

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
<b>12:30-1:00</b>	<b>Lunch B</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

Wednesday, January 2, 2019

White Day



Weekly Bell Schedule 01/01-01/04	
Monday	No School
Tuesday	No School
Wednesday	White
Thursday	Green
Friday	White

## News Updates

### Welcome Back

We are now on a 2 lunch schedule for the rest of the year. Please check with your 3<sup>rd</sup>/7<sup>th</sup> period teacher to see which lunch you now have.

### LIVE: MVHSTV

MVHStv is now on Instagram. Stay up to date on live streams, news, sports, and most importantly, school update.

### Science Night Shirts

Design the 2019 Science Nigh Shirt this year! Entries are DUE Friday, January 25<sup>th</sup> by 12:30pm. See a teacher for the rules and entry form or pick one up in the main office!

### 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

### 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

### **PE CBA Makeups**

PE CBA makeups are scheduled for Wednesday, January 16<sup>th</sup>. Meet in the gym, with Mr. Flores at 7am to sign in and prepare to complete the mile, crunch test, and seated stretch reach.

### **NHS Tutoring**

NHS will be hosting end of the semester tutoring in the Library, M-TH, from 2:30 to 3:30 starting December 10<sup>th</sup>. If you are a struggling student or need a quiet place to study for finals/end of the semester, come on by!

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	No School	No School	Buffalo Chicken Bites French Fries Fruit Nonfat & 1% Milk	Breakfast for Lunch Mini Pancakes With Sausage Links Blueberries Nonfat & 1% Milk	French Bread Pizza Carroteenies Mini Rice Krispy Treats Nonfat Chocolate Milk	
6	7	8	9	10	11	12
	Beef Dippers W/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Mini Burgers French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Alfredo Whole Grain Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Meat Ball Subs Chips 1% Milk & NF Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
13	14	15	16	17	18	19
	Mandarin Orange Chicken w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar 1% Milk & NF	Lasagna Roll Ups Green Beans Applesauce Cups Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Spicy Chicken Burger French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Smothered Burritos w/ salsa and Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Variety Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
20	21	22	23	24	25	26
	No School! Martin Luther King Jr. Day	Cheese Stuffed Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Chicken Bacon Ranch Burgers French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Penne Pasta w/ Meat sauce Whole Grain Garlic Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	Pepperoni and Cheese Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
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 1% Milk & NF Chocolate Milk	