

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

Tuesday, February 4th
White Day



Weekly Bell Schedule February 3-7

Monday	Green -
Tuesday	White
Wednesday	Green- Advisory
Thursday	White
Friday	Green- Early Release

NEWS UPDATES

Chess Club meets every Monday,

after school in the library. We have both casual and more serious players

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!

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.

Escuchen, Por favor! If you are fluent in a language other than

English, please come take the Spring Heritage Language test on Saturday, February 8th. It is the final test opportunity this year. Pick up a packet from Mrs. Gonzalez in Old Main 105. Turn-in deadline is THIS THURSDAY! There are only 70 spots available; ITS FIRST COME, FIRST SERVED.

-----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.

Last call for the WA State Opportunity Scholarship.

This \$22500 scholarship is due on Thursday! The College and Career Center will offer one more scholarship workshop luncheon tomorrow during all three lunches. See you there!



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 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 will be released in mid-January. 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 CTE3 (rlove@mvsd320.org). Remember, 'Education and Determination Generate Excellence'

Spring Fling (previously Sadie Hawkins)

will be March 28th @ MVHS. Prom will be on April 25th
@ 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.

