

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**  
**TUESDAY, NOVEMBER 17<sup>TH</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Cardio Workout	Check out this full body dance cardio workout with Madfit using throwback songs from the 90's. <a href="#">Click Here</a>
<b>Arts</b>	Get Crafty! Arts	Today's Girls Code activity Ms. Kim teaches how to paint with sharpies and rubbing alcohol. Show us what you can do and tag us on your social media. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Introvert Leadership	In this video, Richard McMunn discusses how to be a great leader! It does not matter whether you are a Team Leader, the captain of a sports team, or the leader of a large organization, the 7 leadership skills contained within this video will enable you to make better, more effective decisions and allow you to grow a high-performing team! <a href="#">Click Here</a>