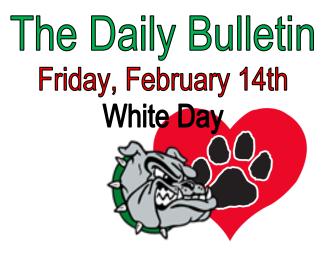
Green/White Schedule				
8:00 - 9:25	1 <sup>st</sup> /5 <sup>th</sup> Period			
9:30 – 10:55	2 <sup>nd</sup> /6 <sup>th</sup> Period			
11:00 – 11:30	Lunch A			
11:35 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period			
11:00 – 11:45	3 <sup>rd</sup> /7 <sup>th</sup> Period			
11:50 – 12:20	Lunch B			
12:25 – 1:00	3 <sup>rd</sup> /7 <sup>th</sup> Period			
11:00 – 12:25	3 <sup>rd</sup> /7 <sup>th</sup> Period			
12:30 - 1:00	Lunch C			
1:05 – 2:30	4 <sup>th</sup> /8 <sup>th</sup> Period			
2:35 - 4:00	9 <sup>th</sup> /10 <sup>th</sup> Period			



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.

#### All girls interested in playing softball this Spring,

please come to the pre-season meeting Wednesday, 2/19, at 2:45pm in the gym.

#### 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!

#### 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!

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

### **MVHS Graduation Ceremony**

will be held Friday, June 5<sup>th</sup>, 2020 at <u>Angel of the Winds Arena in</u> 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 TOMOROW 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.

#### **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

#### **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 CTE<sub>3</sub> (rlove@mvsd320.org). Remember, 'Education and Determination Generate Excellence'



pring Fling will be on March 27th

@ MVHS.





# **Special**

#### Growing Healthy Students!

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





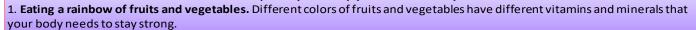






#### FEBRUARY IS HEART HEALTH MONTH!

Two simple ways to keep your heart healthy include:



2. 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

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.

