

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

Tuesday, January 15, 2019

Green Day



Weekly Bell Schedule 01/14-01/18	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White

## News Updates

### Yearbooks

Friday, February 1<sup>st</sup> is the last day to order your yearbook. This is the only way to guarantee that you get a yearbook. The cost is \$65 and payment plans are available. Payments can be made at the ASB office.

### Baby Ads for the Yearbook

Senior Yearbook Baby Ad orders are due Friday, February 1<sup>st</sup>. Visit the following link to place your order.

<http://bit.ly/2AqAux8>

### Science Night Shirts

Design the 2019 Science Night 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

### 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.

### 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

### **NHS Tutoring**

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

### **Cheer Tryouts**

If you would like to try out for Cheer next year, please attend the following meetings;

**Feb. 1<sup>st</sup> Informational Tryout Meeting NM 321 at 2:45 \*\*Tryout packets Released\*\***

Feb. 6<sup>th</sup> Open Gym 6:30-8pm

Feb. 12<sup>th</sup> Open Gym 6:30-8pm

Feb. 27<sup>th</sup> Parent Meeting 6pm MVHS Library

Feb. 28<sup>th</sup> Last day to turn in Applications to Mrs. Whitman (mailbox or classroom NM 321)

Tryouts are March 4, 5, 6 & 7<sup>th</sup> 6-8pm in the Mat room

\*All athletic paperwork must be completed & turned in prior to first night of tryouts!

## **College and Career Center News**

### **Scholarship Season**

Scholarship season is in full swing! Join us in the College and Career Center for a scholarship workshop on January 15<sup>th</sup> during both lunches. Learn about WA Opportunity Scholarship plus other scholarships.

### **Scholarship Opportunity**

Attention seniors: WA state Opportunity Scholarship is a four year renewable \$22,500 scholarship. Visit the College and Career Center Scholarship Bulletin to learn more.

### **Pizza with a Pro**

On January 16<sup>th</sup> Pizza with a Pro will be hosting a guest speaker about careers in Cosmetology! We look forward to seeing you in the College and Career Center!

### **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

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	No School	No School	<b>Buffalo Chicken Bites</b> French Fries Fruit Nonfat & 1% Milk	<b>Breakfast for Lunch</b> Mini Pancakes With Sausage Links Blueberries Nonfat & 1% Milk	<b>French Bread Pizza</b> Carroteenies Mini Rice Krispy Treats Nonfat Chocolate Milk	
6	7	8	9	10	11	12
	<b>Beef Dippers</b> W/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Alfredo</b> Whole Grain Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Meat Ball Subs</b> Chips 1% Milk & NF Chocolate Milk	<b>Buffalo Chicken Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
13	14	15	16	17	18	19
	<b>Mandarin Orange Chicken</b> w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar 1% Milk & NF	<b>Lasagna Roll Ups</b> Green Beans Applesauce Cups Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Smothered Burritos</b> w/ salsa and Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
20	21	22	23	24	25	26
	<b>No School! Martin Luther King Jr. Day</b>	<b>Cheese Stuffed Breadsticks</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Bacon Ranch Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Penne Pasta w/ Meat sauce</b> Whole Grain Garlic Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Pepperoni and Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	
27	28	29	30	31	1	2
	<b>No School!</b>	<b>Cook's Choice</b> Mini Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Hot Ham and Cheese Sands</b> Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk	