

Wednesday Advisory	
8:00 – 9:15	1 <sup>st</sup> /5 <sup>th</sup> Period
9:20 – 9:50	Advisory
9:55 – 11:10	2 <sup>nd</sup> /6 <sup>th</sup> Period
<b>11:15 – 11:45</b>	<b>Lunch A</b>
11:50 – 1:10	3 <sup>rd</sup> /7 <sup>th</sup> Period
11:15 – 11:50	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:55 – 12:25</b>	<b>Lunch B</b>
12:30 – 1:10	3 <sup>rd</sup> /7 <sup>th</sup> Period
11:15 – 12:35	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>12:40 – 1:10</b>	<b>Lunch C</b>
1:15 – 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

## Wednesday, February 12th

### White Day



Weekly Bell Schedule February 10-14	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White

## NEWS UPDATES

### Rising Freshman Night (Class of 2024)

Incoming freshman and their parents are invited to attend an information open house on Wednesday, Feb 26, 2020 MVHS Cafeteria from 6:30-8pm

### Returning MVHS Bulldogs Night

Rising Sophomores, Juniors and Seniors and parents are invited to attend an information open house on everything from pre-college testing, scholarships, and college admission requirements to graduation information.

Wednesday, Feb 19, 2020 MVHS Cafeteria from 6:30-8pm

### First Day of Spring Sports is March 2nd

All paperwork is due by Feb. 26th.

### The Girls Golf team is ready for the spring season

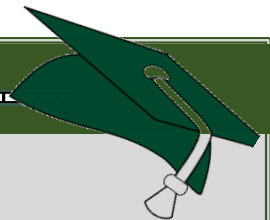
starting March 2nd! If you would like to be part of a great group of people, swing by Ms. Hagg's room to sign up and gather some needed paperwork.

Free coffee, sunshine, and golf balls!

### All Guys interested in playing Golf

this spring for the JV or Varsity Bulldog golf team, please stop by Mr. Wolffis' room (NM 208) to express interest and sign up.

## SENIORS



### 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.

**Yearbook orders are being placed on Saturday, Feb. 15th.**

If you want to purchase a Skagina (yearbook) this year, time is running out to order! Payment plans are available. 1/2 down is needed by Feb. 15<sup>th</sup> and you can make payments on the balance until June. Order @ the ASB office or in your Skyward account.

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

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

**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 Friday 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 are available in NM 321 to pick up and are DUE FEB.28th. A mandatory parent meeting will be Feb.27th at 6:30 in the library. Tryouts are March 2, 3, 4, & 5. Email Coach Whitman with questions- [kwhitman@mvsd320.org](mailto:kwhitman@mvsd320.org)

**Hey Bulldogs!**

**Remember our afternoon homework/study program, Bulldog E.D.G.E.?**

This program was created for YOU to BETTER YOURSELF! Open to ANY and ALL MVHS students wanting to get homework done in productive environment, increase knowledge and get tutoring support from AWESOME tutors! Don't fall behind in your classes, come today! For more information and tutoring schedule, See the bulletin board in the hallway just outside the library, or contact Mrs. Love in CTE3 ([rlove@mvsd320.org](mailto:rlove@mvsd320.org)). Remember, 'Education and Determination Generate Excellence'



**Spring Fling will be on March 27th**

@ MVHS.

**Prom will be on May 9th**

@ [Maplehurst Farms](#).

*Prom Night!*



# Special

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Feb</b> Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>4-Feb</b> Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>5-Feb</b> Chicken Bacon Ranch Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>6-Feb</b> Burrito w/ Queso Sauce Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>7-Feb</b> French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>10-Feb</b>	<b>11-Feb</b>	<b>12-Feb</b>	<b>13-Feb</b>	<b>14-Feb</b>
<b>17-Feb</b> Sweet n Sour Chicken Steamed Rice/Broccoli Egg Roll Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>18-Feb</b> Spicy Chicken Burgers Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>19-Feb</b> Spaghetti w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>20-Feb</b> Crisпитos Salsa/ and chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>21-Feb</b> <i>Variety Pizza</i> <i>Caesar Side Salad</i> <i>Frosted Cookie</i> <i>Salad &amp; Fruit Bar</i> <i>Nonfat &amp; 1% Milk</i> <b>Nonfat Chocolate Milk</b>
<b>24-Feb</b>	<b>25-Feb</b>	<b>26-Feb</b>	<b>27-Feb</b>	<b>28-Feb</b>
<b>No School</b> President's Day	<b>18-Feb</b> Hot Ham and Cheese Sandwich Cheetos Sakuma Blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>19-Feb</b> Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>20-Feb</b> Buffalo Chicken Bites Seasoned Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>21-Feb</b> Cheese Pizza/Pepperoni Pizza Caesar Side Salad President's Day Cookies Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>24-Feb</b> Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>25-Feb</b> Spicy Chicken Burger Crinkle Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>26-Feb</b> Cheesy Breadsticks w/ Marinara Sauce Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>27-Feb</b> Meatball Sub With Flama Chips Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	<b>28-Feb</b> Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>



## FEBRUARY IS HEART HEALTH MONTH!

Two simple ways to keep your heart healthy include:

- Eating a rainbow of fruits and vegetables.** Different colors of fruits and vegetables have different vitamins and minerals that your body needs to stay strong.
- Being active every day.** Do an activity that you enjoy every day, such as jumping rope, playing basketball, or roller skating.

### Harvest of the Month: BERRIES!! February 4th and 18th!

We are lucky enough to live in an area where berries of all kinds are farmed and harvested in the spring time. Fresh or frozen. We love berries! Be sure to taste strawberries and blueberries straight from our local berry famers at Sakumas on February 4th and 18th!

The nutrients in berries will naturally lower your blood pressure, reduce inflammation and increase 'good' cholesterol—all essential for a healthy heart.



**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.**

