



# The Paladin News

Vol. 5 Issue 8 April 2014

## Inside This Issue

BHCS Prom 2014	1
E	2
B	3
April Birthdays	4
What's Hot at the Movies	4
	5
Monthly Calendar	6

## Morning Motivations

- April 4  
No School/BHCS Prom
- April 11  
Spring Break
- April 18  
Mr. Malloy
- April 25  
Mr. Salveter

## Newsletter Editor

Mrs. Porter

## Bishop Hall Charter School Prom 2014

*Thomas University Senior Class  
Cordially Invites you to  
A Night in Disguise*

*Friday, April 4th, Two thousand fourteen  
7:00—11:00 in the evening  
Old Center Middle School Gym*



# BHCS Spring 2014 Experientials

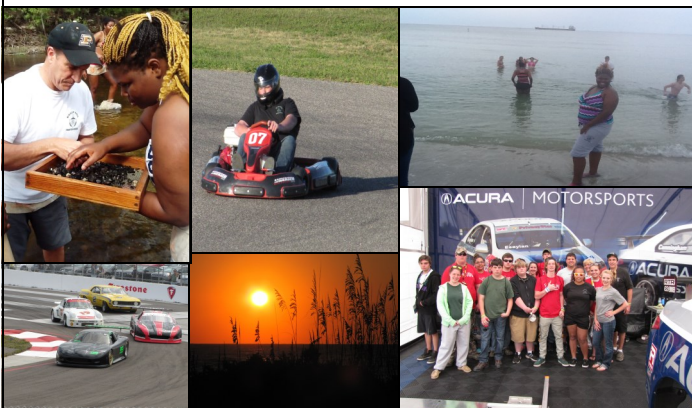
## Mr. Malloy & Ms. Winter Wallwood Experiential March 31—April 3, 2014

- Wall Climbing in Tallahassee
- Skeet Shooting
- Canoeing
- Trust & Team Building Activities
- Low COPES Course
- High COPES Course
- Wall Climbing & Repelling



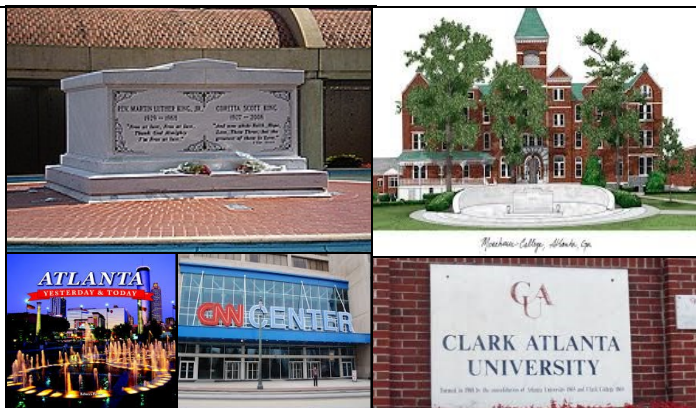
## Mr. Salveter & Mrs. Hicks St. Petersburg, Florida Experiential March 26—28, 2014

- Fossil Hunting with Mark Rentz
- Go-Karting
- Time at the Beach
- Watching the Grand Prix
- Q & A with Drivers & Pit Crew



## Mr. Rich & Dr. Wiggins Atlanta Experiential March 31—April 2, 2014

- Morehouse College
- Clark Atlanta University
- Martin Luther King, Jr. Center
- CNN Center



## Mrs. Porter St. Petersburg, Florida Art Experiential March 26—27, 2014

- Dali Museum
- Andy Warhol
- Morean Art Center
- Chihuly Collection
- Glass Shop & Hot Spot



## Body Piercing



### Body Piercing & What to Expect

A body piercing is exactly that — a piercing or puncture made in your body by a needle. After that, a piece of jewelry is inserted into the puncture. The most popular pierced body parts seem to be the ears, the nostrils, and the belly button.

If the person performing the piercing provides a safe, clean, and professional environment, this is what you should expect from getting a body part pierced:

- The area you've chosen to be pierced (except for the tongue) is cleaned with a germicidal soap (a soap that kills disease-causing bacteria and microorganisms).
- Your skin is then punctured with a very sharp, clean needle.
- The piece of jewelry, which has already been sterilized, is attached to the area.
- The person performing the piercing disposes of the needle in a special container so that there is no risk of the needle or blood touching someone else.
- The pierced area is cleaned.
- The person performing the piercing checks and adjusts the jewelry.

The person performing the piercing gives you instructions on how to make sure your new piercing heals correctly and what to do if there is a problem.

### Before You Pierce That Part

If you're thinking about getting pierced, do your research first. If you're under 18, some places won't allow you to get a piercing without a parent's consent. It's a good idea to find out what risks are involved and how best to protect yourself from infections and other complications.

Certain sites on the body can cause more problems than others — infection is a common complication of mouth and nose piercings because of the millions of bacteria that live in those areas. Tongue piercings can damage teeth over time. And tongue, cheek, and lip piercings can cause gum problems.

People with certain types of heart disease might have a higher risk of developing a heart infection after body piercing. If you have a medical problem such as allergies, diabetes, skin disorders, a condition that affects your immune system, or a bleeding disorder — or if you are pregnant — ask your doctor about any special concerns or precautions you should take beforehand. Also, it's not a good idea to get a body piercing if you're

prone to getting keloids (an overgrowth of scar tissue in the area of the wound).

If you decide to get a body piercing:

- Make sure you're up to date with your immunizations (especially hepatitis B and tetanus).
- Plan where you will get medical care if your piercing becomes infected (signs of infection include excessive redness/tenderness around the piercing site, prolonged bleeding, pus, and change in your skin color around the piercing area) or if you have other problems, such as excessive swelling or bleeding.

Also, if you plan to get a tongue or mouth piercing, make sure your teeth and gums are healthy.

### Find a Safe & Sanitary Piercing Shop

Body piercing is regulated in some states but not others. Although most piercing shops try to provide a clean and healthy environment, some might not take proper precautions against infections or other health hazards.

If you decide to get a body piercing, do a little investigative work about a shop's procedures and find out whether it provides a clean and safe environment for its customers. Every shop should have an autoclave (a sterilizing machine) and should keep instruments in sealed packets until they are used.

Ask questions and make sure:

- the shop is **clean**
- the person doing the piercing **washes his or her hands** with a germicidal soap
- the person doing the piercing **wears fresh disposable gloves** (like those worn at a doctor's office)
- the person doing the piercing uses **sterilized instruments or instruments that are thrown away after use** the person doing the piercing **does not use a piercing gun** (they're not sterile)
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- the person doing the piercing uses **sterilized instruments or instruments that are thrown away after use**
- the person doing the piercing **does not use a piercing gun** (they're not sterile)
- the **needle being used is new** and is being used for the first time

*Article Continued, See Body Piercing on Page 5*

## March Birthdays

- 2 Kayla Spires
- 3 Kiana Collins
- 3 LaVandria Mitchell
- 4 Cameron Davis
- 21 Desja Wilson
- 25 Jordan Smith
- 27 Raven Crown
- 29 Romel Prophet



Were you **TARDY** to school or class? Did you sign out of school early? You are now on the "No Jeans" List? You aren't allowed to wear jeans on Friday?

**NOW YOU CAN!**

Here's how.

**You can pay  
Ms. Porter \$2 to wear jeans.**

*All proceeds go to a charitable organization. January, February and March proceeds will go to the Thomas County/Thomasville Animal Shelter*

## What's Hot At The Movies



### Son of God

**PG-13**

This major motion picture event -- an experience created to be shared among families and communities across the U.S. -- brings the story of Jesus' life to audiences through compelling cinematic storytelling that is both powerful and inspirational.



### In Fear

**R**

Adventurous young couple Tom and Lucy (Iain De Caestecker and Alice Englert) are en route to a music festival when they attempt to stop at a countryside hotel, and find themselves pursued by a malevolent stranger as all signs only seem to lead them further down the darkened, unfamiliar roads.



### Non-Stop

**PG-13**

During a transatlantic flight from New York City to London, U.S. Air Marshal Bill Marks (Neeson) receives a series of cryptic text messages demanding that he instruct the airline to transfer \$150 million into an off-shore account. Until he secures the money, a passenger on his flight will be killed every 20 minutes.



### 300: Rise of an Empire

**R**

Based on blockbuster '300,' this new chapter of the epic saga takes the action to a fresh battlefield--on the sea--as Greek general Themistokles attempts to unite all of Greece by leading the charge that will change the course of the war.



### Need For Speed

**PG-13**

Tobey Marshall (Aaron Paul) is a blue-collar mechanic who races muscle cars on the side in an unsanctioned street-racing circuit. Struggling to keep his family-owned garage afloat, he reluctantly partners with the wealthy and arrogant ex-NASCAR driver Dino Brewster (Dominic Cooper).



### Noah

**NOT RATED**

Russell Crowe stars as Noah in the film inspired by the epic story of courage, sacrifice and hope. Directed by visionary filmmaker Darren Aronofsky.

# Body Piercing

*Continued from Page 3*

- the **needle is disposed of in a special sealed container** after the piercing

- there are procedures for the **proper handling and disposal of waste** (like needles or gauze with blood on them)

It's also a good idea to ask about the types of jewelry the shop offers because some people have allergic reactions to certain types of metals. Before you get a piercing, make sure you know if you're allergic to any metals. Only nontoxic metals should be used for body piercings, such as:

- surgical steel
- solid 14-karat or 18-karat gold
- niobium
- titanium
- platinum

If you think the shop isn't clean enough, if all your questions aren't answered, or if you feel in any way uncomfortable, go somewhere else to get your piercing.

## Home Health Risks

If all goes well, you should be fine after a body piercing except for some temporary symptoms, including some pain, swelling at the pierced area, and in the case of a tongue piercing, increased saliva. But be aware that several things, including the following, can go wrong in some cases:

- chronic infection
- uncontrollable or prolonged bleeding
- scarring
- hepatitis B and C
- tetanus
- skin allergies to the jewelry that's used
- abscesses or boils (collections of pus that can form under your skin at the site of the piercing)
- inflammation or nerve damage

Depending on the body part, healing times can take anywhere from a few weeks to more than a year. If you do get a piercing, make sure you take good care of it afterward — don't pick or tug at it, keep the area clean with soap (not alcohol), and don't touch it without washing your hands first. Never use hydrogen peroxide because it can break down newly formed tissue. If you have a mouth piercing, use an alcohol-free, antibacterial mouthwash after eating.

If you're thinking of donating blood, be aware that some organizations won't accept blood donations from anyone who has had a body piercing or tattoo within the last year. This is because both procedures can transmit

blood-borne diseases you may not realize were passed on to you at the time of the piercing.

If your piercing doesn't heal correctly or you feel something might be wrong, it's important to get medical attention. Most important, **don't** pierce yourself or have a friend do it — make sure it's done by a professional in a safe and clean environment.

*Article copied from [http://kidshealth.org/teen/your\\_body](http://kidshealth.org/teen/your_body). For more teen articles, go to [kidshealth.org/teens/website](http://kidshealth.org/teens/website).*

*Reviewed by: [Mary L. Gavin, MD](#)*



Celebrate National Nutrition Month by really getting into food and making healthy changes you can stick with.

## Eat regularly

Start the day with a healthy breakfast, and eat balanced meals and snacks each day.

## Prepare healthfully.

Bake, broil and grill more often than frying. When cooking, use healthier fats like olive oil and sunflower seed oil instead of butter.

## Portion sensibly.

Watch portions to maintain a healthy weight and avoid overeating. An easy way is to use a 9-inch plate, rather than a 12-inch one. And if you eat out, split an entrée.

## Choose wisely.

Balanced nutrition means eating a range of foods. Make sure you have a couple of vegetable servings at every meal. Other important sources of nutrition include: fruits, grains, lean meats and beans, low-fat dairy and healthy fats.

## Swap out refined grains.

Start by replacing white rice with whole-grain rice instead. Then, move on to whole-wheat pastas and breads.

## Plan your snacks and treats.

Plan to enjoy higher-calorie treats like cake or cookies on special occasions or just once in a while. For more nutritious snacking, choose treats like fruit, low-fat yogurt and nuts. And pre-determine snack portions, so you don't overdo it.

**Daily Schedule**  
Monday—Thursday  
2013-2014

1st Period & Breakfast	8:00—8:55
Homeroom	8:55—9:05
2nd Period	9:05—9:50
3rd Period	9:50—10:35
4th Period	10:35—11:20
5th Period	11:20—12:05
Lunch	12:05—12:40
6th Period	12:50—1:40
7th Period	1:40—2:30

**Friday Schedule**  
Friday  
2013-2014

Homeroom	8:00—8:20
Morning Motivation	8:20—8:40
Friday Groups	8:40—12:00

**Open House**  
Bishop Hall Charter School Chapel  
2013-2014

August 12, Monday	5:30 PM
November 4, Monday	5:30 PM
February 17, Monday	5:30 PM
March 24, Monday	5:30 PM

**Graduation Dates**  
Thomasville Center for the Arts  
2013-2014

December 19, Thursday	6:30 PM
May 23, Friday	6:30 PM

# *April 2014*

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Malloy & Rich/Wiggins Trip	2 Malloy & Rich/Wiggins Trip	3 Malloy Trip	4 BHCS PROM	5 Saturday School 8 AM—12 PM
6	7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11 Spring Break	12 NO Saturday School
13 Palm Sunday	14	15	16	17 Maundy Thursday	18 Good Friday	19 Saturday School 8 AM—12 PM
20 Easter	21	22	23	24	25 School Out 12	26 Saturday School 8 AM—12 PM
27	28	29	30			