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PHOENIX NEWS

Soaring to New Heights

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Brooks DeBartolo was on fire Friday, the 8th. There was no way the Phoenix girls were going to let Carrollwood Day off the hook in a Class 3A, District 9 final. "We were going to beat them with defense," Brooks DeBartolo senior Triniti Youngblood said, "Defense wins games. Defense." Brooks DeBartolo beat the defending Class 3A state champs 42-39. Congratulations to Coach Wilbur, the coaching staff, and the Lady Phoenix Basketball on their district win!



IMPORTANT DATES

- 2/26/21- EIGHT PERIOD GARNET DAY; RANK FREEZE FOR SENIORS
- 3/1/21- EARLY RELEASE AT 2:10 PM
- 3/3/21- SAT DAY AT BDCHS
- 3/5/21- GARNET DAY
- 3/6/21- MOCK TRIAL COMPETITION
- 3/15-19/21- SPRING BREAK
- 3/22/21 NO SCHOOL

Principal's Corner



As we prepare for an extremely busy assessment season, it is really important for our students and parents to read all of the communication sent from the BDCHS Assessment email. We use the parent email on file from the student's emergency card. If you need to update your email, please email idorta@bdchs.org. We also email students on their BDCHS Phoenix account. Students should be checking their email on a daily basis. The most recent communication is about the upcoming SAT Day on March 3rd for 11th graders and for a few 12th graders.

We began FSA Retakes last week and FSA testing continues this week. For FSA, Ms. Patwell emails each student to tell them their testing date and time. Unfortunately, we had several students missing from testing and this could impact meeting graduation benchmark requirements.

The important emails from the school will also provide instructions for students who are not testing for the day. Parents, please discuss the emails you receive with your student to ensure they understand the information you have received. This testing season is truly a team effort, and we need everyone's help to make it as smooth and successful as possible for our students. If for any reason, you are not receiving emails, please contact ITSupport@bdchs.org. Our emails to parents are also archived on the Family Portal page if you ever need to see archived information.

Thank you for all you do to help support the staff and students during this important and challenging Spring testing season.

Thank you,
Dr. Bennett



A Note From the School Nurse



Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Heart Healthy Tips

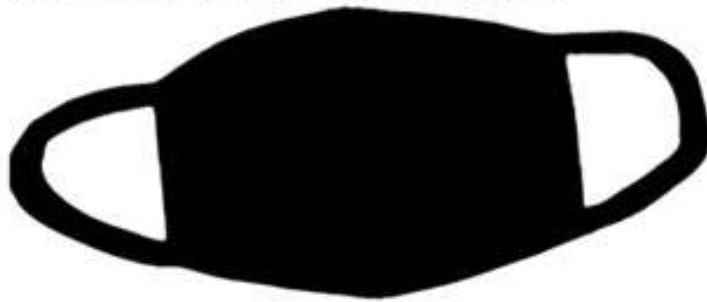
- Monitor your blood pressure and blood sugar if needed.
- Keep an eye on your weight to make sure it stays within or moves toward a healthy range.
- Pep up your meals with a fresh herb or spice as a salt substitute or prepare a simple, new, heart-healthy recipe.
- Try a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure.
- Add regular movement into your daily routine.
- Make a plan to quit smoking or vaping.
- Learn more about heart health at nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.

CONTACT NURSE KLAKRING

sklakring@bdchs.org
813-971-5600 ext. 256



**DO YOU
NEED A
FABRIC
MASK
REFRESH?**



WHEN:
Anytime during school hours

WHERE:
BDCHS Clinic

**IF YOUR
MASK IS
DIRTY,
TORN,
OR
DRIVING
YOU
CRAZY
COME
SEE
NURSE K.
IN THE
CLINIC!**

PAC Corner

With your support the PDQ Fundraiser has raised a total of **\$23,550**. Money from the first five cards sold went towards school improvements and additional funds were allocated as you specified. See below for an accounting of how funds were distributed. For specific questions about how the funds were used, please contact the club/group/team directly.

Club/Group/Team	Amount	Club/Group/Team	Amount	Club/Group/Team	Amount
Art NHS	\$135.00	Cross Country	\$1,124.00	SOCA	\$120.00
Arts	\$1,353.00	Flag Football	\$60.00	Soccer (Boy's)	\$594.00
Athletic Booster	\$225.00	Forensic Science	\$60.00	Soccer (Girl's)	\$495.00
Athletics	\$250.00	General Funds	\$132.00	Softball	\$878.00
Band/Music	\$228.00	Math Department	\$51.00	Spanish Department	\$150.00
Baseball	\$840.00	Minecraft	\$30.00	Steffen Homeroom	\$60.00
Basketball (Boy's)	\$1,076.00	Mu Alpha Theta	\$22.50	Student Council	\$962.00
Basketball (Girl's)	\$2,702.00	National English Honor Society	\$538.00	Tennis	\$381.00
Beach Volleyball	\$108.00	National Honor Society (NHS)	\$225.00	Volleyball (Boy's)	\$342.00
Bowling	\$514.00	National Honor Society (SNHS)	\$384.00	Volleyball (Girl's)	\$594.00
Building improvements	\$412.00	Phoenix Fire Running Club	\$84.00	Yearbook	\$153.00
Cheerleading	\$177.00	Science and Technology (ROV)	\$1,587.00		
CLIC	\$90.00	Science NHS	\$57.00		
TOTAL CLUB DEPOSITS	\$17,194.00	INSTRUCTIONAL ENHANCEMENT	\$6,356.00	TOTAL	\$23,550.00

Our next virtual PAC Town Hall meeting is scheduled for **Wednesday, March 9th at 5:30PM**. The topic is *Implicit Bias* and will be led by our own *BDCHS Staff*. Additional details will be provided soon. You will earn volunteer hours for your participation in our Town Hall meeting.

PAC, in conjunction with the Development Committee, will be hosting several Spirit Night events at local restaurants over the next few months. Information about each event will be communicated. A portion of sales from each restaurant will be donated to BDCHS.

Your PAC Coordinator, Retina Johnson



Hosted by the Office of Congressman Scott Franklin

Saturday
March 6, 2021
9:00-10:00 AM

Hillsborough Community College
Trinkle Center
1206 N Park Rd, Plant City, FL 33563



U.S. Military Service Academy Information Session
Application Process
Academy Requirements
Congressional Nominations

Social distancing in effect. Face masks required.

Contact information for liaison officials from each academy will be available.

8th, 9th, 10th and 11th Grade Students interested in attending an Academy are encouraged to attend this information session

College Acceptances

With the rush of college applications, congratulations to the following students for their acceptances!

Andres Andujar - Loyola University Chicago, University of Illinois
Eryk Chazares - Penn State University, Purdue University
Brooke Maggio - Saint Leo University, USF
Jace Hoffman - Saint Leo University
Riana Irani - Saint Leo University, USF
Julissa McGovern - Saint Leo University
Sarah Correa-Pagan- Saint Leo University
Josey Rodriguez - Saint Leo University
Sarah Atkin - Saint Leo University
Hannah LaBohn - The University of Alabama
Nicholas Tomsich - UCF, USF
Owen Tomsich - UCF, UNF
Jace Hoffman - UCF, USF
Myra Wilson - University of Alabama
Allison Trask - University of Arkansas
Nick Porcelli - UCF, UNF
Austin Stirling - UCF, UNF
Paige Moose - UCF
Kodi Bloomfield - UCF, Brigham Young University, Florida State University, Saint Leo University
Ashanti Pitts - University of Kansas
Francesca Lee - USF
Logan Dubs - University of South Florida
Mikayla Alman - University of South Florida
Jadon Jackson - USF
Isabella DiCecco - USF
Josey Rodriguez - University of Tampa
Mary Hull - USF
Sofia Botero - USF
Suehayley Ruiz - Valdosta State University
Jose Adriano Sinfon - Florida State University, USF, Clemson University

FAFSA

This is a reminder to Phoenix Senior Families that it is highly encouraged for you to fill out the application for Free Application for Federal Student Aid (FAFSA). BDCHS is currently #1 in Hillsborough County in completed applications with a 53% completion rate, but we would like to exceed last year's completion rate of 82%.

Please take the time to complete this at www.fafsa.gov. We strive to be Phoenix Strong and finish out the year in the #1 position, thank you for your support in helping us reach this goal!



Be the Change!



Can you be a Changemaker for BDCHS?

Our Changemaker initiative kicked off on Tuesday, February 18. We are looking for all our families to round up their change and to raise money for building improvements and instructional enhancements. It's so simple to support BDCHS!

1. Sign up your credit card
2. Shop anywhere with your card
3. Your change will be rounded up and donated to BDCHS!

Please find the QR code to sign up!



Sports Schedules

Softball

Hernando Christian

Tuesday, 3/2 at - 4:00PM

Cypress Creek

Thursday, 3/4 at - 4:00PM
(Home)

Seven Rivers

Tuesday, 3/9 at - 6:00PM

Cambridge Christian

Tuesday, 3/30 at - 4:00PM

St. Pete Catholic

Thursday, 4/1 at - 2:00PM

Hudson High

Thursday, 4/8 at - 4:30PM
(Home)

Boys Varsity Volleyball

Berkeley Prep

Friday, 3/2 at - 5:30PM

UAF

Friday, 3/4 at - 6:30PM
(Home)

Tampa Heat

Tuesday, 3/11 at - 6:30PM
(Home)



Sports Schedules

Boys and Girls Tennis

Berkeley Prep

Location: On Campus at Berkeley

Thursday, 3/4 at - 4:00PM

Cambridge Christian

Location: HCC

Tuesday, 3/9 at - 4:00PM

Academy at the Lakes (Girls Only)

Location: Sarah Vande Berg Tennis Center

Friday, 3/12 at - 4:00PM

Seffner Christian

Location: Hunters Green

Friday, 3/12 at - 4:00PM

Bishop McLaughlin

Location: Veteran's Memorial Park

Tuesday, 3/23 at - 4:00PM

Academy of Holy Names (Girls Only)

Location: HCC

Thursday, 3/25 at - 4:00PM

Hernando Christian

Location: Bud McKethan Park

Tuesday, 3/30 at - 3:30PM

District Tournament

Location: Northdale Tennis Center

Thursday & Friday 4/15 & 4/16 at - 8:00AM - 4:00PM



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with our code: 9248321



the
silver
lining
2021