

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

The Daily Bulletin

Friday, May 24, 2019

White Day



Weekly Bell Schedule 5/20-5/24	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White

News Updates

Sports Physicals 2019

MVHS will be hosting Sports Physicals this year in the Main Gym on June 11th from 5:30-7:00pm. You can make checks payable to MVHS for \$20.

Volunteer Opportunity

Any student wanting volunteer hours, here is a job for you! We need YOUR help cleaning up after Graduation on June 7th in the Gym from 8:30pm-10pm taking down décor, stacking chairs and removing the stage. Please sign up in the main office at the reception desk!

CBA Testing

PE Classroom Based Assessments (CBAs) are all day Thursday, May 23rd, and all day Friday, May 24th.

PE CBA makeups are only for excused absences and are on Wednesday May 29th, come either before school at 7 am or after school at 2:40. Meet at the track.

Running Start Students

If you are new to Running Start next year, you need to schedule an appointment with your counselor to complete your registration for fall quarter. The last day to do this is June 12, but registration for new students opens in late May. Counselors may not be available during the first week in June due to senior events and graduation so please plan accordingly.

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

Skagit Valley College

Skagit Valley College will be in the College and Career Center during second lunch to help with admissions and financial aid. They will also be here next Wednesday during both lunches.

Selective Services

This is a reminder for all men 18-25 to register for the Selective Services.

It's the law, a civic duty, and if young men fail to register they will lose critical benefits linked to Selective Service registration.

It takes 45 seconds to register at sss.gov. Don't forget, procrastinate, or wait until it's too late.

If you need more information, check with the Main Office.



MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	Mandarin Orange Chicken with Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Mini Burgers Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
5	6	7	8	9	10	11
	Sweet and Sour Chicken Brown Rice/Broccoli Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Hot Ham & Cheese Sandwiches Sun chips Melons Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cheese Stuffed Breadsticks/ Marinara Elf Grahams Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cooks Choice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
12	13	14	15	16	17	18
	Teriyaki Dippers With Brown Rice/Broccoli Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burgers French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spaghetti w/Meat sauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Chicken Bites Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
19	20	21	22	23	24	25
	Mandarin Orange Chicken/Broccoli Brown rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Teriyaki Beef Burgers Seasoned Fries Melons Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Breakfast for Lunch Omelet/Hash Brown Patty Sausage Links Apple sauce Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Alfredo Breadsticks Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
26	27	28	29	30	31	1
	No School!	Chicken Strips Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Bacon Ranch Burger Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Cook's Choice Day Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	