. We are appreciative of the Sign Up Genius donations and donations to school-wide fundraisers. We will be holding a Town Hall Meeting on Tuesday, April 24th at 6 pm in the cafeteria. You will receive an email requesting an RSVP so that we will be able to plan for space for confirmed attendees. In light of several bills the Governor has signed and **with the approval of the state's budget, some of the topics we will discuss include:** our campus safety and needs, dual enrollment transportation needs, the impact of Florida Virtual School to our school budget, and plans for potential solutions to challenges. I will be meeting with the student leadership teams to hear their perspectives and solutions as well. I am so proud of our students and the leadership role they have taken to propose and plan various school safety and awareness initiatives. One such initiative in response to the tragedy at Stoneman Douglas High School was Unity Week which included Kindness Day, Mental Health Awareness Day, and Safety Awareness Day. I see that our student leaders are making a positive impact, and the teachers and staff help cultivate critical thinking, citizenship, empathy, tolerance, and social justice awareness. Our students and staff truly demonstrate Phoenix PRIDE!

Student Spotlight

Bryan Bennett is a senior here at Brooks DeBartolo. He plans on attending St. Leo University in the fall of 2018 to study Information Technology. Bryan will live on campus and participate in the ROTC program, and is going to graduate from St. Leo as a first lieutenant. Following the completion of his college career, Mr. Bennett intends on serving four years of active duty with the Army, and then join the reserves, as well as pursue a job in the IT field. Bryan had the privilege of going on the Italy trip during spring break. He enjoyed the historical landscape, and highly recommends his peers participate in future spring break trips. Bryan is an active member of the Phoenix community; he is a member of the yearbook team and is enrolled in the CPT curriculum. Bryan also has the honor of being a Brooks Bunch Business Bootcamp alumni. Outside of BDCHS he is active in the community as well. He works at Tampa Bay Landscaping, and he has been preparing for independent life at college by going to the gym, working on his writing and photography skills, and learning to speak Spanish. We look forward to watching Bryan blossom in the coming years.



Olivia Sanderford is a senior at BDCHS. She has been accepted to Ringling College of Art and Design, SCAD, UF, FGCU, UCF and USF. Currently Olivia has not decided what school she will attend for post-secondary enrollment. She aspires to become an art director; in college she plans to study fine arts and advertising. She enjoys many types of art such as drawing, painting, and graphic design, and she even sells her pieces. She currently has art hanging in one of the galleries at HCC. Olivia is currently learning American Sign Language and enjoys music and singing. On the weekends and after school, she spends her time working at a sushi restaurant, dog sitting, and selling her artwork. By participating in Dual Enrollment throughout her time here at BDCHS, Olivia is graduating with her AA degree and will only need 3-4 years of college to receive her masters and become an art director. Olivia is also highly engaged in the Phoenix community. She is involved in Student ambassadors, SGA, NEHS, Tri-M, CLIC, Brooks Bunch Business Boot Camp, she is the Vice President of NHS, and she is the Vice President of NAHS. We are wishing Olivia the best of luck in college and her career.



Three Strikes and You're Out!

The Baseball team has also had a good week with their games. The Baseball team went against Tampa Bay Technical High School and the Varsity team ended the game with a great score of 7-4. The Baseball team will continue the season showing Phoenix Pride through the mentoring of Coach Pryor. Everyone is encouraged to come to the Baseball games and show support for the team!



Bring on the Phoenix Heat!

The girls' flag football team kicked off this month with a game against Hillsborough High School. The Varsity girls came back victorious with an amazing score of 39-0. So far both JV and Varsity have had a good season and have great potential. Both teams represent BDCHS and proudly show great Phoenix Pride! Come show BDCHS' girls Flag Football teams support by coming to the games and cheering them on. The next game is scheduled for Monday, April 9th at Tampa Catholic.



Solo and Ensemble

On Saturday March 24, 2018, three of our students participated in the Florida Vocal Association Solo and Ensemble festival at the State level. The festival was held at Seminole State College in **Lake Mary. To qualify, students had to receive a rating of “Superior” at the District level last month.** They performed the same literature but this time for a college professor (Dr. Joanne Stephenson from UCF) with a raised standard of excellence. (A “superior” or “A” rating at the district level is a “Good” or a “C” at the state level.)

We had three students who chose to take their entries to the festival this year and each of them had performances that showed an incredible amount of growth over the past month.

- Gabriella Konicek – Vocal solo: Superior (*Gia Il Sole Dal Gange* by Scarlatti and *When I Have Sung My Songs* by Charles)
- Emilio Gonzales – Special Category (Jazz/Musical Theater): Superior (*That Old Devil Moon* by Lane and *Somewhere from West Side Story* by Bernstein)
- David Gonzales – Vocal Solo: Excellent (*Danza, Danza* by Durante and *Linden Lea* by Vaughn Williams)
- Emilio and Gabriella – Vocal Duet: Superior (*Poor Wayfaring Stranger* arr. By Althouse and *Benedictus* by Lewis)

Gabby and Emilio’s duet was so well performed, Dr. Stephenson selected them to perform in the afternoon “Honor’s Recital,” which is a first for our school. Students whom the judges deem to have had a particularly outstanding performance are asked to perform one of their selections in a recital together at the end of their time block. It is a very special honor and they performed beautifully.

If you come into contact with any of these students, please wish them a special congratulations. Solo and Ensemble is a very challenging event as students prepare their literature on their own. Unlike performing in a large group like a band or **choir, there’s nowhere to hide when there’s just one of you on stage.** Dr. Stephenson asked each student why he or she selected the music, what it was about and why he or she enjoyed it. Each student gave detailed, professional, passionate responses. (Totally unrehearsed!) It was such a joy to see our students present their hard work for the world to see.



Clinic Corner



PROMOTE POSITIVE MENTAL HEALTH with NUTRITION

Did you know there may be a link between what teens eat and their mental health?

Teenagers need nutritious food to grow healthy bodies and healthy brains. Your brain uses natural chemicals called neurotransmitters as signals. Affecting how you think, feel and act. The foods teenagers eat can impact the release of neurotransmitters in the brain. To support positive mental health encourage your teen to eat vegetables and fruit every day, and limit processed foods that are high in sugar, salt and fat. Encourage water when they are thirsty and limit drinks with added sugar and caffeine. There are simple ways you can help your teen eat a healthy diet:

- Encourage your teenager to eat breakfast and lunch every day and not skip meals: eat regularly for all-day energy!
- Eat meals together: this allows you to serve nutritious food, role model healthy eating and enjoy social time as a family.
- At meal times plan a healthy plate by making half of your plate vegetables and fruit.
- Start a "go clean" plan with your teen !!

Like an expensive car, your brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress — the "waste" (free radicals) produced when the body uses oxygen, which can damage cells.

Unfortunately, just like an expensive car, your brain can be damaged if you ingest anything other than premium fuel. If substances from "low-premium" fuel (such as what you get from processed or refined foods) get to the brain, it has little ability to get rid of them. Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body's regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Try eating a "clean" diet for two to three weeks — that means cutting out all processed foods and sugar. Add fermented foods like kimchi, miso, sauerkraut, pickles. You also might want to try going dairy-free — and some people even feel that they feel better when their diets are grain-free. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel.

When people "go clean," they cannot believe how much better they feel both physically and emotionally, and how much worse they then feel when they reintroduce the foods that are known to enhance inflammation. Give it a try!



West Point Conference

Five BDCHS students (Brooke Harrigan, Abigail Endsley, Nicholas Dicecco, Cameron Drysdale and Jake Heiny) participated in the West Point Leadership and Ethics Conference at the University of Tampa on March 9th. Students were nominated to attend based on their involvement in various BDCHS leadership groups such as Student Ambassadors, CLIC, NHS, SGA, and athletics. This experience is designed to help student leaders develop their individual ethical codes and leadership styles. The themes were ethical dilemmas (picking the least bad option) and leadership (melding art and science). Participants heard from a West Point graduate and Mr. Ron Nicol, a veteran, entrepreneur, businessman, and philanthropist. Students were then arranged into groups with a West Point graduate and high school students from across Tampa Bay. They then worked through situations involving ethical dilemmas and the event finished with students acting out scenarios and showing the rest of the group how to effectively handle the presented situation.



Italy Trip

From the Gulf of Mexico to the Gulf of Naples, a group of students, along with Mrs. Rinard and Mrs. Bennett, spent the week in the beautiful country of Italy during the week of Spring break. Absorbing the culture---- and of course the pasta, they visited Florence, Rome, Assisi, Siena, and San Gimignano.

According to Joe Brown, “the flights were very long and exhausting but the movies on the plane ride made it better.” One of the students on the trip, graduating senior Alex Barnes mentioned that their layover in Frankfurt Germany was about 4 hours, but overall “it was a great experience to get to know my classmates more”. They visited some of the most popular attractions in all of Italy such as the Ancient Roman Ruins, the Colosseum, the Sistine Chapel, and the Vatican.

Some students said:

“It was different, there is language barrier and different currency, but once we settled there was less confusion. Assisi was one of my favorite places we visited because it felt less touristy and it was small and beautiful and I felt like I grasped the culture and had a real Italian experience.” - Alex Barnes

“It was really cool and a great experience for me to learn about another culture very different from mine. My person favorite place town we visited was Florence. It had less of a tourist feeling and the people were a lot nicer and I really liked that vibe.”
-Joe Brown

Next year the students will be traveling to Greece in March 2019! For more information contact Mrs. Soltis or Mrs. Rinard.

College Acceptances

Hamza Ahmed – Georgia State University
Adrianna Delgado – University of Florida, University of Central Florida
Hannah Himmelgreen – University of Florida, Mount Holyoke, Brandeis University
Seth Lovo – University of Central Florida
Justin Miller – University of Central Florida
Dmitriy Passioura – New College of Florida
Kendall Patterson – Clark Atlanta University, FGCU, Georgia State University, Spelman College
Austin Pedrero – Florida Institute of Technology with a \$68,000 scholarship
Kierstin Salley – Florida A&M University, Tougaloo College
Janay Shuler – North Carolina A&T State University
Marielle Smith – LSU with a \$61,000 scholarship
Amanda Yelvington – LSU with a \$53,000 scholarship, Texas A&M University

BDCHS Athletic Booster Club Information & Members

Our fall sports are well underway. We hope students, faculty, and families will come out and cheer on our athletes. They do appreciate having spectators, and our membership options make entry more affordable! The Athletic Booster Club wishes all families and staff of BDCHS a safe and happy Thanksgiving! Please join us for our next meeting on Monday, December 11 at 6 pm in the cafeteria as we discuss plans for our athletic banquet. Interested in becoming a member? Please email phoenixbooster1@gmail.com.

The Athletic Booster Club thanks and congratulates our newly elected Board members and volunteers:

President: Matt Bradarich

VP of Membership: Wendy Neal

Treasurer: Mike Neal

School Liaison: Coach Maggie Hedley

Vice President: Steven Jenkins

Secretary: Chuck Eade

Board Liaison: Suzin Carr

We appreciate the following members who have renewed or joined us for the first time:

Phoenix Membership

Paul Congelosi

Jennifer DiCecco

Clark Hull

Chuck and Anita Eade

Tanya Bird

Susan and Michael O'Keefe

Melissa Britton

Otis Perry

Henry Simmons

Gail Thomas

Veronica Johnson

Sarah Gallow-Young

Raequel Tomsich

Samantha Haylock

Cortini Family

Sarah and Byron Martin

Family Membership

Theon Salley

Kristina Porricolo

Lee & Karen Corscadden

Michael Cook

Javier Moreno

Victoria Skrimshire

Blaine Family

Jenkins Family

Owen/Phares Family

Rick Polidoro

Bruce and Shannon McKinney

Tom and Micki Shille

Martha Diaz

Fire Membership

Sheila Shipman

Dee Sellers

Diana Quiles

Angela Shortt

Aria Brown

Jeff Hoffman

Craig Smith

Gold Membership

Jim and Suzin Carr

Dexter and Tina Jackson

Garnet Membership

Mike and Wendy Neal

Bolter and Carr Investigations

For more information, email phoenixbooster1@gmail.com. GO PHOENIX!!

Award of Excellence

CANTON, OHIO — The Pro Football Hall of Fame Award and the U.S. Army announced the 25 high school student-athlete finalists for the U.S. Army-Pro Football Hall of Fame Award for Excellence. The program, now in its sixth year, highlights the achievements of student-athletes across the country.

The Award for Excellence Program is open to all sophomore, junior, and senior level student-athletes in the United States. The honor focuses on great athletic achievement, excellence in academics and community engagement.

“The Pro Football Hall of Fame is proud to partner with the U.S. Army to pay tribute to the fine young men and women who will shape the future of our country. Congratulations to the 25 finalists in 2018 who exemplify the Hall’s core values of commitment, integrity, courage, respect and excellence,” commented George Veras, Pro Football Hall of Fame chief operating officer and executive producer.

“The Army is proud to honor this group of outstanding student-athletes, with the Pro Football Hall of Fame, as the 2018 Award for Excellence finalists,” said Elizabeth Wilson, deputy assistant secretary of the Army (marketing). **“Like Army Soldiers, these students have shown not only a relentless drive to succeed for themselves, their families and their schools, but also to serve. The Army congratulates the finalists on this distinction, as well as those who have helped them to achieve their goals.”**

One of the 25 finalists is one of our seniors Jacob Smith. Jacob has worked tremendously hard throughout high school. He has a 3.9 unweighted GPA and a 6.3 weighted GPA. He is currently in NHS, SNHS, NEHS, Mu Alpha Theta, and CLIC. He is also a student ambassador and editor of the Phoenix News. Jacob has played for both the golf team and soccer team here at Brooks DeBartolo. On April 5, 2018 Brooks DeBartolo held a ceremony to congratulate him on being one of the 25 finalists. Mrs. Bennett, along with Pro Football Hall of Fame player Derrick Brooks, spoke on his behalf and congratulated him for his accomplishment. We are all very proud and delighted to see Jacob being selected as one of the 25 finalists.



BDCHS Development



takes place tomorrow night, Saturday, April 7, 2018.

We look forward to a fun filled evening,
all in support of our amazing school and students.



Don't let the 2017-2018 school year pass you by
without honoring your student(s) or a faculty / staff member.

Show your appreciation and support by
placing a brick in the Phoenix Walk.

ALL interested parties can celebrate high school accomplishments and graduation,
as well as other types of celebrations and groups, including
birthdays, clubs, sports teams, just to name a few.

By purchasing a brick you are not only recognizing a special person or moment,
but you are also supporting Brooks DeBartolo Collegiate High School.

Bricks can be customized and they come in three different sizes –
4X8 (\$100 – \$499), 8X8 (\$500 – \$999), 12X12 (\$1,000 – \$2,499).

To purchase a brick online click on the following - [Online Phoenix Walk Order Form](#).
You can also purchase a brick by completing a [Phoenix Walk Order Form](#) and
submitting it to Judy Anderson, Director of Development,
with either cash or check made out to BDCHS.

Straight from the Phoenix Action Crew

PAC Update

THE NEXT PAC EDUCATIONAL MEETING...

Tuesday, May 15, 2018

6:00 - 7:15 pm

BDCHS Cafeteria

Is this on your calendar?

College Admissions Panel Discussion:
An Insider's Scoop from College Admissions Officers

Please join us to hear the "inside scoop" from admissions counselors from the University of South Florida, Florida State University, and the University of Tampa.

BDCHS Assistant Principal of Curriculum, Jamie Ervin, will moderate the panel. This panel discussion should be of interest to everyone (including incoming students!).

Parents as well as students are invited.

We hope to see you there!



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OF TAMPA



