

CARDINAL FLYER

MARCH 31ST, 2023

CHILDREN'S BOOK DRIVE: APRIL 3RD - 14TH

BVM is initiating a project to collect gently used children's books (Pre-K to Sixth Grade) to donate to the United Methodist Church of the Resurrection Bookmobile program, which delivers these books to underprivileged kids in the KC area.

These books will be collected by students daily and they will keep the totals for each FLEX.

The Flex that collects the most books will be awarded with an Ice Cream party. Books will be collected from Monday, April 3rd through Friday, April 14th.



SEVEN DAYS: APRIL 5TH - 13TH

Give Seven Days is a week that focuses on kindness and community. At school, we will be sharing this video (<https://www.youtube.com/watch?v=bDLnRdjKRBA>) with students on Tuesday to review the history and the meaning behind Give Seven Days. During the week of April 5-13 students will be receiving a sticker each day and a morning announcement with a challenge for kindness. There will be a kindness walk on April 16th at the Church of Resurrection. Here is more information: <https://sevendays.org/events/2023-kindness-walk>
Please join us in celebrating kindness and community with these challenges:

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD APRIL 2023

Mission: SevenDays® overcomes hate by promoting kindness and understanding through education and dialogue.

Vision: Make a Ripple to Change the World by Connecting Communities.

HOME RESOURCES

DAY, THEME AND SUGGESTED ACTIVITIES



LOVE - Reach out to those whom you care about

Make it a day full of love. Write a small note to each family member to show them your appreciation and love. Show love to someone you miss by sending them a message of reconnection.



DISCOVER - Take time to broaden your worldview

Discover something new today. Take time to learn about another religion, culture, or group of people that pique your curiosity. Research with your family. Look for similarities, differences, and discuss what surprises you.



OTHERS - Give of yourself to others

By offering kindness with your time and gained understanding of "others" in our community, you strengthen our community. Watch a movie or read a book about someone who is different from you. Give a token of kindness (flowers, a note, homemade cookies, etc.) to an "other" in your community. Consider donating blood to the Community Blood Center during our focused SevenDays® blood drives.



CONNECT - Virtually gather together with others

Connect with people today. Take time to connect in whatever way you can. Call a family member that you don't talk to often. Schedule a family reunion via a video platform. Schedule a virtual Happy Hour with friends and include someone you want to know better.



YOU - Taking care of YOU - mind, body and soul

Do something good for you today. Think about what makes you happy, then take the time to do it. You have our permission to focus on yourself today. Acknowledge that self-care is necessary for you and those around you.



GO - Go out into the world

Be more active personally and in the world. Fresh air, sunshine and kindness work well together! Show kindness while being outside. Pick flowers from your garden and give them to a neighbor or consider cleaning up trash in a local park.



ONWARD - Move forward with purpose

Register for our SevenDays® Kindness Walk from our website. You can also host your own Kindness Walk encouraging family and neighbors to join you in committing to one year of Kindness. Holding yourself and each other accountable, discuss the importance of continuing onward with kindness and outline planned actions for your neighborhood.

WWW.SEVENDAYS.ORG

Explore many options to engage in Kindness through our website.
<http://SevenDays.org>

#BeTheRipple
#GiveSevenDays



DEODORIZERS & BODY SPRAY AT SCHOOL

It is school policy that students not bring aerosol deodorizers and body sprays/mists into the building. Only stick deodorant is permitted

BLACK & GOLD

APRIL 1, 2023 • 7-10 PM AT CHICKEN N PICKLE • ADULTS ONLY

**DINNER*, RAFFLE, AUCTION
PICKLEBALL TOURNAMENT**



USE THE QR CODE OR VISIT BVHSPTO.ORG FOR TICKETS

SPIRIT WEAR OR BLACK AND GOLD CASUAL ATTIRE SUGGESTED

\$40 EARLY BIRD • \$50 AFTER MARCH 9

ALL PROCEEDS BENEFIT BVHS ACTIVITIES, CLUBS AND SPORTS

***INCLUDES TWO DRINK TICKETS**

BVH BLACK & GOLD EVENT

The Black & Gold Party is the parent social event for the year and is a great opportunity for all BVM and PSM families especially those with incoming 8th graders to get acquainted with our school. We hope you can join us! Below you'll see the Top Ten Reasons to attend our Black & Gold Party

10 THINGS TO KNOW ABOUT BLACK & GOLD ON APRIL 1

1. The Early Bird deadline is approaching! Tickets to Black & Gold are only **\$40 if purchased by March 9** and \$50 starting March 10. To buy tickets, click [here](#).
2. Raffle tickets are on sale now for a football autographed by two-time Super Bowl and NFL MVP **Patrick Mahomes** and a jersey signed by eight-time Pro Bowler **Travis Kelce**. Tickets are \$20 each or 6 for \$100. You can own a piece of history and raise money for BVHS! You do not need to attend the event to buy raffle tickets. To purchase, click [here](#).
3. This year we are hosting a pickleball tournament featuring a celebrity team headed by **Matt Besler**, former Sporting KC player and member of the US National Soccer Team. Each pickleball team is guaranteed three games—two round-robin games, then single elimination—and players are welcome to continue playing on the remaining open indoor courts after their tournament play has concluded. The pickleball package is \$150 and includes three hours of pickleball and event tickets **for two people**. To register, click [here](#).
4. We will be showing the Men's Final Four basketball game during the event in both the party room and the pickleball courts. Come watch with your friends!
5. Suggested attire is Tiger Casual. Wear your favorite BVHS tees and sweats!
6. We are still gladly accepting sponsors! Sponsors receive free event tickets as well as recognition at the event and throughout the 23-24 school year. To sponsor Black & Gold, click [here](#).
7. If you have an item you would be willing to donate to our auction, notify us [here](#).

8. If you are willing to serve on a committee or help the night of the event, sign up [here](#).

9. We were able to secure an extra hour in our event space, so please note that Black & Gold will actually end at 11:00, not 10:00.

10. The auction will go live online on March 21. You do not need to attend the event to bid on auction items. Watch for a notification when we go live to take advantage of our Buy it Now options.

Questions? Contact Julie Rudman (913-486-8459 or Rudwell2@aol.com) or Yolonda Merritt (516-841-7475 or yovid99@yahoo.com).



KCATM & MATHLETICS TEAM COMPETITION APRIL 1ST

KCATM contest and Mathletics back again this year! Please find information at <http://kcatm.net/contest.html> There will be an in-person Mathletics team event, called KC-Counts, at Park Hill High School on Saturday, April 1st. If you have any questions, or would like to participate, please contact [Mrs. Mason](#)

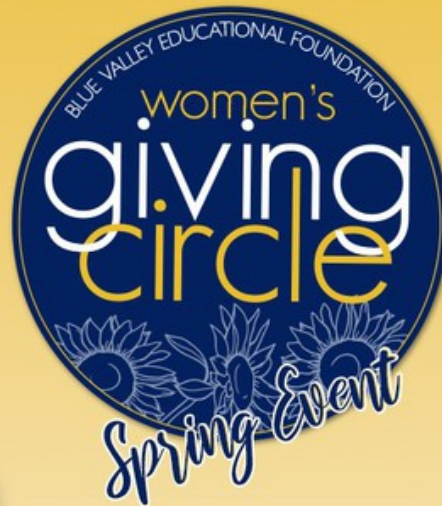
BLUE VALLEY SUMMER EXPLORATIONS ENROLLMENT NOW OPEN! REGISTER BY APRIL 3RD

Looking to add a little STEAM to your summer? Try out our “STEAMing into Summer” course. Are you interested in designing games? Sign up for “Game On” and challenge yourself to a new game. These are just a few examples of the array of opportunities available through Blue Valley’s Summer Explorations program, designed to engage students in learning through hands-on experiences and lots of fun. **Enrollment will remain open until 4 p.m. April 3.** All summer programs take place in person unless otherwise noted. For more information about the Summer Explorations program, visit www.bluevalleyk12.org/summerprograms.





PLEASE JOIN US



thursday 6-8 PM
APRIL 20TH, 2023
Iron Horse Club House | 15400 Mission Road

\$100 donation | Register today
Invite your friends and network to join us.

[Click here to RSVP](#)
Space is limited. Your payment is your reservation.

Thanks to the generosity of our event sponsor, BVEF Board Member Katie Bruels & an anonymous membership challenge donor, 100% of your gift will fund Women's Giving Circle Grants.

ABOUT WOMEN'S GIVING CIRCLE

A giving circle is participatory philanthropy, individuals make donations that are pooled and collectively awarded to the winning grant. For the BVEF Women's Giving Circle, up to three grants will be presented to members at the spring event. A \$100 donation entitles an individual to attend the event and to vote for the grant of their choice. Up to \$15,000 will collectively be awarded to the winning grant.

Want to participate, but can't attend? All registered Women's Giving Circle members will receive copies of the grant proposals and an opportunity to vote prior to the gathering.

UPCOMING EVENTS

National Occupational Therapist Month
School Library Month

Monday April 3

Zumba Club 3-4p in Room 603

Tuesday April 4

Cubing Club 3 - 3:55p in Room 106 (FNAL MEETING)

Drama Club 3p-4p in Commons

STUCO 3p-4p in Room 103

Wednesday April 5

Paraprofessional Appreciation Day

FCA 7a-7:50a in Room 102

Chess Club 3p-4p in Room 102

Yoga Club 3:15-4p in Room 108

Yearbook Club 3p-4p in Library

Diversity Council 3p-4p in Room 112

Thursday April 6

Anime & Gaming Club 3p-4p in Room 809

MathCount Club 3p-3:45p in Room 806

Friday April 7



KC Medicine Cabinet.pdf

[Download](#)

110.8 KB



7 days home resource.pdf

[Download](#)

607.3 KB