

PHOENIX NEWS

Soaring to New Heights

www.bdchs.org

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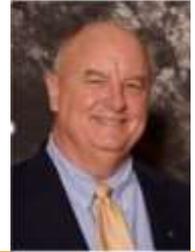
Phoenix Action Crew (PAC)

An Attitude of Gratitude

- **at-ti-tude**, noun, a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior
- **grat-i-tude**, noun, the quality of being thankful; readiness to show appreciation for and to return kindness

Our students, educators, administrators, parents and guardians all demonstrate a true *attitude of gratitude*. We are all in this educational journey together. Thank you for your continued support in all we do. Through your support all our students gain.

We appreciate you!



Dale Kimball

PAC Coordinator/Parent Representative to the BOD
dkimball@tampabay.rr.com (Please put "PAC" in the subject line.)

IMPORTANT DATES

| | |
|-----------------|-------------------------|
| Mar. 18—22: | Spring Break |
| Mar. 25, 2019: | Non-Student Day |
| April 8, 2019: | Non-Student Day |
| April 19, 2019: | Non-Student Day |
| April 22, 2019: | Early Release @ 2:05 PM |
| May 27, 2019: | Non-Student Day |



Available online:
<https://reportcards.sdhc.k12.fl.us/>



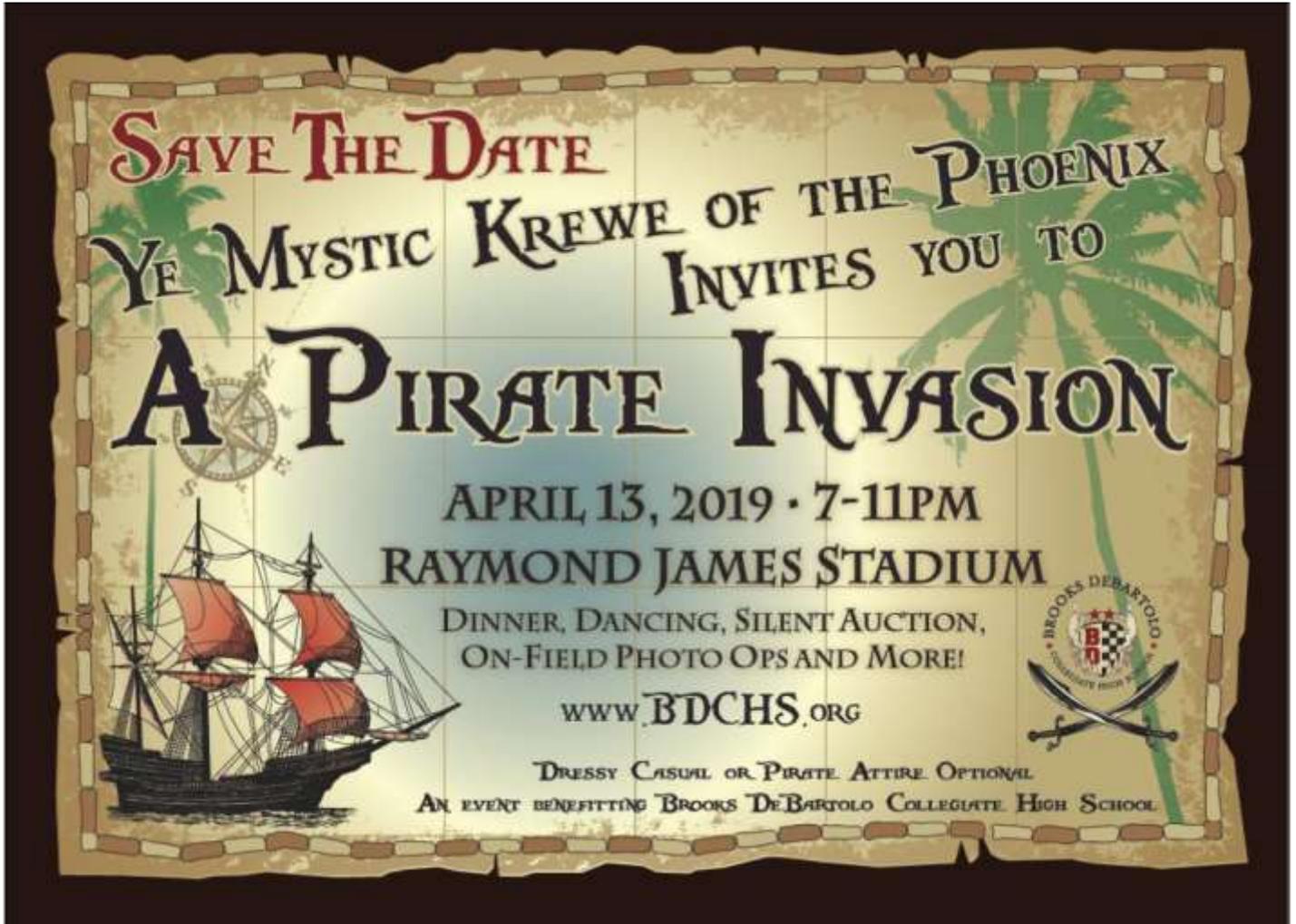
Principal's Corner



We are proud to announce and celebrate that graduation results are in from the 2017-2018 school year and BDCHS had **100% graduation rate!** Brooks DeBartolo was the only public high school in Hillsborough County to accomplish this. The dedicated board, caring and stellar staff, hardworking students, and supportive parents make up a network of support for our students to make this possible.

We seek continuous improvement as part of our mission to become a model collegiate high school. Part of our continuous improvement journey includes gaining valuable feedback from our parents, students, and staff members. Each year, BDCHS conducts a climate and school perception survey. The results are analyzed and shared with our Board, with our parents at PAC meetings, and with staff at Faculty meetings. The results also help us develop short term and long term goals. Please be on the look-out for the parent survey and complete it when you receive it. We appreciate your feedback and support as together, we soar to new heights!

Save the Date for *A Pirate Invasion*

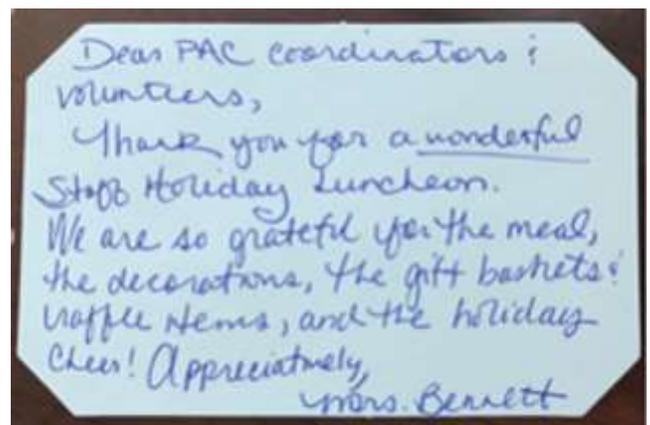


A Note of Thanks

A Reminder of the Grateful Phoenix Spirit

BDCHS faculty, staff, and administration are truly thankful of the support of our Phoenix community. Please see the special thank you from Principal Bennett as a reminder of the spirit of thanks among the Phoenix community.

—Mr. Dale Kimball



ACT SO 101

ACT-SO 101

ACT-SO provides a forum through which youth of African descent demonstrate academic, artistic and scientific prowess and expertise, thereby gaining the same recognition often only **reserved** for entertainers and athletes.

- ACT-SO is rooted in the firm conviction that all students can succeed and compete at the same or superior levels as their counterparts in classrooms, boardrooms and laboratories across this nation and abroad.
- ACT-SO is a year long youth achievement program that begins in August of each year in local communities nationwide. In more than 200 local communities throughout the U.S., ACT-SO adult volunteers recruit students and mentors. Students work with mentors from *August to April to develop their projects and performances for the local competition,*

Local ACT-SO Activities

- August: Local programs kick-off annual ACT-SO activities
- September-March: Local programs conduct mentoring and scholastic enrichment activities
- April: Local programs host ACT-SO competitions
 - Once local competitions are held, the gold medalists (those with scores between 95-100 in their category) are invited to compete on a national level. T
 - The National Competition and Ceremonies, held every July in conjunction with the NAACP National Convention, is the ACT-SO culminating event. **National ACT-SO Competition**
- April-July: Students continue their local mentorship and enrichment programs to prepare for the National Competition.
- July: Annual activities culminate with the National Competition and Ceremonies

Participation Opportunities

ACT-SO is a community-based program that provides multiple opportunities for involvement. Community members may participate as: Chairpersons, mentors, sponsors, organizers, competitors, benefactors, educational partners, etc. The program receives support from schools, local businesses, community organizations, churches, foundations, major corporations and individuals. For general information visit <https://www.naACP.org/act-so/>

THE VISUAL ARTS: DRAWING FILMMAKING PAINTING PHOTOGRAPHY SCULPTURE

Local Contact: *Visual Arts Mentors - Patrick Mitchell - cell 813-767-2802*
patrick.mitchell966@gmail.com
Maria Mitchell - cell 813-785-2574 mmitchel10@earthlink.net

Alumni Corner

Olivia-Capri was one of the winners of the Fashion Scholarship Fund (FSF) case study competition. FSF is the largest and oldest scholarship organization serving the needs of the fashion industry. There were a little over 500 applicants to which 116 in the discipline of design were selected. Olivia-Capri was one of the selected applicants.

The picture is of her in NYC, where the organization paid for top performing students to attend the annual gala. The gala honored Martha Stewart, Ryan Seacrest, and Hal Lawton (the president of Macy's).

The organization will also facilitate internships for the winners with some of the prestigious fashion companies as well as provide career mentoring by more than 100 prominent senior executives within the fashion industry.



SGA Calendar

By: Diana Ruiz

SGA is selling calendars for \$5!

- Sales will continue until calendars are sold out. Each month highlights a photo of members from different BDCHS organizations.
- Get a calendar and you may be able to see your friend on one of the pages! Each month is also personalized with different holidays and special occasions happening in school.

Contact any SGA member or Mrs. Rinard for more information.

Clinic Corner

New Year, Healthier Me

As we begin the New Year many people are setting goals that include losing weight or getting in shape. This is a great time to begin the lifestyle change of incorporating exercise into your daily routine. *Just 30 minutes day of physical activity can significantly improve your health a lower your risk of disease. Don't become overwhelmed with out of reach goals. Begin with small goals such as 5lbs a month and then build up, rather than 40lbs in a year. The CDC recommends 30 minutes a day, 5 days a week, of moderate aerobic activity which also includes at least 2 days a week of strength training.*

It is important to provide young people the opportunity and encouragement to participate in physical activity that is appropriate for their age, which are enjoyable, and offer variety. According to the CDC, it is recommended that children age 6-17 should do 60 minutes (1 hour) or physical activity daily. Physical activity also has brain health benefits for school-aged children, including improved cognition and reduced symptoms of depression. Evidence indicates that physical activity improves the cognitive functions of memory, executive function, processing speed, attention, and academic performance for these children.

*Did you know there are different types of exercise? Explore different types of exercise which can help the monotony of going to the gym and running on a treadmill every day. Try mixing things up and lift weights, go swimming, get a breath of fresh air and run outside. **Aerobic Exercise** is known as endurance exercise that increases breathing and heart rate, some examples include; walking, stairs, dancing, biking, and swimming. **Strength Exercise** is known as the use of lifting heavy objects to work major muscle groups which increase bone strength and muscular fitness. It is recommended to use weights that tire your muscles after 12-15 repetitions. **Flexibility and Balance Exercise** is known as the ability of a joint to move through a full range of motion. Improved flexibility can be attained by stretching various parts of the body and doing yoga. Will you walk, run, swim, dance, or play, what's your move?*

Top 10 Benefits of Regular Exercise:

- Increases feeling of happiness
- Weight loss
- Promotes stronger muscles and bones
- Increases energy levels
- Reduces risk of disease
- Reduces feelings of anxiety and depression
- Helps brain health and memory
- Helps with relaxation and sleep
- Reduces pain
- Connect with family and friends



Are you having trouble finding time for exercise? Try Tabata exercise which is a form of HIIT (high intensity interval training) created by Dr. Izumi Tabata that is defined as short bursts of max effort exercise. Try an at home Tabata Exercise. Pick any short exercise of your choice, for example: pushup, sprint, lunge, burpee, plank, ect. then do 8 rounds of 20 seconds-on, 10 seconds-off. Sounds easy enough? You'll be sweaty by the end of it!

References

Olson, R. (2018) Physical Activity Guidelines for Americans 2nd ed, chapters 3 & 4. U.S. Department of Health and Human Services. Retrieved from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=46

Community Resource Fair

2019 COMMUNITY RESOURCE FAIR

EDUCATION

HCPS Adult ED
Post-Secondary Technical College
Post-Secondary Community College

CHAMBERLAIN HIGH SCHOOL

February 5
6pm – 8pm

CAREER

Apprenticeship Programs
Career Services
School District Employment opportunities
U.S. Army

BRANDON HIGH SCHOOL

February 12
6pm-8pm

HEALTH

Advent Health
Bay Care
Moffitt
Tampa Family Health Centers

LETO HIGH SCHOOL

February 21
6pm-8pm

COMMUNITY

Migrant Resources
County Bus Services
Social Services
Financial Services



CONGRATULATIONS TO OUR PDQ FUNDRAISER WINNERS!

Winners receive \$50 in PDQ Catering!

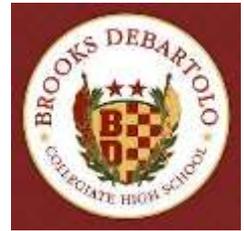
12th Grade
Cade Perry – 153 Cards

11th Grade
Morgan Britton – 245 Cards

10th Grade
Jose Adriano Sinfon – 110 Cards

9th Grade
Isabella Rios – 277 Cards

Top Staff Winner
Kristine Bennett – 206 Cards



CONGRATULATIONS TO OUR PDQ TOP SELLER:

ISABELLA RIOS – 9TH GRADE

GRAND PRIZE: PASSES TO BUSCH GARDENS/SEA WORLD!