

Regular Schedule	
8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period

# The Daily Bulletin

Thursday, January 3, 2019

Green Day



Weekly Bell Schedule 01/01-01/04	
Monday	No School
Tuesday	No School
Wednesday	White
Thursday	Green
Friday	White

## News Updates

### Yearbooks

Friday, February 1<sup>st</sup> is the last day to order your yearbook. This is the only way to guarantee that you get a yearbook. The cost is \$65 and payment plans are available. Payments can be made at the ASB office.

### Baby Ads for the Yearbook

Senior Yearbook Baby Ad orders are due Friday, February 1<sup>st</sup>. Visit the following link to place your order.

<http://bit.ly/2AqAux8>

### LIVE: MVHSTV

MVHStv is now on Instagram. Stay up to date on live streams, news, sports, and most importantly, school update.

### Science Night Shirts

Design the 2019 Science Nigh Shirt this year! Entries are DUE Friday, January 25<sup>th</sup> by 12:30pm. See a teacher for the rules and entry form or pick one up in the main office!

## Important Phone Numbers for the High School

Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157

Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192

ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

### **Open Weight Room**

Open weight Room in the Mornings

Monday, Wednesday, Thursday 6:30-7:30 AM

Open Weight Room in the Afternoons

Tuesday, Wednesday, Thursday 2:45-4:00 PM

### **PE CBA Makeups**

PE CBA makeups are scheduled for Wednesday, January 16<sup>th</sup>. Meet in the gym, with Mr. Flores at 7am to sign in and prepare to complete the mile, crunch test, and seated stretch reach.

### **NHS Tutoring**

NHS will be hosting end of the semester tutoring in the Library, M-TH, from 2:30 to 3:30 starting December 10<sup>th</sup>. If you are a struggling student or need a quiet place to study for finals/end of the semester, come on by!

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	No School	No School	<b>Buffalo Chicken Bites</b> French Fries Fruit Nonfat & 1% Milk	<b>Breakfast for Lunch</b> Mini Pancakes With Sausage Links Blueberries Nonfat & 1% Milk	<b>French Bread Pizza</b> Carroteenies Mini Rice Krispy Treats Nonfat Chocolate Milk	
6	7	8	9	10	11	12
	<b>Beef Dippers</b> W/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Alfredo</b> Whole Grain Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Meat Ball Subs</b> Chips 1% Milk & NF Chocolate Milk	<b>Buffalo Chicken Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
13	14	15	16	17	18	19
	<b>Mandarin Orange Chicken</b> w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar 1% Milk & NF	<b>Lasagna Roll Ups</b> Green Beans Applesauce Cups Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Smothered Burritos</b> w/ salsa and Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
20	21	22	23	24	25	26
	<b>No School!</b> Martin Luther King Jr. Day	<b>Cheese Stuffed Breadsticks</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Bacon Ranch Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Penne Pasta w/ Meat sauce</b> Whole Grain Garlic Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Pepperoni and Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
27	28	29	30	31	1	2
	<b>No School!</b>	<b>Cook's Choice</b> Mini Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Hot Ham and Cheese Sands</b> Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	