

# THE EARLYBARD

17 March, 2025



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BHSEC BRONX

# 17

**Monday: St. Patrick's Day**

**SPIRIT WEEK  
(All Week)**

**Women History Month**

Happy Monday, BHSEC Bronx! We're here with the latest updates and events that are happening this week. This week will be a mix of fun and locking in because...drums, please...it's midterm week! Look forward to the spirit week hosted by the Student Council. Please make sure to get ready and buckle up because this week, you're in for a ride!

## What's Happening This Week?

**Spirit Week:** Get ready BHSEC Bronx, because this week is all about school spirit! Each day this week has a fun theme! So be sure to show up in your best outfits!

**Monday (3/17)- Wear Green**  
Kick off the week by wearing green in honor of Saint Patrick's Day!

**Tuesday (3/18)- Jersey Day**  
Rep your favorite team by wearing a sports jersey! Whether it's basketball, baseball, or soccer! Just no Mets jersey... (Just kidding!)

**Wednesday (3/19)- Wear Pink**  
"On Wednesdays we wear pink!" - Karen Smith Mean Girls

**Thursday (3/20)-Twin Day**  
Find a friend, or a few, and dress alike! Whether it's matching hoodies or identical outfits get creative with your twin(s)!

**Friday (3/21)- Student-Teacher Swap**  
Step into someone else's shoes for a day! Whether it's students dressing like teachers or vice versa, let's switch things up to end spirit week!

**SPIRIT WEEK**

- MON WEAR GREEN 03/17**
- TUE JERSEY DAY 03/18**
- WED WEAR PINK 03/19**
- THU TWIN DAY 03/20**
- FRI STUDENT-TEACHER SWAP 03/21**

## St. Patrick's Day

**St. Patrick's Day:** Wonder why it's green all around the neighborhood? It's St. Patrick's Day on March 17th, this Monday. This holiday honors the patron saint of Ireland. At first, it was a religious feast, however over time it has grown into a global celebration of Irish culture. Not only is it religious but it's honorable. From parades to festivals, the day is filled with festivities to let everyone enjoy and have fun. Don't forget to wear green or you'll get pinched by those mischievous fairies. The first St. Patrick's Day parade was held in Boston in 1737, and another one in New York in 1762. Even though it is traditionally a religious event that originated in Ireland, the holiday is now globally celebrated around the world with Irish music, dancing, and much green!

WEEKLY PAPER

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## Women History Month Spotlight

In 2012, Malala Yousafzai was shot by the Taliban in the head for going to school. She survived, kept speaking up, and became the youngest person to win the Nobel Peace Prize. She spoke out about the importance of girl's right to education.

Yousafzai co-founded the Malala Fund to help girls get a safe environment to receive education. She also co-wrote *I Am Malala* to share her story. After her injuries recovered, she went to school and graduated from Oxford. She is known by people as one of the most influential voices for education but she is trying her best to improve education for girls so they can learn without fear. Her story inspires us to stand up for what's right which can come up with a cost but it creates real change in the communities around us.

## How to Survive Midterms Week?

Midterm week. It is the time of the year when Celsius and Monster cans are found in every classroom trash can, sleep schedules are all over the place, and we all collectively ask ourselves why we didn't start studying earlier. But don't panic, we have a couple of tips that might help you survive (and maybe even thrive) this dreadful week.

- Cramming is a trap- We've all been there (yes all of us.) Staring at a textbook the night before a test hoping that the information would magically sink in. Spoiler alert; it doesn't work. Study in intervals the week before and take breaks. Be kind to your brain, it's working hard!
- Caffeine is your friend, not a lifeline- A little caffeine as a boost? Great. Too much? You're shaking and wondering why you can't fall asleep. Balance it out with food and water. Yes, water. You need it.
- Sleep is not optional- I know it's tempting to pull that all-nighter and study, but your brain needs rest to remember things. So no sleep equals bad memory, which results in you flopping your midterm because you forgot everything you studied the night before.
- Find your study people- Sometimes studying with friends can make the process less stressful and actually fun. But make sure you're actually studying and not talking the whole time.
- Just breathe- One bad test score won't ruin your life (or maybe it will I don't know.) Just try your best, study hard, and when it's over treat yourself to something nice! You deserve it.

Good luck to you all! May your notes be clear, your stress levels below, and your midterms easy!

## A Final Note

As spirit week begins, we are not only celebrating our school pride but also St. Patrick's Day (shout out to Dr.Harte) and a little luck never hurts, especially during midterms week! March is also Women's History Month, a time to honor women and the amazing contributions they have made! Have an amazing week, and as always keep Bardin' on! If you have any questions or want to get involved, email us at [theearlybardbhsec@gmail.com](mailto:theearlybardbhsec@gmail.com).

**The Early Bard Team**