

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
11:00-11:45	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>11:50-12:20</b>	<b>Lunch B</b>
12:25-1:00	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 C</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, November 29, 2018

White Day



Weekly Bell Schedule 11/26-11/30	
Monday	Green
Tuesday	White
Wednesday	Green- Advisory
Thursday	White
Friday	Green

## News Updates

### **\*NEW SAFETY ATTENDANCE PROTOCOL\***

Parents will need to **physically** come in for their students to pull them out of school. We will not be taking phone calls or e-mails to release students during school hours. The attendance office will be verifying parent with their ID. Any adult on the students profile can pick up students as long as they have ID to verify who they are. This is for the safety of our students and staff.

### 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

### PE Make-ups

PE makeup have begun! Please meet in the gym dressed down ready to play by 7am-7:45am on Wednesday Mornings.

### Jostens Caps and Gowns

Seniors need to turn in their cap and gown forms by Tuesday in the cafeteria during all lunches. More forms can be picked up at the discipline office. You can also order caps and gowns online through [Jostens.com](http://Jostens.com)

### 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

## College and Career Center

### ASVAB Test

Students interested in a career in the military can take the ASVAB (Armed Service Vocational Aptitude Battery) test at MVHS on December 7<sup>th</sup>. Sign up in the College and Career Center.

### Volunteers Needed

First Lego League is a great program that teaches kids both computer skills and innovative problem solving skills. Each year kids in grades 4-8 are tasked with programming their bot to perform certain tasks. The whole competition is based on volunteers from our community. Are you interested?

We need high school students to help reset the Robot table after each team runs their mission. We also need Runners. Runners help get each team to where they need to go, on time. Oh, and a score runner, they run the scores to the score keeper. Below is a link where you can learn more about FLL and sign up to volunteer. The volunteer link is about  $\frac{3}{4}$  down the page and it is easiest to find our event by searching for the Mount Vernon location and not by date.

<https://www.firstinspires.org/>

### Continue education for Former Students

If you are a former student who has not yet earned a high school diploma, come and learn about the variety of options available to continue your education. November 29<sup>th</sup> at 6 p.m. the Northwest Career and Technical Academy will provide information and a meal will be served!



# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	<b>Teriyaki Chicken</b> Steamed Brown Rice Diced Pears/Broccoli Salad & Fruit Bar Nonfat & 1% Milk	<b>Buffalo Chicken Pizza</b> Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	<b>Ooey-Goey Beefy Mac</b> Garlic Bread Frosted Halloween Cookie Salad & Fruit Bar Nonfat & 1% Milk	<b>Homemade Macaroni and Cheese</b> Steamed Peas/Roll Salad & Fruit Bar Nonfat & 1% Milk	<b>Variety Pizza</b> Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	
4	5	6	7	8	9	10
	<b>Mandarin Orange Chicken</b> Steamed Brown rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	<b>Chicken Bacon Ranch Burgers</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Meatball Sub</b> Doritos Salad & Fruit Bar Nonfat & 1% Milk	<b>Chicken Legs</b> Mashed Potatoes/Green Beans Salad & Fruit Bar Nonfat & 1% Milk	<b>Buffalo Chicken Pizza</b> Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	
11	12	13	14	15	16	17
	<b>NO SCHOOL! VETERANS DAY</b>	<b>Buffalo Bites</b> Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Popcorn Chicken</b> Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Thanksgiving Meal</b> Turkey & Gravy Mashed Potatoes Whole Wheat Roll Pumpkin Dessert Nonfat & 1% Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	
18	19	20	21	22	23	24
	<b>Teriyaki Chicken</b> Steamed Brown rice Fortune Cookie Broccoli Salad & Fruit Bar Nonfat & 1% Milk	<b>Mini Burgers</b> French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk	<b>Breakfast for Lunch</b> Biscuits and Gravy Sausage Links/ and Omelets Salad & Fruit Bar Nonfat & 1% Milk	<b>No School</b> Thanksgiving Break	<b>No School</b> Thanksgiving Break	
25	26	27	28	29	30	1
	<b>Sweet and Sour Chicken</b> Steamed rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	<b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>Spaghetti &amp; Meat sauce</b> Dinner Roll Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	<b>Philly Beef Steak Sand</b> Chips Salad & Fruit Bar Nonfat & 1% Milk	<b>Variety Pizza</b> Caesar Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	