

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
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch B</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

Thursday, February 7, 2019

White 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. 1<sup>st</sup> Informational Tryout Meeting NM 321 at 2:45 \*\*Tryout packets Released\*\***

Feb. 6<sup>th</sup> Open Gym 6:30-8pm

Feb. 12<sup>th</sup> Open Gym 6:30-8pm

Feb. 27<sup>th</sup> Parent Meeting 6pm MVHS Library

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

Tryouts are March 4, 5, 6 & 7<sup>th</sup> 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. 25<sup>th</sup>. All paperwork and sports participation fees are due by Feb. 20<sup>th</sup>. 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.

### **College and Career Center**

Attention Seniors: Scholarship Season is here! Please stop by the College and Career Center or visit the College and Career Center Website to check out the MVHS Scholarship Bulletin.

### **Basketball games**

Come out tonight to watch the girls' basketball team play Issaquah in a district playoff game at home at 7:00pm. Tomorrow night, come watch the boys play Bothell in a Friday night home playoff game starting at 6:00pm.



# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	<b>No School</b>	<b>Cook's Choice</b> Mini Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Hot Ham and Cheese Sands</b> Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
3	4	5	6	7	8	9
	SNOW DAY	<b>Spicy Chicken Burger</b> French Fries Coleslaw Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mandarin Orange Chicken</b> W/ Brown Rice Broccoli Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Pasta Bake w/ Marinara &amp; Cheese</b> Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Buffalo Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
10	11	12	13	14	15	16
	<b>Teriyaki Beef Dippers</b> w/ Brown Rice Egg Roll Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Hot Ham and Cheese</b> Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Alfredo Chicken Roll</b> Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Buffalo Bites</b> Fries/Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
17	18	19	20	21	22	23
	<b>No School! President's Day</b>	<b>Cheese Breadsticks</b> w/Marinara Sauce Sun chips Coleslaw Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Macaroni and Cheese</b> Roll Peas Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Meatball Sub/Chips</b> Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Pepperoni and Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
24	25	26	27	28	1	2
	<b>Teriyaki Chicken</b> With Brown Rice Sliced Peaches/Broccoli Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Breakfast for Lunch</b> Whole Grain Waffle Sausage Links Applesauce cup Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Pot Pies</b> Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	