| Regular Schedule        |  |                            | Weekly Bell Schedule<br>2/25-3/1 |                    |
|-------------------------|--|----------------------------|----------------------------------|--------------------|
| 8:00-9:25<br>9:30-10:55 | 1 <sup>st</sup> /5 <sup>th</sup> period<br>2 <sup>nd</sup> /6 <sup>th</sup> period | The Daily Bulletin         | Monday                           | Green              |
| 11:00-11:30             | Lunch A  | Tuesday, February 26, 2019 | Tuesday                          | White              |
| 11:35 -1:00             | 3 <sup>rd</sup> /7 <sup>th</sup> period  | White Day                  | Tuesday                          | white              |
| 11:00-12:25             | 3 <sup>rd</sup> /7 <sup>th</sup> period  |                            | Wednesday                        | Green-<br>Advisory |
| 1:05-2:30               | Lunch B<br>4 <sup>th</sup> /8 <sup>th</sup> period                                 |                            | Thursday                         | White              |
| 2:35-4:00               | 9 <sup>th</sup> /10 <sup>th</sup> period   |                            | Friday                           | Green              |

# **Cheer Tryouts**

**News Updates** 

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!

# **Class Photo**

On Wed, MARCH 6th, Skagina will be taking an all school photo in the Friendship Circle during advisory. We will also be taking all class photos for Freshmen, Sophomores, and Juniors. Please make sure you are in attendance so you don't miss out on the exciting photo event. Students are encourages to wear their class color that day.

> Freshmen-Green Sophomores-Grey Juniors-White Seniors-Black

#### 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

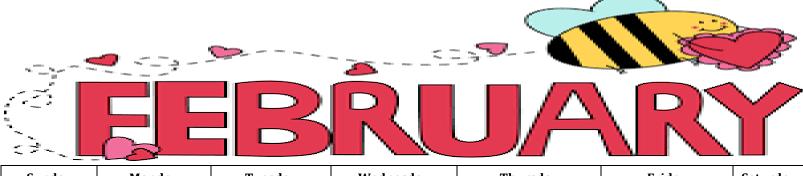
 ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

### **Spotlight on Women**

The College and Career Center would like to invite 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade female students to an exciting field trip at McIntyre Hall on Thursday, March 21<sup>st</sup> 8:00am-2:00pm. The field trip is "Spotlight on Women in STEM" sponsored by Skagit STEM. The field trip features companies such as Microsoft, Facebook, Amazon, Paccar, Hexcel, as well as women in Healthcare! Permission slips are available in the College and Career Center.

# **Roozengaarde & Tulips**

We're looking for customer service oriented individuals who enjoy working with people in a dynamic, fun-filled environment during this year's Tulip Festival! Full time, part-time or weekends. Entrance Greeter, Store Sales/Cashiers, Flower Stand Sales, Parking attendants, Bulb booth sales, Certified Flaggers. Apply in person ASAP at 15867 Beaver marsh Road, Mount Vernon. You can also call 360-424-8531 and must be 16 or older!



| Sunday | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday |
|--------|---|---|--|--|---|----------|
| 27     | 28  | 29  | 30   | 31   | 1   | 2        |
|        | No School   | Cook's Choice<br>Mini Rice Krispie<br>Treat<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                        | Mini Burgers<br>Fries<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk   | Hot Ham and Cheese<br>Sands<br>Doritos<br>Salad & Fruit Bar<br>1% Milk & NF Chocolate<br>Milk                            | French Bread Pizza<br>Caesar Side Salad<br>Salad & Fruit Bar<br>Nonfat Chocolate Milk                     |          |
| 3      | 4   | 5   | 6  | 7  | 8   | 9        |
|        | SNOW DAY  | Spicy Chicken<br>Burger<br>French Fries<br>Coleslaw<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                | Mandarin Orange<br>Chicken<br>W/ Brown Rice<br>Broccoli<br>Fortune Cookie<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk       | Pasta Bake w/<br>Marinara & Cheese<br>Garlic Bread<br>Green Beans<br>Salad & Fruit Bar<br>1% Milk & NF Chocolate<br>Milk | <b>Buffalo Pizza</b><br>Caesar Side Salad<br>Salad & Fruit Bar<br>Nonfat Chocolate Milk                   |          |
| 10     | 11  | 12  | 13   | 14   | 15  | 16       |
|        | Teriyaki Beef<br>Dippers<br>w/ Brown Rice<br>Egg Roll<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                                  | Hot Ham and<br>Cheese<br>Doritos<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                                   | Alfredo Chicken<br>Roll<br>Green Beans<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk  | Chicken Buffalo<br>Bites<br>Fries/Cookie<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                          | Variety Pizza<br>Caesar Side Salad<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                 |          |
| 17     | 18  | 19  | 20   | 21   | 22  | 23       |
|        | No School!<br>President's Day   | Cheese<br>Breadsticks<br>w/Marinara Sauce<br>Sun chips<br>Coleslaw<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk | Macaroni and<br>Cheese<br>Roll<br>Peas<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk  | Meatball Sub/Chips<br>Rice Krispie Treat<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                          | Pepperoni and<br>Cheese Pizza<br>Caesar Side Salad<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk |          |
| 24     | 25  | 26  | 27   | 28   | 1   | 2        |
|        | Teriyaki<br>Chicken<br>With Brown Rice<br>Sliced<br>Peaches/Broccoli<br>Fortune Cookie<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk | Mini Burgers<br>French Fries<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk                                       | Breakfast for<br>Lunch<br>Whole Grain Waffle<br>Sausage Links<br>Applesauce cup<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk | <b>Chicken Pot Pies</b><br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk   | <b>Variety Pizza</b><br>Caesar Side Salad<br>Salad & Fruit Bar<br>1% Milk & NF<br>Chocolate Milk          |          |