

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, SEPTEMBER 2, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Workout Challenge	Twenty-minute full body workout that you can do with or without dumbbells. It's totally fine if you don't have weights at home, the video includes low impact alternatives that you can follow. Click Here
Health & Wellness	Skincare	Ms. Arnelle conversates on blackheads and the little things you can make at home to remove them. Learn more about blackhead removal and the harm it can do to your skin if they are not treated. Beware of using ingredients you are allergic to. Click Here
Character and Citizenship	Mindfulness	At Mission High School, witness how dynamic mindfulness is transforming this historic high school in the heart of San Francisco. What do you know about mindfulness? Click Here