



www.bdchs.org

PHOENIX NEWS

Soaring to New Heights

INSIDE THIS ISSUE:

Wendy Heisman School Winners	Page 1
Important Dates	Page 1
Principal's Corner	Page 1
Dual Enrollment Information	Page 2
Clinic Corner	Page 3
Sports Schedule	Page 4
PDQ Information	Page 5
Buddy Baseball	Page 6
Teach-In	Page 6
Lifetouch Shutterfly Offer	Page 7
PDQ Information	Page 8

Wendy's Heisman School Winners

Congratulations to Monica Shipman and Andres Sola on becoming Wendy's High School winners! Go Phoenix!



IMPORTANT DATES

- 12/ 7: WINTER CONCERT @7PM
- 12/ 10: BOOSTER CLUB MEETING @6PM
- 12/ 12: FALL ATHLETIC BANQUET @6PM
- 12/ 17: 8 PERIOD MONDAY
- 12/18: EXAMS 1 & 4/EARLY RELEASE
- 12/ 19: EXAMS 2 & 3/EARLY RELEASE
- 12/ 20: EXAMS 6 & 7/EARLY RELEASE
- 12/ 21: EXAMS 5 & 8/EARLY RELEASE
- 12/ 24—1/ 4: WINTER BREAK
- 1/ 7: NON-STUDENT DAY
- 1/ 8: STUDENTS RETURN

PLEASE NOTE: DISMISSAL DURING SEMESTER EXAMS IS @ 12:30 PM; STUDENTS MAY REMAIN FOR LUNCH UNTIL 1:00 PM.

Principal's Corner



Thank you to Mrs. Ervin and all of our BDCHS Board members, parents, volunteers, guest speakers, staff members, and student ambassadors for making this year's Teach In a success! With only two weeks remaining in this quarter before semester 1 exams, it is a good time to recognize the accomplishments of our students and staff. In Quarter 1, 58% of our students earned Honor Roll and 16% of our students earned Perfect Attendance with no absences, tardies, or early sign-outs. We thank our teachers and instructional staff who work tirelessly with students to build mastery of skills and who care immensely about the well-being of our students. Having high expectations coupled with opportunities for support demonstrate our staff's commitment to the mission of our school. The success we see among students is a direct result of not only the incredible capacity and dedication of our educators, it is a direct result of the motivation and willingness of students to learn, to take responsibility, and to take full advantage of all of the opportunities and resources available to them. Our collective goal is to demonstrate PRIDE in all that we do. Be Prepared; Be Respectful; Be In-Control; Be Dependable; Be Engaged in learning. Go Phoenix!

Office Hours: 7:30am - 3:30pm
School Hours: 8:00am - 3:10pm

10948 North Central Avenue Tampa FL, 33612
813.971.5600

Dual Enrollment Information

Dual Enrollment Information and Important Dates

Dual enrollment is a program established so high school students may begin taking college classes and have the potential to earn college credit.

- **Students must have at least a 3.0 unweighted GPA to be considered for dual enrollment.**
- Additionally, students interested in the dual enrollment program should be self-motivated, skilled in study and organization skills, and ready to take on the responsibilities of being college students. This includes identifying, selecting, and registering for appropriate courses and navigating the college experience.

If you or your student is interested in learning more about the dual enrollment program and the process to apply, please review the information located in the Student Services Portal: <http://bdchsstudentservices.weebly.com/dual-enrollment.html>

BDCHS is planning to offer two HCC classes (SLS1501/1106 – College Success; AMH2010 or AMH2020 – Early and Modern American History) on campus during the Spring semester, pending there is enough student interest. For more information and to demonstrate interest, please [click here to complete the survey](#).

HCC Spring term course registration starts November 19th, but students must first be approved to register. Every applicant must obtain Mr. Gommermann's signature on one of the forms needed to apply; **the deadline for completing the survey to request that form is 3:00pm Friday, December 7th**. This form is located in the Student Services Portal at the link above. To have more course options, students should get the paperwork completed as soon as possible. Students must be pre-approved by the HCC Dual Enrollment Office in order to register for classes.

Please access the HCC dual enrollment website: <https://www.hccfl.edudualenrollment> for more information and ways to contact the dual enrollment staff at HCC. After reviewing the information on the Student Services Portal, students should direct any unanswered questions to the HCC Dual Enrollment Office, or Mr. Gommermann at egommermann@bdchs.org. Students may also see Mr. Gommermann in person.



Clinic Corner

Nutrition's Effect on Mental Health

Mood, thinking, and behavior is closely linked to what we eat. This is due to the bacteria in our gut, also known as the gut microbiota. About 95 percent of our serotonin is produced in the gastrointestinal tract, so the digestive system plays a major role in regulating our emotions. One of the healthiest things you can do for your body is to avoid sugary drinks and processed foods. Liquid sugar calories aren't registered by the brain the same way as solid sugar, a result you end up consuming more total calories. Processed junk foods in the diet are the leading cause obesity and disease. Processed foods are engineered to be hyper rewarding and trick us into eating more than what we needed. A 2013 study found that the risk of depression is 25 to 35 percent lower in those who eat a diet high in vegetables, fruits, grains and fish, while avoiding processed foods and sugar. In fact, teens in the study who ate a low-quality diet had an 80 percent higher risk of depression in comparison to those who ate a higher-quality, whole-foods diet.

What should my teen eat?

Fuel the body for success with natural nourishment such as lean protein, fruits, vegetables, and nuts. Nutrients such as omega-3 fatty acids (found in salmon, walnuts and chia seeds), vitamins D (eggs) and B (spinach, mushrooms and pineapple), folic acid (whole-wheat bread, green vegetables and nuts), magnesium (beans and leafy greens) and tryptophan (turkey and beets), among others, have a measurable impact on depression and other mental health conditions. Try eating fish once a week, the average American lacks omega 3 fatty acids which help battle bad cholesterol and depression. It is beneficial to eat more color, the next time you eat a salad try to pick bright colored toppings and *make it a rainbow*. *When you eat good quality food you will feel better and look better. Fresh fruit and vegetables are full of antioxidants which can improve mood and even result in better grades.*

Did you know the effect of our eating habits on our mental health isn't just about what we eat? How we source and prepare our food can be as – or even more – important than our food choices when it comes to our state of mind. Growing our own food lowers the risk of anxiety and depression, reduces stress and increases life satisfaction. It promotes exercise and time in nature, which are both proven to have a positive impact on mental health. According to a 2015 study, 1 in 5 Americans experience mental health problems.

Mental Illness Indicators:

Withdrawing from people or activities they would normally enjoy. Sleeping or eating too much or too little. Feeling as if nothing matters. Consistently low energy. Displaying uncharacteristic emotions. Not being able to complete typical tasks. Persistent thoughts or memories that reappear regularly. Thinking of harming one's self or others. Confusion, hearing voices, or delusions.

If you notice these signs in your child, help is available and treatments can include: Psychotherapy, or talking therapies. Medication, although it cannot cure mental disorders, some medications can improve symptoms. Self-help, including lifestyle changes such as sleeping more, and *eating well*. *Mental health difficulties like anxiety, depression, and post-traumatic stress disorder can lead to substance abuse problems and, conversely, using substances can worsen mental health conditions in some people. Dual-diagnosis treatment can help address both issues simultaneously.*

Use the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) treatment finding tool to find inpatient and outpatient services in your area.

Call a free help hotline @ [1-888-993-3112](tel:1-888-993-3112)

References

- Monroe, H. (2018, May 10). How Nutrition Affects Teens' Mental Health. U.S. News & World Report. Retrieved from <https://health.usnews.com/health-care/for-better/articles/2018-05-10/how-nutrition-affects-teens-mental-health>
 - Gunnars, K. (2015, March 24). 27 Health and Nutrition Tips. HealthLine. Retrieved from <https://www.healthline.com/nutrition/27-health-and-nutrition-tips>
- 

Phoenix Athletic Schedules

Visit www.bdchs.org for complete athletic schedules

Boys Soccer Upcoming Games

DEC. 3	6:00	CLEARWATER CENTRAL CATHOLIC	AWAY
DEC. 5	4:00	TAMPA CATHOLIC	HOME
DEC. 13	6:00	CYPRESS CREEK	HOME
DEC. 14	4:30	SLAM	HOME

Girls Soccer Upcoming Games

DEC. 5	6:00	TAMPA CATHOLIC	AWAY
DEC. 6	4:00	CLEARWATER CENTRAL CATHOLIC	HOME
DEC. 12	7:00	TAMPA PREP	AWAY
DEC. 14	4:00	SEFFNER CHRISTIAN	AWAY

PDQ Fundraiser

PDQ Fundraiser Incentives

Students:

1. Each student turning in the minimum of 20 sold cards

Prize – one free meal card from PDQ

2. Top individual seller in each grade (based on # of cards sold, not to be combined with siblings – must exceed the minimum goal of 20 and will not include the top BDCHS seller)

Prize – each student will receive \$50 PDQ catering

3. Top selling club or sports team with the most money raised and with each member selling the minimum of 20 cards each

Prize – PDQ catering after school in the cafeteria –date TBD

4. Top individual BDCHS student (based on # of cards sold – must exceed the minimum goal of 20, not to be combined with siblings)

Prize – 2 year long Busch Garden tickets

Faculty & Staff:

1. Each faculty member turning in the minimum of 20 cards sold

Prize – one free meal card from PDQ

2. Top individual faculty/staff (based on # of cards sold – must exceed the minimum goal of 20, not to be combined with student son/daughter)

Prize - \$50 PDQ catering

3. If 100% of faculty/staff sell 20 cards each

Prize – all faculty/staff will be entered into a drawing for a \$200 Sacred Pepper gift card

BDCHS:

If the entire school (students/staff) meets and/or exceeds the overall goal of selling 10,000 cards (net of \$30,000 for BDCHS)

Prize – one free non-uniform day for all students/faculty/staff Date to be determined

Volunteer Opportunity

Are you looking for community service hours or just want to volunteer with a great organization? Join Buddy Baseball. Buddy Baseball is a league for kids with special needs. You would be a buddy to one of the players helping them play baseball. Registration is now open and the season starts in February. Go to Buddybaseball.org for all the details.



BDCHS Teach-In 2018

The 2018 BDCHS Teach-In was another success! Representatives from HCSO, The Tampa Bay Buccaneers, local radio stations, and many local and national businesses came out to speak words of wisdom and encouragement to our BDCHS community. A combination of small group sessions and school-wide assemblies made for a great day of fun and learning. Thank you to all of our community partners for taking time to come out and share experiences with us!



Lifetouch + Shutterfly

Limited time offers on online fall school picture purchases before 12/20/18

- Online Exclusives -

FREE one-time bonus digital image

Plus, any digital school purchases can be added to your Shutterfly account and stored for free.

Order at mylifetouch.com & receive **FREE SHIPPING** with orders over \$30.

SPECIAL OFFER FROM SHUTTERFLY.COM

FREE 8x8 PHOTO BOOK

When you order fall school pictures at mylifetouch.com

*Use the Portrait ID and access code on your proof sheet to order



Committed to Excellence

Lifetouch & **Shutterfly**

Better together

The banner features the Lifetouch and Shutterfly logos with an ampersand between them. Above the logos is the text "Committed to Excellence" and below is "Better together". The banner is decorated with several photo examples: a large wooden cross with a family photo, a collage of school photos, a family portrait, and a photo of a family reading a book.

SUPPORT BROOKS DEBARTOLO COLLEGIATE HIGH SCHOOL BUY A \$10 PDQ GIFT CARD FOR \$7



★
THE GIFT CARDS MAKE GREAT
HOLIDAY GIFTS & DO NOT EXPIRE
★

NOVEMBER 5 - DECEMBER 5

BDCHS receives \$3 from each card sold. The first five cards sold go towards the general education fund; additional cards sold can be designated to a club, sports team, or subject area of your choice!



CONTACT DEVELOPMENT@BDCHS.ORG OR VISIT
BDCHS.ORG FOR MORE INFORMATION & QUESTIONS.



Founded in 2011, award-winning PDQ - short for "People Dedicated to Quality" - offers chef-driven recipes and mindful ingredients typically found in a fine casual restaurant with the value, speed and convenience of the fast food and fast casual segment. Beloved throughout the Southeast and now beyond for its hand-breaded chicken tenders, PDQ crafts delicious sandwiches, salads, bowls, hand-spun milkshakes and homemade sauces and dressings fresh in store, every day. For more information, visit www.eatPDQ.com