Extended Advisory Schedule				
7:55 – 8:00	1st Bell/Passing Time		Weekly Bell Schedule	
8:00 – 9:10	1 st /5 th Period	The Daily Bulletin January 28-31 Monday No School		
9:15 – 10:10	Advisory	inc Dany Duncan	Monday	No School
10:15 – 11:25	2 nd /6 th Period	Thursday, January 30th	5	
11:30 – 12:00	Lunch A	Thursuay, January Sour	Tuesday	Green Day – Advisory Schedule
12:05 – 1:15	3 rd /7 th Period	Green Day		Pick Up
11:30 - 12:10	3 rd /7 th Period	Oleen Day	Wednesday	White Day
12:15 - 12:45	Lunch B	solution and the second		
12:50 – 1:15	3 rd /7 th Period		Thursday	Green Day- Extended Advisory
11:30 – 12:40	3 rd /7 th Period		Eridou	White Day-
12:45 – 1:15	Lunch C		Friday	PM Assembly
1:20 – 2:30	4 th /8 th Period	24		
2:35 - 4:00	9 th /10 th Period			

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 a have a baby ad in this year's Skagina, you must submit and pay for by Saturday, February 1st. No extensions will be available. <u>Baby Ad Link</u>

MVHS Graduation Ceremony

will be held Friday, June 5th, 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- <u>kwhitman@mvsd320.org</u>

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.

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.





Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Beef Dippers	Buffalo Bites	Meatball Sub	Spicy Chicken Burger	French Bread Pizza
Steamed Rice/Broccoli	Seasoned Potato Wedges	Chips	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie
Fortune Cookie	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk
Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	
Nonfat Chocolate Milk				
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
General Tso Chicken	Teriyaki Burger	White Chicken Chili	Popcorn Chicken	Variety Pizza
Steamed Rice	Seasoned Potato Wedges	Tortilla Chips	Seasoned Fries	Caesar Side Salad/ MiniRice Krispie
Egg Roll	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Fortune Cookie	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat Chocolate Milk
Salad & Fruit Bar	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	***
Nonfat & 1% Milk				AT A
Nonfat Chocolate Milk		*****		
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
NO SCHOOL!	Breakfast for Lunch	Chicken Bacon Ranch Burgers	Crispitos	Buffalo Chicken Pizza
Martin Luther King Jr. Day	Mini Pancakes & Sausage Links	Seasoned Fries	Flamas	Caesar Side Salad
	Sakuma Strawberries w/ whip	Salad & Fruit Bar	Sour Cream/Salsa	Mini Rice Krispie
Stark.	Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar
****	Nonfat & 1% Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat & 1% Milk
***	Nonfat Chocolate Milk			Nonfat Chocolate Milk
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
	Cheese Stuffed Breadsticks	Mandarin Orange Chicken	Buffalo Bites	Pepperoni Pizza
No School!	Marinera Dipping Sauce	Steamed Rice/Broccoli 🔒	Seasoned Fries	Caesar Side Salad/Mini Rice Krispie
ter ut	Caesar Salad	Fortune Cookie		Salad & Fruit Bar
****	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Nonfat Chocolate Milk
***	Nonfat & 1% Milk	Nonfat & 1% Milk	Nonfat & 1% Milk	🔌 . 🏄
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	- 🛼 🔔 📕
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Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!



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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.