

www.bdchs.org

PHOENIX NEWS

Soaring to New Heights

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Congratulations 2019 Valedictorian & Salutatorian

It is with honor and excitement that the Phoenix community recognizes our Class of 2019 valedictorian and salutatorian.

Please join the Phoenix faculty, staff, and administration in congratulating these phenomenal Phoenix students for their truly outstanding academic achievements!

Valedictorian: Mr. Paul Fernandez
Salutatorian: Miss Madyson Winters



We are so proud of these individuals!

IMPORTANT DATES

MARCH 10: DAYLIGHT SAVINGS

MARCH 11: ALGEBRA 1 EOC RETAKES (SESSION 1)

MARCH 12: ALGEBRA 1 EOC RETAKES (SESSION 2)

MARCH 14: PI DAY

MARCH 15: END OF QUARTER 3

MARCH 18—22: SPRING BREAK

MARCH 25: NON-STUDENT DAY

MARCH 26: STUDENTS RETURN

MARCH 29: GARNET FRIDAY

APRIL 5: GRAD BASH

APRIL 5: NEXT PHOENIX NEWS!

UPDATE: MAY 6TH IS A FULL SCHOOL DAY- NO EARLY RELEASE

Principal's Corner



As we approach Spring Break and the final quarter of this school year, it is important to finish strong. I am so incredibly proud of the academic focus, leadership, service, and kindness our students demonstrate on a daily basis. For the few students who are working on these areas, there is no time like the present to turn things around.

For parents who are still in need of their 20 parent volunteer hours, there are still many opportunities through Sign Up Genius. What a better way to celebrate and support our school than to attend a great social event, The Pirate Invasion, on April 13th! We hope you will join us and invite friends!

Each member of the BDCHS community helps us "Soar to New Heights!"

Your Proud Principal,
Kristine Bennett

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

10948 North Central Avenue Tampa FL, 33612
813.971.5600

Life Style & Wellness (Clinic Corner)

Mind

Mental health is vital to your overall wellbeing because it helps you cope with the stresses of life. Stress has a dramatic impact on the body as it disrupts normal hormone production. When in a good mental state, the body will thank you and you may feel physically healthy, rather than drained. With more energy and less mental fog you will be able to work more productively which in turn gives a sense of accomplishment. We all seek for connection, when your mental health is addressed it is easier to have strong and meaningful relationships with those around you. To improve your mental health, some steps you can take include: staying positive, being physically active, socializing, resting, and developing a sense of meaning in life. Try giving your mind the time to relax, focus on your breathing, and meditate!

Body

Forming healthy habits such as eating clean, including exercise in your weekly routine, and getting a good night of sleep will help your body tremendously. Try not to look at exercise as a chore but as a celebration of what your body can do. Exercise doesn't have to be boring, find something you enjoy doing like swimming or dancing. You should look forward to getting your heart pumping, blood circulating, joints loosened, and a boost in serotonin. Push your limits and become the best version of yourself. Exercise benefits your health by reducing the risk of diseases and maintains your weight, strength, and thinking.

Nutrition

Nutrition is a key wellness lifestyle tip that is essential in creating a happier, healthier you. Don't think of it as a diet, but as a lifestyle change. A diet is simply what we eat. Be mindful that you have thousands of cells that rely on your decisions every day. They work to ensure that you can thrive in every moment of every day, but they work best when they are being fueled by the highest quality of nutrients. Choose to eat nutrient dense foods like fresh fruits, vegetables, high quality grains, and lean high quality proteins or vegan proteins. Try your best to avoid processed foods, moderation is key. Say no to the daily pizza, chips, and donuts, it is okay to eat these things once in a while but only as a treat. Also, be sure to drink lots of water and avoid excess calories from sugary drinks. Your body will thank you.

“You can set yourself up to be sick, or you can choose to stay well.” – Wayne Dyer



References

- Medova. “A World of Wellness.” Resources | Lifestyle Health Plans, 8 Apr. 2015, www.lifestylehealthbenefits.com/
- Nowak, Jessa. “5 Secrets to Living a Wellness Lifestyle.” Wellness, In Wealth & Health, 16 Mar. 2016, www.inwealthandhealth.com/living-a-wellness-lifestyle/
- “Mental Health & Benefits of Exercise.” MedlinePlus, U.S. National Library of Medicine, 5 Mar. 2019, www.medlineplus.gov/mentalhealth.html

RHO KAPPA

The Rho Kappa National Honor Society will be participating in a project to retire old American Flags. If you know anyone with an American flag that needs to be retired or disposed of properly please bring it to BDCHS on March 14th or 15th. These American Flags will be picked up on March 25th – which was recently declared Medal of Honor Day by our Governor – and brought to a center where they will retire the flags properly.

For more information on how American flags are retired please click [here](#).



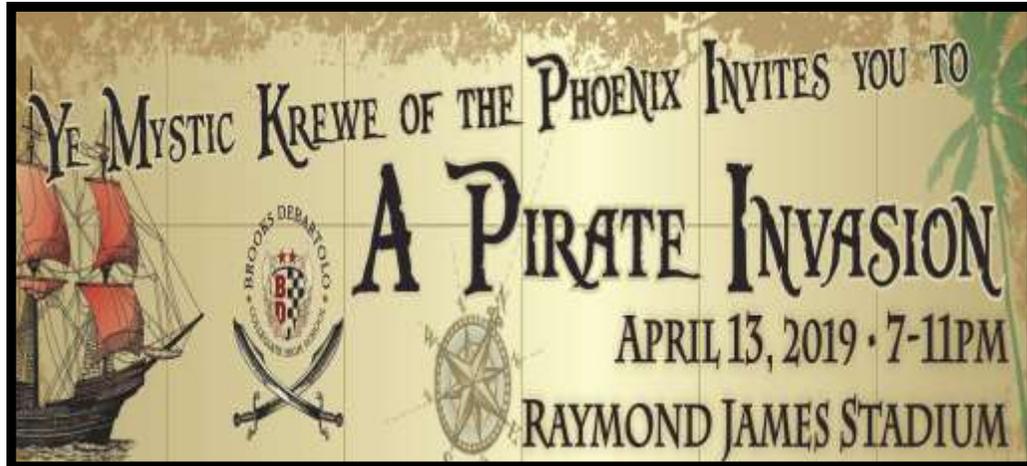
Temple Terrace Mayor's Youth Council

Temple Terrace Mayor's Youth Leadership Council is now accepting applications. Click [here](#) for more info.

HCSO Rising Star Leadership Academy

The Hillsborough Sheriff's Office Rising Stars Leadership Academy is now accepting applications. Click [here](#) for more information.

BDCHS Spring Event



Our Pirate Invasion is coming April 13th. In addition to dinner, dancing, games, and our auction, new Behind the Scenes extras have been added to make this a spectacular event! Tickets are on sale and sponsorships are still available! Can't make it? We are gladly accepting donations for our teachers and staff to attend, as well as monetary donations.

It is also a **great way to obtain your volunteer hours.** We currently need general and basket donations for our silent auction. The sign up is on our website. Be on the look-out for a Sign Up Genius coming soon for ways to volunteer the day of the event, as well as helping walk the car line after school to promote the event.

Proceeds raised from this event will benefit the BDCHS Phoenix Fund, which is the school's annual fund and assists in providing instructional tools/resources, technology, student assistance programs, and equipment for classrooms, athletics, and performing arts.

Visit <http://bdchs.org/support-bdchs/2019-spring-event/> for tickets, donations, and more information!

We hope to see you at this event!

Alumni Corner

Amanda Yelvington graduated from Brooks DeBartolo Collegiate High School in 2018. She is **now attending the University of Kentucky** and has recently been highlighted in one of their news letters. **Congratulations Amanda**; keep soaring high with Phoenix Pride!



2019 Carson Scholar—Phoebe Funai

Please join the Phoenix faculty, staff, and administration in congratulating Miss Phoebe Funai for being named a 2019 Carson Scholar! Information about the Carson Scholarship Fund may be found at the link below.

We are so proud of you, Phoebe!

<https://caronscholars.org/scholarships/prospective-scholars/>





PAC Update

A big THANK YOU shout out to Dr. Peirano (Salazar) and all of her very informative senior students that gave a five-star presentation along with a question and answer session to all the parents and students that attended our last PAC meeting.

Dale Kimball
PAC Coordinator
Email: dale.w.kimball@gmail.com
Cell/Text: 813-233-6232

BAND INSTRUMENTS NEEDED (new or used). Please drop items off at the school's front office.

- Alto Sax
 - Bari Saxophone
 - Baritone
 - Bass Clarinet
 - Bass Drum
 - Bassoon
 - Bell Kit
 - Bells
 - Clarinet
 - Cymbals
 - Double French Horn
 - Flute
 - French Horn
 - Marimba
 - Oboe
 - Open-Hole Flute
 - Percussion Kit
 - Single French Horn
 - Snare
 - Snare Drum
 - Tenor Sax
 - Trombone
 - Trumpet
 - Tuba
 - Xylophone Kit
- 



SUNDAY, APRIL 7, 2019 • 1 P.M. • CURTIS HIXON PARK

Exclusive Invitation

AS A VALUED COMMUNITY PARTNER, WE WOULD LIKE TO OFFER YOU EXCLUSIVE ACCESS TO PRE-REGISTRATION FOR THE 2019 NCAA WOMEN'S FINAL FOUR BOUNCE PRESENTED BY BUICK, A FAMILY-FRIENDLY DRIBBLING EVENT THAT WILL TAKE PLACE ALONG THE TAMPA RIVERWALK ON SUNDAY, APRIL 7 AT 1P.M., PRIOR TO THE WOMEN'S FINAL FOUR NATIONAL CHAMPIONSHIP GAME AT AMALIE ARENA. THE FIRST 2,000 REGISTERED PARTICIPANTS WILL RECEIVE A FREE BASKETBALL AND T-SHIRT!

YOUTH AGES 18 AND UNDER ARE INVITED TO JOIN THOUSANDS OF BASKETBALL FANS FOR THE FESTIVE DRIBBLING PARADE FROM CURTIS HIXON PARK TO THE TAMPA CONVENTION CENTER AND INTO TOURNEY TOWN PRESENTED BY CAPITAL ONE, THE OFFICIAL FAN FESTIVAL OF THE 2019 NCAA WOMEN'S FINAL FOUR.

THIS INVITATION ALLOWS YOUTH ASSOCIATED WITH YOUR ORGANIZATION THE OPPORTUNITY TO SECURE THEIR BOUNCE SPOTS TODAY, BEFORE REGISTRATION OPENS TO THE PUBLIC. HURSTLE, THIS FREE OFFER IS VALID ONLY UNTIL MARCH 4.

[CLICK HERE TO REGISTER TODAY!](#)



VISIT NCAA.COM/WOMENSFINALFOUR TO LEARN MORE TODAY!

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