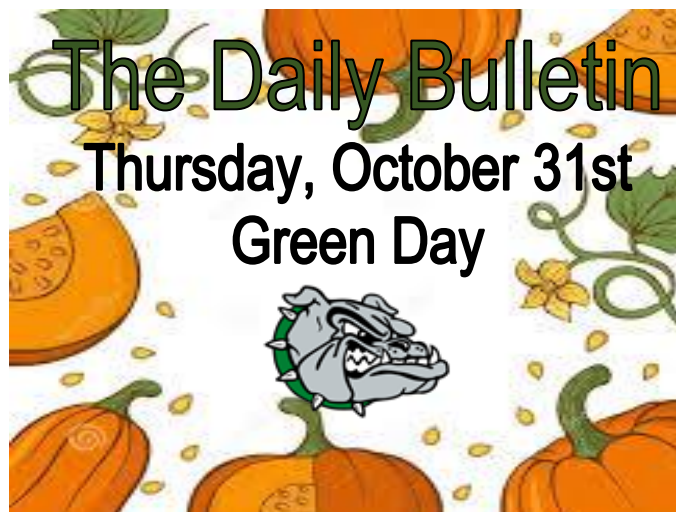


Regular Schedule	
8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period



Weekly Bell Schedule Oct 28 – Nov 1	
Monday	White
Tuesday	Green
Wednesday	White-Advisory
Thursday	Green
Friday	White

## NEWS UPDATES

### Attention Future Softball Players

There is a parent/player meeting on November 7th at 6PM in G5. We look forward to you meeting the new coaching staff.

### Attention girl wrestlers

There will be a brief meeting for girls interested in wrestling in the mat room at 2:45 on Wednesday, November 6th

### If you plan to take an AP Exam this year,

you must sign up at the ASB Window by November 1st, which is this Friday! Full Pay Students must pay a \$40.00 deposit per exam. Free/Reduced Lunch Students will not need to pay a deposit, but they still need to sign up at the ASB Window. If you have any questions, please see Mrs. Bird in the College and Career Center.

### Did you know that Education and Determination Generate Excellence!

Bulldog E.D.G.E. is open to ANY MVHS students! Held each week in the MVHS library Monday through Thursday from 2:30-4:00. Students can use this time to work on schoolwork or get tutoring help. The subjects for which tutoring is available are posted on the bulletin board outside of the library. Direct any questions to Mrs. Love in CTE 3.

### Juniors! Do you want to go to college but aren't sure where to start?

Consider joining the College Success Foundation Achievers Scholars Program. As an Achiever, you will receive group and one-on-one guidance on determining your college fit, exploring career fields, applying for college, and navigating the scholarship search. You'll also have the opportunity to participate in college visits and our 3-day overnight ACE program at a college campus this summer. The final deadline for applications is Friday, November 15<sup>th</sup> - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

### 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

## Senior Information

### **Senior Portraits are due Tomorrow Friday, November 1<sup>st</sup>**

Check the MVHS Website to upload your photos.

### **Yearbook Baby Ads and Senior Portraits**

Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for 1/4 page and \$100 for 1/2 page if ordered by November 15<sup>th</sup>.

### **Reminder that MVHS dress code policy includes**

- **Identity must be visible at all time** e.g. No sunglasses (in class), masks, inappropriate face painting (especially for Halloween).
- **Students must wear clothing including** both a shirt with pants or skirt, or the equivalent (for example dresses, leggings, or shorts) and shoes.
  - Clothing must have fabric in the front and on the sides (under the arms).
  - Clothing must cover undergarments (not including waistbands and straps).
  - Fabric covering breasts, genitals and buttocks must be opaque.
  - Clothing must be suitable for all scheduled classroom activities including physical education, science labs, wood shop, and other activities where unique hazards exist.
- **Clothing which carries** a vulgar or exclusionary message, and/or has references to the use of hate, violence, alcohol, tobacco, drugs, sex are not permitted.
- **Clothing and accessories that imply** gang affiliation will not be permitted. Gang-related tattoos will not be allowed at Mount Vernon High School and must be covered at all times. Non-compliance is not a dress code violation: it is a gang policy violation.

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.



# Special

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Sep</b> <b>Variety Pizza</b> Caesar Salad/Rice Mini Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>1-Oct</b> <b>Buffalo Bites</b> French Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>2-Oct</b> <b>Penne Pasta w/ Meatsauce</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>3-Oct</b> <b>Hot Ham and Cheese Sands</b> Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>4-Oct</b> <b>Sweet and Sour Chicken</b> Steamed Rice/ Broccoli Salad & Fruit Bar Fortune Cookie Nonfat Chocolate Milk
<b>7-Oct</b> <b>Teriyaki Dippers</b> Steamed Rice/Broccoli Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>8-Oct</b> <b>Teriyaki Burger</b> Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>9-Oct</b> <b>Chicken Alfredo</b> Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>10-Oct</b> <b>Chicken Strips</b> Fries Salad & Fruit Nonfat & 1% Milk Nonfat Chocolate Milk	<b>11-Oct</b> <b>French Bread Pizza</b> Caesar Salad/ Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
<b>14-Oct</b> <b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>15-Oct</b> <b>Cheesy Ham and Potato Soup</b> Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>16-Oct</b> <b>Spicy Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>17-Oct</b> <b>Popcorn Chicken</b> Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>18-Oct</b> <b>Pepperoni Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
<b>21-Oct</b> <b>Mandarin Orange Chicken</b> Steamed Rice/Broccoli Salad & Fruit Bar Nonfat & 1% Milk Fortune Cookie Nonfat Chocolate Milk	<b>22-Oct</b> <b>Chicken Bacon Ranch Burger</b> Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>23-Oct</b> <b>Grilled Cheese</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>24-Oct</b> <b>Smothered Burritos</b> With Tortilla Chips  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>25-Oct</b> <b>Variety Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
<b>28-Oct</b> <b>Teriyaki Chicken</b> Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>29-Oct</b> <b>Breakfast for Lunch</b> Mini Pancakes & Sausage Links Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>30-Oct</b> <b>Buffalo Balls</b> French Fries  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>31-Oct</b> <b>Ooey-Gooey Beefy Mac</b> Garlic Bread Frosted Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>1-Nov</b> <b>French Pizza</b> Caesar Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk



Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!



### Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

### TASTE WASHINGTON DAY

Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

*Be sure to join us Wednesday, October 15th as we highlight*

This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.