

Regular 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, October 9, 2018

White Day



Weekly Bell Schedule 10/08-10/12	
Monday	Green
Tuesday	White
Wednesday	Green
Thursday	White-Advisory
Friday	Green

News Updates

Work Credit

Do you have a job? If so, you could earn high school credit. Stop by the College and Career Center to learn more.

ASB Card

Please remember you **MUST BRING YOUR ASB CARD** with you to all sporting events to get in **FREE** at home games and for \$4 at away games.



SENIOR PICTURES

Senior Portraits are due by October 26th. Please follow this link to submit your photo. <https://bit.ly/2ItQCAG> . Physical copies and e-mails will not be accepted.

Perfumes and Colognes

Do you want to smell great after a workout in PE? Don't we all! Do you spray yourself with perfume or cologne in the locker room to get that fresh scent? Do you know that perfume can cause allergies, asthma, eye irritation, and terrible headaches in your peers and teachers? We all want to smell good, but safety is more important. Please leave the perfumes and colognes at home.



Important Phone Numbers for the High School

Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157

Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192

ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

College info and Financial Aid Night

October 11th Seniors and their Parents are invited to a College Information & Financial Aid Night at the Mount Vernon High School Library, from 5:30-8pm. Financial Aid Specialist will be on hand to help students and parents complete and file their FAFSA or WASFA. Plus a Q & A with an admission representative from Western Washington University.

Weight Room

The weight room is now open before and after school! Before school you can attend on Monday, Wednesday and Thursday mornings from 6:30-7:30, then after school the weight room is open from 2:45-4:00pm on Tuesday, Wednesday, and Thursday. GO Bulldogs!



Art Club

Art Club is meeting this Thursday after school in CTE-5 from 2:30-4. After school bus is available for those that need a ride. Come join us and share your passion for creativity and art!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	Sweet and Sour Chicken Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk	Buffalo Chicken Bites Fries Salad & Fruit Bar Nonfat & 1% Milk	Cheesy Ham and Potato Soup Roll Salad & Fruit Bar Nonfat & 1% Milk Taste WA Day	Burrito Seasoned Pinto Beans/Rice Salad & Fruit Bar Nonfat & 1% Milk	Meatball Subs Chips Salad & Fruit Bar Nonfat Chocolate Milk	
7	8	9	10	11	12	13
	Teriyaki Dippers Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk	Spicy Chicken Burger w/ cheese Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	Chicken Alfredo With Spinach Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk	Mini Pizzas Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk	Enchiladas/Sour Cream Cup w/ Pico De Gallo Salad & Fruit Bar Nonfat Chocolate Milk	
14	15	16	17	18	19	20
	Cheese Stuffed Breadsticks Marinara Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk	Mashed Potato Bowl w/ Popcorn Chicken/Gravy/Corn Salad & Fruit Bar Nonfat & 1% Milk	Beef and Barley Stew Oyster Crackers Salad & Fruit Bar Nonfat & 1% Milk	Hot Ham and Cheese Sliders BBQ Lays Chips Salad & Fruit Bar Nonfat & 1% Milk	Lasagna Roll Ups Green Beans/Bread Sticks Salad & Fruit Bar Nonfat Chocolate Milk	
21	22	23	24	25	26	27
	Mandarin Orange Chicken Steamed Brown rice/broccoli Nonfat & 1% Milk	Buffalo Chicken Bites French Fries Salad & Fruit Bar Nonfat & 1% Milk	Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk	Teriyaki Burger w/ pineapple ring Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	Breakfast for Lunch Omelets, Sausage Links Biscuits and Gravy Nonfat & 1% Milk	
28	29	30	31	1	2	3
	Teriyaki Chicken Steamed brown rice Diced Pears/Broccoli Salad & Fruit Bar Nonfat & 1% Milk	Buffalo Chicken Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	Ooey-Goey Beefy Mac Garlic Bread Frosted Halloween Cookie Salad & Fruit Bar Nonfat & 1% Milk			