

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
11:00-12:25	3 rd /7 th period
12:30-1:00	Lunch B
1:05-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

The Daily Bulletin

Monday, January 7, 2019

Green Day



Weekly Bell Schedule 01/07-01/11	
Monday	Green
Tuesday	White
Wednesday	Advisory- Green
Thursday	White
Friday	Green Early Release

News Updates

Yearbooks

Friday, February 1st is the last day to order your yearbook. This is the only way to guarantee that you get a yearbook. The cost is \$65 and payment plans are available. Payments can be made at the ASB office.

Baby Ads for the Yearbook

Senior Yearbook Baby Ad orders are due Friday, February 1st. Visit the following link to place your order.

<http://bit.ly/2AqAux8>

LIVE: MVHSTV

MVHStv is now on Instagram. Stay up to date on live streams, news, sports, and most importantly, school update.

Art Club

Art Club is happening after school this Thursday in CTE-5, Jan. 10th at 2:40-3:45. We will continue meeting every other Thursday at the same time and place. Come and share your creative ideas and artwork! Hope to see you there.

Science Night Shirts

Design the 2019 Science Night Shirt this year! Entries are DUE Friday, January 25th by 12:30pm. See a teacher for the rules and entry form or pick one up in the main office!

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

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 CBA Makeups

PE CBA makeups are scheduled for Wednesday, January 16th. Meet in the gym, with Mr. Flores at 7am to sign in and prepare to complete the mile, crunch test, and seated stretch reach.

NHS Tutoring

NHS will be hosting end of the semester tutoring in the Library, M-TH, from 2:30 to 3:30 starting December 10th. If you are a struggling student or need a quiet place to study for finals/end of the semester, come on by!

Cheer Tryouts

If you would like to try out for Cheer next year, please attend the following meetings;

Feb. 1st Informational Tryout Meeting NM 321 at 2:45 **Tryout packets Released**

Feb. 6th Open Gym 6:30-8pm

Feb. 12th Open Gym 6:30-8pm

Feb. 27th Parent Meeting 6pm MVHS Library

Feb. 28th Last day to turn in Applications to Mrs. Whitman (mailbox or classroom NM 321)

Tryouts are March 4, 5, 6 & 7th 6-8pm in the Mat room

*All athletic paperwork must be completed & turned in prior to first night of tryouts!

College and Career Center News

College Visit

Attention Juniors: A Representative from Columbia University will be at MVHS on Monday 1/14 at 2:00 pm in the College and Career Center. Columbia University is an Ivy League school in New York City. Join us to learn more about Columbia University and Ivy League admissions.

Scholarship Opportunity

Attention seniors: WA state Opportunity Scholarship is a four year renewable \$22,500 scholarship. Visit the College and Career Center Scholarship Bulletin to learn more.

Pizza with a Pro

Pizza with a Pro is gearing up. Wednesday we will be having a Culinary Expert and the following week come learn about a career in Cosmetology. We look forward to see you in the College and Career Center!

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January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	No School	No School	Buffalo Chicken Bites French Fries Fruit Nonfat & 1% Milk	Breakfast for Lunch Mini Pancakes With Sausage Links Blueberries Nonfat & 1% Milk	French Bread Pizza Carroteenies Mini Rice Krispy Treats Nonfat Chocolate Milk	
6	7	8	9	10	11	12
	Beef Dippers W/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Mini Burgers French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Alfredo Whole Grain Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Meat Ball Subs Chips 1% Milk & NF Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
13	14	15	16	17	18	19
	Mandarin Orange Chicken w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar 1% Milk & NF	Lasagna Roll Ups Green Beans Applesauce Cups Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Spicy Chicken Burger French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Smothered Burritos w/ salsa and Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
20	21	22	23	24	25	26
	No School! Martin Luther King Jr. Day	Cheese Stuffed Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Bacon Ranch Burgers French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Penne Pasta w/ Meat sauce Whole Grain Garlic Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Pepperoni and Cheese Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
27	28	29	30	31	1	2
	No School!	Cook's Choice Mini Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Mini Burgers Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Hot Ham and Cheese Sands Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	French Bread Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	