

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

Monday, February 24th

Green Day



Weekly Bell Schedule February 24-28	
Monday	Green
Tuesday	White
Wednesday	Green-Advisory
Thursday	White
Friday	Green

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

Attendance Office Reminders

If your student is absent, no need to call to say they are out, just send them with a note on their return to school. The note should include student name, dates absent, reason and your signature. Also, to check out your student, you must come into the school and show ID.

SAFETY ATTENDANCE PROTOCOL

Bulldog Families

Please be prepared to show picture ID when picking up your student.

Padres

Por favor esté preparado para mostrar una identificación con foto cuando recoja a su estudiante.



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!

----- 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.



Track & Field informational meeting is Tuesday, 2/25 @ 2:45 pm
in NM200. Whether you are joining or thinking about joining
track, come by and check out the wonderful world of Track
and Field. First Practice is on March 2nd.
Coach Willoughby will be there to answer all you question!

Boys Golf pre-season meeting is Tuesday, Feb 25th
after school in Mr. Wolffis' room in NM208.
If you are interested in joining the team

First Day of Spring Sports is March 2nd
All paperwork is due next Wednesday, 26th.

Join us for Knowledge Bowl club!
We meet every Monday after school in New Main 303.
All students are welcome!

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 Thursday, Feb.27th at 6:30pm in the library.
Email Coach Whitman with questions- kwhitman@mvsd320.org

Spring Fling in March 27th @ MVHS
Prom is May 2nd @ Maplehurst Farms



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.

