

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

Wednesday, February 6, 2019

Green Day



Weekly Bell Schedule 02/04-02/08	
Monday	No School
Tuesday	White- 2 Hour Late
Wednesday	Green
Thursday	White
Friday	Green Early Release

News Updates

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

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!

SPRING SPORTS

All Spring sports start Feb. 25th. All paperwork and sports participation fees are due by Feb. 20th. Please stop by the Athletic Office to see Mrs. Stahlecker to get anything you need for Spring Sports.

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

Girls Tennis

Any girls interested in playing Tennis this Spring, please come to the pre-season meeting 2/7/19 at 2:45pm in G-5 to meet the coaches.

Oasis Outreach

Outreach Program staff will be at the school on the 1st and 3rd Friday of each month. We will be handing out in the cafeteria during both lunches, and then in the counseling office for 2 hours afterwards to meet with students privately if they wish. This is also an opportunity for teachers/staff to connect us with youth as they see fit.



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Nonfat Chocolate Milk	
3	4	5	6	7	8	9
	Pasta Bake w/ Marinara & Cheese Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Spicy Chicken Burger French Fries Coleslaw Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Mandarin Orange Chicken W/ Brown Rice Broccoli Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Bacon Ranch French Fries Mixed Fruit Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Buffalo Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
10	11	12	13	14	15	16
	Teriyaki Beef Dippers w/ Brown Rice Egg Roll Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Hot Ham and Cheese Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Alfredo Chicken Roll Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Buffalo Bites Fries/Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
17	18	19	20	21	22	23
	No School! President's Day	Cheese Breadsticks w/Marinara Sauce Sun chips Coleslaw Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Macaroni and Cheese Roll Peas Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Meatball Sub/Chips Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Pepperoni and Cheese Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
24	25	26	27	28	1	2
	Teriyaki Chicken With Brown Rice Sliced Peaches/Broccoli Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Mini Burgers French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Breakfast for Lunch Whole Grain Waffle Sausage Links Applesauce cup Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Pot Pies Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	