Regular Schedule			Weekly Bell Schedule 2/18-2/22	
8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period		4	2/10-2/22
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period	The Daily Bulletin	Monday	No School
11:00-11:30	Lunch A	Thursday, February 21, 2019		
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period	Green Day	Tuesday	Green
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period	- Creen Day	Wednesday	White- Advisory
12:30-1:00	Lunch B		Thursday	Green
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period	the second se	Friday	White Early
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period	1		Release

# News Updates

# **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!

## **Class Photo**

On Wed, Feb 27<sup>th</sup>, Skagina will be taking an all school photo in the Friendship Circle during advisory. We will also be taking all class photos for Freshmen, Sophomores, and Juniors. Please make sure you are in attendance so you don't miss out on the exciting photo event. Students are encourages to wear their class color that day.

> Freshmen-Green Sophomores-Grey Juniors-White Seniors-Black

#### Important Phone Numbers for the High School

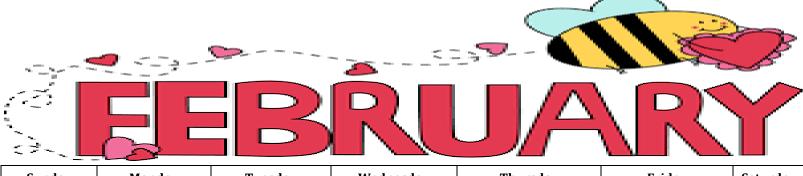
 Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157

 Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192

 ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

#### **Spotlight on Women**

The College and Career Center would like to invite 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade female students to an exciting field trip at McIntyre Hall on Thursday, March 21<sup>st</sup> 8:00am-2:00pm. The field trip is "Spotlight on Women in STEM" sponsored by Skagit STEM. The field trip features companies such as Microsoft, Facebook, Amazon, Paccar, Hexcel, as well as women in Healthcare! Permission slips are available in the College and Career Center.



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
	SNOW DAY	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	Pasta Bake w/ Marinara & Cheese 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
	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	<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	