

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**FRIDAY, JULY 17TH, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Health & Motivation	In this activity, Ms. Mia will show us how to make yogurt fruit pops. This is a healthy treat and super refreshing for these hot days. It is a great substitution for ice cream.  <a href="#">Click Here</a>
<b>The Arts</b>	Get Crafty/The Arts	It's summer and if you haven't noticed, the temperature is beginning to heat up! Most of us might not have an A/C or an easy way to cool off, but here's this video that will show you how to make your own cool fan at home! <a href="#">Click Here</a>

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<b>Education</b>	How it works!	How is it already that time of year again?! The semester is coming to an end and finals are fast approaching... Are you ready to ace your exams? We'll help you reduce your test anxiety and show you the best way to cram. Tune in! <a href="#">Click Here</a>
<b>Leadership</b>	Take The Lead	This talk will expand on why youth can have a very powerful voice in their community and empower them to take action. Sean will address the issues of youth representation in the community and government. He aims to nurture the idea that the youth of a community should be a key part of its growth. <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Sports	Get a full body workout by following along with this tough workout video. Push yourself and try to do as much as possible, but always know your limits. <a href="#">Click Here</a>