

Green/White 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	3rd/7th Period
11:00 – 11:45	3 rd /7 th Period
11:50 – 12:20	Lunch B
12:25 – 1:00	3 rd /7 th Period
11:00 – 12:25	3 rd /7 th Period
12:30 – 1:00	Lunch C
1:05 – 2:30	4 th /8 th Period
2:35 – 4:00	9 th /10 th Period

The Daily Bulletin

Winter Break

School Resumes
Monday, January 6, 2020



Weekly Bell Schedule Jan 6-10, 2020	
Monday	White
Tuesday	Green
Wednesday	White Advisory
Thursday	Green
Friday	White Early Release

NEWS UPDATES

Bowling Night 2020!

If anyone is interested over the break, the MVHS Girls Bowling Team is hosting Bowling Night at Riverside Lanes on **January 2nd 2020 from 5pm-8pm** the cost is \$15. We would love to see you there! This is an all ages event and food can be purchased there.



Cheerleading Tryouts

for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications will be released in mid-January. Tryouts are March 2,3,4, & 5th. Email Coach Whitman with questions- kwhitman@mvsd320.org

Next Pizza with a Professional

Gracie Ermie, Research Software Engineer with Vulcan is Tuesday, January 7, 2020 in the College and Career Center during lunches. Sign up in the College & Career center.

Check out in the pages below...

January's lunch calendar and some Flu Fun Facts from our School Nurse, Mrs. Rittenhouse .

How to protect your family from the FLU

Flu season is here, and it is serious.

Signs/Symptoms of Flu

If you come into contact with someone who is sick, it may take 1 to 4 days for you to get sick. You then might have...

- Fever*
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscles or body aches
 - Headaches
 - Fatigue (very tired)
- Some may have vomiting and diarrhea

*Not everyone with the flu has a fever

To protect you and your family from getting sick, get informed about what flu looks like, how you can get it, how to protect yourself, and what to do if you do get sick.

How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu either cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or their nose.

Protect Yourself from Getting the Flu!

The most important step to prevent getting the flu is to get a flu shot! You can also protect yourself by doing these things:

- Wash your hands throughout the day with soap and water.
- Avoid being around sick people
- Avoid touching your face, mouth, nose or eyes
-

If You Get the Flu

Take Care of Yourself

Being ill with the flu is no fun, but usually you will get better without any medication. If your symptoms become worse, or you have additional medical conditions, please seek care from your doctor promptly. Antibiotics do NOT work against the flu.

Protect Others

If you have the flu, you can give it to others! Do not go to work or school if you are sick. Stay home for at least 24 hours after your fever goes away.

Follow these easy steps to prevent spreading the flu to others:

- Stay home from work or school ☑ Cover your cough or sneeze
- Wash your hands after coughing/sneezing and throughout the day
- Avoid being around others who aren't sick
- If you have to go to the doctor, please wear a mask in the office

Skagit County Public
Health 700 South 2nd St
#301 Mount Vernon, WA
98273 360-416-1500



Get your flu shot!
The flu shot is safe
and is the #1 way to
prevent getting, and
spreading, the flu.



Como proteger a su familia de la GRIPE

Signos/Síntomas de la Gripe

Si está en contacto con una persona que está enferma, puede tomar de 1 a 4 días para que usted se enferme. Entonces usted podrá tenerFever*

- Fiebre*
- Tos ☐ Dolor en la garganta
- Nariz congestionada
- Dolores de músculos o en el cuerpo
- Dolores de cabeza
- Fatiga (muy cansado)
- Algunos pueden tener vómito y diarrea

*No todas las personas con gripe tienen fiebre

La temporada de Gripe esta aquí y es grave.

Para proteger a usted y a su familia de enfermarse, infórmese cuales son los síntomas de la gripe, como prevenir la transmisión, como protegerse, y que hacer si se enferma.

¡Protéjase Contra la Gripe!

Most experts believe that flu viruses spread mainly by droplets made when people with flu either cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or their nose.

Protect Yourself from Getting the Flu!

- El paso mas importante para prevenir la gripe es vacunarse! También puede protegerse haciendo lo siguiente:
- Lávese las manos durante el día con agua y con jabón.
- Evite estar cerca de personas enfermas.
- Evite tocarse la cara, la boca, la nariz o los ojos.

Si Contrae la Gripe

Cuídese

Estar enfermo con gripe no es divertido, pero generalmente mejorará sin ningún medicamento. Si sus síntomas empeoran o tiene condiciones medicas adicionales, solicite atención medica de inmediato. Los antibióticos NO funcionan contra la gripe

Proteger a Otro

Si usted tiene gripe, puede contagiar a otros! No vaya a trabajar o a la escuela si está enfermo. Quédese en casa por lo menos 24 horas después de que se le quite la fiebre.

- Siga estos sencillos pasos para evitar transmitir la gripe a otras personas:
- Quédese en casa, no vaya al trabajo o a la escuela
- Cúbrase la tos o el estornudo
- Lávese las manos después de toser/estornudar durante el día
- Evite estar cerca de otros que no están enfermos.





Obtenga su vacuna
contra la gripe! La
vacuna contra la gripe
es segura y es la
forma #1 de evitar

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Special
Growing Healthy Students!



Monday 6-Jan	Tuesday 7-Jan	Wednesday 8-Jan	Thursday 9-Jan	Friday 10-Jan
Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Bites Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Meatball Sub Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
General Tso Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
NO SCHOOL! Martin Luther King Jr. Day 	Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Bacon Ranch Burgers Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispitos Flamas Sour Cream/Salsa Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
No School! 	Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Bites Seasoned Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Caesar Side 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!



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.