

STAR TESTING SCHEDULE	
7:55 – 8:00	1 st Bell/Passing Time
8:00 – 8:55	STAR Testing
9:00 – 10:10	1 st /5 th Period
10:15 – 11:25	2 nd /6 th Period
11:30 – 12:00	Lunch A
12:05 – 1:15	3 rd /7 th Period
11:30 – 12:40	3 rd /7 th Period
12:45 – 1:15	Lunch B
1:20 – 2:30	4 th /8 th Period
2:35 – 4:00	9 th /10 th Period

The Daily Bulletin

Tuesday, October 8th

White Day



Weekly Bell Schedule October 7-11

Monday	Green
Tuesday	White
Wednesday	Green-Advisory
Thursday	White
Friday	Green

NEWS UPDATES

First Annual College Night

All Students and Families are invited to attend the First Annual College Wednesday, October 9th the Cafeteria. Featuring Keynote Speaker Lilyan Prado as well as over 15 workshops on college exploration, financial aid, scholarships and much more! Dinner and childcare provided!

Bulldog E.D.G.E.

Our NEW MVHS after school program E.D.G.E. = *Education and Determination Generates Excellence!* Starts Monday, September 23, 2019. Open to all students where they can utilize a healthy study environment, seek academic support (tutors available), get ELL support, connect with peers (form a 'study group') and brighten their future by using provided resources/support! Monday through Thursday, 2:30-4:00 in the library. Late Bus available, NO cost to students, computers and Chrome books available, snacks will be offered.

For more information: See Mrs. Love in CTE 3 or email rlove@mvsd320.org

Yearbook Baby Ads and Senior Portraits

Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for ¼ page and \$100 for ½ page if ordered by November 15th. Senior Portraits are due November 1st. Check the MVHS Website to upload your photos.

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

MVHS Students - Join the Debate Team!

Practices are Monday, Tuesday, or Wednesday from 2:30-4:30pm in New Main 224. Tournaments begin in November!

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 priority deadline for applications is this Friday, October 11th - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

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