

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
12:30-1:00	Lunch 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

Friday, October 11<sup>th</sup>

Green Day



## Weekly Bell Schedule October 7-11

Monday	Green
Tuesday	White
Wednesday	Green-Advisory
Thursday	White
Friday	Green

## NEWS UPDATES

### Parents/Students of Mt Vernon High School:

Graduation/class jewelry packets were recently distributed during senior class meeting. Please take a moment to look at the information for ordering cap & gown units, graduation announcements, along with many other items. If you did not get the packet or need another one, please visit the main office of the school. Don't miss the opportunity to receive a free Cap and Gown with the purchase of eligible jewelry items. See packet for details. \*Some exceptions apply\* If you like, you can turn your order directly to Jostens on Thursday, 10/17 during lunches in the Cafeteria or access the MVHS online order page at

[www.jostens.com/apps/store/customer/1118716/Mount-Vernon-High-School/](http://www.jostens.com/apps/store/customer/1118716/Mount-Vernon-High-School/)

### Student PICTURE RETAKES

O'Connor Photography will be here on Friday, October 11 for retakes in the New Main West Hallway from 11:00 a.m. to 1:00 p.m. If you want retakes, you must bring your original photos to exchange during that time. If you have not taken your school photos this year, this is the time.

### Juniors! Do you want to go to college but aren't sure where to start?

Consider joining the College Success Foundation Achievers Scholars Program. As an Achiever, you will receive group and one-on-one guidance on determining your college fit, exploring career fields, applying for college, and navigating the scholarship search. You'll also have the opportunity to participate in college visits and our 3-day overnight ACE program at a college campus this summer. The priority deadline for applications is this Friday, October 11<sup>th</sup> - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

### 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

### **Yearbook Baby Ads and Senior Portraits**

Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for 1/4 page and \$100 for 1/2 page if ordered by November 15<sup>th</sup>. Senior Portraits are due November 1<sup>st</sup>. Check the MVHS Website to upload your photos.

### **Communities in School FOLLOW YOUR LEADER Essay Contest**

Students here is your chance to win a 50\$ prize plus the chance to meet your leaders in person? All you need to do is write a one-page essay about your favorite Washington State Leader and turn it in by October 15<sup>th</sup>. For more details and essay guidelines please contact Mrs. Lupita at OM 302 1/2.

### **Bulldog E.D.G.E. tutoring schedule**

Wednesday's - Math, Science, English & History and Thursday's -Math. The Bulldog E.D.G.E. schedule of tutoring and events is posted on our NEW bulletin board in the hallway outside of the Library. Whether you need tutoring help or time to complete ALL students are invited and are encouraged to use Bulldog E.D.G.E. time to complete homework or projects.

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.



# Special

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Sep</b> <b>Variety Pizza</b> Caesar Salad/Rice Mini Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>1-Oct</b> <b>Buffalo Bites</b> French Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>2-Oct</b> <b>Penne Pasta w/ Meatsauce</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>3-Oct</b> <b>Hot Ham and Cheese Sands</b> Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>4-Oct</b> <b>Sweet and Sour Chicken</b> Steamed Rice/ Broccoli Salad & Fruit Bar Fortune Cookie Nonfat Chocolate Milk
<b>7-Oct</b> <b>Teriyaki Dippers</b> Steamed Rice/Broccoli Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>8-Oct</b> <b>Teriyaki Burger</b> Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>9-Oct</b> <b>Chicken Alfredo</b> Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>10-Oct</b> <b>Chicken Strips</b> Fries Salad & Fruit Nonfat & 1% Milk Nonfat Chocolate Milk	<b>11-Oct</b> <b>French Bread Pizza</b> Caesar Salad/ Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
<b>14-Oct</b> <b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>15-Oct</b> <b>Cheesy Ham and Potato Soup</b> Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>16-Oct</b> <b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>17-Oct</b> <b>Popcorn Chicken</b> Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>18-Oct</b> <b>Pepperoni Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
<b>21-Oct</b> <b>Mandarin Orange Chicken</b> Steamed Rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Fortune Cookie Nonfat Chocolate Milk	<b>22-Oct</b> <b>Chicken Bacon Ranch Burger</b> Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>23-Oct</b> <b>Grilled Cheese</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>24-Oct</b> <b>Smothered Burritos</b> With Tortilla Chips  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>25-Oct</b> <b>Variety Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
<b>28-Oct</b> <b>Teriyaki Chicken</b> Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>29-Oct</b> <b>Breakfast for Lunch</b> Mini Pancakes & Sausage Links Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>30-Oct</b> <b>Buffalo Balls</b> French Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>31-Oct</b> <b>Ooey-Gooey Beefy Mac</b> Garlic Bread Frosted Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>1-Nov</b> <b>French Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk



Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!



### Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

### TASTE WASHINGTON DAY

Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

*Be sure to join us Wednesday, October 15th as we highlight*

This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.