

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, November 27, 2018

White Day



Weekly Bell Schedule 11/26-11/30	
Monday	Green
Tuesday	White
Wednesday	Green- Advisory
Thursday	White
Friday	Green

News Updates

NEW SAFETY ATTENDANCE PROTOCOL

Parents will need to **physically** come in for their students to pull them out of school. We will not be taking phone calls or e-mails to release students during school hours. The attendance office will be verifying parent with their ID. Any adult on the students profile can pick up students as long as they have ID to verify who they are. This is for the safety of our students and staff.

Open Weight Room

Open weight Room in the Mornings
Monday, Wednesday, Thursday 6:30-7:30 AM

Open Weight Room in the Afternoons
Tuesday, Wednesday, Thursday 2:45-4:00 PM

Media and Journalism Conference

Students wanting to attend the Journalism Conference on Nov. 30th need to have their signed permission slips into Mr. Hornbacher no later than Wednesday, November 28th.

ART CLUB

Art Club member's yearbook photo will be taken on this Wednesday "B" club day as we talked about. Meet outside of CTE-5 on Wed. We will discuss what days club will actually meet at that time.

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

PE Make-ups

PE makeup have begun! Please meet in the gym dressed down ready to play by 7am-7:45am on Wednesday Mornings.

College and Career Center

ASVAB Test

Students interested in a career in the military can take the ASVAB (Armed Service Vocational Aptitude Battery) test at MVHS on December 7th. Sign up in the College and Career Center.

Pizza with a Pro

This week Pizza with a Pro is focusing on Healthcare. On Tuesday join us all three lunches to hear from Hospice Northwest, including careers in Social Work, Nursing and more. And on Wednesday, join us for all three lunches to here from a Surgical Nurse that works at Swedish Hospital in Seattle. Sign up in the College and Career Center.

Volunteers Needed

First Lego League is a great program that teaches kids both computer skills and innovative problem solving skills. Each year kids in grades 4-8 are tasked with programming their bot to perform certain tasks. The whole competition is based on volunteers from our community. Are you interested?

We need high school students to help reset the Robot table after each team runs their mission. We also need Runners. Runners help get each team to where they need to go, on time. Oh, and a score runner, they run the scores to the score keeper. Below is a link where you can learn more about FLL and sign up to volunteer. The volunteer link is about $\frac{3}{4}$ down the page and it is easiest to find our event by searching for the Mount Vernon location and not by date.

<https://www.firstinspires.org/>



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Homemade Macaroni and Cheese Steamed Peas/Roll Salad & Fruit Bar Nonfat & 1% Milk	Variety Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	
4	5	6	7	8	9	10
	Mandarin Orange Chicken Steamed Brown rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	Chicken Bacon Ranch Burgers French Fries Salad & Fruit Bar Nonfat & 1% Milk	Meatball Sub Doritos Salad & Fruit Bar Nonfat & 1% Milk	Chicken Legs Mashed Potatoes/Green Beans Salad & Fruit Bar Nonfat & 1% Milk	Buffalo Chicken Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	
11	12	13	14	15	16	17
	NO SCHOOL! VETERANS DAY	Buffalo Bites Fries Salad & Fruit Bar Nonfat & 1% Milk	Popcorn Chicken Fries Salad & Fruit Bar Nonfat & 1% Milk	Thanksgiving Meal Turkey & Gravy Mashed Potatoes Whole Wheat Roll Pumpkin Dessert Nonfat & 1% Milk	French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
18	19	20	21	22	23	24
	Teriyaki Chicken Steamed Brown rice Fortune Cookie Broccoli Salad & Fruit Bar Nonfat & 1% Milk	Mini Burgers French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk	Breakfast for Lunch Biscuits and Gravy Sausage Links/ and Omelets Salad & Fruit Bar Nonfat & 1% Milk	No School Thanksgiving Break	No School Thanksgiving Break	
25	26	27	28	29	30	1
	Sweet and Sour Chicken Steamed rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	Spicy Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk	Spaghetti & Meat sauce Dinner Roll Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	Philly Beef Steak Sand Chips Salad & Fruit Bar Nonfat & 1% Milk	Variety Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	