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# PHOENIX NEWS

## Soaring to New Heights

### INSIDE THIS ISSUE:

Important Dates	Page 1
Principal's Corner	Page 1
A Note from our Nurse	Page 2
Hands only CPR	Page 3
Phoenix In The Arts	Page 4
National School Councilors Week	Page 5
College Acceptances	Page 6
Development Committee	Page 7
Phoenix Sports	Page 7
Sports Schedules	Page 8



It is finally February, the month where we are able to remember the African Americans who have made history. This month allows us to commemorate the important events African Americans have created throughout time. We would like you all to celebrate Black History Month with us by educating oneself on the importance of African American history.



### IMPORTANT DATES

2/3/21- EDUCATION COMMITTEE MEETING, 5:00PM

2/4/21- SAL MEETING 3:30PM

2/5/21- 8 PERIOD GOLD DAY, QUARTER 2 HONOR ROLL

2/8/21- NON-UNIFORM DAY FOR PERFECT ATTENDANCE, EARLY RELEASE DAY, VIRTUAL CONFERENCE NIGHT 4:30PM

2/9/21- NON-UNIFORM DAY FOR HONOR ROLL

2/10/21- DEVELOPMENT COMMITTEE, 9:00AM; FINANCE COMMITTEE 2:00PM

2/12/21- NONSTUDENT DAY

### Principal's Corner



In reflecting on the first half of the school year during this unique time of education and of our nation, I hold onto the values of kindness, seeking to understand others, and service to others. The best educators seek to understand students to build relationships and to foster learning. Relationship-building the way we have done during traditional learning environment times has been disrupted; yet we carry on, reaching out to students virtually and face to face. As we begin this new semester, students, please be kind to your peers. You never know what they may be going through. Make the most of your time while here at Brooks DeBartolo because time passes so quickly. Be more patient with one another. Help others whenever you can and ask for help when you need it. We are a community of caring individuals who want the best for our students. We hold all to high expectations and provide abundant support. In this second half of the school year, we have much to look forward to. Our seniors are receiving their college acceptances and are working towards their postsecondary goals, students are achieving academically, athletically, artistically, and scientifically. Our artists, writers, and ROV-ers are creating great works. Our teachers are innovating and continue to intentionally instruct. Our support staff continues to work behind the scenes so that we can all focus on student achievement and safety in the best learning environment possible. It is a great time to be a Brooks DeBartolo Phoenix!

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](http://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.

### CONTACT NURSE KLAKRING

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## Hands Only CPR Can Save a Life



### How to Perform Hands Only CPR

1. Call **911** if the person is unresponsive
2. Kneel next to the person, placing the heel of your hand on the center of their chest and the heel of your other hand on top of your first hand. Lace your fingers together.
3. Position your body so that your shoulders are directly over your hands and keep your arms straight.
4. Push hard and push fast. (Aim for around 100 compressions per minute at 2 inches in depth.)
5. Continue CPR until the AED or First Responders arrive.

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrest die. CPR, especially if performed immediately, can double or triple a victim's chance of survival.

### Two steps to save a life:



Call Right Away!



Push Hard & Fast in  
the Center of the Chest!

TAKE 60 SECONDS TO LEARN HOW TO SAVE A LIFE

Visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video.

## Phoenix in the Arts

Saige Davis received a “Gold Key” award in the Scholastic Art and Writing Awards for her drawing of Mae Jemison.

Mae Jemison was the first woman of color to travel into space in September of 1992.



Congratulations to Cat Porricolo for her entry in the 14th Congressional District and Next Generation High School Art Competition at the Tampa Museum of Art. This beautiful piece was one of many submissions from nearly 20 high schools.

“Men Cry Too” by Catherine Porricolo was selected for inclusion in the show and will be displayed at the Tampa Museum of Art, March 4-April 4. Don’t forget to show your support and check it out for yourself!

## National School Counselor's Week

This week we celebrate our school counselors for National School Counselor Week! Thank you counselors for all you do!



## College Acceptances

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

Sofia Botero - University of South Florida  
Julissa McGovern - Saint Leo University  
Paige Moose - University of Central Florida  
Eryk Chazares - Penn State University  
Nicholas Tomsich - University of South Florida, Florida Gulf Coast University  
Josey Rodriguez - Florida Gulf Coast University  
Nick Porcelli - Florida Gulf Coast University  
Jose Adriano Sinfon - Florida Atlantic University, Louisiana State University, Florida Institute of Technology, Florida Polytechnic University, Louisiana State University  
Myra Wilson - University of Alabama  
Marlon Edwards - Carnegie Mellon University  
Hannah LaBohn - Indiana University  
Sarah Correa-Pagan - Florida Institute of Technology, Hawai'i Pacific University, Florida Gulf Coast University, Saint Leo University, Florida Atlantic University  
Riana Irani - University of South Florida  
Isabella DiCecco - University of South Florida  
Jadon Jackson - University of South Florida  
Eryk Chazares - Purdue University  
Kodi Bloomfield - University of Central Florida  
Jace Hoffman - St. Leo University, University of Central Florida  
Mikayla Alman - University of South Florida  
Matthew Fernandez - Georgia Institute of Technology



## Development Committee

The Development Committee is excited to share that they will soon be launching a simple, easy, fundraiser.

The Changemaker Initiative enables people to donate their change in a contactless alternative way that requires less work from parents than traditional school fundraisers! This unique fundraising program promotes giving, leadership, and ‘making change’ in our school community. We are excited because it is an EASY and CONSISTENT way to raise funds, but also encourages our students to be CHANGEMAKERS in their community. Becoming a Changemaker is simple: sign-up a credit or debit card, shop anywhere & impact our school.

More information will be shared soon.

## Phoenix Sports

On Wednesday, the 27th, the Girls Soccer team had their last game against Universal Academy. They blew the team out with an amazing score of 8-0. Our seniors are Ana, Reagan, Jazmine, Brooke, Chloe, and Sofia. They have played their hardest for the past 4 years at Brooks. They have exceeded exceptionally in their academics. We are very proud of our girls and can't wait for them to do amazing things in the future.



## Sports Schedules

### Girls Varsity Basketball

Thursday, Feb 11  
Regional Quarterfinals

Tuesday, Feb 16  
Regional Semifinals

Friday, Feb 19  
Regional Finals

Tuesday - Saturday, Feb 24 - 27  
State Tournament at  
The Lakeland Center



### Boys Varsity Basketball

Friday, Feb 5  
Vs. King (Senior Night)  
7:00 - 8:30 Pm

Monday, Feb 8  
District Higher Seed Host

Tuesday, Feb 9  
Vs. Seffner at Seffner  
6:00 - 7:30 Pm

Friday, Feb 12  
District Final at Seffner