

Early Dismissal	
8:00 – 8:55	1 <sup>st</sup> /5 <sup>th</sup> Period
9:00 – 9:55	2 <sup>nd</sup> /6 <sup>th</sup> Period
<b>9:55 – 10:25</b>	<b>Lunch A</b>
<b>10:30 – 11:30</b>	<b>3<sup>rd</sup>/7<sup>th</sup> Period</b>
10:00 – 10:25	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>10:30 – 11:00</b>	<b>Lunch B</b>
11:05 – 11:30	3 <sup>rd</sup> /7 <sup>th</sup> Period
10:00 – 10:55	3 <sup>rd</sup> /7 <sup>th</sup> Period
<b>11:00 – 11:30</b>	<b>Lunch C</b>
11:35 – 12:30	4 <sup>th</sup> /8 <sup>th</sup> Period
12:35 – 1:30	9 <sup>th</sup> /10 <sup>th</sup> Period

# The Daily Bulletin

Friday, February 21st  
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 3<sup>rd</sup>. 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 next Wednesday, 26th.

### Cheerleading Tryouts are March 2, 3, 4, & 5

for the 2020-2021 team and are open to current 9th-11th graders. Applications are available in NM 321 and DUE FEB.28th. There is a mandatory parent meeting on Feb.27th at 6:30 in the library.  
Email Coach Whitman with questions- [kwhitman@mvsd320.org](mailto:kwhitman@mvsd320.org)

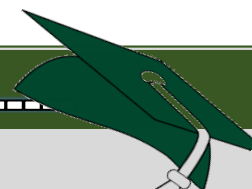
*Spring Fling in March 27<sup>th</sup> @ MVHS*

*Prom is May 2<sup>nd</sup> @ Maplehurst Farms*

## ----- 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.



# SPIRIT SHIRTS!

\$10

ON SALE MARCH  
2ND - 6TH  
DURING YOUR  
LUNCH



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
<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.**

