

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

The Daily Bulletin

Thursday, February 19th

Green Day



Weekly Bell Schedule February 17-21	
Monday	No School
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White-Early Release

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

Join the College and Career Center on a field trip to Bellingham

Technical College on March 3rd. Check out all of their amazing programs such as Cosmetology, Culinary Arts, IT, Healthcare Careers and more!
Pick up your permission slip today in the College and Career Center!

First Day of Spring Sports is March 2nd

All paperwork is due by Feb. 26th.

Cheerleading Tryouts

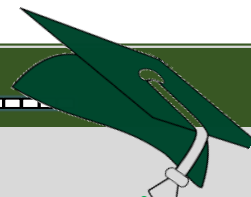
for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications are available in NM 321 to pick up and are DUE FEB.28th. A mandatory parent meeting will be Feb.27th at 6:30 in the library. Tryouts are March 2, 3, 4, & 5. Email Coach Whitman with questions- kwhitman@mvsd320.org

Spring Fling is March 27th @ MVHS Prom is May 9th @ Maplehurst Farms.

-----SENIORS-----

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.

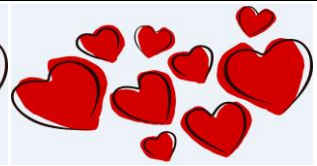




Special

Growing Healthy Students!

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



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.

