

**Governor Jay Inslee & Julissa Arce
PM Assembly Schedule – 1/31/2020**

7:55 – 8:00	1 st Bell/Passing Time
8:00 – 9:05	1 st /5 th Period
9:10 – 10:15	2 nd /6 th Period
10:20 – 10:55	Lunch A
11:00 – 12:05	3 rd /7 th Period
10:20 – 10:55	3 rd /7 th Period
11:00 – 11:30	Lunch B
11:35 – 12:05	3 rd /7 th Period
10:20 – 11:25	3 rd /7 th Period
11:30 – 12:05	Lunch C
12:10 – 1:15	4 th /8 th Period
1:25 – 2:30	Assembly
2:35 – 4:00	9 th /10 th Period

The Daily Bulletin

Friday, January 31st White 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 TOMORROW!

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 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!

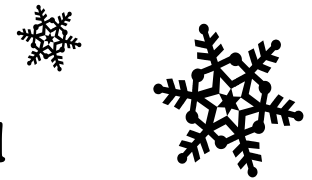
YOU could design the 2020 Science Night T shirt! All you have to do is submit your entries by Feb 14 @ 2:30pm. Get the rules, an entry form & see examples of past winners on your advisory google classroom or from any teacher! Turn your entry in to Ms. Farren. There is a giant envelope on her office door 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. Tryout Applications are available in NM 321 & the Athletic office. A Tryout Meeting will be held Feb. 6th after school in NM 321. Applications are DUE Feb.28th to Coach Whitman. A parent meeting for tryouts will be held Feb.27th in the library at 6:30pm. Tryout Google Classroom Code: thq6fdg
Email Coach Whitman with questions- 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
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Bites Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Meatball Sub Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
General Tso Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad/ Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
NO SCHOOL! Martin Luther King Jr. Day 	Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Bacon Ranch Burgers Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispitos Flamas Sour Cream/Salsa Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
No School! 	Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	 Buffalo Bites Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk 

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.

