

Regular Schedule	
8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-11:45	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>11:50-12:20</b>	<b>Lunch B</b>
12:25-1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch C</b>
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period

# The Daily Bulletin

Monday, December 3, 2018

White Day



Weekly Bell Schedule 12/3-12/7	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White Early Release

## 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

### PE Make-ups

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

### Jostens Caps and Gowns

Seniors need to turn in their cap and gown forms by tomorrow Tuesday, December 4th in the cafeteria during all lunches. More forms can be picked up at the discipline office. You can also order caps and gowns online through [Jostens.com](http://Jostens.com)

### 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 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 7<sup>th</sup>. 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/>

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2	3	4	5	6	7	8	
	<b>Beef Dippers</b> w/Egg Rolls Peaches Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	<b>Mini Burgers</b> Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Cheeseburger Mac</b> Garlic Bread/Green Beans Salad & Fruit Bar Nonfat & 1% Milk	<b>Breakfast for Lunch</b> Cheese Omelet w/ salsa Hash brown Patty/Sausage Links Sakuma Strawberries Salad & Fruit Bar Nonfat & 1% Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk		
9	10	11	12	13	14	15	
	<b>Mandarin Orange Chicken</b> W/ Brown Rice Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	<b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Homemade Chicken Pot Pie</b> Salad & Fruit Bar Nonfat & 1% Milk	<b>Hot Ham and Cheese Sandwich</b> Lays Potato Chips Salad & Fruit Bar Nonfat & 1% Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk		
16	17	18	19	20	21	22	
	<b>Buffalo Bites</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Cooks Choice Day!</b> Rice Krispie Treat Salad & Fruit Bar Nonfat & 1% Milk	<b>Winter Break</b>				
23	24	25	26	27	28	29	
	<b>Winter Break</b>						
30	1	2	3	4	5	6	
	<b>Winter Break</b>		Back to School!				