

| 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

Tuesday, October 29th

Green Day



| Weekly Bell Schedule Oct 28 – Nov 1 | |
|--|----------------|
| Monday | White |
| Tuesday | Green |
| Wednesday | White-Advisory |
| Thursday | Green |
| Friday | White |

NEWS UPDATES

Halloween Blood Drive Hosted by FCCLA

Sign-ups for FCCLA's annual blood drive will be happening during lunches. All the blood donated goes directly back to our community! Hope to see you there!

Attention Future Softball Players

There is a parent/player meeting on November 7th at 6PM in G5. We look forward to you meeting the new coaching staff.

Attention Girls' Basketball Players!

Are you interested in playing basketball this year? Come meet the coaches and learn about the program on Wednesday, October 30th at 2:45 pm in Mrs. Clark's room: New Main 201. See you there!

If you plan to take an AP Exam this year,

you must sign up at the ASB Window by November 1st, which is this Friday! Full Pay Students must pay a \$40.00 deposit per exam. Free/Reduced Lunch Students will not need to pay a deposit, but they still need to sign up at the ASB Window. If you have any questions, please see Mrs. Bird in the College and Career Center.

College Rep Visits are happening

& the College and Career Center and are a great way for juniors and seniors to learn more about colleges! This week, Whitman College, Reed College, Gonzaga University and Skagit Valley College will be here. Stop by the College & Career Center to get a pass!

Did you know that Education and Determination Generate Excellence!

Bulldog E.D.G.E. is open to ANY MVHS students! Held each week in the MVHS library Monday through Thursday from 2:30-4:00. Students can use this time to work on schoolwork or get tutoring help. The subjects for which tutoring is available are posted on the bulletin board outside of the library. Direct any questions to Mrs. Love in CTE 3.

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

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 final deadline for applications is Friday, November 15th - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

Senior Information

Senior Portraits are due this Friday, November 1st

Check the MVHS Website to upload your photos.

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 15th.

University of Washington application workshop for seniors

Tomorrow, Wednesday (10/30) in Bulldog E.D.G.E., we will have UW workshop for seniors! If you plan to apply to UW, do not miss this opportunity to receive help from Ashley Barnes with College Success Foundation

Reminder that MVHS dress code policy includes

- **Identity must be visible at all time** e.g. No sunglasses (in class), masks, inappropriate face painting (especially for Halloween).
- **Students must wear clothing including** both a shirt with pants or skirt, or the equivalent (for example dresses, leggings, or shorts) and shoes.
 - Clothing must have fabric in the front and on the sides (under the arms).
 - Clothing must cover undergarments (not including waistbands and straps).
 - Fabric covering breasts, genitals and buttocks must be opaque.
 - Clothing must be suitable for all scheduled classroom activities including physical education, science labs, wood shop, and other activities where unique hazards exist.
- **Clothing which carries** a vulgar or exclusionary message, and/or has references to the use of hate, violence, alcohol, tobacco, drugs, sex are not permitted.
- **Clothing and accessories that imply** gang affiliation will not be permitted. Gang-related tattoos will not be allowed at Mount Vernon High School and must be covered at all times. Non-compliance is not a dress code violation: it is a gang policy violation.



Special

Growing Healthy Students!

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