

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL
TUESDAY, FEBRUARY 2ND, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Cardio	A full body DANCE cardio routine to 2010's music! A great way to get a sweat on, and it's guaranteed to put a smile on your face! Click Here
Health & Wellness	Inspiration	Ms. Arnelle discusses the importance of good hygiene and discusses the pros and cons of commonly used skin care items. Watch as she teaches us how to make our own natural spray. Click Here
Character and Citizenship	Leadership	There are 7 leadership qualities that all great leaders possess. The positive thing is leadership characteristics can be learned and practiced making it possible for everyone to become a great leader. Click Here