



www.bdchs.org

PHOENIX NEWS

Soaring to New Heights

INSIDE THIS ISSUE:

Volunteer Opportunities	Page 1
Important Dates	Page 1
Principals Corner	Page 1
Clinic Corner	Page 2
Solo & Ensemble Results	Page 3
PAC Workshop	Page 3
Pirate Invasion	Page 4
PAC	Page 5
Blood Drive	Page 6
Special Student Recognition	Page 6
College Bound Express	Page 7
	Pages 8—10
	Page 11

Volunteer Opportunities



Thank you to all our families that have already met or EXCEEDED their 20-hour Volunteer Commitment for the 18-19 school year. We have PLENTY of opportunities coming available on a weekly basis. Watch for emails from proudphoenixparent@gmail.com

OR visit the QR Code link which is updated with the current volunteer opportunities:.



Volunteer Hours submitted after 5/17 will count for the 2019-2020 School Year

IMPORTANT DATES

April 8, 2019:	Non-Student Day
April 16, 2019:	PAC Workshop @ 6:00 PM
April 19, 2019:	Non-Student Day
April 22, 2019:	Early Release @ 2:05 PM
May 27, 2019:	Non-Student Day



Available online 4/11/19:
<https://reportcards.sdhc.k12.fl.us/>

Principal's Corner



The last quarter of the school year is unique because it is filled with assessments and many spring events all while maintaining instructional focus so that students can finish strong. During assessment season, students may be completing more independent, self-paced assignments during class so that they are not missing instruction.

It is imperative that students focus on learning and making good decisions so that they can participate in all of the special events and activities. Spring fever is a real thing. Students test the boundaries more often as we get closer to the end of the school year.

We are looking forward to A Pirate Invasion, and we hope to see you there!



Clinic Corner

Allergy Season

It's that time of the year when outdoor plants such as trees, grasses, and weeds release tiny pollen particles into the air to fertilize plants. The outcome is beautiful blooming trees and flower buds, though, this time of the year also causes allergies. These allergies develop when the body's immune system overreacts to the environment causing you to feel miserable. The body wrongly defends itself against something that is not dangerous. Pollen may seem invisible and harmless however, you may notice that your car is covered in a yellow dust, this is plant pollen.

Common Symptoms:

- Headache
- Runny nose
- Red & watery eyes
- Sneezing
- Swelling of the nasal passages
- Itchiness



Reduce your exposure to allergy triggers

Try your best to stay indoors on dry, windy days. The best time to go outside is after rain which helps to clear the pollen from the air. Stay away from gardening chores which stir up allergens. Wear a pollen mask if you must do outside chores such as lawn mowing and weed pulling. Rinse your nasal passages with a neti-pot saline solution to flush out mucus and allergens from your nose. Another tip is to remove clothes you have worn outside and shower when you get home to rinse pollen from you skin and hair. Avoid outdoor activity early in the morning when pollen counts are highest.

Allergy Remedies

Be sure to check your local TV, Radio station, or internet for pollen forecast and levels in your area. If a high pollen count is forecasted take an allergy medication (Antihistamine) before going outside. Over the counter common antihistamine medications are Zyrtec, Benadryl, and Claritin. An oral decongestant such as pseudoephedrine like Sudafed can provide temporary relief from nasal stuffiness. We can heal ourselves with what we eat through Natural Antihistamines: Oranges, Pineapples, Probiotics, Apples, Berries, Mint, Green Tea, Broccoli, Grapes, Strawberries, & Tomatoes. If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

References

"Seasonal Allergies: Nip Them in the Bud." Mayo Clinic, Mayo Foundation for Medical Education and Research, 12 May 2018, www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343.

Solo and Ensemble Results

Over spring break, we had 3 students perform in the State level Solo and Ensemble festival. To qualify for state, these students had to earn a “Superior” at District level solo and ensemble first back in February. The results of their performances were as follows:

- Katie (Emma) Hull (French Horn) earned an “Excellent” (“B”) for her performance of the Mozart Horn Concert No. 3, Movement 1.
- David Gonzalez (Tenor) earned a “Superior” (“A”) for his performance of “I Am A Pirate King” from *The Pirates of Penzance* and “I’m Going Home” from *The Rocky Horror Picture Show*.
- Benjamin Vantoorenburg (Piano) earned a “Superior With Distinction (“A+”) for his memo-rized performance of “Toccatà” by Aram Khachaturian.

These ratings are quite an impressive achievement for these students. Solo and Ensemble is a self-directed event in which students prepare their music on their own with very little coaching from me. Their outstanding markings reflect their hard work and dedication to achievement in music and we can all be very proud of their work. They all performed beautiful literature with confidence, poise and professionalism under an immense amount of pressure. Performing in front of a judge is never easy! Nonetheless, it was a fantastic day of music making!

PAC Workshop

Save the Date

When: April 16th from 6:00-7:00 PM

Why: PAC Workshop—*Internet Safety: What Parents Need to Know*

What: Parent/Guardian Only Information Session

Additional Information:

You will not want to miss out on this PARENTS ONLY information session, “Internet Safety: What Parents Need to Know”. Sergeant Voit of the Cybercrime Squad of Tampa Police Department will cover a variety of topics such as social media awareness, cyberbullying, and internet crimes against children. Parents and guardians will earn volunteer hours for attending this meeting. We look forward to seeing you there!

Pirate Invasion



LAST CHANCE TO PURCHASE PIRATE INVASION TICKETS!

Event Date: Saturday, April 13th

Tickets on sale through Sunday, April 7th!

Enjoy dinner, dancing, games, our auction, and “Behind the Scenes” extras!
Can't make it? Donations are welcomed!

Proceeds raised from this event will benefit the **BDCHS Phoenix Fund**, which 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!

www.BDCHS.org

- ✓ On-Field Photo Opportunity
- ✓ Bucs Locker Room Tour
- ✓ Pics with the Lombardi Trophy
- ✓ Sponsorships Available
- ✓ **BUY YOUR TICKETS TODAY!**

PAC

**Join us in celebrating
Teacher Appreciation
Week May 5th-10th!**



**A Message from Your PAC Coordinator/
Parent Representative to the Board**

When I talk about BDCHS to others, I usually say: *"I will never be able to give back to BDCHS as much that my children have received from the outstanding educators and staff during their time there."*

- We are looking for parents to volunteer to help make our **'Teacher Appreciation Done Right'** week another 2018-19 PAC success!

Please email me ASAP if you can help: dale.w.kimball@gmail.com

Please also come to the PAC Parent Workshop on April 16th and at 7:00 after the main presentation on internet safety we will have a short meeting of interested parents to plan the 'Teacher Appreciation Done Right' Week.

Thank you!

Dale Kimball
PAC Committee Coordinator / Parent Representative to the Board
dale.w.kimball@gmail.com

Blood Drive

A+ , B+ , O+ , AB+ & AB- are blood types recommended for platelet donation.

One in three of us will need a blood transfusion

Platelets help stop bleeding in people who have transplant or cardiac surgeries

You Can Donate Platelets Every **7** DAYS UP TO **24** TIMES A YEAR

Three drops of blood have over a billion blood cells

The average human heart pumps **2000** gallons of blood each day.

The number one reason donors give blood is because they want to help others.

Blood cannot be manufactured

A single car accident victim can require **100** pints of blood.

Isiah Johnson III

Isiah Johnson was at the State Capital during Spring Break as a Senate Page for Senator Tom Lee.

The left photograph shows Isiah Johnson III, a young man in a dark suit and tie, standing next to a blue sign that reads "WELCOME" and "SENATE PAGES" with the Florida State Seal. The right photograph shows Isiah Johnson III standing next to Senator Tom Lee, both in suits, in front of an American flag and the Florida state flag.

College Bound Express

GETCREATIVE
AT THE ART INSTITUTES

COLLEGE BOUND

College Bound EXPRESS 2019

June 17-21 & June 24-28 (10 Sessions Total)



Did you know that The Art Institutes system of schools is a great place for high school students to jump start their career in the creative arts and culinary? Juniors and Seniors can choose from one of our 2019 College Bound programs below for **FREE** – and **GETCreative!**

MODERN HISTORY OF FASHION	(9:00 AM-4:00 PM)
INTRODUCTION TO INTERIOR DESIGN	(9:00 AM-4:00 PM)
IMAGE MANIPULATION	(9:00 AM-4:00 PM)
CONCEPTS & THEORIES IN CULINARY	(9:00 AM-4:00 PM)
DESIGN FUNDAMENTALS	(9:00 AM-4:00 PM)

Get started on your creative journey

High school juniors and seniors like you can flex your creative muscles and explore what it feels like to be challenged to go even further, work harder, and take the first step to doing what you love, for life.

College Bound gets you in the door so that you can learn and develop critical design, media, and culinary skills.

Your College Bound portfolio can be evaluated for proficiency credits applicable toward your future enrollment with any Art Institutes. This can save you time and money.

Contact our College Bound Program Coordinator to enroll in the 2 week tuition-free courses. No fees or payment necessary.

College Bound Program Coordinator: Maria Santana PH: 813-393-5342 or email misantana@aii.edu or visit <http://getcreative.artinstitutes.edu/collegebound/tampa>.

Space per class is limited – sign up soon!

The Art Institute of Tampa, a branch of Miami International University of Art & Design 4401 North

Himes Ave. Tampa, FL 33614

Art Trip

Mrs. Mitchell's Art class went to New York for Spring Break!



