

Advisory Schedule	
8:00-9:15	1 st /5 th period
9:20-9:50	Advisory
9:55-11:10	2 nd /6 th period
11:15-11:45	Lunch A
11:50 -1:10	3 rd /7 th period
11:15-12:35	3 rd /7 th period
12:40-1:10	Lunch B
1:15-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

The Daily Bulletin

Wednesday, January 30, 2019

White Advisory Day



Weekly Bell Schedule 01/28-02/01	
Monday	No School
Tuesday	Green
Wednesday	White Advisory
Thursday	Green
Friday	White Assembly

News Updates

Yearbooks

Friday, February 1st 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 1st. Visit the following link to place your order.

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

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

Oasis Outreach

Outreach Program staff will be at the school on the 1st and 3rd Friday of each month. We will be handing out in the cafeteria during both lunches, and then in the counseling office for 2 hours afterwards to meet with students privately if they wish. This is also an opportunity for teachers/staff to connect us with youth as they see fit.

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

Cheer Tryouts

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

Feb. 1st Informational Tryout Meeting NM 321 at 2:45 **Tryout packets Released**

Feb. 6th Open Gym 6:30-8pm

Feb. 12th Open Gym 6:30-8pm

Feb. 27th Parent Meeting 6pm MVHS Library

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

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

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

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	