

Extended Advisory Schedule	
7:55 – 8:00	1 <sup>st</sup> Bell/Passing Time
8:00 – 9:10	1 <sup>st</sup> /5 <sup>th</sup> Period
9:15 – 10:10	Advisory
10:15 – 11:25	2 <sup>nd</sup> /6 <sup>th</sup> Period
<b>11:30 – 12:00</b>	<b>Lunch A</b>
<b>12:05 – 1:15</b>	<b>3<sup>rd</sup>/7<sup>th</sup> Period</b>
11:30 – 12:10	3 <sup>rd</sup> /7 <sup>th</sup> Period
12:15 – 12:45	Lunch B
12:50 – 1:15	3 <sup>rd</sup> /7 <sup>th</sup> Period
11:30 – 12:40	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>12:45 – 1:15</b>	<b>Lunch C</b>
1:20 – 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 30th

### Green Day



Weekly Bell Schedule January 28-31	
Monday	No School
Tuesday	Green Day – Advisory Schedule Pick Up
Wednesday	White Day
Thursday	Green Day- Extended Advisory
Friday	White Day- PM Assembly

## NEWS UPDATES

### Join us on February 20th for the Skagit Valley College

Try and Trade Field Trip! Learn about Skagit Valley College programs and tour the campus. Permission slips are available in the College and Career Center!

### Escuchen, Por favor!

If you are fluent in a language other than English, please come take the Spring Heritage Language test on Saturday, February 8th. It is the final test opportunity this year. Pick up a packet from Mrs. Gonzalez in Old Main 105. Turn-in deadline is **THIS FRIDAY!** There are only 70 spots available; **ITS FIRST COME, FIRST SERVED.**

## -----SENIORS-----

### **SENIORS! Scholarship season is here!**

The College and Career Center will host a scholarship lunch for all seniors today (1/31) during all three lunches. Lunch provided. We look forward to seeing you tomorrow.

### **LAST DAY FOR BABY ADS SATURDAY!**

If you still wish to have a baby ad in this year's Skagina, you must submit and pay for by Saturday, February 1st. No extensions will be available. [Baby Ad Link](#)

### **MVHS Graduation Ceremony**

will be held Friday, June 5<sup>th</sup>, 2020 at Angel of the Winds Arena in Everett. Overwhelmingly, our students and families have indicated this choice as their preference which was gathered from family and student surveys recently sent out by the Superintendent's office.

## **It's time for the 2020 Science Night T shirt contest!**

YOU could design the 2020 Science Night T shirt! All you have to do is submit your entries by Feb 14 @ 2:30pm. Get the rules, an entry form & see examples of past winners on your advisory google classroom or from any teacher! Turn your entry in to Ms. Farren. There is a giant envelope on her office door in nm300, or put entries in her mailbox.

## **Cheerleading Tryouts**

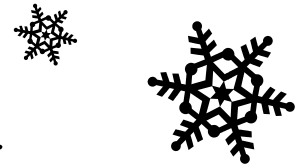
for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications will be released in mid-January. Tryouts are March 2, 3, 4, & 5. Email Coach Whitman with questions- [kwhitman@mvsd320.org](mailto:kwhitman@mvsd320.org)

## **All students are welcome to attend workouts**

on Mondays, Wednesday's, and Thursdays before school from 6:45-7:45am or after school from 2:45-3:45pm in the weight room.



**Special**  
*Growing Healthy Students!*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>6-Jan</b> Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>7-Jan</b> Buffalo Bites Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>8-Jan</b> Meatball Sub Chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>9-Jan</b> Spicy Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>10-Jan</b> French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>13-Jan</b> General Tso Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>14-Jan</b> Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>15-Jan</b> White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>16-Jan</b> Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>17-Jan</b> Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>20-Jan</b> <b>NO SCHOOL!</b> <b>Martin Luther King Jr. Day</b>	<b>21-Jan</b> Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>22-Jan</b> Chicken Bacon Ranch Burgers Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>23-Jan</b> Crispitos Flamas Sour Cream/Salsa Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>24-Jan</b> Buffalo Chicken Pizza Caesar Side Salad Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>27-Jan</b> <b>No School!</b>	<b>28-Jan</b> Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>29-Jan</b> Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>30-Jan</b> Buffalo Bites Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>31-Jan</b> Pepperoni Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>

**Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!**



This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.

