

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, May 28, 2019  
Green Day



Weekly Bell Schedule 5/27-5/31	
Monday	No School
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green-Senior Finals
Friday	White-Senior Finals

## News Updates

### Sports Physicals 2019

MVHS will be hosting Sports Physicals this year in the Main Gym on June 11<sup>th</sup> from 5:30-7:00pm. You can make checks payable to MVHS for \$20.

### Volunteer Opportunity

Any student wanting volunteer hours, here is a job for you! We need YOUR help cleaning up after Graduation on June 7<sup>th</sup> in the Gym from 8:30pm-10pm taking down décor, stacking chairs and removing the stage. Please sign up in the main office at the reception desk!

### CBA Testing

PE Classroom Based Assessments (CBAs) are all day Thursday, May 23<sup>rd</sup>, and all day Friday, May 24<sup>th</sup>.

PE CBA makeups are only for excused absences and are on Wednesday May 29<sup>th</sup>, come either before school at 7 am or after school at 2:40. Meet at the track.

### Running Start Students

If you are new to Running Start next year, you need to schedule an appointment with your counselor to complete your registration for fall quarter. The last day to do this is June 12, but registration for new students opens in late May. Counselors may not be available during the first week in June due to senior events and graduation so please plan accordingly.

### 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

## **Skagit Valley College**

Skagit Valley College will be in the College and Career Center during both lunches to help with admissions and financial aid on Wednesday.

## **Selective Services**

This is a reminder for all men 18-25 to register for the Selective Services.

It's the law, a civic duty, and if young men fail to register they will lose critical benefits linked to Selective Service registration.

It takes 45 seconds to register at [sss.gov](http://sss.gov). Don't forget, procrastinate, or wait until it's too late.

If you need more information, check with the Main Office.



# MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	<b>Mandarin Orange Chicken</b> with Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Grilled Cheese Sandwich</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Popcorn Chicken</b> Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Mini Burgers</b> Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
5	6	7	8	9	10	11
	<b>Sweet and Sour Chicken</b> Brown Rice/Broccoli Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Hot Ham &amp; Cheese Sandwiches</b> Sun chips Melons Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Cheese Stuffed Breadsticks/ Marinara</b> Elf Grahams Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Cooks Choice</b> Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Buffalo Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
12	13	14	15	16	17	18
	<b>Teriyaki Dippers</b> With Brown Rice/Broccoli Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Spicy Chicken Burgers</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Spaghetti w/Meat sauce</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Buffalo Chicken Bites</b> Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
19	20	21	22	23	24	25
	<b>Mandarin Orange Chicken/Broccoli</b> Brown rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Teriyaki Beef Burgers</b> Seasoned Fries Melons Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Breakfast for Lunch</b> Omelet/Hash Brown Patty Sausage Links Apple sauce Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Chicken Alfredo</b> Breadsticks Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	
26	27	28	29	30	31	1
	<b>No School!</b>	<b>Chicken Strips</b> Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Chicken Bacon Ranch Burger</b> Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Cook's Choice Day</b> Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	